HOPLINE

Newsletter of the Crescent City Homebreweres Club

August 2025

Next Meeting: Wednesday, September 3rd

Location: ***Deutches Haus***

2025 Edition

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EDITOR'S UPDATE – AUGUST 2025

Hoppers!!

Although the Hopline may be late, the club has been right on time! The bus trip was quite the event this year, 3 breweries plus, and a distillery or two to boot. I've heard rumors of overserving but not sure what that's all about. Neil had an encore Brew-in-a-Bathing-Suit on August 23. Greg was the brewmaster, with a recipe aimed at creating a Dampfbier, a rare German Ale from the rural Bavarian Forest region fermented with a Hefeweizen yeast, but also able to accommodate a variety of styles. Likely have to wait until October's meeting to taste the array of styles from that one, but I'm confident it will be worth the wait. Emerald Coast is Friday, so we'll be looking forward to the tall tales from that one!!

Please don't miss Wednesday's meeting. I've heard rumors that Carol's book may be making an appearance – it's time to celebrate our storied history!!

Seeya there!!

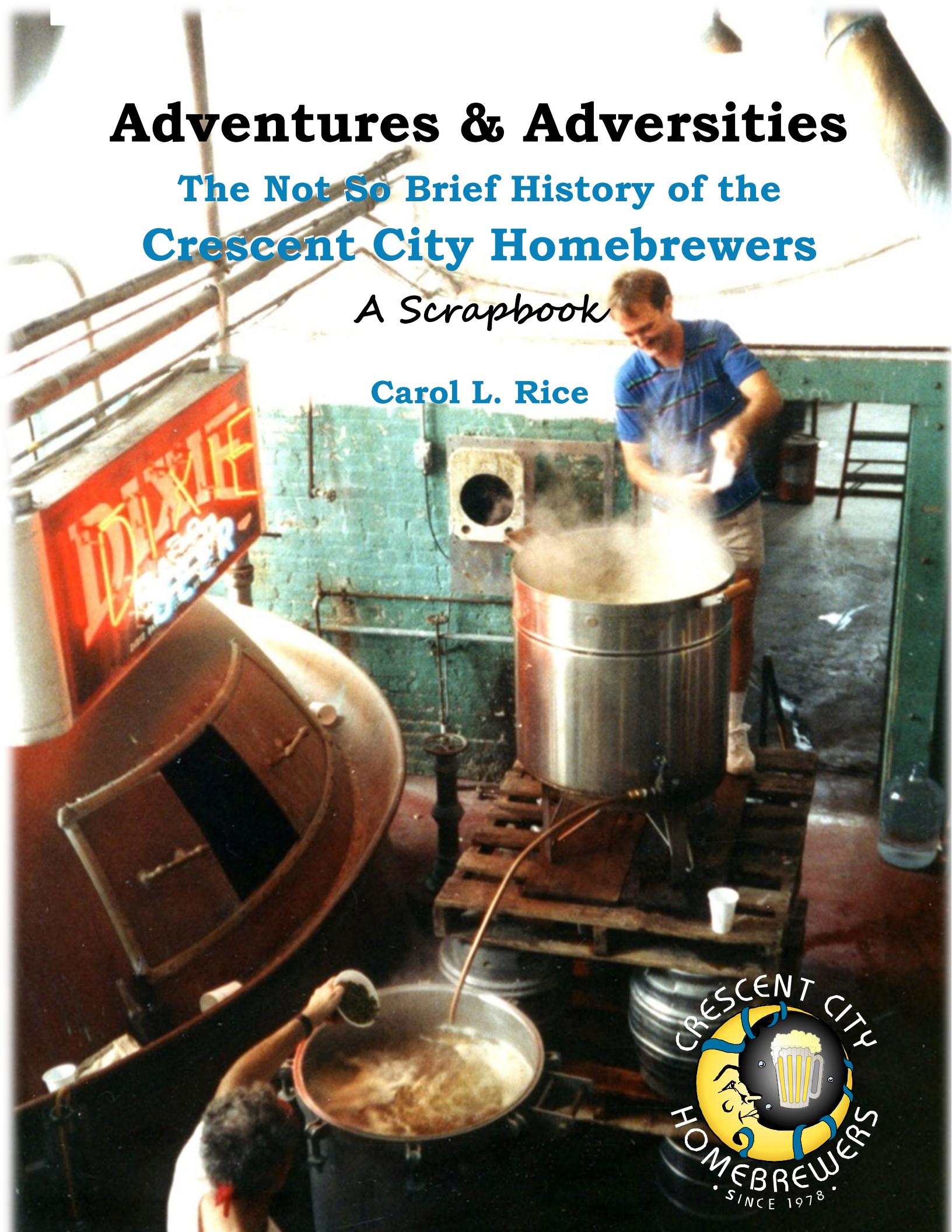
Jack

Adventures & Adversities

The Not So Brief History of the Crescent City Homebrewers

A Scrapbook

Carol L. Rice



CRESCENT CITY HOMEBREWERS – EXECUTIVE BOARD 2024

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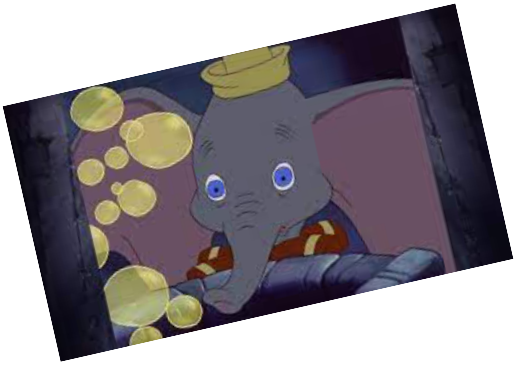
BREWOFF SCHEDULE FOR 2025 (Subject to Change, Really)

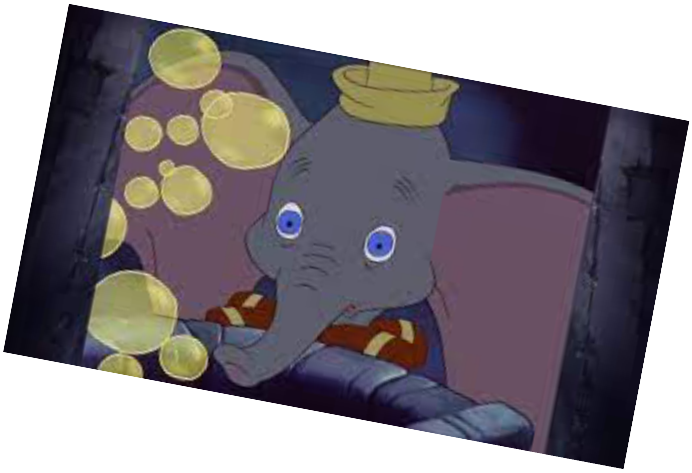
Date	Style	Host	Location	Brewmaster
	Winterfest Break			
2/25/25	***Mardi Gras Break***	--	--	--
3/??/25	--	--	--	??
4/12/25	~~ESB~~	~~Greg Hackenberg~~		~~Peter Cadoo~~
5/10/25	~~Pig Roast~~	~~Rick and Genevieve Mattei~~	~~233 Labarre Drive Metairie, LA~~	
~~6/28/25~~	~~BIABS~~	~~Neil Barnett~~	~~5636 Hawthorne Pl NOLA, 70124~~	
July 26	**BUS TRIP**		Baton Rouge - Hammond	
8/23/25	~~BIABS~~	~~Neil Barnett~~	~~5636 Hawthorne Pl NOLA, 70124~~	
9/27/25	Brewoff	Joel Molina	TBA	TBA
10/25	***Octoberfest Break***			
11/1/25	LTHBD	Abita NOLA	2375 Tchoupitoulas St	Will Lambert
11/22/25	Oyster Stout	Charles Sule	6325 Perlito Dr NOLA	TBA

