



## Early July 2023

Dear Friends of Switzerland,

If you're a music lover (and, honestly, who isn't?), there is a lot to enjoy in this edition of the newsletter. If you're in the Mid-Atlantic, you have the opportunity to see two very different Swiss musical groups live: one is a cosmic instrumental band from Geneva, the other a youth marching band from Neuchâtel, which will be competing among the world's best. You can also learn about another of Switzerland's most beloved music festivals, this time in the picturesque city of Locarno. Finally, as always, we have a classic Swiss recipe, a favorite for birthdays and family gatherings.

Please continue to check our website, social media channels, and events calendar, where we are providing regular updates, for more cultural content. Have you found something we're missing? What would you like to see more of? Let us know – we would love to hear from you.

We hope you continue to enjoy, stay safe, and stay healthy!



Source: [L'Eclair](#)

## Music

### L'Eclair in Concert

**July 16, 2023, 8:00PM ET**  
**Metro Gallery**  
**1700 North Charles Street**  
**Baltimore, MD**  
**General Admission: starts at \$15**

The French-speaking part of Switzerland has produced many diverse musical talents, and the Geneva-based instrumental band L'Eclair is another example. After the band's founding and release of their debut album *Cruise Control* in 2017, they toured Europe and North America.

As their current tour through the U.S. brings them to Baltimore, music lovers in the DMV have a chance to see them live and experience their "classic tones and silky smooth melodies".

Get your tickets [here](#).



Source: [Les Armourins](#)

## Music

### Les Armourins at the World Championships

**July 19 – July 22, 2023**  
**Performing Arts Center and Ross Field**  
**West Virginia Wesleyan College**  
**Buckhannon, WV**  
**General Admission: starts at \$10**

Hailing from the beautiful city of Neuchâtel, the Showband Les Armourins will represent Switzerland at the 2023 World Championships of the World Association of Marching Show Bands. Their perfectly staged performances are a treat not to be missed. We hope you will join us in cheering on these young musicians. If you happen to be in the area, the group will be performing multiple times over the course of the championships, including in the Opening Ceremonies, the Concert Band Competition, and the Field Parade Competition, among others.

Learn more and get your tickets [here](#).



Source: [Moon&Stars](#)

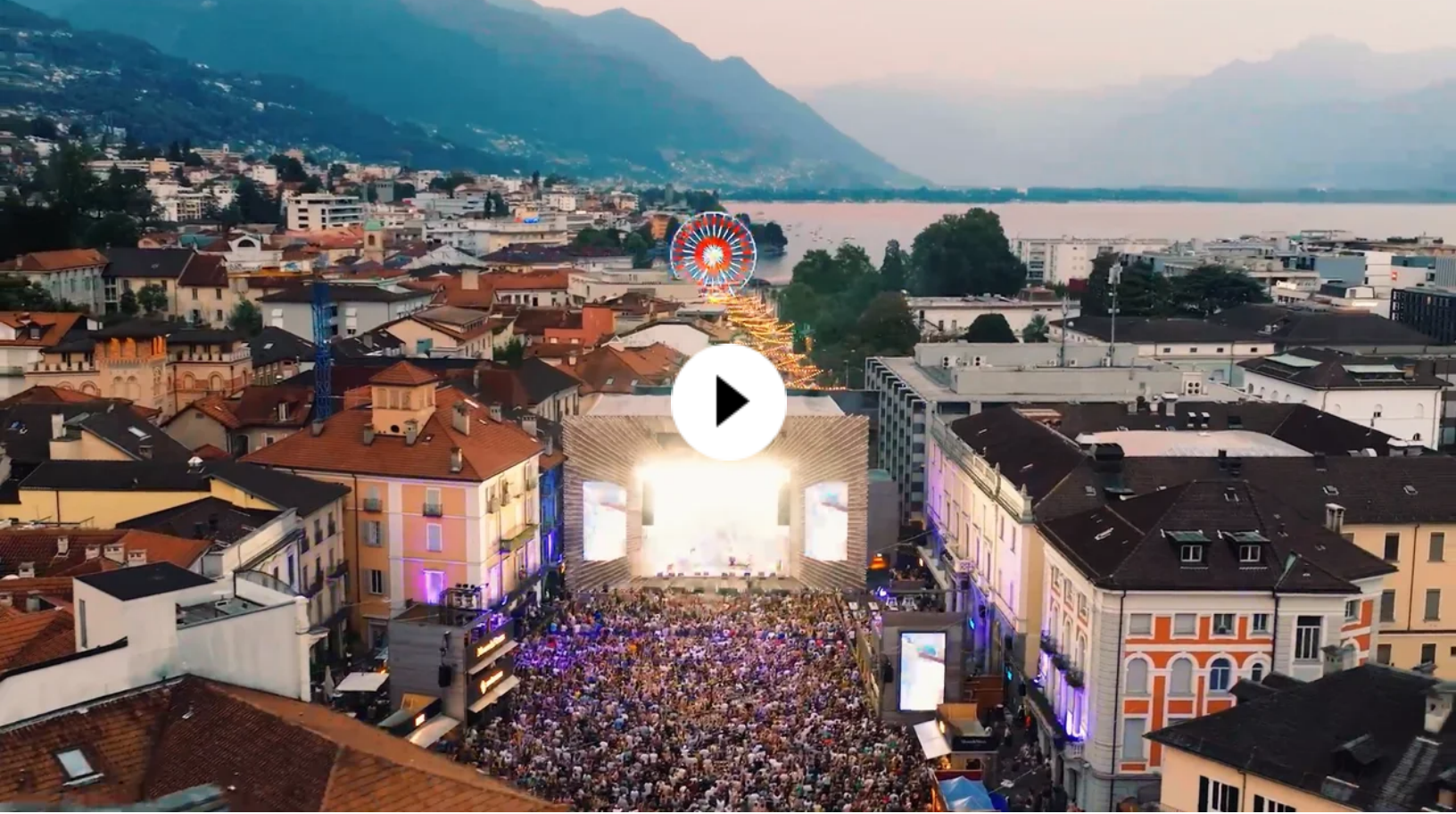
## Meanwhile in Switzerland...

