



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Eating Local

Seattle, 3 Days

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Guide Description



operational kitchens and grills you can use if you'd like to create a purely local meal on your own! Eat well!

AUTHOR NOTE: Eating local in Seattle is a food lover's dream, all the best restaurants have caught on to the concept that local, seasonally appropriate food not only tastes better but also has the added benefit of supporting local farmers, fishermen, ranchers and foragers and this provides the additional benefit of creating a local economy that supports the preservation of farmlands, healthy forests and clean water. People have been eating locally by default for centuries but only in the last two decades has the movement evolved into a full blown gourmet extravaganza. Now it is not only possible to expect that almost every ingredient on your plate was raised or grown nearby, it has become the standard of all the best chefs in the Northwest. Local game has recently become more widely available, venison, pheasant, quail, elk and wild boar are not uncommon options, and now that more attention is being paid to the wastefulness of bycatches when long lines, trawlers and wide nets are used, supplies of short line caught seafood and sustainably harvested shellfish, prawns and crab are often the choice of more and more high end restaurants whose guests are willing to pay a little extra to know their food is environmentally procured. Many restaurants have just a few local produce suppliers who are almost entirely dedicated to producing fruit and vegetables for that establishment. The symbiotic relationship that has developed between the producers of high quality local food and the restaurants that showcase these delectable delights has been enthusiastically supported by a discerning public that demands the best quality and freshness on their ecologically sustainable plates. You have so many choices for restaurants, but among the best are Lark, Tilth, Matt's in the Market, Sitka and Spruce, The Herb Farm, The Corson Building and One Pot. Drink locally roasted coffee at Café Vita or Vivace, imbibe local libations at Licorous or Zig Zag, and sample the best wine from the Northwest at the Tasting Room. Find time to visit a local Farmer's Market and Pike Place Market to collect some locally produced treasures for your kitchen and nibble fresh berries and fruit along the way. Make time for a trip to Seabreeze Farms on Vashon for a chance to see what a truly sustainable organic farm actually looks like and taste their house made cheeses and wine. Take a cooking class centered around local ingredients from Culinary Communion then settle in for a good night's rest at one of the locally owned boutique B&B's or Hotels. Maury Cottage and Cabins on the Point both have fully

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Seattle

DAY NOTE: Pike Place Market is the nexus of the local food movement in Seattle. While it is fair to admit that the very best local farmers, ranchers, cheese makers and fisherman are only able to produce enough to supply the finest restaurants in town, you can count on getting the next tier of the northwest cornucopia at the Market in any sea*on which is fanta*tic at worst. Everyone takes pride in offering the most deliciously fresh food so the lea*t we can do is be gracious and try to remember how much work it takes to get each of the tomatoes from the seed to your table. Some of the producers are not organic and many of them carry conventional produce from California so you should be watching for tags which indicate local and organic. A*paragus and berries welcome the spring, fruit and a va*t array of vegetables dominate the summer, locally foraged mushrooms, apples and pears are plentiful in the fall and the winter provides a diversity of root vegetables and winter greens. Of course you can find anything you want at any time but in order to eat for the sea*on, ingredients should be adjusted. Perennially available are homemade huckleberry jam and fireweed honey on the main floor of the market which make perfect gifts for friends and family and are absolute musts for any well-stocked pantry. Quality cheese offers a good selection of locally and regionally produced cheeses and you should definitely try Mt. Townsend Chevere and Humboldt Fog (which of course comes from California but it is so good!). Thoma* is the most charming cheese man in Seattle, and he'll let you ta*t everything, so it's worth a visit just to meet him, he'll direct you to everything local. Since you're here, you can take the opportunity to stock up on some light weight portables for your kitchen. You'll be looking for local hazelnuts, dried apricots, apples, pears, cherries, huckleberries and currants. Fish is ea*y, it's always fresh and local but the big question is how it is caught. There are tons of trawlers sc**ing the ocean bottom and everything in its wake to bring spot prawns and flounder to your table and long line fishing and wide nets have by-catches that would embarra** your grandmother. Short line caught fish and small net catches are available and these smaller boats need your support so a*k around, the fishmongers want to support sustainable fishery practices so they'll point you to the ecologically appropriate catch of the day. Now for the meat. Fero's is outstanding and you can always expect an honest reply when a*king about their suppliers and they can order specialty meats for you if you plan in advance. Uly's makes fine handmade sausages and they make a concerted effort to support local ranchers. Delaurenti's carries a few California cured meats but the place to go for the real deal is Salumi in Pioneer Square. Be sure to check out locally written publications at Left Bank Books if you're looking for a good cookbook. When you start to get hungry, resist the temptation to nibble on snacks from the vendors and save your appet**e for a superbly local lunch at Matt's in the Market. They specialize in quintessentially Northwest fare that's sure to impress. You'll find local seafood, wild game, vegetables selected fresh each morning from the Market and a fabulous wine list featuring the best picks from Northwest vineyards. After lunch,

head up Post Alley to the Ta*tting Room where you will find a cool retreat chock full of the best wines the Northwest ha* to offer, sidle up to the bar and order a ta*tting combo. One of the nicest things about the ta*tting room is that they don't bother stocking the large producers or low quality wines so you can count on every gla** to be well balanced and complex at a good value. The Apex Semillon and Cabernet are outstanding and you can have them ship ca*es or half ca*es home. Cart all the goodies you've collected back up to your hotel room, freshen up and then head out up to Lark for a small plate or three. Have a gla** of wine next door at Licorous, then, if you were able to get a reservation, head to dinner at Sitka and Spruce where the food is so spectacular that you'll barely be able to contain yourself. Fresh local game combined expertly with perfectly matched sea*onal vegetables will amaze you. You should bring a pencil and paper so you can take notes on the ingredients and wine list. Now, get some rest, tomorrow is a big day.



