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SEPTEMBER 2022

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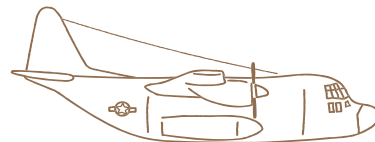
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# September Events

By Tamala Malerk

# EDITOR'S PICKS

Summer is winding down and so is the air temperature. The kids are back in school and settled into the new school year schedule and habits. Escape from the mundane routines this month with "Dubbeglasorden," horses, Trekkies, antiques and more.



## Horsica Sept. 2 to 4, Kassel

Shop equestrian fashion, learn from lectures, see hundreds of different breeds of horses and watch, or even participate in, competitions. Stick around for an evening horse theater show.



## Street Food Festival Sept. 2 to 4, Stuttgart

Indulge in three days of all the street food you can consume including vegan, vegetarian and gluten-free options.



## Berlin Beer Week Sept. 2 to 11, Berlin

Gear up for Oktoberfest with this 10-day celebration with "brews" cruises, BBQ and a tasting session featuring over 90 different beers from 45 breweries.



©HARTWIG KLAPPERT

## The International Literature Festival Sept. 7 to 19, Berlin

Participate in a roundtable discussion with a Nobel prize winner or take part in a workshop at this event occurring in museums, theaters and concert halls across Berlin.



©MELANIE HUBACH PHOTOGRAPHIE

## Dürkheim Sausage Market Sept. 9 to 13 and Sept. 16 to 19, Bad Dürkheim

Participate in the "cult event," grab a new "Dubbeglasorden," or special dimpled wine glass, for your wine glass collection and watch fireworks at this festival that has existed in some form for over 600 hundred years.



©DESTINATION STAR TREK

## Destination: Star Trek Germany Sept. 23 to 25, Dortmund

For all you Trekkies, have Scotty beam you up to the "official Star Trek event of Europe" for this three-day event filled with costumes, props and celebrity guest appearances.



## Cannstatter Volksfest Sept. 23 to Oct. 9, Stuttgart

Don your traditional Württemberg lederhosen and dirndl, jump on thrilling rides and take part in the opening ceremony, family days or traditional Sunday parade at this annual festival. This year you get an extra treat of the agricultural fair, which only occurs once every four years.



©HELLOSZABI/123RF.COM

## Antique and Flea Market Sept. 25, Ottweiler

Pick up some knick-knacks, trinkets and antiques in this last antique and flea market of the season in Ottweiler. While you are there you can also visit the Saarland School Museum and grab something to eat at one of Ottweiler's 21 restaurants and cafes.

## PLAN AHEAD

### Zwiebelmarkt / Onion Market Oct. 7 to 9, Weimar

Who will be crowned "Onion Queen" this year? What does an onion cake taste like? Why do some people say "Zippelmarkt" rather than "Zwiebelmarkt?" Find out the answers to these questions and more at the Weimar Onion Market. ■





