

**CULINARY TOURISM:  
EXPANDING THE ECONOMIC BENEFITS OF AGRITOURISM  
FY 2008**

Tourism, cuisine and agriculture are important sectors to Vermont's economy, yet, despite mutual interests, these sectors have not traditionally been well integrated. A 2008 working group on the future of agriculture in Vermont concluded that developing a more sophisticated agritourism program would help Vermont producers build their brands and enhance their marketing programs.

The overall goal of this project was to increase economic opportunities for small farms and other rural populations through the development of an integrated culinary tourism program. The project brought together the State government, nonprofit organizations, numerous producer councils, higher education institutions, the media and others in a collaborative effort to educate residents and visitors about Vermont-made beer, wine, chocolate, maple products, apples and honey, and how to pair these products to enhance their culinary experience. Producers came together and learned from sensory experts how to identify and better communicate the unique qualities and flavors of their products to their customers. They connected with the public and shared their new knowledge through television, print, web and face to face events. Project partners created a unique 24-page resource guide called *The Flavors of Vermont* which contains a directory of farms, breweries, restaurants, wineries and other culinary destinations; product profiles; and guidance for consumers on how to select and pair the featured products. Finally, the project led to the creation of an Agricultural and Culinary Tourism Council to provide leadership for the initiative in the post-grant period.

**FINAL REPORT  
THE FLAVORS OF VERMONT**

**Contact:**  
Koi Boynton  
Development Coordinator  
Vermont Agency of Agriculture  
802-828-2084  
[Koi.Boynton@state.vt.us](mailto:Koi.Boynton@state.vt.us)

# ***Culinary Tourism***

***Expanding the Economic Benefits of Agritourism***

**September 1, 2008 to June 30, 2010**



## **Final Report**

**Submitted by the**

**Vermont Agency of Agriculture, Food and Markets**

**In cooperation with**

Vermont Fresh Network

University of Vermont, Institute for Artisanal Cheese

New England Culinary Institute

Vermont Cheese Council

Vermont Grape & Wine Council

Vermont Department of Tourism & Marketing

Vermont Brewers' Association

Burlington City Arts

Vermont Public Television

Vermont Hospitality Council/Vermont Chamber of Commerce

Vermont Specialty Food Association

## Background and Justification

Tourism and agriculture are two key industries in Vermont. Their importance can be measured both in the percentage of the economy they represent, over 15 percent of all jobs in the state, and the degree to which they define the Vermont image. The two sectors are closely connected. Vermont's rural, agricultural heritage has built the landscape that visitors prize. In a recent study conducted by the Vermont Department of Tourism visitors identified farm landscapes as being the top image they associated with Vermont. Plus, Vermont's high quality products bring our state's name to distant markets, attracting new visitors to explore our region. Tourism helps Vermont farmers both by presenting opportunities to diversify their operations. Even farms without added attractions or events of their own can gain customers through placing their product in tourist-oriented venues. Studies show that out of state residents who develop a personal connection to Vermont through visiting are more likely to purchase Vermont products (Center for Rural Studies).

In spite of the mutual interests of agriculture, cuisine, and tourism in Vermont, these sectors have not traditionally been well integrated. In fact, a 2008 working group on the future of agriculture in Vermont found that improving the sophistication of the state's agritourism market was the primary lever for building brand and marketing for our farms. A 2003 working group on Agricultural Viability in Vermont similarly found greater tourism-based coordination to be a key goal. Research of the tourism market supports these findings. A 2006 Vermont visitor study found that *natural amenities* and *agricultural activities* were among the five most important activities. A 2007 survey by the Travel Industry Association and the National Restaurant Association found that one-quarter of all leisure travelers said that food was central in deciding where to vacation.

The tools are currently in place to build better capacity for agricultural and culinary tourism in Vermont. For example:

- The Vermont Fresh Network helps local chefs connect with local farmers to develop, and market, authentic Vermont foods.
- The Vermont Farms! Association assists farms who want to incorporate farm visitors into their business plans.
- Individual festivals and events around Vermont celebrate our agricultural heritage, including the popular Strolling of the Heifers, Shelburne Farms Harvest Festival, Stowe Mountain Culinary Classic and Vermont Fresh Network Forum.

Vermont needs to bring together these individual pockets of activity to craft a quality experience to offer to the visitor, cooperatively market this experience to potential audiences, and ensure that visits to Vermont translate into ongoing sales for Vermont farmers.

## **Project**

Numerous studies suggest that public support for such “rural amenities” as *farmland* and *open space* do not take the form of “market demand”. Therefore, agriculture must provide outreach to consumer to become truly sustainable. This project enlisted the partnership of state government, nonprofit organizations and higher education institutions to determine a better way to present, pair and educate the residents and visitors about Vermont products such a cheese, wine, beer chocolate, maple, apples and honey as well as making it easier for consumers to take part in food and farm experiences that result in sales. According to the New England Agricultural Statistics Service, the average farm income generated by agritourism in Vermont increased by nearly \$5,000 between 2002 and 2007.

This collaboration has ensured that farmers benefit from current growing trends--- by forming partnerships with local chefs, by developing opportunities for pairing (and comparing) local and regional products, and developing direct-market opportunities based in culinary tourism. By focusing on a more experiential or practical relationship with producers this project allowed the public to recognize the value of agriculture from consumer perspective.

## **Goals and Objectives**

The Project Cooperators established one primary goal and five objectives for the activity:

**GOAL:** To increase economic opportunities to small farms and other rural populations through the development of an integrated culinary tourism program.

**OBJECTIVE 1:** To create “culinary tourism trails” materials for artisan (craft) cheese, wine, beer and other food and agricultural products.

**OBJECTIVE 2:** *To create pairing guides for artisan (craft) cheese, wine, beer and other food and agricultural products.*

**OBJECTIVE 3:** *To provide educational opportunities for consumers, farmers and foodservice professionals to learn pairing (and comparing) skills and culinary applications for artisan (craft) cheese, wine, beer and other food and agricultural products.*

**OBJECTIVE 4:** *To develop innovative partnerships among farmers, food processors, foodservice professionals and consumers to strengthen Vermont's agriculture.*

**OBJECTIVE 5:** *To create a Vermont Culinary Tourism Council to guide the development of future culinary tourism activities in Vermont.*

## Summary of Results

### ***OBJECTIVE 1: To create “culinary tourism trails” materials for artisan (craft) cheese, wine, beer and other food and agricultural products.***

Cooperators on the project identified the need for short and long-term activities to accomplish this objective. In the short term the cooperators contracted with Newcomb Studio to develop and design “culinary tourism trails” materials that were incorporated into the *Flavors of Vermont: Exploring, Touring, Tasting & Pairing Guide*. The details of how this guide came together are expanded below in objective 2. But it should be added here that the guide, while focusing mainly on pairing, also featured listings of farms, brewers, restaurants, wineries and other destinations around the state consumers can visit to experience Vermont products.

While the cooperators were confident in their decision to move forward with a printed version of “culinary tourism trails” guide they clearly expressed interest in developing “on-line” materials, as well. The guide, while currently available on-line (links below), did not speak to the need to develop a website dedicated to agriculture and culinary experiences.

The task of creating a dedicated on-line agriculture and culinary tourism website is now the work of the Agriculture and Culinary Tourism Council, formed in October of 2009. The council, under the leadership of Vermont Fresh Network, has been working since January 2010 with web design firm, Bluehouse Group to complete a strategic plan for the site. Expected launch date for the site is spring of 2011.

While no direct FSMIP funding has been used for this work, in-kind time staff time on behalf of the agency of agriculture to bring the council together and offer ongoing support. The creation of the council does speak to objective 5 and the ongoing dedication of the cooperators.

### ***OBJECTIVE 2: To create pairing guides for artisan (craft) cheese, wine, beer and other food and agricultural products.***

The Agency of Agriculture contracted with Dr. Montserrat Almena Aliste of the University of Vermont’s Vermont Institute for Artisanal Cheese to develop sensory guides for cheese and help others develop sensory guides for the other products. These sensory guides were used at a number of events around the state hosted by cooperators including Vermont Fresh Network, New England Culinary Institute, and Vermont Hospitality Council. The guides were used by both consumers and producers to educate them on the unique attributes of the products.

A number of these pairing events are highlighted below.

The group had a major presence on Vermont Public Television on VPT Cooks, in December of 2008 and 2009. Excerpts each of these shows can be found at VPT's web site under "Video on Demand" [www.vpt.org](http://www.vpt.org) and at:

Beer & Cheese:

<http://www.youtube.com/watch?v=qkBJGsvzH3o&feature=related>

Wine & Cheese:

<http://www.youtube.com/watch?v=xD540EbDWfl>

Chocolate & Cheese:

<http://www.youtube.com/watch?v=IRFh1ivdzCs>

A pairing session took place at the Inn at Essex on April 6<sup>th</sup>, 2009, to solicit input from a group of over 60 food professionals, including chefs, producers, and food writers who tasted and evaluated a total of 33 Vermont cheeses, 25 local wines and 17 different beers, along with maple syrup, apples, and meats. Cheese expert Dr. Montserrat Almena Aliste worked with producers ahead of the event to select items that demonstrated a range of taste and were likely to lead to outstanding combinations.

The results of this working session were entered into a database of superior Vermont product pairings. The Vermont Fresh Network then worked with Tim Newcomb studios to produce a four-color *Flavors of Vermont* brochure to guide consumers through pairing options. 50,000 guides have been available for Vermont food and farm events throughout the summer and into the fall, used in store signage at Vermont retail outlets, provided at welcome and visitors' centers, and distributed to farms open to the public. The guide features a directory of 13 cheese producers, 19 breweries and brew pubs and 8 wineries that are open to the public. The majority of featured locations are small scale producers but there are also a number of large scale producers of both cheese and beer.

The feedback from locations carrying the guide has been incredibly positive. Even though the piece is somewhat timely with event listings on the back cover, visitors have found the guide to be an educational tool that guides them on their food journey through Vermont. Producers feel very strongly about the content in the piece and would like to see future versions of the guide available.

The guide is available online at both the sites listed below.

<http://www.vermontagriculture.com/news/2009/PairingGuide.pdf>

<http://www.vtcheese.com/pairings.html>

*Sensory Guides used at tasting events provided as an attachment.*

***OBJECTIVE 3: To provide educational opportunities for consumers, farmers and foodservice professionals to learn pairing (and comparing) skills and culinary applications for artisan (craft) cheese, wine, beer and other food and agricultural products.***

***OBJECTIVE 4: To develop innovative partnerships among farmers, food processors, foodservice professionals and consumers to strengthen Vermont's agriculture.***

Cooperators decided to combine objectives 3 and 4 for contract purposes but it should be identified that there is also some overlap with objective 2. The Agency contracted with the Vermont Fresh Network and Burlington City Arts to administer the seminars and workshops.

The Vermont Fresh Network worked with the Vermont Agency of Agriculture and other cooperators in the FSMIP Culinary Tourism group, to conduct focused workshops, seminars and educational/outreach activities for farmers, foodservice professionals and consumers on sensory evaluation of Vermont foods and beverages, food pairings and similar activities that promote locally-produced and/or processed foods.

The Vermont Fresh Network hosted three Vermont product pairing and tasting professional development workshops and three educational Vermont product pairing workshops for the consumers. A total of 120 professionals attended the professional pairings workshops and 105 consumers attended the product pairing workshops.

In the summer of 2009 Vermont celebrated the Quadricentennial of Samuel Champlain's discovery of the lake that carries his name. The connection between France (Champlain's home country) and Vermont provided an excellent opportunity for a cross cultural exchange of local, regional and international flavor. The Vermont Agency of Agriculture, Dr. Almena Aliste and the Vermont Fresh Network partnered with Burlington City Arts to offer The Taste of Champlain Food Festival from July 8 through 12, preceded by a July 7th invitation-only event for a professional exchange between Vermont and France.

The public day of events included educational sessions by sensory experts from France and Vermont, a keynote talk by Sister Noella, a world-renowned cheese expert, a panel discussion that was broadcast live on Vermont Public Radio, and a tasting session that drew over 200 members of the public. The private day with producers focused on an extensive tour of the Cellars at Jasper Hill, an innovative cheese cave, and a lunchtime discussion about Protected Designation of Origin protocols and their contribution to the agricultural economy. During this producer focused day Sister Noella communicated how the complexities of native strains of bacteria and fungi can influence the flavor and texture of a cheese during the aging process, resulting in unique regional flavors.

Below is a link that documents this three day exchange as well as the expanded events during the Taste of Champlain Food Festival. Unfortunately, the video links are no

longer active but the publications and photos give a great understanding of the overall event.

<http://frenchcheeseclub.com/Calendar/Champlain/Champlain.htm>

It should also be added that our work with the French delegation, the French Cheese Club the Quebec CARTV (*Conseil des Appellations Réservées et des Termes Valorisants*) has provided us with a deeper understanding of the *Appellation d'origine contrôlée* (AOC) and similar designation systems, in particular how the systems were designed and how they work in practice. We have expanded upon these relationships and continue to have a shared learning experience around culinary tourism and protected designations of origin with both parties. These relationships have provided us with a understanding of where to take our own Taste of Place Project, which is currently underway.

***OBJECTIVE 5: To create a Vermont Culinary Tourism Council to guide the development of future culinary tourism activities in Vermont.***

As described under Objective 1, the work of the FSMIP culinary tourism group has led to the creation of an Agricultural and Culinary Tourism Council. Planning for this council included several meetings with participants in the FSMIP process, allowing goals to be integrated and memberships to continue from one group to the other where appropriate. The work currently underway by the Council includes the creation of website for agriculture and food-based tourism in Vermont and improving the state's regional opportunities for tasting and touring trails.

*Council organizations include:*

Vermont Agency of Agriculture	New England Culinary Institute
Vermont Fresh Network	Vermont Hospitality Council
Vermont Farmers' Markets Association	Vermont Farms
Vermont Grape & Wine Council	Vermont Brewers' Association
Shelburne Farms	Vermont Cheese Council
Vermont Department of Tourism	Vermont Maple Industry
University of Vermont Extension, Tourism Data Center	

## Lessons Learned & Future Research Needs

Having so many producers involved in this project made it very clear that in order for initiatives like this to be successful they need to be producer lead. We need to hear the producers' voice, be aware of their needs and not provide top down support but work alongside them to coordinate efforts. From listening to the producer voice we have identified the need to increase educational opportunities and technical support. We also need to come together around a cohesive messaging campaign that captures the unique attributes of the Vermont brand.