Pike Place Fish

Flying fish!



Pike Place Market

Famous Produce and Seafood Market



Matt's in the Market

In The Heart Of The Market



The Tasting Room

Tast the best Northwest wines



Sitka and Spruce

Outstanding local ingredients



Lark

Rustic, Artisan-Friendly Cuisine



Licorous

Great late-night food and drinks



Pensione Nichols

800-square-foot suites available

Day 2 - Seattle

DAY NOTE: Before you leave your hotel in the morning, check the ferry schedule and give yourself a minimum of 45 minutes drive and wait time, call Seabreeze Farms to find out what meats and vegetables are available and call Maury Cottage to a*k if


Itinerary Overview

things to do
restaurants
hotels
nightlife


you can use their grill and if any of their fruit trees are currently producing. You'll want to plan your menu based on that in case you can't get a reservation at Corson. A perfect breakfast of berries and pastries from the Market will give you the energy you need for a trip to the University Farmer's Market. You'll be looking for fresh salmon, halibut, scallops or oysters, seasonal vegetables and fresh greens for your salad. Since Maury Cottage has a full kitchen you can plan on cooking whatever you like but make sure you pick up the essentials, such as olive oil, butter and fresh herbs. You can pick up some local artisan cheeses at the Farmer's Market but you may want to get the wine at the Tasting Room. You can stop by Vivace on your way back for some coffee beans and a latte. Now that you've selected your ingredients, head back downtown to Salumi for some cured meats to round out your antipasti. Grab your goodies from Pike Place, your wine and your luggage and drive to the Fauntleroy Ferry Terminal in West Seattle. Once you get to Vashon, head up the hill to Seabreeze Farms. Take a tour of the farm, learn about how a truly sustainable, organic farm actually operates and buy some cheese, meat, produce and eggs. After Seabreeze, head to Maury Cottage for your own private One Pot. One Pot is a social experiment - installation art combined with interactive food ethics - the main idea is that you either attend a One Pot or you hold a One Pot. You're the chef this time, you can feel free to invite your friends or your hosts, Michael and Catherine for snacks and wine, or just make dinner for two. Open all the doors and enjoy the beautiful garden and the horses grazing across the fence while you prepare your own culinary delights. The scent of lavender and rosemary will drift through the cool evening air as you dine on the patio by candlelight. They have wifi so you can post pictures and descriptions of your One Pot experiment on their website. If you were lucky and Corson had a reservation available, you should skip all of the above and have dinner there then take the late ferry to Vashon. Light a fire and slip into the cloud-like king sized bed. Sweet dreams!


 **University District Farmer's Market**
Seattle's oldest and Largest Farmer's Market


 **Salumi**
In The Chef's Care

 **Washington State Ferry**
Largest ferry system in United States

 **Seabreeze Farm**
Home to pigs, chickens, cows, goats

 **The Corson Building**
A fundamentally local dining experience

 **One Pot**
Unique dinners in random locations


 **Maury Cottage**
Beautiful, charming cottage on Vashon Island

Day 3 - Seattle


DAY NOTE: Rise and shine! Pour a bath in the slate Japanese soaking tub then prepare some ham and eggs from Seabreeze for breakfast. Pack your things then take the ferry back to Seattle. Grab a cappuccino from Cafe Vita and some coffee beans for your friends back home then head to the Broadway Farmer's Market to pick up some local honey and snacks. Don't eat too much because you'll drive north to Tilth for Brunch (be sure to make a reservation). After brunch drive to Woodinville to visit some wineries and have an afternoon snack at Barking Frog. Check into Willows Lodge and spend an hour in their spa then gussy up and head to dinner at the widely acclaimed Herbfarm next door.