GERMAN

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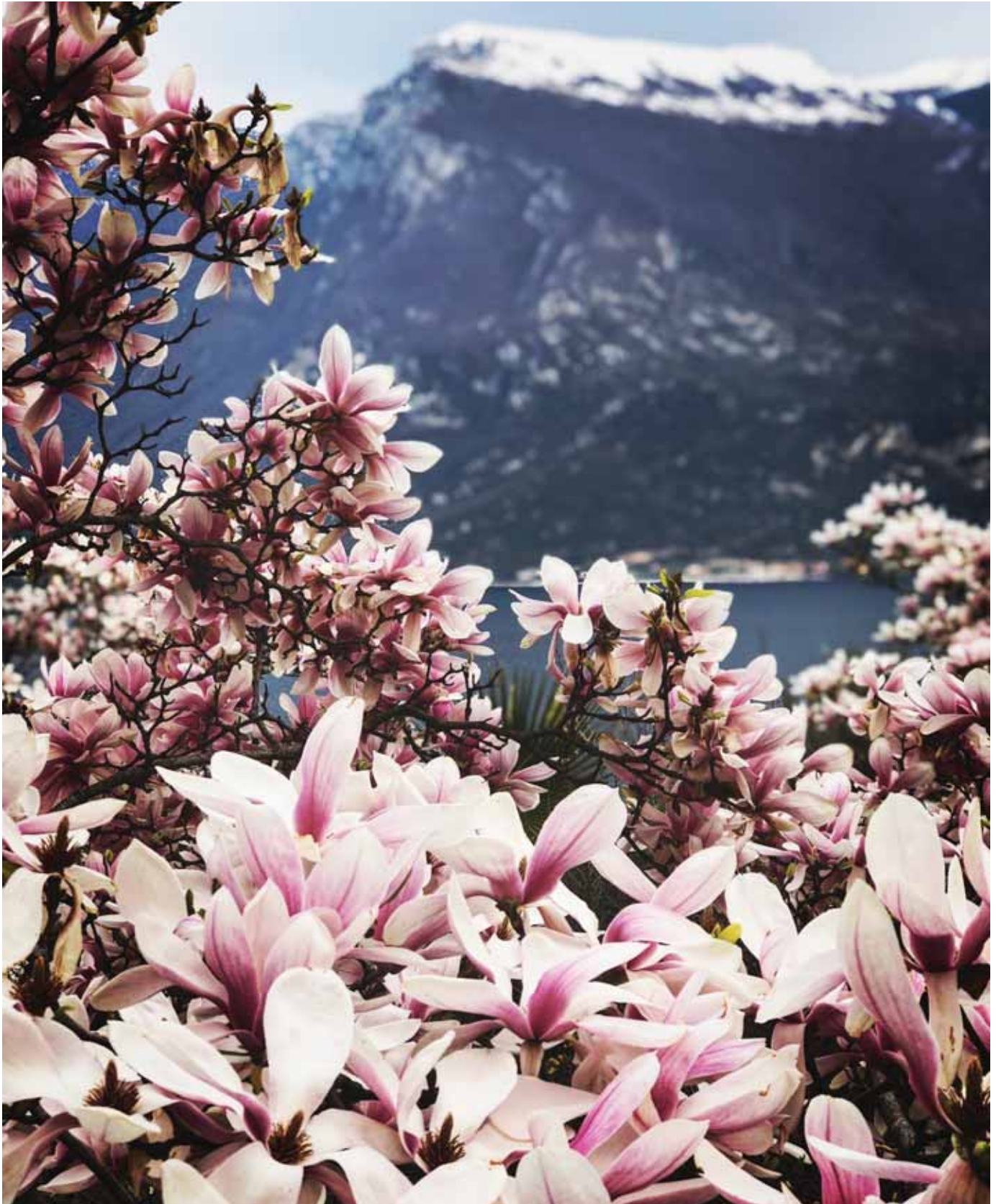


# PHOTO of the month

Italy's largest lake, Lake Garda, entices visitors for tranquil moments like this one. Located between the Dolomites of northern Italy, the lake is known for its turquoise blue waters surrounded by beautiful and historical villages. Its location also gives it its unique climate, which can change quickly and you can experience multiple seasons in one day.

Photo by Leah Geier.

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# FARMERS MARKETS

By Anna Leigh Bagiackas

**N**o matter the season, a trip to the farmers' market, or Bauernmarkt in German, is a much-loved activity for many. Wandering through stalls, seeing gorgeous fruits and vegetables of the season, grabbing jars of local honey or preserves and maybe talking with local vendors (a great way to practice your German), there is always something new to discover and get excited about. Luckily, towns big and small throughout the state of Rheinland-Pfalz host weekly markets so that wherever you live, you can find your own go-to market. However, don't limit yourself to just one, as each market will have some unique products and specialties.