It has also been identified as a state priority to focus more resources on the landscape that draws visitors to Vermont, therefore will need to work more collaboratively inside and outside of state government to achieve this goal and identify existing resources that can support agriculture and culinary tourism. A key example of this is our newly expanded relationship with the Vermont Department of Tourism and Marketing to devote marketing dollars in the coming year to agriculture and culinary tourism focused advertising.

As we move forward with different aspects of Agriculture and Culinary Tourism we have identified the need for more research in the following areas:

- Better data collection to capture the true economic impact of agriculture and culinary tourism.
- Better understanding of how travelers interact with the internet and social media in order to make decisions about travel and culinary experiences.
- What are the real attributes behind the Vermont brand that consumers' value.

## Conclusion

The success of the *Culinary Tourism: Expanding the Economic Benefits of Agritourism* project is clearly demonstrated by the fact that the group achieved each of the objectives and reached over 300 consumers and nearly 200 professionals directly through events. Consumers were also reached through *The Flavors of Vermont* pairing guide and two *Vermont Public Television Cooks* shows focused on pairings. Since both of these outreach pieces are still available (through location availability with the guide, rebroadcasting of VPT Cooks) as well as on line it is difficult to give an accurate number of consumers reached.

From this project our producers were able to come together and learn from sensory experts how to identify and communicate the unique qualities and flavors of their products. The project also provided producers with the opportunity to connect with the public and share this new found knowledge through television, print, web and face to face events.

The group did face the challenge of staffing turn over at the agency of agriculture but the development of the Agriculture and Culinary Tourism greatly helped with this transition in leadership. The council will carry on with the work started by the FSMIP Culinary Tourism group and provide consistent leadership for this coordinated effort.

The real benefit to our small scale producers and rural communities is the establishment of a coordinated agriculture and culinary tourism effort that is now moving forward. In the coming year the Vermont Agriculture and Culinary Tourism Council will work to establish standards for “authentic” Vermont food experiences; launch a website that will provide visitors with an easy, interactive platform to connect with Vermont food experiences; and work with regional groups within the state to identify agriculture and culinary tourism opportunities.

### **Partner List**

Vermont Fresh Network  
University of Vermont, Institute for Artisanal Cheese  
New England Culinary Institute  
Vermont Cheese Council  
Vermont Grape & Wine Council  
Vermont Department of Tourism & Marketing  
Vermont Brewers' Association  
Burlington City Arts  
Vermont Public Television  
Vermont Hospitality Council/Vermont Chamber of Commerce  
Vermont Specialty Food Association

Prepared by  
Koi Boynton, Development Coordinator  
Vermont Agency of Agriculture  
116 State St.  
Montpelier, VT 05620-2901  
[Koi.boynton@state.vt.us](mailto:Koi.boynton@state.vt.us)  
802-828-1619

# Sensory Notes for Vermont Cheeses: April 6<sup>th</sup> Special Tasting Event

Taster Initials: \_\_\_\_\_

Evaluate each of the following samples and describe them for the indicated components:

**Sample :** \_\_\_\_\_

**First impression:**

- Appearance (overall characteristics):
- Aroma (nose):
- Texture / Mouth feeling:
- Taste:
- Flavor (intensity - quality):
- Aftertaste (intensity- quality):

**Sample :** \_\_\_\_\_

**First impression:**

- Appearance (overall characteristics):
- Aroma (nose):
- Texture / Mouth feeling:
- Taste:
- Flavor (intensity - quality):
- Aftertaste (intensity- quality):

**Sample :** \_\_\_\_\_

**First impression:**

- Appearance (overall characteristics):
- Aroma (nose):
- Texture / Mouth feeling:
- Taste:
- Flavor (intensity - quality):
- Aftertaste (intensity- quality):

**Sample :** \_\_\_\_\_

**First impression:**

- Appearance (overall characteristics):
- Aroma (nose):
- Texture / Mouth feeling:
- Taste:
- Flavor (intensity - quality):
- Aftertaste (intensity- quality):

Please turn over ⇨

## Sensory Notes for Vermont Cheeses (continuation)

Sample : \_\_\_\_\_

**First impression:**

- Appearance (overall characteristics):
- Aroma (nose):
- Texture / Mouth feeling:
- Taste:
- Flavor :
- Aftertaste:

Sample : \_\_\_\_\_

**First impression:**

- Appearance (overall characteristics):
- Aroma (nose):
- Texture / Mouth feeling:
- Taste:
- Flavor (intensity - quality):
- Aftertaste (intensity- quality):

Sample : \_\_\_\_\_

**First impression:**

- Appearance (overall characteristics):
- Aroma (nose):
- Texture / Mouth feeling:
- Taste:
- Flavor (intensity - quality):
- Aftertaste (intensity- quality):

Sample : \_\_\_\_\_

**First impression:**

- Appearance (overall characteristics):
- Aroma (nose):
- Texture / Mouth feeling:
- Taste:
- Flavor (intensity - quality):
- Aftertaste (intensity- quality):

Thanks so much for your collaboration!

Vermont Fresh Network  
Annual Meeting Tasting  
Experience  
February 9, 2009  
Shelburne Vineyard, Shelburne, VT

---

**Shelburne Vineyards**

Cote de Champlain - We have blended this Cayuga White wine with just a touch of Chardonnay and Riesling to enhance the mouth feel, then fermented it almost dry, leaving only a trace of residual sugar, to create this barely off-dry wine with hints of tropical fruit. We've created the Cote de Champlain label to commemorate the discovery 400 years ago, in 1609, of Lake Champlain by Samuel de Champlain.

Personal Notes:

Coach Barn Red - Made from regionally produced grapes grown on the North Fork of Long Island made by us in our Shelburne winery, this classic, medium-bodied Merlot wine offers a nose rich with dark cherries and chocolate and finishes with hints of black pepper on the finish.

Personal Notes:

Rhapsody Ice Wine - We picked these Arctic Riesling grapes in mid-December when the temperature was 15 degrees F to produce this delectable and rich Ice Wine. With hints of caramel on the nose and a fruity pear finish, it has a wonderful acid balance that makes it perfect as dessert by itself or paired with fruit and Bleu Cheese. Rhapsody has 11% residual sugar.

Personal Notes:

Vermont Fresh Network  
Annual Meeting Tasting  
Experience  
February 9, 2009  
Shelburne Vineyard, Shelburne, VT

---

**Shelburne Vineyards**

Cote de Champlain - We have blended this Cayuga White wine with just a touch of Chardonnay and Riesling to enhance the mouth feel, then fermented it almost dry, leaving only a trace of residual sugar, to create this barely off-dry wine with hints of tropical fruit. We've created the Cote de Champlain label to commemorate the discovery 400 years ago, in 1609, of Lake Champlain by Samuel de Champlain.

Personal Notes:

Coach Barn Red - Made from regionally produced grapes grown on the North Fork of Long Island made by us in our Shelburne winery, this classic, medium-bodied Merlot wine offers a nose rich with dark cherries and chocolate and finishes with hints of black pepper on the finish.

Personal Notes:

Rhapsody Ice Wine - We picked these Arctic Riesling grapes in mid-December when the temperature was 15 degrees F to produce this delectable and rich Ice Wine. With hints of caramel on the nose and a fruity pear finish, it has a wonderful acid balance that makes it perfect as dessert by itself or paired with fruit and Bleu Cheese. Rhapsody has 11% residual sugar.

Personal Notes:

## **Boyden Valley Winery**

### Big Barn Red

Our boldest, heavily bodied, Bordeaux-styled wine made from Vermont grown Frontenac grapes, overtones of black cherry and cassis. Time from vintage to sale 2-3 years. Alcohol % by Volume: 13.6%

Personal Notes:

### Seyval Blanc

A crisp dry white table wine similar to a French or Swiss Sauvignon Blanc. Fermented only in stainless steel the wine is smooth on the palate with a hint of acidity and overtones of green apple and grapefruit. An excellent wine with seafood, chicken, & spicy food.

Personal Notes:

### Vermont Ice Red

Vermont Ice Red has concentrated flavors of blackberry and plum with hints of oak. Varietal: Frontenac; Residual Sugar: 15% Production Process: This is the first red ice wine made in Vermont. We use our popular grape Frontenac, the same grape we use for our Big Barn Red, to produce this ice wine. The grapes are left on the vine, covered with nets into December. Our harvest takes place when the grapes are frozen.

Personal Notes:

## **Boyden Valley Winery**

### Big Barn Red

Our boldest, heavily bodied, Bordeaux-styled wine made from Vermont grown Frontenac grapes, overtones of black cherry and cassis. Time from vintage to sale 2-3 years. Alcohol % by Volume: 13.6%

Personal Notes:

### Seyval Blanc

A crisp dry white table wine similar to a French or Swiss Sauvignon Blanc. Fermented only in stainless steel the wine is smooth on the palate with a hint of acidity and overtones of green apple and grapefruit. An excellent wine with seafood, chicken, & spicy food.

Personal Notes:

### Vermont Ice Red

Vermont Ice Red has concentrated flavors of blackberry and plum with hints of oak. Varietal: Frontenac; Residual Sugar: 15% Production Process: This is the first red ice wine made in Vermont. We use our popular grape Frontenac, the same grape we use for our Big Barn Red, to produce this ice wine. The grapes are left on the vine, covered with nets into December. Our harvest takes place when the grapes are frozen.

Personal Notes:

## **East Shore Vineyard**

### Cabernet Franc

Cabernet Franc, a staple for wine bars and bistros throughout France, symbolizes a signature varietal from France's Loire Valley. Our Cab is a medium-bodied, highly aromatic red, with a plum cherry start, and smooth tobacco finish that has a distinctive, tangy "old world" feel. Cabernet Franc is traditionally paired with heavy game and red meat, but balances well with Italian cuisine and poultry.

### Personal Notes:

### Traminette

Traminette is quickly becoming a favorite for all those lucky enough to have discovered it. A slightly spicy, off-dry white wine that harkens back to its Gewurztraminer and Seyval Blanc roots; very floral on the nose, slightly fruity on the palette finishing with a brisk, very clean acidity. Traminette best complements seafood and lighter fare such as poultry and pork. Traminette's slight sweetness also pairs with Asian and spicy foods.

### Personal Notes:

## **East Shore Vineyard**

### Cabernet Franc

Cabernet Franc, a staple for wine bars and bistros throughout France, symbolizes a signature varietal from France's Loire Valley. Our Cab is a medium-bodied, highly aromatic red, with a plum cherry start, and smooth tobacco finish that has a distinctive, tangy "old world" feel. Cabernet Franc is traditionally paired with heavy game and red meat, but balances well with Italian cuisine and poultry.

### Personal Notes:

### Traminette

Traminette is quickly becoming a favorite for all those lucky enough to have discovered it. A slightly spicy, off-dry white wine that harkens back to its Gewurztraminer and Seyval Blanc roots; very floral on the nose, slightly fruity on the palette finishing with a brisk, very clean acidity. Traminette best complements seafood and lighter fare such as poultry and pork. Traminette's slight sweetness also pairs with Asian and spicy foods.

### Personal Notes:

## **Snow Farm Vineyard**

`06 Estate Seyval Blanc Silver Medal, 2008 Tasters Guild International Wine Competition. Silver Medal, 2007 Tasters Guild International Wine Lovers Competition. Partially fermented and aged in oak with delicate wood flavors leading to an extremely well-rounded wine. Compares to a light Chardonnay.

Personal Notes:

Snow White 2007 An Estate Wine. A nice, off-dry blend of Cayuga and Seyval. Enjoy with appetizers, cheese or spicier foods.

Personal Notes:

`07 Estate Leon Millot Silver Medal, 2008 Tasters Guild International Wine Competition. Rich, ripe red fruit with oak yet smooth texture. Pairs well with most foods or stands alone.

Personal Notes:

**Flag Hill Farm**

## **Snow Farm Vineyard**

`06 Estate Seyval Blanc Silver Medal, 2008 Tasters Guild International Wine Competition. Silver Medal, 2007 Tasters Guild International Wine Lovers Competition. Partially fermented and aged in oak with delicate wood flavors leading to an extremely well-rounded wine. Compares to a light Chardonnay.

Personal Notes:

Snow White 2007 An Estate Wine. A nice, off-dry blend of Cayuga and Seyval. Enjoy with appetizers, cheese or spicier foods.

Personal Notes:

`07 Estate Leon Millot Silver Medal, 2008 Tasters Guild International Wine Competition. Rich, ripe red fruit with oak yet smooth texture. Pairs well with most foods or stands alone.

Personal Notes:

**Flag Hill Farm**

### Vermont Sparkling Hard Cyder

Characteristics: Sparkling and dry. Never fruity or sweet. Hand crafted in The Old French Champagne Style or "Methode Champenoise", our cyder is transformed from a dry still wine to a magnificent sparkling elixir. Aged two years before bottling; then aged for another year in a handsome Champagne bottle and finished with an authentic champagne cork and wire hood. Excellent tiny bubbles. 9 1/2 % alcohol; no sulfites.

Personal Notes:

### Vermont Still Hard Cyder

Characteristics: Dry, crisp, and complex. A mellow, country-style table wine. All natural. Made from wild and cultivated, unsprayed, Vermont-grown, tart cider apples. Our Hard Cyder is made by hand in the traditional, old ways, with no additives, sulfites, or any artificial ingredients. Aged two years, in the barrel. Blended from a mix of varietal ciders. Excellent for cooking. 8 1/2 % alcohol; no sulfites.

