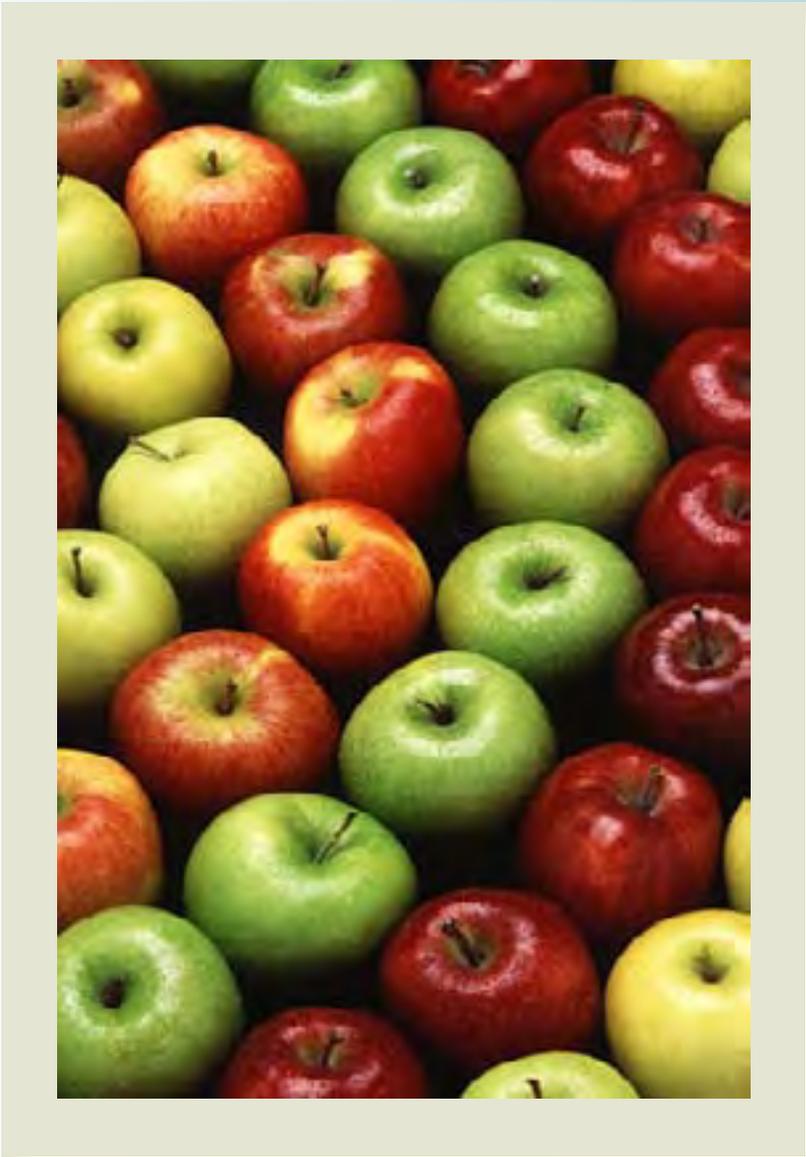
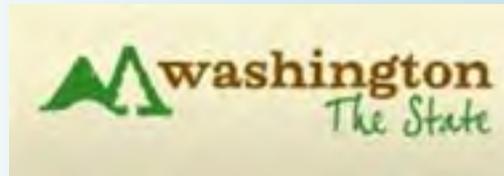


Go West Summit



WASHINGTON

Experience Washington, one bite at a time, on this special culinary adventure that takes you across the state from Seattle to Yakima Valley, through diverse landscapes and great local food. Organic produce, exotic seafood and fine wine are all staples in authentic Washington cuisine. But why is Washington such a hotspot for “foodies,” famous chefs and independent brewers and vintners? Probably the biggest single reason is the diversity of fresh found ingredients here. As a coastal state rich in oyster flats, clam beds and wild salmon runs, seafood is abundant. Washington’s extensive farms, orchards and culinary artisans make it easy to find fresh and local food in restaurants and markets across the state. The state’s rainforests are an abundant source of wild mushrooms, including the legendarily savory chanterelle. All of the essential ingredients needed to make great beer and wine are grown here too. Cue your taste buds, it’s time to savor Washington.