*Most farmers' markets will offer fresh vegetables, fruits, flowers, eggs, meat and sausages, cheese and bread, but you may also find fish, baked goods, honey, soaps and other unique products. Here are some markets worth exploring:*



## KAISERSLAUTERN

Tuesday and Saturday from 7 a.m. to 1:30 p.m.  
in Königstrasse

## LANDSTUHL

Friday from 7 a.m. to 12 p.m. outside  
Stadthalle Landstuhl

## WIESBADEN

Wednesday and Saturday from 7 a.m. to 2 p.m.  
on the Dern'sches Gelände

## FRANKFURT

Thursday from 10 a.m. to 6 p.m. and Saturday  
from 8 a.m. to 3 p.m. at Konstablerwache

## MANNHEIM

Tuesday and Thursday from 7 a.m. to 2 p.m.  
and Saturday from 7 a.m. to 3 p.m. in the  
Market Square

## HOMBURG

Tuesday and Friday from 8 a.m. to 2 p.m.  
in the Market Square

## METZ

Covered market, Tuesday through Saturday  
from 8 a.m. to 6 p.m. in the Cathedral Square

## LUXEMBOURG CITY

Wednesday and Saturday from 7:30 a.m. to 2 p.m.  
at Place Emile Hamilius

## MAINZ

Tuesday, Friday and Saturday from 7 a.m. to 2  
p.m. at the City Center

## DARMSTADT/HESSEN

Wednesday and Saturday from 8 a.m. to 2 p.m.  
at the Marktplatz

## TRIER

Tuesday and Friday from 7 a.m. to 2 p.m.  
at Viehmarkt Square or Augustinerhof

## ZWEIBRUCKEN

Friday from 8 a.m. to 2 p.m. on Hallplatz

## SAARBRUCKEN

Saturday from 7 a.m. to 4 p.m. at  
Gustav-Regler-Platz

*Event dates and times are subject to change, so  
be sure to check websites and local resources  
to verify the schedule and any restrictions or  
guidelines for attending the market.*

## THINGS TO KNOW

It's always safe to have euro on hand, as sometimes vendors do not accept card. Always bring your own bags in case vendors do not provide them. No one wants to be left scrambling around and carrying too much. Pack your patience, particularly on weekends, because you may have to wait in line to pick out your favorite products. Prices might be higher than what you might find at the supermarket, but remember you're paying for fresh and local produce, supporting local farmers and receiving high-quality products.

Many of these cities also offer flea markets and other opportunities to buy local goods, so make sure to check out the town's websites for other market events in your area. Shopping at your town's farmers' market is a great way to feel more connected to your town and community. It also helps you discover what the region specializes in, often providing inspiration and ideas for your home cooking. ■







©FOOTTOO/123RF.COM

'TIS THE SEASON FOR

By Stacy Roman

# Oktoberfest

As the summer starts to slowly fade and the breezes feel crisper, Volksfeste begin to pop up in villages around Germany. Tis the season ... Oktoberfest season! Whether you've been here for years or just a few weeks, Oktoberfest is one of those festivals you should experience at least once during your time here. And if you decide to brave the crowds and hit up the original in Munich, here's a little history and things to know before you go.



# SEPTEMBER

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#### Week 2

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- 10 • Bad Duerkheim Wine Fest • \$39
- 10 • Trout Fishing • \$69/\$49/\$29
- 10 • German Hunting Course • \$250
- 11 • Tongeren Antiques Market • \$49

#### Week 3

- 17-18 • German Fishing Course • \$60/\$100
- 17 • Oktoberfest Munich • \$79
- 17 • Paris Express • \$99/\$79
- 18 • UTV Tour • \$125/\$175

#### Week 4

- 24 • Amsterdam Express • \$99/\$79
- 24 • Freinsheim Wine Walk • \$39
- 25 • Trout Fishing • \$69/\$49/\$29
- 25 • UTV Tour • \$125/\$175

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## A Little History

Oktoberfest has always been a festival for the people. On Oct. 12, 1810, Crown Prince Ludwig (who later became King Ludwig I) married Princess Therese of Saxony-Hildburghausen. To celebrate, the newlyweds invited the citizens of Munich to join festivities in the fields outside the city gates. The event was such a success, that the decision was made to hold the festival annually. Thus, Oktoberfest was born.