Personal Notes:

### **Eden Ice Cider Company**

Eden Vermont Ice Cider Bright amber color. Rich apple cider flavor. Hints of pear, caramel and a little citrus. Good sugar/acid balance. Long finish. Product Profile: *Apple varieties:* Empire, MacIntosh, Roxbury Russett, Esopus Spitzenberg, Cox's Orange Pippin, Cortland, Northern Spy, Blue Pearmain, Black Gilliflower, Orleans Reinette, Reinede Reinette. Brix after cryo-concentration: 34° Alcohol by Volume: 10% Residual Sugar: 15% Total Acidity: 1.4%  
*No added sugar, coloring or flavoring of any kind!*

Personal Notes:

### Vermont Sparkling Hard Cyder

Characteristics: Sparkling and dry. Never fruity or sweet. Hand crafted in The Old French Champagne Style or "Methode Champenoise", our cyder is transformed from a dry still wine to a magnificent sparkling elixir. Aged two years before bottling; then aged for another year in a handsome Champagne bottle and finished with an authentic champagne cork and wire hood. Excellent tiny bubbles. 9 1/2 % alcohol; no sulfites.

Personal Notes:

### Vermont Still Hard Cyder

Characteristics: Dry, crisp, and complex. A mellow, country-style table wine. All natural. Made from wild and cultivated, unsprayed, Vermont-grown, tart cider apples. Our Hard Cyder is made by hand in the traditional, old ways, with no additives, sulfites, or any artificial ingredients. Aged two years, in the barrel. Blended from a mix of varietal ciders. Excellent for cooking. 8 1/2 % alcohol; no sulfites.

Personal Notes:

### **Eden Ice Cider Company**

Eden Vermont Ice Cider Bright amber color. Rich apple cider flavor. Hints of pear, caramel and a little citrus. Good sugar/acid balance. Long finish. Product Profile: *Apple varieties:* Empire, MacIntosh, Roxbury Russett, Esopus Spitzenberg, Cox's Orange Pippin, Cortland, Northern Spy, Blue Pearmain, Black Gilliflower, Orleans Reinette, Reinede Reinette. Brix after cryo-concentration: 34° Alcohol by Volume: 10% Residual Sugar: 15% Total Acidity: 1.4%  
*No added sugar, coloring or flavoring of any kind!*

Personal Notes:

## **Honey Gardens**

Black Currant Mead Our Black Currant Mead is made in VT with regional honey and organic black currants from the Isle d'Orleans in Quebec. The wine is dry, fruit-forward, with tons of currants and honey on the nose. Try this mead with creamy pasta dishes, duck or strong rich cheeses like brie.

Personal Notes:

Traditional Mead Our Traditional mead is made in VT with VT honey, fermented cool and aged for 4 months in stainless steel. The mead is dry, light (11%), clear and showcases the floral nuances of our local honey. Try with roasted fowl, spicy vegetables, and hard cheeses.

Personal Notes:

Melody Sweet Mead Our Melody Sweet Mead is what most people think of when they think of mead; sweet, powerful and transcendent. The mead is aged on oak for one year and will continue to improve for many years to come. The mead should be served at room temperature in a wide mouthed glass like a snifter, with a plate of exotic dried fruits, nuts, and cheeses, next to a blazing fire, on a bearskin rug, with someone special and deserving.

Personal Notes:

## **Honey Gardens**

Black Currant Mead Our Black Currant Mead is made in VT with regional honey and organic black currants from the Isle d'Orleans in Quebec. The wine is dry, fruit-forward, with tons of currants and honey on the nose. Try this mead with creamy pasta dishes, duck or strong rich cheeses like brie.

Personal Notes:

Traditional Mead Our Traditional mead is made in VT with VT honey, fermented cool and aged for 4 months in stainless steel. The mead is dry, light (11%), clear and showcases the floral nuances of our local honey. Try with roasted fowl, spicy vegetables, and hard cheeses.

Personal Notes:

Melody Sweet Mead Our Melody Sweet Mead is what most people think of when they think of mead; sweet, powerful and transcendent. The mead is aged on oak for one year and will continue to improve for many years to come. The mead should be served at room temperature in a wide mouthed glass like a snifter, with a plate of exotic dried fruits, nuts, and cheeses, next to a blazing fire, on a bearskin rug, with someone special and deserving.

Personal Notes:

## **Wolaver's Organic Ales**

### Wolaver's Pat Leavy All American

This beer is an English-American Pale Ale, earthy flavor and balance. Amazing herbal, spicy Fuggles and Golding hops with a really clean pale malt backbone. Spices and white pepper gives this hoppy-malt balance a nice kick upfront and a mild fruity undertone in the middle with mostly mild fruits and clean finish. Delicious with 2 year old cheddar and mild spicy dishes.

Personal Notes:

## **Wolaver's Organic Ales**

### Wolaver's Pat Leavy All American

This beer is an English-American Pale Ale, earthy flavor and balance. Amazing herbal, spicy Fuggles and Golding hops with a really clean pale malt backbone. Spices and white pepper gives this hoppy-malt balance a nice kick upfront and a mild fruity undertone in the middle with mostly mild fruits and clean finish. Delicious with 2 year old cheddar and mild spicy dishes.

Personal Notes:

### Wolaver's Oatmeal Stout

A quaffible full flavored rich dark beer. There is a slight hop bitterness upfront followed by hints of coffee, chocolate and roasted barley. Rolled oats give it a softer mouth-feel and body. This is a desert beer that goes goes well with Steak au Poivre, smoked gouda or Blue Cheese, and Vanilla ice cream.

Personal Notes:

### Wolaver's Oatmeal Stout

A quaffible full flavored rich dark beer. There is a slight hop bitterness upfront followed by hints of coffee, chocolate and roasted barley. Rolled oats give it a softer mouth-feel and body. This is a desert beer that goes goes well with Steak au Poivre, smoked gouda or Blue Cheese, and Vanilla ice cream.

Personal Notes:

# Taste of Champlain

## A Vermont-France "Terroir" Exchange - Tasting Event

Firehouse Center for the Visual Arts-July 8<sup>th</sup>, 2009



### Comté PDO (Jura region, France)

**COMTÉ** (KON-TAY): Comte is made from the raw milk. The cheese is produced in small, cooperative dairies, known as "fruitières" which collect the milk from 15 miles around only. Comte is the most popular PDO cheeses in France, and it is claimed that there are more than 83 distinct flavors in Comte, including apricot, chocolate, butter, cream, and grilled bread.

**Paired with:** 2007 Boyden's Seyval Blanc.

### Spring Brook Tarantaise (Spring Brook farm, VT)



Made in the style of a traditional Alpine cheese, and aged from 5 months to a year, Spring Brook Tarantaise is a conduit of nuanced flavor: from toasted hazelnuts to wet grass, and has a hearty dose of that distinctive 'swissy' bite. The cheeses are crafted from unpasteurized Jersey cows' milk and are washed intensively with a solution called morgue for a number of weeks. As the cheese ages and the rind begins to develop, they are washed slightly less often, and are turned and brushed for the remainder of their lives in the cave at Spring Brook Farm.

**Paired with:** 2007 Boyden's Seyval Blanc.



### Brillat Savarin (Fromagerie Lincet - Bourgogne, France)

**BRILLAT SAVARIN** (bree-YAH sah-vah-RAN) was created in the 1930 and named after a famous French Epicurean and gastronome. It is a luscious triple cream cheese with a milky aroma with faintly lemon sour tones. Brillat Savarin can be consumed fresh or ripened. The texture is velvety and the flavor similar to the aroma but with a meadowsweet creaminess which is most addicting. Ripened it becomes even more buttery and decadent.

**Paired with:** 2008 Domaine du Salvard. AOC Cheverny.

### Grafton cheddar clothbound (Grafton Village cheese, VT)



A clothbound cheddar handcrafted in Vermont by the legendary Grafton Village cheese Company, using the traditional cheddar making process from England. This delicious cheese is made from Jersey's milk 100% hormone free, bound in cloth and aged for up to 12 months at the Cellars of Jasper Hill in Greensboro Vermont. The result is a complex earthy cheese with a lasting finish. Chosen as one of 100 Great Cheeses in the world by Wine Spectator!

**Paired with:** 2007 Domaine Fontaine AOC Corbieres.



### Epoisses PDO (Fromagerie Berthaut -Bourgogne, France)

In 1991, the Epoisses obtained the Appellation of Origine Controlée Epoisses of Burgundy, then Epoisses in 1999. Its fabrication technique is very specific and particularly complex: the milk stemming from qualified producers, undergoes a slow clotting, then the hopping is made with care to allow a good drainage. A patient re-wiping, precedes the maturing of about five weeks, during which the cheese receives manual and individual hand care, two to three times a week, with water loaded more and more with Marc de Bourgogne. Its rind then slowly takes on a natural beautiful red-orange tint. Its aroma is rich. Its flavors stay sweet and subtle.

**Paired with:** Eden Vermont Ice cider.

### Bayley Hazen Blue (Jasper Hill, VT)



Bayley Hazen Blue is a gorgeous natural rinded blue cheese, made by Mateo and Andy Kheler in Greensboro, from raw milk exclusively from their Ayrshire cows. The paste of a Bayley Hazen is drier than most blues and the penicillium roqueforti takes a back seat to an array of flavors that hint at nuts and grasses and in the odd batch, licorice. Bayley Hazen is named after an old military road that traverses the Northeast Kingdom. The road, commissioned by General George Washington was built to carry troops to fight the English on a Canadian front. Though no battle ever took place, the road brought Greensboro its first settlers and continues to be used. The cheese is aged between 4 and 6 months.

**Paired with:** Shelburne Vineyard Rhapsody.

# THE Flavors OF Vermont

Exploring, Touring, Tasting & Pairing



*“Vermont has a well deserved reputation for consumers celebrating a “taste of place.” This tasting guide builds upon this reputation and provides an additional tool for exploring these many unique, quality products.”*

— Roger Allbee, Secretary,  
Vermont Agency of Agriculture

**Featuring:**

**CHEESE • BEER • WINE • APPLES  
CHOCOLATE • HONEY & MAPLE**





Courtesy Shelburne Vineyards

## Acknowledgements

*This publication was funded through a US Department of Agriculture, Agricultural Marketing Service Federal-State Marketing Improvement Program grant.*

**Program Manager:** Steven F. Justis, Senior Agricultural Department Specialist, Vermont Agency of Agriculture

**Copyediting/writing:** Jane Sakovitz-Dale

**Design:** Timothy J. Newcomb, Newcomb Studios, Montpelier

**Photography:** Susan M. Spaulding, SMS Photography, Montpelier, smsvt@aol.com

**Printing:** The Offset House, Essex Junction, VT

**Glassware provided by:**  
Simon Pearce, The Mill, Quechee, VT  
www.simonpearce.com, (800) 774-5277

**Wood products provided by:**  
Vermont Wood Manufacturers Association  
www.vermontwood.com (802) 747-7900  
Showrooms open to the public: www.vermontforestheritage.org

**Bread products provided by:**  
Red Hen Bakery, Middlesex, VT  
www.redhenbaking.com, (802) 223-5200

**Participants:**  
New England Culinary Institute, www.neci.edu  
University of Vermont. Vermont Institute for Artisan Cheese,  
http://nutrition.uvm.edu/viac  
Vermont Agency of Agriculture, Food and Markets,  
www.vermontagriculture.com  
Vermont Apple Marketing Board, www.vermontapples.org  
Vermont Brewers Association, www.vermontbrewers.com  
Vermont Cheese Council www.vtcheese.com  
Vermont Farms! Association, www.vtfarms.org

Vermont Fresh Network, www.vermontfresh.net

Vermont Grape & Wine Council,  
www.vermontgrapeandwinecouncil.com

Vermont Maple Foundation, www.vtmaple.org

Vermont Specialty Food Association,  
www.vermontspecialtyfoods.org

Vermont Department of Travel and Tourism,  
www.travel-vermont.com

### Experts and Advisors:

**Apples:** Steve Justis, Vermont Agency of Agriculture

**Beer:** Steve Parkes, Owner & Lead Instructor,  
American Brewers Guild

**Cheese:** Montserrat Almena-Aliste, PhD, UVM Faculty/Cheese  
Technical Expert, Vermont Institute for Artisan Cheese

**Chocolates:** Gary Coffee, Director of Retail Operations,  
Lake Champlain Chocolates

**Honey:** Steve Parise, State Apiculturist,  
Vermont Agency of Agriculture

**Maple:** Catherine J. Stevens, Marketing Director,  
Vermont Sugar Maples Association

**Wine:** Dellie Rex, Coordinator, Wine & Beverage Specialization,  
New England Culinary Institute; Bob Lesnikoski,  
Vineyard Manager/Winemaker, Boyden Valley Winery

### Special Thanks to:

Provisions International, White River Junction, VT  
with special thanks to Joan Holden

Meghan Sheradin, Executive Director, Vermont Fresh Network

Leigh Williams, Owner, Laughing Moon Chocolates

Clay Whitney, Consumer Direct Manager, Cabot Cheese

Chef Michael & Laura Kloeti, Michael's on the Hill Restaurant,  
Waterbury, VT

“People travel on their stomachs,” to paraphrase Napoleon. We all need food to live, of course — but travelers want to do more than just survive. Those who venture to new places often make a special effort to enjoy the local food specialties, and to find and savor a really memorable dining experience. Our truly successful vacations are those where we come home raving about the food.

For decades, Vermont has offered a wholesome and special array of high-quality foods to all those who pass through the Green Mountain state. But with today’s growing emphasis on eating local, coupled with the explosion of artisanal culinary practices that marry art with agriculture, Vermont is now unusually well-positioned to promote our amazing range and quality of edible offerings, and to invite visitors from near and far to come dine, snack and taste their way across our state.

**A recent survey by the Travel Industry Association and the National Restaurant Association reported that one-quarter of all leisure travelers said food is central in deciding where they vacation.**

Home to family dairy farms for more than a century, Vermont’s working landscape now supports a fast-growing diversity of agriculturally-based endeavors: dozens of world-class cheesemakers, a vibrant and growing beer-making industry, makers of maple syrup, chocolate and honey without equal, extensive apple orchards and a burgeoning wine industry. Enjoy a meal at one of the state’s many restaurants that belong to the Vermont Fresh Network, where the freshest, most locally available ingredients are prepared and served with pride. You can even spend your vacation — or a memorable part of it — staying on a working Vermont farm!

In the following pages, you’ll learn a bit about a number of food products of which Vermont is justifiably proud, and how we suggest that you pair some of these products. Learn to appreciate and enjoy the unique aspects of these foods. Delight your friends and show off your knowledge by hosting a party that makes the most of Vermont food products! The map on page 12 will help direct you to the state’s best “hot spots” for finding these delicious specialties.

