

# F.L.O.P.S.



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## Newsletter of the Fayetteville Lovers of Pure Suds

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625 W. Dickson Street  
Fayetteville, Arkansas 72701

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Volume 1, Number 1

Fall 1993

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### From the Desk of the *Primary Fermenter;*

**John R. Griffiths**

**Welcome!**



Welcome to the first issue of the F.L.O.P.S. newsletter! Who are we? - Fayetteville Lovers of Pure Suds - a small group of home brewers of beer in Northwest Arkansas who enjoy making and drinking home-brewed beers. Yes, we drink commercial beers too, but enjoy the wonderful variety of ales and lagers that can be made from basic ingredients, in the tradition of times that had almost vanished until the revival of the "real-ale" movement in Britain and the United States some fifteen years ago. Beer-lovers began to realize that beer, a drink whose history goes back several thousand years, need not be a mass-produced, relatively flavorless and tasteless beverage, but could be a drink of character-wonderful flavors and aromas of malt and hops - in many different styles.

We all enjoy making such lusty brews, and on April 4, 1993 a small group gathered to form F.L.O.P.S. We have grown to about 15 members since then, have held monthly "business" meetings (with home brew and real ale tasting the focal point) and several symposia and field trips. Members have reported on beers they have tasted in far-flung parts of the United States, and from the British Isles and Europe. We enjoy this hobby, and urge anyone who reads this newsletter to join us. Contact any member, and we will let you know about our future activities. If you have never brewed before, but would like to, we are here to help you!

What is home-brew? An ancient German law mandates beer can only be made from water, malted barley, and hops (back in the 1500s they didn't know yeast was the "active" ingredient which made the whole mess ferment - it took Louis Pasteur to figure that out!) Commercial beers today contain many additives, with

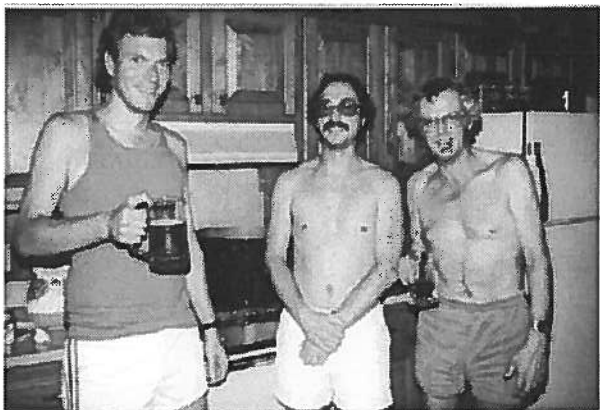
the basic purpose being to produce a constant "taste" for each brand. The booming microbrewery and brew pub industry is now offering a return to "real" beers. In Fayetteville the Ozark Brewing Company is scheduled to open a brew pub in November - an event we eagerly await.

Brewing your own beer can be relatively easy. You will need some basic equipment, best purchased as a kit for around \$40.00 and some malt, hops and yeast, which can also be purchased from home-brew suppliers. I also recommend buying a book about making beer. Positively the best for the beginner is Charlie Papazian's *The New Complete Joy of Home Brewing*. I consider brewing as alchemy, but if you read this book at least you will know how to do what you do! Basic brewing involves boiling some water, adding a couple of cans of malt extract, and boiling for an hour or two. During the boil you can add hops as appropriate. Tip the whole mess into your bucket, bring the water level up to five gallons, pitch the yeast, and the little micro-organisms will do the rest. Well, not quite! You will have to rack (siphon) the wort to a secondary fermenter after a few days, then after a few more days bottle the stuff. Bottling is the worst part of brewing, but if you invite a few friends, or drink a few brews (or both) it can be relatively painless!

Once you savor the wonders of real beer, then come the problems! You decide to experiment with real grains. I began with a few batches made with a couple of pounds of mashed grains, then went the whole way to all-grain brewing. The basic technique is easy - you can read about it in Charlie Papazian's book - but you will need at least one six-plus gallon boiler, and an efficient sparging system. A simple Pale Ale will take three or four hours to brew. My problems began when I started making German-style Weizenbocks, which require a complicated double-decoction mash. One batch took twenty hours to brew! Then there is the Scotch Ale - looming in the future - which requires a double mash. Ah! The joys of home brewing!

What does it cost? I figure my cost at around 40-45 cents per bottle (make that \$4.00 - \$4.50 per bottle, but I don't pay myself for labor!)