*BIABS = brewing in a bathing suit

Standard Wort price $30.00 Standard Lunch price$10.00

For any new members, a Brewoff is a group event in which we make 50 gallons of beer with the Club equipment. The wort is then split up into ten, 5-gallon units. The units are given out to the Host(1), Brewmaster(1), Chef(1), Equipment Movers(2), and Grunts(5). Guests and Alternates are encouraged to sign up and join in the fun. Wort participants must bring their own 5-gallon fermenter, and yeast. If you are interested, email DUMBOS at jack.horne@gmail.com or sign up at the meetings. Buy a truck





UPCOMING EVENTS

HERE ARE SOME GREAT EVENTS THAT YOU MAY BE INTERESTED IN:

Sept 3	**General Meeting** 7 PM – Deutsches Haus
Sept 4	**Emerald Coast Beer Pairing Dinner w/ Parish Brewing** 7 PM - Seville Quarter - Details
Sept 5	**Emerald Coast Beer Festival** 5 PM – Seville Quarter, Pensacola FL Details
Sept 19	**CCH Meetup** 7 PM – Ecology Beer Creative
Sept 20	**Thibodaux On Tap** 5 PM – Downtown Thibodaux
Sept 27	**Brewoff** 8 AM - Joel's
Oct 1	**General Meeting** 7 PM – Deutsches Haus
Oct Multiple Dates	**Oktoberfest** (**Oct 10-11, 17-18, 24-25**) Deutsches Haus
Oct 15	**CCH Meetup** 7 PM – Ecology Beer Creative
Nov 1	**Learn to Homebrew Day Brewoff** 11 AM– Abita New Orleans

Nov 5	**General Meeting** 7 PM – Deutsches Haus
Nov TBD	**CCH Meetup** 7 PM – Meil
Nov 22	**Oyster Stout Brewoff and Shucking Showdown** 8 AM - Charles Sule's
Dec 3	**General Meeting - Potluck & Elections** 7 PM – Deutsches Haus
Dec 5-7	**ChristKindlMarkt** Deutsches Haus
Dec TBD	**CCH Meetup** 7 PM –TBD

We have many more events in the works for later in the year. Watch this space, or check out https://crescentcityhomebrewers.org/calendar/**.**

Know of any events going on that we might be interested in? Let us know at crescentcityhomebrewers@gmail.com

BREW FOR THOUGHT – AUGUST 2025

Brewed from old bread crusts, the world's oldest beer recipe is experiencing a revival

April 15, 2024

By Becca Warner, Features correspondent, BBC

An ancient recipe for Mesopotamian beer has survived the millennia to find new life as a modern drink, with a lower carbon footprint than many of its rivals thanks to its use of old bread crusts.

When people first sipped on a frothy – likely warm, and oddly thick – beer, the world looked different from today. The people who made it lived in Mesopotamia, in what is now southern Iraq. They were Sumerians, the earliest known civilisation in the region, who thrived in ancient cities around 4,000 to 6,000 years ago.

An ancient recipe discovered etched into a clay tablet is written as a poem to Ninkasi, the goddess of beer. "Ninkasi, it is you who handle [the] dough with a big shovel, mixing, in a pit, the beer-bread with sweet aromatics," it reads. "It is you who bake the beer-bread in the big oven, and put in order the piles of hulled grain." The poem reveals that the beer they were drinking was made not only from the usual grains, yeasts and water – but also from bread.

The Sumerians loved it – the pictograph for beer is among the most commonly used in Sumerian written language. And unlike most beer made today, it uses "beer bread", a twice-baked barley bread, to provide some of the sugars needed to get the brewing process started.

Millennia later, in 2016, the founders of Toast Brewing in London decided to revive this ancient recipe when they were confronted with the huge amounts of food waste created by factories and supermarkets. Tristram Stuart is an environmental campaigner at the non-profit Feedback, and Louisa Ziane is a sustainability expert at consultancy The Carbon Trust. They decided to make beer from wasted bread after stumbling upon the possibilities presented by the humble loaf.
Globally, an estimated 900,000 tonnes of manufactured bread ends up in the bin each year – that's 24 million slices of bread every day. Stuart caught a glimpse of the scale of this waste in 2013, on a visit to a sandwich factory that supplied a UK supermarket with packaged sandwiches.