To learn more about culinary tourism in this state, visit [www.vermontagriculture.com/culinarytourism](http://www.vermontagriculture.com/culinarytourism). And look for the

“Vermont Tasting Trail” symbol as you travel our roads and byways.



## Contents



4



7



8



9



14



18

<i>Cheese</i> . . . . .	4
<i>Chocolates</i> . . . . .	7
<i>Maple &amp; Honey</i> . . . . .	8
<i>Wine</i> . . . . .	9
<i>Vermont Map</i> . . . . .	12
<i>Beer</i> . . . . .	14
<i>Apples</i> . . . . .	18
<i>Flavor Characteristics Chart</i> <i>(Beer &amp; Wine)</i> . . . . .	20
<i>Tasty Tidbits</i> . . . . .	22
<i>Calendar of Events</i> . . . . .	24





# World-class Cheeses from Vermont

Recently, at a food co-op in Brooklyn, New York, two visitors from Argentina were overheard asking if the shop carried Vermont artisan cheeses. "They are the best in the world," the customer said.

Vermont artisan cheeses have indeed made an impact on the world stage.

Undisputed as the center of the American artisan cheese movement, this little state boasts more farmstead cheeses (made on the farm, with milk from the herd) per capita than any other U.S. state, and is also winning international renown for producing unique, memorable, high-quality cheese. Many of these cheeses

are artisanal, hand-made in small batches. In the past few decades, hundreds of awards from competitions around the world have spotlighted Vermont cheesemakers in praise of their creations.

Making cheese is a wholesome, earthy process. It requires scrupulous attention to detail, the highest level

of hygiene and a perfected, consistent technique. The ingredients are few. They start with milk — and the better the milk, the better the cheese. Next, you need a starter culture to engage the fermentation process; rennet, from either an animal or a vegetable source, to help the milk coagulate into curds; and, lastly, salt.

That's it. The other variables are heat, technique and time, which can be neither rushed nor drawn out. The steps are prescribed, the recipe is precise, and the technique is tested and true.

Today there are over 40 licensed cheesemakers in

## A PERFECT PAIR



### Scholten Family Farm's Weybridge with Honey Garden Black Currant Mead

Dense creamy fresh cheeses are the perfect match for fruit meads. The rich texture of the cheese softens the astringent notes of the fruit while the honey balances the cheese's acidity.



## A PERFECT PAIR



### Vermont Butter & Cheese Company's Fresh Crottin and a light colored Vermont honey

Delicate early season honey is the perfect match for mild, fresh goat's milk cheeses with dense creamy texture, delicate floral notes and lemony taste.



## Fresh Cheeses

**Description:** Cheese made to be consumed within a few weeks after manufacture. This category includes a diverse group of varieties, from pasta filata and fresh chevres, to cream cheese, mascarpone and whey cheeses like ricotta, all of which share subtle flavors with lactic

notes and pleasant texture properties. **Pairing cues:** Light beers and light bodied sparkling wines are great companions for fresh cheeses. Meads and dry wines also work very well with rich textured fresh cheeses.

Labels for the cheese platter:

- Vermont Butter & Cheese Creamy Goat Cheese
- Vermont Butter & Cheese Crottin
- Neighborly Farms Feta
- Maplebrook Farm Cheddar Bites
- Maplebrook Farm Fresh Ricotta
- Vermont Butter & Cheese Mascarpone
- Champlain Valley Creamery Old-Fashioned Cream Cheese
- Maplebrook Farm Ovalini
- Fat Toad Farm Chevre
- Vermont Butter & Cheese Fresh Chevre
- Scholten Family Farm Weybridge
- Maplebrook Farm Fresh Mozzarella

Wood products (left to right) by Charles Shackleton, Shackleton Thomas; Bob Gasperetti; and Scott Duffy, Rockledge Farm Woodworks

Vermont, most of whom make relatively small amounts, 10,000-100,000 pounds per year. Hard-working Vermont cheesemakers craft more than 150 different styles from the milk of cows, goats, sheep and even water buffalo. Some cheeses are made from raw or unpasteurized milk; by U.S. law, these must be held for 60 days before they can be sold.

*In the following pages, you'll see Vermont cheeses grouped as fresh, flavored, bloomy rinds, washed rinds, semi-hard, hard and blue. We believe this classification is the best approach to categorize the variety of Vermont cheeses and present general guidelines with the sensory characteristics of the product and pairing cues.*

In 1997, the Vermont Cheese Council (VCC) was formed with a grant from the Vermont Dairy Promotion Council to help small and large cheesemakers gain

a market for their emerging products. You can learn more about Vermont cheeses and where you can buy them by visiting the Cheese Council's website: [www.vtcheese.com](http://www.vtcheese.com)

## Seasonal Cheeses

Cheese lovers know that not all cheeses are available all the time, and some are best eaten during certain seasons. Factors that affect availability include the cycle of animal breeding and milk production; what the animal eats and how that affects the milk's flavor; and the optimal time for a particular cheese to ripen.

In Vermont, many small-scale sheep and goat's milk cheesemakers begin milking their herds after the animals give birth in the spring. These cheeses are available for sale in late spring/early summer. Small producers may be sold out by late fall.

An animal's seasonal diet affects the flavor of its milk, which affects the flavor of a cheese. In spring, animals might be grazing on young spring grasses and flowers that can add a floral, herbal or grassy flavor; in summer, grasses are abundant and lush, affecting both the flavor and color of the milk. In fall and winter, grains and hay become the likely food source, giving the milk a subtly different flavor. Diet and seasonality strongly affects the chemistry of milk, too. Only very knowledgeable, experienced cheesemakers know how to adapt their process to compensate for these changes, ensuring a consistently high-quality final product in each season.

How long a cheese should be held determines when it will come to market in its prime. Aged cheeses may wait a year or longer, while fresh cheeses may be available within weeks or days of being made. Ideally, a good cheese shop will buy and sell cheeses as they enter optimal ripeness, helping customers learn which cheeses to eat in which seasons.

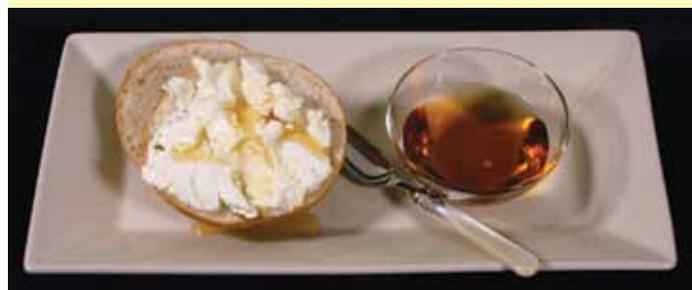
## Tips for Serving and Handling Cheese

- Don't stock up on cheese; buy only what you plan to consume within the week.
- When buying, always check the expiration dates on the package — especially for fresh cheeses — and always get the product directly from the refrigerator.
- When serving cheese, plan roughly 4 to 6 ounces per person, depending upon what else you may be offering.
- Serve cheese at room temperature.
- Let cheeses "breathe" and rest from one-half to one hour before serving (hard cheeses need more time, while soft cheeses take less).
- Aim for variety. Serve both hard and soft, mild and strong cheeses, with varying appearance on the outside and the inside, including cheeses made from different milk types (cow, sheep and/or goat).
- Since cheeses have distinctive characters and flavors, it's best to serve them with mildly flavored crackers or just fresh plain bread.
- Pair your cheeses with beverages (beers, wines, meads and ciders) that complement, instead of compete with, the distinctive flavor characteristics of the cheese.
- Wrap any leftover cheese with waxed paper; this way it can breathe and will last several weeks. The harder the cheese, the longer it will stay fresh.

### A PERFECT PAIR

#### Champlain Valley Old Fashioned Organic Cream Cheese and Grade A Maple Syrup

*Vermont Maple syrup is the perfect topping for an artisanal plain cream cheese, where cow's milk and a shot of fresh cream are the key ingredients responsible for the delicate tangy flavor and unique texture.*



### A PERFECT PAIR

#### Vermont Smoke & Cure Ham with Lincoln Peak Rosé

*A moist, well-textured, maple flavored ham pairs well with a light, fruity, soft red wine.*



## Cheesemaking in Vermont: A History

In 1810, two Holstein cows and a bull were brought to Vermont from Holland. Jerseys and Guernseys from the Channel Islands followed shortly, along with Ayrshires from Scotland. Soon it became known that Vermont conditions were nearly ideal for the breeding, raising and grazing of cows for high-quality and high-yield milk production.

In the early days, Vermont farms consumed most of the milk they produced, as fluid milk and as butter and cheese. Farm women made up large quantities of butter and cheese during the summer, to be stored in the springhouse until winter or used to barter for other goods. It was hard, hot, physical work.

In the latter half of the 19th century, four factors gradually converged to move cheesemaking out of the farm kitchen and to help Vermont emerge as a dairy powerhouse. First was the significant surplus of milk from larger, better herds. Second was the coming of the railroad in 1850, which promised access to more distant markets. Third was the 1854 introduction of the iced railroad car. Fourth was the increasing demand for milk products by consumers in large and growing metropolitan areas, such as Boston and New York.

In 1864, while the Civil War raged, Consider Bardwell built

Vermont's first cheese factory. In the next five years, cheese production here soared; Vermont was producing about nine million pounds a year. Virtually every farming community of significance had a cheese factory. Many had several. By 1895, there were 58 cheese factories in Vermont.

Historic Vermont cheesemakers still in business today include Crowley Cheese (1882), the Grafton Village Cheese Company (1892), and Cabot Cooperative Creamery, formed in 1919 when 94 local dairy farmers each bought in for \$3,700 and a cord of wood.

### A PERFECT PAIR

#### Taylor Farm Maple Smoked Gouda and Wolaver Brown Ale



*Delicate smoked goudas and smoky cheddars are perfect partners for brown ale style beers with caramel and roasted notes.*

• • •  
*Also pairs well with Rock Art's Vermonster.*

### A PERFECT PAIR

#### Thistle Hill's Tarentaise with late season Vermont honey



*A firm-textured alpine style cheese, with delicate caramel and nutty flavors, and complex finish pairs perfectly with nutty and complex honeys (darker colored).*

• • •

### A PERFECT PAIR

#### Cabot Creamery's Habanero Cheddar and Neighborly Farms Green Onion Cheddar with Harpoon UFO Hefeweizen



*Flavored cheddar cheeses with added spice or herb flavors pair well with grainy, wheat ales.*

• • •

## Flavored Cheeses

**Description:** Another large category of cheeses to describe different varieties of flavors, textures and colors, ranging from delicate rich fresh flavored chevres, to very powerful spice flavors and smoky harder

**cheeses. Pairing cues:** Our advice in this case is to experiment with different beers and wines to find unique combinations that suit your palate...you will never run out of possibilities in this category!

Flavored Cheddars, Grafton Village Cheese



Smoked Cheddar, Shelburne Farm

Maplebrook Farm Smoked Mozzarella

Taylor Farm Smoked Gouda



Blue Ledge Farm Herb Chevre

Vermont Butter & Cheese Herb Chevre

Vermont Butter & Cheese Peppercorn Chevre

Jericho Hill Farm Smoked Jack

Neighborly Farms Green Onion Cheddar

Jericho Hill Farm Pepper Jack

Cabot Creamery Habanero Cheddar Cheese

Wood products by Charles Shackleton, Shackleton Thomas



# Vermont-made Chocolates

Three of Vermont's best-known chocolate companies: left, Lake Champlain Chocolates; right, Laughing Moon Chocolates; rear of platter, Nutty Steph's Chocolates.

Americans love chocolate, consuming more than 12 pounds of it per person each year. In the past, mass-produced bars and kisses have dominated U.S. consumption — but increasingly, Americans are buying and eating more gourmet chocolates, in the tradition of fine European confections.

The health benefits of chocolate, especially dark chocolate, are expected to fuel a trend that will see Americans consuming 16 pounds per person or more this year. Also affecting the growth in chocolate consumption is the “eating local” movement. These factors nicely feed a growing Vermont chocolate industry.

Vermonters are traditionally rugged, independent-minded folks who like to make things. The history of confectionary in Vermont has grown out of the tradition of maple sugaring, but is also related to the availability of fresh local dairy products and the cool, dry climate. Today there are a few large and many small-scale Vermont chocolatiers. Some use enrobing machines and giant chocolate-filled vats, while others coat each piece by hand, creating wonderful, homemade centers including truffles, caramels, toffee, fudge and more. One thing is certain: Vermont offers a delicious variety of chocolate treats made by independent local manufacturers and retailers, each with its own story and approach to the craft.

## A Tale of Three Chocolatiers

**1983: Lake Champlain Chocolates** started on a dare. Jim Lampman, then owner of Burlington's acclaimed Ice House Restaurant on the Lake Champlain waterfront, was dismayed by the low-quality but expensive chocolates available to provide to his staff as gifts. After receiving one too many boxes, his pastry chef took Jim aside and said, “These chocolates are terrible.”

“All right then, you do better,” Jim challenged him. Shortly thereafter, Jim was presented with hand-rolled, distinctively flavored truffles — the finest chocolates he had ever tasted. Jim began serving them on Sundays to select restaurant patrons. The response was so favorable, Jim founded a gourmet chocolate company to keep up with the demand. Even though he was producing only for wholesale, and located in a tiny alley, Jim's business was constantly interrupted by retail customers seeking the now locally famous truffles. Jim eventually sold the restaurant



to devote himself full time to his new business.

The highest standards of chocolate making have been Lake Champlain Chocolates' (LCC) hallmark ever since. Crafting in small batches that start with high-quality Belgian chocolate, LCC adds only the finest, all-natural ingredients from Vermont such as cream, sweet butter, maple syrup, and honey. Lake Champlain Chocolates dominates the Vermont chocolate movement, using 350 tons of local

ingredients to produce 1.3 million pounds of chocolates every year. [www.LakeChamplainChocolates.com](http://www.LakeChamplainChocolates.com)

**2002: Laughing Moon Chocolates** of Stowe began with a mission of creating delicious, handmade chocolates in an open kitchen. Owner Leigh Williams says, “We started asking two questions about each product: ‘Can we make it ourselves?’ And if not, can we source it locally?” These led Laughing Moon to start making homemade marshmallow and peanut butter, and to start having chocolate, vanilla and ginger cookies baked for it in Hyde Park, Vermont.

