



Left to right: Alyssa Steger, head brewer, and Teresa Psuty, co-owner and brewmaster at Crooked Lane Brewing Company. PHOTO BY LUCAS FITZGERALD

as excited to be in the back as a homebrewer you found off the street who's a guy," Steger said.

Physical strength isn't an issue, she adds.

"I don't have brawn to any degree, but I've surprised myself with some of the things that I can move around back here," she said.

A large number of women in the craft beer industry work in taprooms, but Ellen Sherrill, a brewer at Track 7's Natomas and Curtis Park locations, says the physical labor of production is actually comparable to baking. Yet, more men continue to hold those positions.

"Historically, beer is like a 'man thing' and I think that has changed a lot," Sherrill said. "I'm hoping that women as beer drinkers drive more women into being involved in making beer. It's slow, but steady."

Sherrill started as a homebrewer, making batches of beer she enjoyed drinking before getting hired at Jackrabbit Brewing Company in West Sacramento, where she worked for more than a year.

Today, she still enjoys homebrewing but it's strictly mead and cider, a change from her work routine at Track 7. She's also a certified beer judge for local craft beer competitions and the annual California State Fair beer contests.

## "HISTORICALLY, BEER IS LIKE A 'MAN THING' AND I THINK THAT HAS CHANGED A LOT."

ELLEN SHERRILL  
BREWER, TRACK 7 BREWING CO.

"I just don't want brewing to be like a boys club. It doesn't need to be," Sherrill said. "I want to see women being taken seriously for their ideas and creativity."

Scott Powell, co-owner of Jackrabbit Brewing, says the applications he sees are largely from men, but when Sherrill applied for the job he hired her based on her passion for the industry and her homebrewing background.

"There are more female applicants and more involvement," Powell said. "A lot of it's attitude and eagerness. It's people interested in the science and the quality of beer."

Up in El Dorado Hills, Lauren Zehnder is manager

and Jane of all trades at Mraz Brewing Company. She manages the staff, sales and marketing in conjunction with owner, Mike Mraz. She's also the first female board member, and as of March, first woman president of the Sacramento Area Brewer's Guild, the organization behind the annual Sacramento Beer Week.

Over the years, she says, she's seen a steady shift in perceptions.

"More and more men in the industry realize when a woman walks in the room she might be just as knowledgeable and have just as much to contribute to the beer conversation," Zehnder said. □

# FREE CHURRO!\*

## MEXICAN COMFORT FOOD

### 3 HERMANAS

MEXICAN RESTAURANT

\*Mention SNR

Lunch & Dinner

3260 J St. Sacramento • 916-382-9079

Closed Saturdays for private parties

# Eat. Drink. Be Merry. Repeat.

Thank you for voting Kupros!

## Best of Sacramento

SN&R 18

# KUPROS

craft house

1217 21st St • 916.440.0401 | [www.KuprosCrafthouse.com](http://www.KuprosCrafthouse.com)

# Can't get enough of our coverage?

## SN&R EXTRA

CHECK OUT OUR NEW BLOG

[WWW.SACBLOG.NEWSREVIEW.COM](http://WWW.SACBLOG.NEWSREVIEW.COM)

# Discover Your Happy Place...

# THAI

THE HOUSE OF AUTHENTIC INGREDIENTS

4701 H ST. EAST SAC

[THAIATSAC.COM](http://THAIATSAC.COM)

SUN-THU:  
11AM-9.30PM

FRI-SAT:  
11AM-11PM

916-942-9008

Follow us

[f](https://www.facebook.com/thaiatsac) [i](https://www.instagram.com/thaiatsac) [t](https://www.tiktok.com/@thaiatsac)

@thaiatsac

## HAPPY HOUR MON-FRI 2-5PM