SNOHOMISH COUNTY

Start your culinary adventure in Washington State in Snohomish County. Buy fresh from the farm every night of the week at one of the more than eight outdoor farmer's markets located throughout Snohomish County. Get lost in a corn maze, taste ripe berries from the bush, or pick a handful of flowers along the **Snohomish County Farm Trail** or **Red Rooster Route**.

Festivals such as Lavender Hills Farm Festival, Marysville Strawberry Festival, Festival of Pumpkins, Evergreen State Fair and the Antique Tractor Show and Threshing Bee are just some of the agricultural tourism options available year round.

Try lunch at Russell's Dining and Bar at **The Loft** in Bothell. Culinary master Russell Lowell's restaurant located in a beautiful historic 1927 renovated barn offers a vast array of entrees from duck to filet mignon and rack of lamb.

Visit **Garden Treasures Nursery and Organic Farm** in Arlington after lunch. Over 100 varieties of crops are open for picking, or visit the greenhouses to pick your very own heirloom tomatoes, cucumbers, fresh basil, or winter mix greens.

Lavender Hills Farm in Marysville is a recognized Centennial Farm with continued family ownership since 1887, offering a wide variety of lavender products.

Take the "Get Sauced Safely" Cooking Italian with Washington Wines at **Lombardi's** in Everett. Learn the secrets of preparing the five sauces that are at the heart of Italian cuisine, and which Washington State wine pairs well with each. If you don't have other dinner plans, indulge in a fabulous evening of wine, food and conversation featuring a 5-course meal prepared by Lombardi's Executive Chef Matt Romeo, of course featuring excellent local and Italian wines.

Indulge in a farm to table culinary experience at **Ninety Farms** in Arlington Your evening will begin with a tour led by the farmer Linda Nuenzig. Watch the herding dogs bring in the sheep, learn about the habitat buffer along the river. You'll dine inside the hay-floored barn with an exquisite rotisserie lamb dinner prepared by an acclaimed local chef.

Overnight at the four-star **Tulalip Resort Casino** and enjoy the culinary delights of Chef Dean Shinagawa and his culinary team's original versions of traditional and regional dishes.





SEATTLE

Home to several major Pacific Rim seaports, Seattle is a great place to find exotic delicious ingredients, herbs and spices from all over the world. As a major cultural crossroads, an extraordinary number of diverse culinary traditions flourish here and often cross-pollinate in new and delicious ways.

Start the day with and pastries at of the three **Essential Bakery Company** cafes in Seattle. With passion, integrity and innovation, this company has created the highest quality artisan baked goods that Seattle can offer. After breakfast, take the **Theo's Chocolate** tour in Fremont, the only Organic, Fair Trade, Bean-To-Bar Chocolate Factory in the country.

Dine on New American cuisine prepared with certified-organic and wild ingredients sourced local at **Tilth Restaurant**. Executive chef and owner, Maria Hines, is a James Beard Award winner for Best Chef of the Northwest, as well as one of Food & Wine Magazine's 10 Best New Chefs.

Spend the afternoon discovering Seattle's legendary **Pike Place Market**. While a major tourist destination, it's also a place where locals still come to buy fresh, local fish and produce, fresh-cut flowers, and fresh-made cheese and sausage.

No trip to the market is complete without stop at **Beecher's Handmade Cheese** for unforgettable artisan cheese.

Have a relaxing meal at **Pike Place Pub** - a brewery featuring local, sustainable and seasonal pub fare. Watch brewers as they handcraft ales in the Pike's unique multi-level brewhouse. Overnight at the **Mayflower Park Hotel** in downtown Seattle.

SQUAXIN ISLAND

Tour **Taylor Shellfish Farms**, which grows a wide range of shellfish. The Taylor family has been growing shellfish in the bays and inlets of Puget Sound for over 100 years. These shellfish farms are in some of the most beautiful and nutrient-rich tidelands in the world. The clean, clear waters of the Sound provide the environment for growing some of the most bountiful and flavorful shellfish harvests to be found anywhere.

