

some thought for food

FINALLY A FEW SOLIDS TO GO WITH THE GREAT LIQUIDS.

GASTRO-TOURISM IS A RELATIVELY NEW PHENOMENON in most of North America but not so in a valley where fruit stands have exerted a magnetic appeal for at least a hundred years. The fruit industry still thrives, of course, and even offers a few new wrinkles. For one, it's no longer necessary for apricot lovers to time their visit for one month while peach people choose another: growers have been busy planting varieties that extend specific seasons from the mere weeks of yesteryear to months or more today.

Another new development: there is more to do than huck back cherries till your tongue turns purple and your stomach turns turtle. Especially in the last two to three years, restaurateurs and artisanal food suppliers and producers have emerged to complement the growth in wine touring. Wait another two to three years and the task will become even easier, but this summer it is already possible to enjoy an Okanagan holiday in which all the food groups are expertly taken care of. Some highlights:



The outdoor kitchen at Joie.

Joie Founded just two years ago by big-league sommeliers Heidi Noble and Michael Dinn, the Naramata cooking school and epicurean retreat is the core around which much of the new Okanagan gastronomy revolves. Joie no longer operates as a B&B but does provide accommodation for those taking classes. 2825 Naramata Rd., Naramata, 1-866-422-5643, www.joie.ca.

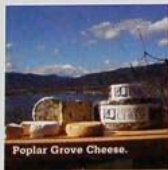
Carmelis Alpine Goat Cheese Artisan Seeking a safer place to live, Ofri and Ofer

Barmor left Israel for Kelowna early in 2003—three months before the great fire burned down part of their farm. Despite the setback, they've gone on to produce a line of excellent cheeses. 170 Timberline Rd., Kelowna, 250-764-9033, www.carmelissoatchese.com.

Poplar Grove Becoming Canada's first producers of both wine and cheese wasn't as easy as it sounds. As the website for Poplar Grove Winery explains: "The dairy and beverage alcohol industries being second

only to nuclear power in regulations, we are pleased to be open for biz." And open for biz Ian and Gitta Sutherland are, with a line of cheeses that look and taste as if they were perfected by French monks over many centuries. 1060 Poplar Grove Rd., Pentleton, 250-492-4575, www.poplargrove.ca.

Okanagan Grocery For certain city folk the prospect of leaving behind their cherished provider of artisanal breads is a deal breaker. No bread, no holiday. For these people Rhys Pender and Alishan Driediger



Poplar Grove Cheese.

offer Okanagan Grocery Artisan Breads, with crusty loaves such as asiago and black pepper. The bakery is in Peachland, but the bread is also

sold at their shop in Kelowna's Gulsachan Village, where you'll also find a good butcher and fish store. 2355 Gordon Drive, Kelowna, 250-862-2811, www.okanagan-grocery.com.

RESTAURANTS

Bouchons Bistro From the former owners of Vancouver's Bistro de Paris, a throwback spot notable for terrific steak frites, braises, cassoulets and fish plates. 1180 Sunset Dr., Kelowna, 250-761-6595.

La Boulangerie The décor won't transform you to France (except maybe an autoroute rest stop), but the baking and light lunches certainly will. 100, 3140 Lakeshore Rd., Pandoosy Village, 250-762-3466.

CedarCreek Estate Winery Vineyard Terrace Only recently have wineries been legally able to feed you and they are quickly getting the hang. CedarCreek offers stunning vineyard and lakeside views to go with an unfussed and locally sourced menu. 5445 Lakeshore Rd., Kelowna, 800-730-0463 or 250-764-8866, cedarcreek.bc.ca.

Fresco Restaurant A converted heritage space in downtown Kelowna provides an inviting platform for Rodney Butters's contemporary, ingredient-driven cooking. 1560 Water St., Kelowna, 250-868-8805.

The Harvest Dining Room At The Harvest Golf Club Yes, it's a golf club, but this room is a serious rival for best >

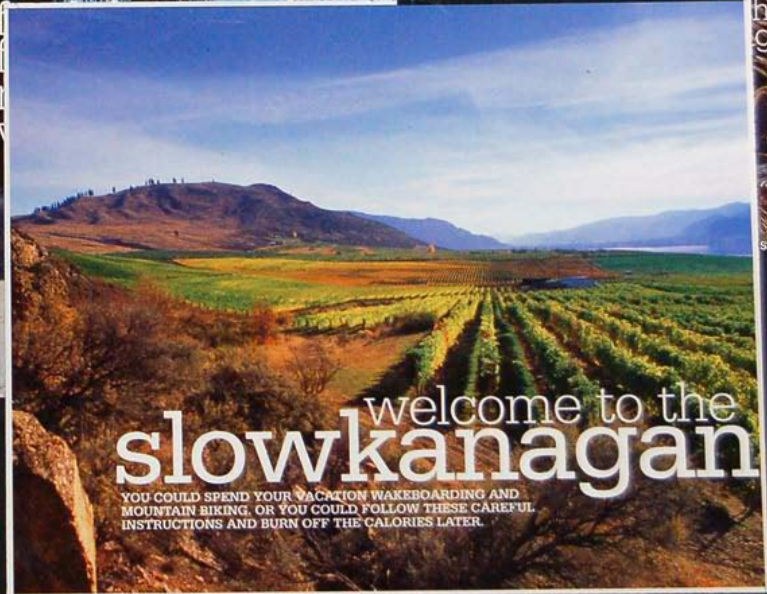
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