 **Washington State Ferry**
Largest ferry system in United States

 **Broadway Farmer's Market**
A great selection from Puget Sound

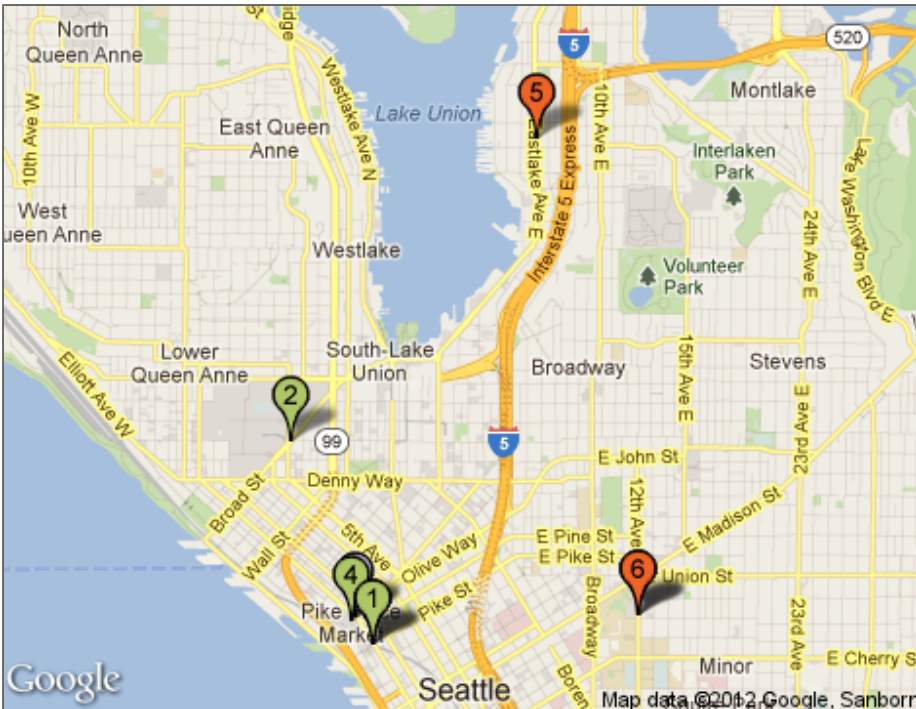
 **Tilth**
Good earth, good eats

 **Barking Frog**
Cozy fireplace dining

 **Herbfarm (The)**
Succulent gourmet dining

 **Willows Lodge**
Romantic getaways

Day 1 - Seattle



QUICK NOTE

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Northwest vineyards. After lunch, head up Post Alley to the Ta*tting Room where you will find a cool retreat chock full of the best wines the Northwest ha* to offer, sidle up to the bar and order a ta*tting combo. One of the nicest things about the ta*tting room is that they don't bother stocking the large producers or low quality wines so you can count on every gla** to be well balanced and complex at a good value. The Apex Semillon and Cabernet are outstanding and you can have them ship ca*es or half ca*es home. Cart all the goodies you've collected back up to your hotel room, freshen up and then head out up to Lark for a small plate or three. Have a gla** of wine next door at Licorous, then, if you were able to get a reservation, head to dinner at Sitka and Spruce where the food is so spectacular that you'll barely be able to contain yourself. Fresh local game combined expertly with perfectly matched sea*onal vegetables will amaze you. You should bring a pencil and paper so you can take notes on the ingredients and wine list. Now, get some rest, tomorrow is a big day.

contact:
tel: 800/542-7732
www.pikeplacefish.com

location:
86 Pike Place
Seattle WA 98101

hours:
6:30a-6p M-Sa, 7a-5:30p Su

1 Pike Place Fish

DESCRIPTION: Located behind Rachel, Pike Place Market's life-size bronze pig, this fishmonger is just about the busiest spot in the market most days. What pulls in the crowds are the antics of the workers here. Order a big silvery salmon and you'll have employees shouting out your order and throwing the fish over the counter. These "flying fish" are a major Seattle attraction, so just step right up and pick your salmon. © Frommer's



photo courtesy of Pike Place Fish

contact:
tel: 206/682-7453
fax: +1 206 625 0646
http://www.pikeplacemarket.org/

location:
85 Pike Street
Seattle WA 98121

2 Pike Place Market

DESCRIPTION: Nine acres of fresh produce, seafood, coffee, donuts, crafts, unique restaurants and friendly vendors, all set against a backdrop of the Puget Sound – that's Pike Place Market, widely recognized as one of the oldest and best farmer's markets in the country. If you only have one day in Seattle, head downtown to get a real taste of the city in every sense. From fresh cheese curds at Beecher's to chowder at Pike Place Chowder, from necklaces and bags to hand-stitched leather journals and hats, from accordions to pianos to hula-hooping guitarists – there's something for your eyes, ears, and nose everywhere you look at the market. © NileGuide



contact:
tel: 206/467-7909
www.mattsinthemarket.com

location:
94 Pike St
Seattle WA 98101

hours:
Mon-Sat 11:30am-2:30pm
and 5:30-10pm

3 Matt's in the Market

DESCRIPTION: This casual gourmet restaurant has the best location of any restaurant in Pike Place Market. Located on the third floor of the Corner Market Building, Matt's faces the big neon clock that is the quintessential symbol of the market. Until 2007, Matt's was a tiny cubbyhole of a place, but an expansion has given it enough tables that you can actually get in to eat here on short notice. The menu changes regularly, with an emphasis on fresh ingredients from the market stalls that are only steps away. There's also a good selection of reasonably priced wines. The food reveals whatever influences and



citysearch

styles happen to appeal to the chef at that moment -- perhaps Moroccan, perhaps Southern. However, if the menu happens to list anything with smoked catfish, try it. © Frommer's

contact:
tel: 206 770 9463
www.winesofwashington.com

location:
1924 Post Alley
Seattle WA 98101

hours:
12:00 pm - 8:00 pm

4 The Tasting Room

DESCRIPTION: If you need a break from the hustle and bustle of Pike Place Market head up Post Alley to the Tasting Room where you will find a cool retreat chock full of the best wines the Northwest has to offer, sidle up to the bar and order a tasting combo. One of the nicest things about the tasting room is that they don't bother stocking the large producers or low quality wines so you can count on every glass to be well balanced and complex at a good value. The Apex Semillon and Cabernet are outstanding and you can have them ship cases or half cases home.