"There was a big skip sitting out there that was just full of bread slices," says Ziane. When Stuart had a conversation with the company, they estimated there were 13,000 slices in that skip. Stuart's discussion with the factory revealed that the heel end of loaves and often the slices next to it are typically thrown away because they're not perfectly square.

Soon after, a chance visit to Belgium – and a taste of a bread-based brew at the Brussels Beer Project – inspired Stuart to turn wasted bread into valuable beer. "The idea that ancient peoples would revere the grain, and use it in a way to create a drink that helped to celebrate where that grain came from, tells the story of beer," Ziane says. Toast Brewing launched in 2016 with bottles of beer made from leftover loaves from London bakeries.

A warm reaction to Toast's launch showed beer to be a novel way to engage people with a planet-sized issue. Around a third of all food produced is lost or wasted, and this accounts for as much as 8-

10% of global greenhouse gas emissions. "We thought this is a really cool way for us to support the UK bakery industry to tackle food waste, while raising awareness among beer drinkers," says Ziane . Brewing beer from bread is not without its challenges. "Early beers probably were a little bit bitty and maybe like an alcoholic porridge," Ziane says. The method took some adapting – including an industrial shredder to crumb the bread slices, and rice hulls to prevent the bread from becoming an impenetrable sponge in the tank.

The recipe Toast settled on replaces 25% of the grain with bread. In doing so, it replaces 25% of the carbon, water and land needed to grow the grain.

Stefan Schaltegger is founder of the Center for Sustainability Management at Leuphana University of Lüneburg in Germany and advises Krombacher, the largest beer manufacturer in Germany, on sustainability. Farming grain negatively impacts the environment in several ways, he says. "One important impact category is the contribution to climate change through greenhouse gas emissions. Another important impact category is water use and a third one is…biodiversity loss."

Around half of beer's environmental impact happens during the production of grain – an impact that is avoided when waste bread is used instead. Toast have calculated that, between 2016 and 2022, their use of waste bread avoided 61 tonnes of CO_2 equivalent (CO_2e).

The brewery's production process is the other major contributor to its impact. "There the main issue is energy use, and typically fossil fuels are used," Schaltegger says. "These are huge quantities, because you need very high temperatures, and you have to cool the beer down relatively fast, depending on what kind of beer you produce." Toast's brewery runs on gas and grid electricity rather than renewables, but making this shift is an immediate priority. The company's carbon footprint in 2022 was 206 tonnes of CO_2e, which they plan to reduce to net zero by 2030.

Salvaging bread from landfill also prevents the release of methane, which is produced when bread, or any food, rots in an oxygen-poor environment. Methane is a highly potent gas that has a global warming impact more than 80 times higher than CO_2 over a 20-year period.

It is important that the grains and bread that have had their sugars extracted during the brewing process don't meet the same fate. Toast sends all their spent grains and soggy breadcrumbs to a local farm in south-east England to have a final use as animal feed.

This byproduct "starts smelling cheesy within a few hours, so it really needs daily collections," says Ziane. This means that the farmer collecting it must be based nearby – just as, in an ideal world, the bread would come from a bakery next door. (Read more about the climate benefits of eating locally on a budget).

"If you look back to pre-industrialisation periods, where you would have lots of little businesses co-located, you would often have a local brewer and a bakery next door to each other. The bakery would use surplus yeast from the brewer, and the brewer could use surplus grains from the bakery. It's become much more difficult to operate like that. But there's something really lovely about the potential for resilience through creating those relationships," says Ziane.