### Moon&Stars

**July 13 – July 23, 2023**  
**Locarno, Ticino, Switzerland**

The Moon&Stars festival is a celebration of pop and rock music in one of the most spectacular squares in Europe – the Piazza Grande in Locarno. In addition to the main stage, there are free concerts on the Piazza Piccola and more on the Food & Music Street in the city center. The great concerts, Mediterranean atmosphere, and magic of Locarno, which sits on the shores of Lago di Maggiore in the Canton Ticino, all make this one of Switzerland's most beloved summer events.

Learn more and get tickets [here](#), or enjoy the amazing atmosphere of the 2022 Moon&Stars festival in the aftermovie:



Source: [Betty Bossi](#)

## Cuisine

### Aargauer Rüeblitorte (Aargauer Carrot Cake)

*Adapted from Helvetic Kitchen*

The story of the *Aargauer Rüeblitorte* or *Rüeblichueche* started, as you can tell from its name, in the Canton of Aargau, nicknamed "the carrot canton". From there it spread all over Switzerland and beyond. Today, this classic is a favorite cake of many Swiss children. It both looks and tastes delicious, but don't just take our word for it. Try it for yourself!

#### You will need:

|         |   |
|---------|---|
| 9 oz.   | carrots, grated   |
| 11 oz.  | ground nuts, toasted (almonds, hazelnuts, or a mixture of both) |
| 2/3 cup | flour   |
| 1 tsp   | baking powder   |
| 4       | eggs, separated   |
| 20 tbsp | sugar   |
| 1 shot  | kirsch (or spirit of choice)                                    |
| 25 tbsp | powdered sugar  |
| 2 tbsp  | lemon juice   |
| 8       | marzipan carrots  |

#### Directions:

1. Preheat the oven to 360° F. Line a 9-inch springform pan with parchment paper and grease the sides.
2. In a medium bowl, whisk together the ground nuts, flour, and baking powder.
3. In a large bowl, whisk together the 4 egg yolks and sugar until you get a pale, yellow paste. Add the shot of kirsch and whisk well. In another large bowl, whisk the 4 egg whites until stiff.

4. Mix the carrots into the yolk and sugar paste, then fold in the dry ingredients. Gently fold in the beaten egg whites and spread into the pan.

5. Bake for about 45 – 50 minutes, or until a toothpick stuck in the center comes out clean. Turn out onto a baking rack and allow to cool.

6. Should you wish to add a glaze, mix the powdered sugar and the lemon juice and pour over the cake.

7. Decorate the cake with the marzipan carrots.

Enjoy!

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