Photo courtesy of The Tasting Room

contact:
tel: (206) 324-0662
<http://www.sitkaandspruce.com>

location:
1531 Melrose Ave. E
Seattle WA 98122

hours:
Lunch: 11:30am to 2:00pm,
Monday - Friday, Dinner:
5:30pm to 11:00pm, Tuesday
- Saturday, Brunch 10:00am
to 2:00pm, Saturday &
Sunday

5 Sitka and Spruce

DESCRIPTION: Head chef Matthew Dillon moved this popular Seattle restaurant up to its new location in Capitol Hill's Melrose Market in 2010. With fresh market produce, meat, cheese, and herbs, this is the place for foodies looking for a fresh, original meal. Sitka & Spruce also has a fantastic wine list, or if you'd prefer to grab a drink before or after your meal, Chef Dillon also owns and operates Bar Ferd'nand, a wine bar and shop just across from the restaurant. © NileGuide



citysearch

contact:
tel: 206/323-5275
<http://larkseattle.com/>

location:
926 12th Ave
Seattle WA 98122

hours:
Tues-Sun 5-10:30pm

6 Lark

DESCRIPTION: This little hole-in-the-wall is a prime example of finding elegance and exquisite food in unexpected places. Owned by Chef Jonathan Sundstrom, Lark is not where you come to eat -- it's where you come to experience food. Rather than ordering an entree, the menu consists of small plates, so you can sample several succulent dishes, all of which are seasonal and prepared using local ingredients. Ingredients that are transformed into dishes like seared foie gras with rhubarb and spring onions, rabbit salad with asparagus, incredible cheese plates and desserts like pineapple tarte tartin with rum caramel.
© NileGuide



Photo courtesy of Lark

contact:
tel: 206 325 6947
<http://www.licorous.com/index.html>

location:
928 12th Avenue
Seattle WA 98122

hours:
Tu-Sa 5p-1a

7 Licorous

DESCRIPTION: Licorous, whose original name means, "tempting the appetite" and "relishing good food," is an ultimate spot that serves great, affordable food and cocktails. The chefs prepare a variety of dishes that are available for order late into the night. Their cocktail menu is diverse and you might even get to enjoy an original mix as the bartender often experiments with new concoctions. Licorous is uniquely decorated in orange and salmon colors that creates an atmosphere of escape from the outer world. © wcities.com



Photo courtesy of Licorous

contact:
tel: +1 206 441 7125
<http://www.bedandbreakfast.com/wa-seattle-pensione-nichols.html>

location:
1923 1st Ave
Seattle WA 98101

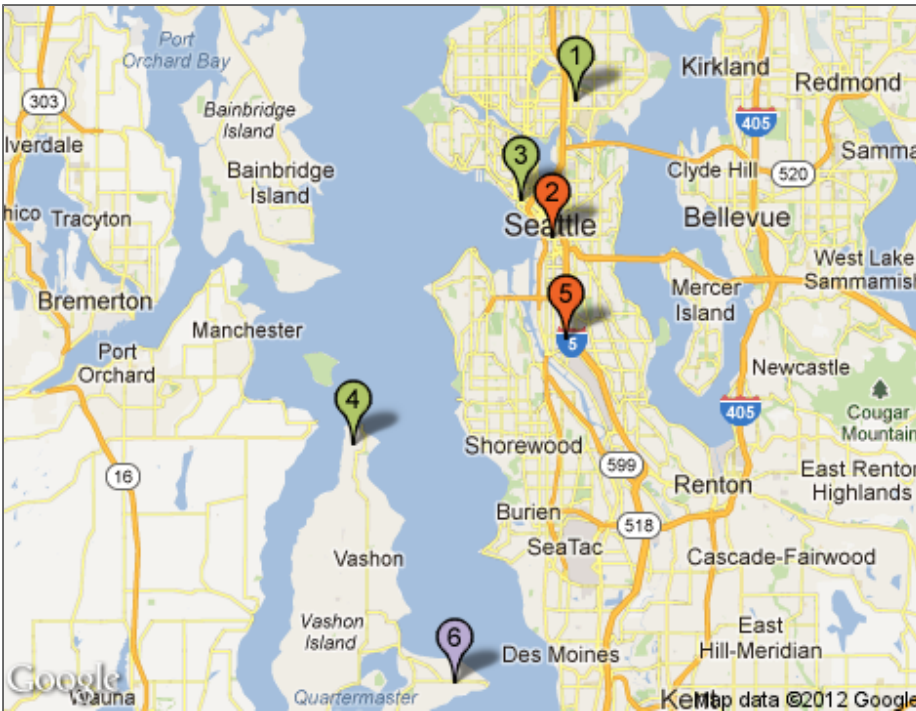
8 Pensione Nichols

DESCRIPTION: Steps from Seattle's historic Pike Place Market, Pensione Nichols is a unique bed and breakfast with a stunning view. The pensione reflects European sense and sensibility married to Pacific Northwest heritage and hospitality. We are cozily situated on the second and third floors of a 100+ year-old building in the historic Smith Block on First Avenue. Pensione Nichols features eclectic antique furnishings, lots of warm light and spectacular bay and mountain views from our inviting living room / dining room and suites. It's a welcome retreat from a busy day, or lifestyle, when you need to "get off the grid" a bit or just slow down and simply plan an evening at one of the many great restaurants, cafes or theaters in the area.