Early beers were a little bit bitty - like an alcoholic porridge – Louisa Ziane

Though Toast now sources bread from the UK's larger commercial bakeries, the company is committed to keeping sales close to home. In other countries, including Belgium, the Netherlands and Australia, Toast partners with local brewers and bakeries to source bread and sell beer locally.
The final result is that Toast's beer has a carbon footprint of 604g (21oz) per litre compared to a UK average of around 700g (25oz) per litre, and a US average of 900g (32oz) per litre – although Toast's figure includes some of the carbon associated with the bread's production, despite the fact that the bread would otherwise be wasted.

There is still work to be done. Packaging typically makes up a big part of beer's environmental impact – ranging from 19 to 46% in the UK – and Toast is no exception. Packaging is responsible for as much as 56% of Toast's carbon footprint. The company is now in the process of switching from glass bottles to cans, which according to the company halves the carbon footprint from packaging. The best option for packaging depends on the options for reuse and recycling that are available locally. In countries like the UK that only use single use bottles or cans, the environmental burden is substantially higher, compared to countries like Germany which has a bottle return scheme, says Schaltegger.

And while it is clear that using a waste product instead of new raw materials is better for the environment, Schaltegger suggests caution when using waste. "If you take a broader systems perspective, is that the best place to use the old bread? Or would there be other places where you could use the old bread and reduce even more CO_2?" Making sure the wasted bread gets eaten – and therefore prevents other bread from being produced – may be the optimum solution, says Schaltegger. But until systems are in place that can eliminate food waste, repurposing unwanted bread is a smart idea. "You don't have to produce the respective amount of barley and malt, and of course the malting process needs a lot of energy. If you look at beer as a product, it will improve the carbon footprint of that beer," says Schaltegger.

For the environmental benefits of beer from bread waste to really make an impact, it needs to become mainstream. A small number of other brewers are already using bread, including Crumbs Brewing in the UK, Modist and Jester King Brewery in the US, Breer in Hong Kong, and Nääs Fabriker in Sweden. Toast has also made a home brew recipe available online for anyone interested in experimenting with the stale ends left in their bread bin. But the biggest step will be made by convincing big commercial brewers to integrate bread into their recipes. "We estimated that, based on the amount of beer that's brewed in the UK, if we can get brewers to switch just 10% of their malt base to surplus bread, then we could halve bread waste in the UK," Ziane says. "That's obviously a huge challenge, because the beer recipe is quite sacred."

The volume of bread wasted means that sourcing at this scale is unlikely to be a problem. The availability of unwanted bread is – sadly – consistent, Ziane says. "We have a fairly reliable supply, unfortunately. Because what happens is that bakeries… tend to plan to bake a little bit more, to avoid fines or delisting if they don't fulfil orders. So there tends to always be – excuse the pun – surplus baked in."

However, there will be plenty of loaves languishing in skips and pantries that could make their way into a frosty glass, until the problem of overproduction is addressed. Toast donates 100% of its profits to environmental charities, including Feedback, which are campaigning to end overproduction.

Above all, the ingenuity of the Sumerian's ancient recipe is a reminder that food has a value that we have come to forget. "The reason that we waste so much food is because we've lost this connection to where our food comes from, and this appreciation of nature and everything that goes into producing our food in the first place," says Ziane.

As Toast and their fellow bread-brewers attempt to make bread-based beer the norm, perhaps the beer of the future could begin to look more like that of the past. Less lumpy, a little colder, but just as loved.

FROM RON

7 best low-carb beers that are also big on flavor, according to new ranking

https://www.foxnews.com/food-drink/7-best-low-carb-beers-also-big-flavor-according-new-ranking

Auto-Brewery Syndrome: Apparently, You Can Make Beer In Your Gut

Most of us prefer drinking fermented beverages, not producing them in our gut.

This medical case may give a whole new meaning to the phrase "beer gut."

A 61-year-old man - with a history of home-brewing - stumbled into a Texas emergency room complaining of dizziness. Nurses ran a Breathalyzer test. Sure enough, the man's blood alcohol concentration was a whopping 0.37 percent, or almost five times the legal limit for driving in Texas. There was just one hitch: The man said that he hadn't touched a drop of alcohol that day. "He would get drunk out of the blue - on a Sunday morning after being at church, or really, just anytime," says Barbara Cordell, the dean of nursing at Panola College in Carthage, Texas. "His wife was so dismayed about it that she even bought a Breathalyzer."