The first carnival rides were added in 1818, with beer and food booths popping up shortly after. Due to the exploding popularity in the beer stalls, the first beer tent was erected in 1869. Initially only held over a few days, more and more events were added to the festival. Spanning between 17 and 18 days, Oktoberfest was gradually shifted from October into September to accommodate the more temperate weather. What started as a local wedding festival has now grown into a behemoth event with nearly seven million visitors each year.



Statue of Ludwig I, king of Bavaria on the Odeonsplatz, Munich, Germany.

## Minor Details

Congratulations! You've made the decision to head to Munich for the world's largest Volksfest! It's time to start getting prepped, my friend. Actually, you probably should have started making arrangements a few months ago. But don't fret—there are still plenty of options available and plenty of time to get it figured out.

**Lodging and Transportation.** Look into places farther from the city center, close to S-Bahn or U-Bahn lines. Oktoberfest is located in the heart of Munich with no less than seven U-Bahn stations surrounding Theresienwiese (the festival ground). We stayed on the outskirts of the city and took the U-Bahn to Goetheplatz. We followed the sea of Lederhosen straight to the fest in less than 10 minutes. Don't drive. There is no parking in the area, and the sheer volume of taxis creates massive traffic jams and delays.

**Be Prepared.** Be sure to bring only what you need. Bags and large backpacks won't be allowed, and there will be a lot of security checks when you enter the fest grounds as well as the tents. When purchasing your garb, check to see if it has pockets. I was lucky that my Dirndl had them. All I brought was enough cash for the day, my ID and my phone.

**It's Not Cheap.** The prices at Oktoberfest are borderline extortion. When you add up the average cost of a Maß of beer, food and transportation, one visit can cost upwards of 50 euros. Bring plenty of cash, as credit cards may not be accepted in all locations. Carry extra if you're planning on riding the rides or playing midway games.

**Timing is Everything.** If you can, plan on going between Monday and Thursday. It'll be busy, but not nearly as crazy as it is on the weekends. During the week, you won't have much difficulty finding a spot at unserved tables or benches. However, if you have a large party and plan on going over a weekend, you may be out of luck. Tables are often booked well in advance. If you didn't make reservations, split your party into

