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## HASTINGS HOUSE PROMOTES CULINARY EXPLORATION

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*August, 2007 - Salt Spring Island, BC, Canada:*

**Salt Spring Island, BC, Canada:** A walk around Salt Spring Island's famed Saturday market is an epicurean's delight: freshly baked organic breads, locally made chèvre topped with basil leaves and olive oil, organic 'just-picked' apples of all varieties, and island-smoked salmon are just a few of the treats to be found. Long renowned as a culinary epicenter, Salt Spring Island has reached a new peak and is attracting visitors from around the world interested in tasting and learning from the best. While a stroll through the Market is a must-do for those lucky enough to visit on a Saturday, there are plenty of epicurean delights to explore every day, both at Hastings House, and further afield on the Island.

For guests staying at Hastings House Country House Hotel, a deluxe waterfront hotel situated on Ganges Harbour, the culinary adventure begins upon arrival. Guests are welcomed to their deluxe suite accommodations to find a welcome treat waiting, specially prepared by Executive Chef Marcel Kauer. Each afternoon, a selection of freshly baked treats is offered in the Snug, providing guests with a rejuvenating break before embarking on afternoon activities.

For the ultimate 'foodie' day out, take an Island Gourmet Safari tour, with local Salt Spring resident Wendy Hartnett. These custom designed tours visit a wide variety of vendors right at the source, guided by Wendy's knowledge of the local growers and farmers, and her evident love of the island. Take a tour of David Wood's famed Salt Spring Island Cheese Company, where you'll observe the variety of goat's milk cheeses being made before your eyes. Taste test the variety of cheeses, before purchasing a selection of travel-friendly samples to take home. Wendy will take you high atop a scenic lookout to visit "The Bread Lady", a true artisan who bakes hundreds of loaves of organic breads daily in her wood-fired oven. A stop at one of several local wineries offers the chance to sample and purchase some of Salt Spring's award-winning vintages, whereas a stop at local organic apple orchard will present a chance to sample countless varieties of crispy fruits bursting with flavour. Arrive hungry, as there are plenty of tastes along the way, as well as a full lunch stop complete with local beer tasting.

No gourmet visit to Salt Spring Island is complete without a meal in Hastings House renowned dining room. The Zagat-rated restaurant, managed by Chef Kauer, is rated as one of the best restaurants in the world. The menu changes daily to reflect the freshest local ingredients, but is always sure to include a selection of locally caught seafood and Salt Spring lamb, as well as Island-grown herbs, greens and fruits. A daily 4-course Chef's Tasting Menu is offered, as well as a full à la carte menu. The culinary experience at Hastings House extends far beyond the dining room. Guests are encouraged to stroll through the fragrant kitchen gardens, where a wide variety of greens, vegetables, fruit and herbs are grown for use in the dining room. If you're feeling more adventurous, Hastings House can even arrange for you to spend an afternoon with a local crab fisherman, where you'll learn how to catch Dungeness crab, one of the signature dishes. After a full day of

gastronomic adventures and a restful sleep, you'll awaken to the scent of fresh coffee and homebaked muffins resting just outside your door - a delicious start to another day on Salt Spring Island.

### About Hastings House

A member of Small Luxury Hotels, Hastings House is located in Ganges Harbour on Salt Spring Island, British Columbia. Built between 1900 and 1940 as a working farm on 22 lush acres of gardens, meadowland and forest, the property reflects the charm and elegance of an English country manor, making it an ideal choice for romantic getaways and weddings.