

# Keep Your Cool in Northern Colorado

Get out – outside that is – and enjoy alfresco activities before summer fades into fall.



## MAKE TRACKS

Savor the cool Colorado nights during a guided hike at Soapstone Prairie or Bobcat Ridge. Thanks to the City of Fort Collins Natural Areas Program, hikes and other educational courses are offered through its Tracks and Trails program. Marvel at the summer sky with a full-moon walk or a stargazing session under an explosive meteor shower. [fcgov.com](http://fcgov.com)

## DRIVE IN

Transform a regular old movie night into a big-screen adventure at Holiday Twin Drive-In on the west side of town. With the car windows down and a cool breeze blowing, enjoy the double feature bargain prices (\$6 per adult) with a large bag of homemade air-popped popcorn. Don't forget a light blanket for snuggle time. [holidaytwindrivein.com](http://holidaytwindrivein.com)

## GET CORNY

Find some comfy dancing shoes and prepare to get down in Loveland. Downtown streets will be transformed into a mini music fest featuring local bands during the annual Corn Roast Festival, Aug. 27 and 28. The event also includes a parade, a Friday night street dance, lots of live music and, of course, plenty of yummy sweet corn. [loveland.org](http://loveland.org)

## A Toast to Summer

What better way to enjoy the last days of summer than with a healthy salad and a great glass of wine?

With its signature fruity flavor, pinot grigio pairs nicely with a salad dressed up with grilled chicken, says Bill Prewitt, owner and winemaker at Blue Mountain Vineyards.

"Pinot grigio has a peach, grapefruit flavor, and it is really refreshing," Prewitt says.

Though red wines take most of the credit for heart-healthy benefits, white wines are thought to help the heart too, according to a study from the *Journal of Agricultural*. The key: White wines must contain the chemicals tyrosol and hydroxytyrosol.



# Summer Salads

**D**uring August, many of the best veggies are in peak season, says Josh Palmer, director of Grant Family Farms Community Supported Agriculture. And besides their high nutritional value, “all of these veggies are grown right here in Fort Collins,” Palmer says. Take advantage with a scrumptious summer salad.

## **SOUTHWEST SALAD**

Send your taste buds south of the border with intense flavor. First, drizzle olive oil on thickly sliced yellow onions and a shucked ear of

corn. Grill until lightly brown. Run the corn under cool water for 30 seconds, then slice off the corn kernels. Chop up a handful of cilantro. Toss grilled onions, corn and cilantro into a mix of baby lettuce and arugula. Add a ½ cup of black beans and freshly cut tomatoes for a colorful and tasty salad.

## **CAPRESE SALAD**

This salad keeps it simple with just four main ingredients. Slice two heirloom tomatoes into

wedges and arrange on a plate. Top with lightly chopped basil and thin slices of mozzarella or provolone cheese. Drizzle 1 tablespoon of olive oil over top. Add sea salt and fresh pepper to taste. Chill, serve and enjoy. With its intense flavor and eye-pleasing presentation, this quick dish easily wows guests, Palmer says.



**What local ingredient adds the most flavor and nutrition to a salad?**

**“A caramelized fennel on top of your choice of dark leafy greens.”**

—Sacha Steinhauser, *Tasty Harmony Restaurant*

**“There’s nothing like locally grown in-season tomatoes.”**

—Josh Palmer, *Grant Family Farms*



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