“Our chocolate-covered cookies are a favorite,” says Williams, “and all the products just keep getting better and better.”

Truffles — a soft chocolate center made with local cream, butter and chocolate — are Laughing Moon's specialty. All of Laughing Moon's truffles are cooked in the shop. To add shelf life, Vermont liquors are used, including Boyden Valley Big Barn Red Wine, Green Mountain Distillers Sunshine Vodka and Maple Liquor, Flag Hill Farm's Pear and Apple Brandys, and Rock Art Brewery's Vermonster Beer. [www.laughingmoonchocolates.com](http://www.laughingmoonchocolates.com)

**2007: Nutty Steph's** had been making granola since 2003, using cereals and grains flavored with Vermont maple syrup, and purchasing chocolates from Green River Chocolates in Hinesburg to make “Magic Chunk” — chocolate-covered chunks of nutty granola. In 2007, Nutty Steph's bought Green River Chocolates; today, Nutty Steph's Chocolate Shop sells an ever-changing variety of fresh truffles, daily chocolate bars and custom chocolate creations along with Vermont Granola from the Nutty Steph's retail location (shared with Red Hen Bakery) at Camp Meade on Route 2 in Middlesex.

Nutty Steph's chocolate line includes such unusual local ingredients as pieces of cider donuts from Waterbury's Cold Hollow Cider Mill inside a “coffee and donuts chocolate bar.” And her wide variety of chunky chocolate bars contain whole pieces of organic fruits and nuts. [www.nuttysteph.com](http://www.nuttysteph.com)



# Maple & Honey

Naturally from Vermont

Nature has provided us with two of the most amazing sweeteners on earth: honey and maple syrup. Vermont's fields and woods produce ample amounts of both.

## Vermont Maple Syrup

Vermont's name has become synonymous with authentic maple syrup. Our climate and soil conditions are perfect for producing the best possible syrup; historically, as the largest producer of pure maple syrup in the U.S., Vermont was the first state to establish a maple standards law. Our syrup is 100 percent natural, with nothing added. Vermont syrup meets or exceeds any other state or province's standards for quality, purity and density.

Maple syrup production, known as "sugaring," takes place just as winter is losing its grip, —it's weather that alternates between freezing and thawing which makes the sap flow. In Vermont, sugaring weather usually starts around the beginning of March, and at best it lasts for six weeks. Some



sugarmakers still use buckets to collect the sap from maple trees; most today use tubing. Whether carried or piped to the sugarhouse, the sap is then boiled to remove water and to concentrate it into syrup. 100% pure, natural sweetness!

### Grades of Syrup

**Vermont Fancy** – Light amber color with a delicate bouquet and mild flavor. Excellent on ice cream or fresh cheeses where the subtle flavor can be appreciated.

**Grade A Medium Amber** – Medium color with pronounced maple bouquet.

Great for the table with pancakes and French toast.

**Grade A Dark Amber** – Dark color and robust maple bouquet. Heartier flavor, good for table and all-around use.

**Grade B** – The strongest and darkest table-grade maple. Preferred by many for table use; best for cooking and as a sugar substitute in baking.

## Vermont Honey

Many of the fields that feed Vermont herds, or grow local produce, also provide much of the "bee pasture" that is vital to Vermont's honey industry.

Almost all Vermont honey is of mixed-floral sources. As bees forage within 1.5 miles of their hives, they visit many different flowers, each with its own distinctive flavor and color. In any given year, there may be one or more floral sources that may provide a larger percentage of the blend, depending on weather,



soil and plant conditions. Most Vermont honey falls into two categories: honey gathered in June and July, usually a light-colored and mild-flavored, from clovers, alfalfa, trefoil and basswood; and fall honey, primarily from goldenrod, aster and, in some locations, Japanese knotweed, gathered in August and September and usually darker and stronger in flavor.

Along with giving us delicious honey, bees make their greatest contribution to Vermont's agriculture by pollinating the plants and trees they visit. Without bees darting about, Vermont would not enjoy bumper crops of apples, blueberries, strawberries, pumpkins, or cucumbers.

### Types of Honey

**Liquid Honey** is extracted from the honeycomb in liquid form. This can easily be measured for cooking, used as a topping for cereals, or paired with a favorite cheese.

**Creamed Honey** is a super-saturated solution that will naturally crystallize over time. Use it like jam or spoon it into tea.

**Comb Honey** is honey in its most natural form, just the way the bees make it. It can be eaten like candy or spread like jam, with all the flavor and aroma of honey sealed inside.

### A PERFECT PAIR



**Woodcock Farm True Blue**  
with light and dark  
Vermont honey

*A creamy, complex yet well balanced raw milk blue cheese, pairs well with any kind of honey*





# Wine

## Flowing from Vermont

Making wine was once almost exclusively a European domain. That has, of course, changed in recent decades: the U.S. now has a commercial winery in every state. Vermont, with 17 wineries and more in the pipeline, currently ranks 25th in U.S. production by volume. Thanks to the development of cold-hardy grape varieties, along with the passion that Vermonters bring to all things agricultural, Vermont wines are gaining in popularity and audience, making a \$5 million annual impact on the state's economy.

People tend to think of grapes as needing hot, dry climates. In fact, there are two distinct families of grapes used



in wine making, and each needs different growing conditions. Warm-climate grapes like volcanic soil where they get lots of sun, a long growing season, low humidity and no temperature extremes, as in the Mediterranean countries. In contrast, cool-climate grapes prefer a relatively long growing season with moderate

temperatures. These grapes thrive in soil full of sedimentary deposits from rivers or streams, are not bothered by humidity and don't require as much sun for ripening. Breeding work has further developed grapes that are cold-hardy — able to ripen in a shorter growing season, then withstand winter temperatures

of -25° to -40° F.

Vermont's climate and our unique soils have allowed for the creation of unique wines. Compared to other wine-producing regions, our reds are lighter, our fruit wines are more vibrant, and our wines feature more acidity. Vermont wine makers bring artistry, passion, and special attention to making those wines that best reflect our region.

Wine and food lovers the world over have come to prize locally produced foods that reflect the place where they are made — and Vermont wines pair beautifully with food. Today, Vermont's 17 wineries are making over 100 types of wine from a dozen or more varieties of cold-hardy grapes. The most common of these are Frontenac, Marquette and St. Croix grapes, used in red wines, and LaCrescent, Riesling, Traminette, Frontenac Gris and Cayuga grapes, used in making white wines (see next page).

The Vermont climate is also highly suitable to honey-based wines, called meads, and fruit

## Bloomy Rind Cheeses

**Description:** Cheeses coated with an edible rind associated with the "bloom" of *Penicillium candidum*, allowing the cheese to ripen from the outside in. In addition to the white mold, some bloomy rind cheeses may also include herbs or ashes. Creamy textures (from soft to runny

depending on age) and lactic, grassy, mushroomy flavors are the most characteristic sensory cues of this group. **Pairing cues:** Aromatic white wines and fruity beers. Late harvest wines and fruit meads are also great combinations for the more flavored and ripened varieties.



Wood product by Malcolm Cooper, J.K. Adams Co. Inc.

wines. Our late-harvest dessert wines are among the most flavorful and successful of all the wines coming out of the state. These late grapes have a high level of residual sugar and a unique aroma and flavor, with overtones of dried apricots and honey.

Last, but far from least, are Vermont's ice wines and ice ciders — specialty products made here and in only a handful of other places in the country.

## Ice Wines and Ice Ciders

Ice wine is made from fruit that is left to freeze on the vine — and the quick, hard frost



that typically descends on Vermont by early November heralds the beginning of this short, deliciously sweet wine-making season. The solid-frozen grapes are hand-picked, often at night, and pressed frozen using a high-precision press. Only the first 25 percent of juice that comes off the press is used, because that is where all the flavor and “soul” of the grape is concentrated. By mid-December, all the frozen fruit has been harvested and set to ferment. Five of Vermont's 17 wineries are now producing ice wines.

Unlike ice wines, ice ciders are made from fruit, mainly apples, picked at the height of the growing season and then kept in cold storage until the onset of consistent cold temperatures. The apples are then pressed, and the cider is set outdoors to freeze and concentrate for 6-8 weeks. The concentrate is then fermented for several weeks or months before it is stabilized, filtered and bottled. Two Vermont companies currently make ice cider: Boyden Wineries and Eden Ice Cider.

**A PERFECT PAIR**



**Spring Brook Farm Tarentaise with Fresh Tracks Rosé**

*A semi-hard alpine cheese style, with a smooth texture, complex aromatics and a balanced flavor pairs well with a light, fruity, soft red wine.*

**A PERFECT PAIR**



**Green Mountain Blue Cheese's GorDawnZola with Snow Farm's Late Harvest Vignoles**

*A spicy blue cheese with crumbly texture and sharp finish pairs well with a slightly sweet white wine with excellent fruit.*

## Great Grapes Make Great Wines

### Red Wine Grapes

**Frontenac** is a very cold-hardy vine that has borne a full crop after temperatures as low as -30° F. Frontenac wine typically has a pleasant cherry aroma, often with berry and plum evident. The color is usually a garnet red.

**Marquette** sets a new standard of excellence for winter-hardy red wine grapes. The wine is complex with berry, cherry, black pepper and spice, and is more tannic than other northern reds.

**St. Croix** has produced many award-winning red wines, which have a pleasant berry-like fruitiness in the nose and mouth.

## Washed Rind Cheeses

**Description:** Cheeses washed during ripening with a brine solution and a cocktail of “good” bacteria to promote rind growth and develop flavor. Some varieties may also be washed with beer, meads, wine, etc. Each type of wash imparts its own unique flavor. Texture varies from soft to semi-hard with softer varieties usually having more pungent flavors.

**Pairing cues:** Sparkling, medium-weight fruity reds and aromatic dry wines with body and spiciness complement most of these cheeses. Late harvest wines, meads and fruity beers are perfect for the saltier and more “stinky” varieties.



Jasper Hill Farm Winnemere

Dancing Cow Farm Bourrée

Willow Hill Farm Paniolo

Lazy Lady Farm Bipartisan

Ploughgate Creamery Willoughby

Consider Bardwell Farm Dorset

Lazy Lady Farm Emotion

Green Mountain Blue Cheese Brother Laurent

Wood products by Charles Shackleton, Shackleton Thomas

## Wine Facts and Stats

- Vermont's oldest wineries still in operation — Boyden and Snow Farm both began in 1997.
- It takes five years before a vineyard is fully productive.
- Production from Vermont wineries ranges from about 3,500 to 60,000 bottles per year.
- It takes eight pounds of apples to make one bottle of ice cider.
- Approximately 150 acres of Vermont farmland are engaged in grape growing.
- Vermont currently makes over 100 different wines.

### White Wine Grapes

**LaCrescent** is one of the best of the new, cold-hardy white grapes. It thrives in Vermont, producing wine with intense and delicious apricot flavor, good body and balanced acidity.

**Riesling** is a noble grape from alpine regions of Europe that adapts well to the Vermont climate. Riesling wine can be dry or sweet, with great body and complexity.

**Traminette** is a wonderful grape recently developed by

Cornell. It is a hybrid of the classic Gewurztraminer, and produces a delightful, spicy wine that is the perfect complement to Asian cuisine.

**Frontenac Gris** bears gray/pink grapes, which make a fruity, aromatic wine with flavors of peach and tropical fruits. The wine is usually a deep amber color, and is made with a touch of sweetness.

**Cayuga** is a hybrid cross between the Seyval Blanc and Schuyler cultivars that is hardy, disease-resistant and

produces quality fruit. Cayuga is a versatile varietal, capable of producing off-dry white wines, sparklers and, on occasion, even oak-aged table wines.

### Other Wines

**Mead**, wine made from honey, is the oldest fermented beverage known to human-kind. With the emergence of local beekeeping in Vermont, mead is experiencing a renaissance. Mead can be either sweet or dry and flavored with fruit or spices.

**Cider** can be fermented to make hard cider, a drink that before prohibition was more ubiquitous than beer.

**Fruit wines** have been made in Vermont for decades. Made from combinations of apples, raspberries, pears, blueberries, cranberries and rhubarb. These can range from very dry dinner wines to sweet dessert wines.