more at BedandBreakfast.com

Day 2 - Seattle



QUICK NOTE

DAY NOTE: Before you leave your hotel in the morning, check the ferry schedule and give yourself a minimum of 45 minutes drive and wait time, call Seabreeze Farms to find out what meats and vegetables are available and call Maury Cottage to ask if you can use their grill and if any of their fruit trees are currently producing. You'll want to plan your menu based on that in case you can't get a reservation at Corson. A perfect breakfast of berries and pastries from the Market will give you the energy you need for a trip to the University Farmer's Market. You'll be looking for fresh salmon, halibut, scallops or oysters, seasonal vegetables and fresh greens for your salad. Since Maury Cottage has a full kitchen you can plan on cooking whatever you like but make sure you pick up the essentials, such as olive oil, butter and fresh herbs. You can pick up some local artisan cheeses at the Farmer's Market but you may want to get the wine at the Tasting Room. You can stop by Vivace on your way back for some coffee beans and a latte. Now that you've selected your ingredients, head back downtown to Salumi for some cured meats to round out your antipasti. Grab your goodies from Pike Place, your wine and your luggage and drive to the Fauntleroy Ferry Terminal in West Seattle. Once you get to Vashon, head up the hill to Seabreeze Farms. Take a tour of the farm, learn about how a truly sustainable, organic farm actually operates and buy some cheese, meat, produce and eggs. After Seabreeze, head to Maury Cottage for your own private One Pot. One Pot is a social experiment - installation art combined with interactive food ethics - the main idea is that you either attend a One Pot or you hold a One Pot. You're the chef this time, you can feel free to invite your friends or your hosts, Michael and Catherine for snacks and wine, or just make dinner for two. Open all the doors and enjoy the beautiful garden and the horses grazing across the fence while you prepare your own culinary delights. The scent of lavender and rosemary will drift through the cool evening air as you dine on the patio by candlelight. They have wifi so you can post pictures and descriptions of your One Pot experiment on their website. If you were lucky and Corson had a reservation available, you should skip all of the above and have dinner there then take the late ferry to Vashon. Light a fire and slip into the cloud-like king sized bed. Sweet dreams!

contact:
tel: 206 547-2278
http://www.seattlefarmersmarkets.org/markets/u_district

location:
NE 50th and University Way
NE
Seattle WA 98105

hours:
9:00 am - 2:00 pm every
Saturday

1 University District Farmer's Market

DESCRIPTION: Seattle's oldest and largest "Farmers-Only" neighborhood Market hosts over 50 Washington state farmers every Saturday. Featured are seasonal fresh fruit and vegetables from both sides of the state, fresh organic produce, herbs, wild mushrooms, fresh farmstead cheeses, organic meats, poultry and eggs, hazelnuts, cider, local seafood, fresh pasta, honey, flowers, nursery stock, wine, and fresh bread and baked goods. Every Saturday, shoppers can look forward to performances by local musicians, our popular "celebrity chef" cooking demos, and expert gardening advice from Master Gardeners.



Photo courtesy of University District Farmer's Market

contact:
tel: 206/621-8772
www.salumicuredmeats.com

location:
309 Third Ave. S
Seattle WA 98104

hours:
Tues-Fri 11am-4pm

2 Salumi

DESCRIPTION: Raise the bar on salami, and you have the artisan-cured meats of this closet-size eatery. The owner, Armandino Batali, who happens to be the father of New York's famous chef Mario Batali, makes all his own salami (as well as traditional Italian-cured beef tongue and other meaty delicacies). Order up a meat plate with a side of cheese, some roasted red bell peppers, and a glass of wine, and you have a perfect lunchtime repast in the classic Italian style. Did I mention the great breads and tapenades? Wow! If you're down in the Pioneer Square area at lunch, don't miss Salumi (even if there's a long line). © Frommer's



Photo courtesy of Salumi

contact:
tel: +1 206 464 6400 / +1 206 515 3400
<http://www.wsdot.wa.gov/ferry>
ies

location:
2901 3rd Avenue
Seattle WA 98121

3 Washington State Ferry

DESCRIPTION: The country's largest ferry system would have to be in a city surrounded by water. With twenty terminals, eight routes and over 15 million passengers a year, Washington State Ferries are both practical and fun. If you're considering hopping over to Bainbridge, Bremerton, Mercer or any of Seattle's interesting islands, a peaceful ferry ride is a far cry from sitting on a bridge in traffic. © NileGuide



wcities

contact:
tel: 206 567-4628
www.seabreezefarm.net

location:
10730 SW 116th St
Vashon Island WA 98070

hours:
6:00 am - 9:00 pm

4 Seabreeze Farm

DESCRIPTION: Located on beautiful Vashon Island Seabreeze Farm is home to pigs, chickens, cows, goats and a few people who make fantastic artisan cheeses and wines. Stop by for some duck eggs and while the collect them you can taste their delicious Vache de Vashon (cow) and Apline (goat) cheeses with wine pairings. Their farming practices are entirely sustainable with their ducks waddling around fertilizing and foraging and their chickens pecking around for seeds and bugs. Their adorable pigs, cows and goats wander around happily



Seabreeze Farm

grazing in last year's pasture preparing the soil for another crop rotation. This farm is beyond organic. Seabreeze meats, dairy, eggs, cheeses, wines and prepared foods such as pâtés & meat broths are available daily 6:00 am – 9:00 pm from the on-site, self-service Farm stand at 10730 SW 116th St. on Vashon Island and also at several farmer's markets, check the website for details.

contact:
www.thecorsonbuilding.com

location:
5609 Corson Avenue South
Seattle WA 98108

hours:
To be determined

5 The Corson Building

DESCRIPTION: The Corson Building is quintessentially local. Located in Georgetown, co-owners Wylie Bush of Joe Bar and Matthew Dillon (named one of Food and Wine's top ten chefs) of Sitka and Spruce have carved out a food lover's dream in the heart of Seattle's old industrial area. The grounds have been converted into garden plots and there are heirloom chickens around the side of the building. The food is spectacular, seasonally appropriate, locally produced organic vegetables and local game and fresh fish are some of the delights you may encounter on the set menu.



