

# Froth

The Newsletter of the Brewers of Central Kentucky

Volume 1, Number 3

Lexington, KY

May/June 1999

## CAN BEER FIGHT CANCER?

March 16, 1998

NEW YORK (Reuters)- The hops used to flavor and preserve beer appear to be toxic to some cancer cells, according to researchers at Oregon State University (OSU). The hops contain antioxidant compounds called flavonoids. When applied to different types of cancer cells in laboratory dishes, one particular flavonoid-xanthohumol-was toxic to cancer cells.

"We treated human breast, colon, and ovarian cells that were cancerous with concentrations (of flavonoids) that were not harmful to normal cells and found that some of the hops flavonoids were toxic to cancer cells," said Donald Buhler, an agricultural chemist with OSU's Agricultural Experiment Station.

In one experiment, the researchers found that flavonoids inhibited cytochrome P450, an enzyme that plays a role in cancer development. And a

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**Next Meeting**  
**Wed., May 12**  
**Lexington Brewing**  
**Company**

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## IS YOUR BREW Y2K COMPLIANT?

*by Mark Roberts*

I have heard it said that you should stock up on everything from toilet paper, food, water and Pez candy to hoarding cash and or precious metals in preparation for the big change to 2000. I have also heard that those who have beer will be gods!

But will you have beer? What if the Y2K bug gets you. Have you even researched the matter. I thought not, which is why I took this weighty task upon my shoulders, got a beer and set to e-mailing suppliers.

First I e-mailed Scheier Malt. Would their malt convert after midnight 12/31/99? I am afraid their response is less than enlightening. They laughed. Now was that a laugh of the oh-so-sure-there-will-be-no-problem sales rep or was it the laugh of the un-how-do-I-blow-him-off-without-revealing-our-greatest-fear sales rep? I won't know for sure until New Years Eve, but they are supposed to send me a hat. So where does that leave us? Malt is uncertain. They can probably get it to the stores, but will it still have diastatic power after the party is over in Times Square, we won't know until next year.

Then I e-mailed Wyeast. Their response was much more forthcoming. I reprint it here in it's entirety:

*Dear Mark,*

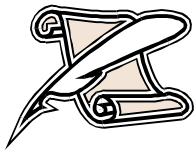
*In response to your Y2K Inquiry, we ran some experiments to test our yeast compliance. We moved our code dater up to Dec. 31, 1999, and packaged two lots of yeast. One lot was explained to about the potential Y2K problem, the other was not. The following day (Y2K) in a blind panel, two beers were brewed, one from each lot of yeast. I am happy to report that both lots performed fine. In the blind taste panel, where clocks were also set ahead to Y2K, no detectable differences in the beers were reported.*

*Cheers!*

*Dave Logsdon*

Finally, I e-mailed HopUnion. However, their response did not arrive by deadline. I will update you at the next meeting if they provide meaningful information.

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## Scribe's Scribbles

Ahh... Spring has sprung. It's a good thing. I was beginning to get a hangover from all the stout I had to drink to stay warm.

The flowers are blooming, the birds are singing, the grass needs mowing. But instead of doing the things that need to be done, we will brew beer instead. What better way to spend the afternoon than in the sun with a cold homebrew in your hand and a kettle of wort on the burner.

My point to all of this endless babble is simple...join the FUN!!! Come to the brew days, participate in what's going on. In a few months it will get cold and we will be resolved to hovering under the heater and drinking stouts again.

I know that there are things to do, but do them later. Good beer waits for no one.

*Sincerely,  
Krista Alexander*

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### Brewers of Central Kentucky Financial Report

For four months ended April 30, 1999

#### Income

Dues	\$ 400.00
Hats and Shirts	15.00
	<u>280.00</u>
Total Income	695.00

#### Expenses

Postage	86.00
Printing	62.00
Special Events	50.00
Miscellaneous	<u>49.00</u>
Total Expense	265.50

**Income in Excess of Expenses** 429.50

#### Cash Balance

Beginning	936.24
Ending	\$1,365.75

**100 Shares Lexington Brewing Company** \$ 500.00

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### First Time To Experience B.O.C.K

If you would like to join us, we meet on the second Wednesday of every month. We'll meet on **May 12** and **June 9**.

You will find us at Lexington Brewing Co., 900 W. Maxwell St. Bring a glass and some homebrew (or a good commercial beer) to share. Be sure to let us know it's your first meeting so we can be on our best behavior. We'll swap stories and brew, raffle doorprizes, and have a great time!



#### Froth

A publication of the Brewers of Central Kentucky

#### 1999 B.O.C.K. Officers

##### *Primary Fermenter*

Morgan Jones

##### *Secondary Fermenter*

Tim Black

##### *Tertiary Fermenter*

Mark Roberts

##### *Keepers of the Cash*

Bob Hopkins

Leslie Perkins

##### *Scribes*

Krista Alexander

John Cromwell

##### *Webmaster*

Randy Alexander

##### *Public Relations*

Tony Aiken

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[NapaValley/Vineyard/3417](http://www.geocities.com/NapaValley/Vineyard/3417)

#### Issue Information

Article Deadline June 31, 1999

Mailing Date July 5, 1999

Froth is a publication of the Brewers of Central Kentucky (B.O.C.K.). It is published monthly and is also available electronically in PDF format on our web site.