Other medical professionals chalked up the man's problem to "closet drinking." But Cordell and Dr. Justin McCarthy, a gastroenterologist in Lubbock, wanted to figure out what was really going on. So the team searched the man's belongings for liquor and then isolated him in a hospital room for 24 hours. Throughout the day, he ate carbohydrate-rich foods, and the doctors periodically checked his blood for alcohol. At one point, it rose 0.12 percent.

Eventually, McCarthy and Cordell pinpointed the culprit: an overabundance of brewer's yeast in his gut.That's right, folks. According to Cordell and McCarthy, the man's intestinal tract was acting like his own internal brewery. The patient had an infection with *Saccharomyces cerevisiae*, Cordell says. So when he ate or drank a bunch of starch - a bagel, pasta or even a soda - the yeast fermented the sugars into ethanol, and he would get drunk. Essentially, he was brewing beer in his own gut. Cordell and McCarthy reported the case of "auto-brewery syndrome" a few months ago in the *International Journal of Clinical Medicine*.

When we first read the case study, we were more than a little skeptical. It sounded crazy, a phenomenon akin to spontaneous combustion. I mean, come on: Could a person's gut really generate that much ethanol. Brewer's yeast is in a whole host of foods, including breads, wine and, of course, beer (hence, the name). The critters usually don't do any harm. They just flow right through us. Some people even take *Saccharomyces* as a probiotic supplement. But it turns out that in rare cases, the yeasty beasts can indeed take up long-term residency in the gut and possibly cause problems, says Dr. Joseph Heitman, a microbiologist at Duke University. "Researchers have shown unequivocally that *Saccharomyces* can grow in the intestinal tract," Heitman tells The Salt. "But it's still unclear whether it's associated with any disease" - or whether it could make someone drunk from the gut up.

We dug around the scant literature on auto-brewery syndrome and uncovered a handful of cases similar to the one in Texas. Some reports in Japan date back to the 1970s. In most instances, the infections occurred after a person took antibiotics - which can wipe out the bacteria in the gut, making room for fungi like yeast to flourish - or had another illness that suppresses their immune system. Still, such case reports remain extremely rare. Heitman says he had never heard of auto-brewery syndrome until we called him up. "It sounds interesting," he says. But he's also cautious.

"The problem with a case report," he notes, "is that it's just one person. It's not a controlled clinical study."

by Michaeleen Doucleff
September 17, 2013 4:10 PM
Morgan Walker/NPR

ASTRINGENCY by Mike Retzlaff

(Originally appeared in Aug. 2014 HopLine)

Some time back, Aaron at Brewstock (remember him?) was running occasional brewing contests. I decided to enter the one for dark beer. It could be any style of beer as long as it was dark. I was more interested in getting an honest appraisal of the beer than anything else. My friends always seem to love my beer but I think that they love the "free" part best. Most of my friends are not brewers nor do they have a discerning palette so getting an honest and informed appraisal from them is tough.

After the contest, I got the score sheet for my pseudo-Murphy Stout. The sheet listed a flaw - astringency. The judge had suggested: "mashed too long? over sparged?" I went back to my brew sheet and found that I had only mashed for an hour so I conceded to myself that the problem must have come from over sparging. I knew I had a little problem with astringency in some beers but it wasn't noticeable in others. Color didn't seem to be a factor with this occasional flaw as these beers were all over the map as far as style. The problem would come up from time to time and I had no idea when it would happen. I seemed to be at the mercy of some mystical force.

I checked the books to learn how to keep those pesky polyphenols out of my beer. Some texts said to stop collecting wort at a SG of 1.008. Others said 1.010 or 1.012. That's really a fairly wide spread. What are the measurement parameters for this? Are these cut-off gravities based on OG? Are they based on color? Is this just a matter of hocus pocus and "feel", or is it based on some scientific principle? I put this problem on my "things to figure out" list.