Visit the **Squaxin Island Museum** which features exhibits and rare artifacts that tell the unique story of the people who have lived and prospered along the shores of the inland Salish Sea. Tours are available by appointment.

Belly up to the **Seafood Bar** at Little Creek Casino and enjoy delicacies from the heart of the earth...the sea. It's a uniquely entertaining dining experience as your fresh seafood dinner is prepared right before your eyes. Located next to the Island Grille just off our main casino floor. Overnight at **Little Creek Casino Resort**.

YAKIMA VALLEY

The Yakima Valley is one of those rare destinations where “local flavor” can be experienced quite literally. It’s a region meant to be not just seen, but also tasted.

Open daily for breakfast and lunch, **White House Cafe** has a menu that always features fresh and natural local ingredients. Have your cooler ready to fill with goodies from Barrett’s Orchard’s store located in the big red barn at **Washington’s Fruit Place at Barrett’s Orchards**. In addition to their variety of tree-ripened fruit of cherries, apricots, peaches, nectarines, pears, and apples, there are other edible and drinkable Washington products to purchase.

Next stop is **Johnson Orchards**, one of the staples of Yakima. They’ve been in the same location for more than 100 years and are located on an orchard in the middle of Yakima. If you are in Yakima Valley on a Sunday, May through October, make time for a visit to the **Yakima Farmers Market**. Meet the farmers, artisan and specialty food purveyors who make the market such a great community. Market highlights include fresh made tamales, yummy strawberry lemonade, lots of chili peppers, and chickpeas.

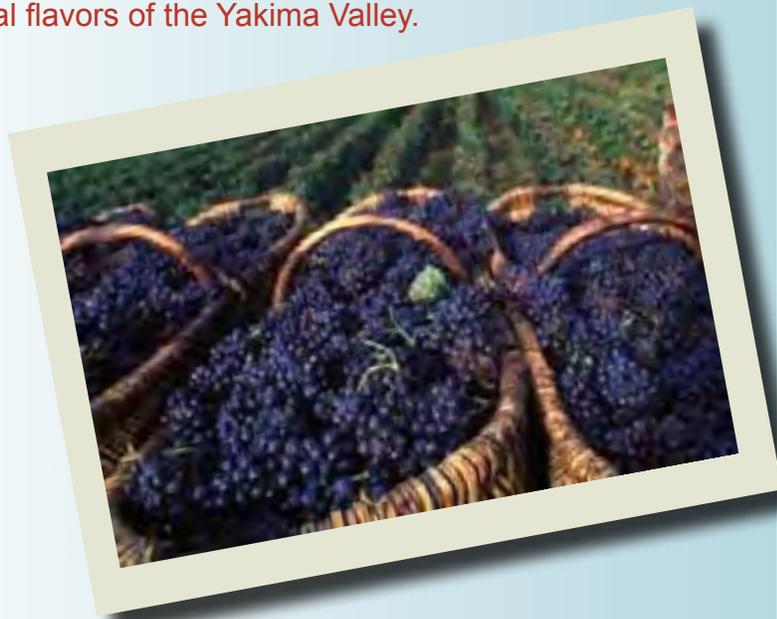
Stop in the Tuscan-hemed **Yakima Valley Visitor Information Center** to pick up your Yakima Valley Farm Fresh Produce map, Yakima Valley Wine map and get the inside scoop to this bountiful agricultural mecca from the visitor center staff.

If sipping some of the state’s wine is on your agenda, be sure to review the “Come Taste the Wine” brochure and map highlighting the area’s wineries and enjoy the afternoon. **Desert Wind Winery** is a Southwest-inspired winery perched on a bluff overlooking the Yakima River. The facility includes a tasting room, a private event facility, restaurant and demonstration kitchen, and guest rooms. Desert Wind host chefs from all around the world to share their culinary talents for their Guest Chef Series and Supper Clubs are monthly gatherings of foodies and Desert Wind fans for great food, wine and conversation. It is a relaxing experience at a communal dining table, where you can eat great food, drink great wine, and meet new friends.

Alternatives to wine tasting include a number of dairies and farms, including **Darigold Dairy Fair** and **Chukar Cherries**. Chukar produces a wide array of pure food that exemplify the regional bounty and natural flavors of the Yakima Valley.