*Courtesy Vermont Grape and Wine Council, [www.vermontgrapeandwinecouncil.com](http://www.vermontgrapeandwinecouncil.com).*

### A PERFECT PAIR



#### Lake Champlain 54% Dark Chocolate with Boyden's Ice Red

*Sweet, rich, syrupy dessert wines are the perfect pairing for high quality dark chocolates, usually characterized by a silky texture and pleasant bitterness.*

*Also pairs well with **Charlotte Village Blueberry Dessert Wine***

### A PERFECT PAIR



#### Vermont Butter & Cheese Company's Bonne Bouche with Boyden's Big Barn Red

*A rich and creamy bloomy rind goat's milk cheese, with strong aromatics and complex flavor profile is a great match for bold, rich, red wines.*

### A PERFECT PAIR



#### Blue Ledge Farm's Lake's Edge and Boyden's Rhubarb

*A mold ripened goat's milk cheese with dense texture, distinctive goaty flavor and delicate mineral notes is the perfect companion for a semi-dry, fruity, light and crisp wine.*

### A PERFECT PAIR



#### Dancing Cow's Menuet with Shelburne Vineyard's Cayuga

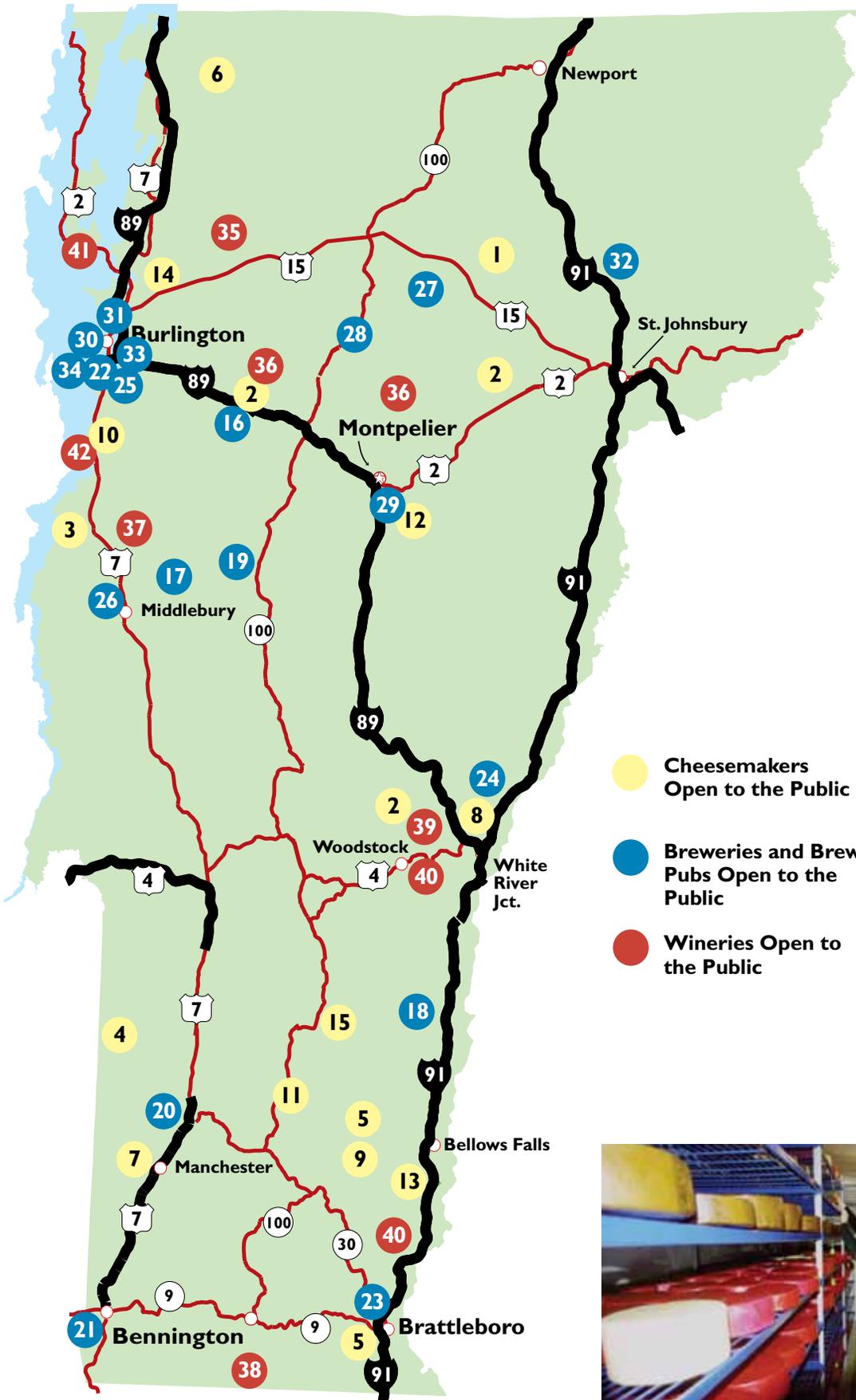
*A tomme style cheese with creamy texture, lingering finish, and nutty flavors with grassy undertones, pairs well with a slightly off dry white with pleasant fruit and a touch of residual sugar.*

### A PERFECT PAIR



#### Woodcock Farm's Magic Mountain with Lincoln Peak Cove Road Red

*An aged sheep milk cheese with a firm texture and deep flavor, including hay, caramel and nutty notes, pairs well with a medium bodied firm red wine.*



## Cheesemakers Open to the Public

### 1. Bonnieview Farm

Craftsbury Common  
 bonnieview@gaw.com

### 2. Cabot Creamery

Cabot Village, Queechee & Waterbury  
 www.CabotCheese.com

### 3. Champlain Valley Creamery

Vergennes  
 www.cvcream.com

### 4. Consider Bardwell Farm

West Pawlet  
 www.ConsiderBardwellFarm.com

### 5. Grafton Village Cheese

Grafton & Brattleboro  
 www.graftonvillagecheese.com

### 6. Green Mountain Blue Cheese

High Gate Center  
 BoucherFarm@hughes.net

### 7. Hildene Farm Signature Cheese

Manchester  
 www.Hildene.org

### 8. Jericho Hill Farm

White River Junction  
 www.vtcheese.com

### 9. Peaked Mountain Farm

Townshend  
 pkmtfarm@sover.net

● Cheesemakers Open to the Public

● Breweries and Brew Pubs Open to the Public

● Wineries Open to the Public



Cheese cooler at Taylor Farm



Vermont Brewer's Fest

**10. Shelburne Farms**

Shelburne  
www.ShelburneFarms.org

**11. Taylor Farm**

Londonderry  
www.TaylorFarmVermont.com

**12. Vermont Butter and Cheese Company**

Websterville  
www.vtbutterandcheeseco.com

**13. Vermont Shepherd**

Putney  
www.vermontshepherd.com

**14. Willow Hill Farm**

Milton  
www.sheepcheese.com

**15. Woodcock Farm**

Weston  
woodcockfarm@myfairpoint.net

**Breweries**

**16. The Alchemist Pub & Brewery**

23 South Main Street  
Waterbury  
www.alchemistbeer.com

**17. The Bobcat Café & Brewery**

5 Main Street  
Bristol  
www.bobcatcafe.com

**18. Harpoon Brewery**

336 Ruth Carney Drive  
Windsor  
www.harpoonbrewery.com

**19. Lawson's Finest Liquids**

Warren  
www.lawsonsfines.com

**20. Long Trail Brewing Co.**

Jct. Route 4 and 100A  
Bridgewater Corners  
www.longtrail.com

**21. Madison Brewing**

428 Main Street  
Bennington

**22. Magic Hat Brewing Co.**

5 Bartlett Bay Road  
South Burlington  
www.magicchat.net

**23. McNeill's Pub and Brewery**

90 Elliot Street  
Brattleboro  
www.mcneillsbrewery.com

**24. The Norwich Inn**

325 Main Street  
Norwich  
www.norwichinn.com

**25. Orlio Organic Beer Company**

5 Bartlett Bay Road, Suite 100  
South Burlington  
www.orlio.net

**26. Otter Creek Brewing**

793 Exchange Street  
Middlebury  
www.ottercreekbrewing.com,  
www.wolavers.com

**27. Rock Art Brewery**

254 Wilkins St.  
Morrisville  
www.rockartbrewery.com

**28. The Shed Restaurant & Brewery**

1859 Mountain Road  
Stowe

**29. Stonecutters Brewhouse**

14 North Main Street  
Barre  
www.stonecuttersbrewhouse.com

**30. Switchback Brewing Co.**

160 Flynn Avenue  
Burlington  
Tel: 802-651-4114

**31. Three Needs**

207 College Street  
Burlington  
3needs@comcast.net

**32. Trout River Brewing Co.**

Route 5, PO Box 165  
Lyndonville  
www.troutriverbrewing.com

**33. Vermont Pub & Brewery**

144 College Street  
Burlington  
www.vermontbrewery.com

**34. Zero Gravity Craft Brewery**

at American Flatbread  
15 St. Paul Street  
Burlington  
jeff@flatbreadhearth.com

**Wineries**

**35. Boyden Valley Winery**

64 VT Route 104  
Cambridge  
www.boydenvalley.com

**36. Grand View Winery**

2113 Max Gray Road  
East Calais

*Tasting Room:*

Route 100  
Waterbury Center  
www.grandviewwinery.com

**37. Lincoln Peak Vineyard**

142 River Road  
New Haven  
chris@lincolnpeakvineyard.com

**38. North River Winery**

201 VT Rte 112  
Jacksonville  
www.northriverwinery.com

**39. Ottauquechee Valley Winery**

5573 Woodstock Rd.  
Quechee Gorge Village  
Quechee  
www.northriverwinery.com

**40. Putney Mountain Winery**

8 Bellows Falls Road  
Putney

*Tasting Room*

Quechee Gorge Village  
5573 Woodstock Road (Rte. 4)  
Quechee

**41. Snow Farm Vineyard**

190 West Shore Road  
South Hero, VT 05486  
www.snowfarm.com

**42. Shelburne Vineyard**

6308 Shelburne Road (Rt. 7)  
Shelburne, VT 05482  
www.shelburnevineyard.com



Boyden Valley Winery



# Vermont's Craft Beer

Authentic beers, crafted with passion by small, independent brewers using a pristine water source — these are what define brewing in Vermont.

Experts say beer is the most widely consumed alcoholic beverage on the planet, and the third most popular drink overall after water and tea. Though its precise origins remain a mystery, it is known that the ancient Egyptians would grind grain in a pot, add water and let it sit until it fermented. Not all that much of the process has changed.

Beer making today, much like cheesemaking, is a marriage of science and art. Brewers crush grains — usually malted barley, although



wheat, corn and rice can also be used — and add hot water. The hot water dissolves the kernel and breaks down the cereal starches into sugar. Once the grain is separated out, the remaining sugar solution is boiled and typically flavored with hops, which add bitterness and act as a natural preservative. Other flavorings,

such as herbs, spices or fruit, may sometimes be included.

The cooled product, called wort, is put in a tank where yeast is added to ferment the sugars into alcohol. Ales take one to two weeks to ferment, while lagers take four to six weeks. The color of the beer results from the use of roasted or caramel grains. The brew-

ing process can be done on a relatively large or a very small scale. For example, Magic Hat produces batches of almost 5,000 gallons, compared to just 15 gallons at Lawson's Finest Liquids.

Beers can be classified in a number of different ways, but classification based on flavor attributes is preferable for pairing with food (see the chart on page 20).

Inspired by a handful of visionary people with a love of the state, a strong work ethic and a commitment to producing a top-quality local product, Vermont's beer industry has become one of the nation's most exciting and diverse. The loyalty of Vermonters to local products has allowed brewers to develop a large number of world-class beers that have been winning medals in competitions around the globe. Vermont brewers have expertly recreated beers in the style of the great varieties of Britain, Germany and Belgium, while also showing their innovative skills with new styles unique to the brewing world. These days, virtually every style of

## Semi-Hard Cheeses

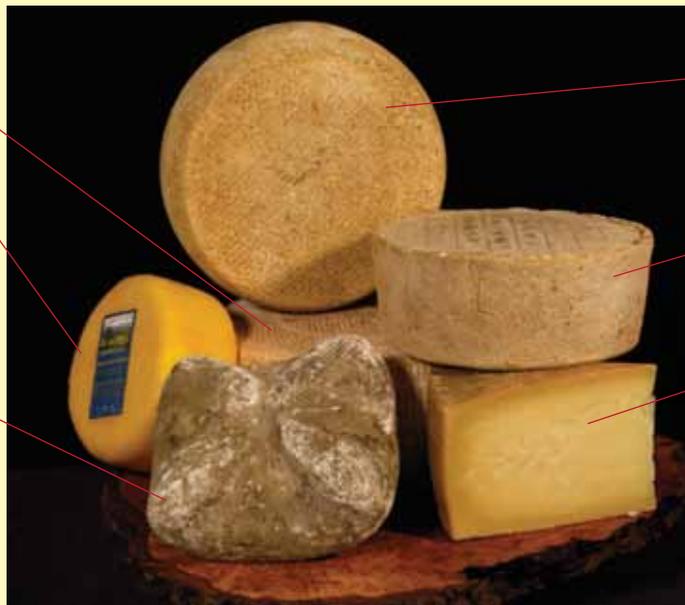
**Description:** Firm looking, creamy mouthfeel with balanced taste and medium-deep flavors are the main characteristic of semi-hard cheeses. Some have a natural rind (i.e., tommes, moist alpine cheeses and aged

sheep cheese) and others don't (young cheddars, colby and goudas). **Pairing cues:** Great with any kind of wine. Slightly bitter beers with mild to medium hopping are also great matches for these cheeses.

West River Creamery Middletown

Crawford Family Farm Lemon Ayre

Twig Farm Square



Dancing Cow Meneut

Consider Bardwell Farm Pawlett

Woodcock Farm Magic Mountain

Wood product by Scott Duffy, Rockledge Farm Woodworks

beer known to man is being brewed in Vermont.

Although it is less than 20 years old, the Vermont beer industry today has 19 breweries on line and more in the planning. These include four of the top 50 American craft breweries: Magic Hat, Harpoon, Long Trail and Otter Creek. The state ranks first in the country in breweries per capita, with a 31-gallon barrel of beer produced for every Vermonter over age 21. Collectively, Vermont brewers shipped 480,926 barrels of beer last year. With more growth on tap, the state has fast become a global magnet for lovers of the frothy brew.

## Myths About Beer

**1. Darker beer means higher alcohol.** Not true! Color comes from the use of roasted or caramelized grains. Alcohol in beer is determined by the amount of malt used in the brew.



**2. Warming then cooling the beer will ruin its flavor.** If beer is warmed and cooled multiple times, there is

a chance it will be hazy. Most modern breweries can prevent this with beer filtration.

**3. Old, spoiled beer smells skunky.** Actually, it's exposure to light that causes the skunky-smelling chemical reaction in beer. Avoiding this and preserving freshness is why brewers use brown glass bottles to protect the beer from light.

**4. Ales are stronger than lagers.** Both are brewed across a wide range of alcohol strengths. The difference between ale and lager is based on the use of different types of malt, hops, yeast and brewing techniques.

**5. Bock beer is made from the bottom of the tanks.** Bock beer is a strong lager brewed for celebrations.

**6. Beer makes you fat.** Inactivity and a bad diet make you fat. Beer, as part of an active lifestyle and healthy diet, is just fine.

**7. Women don't like beer.** Nonsense!

Courtesy Vermont Brewers Guild, [www.vermontbrewers.com](http://www.vermontbrewers.com)

## Pairing beer and cheese

The classic English plowman's lunch — fresh-baked bread, a piece of cheese and a beer — is still popular after hundreds of years because it is such a perfect match. Strongly flavored, sharp, aged cheddar goes beautifully with an IPA's bitterness, malt sweetness and fruity hop aroma. A soft cheese such as Camembert has a soft caramel note duplicated in a malty, German-style alt beer.

