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Features

Time Out Chicago / Issue 63: May 11–May 1

Catch a healthy buzz

Here's a new way to drink responsibly: a home bar stocked with local, recycled and organic products

By Heather Shouse and David Tamarkin Photograph by Rebecca Uhle

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1. Tonic and soda water

Mother Earth loves it when you buy local, because trucking food cross-country puts a lot of pollution the air. Once you're hip to the Illinois-made tonic and soda water from Canfield's, you'll never have for that stuff from Canada again. Three for \$5 at Jewel-Osco (locations throughout the city).

2. Green Glass

This glassware isn't called Green Glass for its color, but for the company's eco-sound philosophy. A decade ago, a couple of South Africans came up with the idea to split wine bottles to make a tumbler the bottom and a goblet from the top. Now the company is based out of Schofield, Wisconsin, and its glasses are available in a rainbow of colors and styles (those pictured are made from Napa Valley bottles). A set of four will run you a mere \$50. www.greenglass.com.

3. Napkins

The Seventh Generation line of paper products is not only made of 100 percent recycled paper, it also has one of the highest percentages of postconsumer materials on the market, at 80 percent. In other words, 80 percent of the paper used to make these napkins was already used by consumers and discarded (the rest comes from trimmings, damaged products, etc.). \$2.99 for a 250-count package at Whole Foods (locations throughout the city).

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4. Olives

Finding organic olives is harder than you think; we went to a dozen local stores and came up empty. That might be because going organic is risky for olive growers, who have to fight off multiple pests that love to destroy their crops. Luckily, www.olivepit.com offers organic options from the Mediterranean, including these red pepper- and almond-stuffed olives for \$5.39 a jar.

5. wine

For a wine to be certified as organic, it has to be made from organically grown grapes, and be produced without preservatives. Oregon winery Sokol Blosser doesn't beat you over the head with the fact that its wines are organic. Instead, it focuses on making lush pinot noir and refreshing pinot gris. Take it from us: Organic wines don't always taste this good. *2003 Dundee Hills Pinot Noir*, \$28; *2004 Dundee Hills Pinot Gris*, \$16; both at www.sokolblosser.com.

6. Gin and vodka

We love the gin and vodka from North Shore Distillery. And yes, we mean that North Shore—the company is in Lake Bluff. Not only are these the most local liquors in town, but many of the botanicals in the gin are organic. Want something completely organic? Rain Vodka, made from 100 percent organic corn, has you covered. *North Shore Gin*, \$33, at *Lush Wine & Spirits* (1306 S Halsted St between Roosevelt Rd and Maxwell St, 312-738-1900). *North Shore Vodka*, \$27.99, at *Wine Discount Center* (1826½ N Elston Ave between Willow and Cortland Sts, 773-489-3454). *Rain Vodka*, \$16.99, at *Wine & Spirits Lakeview Liquors* (2156 W Addison St between Hamilton Ave and Leavitt St, 773-525-1916).

7. Bourbon

If you're going to drink whiskey, bourbon is the most Earth-friendly dram, because, unlike Scotch, it's made just a few states away. In particular, Wild Turkey is the right choice, because the company has a strict policy of using only non-GMO grain and corn. \$18.98 at *Cal's Liquors* (400 S Wells St at Van Buren St, 312-939-9700).

8. Juice

Soda and juice are high in sugar any way you slice it. But if you're going to pump your veins full of it, you may as well do it with nice, clean crap, like the beverages from California-based Santa Cruz Organic. *Lemon-Lime Soda*, \$5.49 for a six-pack; *Cranberry Nectar*, \$2.49 for a bottle; both at *Whole Foods* (locations throughout the city).

9. Beer

Lamar St. Pale Ale, Whole Foods' in-house organic beer, is brewed locally by Goose Island. Keep it handy so that you have something to give that guy who always demands THE GOOSE! \$6.99 for a pack at *Whole Foods* (locations throughout the city).

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