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food & drink

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by **RACHEL LEIBROCK**

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Summertime, is easy and the drinking



Low ABV beers abound, including at Urban Roots Brewing & Smokehouse.

PHOTOS BY MARY HUYNH

Five low-alcohol beers to sip throughout the day

Summer months mean longer days—more sunshine, more hours for hanging out with friends, more time to sit around and employ ice cold beers as a personal cooling system. If you're not careful, though, a few brews can quickly go to the head, pushing one straight into nap territory. Instead of filling up on high-octane options, sip on those with a low-ABV (alcohol by volume).

Following are five beers, all with a measured ABV of 5.3% or less, to help you enjoy the benefits of summer day drinking: Friends, good conversation and a lower risk for that pesky hangover.

SMOOTH SIPPING

Mini Separation Anxiety, Berryessa Brewing Co.

Berryessa Brewing Co. is renowned for its array of heady, hoppy beers. Fans of its Separation Anxiety beer, a single hop mosaic IPA, won't be

disappointed with its low-impact sister beer. With a 4.5% ABV, it boasts a smooth yet complex profile that could probably trick even the most seasoned beer nerd into thinking it actually packs a greater punch. 27260 CA-128 in Winters, berryessabrewingco.com.

BETTER THAN A FAN

Sidework, Urban Roots Brewing & Smokehouse

With its expansive, shaded patio, Urban Roots makes for an outdoor downtown sanctuary and this 4.2% ABV lager makes for a delightful way to help pass the time. Crisp, refreshing and whisper-light, it'll cut through the day's scorching temps without leaving much of a buzz. Pair it with one of the brewery's side dishes—the cheese grits are the bomb—for a chill afternoon snack. 1322 V Street, urbanrootsbrewing.com.