



COURTNEY BLETHEN / THE SEATTLE TIMES

Chris Castillo and Joe Valvo, of Laughing Buddha Brewing Co., which will participate in Fremont's Oktoberfest Sept. 19-21.

## Food news from around Puget Sound

### Raise a stein

Oktoberfest is nearly upon us, and events abound to celebrate divine brews. The Washington Beer Commission offers its second-annual Oktoberfest Sept. 12-13 at Seattle's Pyramid Alehouse (1201 First Ave. S., 206-682-3377, [pyramidbrew.com](http://pyramidbrew.com)). Giant tents will hold oompah, zydeco and accordion bands plus local marzen and pumpkin beers, Pilseners, harvest ales and German-style lagers from Big Al Brewing Co., Iron Horse Brewery, Georgetown Brewing Co. and more. Visit [www.washingtonbeer.com/oktoberfest.htm](http://www.washingtonbeer.com/oktoberfest.htm) for details and to purchase the \$25 tickets.

Seattle's Fremont neighborhood holds its decidedly different Oktoberfest Sept. 19-21 with 70 microbrews on tap, including Laughing Buddha Brewery's Purple Yam Porter, a BMX stunt show, fun run, Miss Buxom contest and a kids' area. Advance tickets are \$15 on sale at [www.brownpapertickets.com](http://www.brownpapertickets.com) or in person at a variety of locations listed on [www.fremontoktoberfest.com](http://www.fremontoktoberfest.com) that include Tap House Grill in Seattle and Bellevue, and Anytime Fitness and Frontier Bank in Fremont. They include a spot in the beer garden, souvenir tasting mug and tokens for four 5-ounce beef samples.

### WSU struts its stuff

Try braised elk tacos, Wagyu beef brisket, geoduck ceviche and other fresh takes on favorite meals at Thursday's Taste of WSU, an annual chance to sample the state's agricultural bounty prepared by some of the region's top chefs and to meet the Washington State University researchers behind many top crops. This year's event runs 6:30-8:30 p.m. at Benaroya Hall (200 University St.) and costs \$50 per person, with tickets available online at <https://ocrs.wsu.edu/Signup/?eventid=410>.

Participating chefs include Seth Caswell of Seattle Chef's Collaborative; Xinh Dwelley of Xinh's Clam & Oyster House in Shelton, Mason County; Mulugeta Abate of Pan Africa Market; Thierry Rautureau of Rover's; Dalis Chea of Herban Feast Catering; and Christian Brown of Union Square Grill.

### **Irradiation approved**

After 40 years of evaluations, the federal Food and Drug Administration has decided to allow loose and bagged iceberg lettuce and spinach to be irradiated (treated with a measured dose of radiation) to reduce the level of potentially dangerous microbial pathogens, such as Salmonella and E. coli, and to lengthen their shelf life. The FDA is still evaluating whether other types of lettuce may safely be irradiated, as well as tomatoes, peppers and other produce. How to know if your lettuce or spinach is affected? Irradiated produce is required to bear the statement "treated with radiation" or "treated by irradiation." Irradiation is voluntary, the FDA says, and already is allowed on a variety of foods including meat and poultry; shellfish such as oysters, clams, mussels and scallops; and spices. Irradiation proponents say the treatment could reduce food-borne illness, such as the 2006 E. coli outbreak in fresh spinach. Opponents say turning to irradiation takes the focus away from improving farming practices and proper sanitation.

### **Other morsels**

**Free cookies today:** Seattle's Macrina bakery and cafe ([macrinabakery.com](http://macrinabakery.com)) celebrates its 15th anniversary today with free brown-sugar shortbread cookies. It's also offering its signature Giuseppe bread, made of locally grown Shepherd's Grain flour, for \$2.15 a loaf today through Sept. 3. Founder Leslie Mackie hopes to open Macrina's new Sodo location Sept. 17.

**Coming in late fall:** Pearl, a new offering from Bradley Dickinson (longtime executive chef of Daniel's Broiler) and management guru Mikel Rogers. The restaurant will be in Bellevue's Lincoln Square, with contemporary Northwest cuisine, 50 wines by the glass and seats for 200.

**How to avoid a week of leftovers:** Find Tivolata chef Ethan Stowell's tips on cooking, grocery shopping and dining for one at [singleedition.com](http://singleedition.com), a Web site that embraces the single life.

**Communal cooking:** Seattle cooking school Culinary Communion has doubled its teaching staff by adding former Barking Frog executive chef Tom Black and chef Greg Miller, who holds wine certifications from the Culinary Institute of America and the Society of Wine Educators.

**With bacon jam you can't go wrong:** Details magazine has named Seattle's Skillet Street Food among America's top mobile kitchens. See the rest of the list (including Portland's Tabor) at [http://men.style.com/details/features/landing?id=content\\_7369](http://men.style.com/details/features/landing?id=content_7369).

Got food news? Send it to [kgaudette@seattletimes.com](mailto:kgaudette@seattletimes.com).

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