For a few batches, I started checking the SG toward the end of the lauter and stopped collecting at the suggested gravity. I still wondered why the tannins don't leach out during the entire lauter. I found my answer in reading more technical publications. They seemed to lay it out in a way my puny brain could understand although I would have expected this explanation from basic brewing texts. As the sugars are being rinsed from the mash, so are the buffers which keep the pH down in the 5.1 to 5.5 range. As the sparge water, with a higher pH, rinses these buffers out, the pH of the grain bed starts to rise. Once the grain bed rises to about pH 5.9, the tannins start to leach out of the hulls. The pH of the mash will continue to rise and eventually would match the pH of your sparge water, if you were to lauter that long. Raising the temp of the grain bed by using sparge water over 172 degrees just exacerbates the problem.

I read that many brewers acidify their sparge water to alleviate this condition. Sulfuric, lactic, and phosphoric acids were mentioned. I really didn't have a clue as to which kind or even how much to use but this mystery seemed to be unravelling. I found John Palmer's RA worksheet on the web and downloaded it. One part of this worksheet is a calculator for acidifying the sparge water. I used lactic acid in the amount set by the calculator on my next batch of beer. Toward the end of the collection, I checked gravity as well as pH which stayed low so I collected until I had enough for the boil. Neither the collected wort nor the finished beer had any perceivable astringency. I tried it again on subsequent batches and still found no astringency.

The gravity of the final runnings seems to be of lesser concern if that wort doesn't climb above pH 5.8. Keep this in mind if you are making a double batch from a single mash such as a Wee Heavy and a small beer or a DIPA and a bitter. However, there is nothing to gain by rinsing the grain bed until there is zero extract left!

The mystical force of "hocus pocus" has now been replaced by honest-to-goodness science. It has provided me with a technique which seems to have corrected the problem and is keeping astringency at bay in my brewing.

FOOD AND WHINE – AUGUST 2025

New Mexican Cheese Rarebit with Chili & Beer

1 LB American Cheese, Diced

1Tbsp Butter

1 can(12oz) Beer

½ cup Chopped Green Chili (fresh or canned)

¼ tsp Cayenne Pepper

Melt butter in a heavy pan, add cheese a little at a time and stir until it melts. Gradually add the beer. Add chili and pepper and cook over very low heat for 10 mins. Or until cheese is completely melted stirring occasionally. Serve over toast points (serves 4)

Beer Chili – Arizona Style

1 Tbsp Butter

1lb Ground Beef

¾ cup Chopped Onions

1 No. 303 Can Tomatoes

1 (6 oz) can Tomato Paste

1 tsp. Salt

¼ tsp Pepper

1 ½ tsp Chili Powder

½ tsp Paprika

1 can Beer

1 No. 303 can Kidney Beans

1 Bay Leaf

Melt Butter in heavy fry pan or Dutch Oven. Add Meat and Onion. Cook until lightly browned, stirring frequently. Add remaining ingredients except kidney beans. Stir & Cover. Simmer 1 Hour, stirring occasionally. Add kidney beans, simmer 20 – 30 mins, stirring frequently. Serves 6

SITES OF INTEREST

Crescent City Homebrewers:
Crescent City Homebrewers
CCH Member Application

Local Brewing Supply:
Brewstock

Louisiana Craft Beer Info:
Louisiana Craft Brewers Guild

Breweries:
Big Easy Bucha
Brewery Saint X
Bayou Teche Brewing Company
Brieux Carre Brewing Company
Broad Street Cider & Ale
Chafunkta Brewing Company
Courtyard Brewery
Crescent City Brewhouse
Deadbeat Brewing
Deutsches Haus
Ecology Beer Creative and Taproom
German Coast
Gnarly Barley Brewing Company
Kingfisher Cider
Miel Brewery and Taproom
New Orleans Lager and Ale Brewing Company
Oak Street Brewery
Parish Brewing
Parleaux Beer Lab
Port Orleans Brewing Company
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