Snipes Mountain Microbrewery and Restaurant in Sunnyside is a great place for dinner – and a microbrew. The use of quality ingredients and a passion for beer results in a fresh, unique, full-flavored beer.

Overnight in Union Gap at the **Best Western Ahtanum Inn** or **Red Lion Hotel Yakima Center** in Yakima.



WASHINGTON

Washington State, located in the northwestern corner of the United States, offers dramatically diverse landscapes, enchanting islands, active volcanoes, dazzling skylines, authentic Tribal experiences and mystical rain forests. Kayak in Orca territory in the San Juan Islands, dine 500 feet above the city of Seattle, stroll along our rugged coastline and sleep surrounded by ancient trees that wear beards of lush green moss.

Washington State is an “all-season destination!” In spring, river raft in Spokane, or experience miles of colorful tulip and daffodil flower fields in Skagit County. In Autumn “catch the crush” of grape harvest in our expansive wine country in Eastern and Central Washington. And in winter, ski and snowboard in the gorgeous Cascade Mountains or float past hundreds of migrating bald eagles.



WHAT'S FRESH?

April:

Asparagus

May:

Asparagus, Chard

June:

Asparagus, Broccoli, Cabbage, Cauliflower, Chard, Currants, Gooseberries, Peas, Raspberries, Rhubarb, Strawberries, Zucchini

July:

Apricots, Beans (Green), Beets, Boysenberries, Cantaloupe, Carrots, Cherries, Corn (Sweet), Cucumbers, Currants, Gooseberries, Loganberries, Marionberries, Melons, Peaches, Potatoes, Raspberries, Rhubarb, Squash, Tomatoes, Watermelon, Zucchini

August:

Apples, Blackberries, Cantaloupe, Carrots, Corn (Sweet), Cucumbers, Eggplant, Huckleberries, Hops, Loganberries, Marionberries, Melons, Nectarines, Okra, Peaches, Pears, Peppers, Plums, Potatoes, Prunes, Raspberries, Rhubarb, Squash, Tomatoes, Watermelon

September:

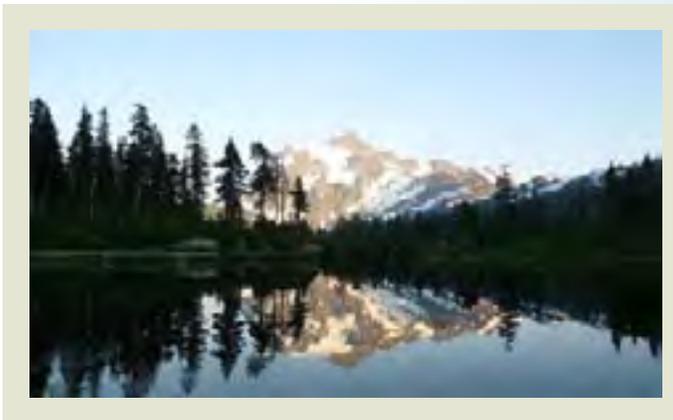
Apples, Blackberries, Cantaloupe, Carrots, Corn (Indian), Corn (Sweet), Cucumbers, Eggplant, Grapes, Huckleberries, Hops, Onions, Peaches, Pears, Peppers, Plums, Potatoes, Prunes, Pumpkins, Raspberries, Rhubarb, Squash, Tomatoes, Watermelon

October:

Apples, Carrots, Grapes, Huckleberries, Onions, Potatoes, Pumpkins, Raspberries, Rhubarb

November:

Apples, Potatoes



TOURISM ATTRACTIONS

UNESCO World Heritage Site & Biosphere Reserve ~ Olympic National Park
Forks and La Push ~ home of the romantic story “Twilight”

Grand Coulee and Boundary Dams

Hells Canyon Jet Boat Rides

Mount St. Helens National Volcanic Monument

Mount Rainier National Park

North Cascades National Park

San Juan Islands

Scenic Selkirk Loop ~ Washington State, Idaho & British Columbia
Seattle and the Space Needle

Central Washington’s Romantic Wine Country

Spokane, Gateway to the Rockies

WASHINGTON