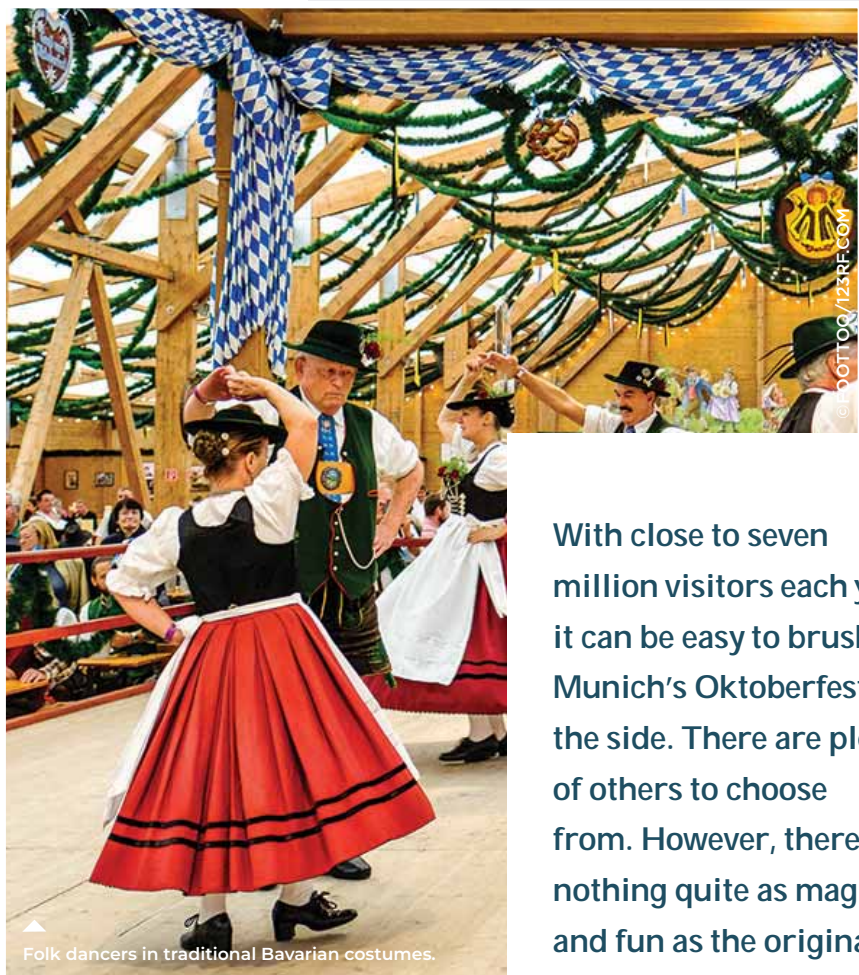


Waiter with traditional costume serving beers in a glass stein, also known as a "Maß."

smaller groups, and designate a time and meeting place. Just remember the earlier you go, the more luck you'll have in getting a spot.

**Family Matters.** Oktoberfest is quite family friendly. Tuesdays are family days, and special discounts on rides are offered to families. If you bring your kids into the tents, a parent or guardian must be with them at all times. Children must leave the tents by 8 p.m. Teens between the ages of 16 and 17 may be served beer, but no hard alcohol. Those 18 and older have no restrictions.





▲ Folk dancers in traditional Bavarian costumes.

With close to seven million visitors each year, it can be easy to brush Munich's Oktoberfest to the side. There are plenty of others to choose from. However, there is nothing quite as magical and fun as the original.

## The Unwritten Rules

Now that you've gotten the nitty-gritty details figured out, it's time to have some fun! Hang on ... there are a few unwritten rules you should brush up on.

- ▶ **Know your limits.** It's easy to get caught up in the atmosphere and get a little crazy. Think of it as a marathon and not a sprint. Stay hydrated (with water), and be respectful of yourself and others. If you get too crazy and start acting like a disrespectful jerk, the beer proprietors will have no problem tossing you out.
- ▶ **Dancing is encouraged.** But whatever you do, don't dance on the tables. The benches, yes. Tabletops, no. Unless you want security to escort you out, keep it off the table.
- ▶ **What is imbibed in the tent, stays in the tent.** Unless you've bought a stein (be sure to have your receipt handy), do not take the tent stein home with you. These aren't free souvenirs, so please don't assume you get a five-finger discount. Staff will often check bags on the way out, so just leave the stein on the table.
- ▶ **Eat all the things.** The fest food is fantastic. Roasted chicken, savory "käsespätzle," succulent pork knuckles and "knödel," "pommes frites" and of course, the doughy goodness of pretzels. The only item I wouldn't recommend are the gingerbread cookies. Those are more decorative than anything.
- ▶ **Be nice and tip.** With close to seven million visitors, the servers in the tents are going to be busy. An ounce of kindness and patience go a long way. The kinder you are, the more attentive the service. This is also one of the few times when tips are expected, usually about 10 percent.
- ▶ **You'll make friends fast.** When you sit down, you'll likely be sitting at a table with people you've never met. In our first tent, we sat with a lovely couple from Augsburg on their honeymoon and a man that was already two liters in. In our last tent, we toasted with an elderly couple that didn't speak a word of English, but who managed to converse with us in our broken German. ■





# 10 THINGS TO KNOW ABOUT LISBON

By Mary Del Rosario

Portugal's capital, Lisbon, is known for colorful tiles, locals persuading you to try cherry liqueur, sunshine and laid-back vibes. Though some may find the city to be dated, Lisbon's underrated charm is what makes the city unique and beautiful. Here are a few things to know before exploring this unmissable part of Portugal.