citysearch

contact:
www.onepot.org

location:
Various locations
Seattle WA

One Pot

DESCRIPTION: One Pot is a phenomenon that is the brainchild of Michael Heberoy who has been called a "food provocateur" by Food and Wine Magazine. After giving up on his widely acclaimed Portland restaurant, Clarklewis, Michael started throwing clandestine themed dinners all over the city in art galleries with guest speakers and motel parking lots accompanied by installation art and even in private homes and coffee shops. Each event is unique and the idea has multiplied all over the world as he considers it an open source concept. Anyone can hold a One Pot dinner anywhere but to attend one of Michael's is to experience the real deal and you can bet the guest chefs are fantastic. The ingredients are always seasonal, local and innovatively combined. You'll need to make a reservation on the website, www.onepot.org and find out if an event is scheduled. If not, create your own dinner with ingredients from the farmer's market or Pike Place and post the pictures on his blog.



"Photo courtesy of One Pot"

contact:
tel: 206.463.4558
www.maurycottage.com

location:
5313 SW Point Robinson
Road
Vashon-Maury Island WA
98070

6 Maury Cottage

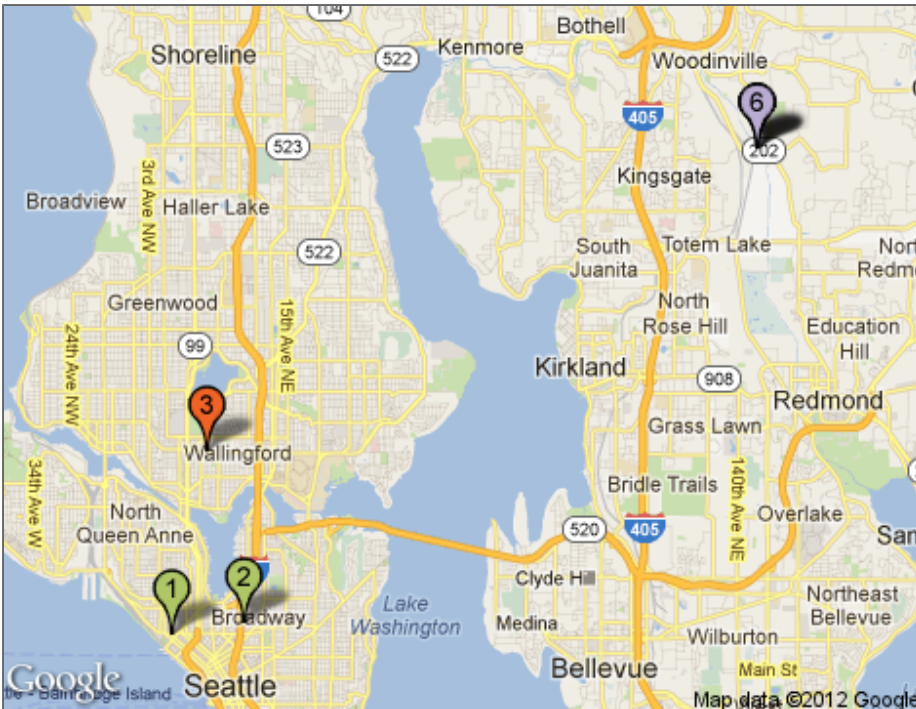
DESCRIPTION: Vashon Island is a hotbed of locally produced food, with its rolling farmlands and mild climate, Vashon produces a bounty of fresh produce and locally raised meats, eggs and poultry year round. The best place to stay is Maury Cottage set in a gorgeous garden of Japanese maples, flowers and pines. Michael and Catherine Cochran are the most gracious hosts and they'll bring you fresh scones with local jam in the morning. The delightful cottage comes complete with a fully functional kitchen, an amazing cloud-like king sized bed with Egyptian cotton sheets, and a Japanese soaking tub.



Photo courtesy of Maury Cottage

Dahlias and fresh fruit from the beautiful garden brighten the tastefully appointed cedar paneled room.

Day 3 - Seattle



QUICK NOTE

DAY NOTE: Rise and shine! Pour a bath in the slate Japanese soaking tub then prepare some ham and eggs from Seabreeze for breakfast. Pack your things then take the ferry back to Seattle. Grab a cappuccino from Cafe Vita and some coffee beans for your friends back home then head the Broadway Farmer's Market to pick up some local honey and snacks. Don't eat too much because you'll drive north to Tilth for Brunch (be sure to make a reservation). After brunch drive to Woodinville to visit some wineries and have an afternoon snack at Barking Frog. Check into Willows Lodge and spend an hour in their spa then gussy up and head to dinner at the widely acclaimed Herbfarm next door.

contact:

tel: +1 206 464 6400 / +1 206 515 3400

<http://www.wsdot.wa.gov/ferr>
ies

location:

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Seattle WA 98121

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© NileGuide



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contact:
tel: 206-547-2278
<http://www.seattlefarmersmarkets.org/markets/broadway>

location:
Broadway and Pine (in the Seattle Central Community College parking lot)
Seattle WA 98102