When pairing beer and cheese, look for harmony rather than contrast. Since both beer and cheese are fermented products, many flavors found in cheese are duplicated in beer, creating endless possible matches where a flavor in the cheese is enhanced by a similar one in the beer. In general, look to pair:

- Delicately flavored beers, such as wheat beers or American hefeweizens, with young fresh cheeses.
- Malty and caramel beers with nutty aged cheeses.
- Hopped beers, such as pale ales and IPAs, with sharp cheeses, particularly cheddar.
- Strongly flavored beers with high alcohol levels with blue cheeses and aged hard cheeses.



**Grafton Village Cheese Grand Reserve Cheddar; Red Hen Bakery's Mad River Grain Bread and Harpoon's IPA**

*A strong cheddar cheese; crusty bread and a bitter/ hoppy beer constitute the traditional plowman's lunch.*

### A PERFECT PAIR



#### Lake Champlain's Raspberry Truffles with Wolaver's Organic Oatmeal Stout

*A rich dark chocolate with fruity filling pairs well with a roasted malt and barely beer.*



### A PERFECT PAIR



#### Lazy Lady Farm Valencay with Magic Hat's #9

*A mild goat's milk bloomy ash rind cheese, with a smooth dense texture and lemony taste, pairs well with a beer that has flavors of fruits (or vegetables) added during brewing.*



# Vermont Brew Pubs

## The Alchemist Pub & Brewery

33 South Main Street  
Waterbury  
(802) 244-4120  
www.alchemist.com  
Open Monday – Thursday,  
4 p.m.-midnight;  
Friday-Sunday, 3 p.m.-midnight.

## The Bobcat Cafe and Brewery

5 Main Street  
Bristol  
(802) 453-7137  
www.bobcatcafe.com  
Opens daily at 4:30 p.m.

## Harpoon Brewery

336 Ruth Carney Drive  
Windsor  
(802) 674-5491, ext. 221  
www.harpoonbrewery.com  
Harpoon Brewery was founded  
in Boston in 1986, and  
purchased the former Catamount  
Brewery in Windsor, Vermont.  
Visitor center is open to the  
public for free tours and tastings.

## The Long Trail Brewing Co.

P.O. Box 168, US Route 4  
Bridgewater Corners  
(802) 672-5011  
Visitor center and pub open daily  
for lunch, tastings, and sales.

## McNeill's Pub and Brewery

90 Elliott Street  
Brattleboro  
(802) 254-2553  
www.mcneillsbrewery.com  
Monday-Thursday, 4 p.m. to  
late; Friday-Sunday, 2 p.m. to  
late.

## The Norwich Inn, with Jasper Murdock's Alehouse

P.O. Box 908  
Norwich  
(802) 649-1143  
Offers the best in food and  
lodging. Patrons enjoy Jasper  
Murdock's Ales by the pint or the  
case from the historic brewery.

## The Shed Restaurant and Brewery

1859 Mountain Road  
Stowe  
(802) 253-4364  
Open seven days for lunch,  
dinner and late night.

## Three Needs

207 College Street  
Burlington  
(802) 658-0889

## Trout River Brewing Co.

Route 5  
Lyndonville  
(802) 626-9396  
Fridays and Saturdays, 4-9 p.m.

### A PERFECT PAIR



#### Cabot Clothbound Cheddar with Long Trail Ale

A well matured clothbound cheddar with hard texture, savory earthy flavors with a hint of sweetness, pairs well with a toasted and malty beer.

Also pairs well with **Grafton Village Cheese Clothbound Cheddar.**

### A PERFECT PAIR



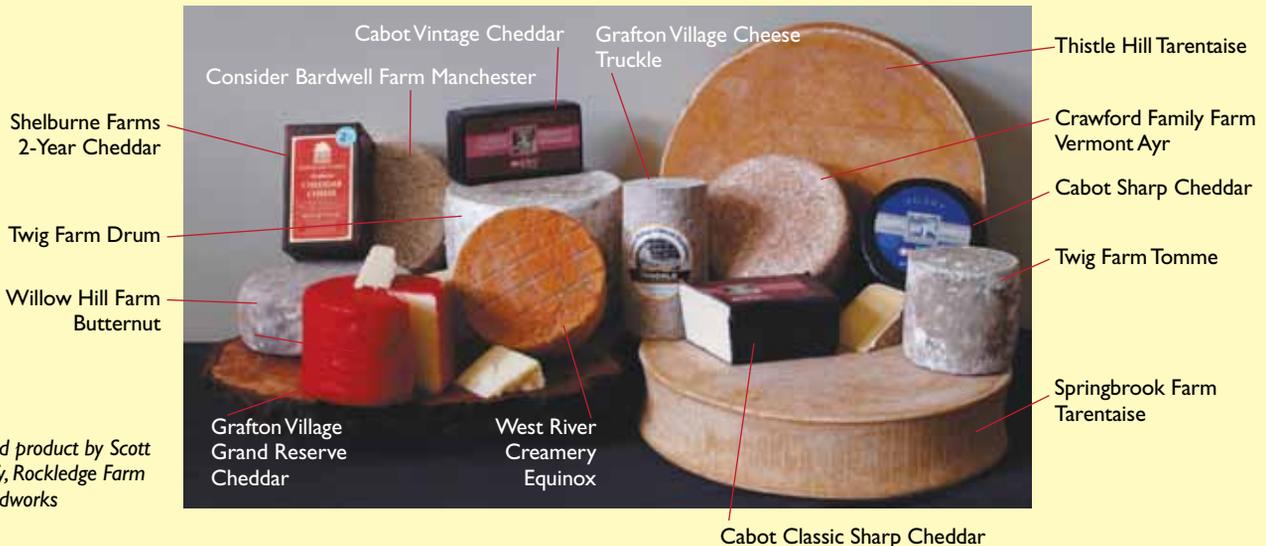
#### Willow Hill Farm's Paniolo with Vermont Pub & Brewery's Forbidden Fruit

A characteristically aromatic washed rind cheese, with smooth texture, delicate lactic notes and a complex salty bite is the perfect companion for sweet, fruity, micro-brewed draft beer.

## Hard Cheeses

**Description:** Firmer, drier, saltier and sharper than semi-hard cheeses. Aged and clothbound cheddars are strong players in this category, along

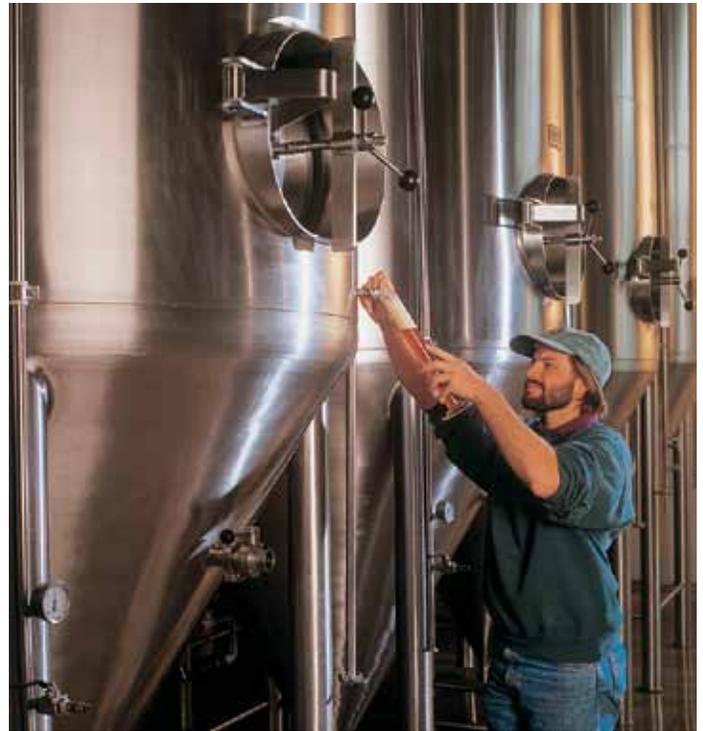
with ripened alpine cheeses. **Pairing cues:** Deep, rich red wines and strong alcohol, hoppy beers are perfect partners for these cheeses.



Wood product by Scott  
Duffy, Rockledge Farm  
Woodworks

**Vermont Pub and Brewery**  
 144 College Street  
 Burlington  
 (802) 865-0500  
 www.vermontbrewery.com  
 Open daily 11:30 am – 2 am

**Zero Gravity Craft Brewery  
 at American Flatbread**  
 15 St. Paul Street  
 Burlington  
 (802) 861-2999  
 Open daily



**A PERFECT PAIR**

**Jasper Hill Farm's Bayley Hazen Blue with Rock Art Belvedere**



*An unpasteurized cow's milk blue cheese, with buttery smooth texture, and a harmonious orchestra of complex flavors, pairs well with a wild range of beverages. Our favorite choices are high alcohol and strongly hopped beers with sweet and syrupy dessert wines.*

Also pairs well with **Shelburne Vineyards Rhapsody wine**

**A PERFECT PAIR**

**Crawford Family Farm's Vermont Ayr with Otter Creek Copper Ale**



*A firm textured alpine style cheese with distinctive sweetness, smooth and creamy mouthfeel characteristics, and pleasant fruity notes pairs well with a malty ale.*

**A PERFECT PAIR**

**Consider Bardwell Farm's Dorset with Long Trail's Double Bag**



*A mellow washed-rind cow's milk cheese, slightly salted and with a rich buttery texture, pairs well with a strongly flavored caramel malty beer.*

**Hard Cheeses — Clothbound**



Grafton Village Clothbound Cheddar

Shelburne Farms Clothbound Cheddar

West River Creamery Clothbound Cheddar

Cabot Clothbound Cheddar from Cellars at Jasper Hill

Neighborly Farms Clothbound Cheddar



Vermont Grown

# Apples

A ripe, round red apple has been almost impossible to resist since the beginning of recorded history — and world-famous Vermont apples are no exception.

Originally native to Europe and Asia, apples were first

brought to this country by the Pilgrims in 1620 because they wintered well and had great versatility in cooking, baking, juicing or as quick-energy hand fruit. Although literally thousands of apple varieties grow in temperate climates worldwide, most fall within a 50-variety category. The U.S.

produces about a third of the world's crop, with Vermont 19th among the apple-growing states.

Apples were brought to Vermont from neighboring states and Canada in colonial days, when nearly every farm had an orchard. Apple growing was limited to seedlings of

natural varieties, uncultivated and often diseased. Even so, large quantities of apples were produced — and cider, it is said, flowed more freely than water.

In the years leading up to the Civil War, Vermont apple growers learned to cultivate with increasing skill. By late

## A PERFECT PAIR

### Shelburne Farms' Two-Year-Old Cheddar with a McIntosh apple



*A pleasantly sharp farmhouse-cheddar with complex flavor and lingering finish pairs well with a slightly tart, juicy apple.*

• • •

## A PERFECT PAIR

### Misty Knoll Turkey Breast with Flag Hill Still Hard Cider



*Free range, moist turkey breast pairs well with a relatively dry hard cider.*

• • •

## Blue Cheeses

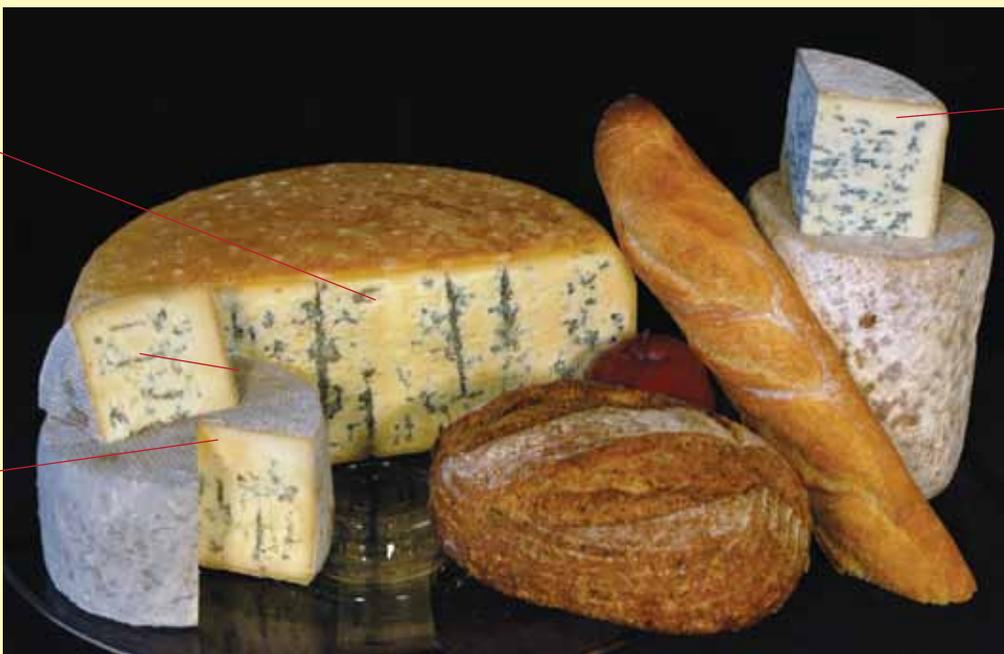
**Description:** Saltier than other varieties, blues are mainly cow's milk cheeses with a marbled pattern of *Penicillium roqueforti*, responsible for the characteristics pungent complex flavor.

**Pairing cues:** Spice and salty blues call for rich dessert and late harvest wines. Full-bodied smoky and fruity beers are also great matches for blue veined cheeses.

Woodcock Farm True Blue

Green Mountain Blue Cheese Gor-Dawn-Zola

Jasper Hill Farm Bayley Hazen Blue



## Apples and Cheese

Vermont produces some of the world's best-loved apple varieties — and they all pair beautifully with cheese.



in the century, northern Vermont had become one of the continent's most important apple-growing regions, supplying markets in the U.S., Canada, South America and even Europe. With their new prosperity, growers soon discovered which apples were best-suited to Vermont's climate and soil. Those years brought what many consider the most important development in Vermont apple history: the introduction of the McIntosh, which continues to dominate the state's apple industry.