As Primary Fermenter of F.L.O.P.S., I would like to ask all members to attend our meetings and symposia, recruit new members, and diligently pursue their home brewing. I would also like to thank Liz and Dave for their magnificent effort in making our newsletter a reality. We solicit items from all members - we hope to make this a quarterly effort, and need your input. Recipes, comments on beers tasted, anything pertaining to our hobby of brewing will be considered. To prospective members - contact us! We can help you get started in brewing. The best is yet to come!



Can Dave brew faster than Keith and John can drink?  
No way!

**From the Desk of the *Secretary/Treasurer* and the *Minister of First Year Plan*, Stephen C. Rudko:**

**Comrades! Colleagues! Brethren! Friends!**

The season of brewing, having for so long been but a seductive glimmer on our collective horizon (as a coquettish mistress in the fine mists of memory; ethereal, sensual, illusory), has now overtaken, nay - overwhelmed and overpowered us in one mighty, Panzer-like, steamrolling juggernaut! Comrades to your pots and stoves, to your colanders, to your most holy vessels of fermentation! Gird your accoutrements, your hoses and thermometers! The days of our blissful labors, the months for jubilant toiling have suddenly begun! Turn each among you to the other and animate, encourage and illuminate all! For this is our cry: All must brew! All must celebrate with hearts and minds linked, as we dance purposefully, hedonistically to the frenzied bubbling of our own air-locks!

And as we look with full hearts and empty glasses (and with somewhat dipsomaniacal grins) toward a season of unprecedented productivity, even so shall we look to our beloved enterprise, F.L.O.P.S. The month of October rings in a fresh year with a return of the diligent and ever aspiring officers: John R. Griffiths, *Primary Fermenter*; Bill Speer, *Secondary Fermenter*; Stephen C. Rudko, *Secretary/Treasurer*; Keith P. Besonen, *Ambassador*. Looking forward with keen deliberation, John R. Griffiths has decreed the timely formation of three ministries and has declared the appointments thereto, officers who shall lead with great vitality; *Minister of Special Projects*, Dave Justice - to selflessly oversee special brewings, tastings, competitions, field trips, etc.; *Minister of Propaganda*, Elizabeth

Justice - to selflessly coordinate the newsletter and direct all propaganda; *Minister of the First Year Plan*, Stephen C. Rudko - to selflessly coordinate the workings of all ministries and offices. Upon my request, the ministers and officers met in special session last week to take an account of the present situation and set a course of action for the coming months. It was agreed that to reach our greater design, namely that F.L.O.P.S. serve and meet the needs of all its members and unflinchingly entice others to join us in our cause, it is imperative that we confront and satisfy these essential and fundamental objectives:

1. We must brew. Brewing is our primary interest, activity and goal.

2. The tasting of our Brew and exotic Brews must continue unabated. (*As He Brews, So Shall He Drink*, Ben Jonson, 1598.) Only by developing a discriminating palate can the brew artist reach full maturity.

3. All members when possible must contribute their energies and creative talents to the officers and their associated tasks.

4. All members! Spread the Word! Increased membership ensures (particularly with the impending opening of the brew pub and the expected outing of many closet brewers) that F.L.O.P.S. is Fayetteville's premiere and only brew club.

5. Special projects and activities must be actively pursued with emphasis this season on brewing. Field trips must also be encouraged, but no projects are possible without intense input and feedback from the most interested members, who, as a result of their interest, must necessarily lead the pack.

6. A newsletter focusing on brewing and related matters, and which advertises and recounts special events must be actively pursued for distribution among members and select recruits. Other propaganda, such as advertisements, flyers, etc. must await resolution of the legal question (see #8). As with special projects, the success of this publication, which is indispensable to the organization as it serves to legitimize our activities in the eyes of recruits and prospective members, is contingent upon contributions, submissions and aid of present members.

7. F.L.O.P.S. needs women! We must find a way to encourage the fairer sex and break down the horrible boundaries which distressingly exclude their participation in this wondrous art.

8. Possibly the single most important bureaucratic question, a situation which shall not dissuade us but which nevertheless threatens the lifeblood and unimpeded growth of the organization: The pursuit of the legal issue and its favorable resolution, that F.L.O.P.S. may truly break forth and prosper.

The F.L.O.P.S. repository of information is growing. A listing of books held by members, recipes, score sheets from competitions, publications and all F.L.O.P.S. legal documents are available for members' perusal through my office. Contributions are greatly appreciated.