2 Broadway Farmer's Market

DESCRIPTION: Newly moved to its new locale in the parking lot of Seattle Central Community College, the Broadway Farmers Market is open every Sunday from May 8th till December 18th between 11am and 3pm. It's all local, from the produce, meats and seafood to the raw honey, cut flowers, cheeses and and freshly baked pastries. The market features other activities, including cooking demos and live music, making it more than just a place to get your shopping done.
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Photo courtesy of Neighborhood Farmers Market Alliance

contact:
tel: 1 206 633 0801
fax: 1 206 633 0801
<http://www.tilthrestaurant.com/>

location:
1411 N. 45th Street
Seattle WA 98103

hours:
Mon-Thurs 5-10pm; Fri 5-10:30pm; Sat 10am-2pm and 5-10:30pm; Sun 10am-2pm and 5-10pm

3 Tilth

DESCRIPTION: Chef Maria Hines proves that you can be a good steward of the earth and still delight your palate. Entering the old craftsman bungalow with a rocking chair porch feels like going to a friend's house for dinner. The décor is sparse, but original leaded glass windows, a brick fireplace and painted green chairs add to its inherent charm. Using only locally sourced and organic ingredients, menu items change seasonally. Try the mini duck burgers with homemade ketchup and mission fig at dinner or weekend brunch. A chalkboard highlights artisanal cheese selections, and the extensive wine list features several eco-friendly choices. © wcities.com



citysearch

contact:
tel: 1 425 424 2999
www.willowslodge.com/wine_dine/barking_frog.html

location:
14580 NE 145th Street
Woodinville WA 98072

hours:
Mon-Fri 11am-2:30pm, 5pm-10pm; Sat-Sun 10am-2:30pm, 5pm-10pm

4 Barking Frog

DESCRIPTION: It's difficult to say what is most appealing about the Barking Frog - the food, the wine, the atmosphere. All of the above earned this casual bistro featuring country fresh Northwest cuisine rave reviews. Honors have included "Restaurant of the Year", "Most Innovative Wine List" and "Wine Grand Award" awards, presented by the Washington Wine Commission. Delectable dishes entice guests to linger in the light-filled dining room or to gather around the fireplace. While in the summer, lunch and dinner are served in the courtyard. Wine tasting in Fireside Cellars - Many wineries are open for public tastings, others are not. However, there is one place where you can relax with friends and fellow guests to taste the finest that Woodinville Wine Country has to offer - the warm and inviting Fireside Cellars at Willows Lodge. Join us from 4PM-11PM Tuesday-Thursday and 4PM-12AM



citysearch

contact:

tel: 1 425 485 5300
fax: +1 425 424 2925
<http://www.theherbfarm.com>

location:

14580 Northeast 145th Street
Woodinville WA 98072

hours:

Dinner: 7p Th-Sa, 4:30p Su,
one seating 4each evening by
reservation only

5 Herbfarm (The)

DESCRIPTION: Many foodies actually plan their vacations to Seattle primarily to visit The Herbfarm. Located in semi-rural Woodinville, the restaurant's nine-course dinner takes at least four hours and includes five Pacific Northwest wines. The chefs warmly explain the courses to the guests and gladly create alternative entrees for those with special dietary needs. A tour of the restaurant's herb and vegetable garden is offered before the seating. A variety of dietary needs can be accommodated without hassle or compromise; for example, the non-alcoholic selections are creations to themselves with fresh botanical beverages rivaling the standard wine selections.
© NileGuide



Darrell Scattergood

contact:

tel: +1 425 424 3900
fax: +1 425 424 2585
<http://www.willowslodge.com>

location:

14580 Ne 145th St
Woodinville WA 98072

6 Willows Lodge

DESCRIPTION: This property is sprawled across five acres of lush green land bordering the Sammamish River. It has 86 well-furnished rooms and suites with Northwest style furniture and fireplaces. It also has three restaurants and a spa that offers a variety of herbal treatments. Its secluded location makes it an ideal venue for honeymooners and romantic trips. In fact, the resort has been consistently ranked as one of the 50 most romantic getaways by the Travel & Leisure magazine for the past few years. © wcities.com



Hotels.com

contact:

tel: 206.284.8687

<http://www.culinarycommunion.com/beacon.html>

location:

2524 Beacon Ave. S
Seattle WA 98144

hours:

6:00 pm - 9:00 pm

1 Culinary Communion

DESCRIPTION: Take a cooking class from two local chefs who will teach you how to navigate seasonal menus and get your hands on the best local produce as well as guide you through expert preparations of the finest ingredients the northwest has to offer. You can sign up for individual or series classes; and wine education depending on your interest and schedule. Course topics range from Charcuterie curing methods and salmon smoking techniques to grill skills and pasta making. Check their website for current offerings, classes are typically held between 6:00 pm and 9:00 pm.

contact:

tel: 206 625-1146

<http://www.zigzagcafe.net/>

location:

1501 Western Ave # 202
Seattle WA 98101

hours:

Mo to Su from 05:00 PM to
02:00 AM

2 The Zig Zag Café

DESCRIPTION: Located just below Seattle's famous "Pike Place Market", on the way to the "Seattle Aquarium", the Zig Zag cafe provides a wonderful retreat from the world outside. Inside you will find wonderfully prepared food that spans the globe, but reflects the influences of the Pacific Northwest. Behind its well-appointed bar, you will find some of the city's best bartenders, ready to prepare for you one of the finest drinks in the city.



