

Fall is intense, deep, dangerous, and inviting . . .

By Michael Kutscheid & Naomi Williamson

Summer takes its final curtain call as Fall takes the stage to display her beautiful new palate of reds, oranges, yellows, and golden browns. At no time in the cycle of life are death and beauty more intertwined. The season ushers in an array of earthy aromas that remind you of leaf forts on a Sunday afternoon—a blue sky, bright sun, crisp breeze, your favorite sweater or jersey and the smell of that grill. It's Fall!

As the temperatures descend, our appetites do just the opposite. Flavors and aromas are increasingly robust. This is the time for unique craft beers—not drinks where the umbrella is optional. This is the time to open a jammy zinfandel, the opulent cabernet, or that complex pinot noir. Fall is intense, deep, dangerous and inviting.

You may find yourself hunting game, talking game, or tasting game—whether it's that amazing game on Sunday afternoon or that smokey duck, pheasant, grouse, turkey, or hen. Fall is the time to celebrate life—everything stimulates the senses, the colors, the aromas, the sounds—your friends and family.

Fall is the beginning of a cycle's end, yet its beauty is undeniable. The air smells a little sweeter, a breeze is just a little more refreshing, a beer just a little colder and a reason to gather on Sundays is just a little more obvious. In Fall we hunger for the things that let us know we are still alive! It's Fall. Enjoy your hunger!"

Fan "Sanctuary the restaurant" on Facebook or Follow "@SanctuaryRest" on Twitter for their upcoming Fall "Game & Beer" 5 Course Tasting Menu Event!

Reserve your table online at sancturaryminneapolis.com or by calling 612.339.5058.



Michael Kutscheid, co-owner of Sanctuary restaurant located in downtown Minneapolis near the Guthrie and the Dome, at 903 Washington Avenue South.