We look forward with great anticipation to our first Oktoberfest celebration (Sept. 25), kindly hosted by Mr. Santos. See Dave concerning what you may contribute to its success. Also on the horizon: a club brew, for the serious and experienced; and, for this humble servant, a beginners brew. Details forthcoming and, as always, dependent upon everyone's input.

Comrades, as we compose ourselves in a not entirely undue reverence and slam back one more heady intoxicant (the fruit of last year's labors), as we look for evermore creative and personalized methods of brewing, as we ready our equipment and secure our provisions, as we pick ourselves up from off the floor or sidewalk (from out of the gutter for some), let us find ourselves singular, united, unanimous in this our most fervent cry, now and forevermore: **Let Us Brew!**

## **From The Desk of Ambassador, Keith P. Besonen**

### **A Trip to Weidman's Old Fort Brew Pub**

On Saturday, July 17, 1993, F.L.O.P.S. conducted its first official field trip. Four enthusiastic and exceptionally thirsty members participated: Chris Abel, Andy Sparks, Keith Besonen, and Stephen C. Rudko. Also attending was prospective member Tyle Curtis Reimer whose intent to brew is overwhelmingly dwarfed by his intent to drink.

We departed Fayetteville at 10:45 a.m. and arrived in Ft. Smith shortly after noon. The drive down was without incident. We headed immediately to Ky-Tai, a Vietnamese-Chinese restaurant, where we dined to our delight on fine cuisine. A suite replete with refrigerator and magic fingers and which overlooked luxurious swimming facilities, was then secured at the lovely, downtown Best Western. Then it was time to drink.

We arrived at Weidman's Old Fort Brew Pub at 1:30 p.m. It's a fascinating stone structure with full dining facilities, a quaint and inviting bar, lovely and accommodating staff, and a spacious beer garden where we imbibed prodigious amounts of pale ale, Irish red ale, Vienna, Munich, wheat beer and stout. We were disappointed to learn the Weidman's famous smoked porter was unavailable during the summer months. Weidman's highly skilled brewmeister was kind enough to conduct us on a tour of his most impressive brewing facilities.

After only three hours of heavy drinking in approximately 100 degree heat, it was decided that, in order to recharge for the evening ahead, we should retire to our hotel suite for rest and relaxation. At 6:00 p.m., Mr. Besonen, Mr. Rudko, and Mr. Reimer (who was in exceptional form for the entire trip) had had enough of rest and relaxation and retired to the Best Western bar downstairs. Knowing that mass produced and mass marketed swill such as Coors and Miller would taste vile to our recently pampered taste buds, it was decided that if we could not drink real beer, we would drink no beer at all. So we ordered several rounds of cocktails.

At 7:15 p.m. we returned to the brew pub and picked up where we left off. We were pleased to discover that Dawn, our lovely waitress during the afternoon, would continue to serve us for the evening. She must be complimented heartily, as our eager and parched assembly gave her a strenuous workout, running her back and forth between our table and the bar countless times.

Despite the excessive heat of a beautiful summer day, we did most of our drinking in the beer garden, where we played several

games of toilet darts, a game in which toilet bowl plungers are used in place of darts.

Sometime during the evening we were joined by future F.L.O.P.S. member Kevin Santos, and his wife Sarah, and two friends of theirs. Their exact time of arrival cannot be pinpointed due to our ever fading mental faculties.

It should be pointed out that the atmosphere at the Old Fort Brew Pub is entirely comfortable and inviting; that the brewmeister immediately recognized us as representatives of a brew club and that we were treated rather like royalty. However, it would be remiss to omit that at one point in the evening, as we enjoyed a cooling breeze and yet more pitchers, we were overcome by a stench most foul and revolting, as if the flood gates of a sewage treatment facility had suddenly burst forth and released its repugnant contents directly onto the street below us. "Perhaps the Primary Fermenter has just arrived and will be joining us after all," smirked one saucy and rather sauced party member (a reference to an unforgettable and now legendary incident from a past visit), who will remain nameless here and forever, though he reflected a common sentiment, as the PF's presence was greatly missed. Let me also say that the comradeship amongst ourselves was impressive and heartwarming. A more pleasant and excited group will be difficult to assemble.

Towards the end of the evening it was remarked that, considering the extreme quantities and intensity with which we had imbibed, it was indeed a wonder that we weren't dead. We all nodded in agreement and ordered another round.

Weidman's Old Fort Brew Pub serves excellent beer and the food is delicious, as well. We need mention just once more how friendly and considerate everyone was. Its location, but a scant hour or so away, makes it an exceptionally inviting outing and a return trip is definite. All those in favor, say Aye!