Photo courtesy of The Zig Zag Café

Seattle Snapshot

Local Info

If all you know about Seattle is rainy days and the Space Needle, come take a closer look. Seattle (which, incidentally, gets less rainfall per year than New York City) is divided into several neighborhoods, each with their own main strips, nightlife, parks and exciting points of interest. Pick a zone, any zone, and spend the day getting to know the real Seattle.

Ballard

One of the most popular neighborhoods for those not willing to live "in" the city, Ballard has a personality all its own. Golden Gardens Park is a great place for a walk or bike ride, and there's plenty of drinks and seafood available at restaurants like Bad Albert's Tap & Grill and Ray's Boathouse.

Capitol Hill

A political-sounding name for what is unmistakably a liberal, life-loving neighborhood. If you've only got a few days in Seattle, you could easily spend an entire day just in Capitol Hill, checking out the Seattle Asian Art Museum, grabbing a latte at one of dozens of cafes, or browsing for books at the Elliot Bay Bookstore's new location.

Fremont

"Welcome to the Center of the Universe"; this is the sign that greets you in Fremont, and it only gets quirkiest from there. There's the famous Fremont Troll hiding under the Aurora Bridge, as well as a statue of none other than Lenin in the center of the neighborhood. This is the place for the Fremont Oktoberfest (for beer lovers) and Fremont Fair and Solstice Parade (for those who can't get enough of the naked body-paint bike parade). Of course, there's shops, cafes and restaurants galore, each with its own flavor and personality.

Madison Park

Looking for a relaxing day to take a stroll, see a few sights and find a nice cafe to chat over a cup of coffee? Madison Park has all this and more, with the Madison Park & Beach offering gorgeous views, and the bistro-style menu at Madison Park Café offering classic French food and wine, the perfect end to the day.

International District

If dim sum, sushi, or bibimbap is what you're craving, head to the International District, east of downtown Seattle. In addition to a selection of various Asian restaurants, take some great family photos under the pagoda at Hing Hay Park, or visit the Wing Luke, a small museum that offers a big peek into the art and culture of Japan and China.

Kirkland

Kirkland, in a word, is classy. A quick drive across the lake brings you to a selection of trendy cafes, fabulous art galleries, and world class restaurants like Trellis, which features a menu of seasonal, "farm-to-table" meals. Wine enthusiasts will appreciate not only the many wineries, but also Kirkland Uncorked, the neighborhood's annual "Wine, Dine and Design" festival.

Pike Place Market

The market on any given weekend is buzzing with tourists and locals alike, sampling fresh local produce, checking out the catch of the day, or shopping for the perfect souvenir. Pike Place is the United States' oldest farmer's market, and in addition to groceries boasts a huge variety of restaurants, including the original Starbucks. Piroshky Piroshky is an iconic stop, where visitors line up to purchase delicious sweet and savory Russian piroshkys, and a hot bread bowl of seafood bisque or one of several chowders at Pike Place Chowder is the perfect meal on a chilly, gray day.

Pioneer Square

As the historic area of Seattle, Pioneer Square is one of the biggest tourist attractions in the city. History lovers will adore the Underground Tour, which leads you beneath the city to the original Seattle. This is also a popular area for nightlife, with options like a drink at Central Saloon or an evening belting out your favorite tunes at 88 Keys Dueling Piano Bar.

Queen Anne Hill

This is what suburbs are meant to be; at least, for those who don't want to give up the convenience and quirk of the city. Queen Anne manages to be both trendy and understated, from indie bookshops like Queen Anne Books to the hip martini stop Tini Bigs.

Redmond

Its country location doesn't hide the fact that Redmond is home to huge corporations, including Microsoft and Nintendo, which make this one of the more affluent neighborhoods. Both Marymoor Park and the Lake Sammamish State Park are on the list for cyclists and walkers, and for those more interested in shopping, check out Redmond Town Center.

Seattle Center

So much more than just the Space Needle; if you're looking for a place to take the kids on a nice day, Seattle Center is the place to be. In addition to famous Seattle events like Bumbershoot and The Bite of Seattle, the center has plenty of restaurants, rides and arcade games for the kids, as well as the Pacific Science Center, Seattle Opera, and Intiman Theater. Museum lovers can't miss Seattle's famous Experience Music Project/Science Fiction Museum & Hall of Fame, which is also the end of the Monorail (which goes straight to Westlake Center).

University District

That's a mouthful; locals call it "U-Dub," the neighborhood known for fantastic restaurants, bars, shops, and the beautiful campus of the University of Washington. This is a hip, energetic neighborhood with everything from clubs to farmer's markets, as well as the fabulous University Bookstore. For Apple geeks, University Village houses the only full Apple Store in Seattle.

Waterfront

Get your quintessential West Coast fix with a stroll along Seattle's Waterfront, with an endless supply of picturesque scenes perfect for capturing a great family photo. In addition to the ferry terminal, where you can head off to Bainbridge or Bremerton Islands, you can also catch a fun water taxi over to West Seattle (much more fun than the long bus ride). Some of Seattle's most well-known restaurants are on the waterfront, including Elliott's Oyster House and Ivar's, and kids and adults alike will have a blast at the Seattle Aquarium.

West Seattle

Five minutes strolling down the street, sand and ocean on one side and bungalow-

Seattle Snapshot continued

style houses, burger joints and cafes on the other, you'll swear you were in California instead of Washington. The West Seattle

vibe is laid back and a popular place for water sports as well as bikers and joggers. Don't miss Alki Beach, Seattle's most famous beach, where you can lay in the

sun with a view of downtown on the other side of the bay.

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