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Taste of Summer, Taste the Nostalgia


 By **Trish Henry**, editor, Internal Thrive | June 1, 2011

When the sun is shining and the days are long, the TV and computer lose their pull and it becomes nearly impossible to stay indoors. Summer is the time of iced tea, picnics, and barbecues. It's the time to be outdoors.

The smell of freshly mowed lawn, the sounds of children splashing in a fountain, the joy of throwing a tennis ball for a dog to chase, soaking up the warm sun, walking through a garden or park, or just taking the time to enjoy friends and family. Summer. Somehow when the sun is shining and the days are long and warm the TV and computer lose their pull and it becomes nearly impossible to stay indoors. Summer is the time of being outdoors, iced tea, lemonade, picnics and barbecues.

Anytime, Anyplace

Growing up in a large family, we didn't spend a lot of money eating out. Why would we when we could pack our own food and have a picnic? When we went to a park, the beach, a museum, or took a drive in the country, our outings would inevitably culminate in a picnic. If we were in a hurry or it was toward the end of the month when money was tighter, we'd make peanut butter sandwiches to have with our celery sticks and oranges. With a little more prep time, we might bring fried chicken, 'everything' potato salad, iced tea and fresh summer fruit from our garden. Sometimes when we just started driving with no clear destination in mind except *exploring*, we'd stop at a store along the way, grab some luncheon meat, mustard and French bread and make our sandwiches *in situ*.



Picnic Days

In summer, every nice day, every errand, every outing is an opportunity to bring together family and friends — and food! I polled my friends and workmates, and here are some of their favorite picnic ideas and memories:

I make picnic coupons for my husband, redeemable at any time. I make up a basket with his favorite food, a nice bottle of wine and a big blanket. And real wine glasses. You can skimp on paper plates and plastic forks, but having a real glass makes a difference. Then I hire a sitter for the kids and drive him up into the hills where we have our picnic — just the two of us.

— Anonymous, Oakland, Calif.

During the summer we grill almost all our meals and eat outside on our deck and enjoy our great bay views. As for picnics, my favorite thing to do is to get sandwiches from Genoa Deli in Oakland (easily the best deli ever) and take the ferry to Angel Island, hike to the very top and eat lunch. The best part is you almost burn off the calories of that sandwich.

— Noel Van Nyhuis, Oakland, Calif.

My FAVORITE picnics are the ones I have with friends when we head up to Sonoma (Calif.). We always stop at a little deli on the way to wine country for sandwiches and sides, and then at the first winery we find, we get a glass of whatever tastes best and enjoy our picnic on their grounds ... overlooking rows of vines, grazing cows, blue skies, and rolling hills. Ahhh...

— Shannon Stairhime, San Francisco

I was backpacking through Europe when I was younger and we didn't have much money. We'd get baguettes in the morning and some salad and cheese. Then we'd

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hollow out the bread and put the cheese and salad in the middle. When we got hungry, we'd stop wherever we were and have lunch. That was a great time and those were some great sandwiches!

— Laura LeHew, Eugene, Ore.

Tastes and smells can trigger nostalgic memories. What tastes like summer to you? Do you have a favorite picnic memory, idea, tip, or location? Share your 'taste of summer' picnic and barbecue spots, memories and recipes by posting a comment on the Thrive IdeaBook discussion ['What Are Your Summer Picnic/BBQ Plans?'](#) 



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