Members of F.L.O.P.S. with Dan Weidman, brewmeister at the Old Fort Brew Pub in Ft. Smith.

**From the Desk of the Minister  
of Special Projects, Dave Justice**

**"Just Brew It!"**

**Pilsener**

Pilsener beers and their derivatives are the most widely produced commercial beers in the world. Consider the world's largest brewing companies (Heineken, Anheiser-Busch, Miller, etc.) and their most popular products and it's easy to see that pale colored lagers patterned after the pilsener style dominate the mass market of the beer-consuming populace. Every brewing nation seems to have its own particular interpretation of this style, but they are always pale lagers with varying degrees of hop bitterness.

Pilsener beers are so named because the style originated in the city of Plzen in what is now the Czech Republic during the mid-nineteenth century. This was one of the first beers produced with bottom-fermenting yeast and certainly the lightest in color at that time. Pilsener became popular because of the color and the clean tastes that result from using lager yeast at cooler fermentation temperatures. Concurrent development of refrigeration technology was also a boost since cool fermentation temperatures could be maintained year-round.

This discussion is restricted to the brewing of European Pilseners since these are generally considered the best examples of the style. The objective in this case is to brew a clean pale beer that is well carbonated with both malt and hop characteristics evident in flavor and aroma. In most commercial examples, hop bitterness and flavor is at least slightly and often considerably accentuated. Suggested ingredients for brewing pilseners are pale malts and malt extracts, noble hops, and lager yeast. For extract brews, use the lightest colored malt extracts you can find since extracts tend to darken rather quickly during the boil. Look for products designated as pale, extra-light, or light. For grain brewing use 2-row pilsener, lager, or pale malt for the overwhelming majority of your grain bill. Small quantities (not more than 1/2 lb.) of light crystal malt and/or dextrin malt are desirable if you want an extra hint of color and/or sweetness in your brew. Adjuncts such as flaked barley, rice, or corn are acceptable in fairly small quantities (say 1 lb. or less) if you want a beer with slightly less body. The best choice of hops for pilseners are the noble varieties (i.e. Saaz, Hallertaur, Tettnanger) and it's hard to go wrong if you simply use Saaz hops exclusively. Soft water (< 50 ppm mineral content) is usually recommended, but harder water is OK if accompanied by a decreased hopping rate. The use of lager yeast and cool fermentation temperatures are necessary to acquire the clean, crisp flavor profile associated with pilsener beers. Pure liquid yeast cultures are highly recommended. Air temperatures in the fermentation environment should certainly be less than 60 degrees F. and is probably best if maintained at 46-52 degrees during primary fermentation. If possible the beer should be stored (i.e. lagered) at 32-40 degrees F. for several weeks after fermentation is complete. Of course the use of a refrigerator or freezer with additional use of a thermostatic control would be

helpful in maintaining the aforementioned temperature suggestions. What follows is possible brewing ingredients and techniques for brewing 5 1/4 to 5 1/2 gallons of pilsener beer. Basic brewing methods are covered elsewhere in this newsletter and more complete home brewing information is available in books by Charlie Papazian, Dave Miller, and others. The best text for home brewers concerning pilsener beers is *Continental Pilsener* by Dave Miller, Volume 2 of the Classic Beer Style Series, Brewers Publications, Association of Brewers, Boulder, CO, USA.

Extract Ingredients

4 lbs. Alexander Pale Malt Syrup  
3 lbs. Laaglander Light Dried Malt Extract

Partial Mash Ingredients

3 lbs. Pilsener Malt  
1/2 lb. Dextrin or Light Crystal Malt or combination thereof  
-substitute for 1 to 1 1/2 lbs of the Laaglander DME in the Extract Ingredients above

All Grain Ingredients

9 1/2 lbs Pilsener Malt (lager malt or 2-row pale malt is OK)  
1/2 lb. light crystal malt  
1/2 lb. Dextrin malt

Mash Schedule for Grains

Acid Rest - 100 degrees F. - 15 minutes  
Protein Rest - 122 degrees F. - 30 minutes  
Saccharification - 150-152 degrees F. - until starch conversion  
Mash-out 168 degrees F. - 5 minutes

Hopping during the Boil (Noble Hops)

1 1/2 oz. - 60 minutes  
1/4 oz. - 30 minutes  
1 oz. - 20 minutes  
3/4 oz. - 2 minutes  
1/2 to 3/4 oz. dry hopping if additional aroma is desired.

**F.L.O.P.S. Editor: Liz Justice**