**No. 1** : Coming in after Athens, Lisbon is the second-oldest capital city in Europe.



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Two

If you hear melancholy music consisting of the guitar or mandolin, it's **Fado**, Portugal's traditional folk music.

3

**Tram 28** is the yellow tram you'll want to look out for in order to get the best sneak peeks of Lisbon's popular landmarks. The starting point for the tram is at Praça Martim Moniz.

IV

**Belem Tower**, **Jeronimos Monastery**, **São Jorge Castle**, **Lisbon Cathedral** and **Praça do Comércio** are some of the recognizable landmarks.

7

Should you find a cafe nearby, be sure to eat all the **pastel de nata**, a delicious Portuguese egg custard, you can find.

8

Memorable souvenir finds are **azulejo tiles**, **Port wine**, **ginjinha**, **pastel de nata** and **sardines**. If buying sardines, head to The Fantastic World of Portuguese Sardines.

5

The city can be hilly, so it's best to bring comfortable walking shoes.

Nine

A day trip from Lisbon to **Sintra**, the home town of the **Park and National Palace of Pena**, is an easy train ride away. Take the train from the **Rossio train station** to **Sintra**, which takes around 40 minutes and costs under 3 euros.

6

You know those yummy olives and bread sitting on the table at your desired restaurant? **Be aware that you will be charged if you eat them**, so double check the bill after you've eaten.

X



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## Oktoberfest Eats:

# Semmelknödel, Bavarian Bread Dumplings

By Anna Leigh Bagiackas

It's Oktoberfest season and you've got your schnitzel and your wurst (sausages), Hefeweizen beer and Riesling wine. A lesser known, but no less delicious German dish to try is Semmelknödel, or Bavarian bread dumplings. As we celebrate the season donning our lederhosen and dirndl and yelling our fair share of "Prost!" we look to Bavaria and Munich's legendary festival to inspire our cooking.

This dumpling is one of many regional dumplings you can find throughout Germany. It can be a comforting and warm main or side dish, especially during the fall and winter months. While this dumpling is primarily made up of bread, other variations can include potatoes or meat, and it is often served with red cabbage. These dumplings are distinctly remembered because of their size, which is generous; they are hearty and are perfect for sopping up a delicious sauce. Deepen your German culinary repertoire by making your own batch of these classic Bavarian dumplings this Oktoberfest season.



## Semmelknödel

Serves: 4

Start to finish: 1 hour

**1 lb. stale white bread slices or bread rolls**  
**2 cups whole milk, warmed**  
**1 tablespoon butter**  
**1 onion, finely diced**  
**1 medium bunch parsley, finely chopped**  
**2 eggs, whisked**  
**1 tablespoon sour cream or crème fraîche**  
**1/4 teaspoon nutmeg**  
**2 tablespoons all-purpose flour, plus more as needed**  
**Salt and pepper to taste**

Slice or rip bread into 1-inch pieces. Add to bowl, pour in warm milk and cover. Soak for 30 to 40 minutes.

Meanwhile, heat the butter in a pan on medium heat. Add onions and sauté until softened, about 8 minutes. Off heat, stir in parsley and set aside to cool.

Whisk together eggs, sour cream, nutmeg, salt and pepper in medium bowl. Pour over the soaked bread and stir to combine. Then stir in the cooled onion and parsley mixture into the bread and eggs. Knead until the dough is well combined.

If the dough is too wet and sticky, gradually add flour until you have a firm dough

that is easier to work with. Form the dough into eight balls using lightly floured hands.

Bring a large pot of salted water or vegetable broth to boil. Reduce to a simmer and add the dumplings. Cook for 15 to 20 minutes or until done. The dumplings will float to the surface when they are done.

Using a slotted spoon, remove the dumplings and place on a paper towel-lined plate to strain.

Serve and enjoy! ■

*(This recipe was adapted from "Das German Cookbook" by Franz Schulmeister.)*



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