## MAIBOCK

### Ingredients:

- 7 lbs Lager malt
- 2 lbs Munich malt
- 1.5 lbs German light Crystal Malt
- 1/2 lb home toasted lager malt
- 1.5 ounces Hallertau pellets-boil (4.0% aa)
- 1/2 ounce Tettnang pellets-boil (3.4% aa)
- 1/2 ounce Hallertau pellets-flavor (4.0% aa)
- 1/2 ounce Tettnang pellets-finishing (3.4% aa)
- Wyeast 2308 Munich Lager Yeast- 1.0 L starter

### Procedure:

Add 2.25 gallons of 54°C water to crushed grains, stabilize temp at 50°C. Add 1.25

gallons boiling water to bring temp to 68°-70°C. Hold for 90 minutes. Sparge with 4 gallons of 77°C water.

Bring wort to a boil and add boiling hops. After 30 minutes, add flavor hops. 10 minutes before end of boil, add finishing hops. Chill, etc., pitch yeast.

### Specifics:

OG: 1050

## German Hefeweizen

### Ingredients:

- 15 lbs Ireks Wheat Malt
- 10.5 lbs DeWolf-Cosyns Pils Malt
- 2 oz 4.6% German Hallertauer Pellets (assume 25% utilization) 60 min Weihenstephan Weizan Yeast (96? 69?)

### Procedure:

Preboil all water, chill, and siphon off of sediment. Mash in at 99°F, hold for 15 minutes. Boost to 122°F, hold for 15 minutes. Perform first decoction with thickest 40% of mash. Heat in 15 minutes to 160°F, hold 15 minutes. Heat in 15 minutes to boiling. Boil for 20 minutes. Mix back into mash tun over 10 minutes. Hold at 147°F for 20 minutes. Perform second decoction with 30% of mash. Heat in 15 minutes to 160°F, hold 15 minutes. Heat in 15 minutes to boiling. Boil for 10 minutes. Mix back into mash tun over 10 minutes. Sparge at 172°F to collect 15 gallons. Boil two hours. After hot break occurs collect one gallon of speise (wort) for priming.

Add hops for last 60 minutes. Pitch yeast at 58°F. Allow temperature to rise to 65°F over three days.

Bottle with 1 4/5 qts speise per 5 gallons.

This process took about 10 hours from start to clean up excluding pre-boiling the water.

## MONTHLY CALENDAR

- May:** Maibock
- June:** Hefeweizen, Wit, Belgian White
- July:** Pilsner, Bitter
- August:** Amber Ale, Red Ale, Fruit Ales/Lagers
- September:** Oktoberfest/Marzen/Vienna
- October:** Pumpkin Ale, Scotch Ale
- November:** Porter, Stout
- December:** Holiday/Spiced/Winter Ales
- January:** Lambic, Mead
- February:** Barley wine, Cider, Oatmeal Stout
- March:** Bock
- April:** Brown Ale, Black Lager

### *continued from page 1*

So what can you do to be prepared? Here's a basic experiment you can conduct at home. Next time you brew, follow this procedure:

1. Move your wall calendar up to December (you know, the snow picture).
2. Cross off all the dates except the 31st.
3. Brew according to your individual procedure.
4. When your fermentor is showing obvious signs of activity, set your clock to 11:59 p.m.
5. If signs of fermentation do not immediately stop when the clock strikes 12:00, then get a homebrew and practice celebrating for the real thing. You are going to have beer for the new year.

## Webpage Update

*Randy Alexander, Webmaster*

The webpage has once again undergone sort of a face lift. I've added a few things, a page for pictures, the ability the submit your favorite link, and a message board. If you have a question that you want to pose to the club or have a question that can't wait until the next meeting, post it on the message board.

I am always updating the webpage and always looking for new ideas. So if you would like to see something different on the web, please let me know.

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second experiment in mouse cells showed that the flavonoids enhanced quinone reductase, an enzyme that detoxifies potential carcinogens. The findings were presented at the recent International Society of Toxicology meeting in Seattle, WA.

The researchers are planning additional studies and caution that their conclusions did not encourage excessive beer consumption.

"Obviously, there's a down side to drinking," said Buhler. "It might be possible to find a way to get (the flavonoids) to people in capsules or some other concentrated form," he said.

The study was funded by the Hop Research Council, the Medical Research Foundation of Oregon, the national Institute of Environmental Health Services, the US Department of Agriculture, and OSU's Environmental Health Sciences Center.

*Reprinted from the GHHA Newsletter, Mountain Brewer.*

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**June Meeting**  
**Wed., June 9**  
**Lexington Brewing**  
**Company**

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## **BEER HUMOR**

*Beer Found to Contain Female Hormones...*

Yesterday scientists revealed that beer contains small traces of female hormones. To prove their theory, the scientists fed 100 men 12 pints of beer and observed that 100% of them gained weight, talked excessively without making sense, became emotional, couldn't drive, and refused to apologize when wrong. No further testing is planned.

B.O.C.K  
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