There are several hundred apple growers in the state today, producing almost a million bushels of apples on 4,000 acres of land and contributing about \$10-\$12 million to the state's economy each year. Processed apple products, like cider, apple-sauce and hard cider, bring an additional \$10-\$12 million into Vermont annually.

## Apple Orchards and Cideries

Whether on a warm, sunny summer day or a brisk afternoon in early fall, a day trip to one of the hundreds of apple orchards that dot the Vermont landscape is a treat for the whole family. Arrive early for the best pickings. Fill your own box or basket, or have everyone pitch into the same container. Treat apples like they're eggs: they bruise easily, so be gentle with them and think, as you pick, about all the ways to use them — in pies, cakes, sauces or



right off the tree.

Cideries are another must-stop when traveling across Vermont. We have dozens of small cider mills, pressing just-picked apples. Cider straight from the mill has a distinctive sweet-tart flavor, just like the apples on the tree.

Hot or cold, apple cider has a decided taste advantage over those juice drinks and juice cocktails lining the supermarket aisles. To learn more about apples or to find an orchard near you, visit [www.vermontapples.org](http://www.vermontapples.org).

Vermont Apple	Pairs with	Description
<b>McIntosh:</b> juicy, fine-textured, slightly tart, and soft — the quint-essential New England apple.	Cheddar, gouda and blue cheese	<i>The Mac's slight sweetness plays nicely off cheddar's sharpness, gouda's nutty young flavor, and blue cheese's pungent, slightly salty richness.</i>
<b>Cortland:</b> a 19th century cross between McIntosh and an older variety, sweeter and best in baking.	Sharp cheddar cheese	<i>Cheddar's firmness and sharp tangy finish holds up well to the slightly sweet and more dense flesh of the Cortland.</i>
<b>Golden Delicious:</b> fine-textured, crisp, juicy, sweet, and slightly acidic. An excellent dessert apple.	Brie, chevre	<i>The soft, creamy texture of brie and chevre compliment the tender flesh of the apple.</i>
<b>Empire:</b> juicy, moderately acidic and mildly tart flesh and firm. A high-quality dessert apple.	Blue cheese	<i>The zesty, creamy, slightly salty flavor of blue cheese provides a pleasing contrast to the juicy, slightly tart sweetness of this dessert apple.</i>

### A PERFECT PAIR

#### Blythdale Farm's Brie with a Golden Delicious apple

*A creamy, smooth bloomy rind cheese with soft mushroomy flavors and a hint of saltiness pairs well with a fine textured, crisp, sweet and juicy apple.*



Also pairs well with **Snow Farm's Vidal Blanc Ice Wine**

### A PERFECT PAIR

#### Ploughgate Creamery's Willoughby with Eden's Vermont Ice Cider

*A mildly pungent washed rind cheese with a silky savory creamy interior slightly salted, it is the perfect match for rich dessert wines with strong fruity flavors and hints of caramel and honey.*



## Vermont Beer Flavor Characteristics

<b>Grainy</b>	Tastes of unmalted grains; may be grainy, husky, often light in body and crisp and dry in the finish.	<i>Hefeweizen (American Style), Wheat Ale, such as: Harpoon UFO; Otter Creek Otter Summer; Magic Hat Circus Boy; Long Trail Hefeweizen; Magic Hat Wacko</i>
<b>Malty</b>	Features characteristic malted barley flavor, including malty, toasted, or biscuity flavors.	<i>Lager, Kolsch, Alt, Pilsner, Oktoberfest, Bock, such as: Otter Creek Copper Ale; Long Trail Ale; Rock Art Whitetail Ale; Switchback Ale; Magic Hat Single Chair Ale; Harpoon Ale; Harpoon Summer Beer; Otter Creek Vermont Lager</i>
<b>Caramel</b>	Features the taste of caramelized malts. Caramel and sweetness associated with Maillard products.	<i>Amber Ale, Red Ale, Brown Ale, Scotch Ale, Munich Dark, such as: Wolavers Brown Ale; Long Trail Harvest Ale; Long Trail Hibernator; Rock Art American Red; Harpoon Munich Dark; Harpoon Oktoberfest; Harpoon Celtic Ale; Harpoon Brown Ale; Otter Creek Oktoberfest; Trout River Rainbow Red; Trout River Scottish Ale</i>
<b>Roasted</b>	Features the burnt and roasted flavors of roasted malts or barley; elements of dark roasted coffee and chocolate.	<i>Stout, Porter, such as: Otter Creek Stovepipe Porter; Wolavers Oatmeal Stout; Trout River Chocolate Oatmeal Stout</i>
<b>Bitter and Hoppy</b>	Features high levels of bitterness and the aromatic characteristics of hops. May be floral, citrus, tropical fruit, herbal, spicy, earthy, or simply hoppy.	<i>Pale Ale, IPA, such as: Otter Creek Pale Ale; Harpoon IPA; Long Trail IPA; Wolavers Organic Pale Ale; Wolavers Organic IPA; Wolaver Organic Pat Leavy Ale; Magic Hat Lucky Kat; Magic Hat Roxy Rolles; Magic Hat HIPA; Trout River Hoppin' Mad Trout</i>
<b>Spiced</b>	Features spices and/or herbs flavors added during brewing process. Such as clove, ginger, all spice, coriander, cinnamon, nutmeg, lemon grass, orange or lemon peel etc.	<i>Belgian Wit, Spiced Ale, Winter Ale, Christmas Ale, Pumpkin ale such as: Wolavers Gleasons Grains White Ale; Harpoon UFO White Ale; Long Trail Wit; Wolavers Organic Will Stevens Pumpkin Ale; Rock Art Jasmine Ale; Harpoon Winter Warmer</i>
<b>Fruit/ Vegetable</b>	Features the flavors of added fruits or vegetables used during brewing such as raspberry, apricot, blackberry, blueberry or pumpkin.	<i>Raspberry Wheat, Blackberry Wheat, Raspberry Brown Ale, Apricot Ale, Otter Creek Winter Ale; Long Trail Blackberry Wheat Ale; Harpoon Raspberry UFO; Magic Hat Number 9</i>
<b>Yeast Character</b>	Features characteristics derived from using unique yeast strains. Some brewers choose strains of yeast that also produce elevated levels of certain flavors that dominate the beer's flavor. Belgian yeast strains or German wheat beer strains often produce spicy flavors and elevated levels of fruity esters.	<i>German Style Hefeweizen, Belgian Abbey, Belgian Dubbel, Belgian Triple, Belgian Golden Ale, such as: Rock Art Golden Triple</i>
<b>Alcohol</b>	All styles of beer can be brewed at an elevated strength to increase the intensity of the flavor and add alcohol to the flavor profile.	<i>Russian Imperial Stout, Imperial IPA, Barley Wine, Old Ale, Baltic Porter, Double Alt, such as: Long Trail Double Bag; Rock Art Ridge Runner; Rock Art Vermonster; Otter Creek Imperial Series beers; Long Trail Imperial beers; Rock Art Extreme beers; Harpoon Leviathon series</i>



## Vermont Wine Categories by Primary Taste

<b>Sour</b>	<b>CATEGORY 1: Sparkling wines</b> are the most versatile of wines functioning as aperitifs or an accompaniment to most meals. At the beginning of the meal, serve dry, brut-style sparklers.	<i>Sparkling Wines such as: Flagg Hill Vermont Sparkling Hard Cyder</i>
<b>Sour</b>	<b>CATEGORY 2: Light and Fresh White Wines</b> can serve as aperitifs or as an accompaniment to simple luncheon and lighter fare dinner choices as they are light, straightforward and lack complexity. Excellent with seafood, light poultry dishes, paste with creamy or oil based sauces. In Vermont, Cayuga and Le Crescent are often made into this style.	<i>Light and Fresh White Wines, such as: Shelburne Vineyards, 2007 Cayuga; Boyden Family Vineyard, Cow Tipper (La Crescent)</i>
<b>Hint of sweetness balanced by sour</b>	<b>CATEGORY 3: Light, Off-Dry Whites and Roses</b> are excellent food wines, light in body, with fresh but unobtrusive acidity, plenty of fruit flavors and a touch of residual sugars. Pleasant to sip alone, they also match well to slightly sweet and/or fruity dishes, such as paté, crab or lobster; or pork with apples. Off-dry wines also provide a very pleasant counterpoint to salty dishes like ham or anchovies. Many cold-hardy grapes can be used for this style, including Riesling, Vignoles and Traminette for whites, and for rosés, low-tannic reds such as Frontenac and St. Croix.	<i>Light, Off-Dry Whites and Roses, such as: Fresh Tracks Vineyard, 2006 Little Piggy Pink, (Frontenac); Shelburne Vineyards, 2008 Whimsey Meadow Rosé, Snow Farm Vineyard, 2007 Estate Riesling; East Shore Vineyard, Traminette, Fresh Tracks Farm, 2006 La Crescent; Lincoln Peak Winery, Cloud Mountain</i>
<b>Sour balanced by secondary tastes including a hint of sweet</b>	<b>CATEGORY 4: White Wines, Full and Fruity</b> are more substantial and full-flavored whites, with greater elegance and style, in which the balance is more towards fruit than acid. Oak aging is often evident. These wines are heavier in body and more complex in flavor than Category 2 wines. These are formal dinner wines to serve with roasted poultry, fine seafood, and some veal dishes. Several cultivars in Vermont lend themselves to this style, including Seyval Blanc and Frontenac Gris.	<i>White Wines, Full and Fruity, such as: Snow Farm Winery, 2008 Estate Seyval Blanc; Fresh Tracks Farm, 2006 Frontenac Gris; Grand View Winery, Seyval</i>
<b>Sour balanced by a hint of sweet</b>	<b>CATEGORY 5: Red Wines, Light and Fresh</b> are young and friendly with vivacious fruitiness, these are easy to drink, light wines with minimal tannins. (Some better rosés also fit this description.) Perfect complement for luncheons of salads or sandwiches, or simple, informal suppers of pizza or quiche. Light enough to match to some seafood preparations, and to duck and some game birds. Vermont wineries use several grape varietals for this food-friendly style, including de Chaunac, Frontenac and St. Croix.	<i>Red Wines, Light and Fresh, such as: Grand View Winery, De Chaunac; Snow Farm Rosé (Frontenac); Boyden Valley Vineyard, River Bend Red</i>
<b>Bitter with some sour</b>	<b>CATEGORY 6: Red Wines, Medium Body with Complexity</b> are superb food wines. The medium reds are fairly complex and somewhat aggressive in flavor. They show firm tannins but are graceful. Warmly flavorful, these wines work well with stews and casseroles, chops, roast veal, game birds and many pasta dishes, especially with tomato-based sauces. Also certain fuller-flavored seafood like grilled swordfish. Vermont produces many wines in this style based on such diverse cultivars as Leon Millot, Marquette, Baco Noir, Frontenac and Marechal Foch.	<i>Red Wines, Medium Body and Complex, such as: Lincoln Peak Winery, Cove Road, (Marquette and Frontenac); Boyden Valley Vineyards, Big Barn Red; Shelburne Vineyards, 2006 New World Red; Boyden Valley Vineyards, Leon Millot</i>
<b>Sweet balanced with sour</b>	<b>CATEGORY 7: Sweet Dessert Wines, Late-Harvest or Ice.</b> Offered by the glass, these can be a sublime complement to a wide variety of desserts. Late-harvest wines are nicely sweet and beautifully balanced. Even more luscious are the Ice Wines made from grapes allowed to freeze on the vine. They are richly sweet and concentrated. They are delicious alongside fruit pies and tarts, sundaes, custards or cookies – any meal-ender that is sweet. Or serve these ambrosial wines alone, as dessert! Vermont's climate, with a long growing period ending with a sudden deep frost, is ideal for making dessert wines, from white grapes such as Riesling, La Crescent, Vidal Blanc and Vignoles.	<i>Sweet Dessert Wines, Late-Harvest or Ice Wines, such as: Boyden Valley Vineyards, Vermont Ice; Lincoln Peak Winery, Nightfires; Snowfarm Winery, Estate Vidal Blanc Ice Wine</i>
<b>Sweet</b>	<b>CATEGORY 8: Very Sweet Dessert Wines.</b> Rich and complex, these beautiful wines have the weight, the sweetness and the depth to stand up to dense, truly sweet desserts. They can also be matched to heavy chocolate desserts which overpower lighter wines. Serve these delicious wines with plum or rice pudding, chocolate cake and mousses. Or serve them alone, as a memorable night-cap! Vermont wineries use a variety of local fruits to make gorgeous dessert wine.	<i>Very Sweet Dessert Wines, such as: Ottauquechee Valley Winery, Autumn Harvest; Grand View Winery, Red Barn Cassis; Boyden Valley Winery, Gold Leaf; Shelburne Vineyard, 2006 Nocturne</i>

# Tasty Tidbits

## Where to Eat

With more than 550 participating establishments, the Vermont Fresh Network (VFN) creates and channels innovative partnerships among farmers, chefs and consumers to strengthen Vermont's agriculture and dining industries. All over our state, the green sign with VFN's logo lets diners and visitors know that this restaurant is home to some of the hundreds of farmer/chef partnerships that are bearing fruit every day in Vermont. These partnerships bring the freshest local food to the public, they increase the prosperity of Vermont's hard-working farmers and chefs, and they help to nurture a vibrant local food system.

Whatever your taste, you will find diners, brew pubs, inns, sandwich shops, B&B's and fine-dining restaurants, all Vermont Fresh Network members and all serving the freshest seasonal food from the fields of Vermont.



To locate a VFN member establishment, please visit [www.VermontFresh.net](http://www.VermontFresh.net).

## Where to Stay

Staying on a farm is a unique way to personally experience Vermont's landscape, people, and agriculture today — and visitors to Vermont who are looking for an authentic on-farm experience need search no further than Vermont Farms! Association (VFA). This member organization is devoted to providing the public with opportunities to learn about agriculture in our state.

VFA's slogan is "Working Farms Open to the Public" — and that's what these are. Some farmhouses are historic homes filled with antiques and offer fireplaces for chilly evenings. All are located in country settings and offer you an opportunity to become part of the working landscape.

Wake to country breakfasts, with menus including everything from maple to

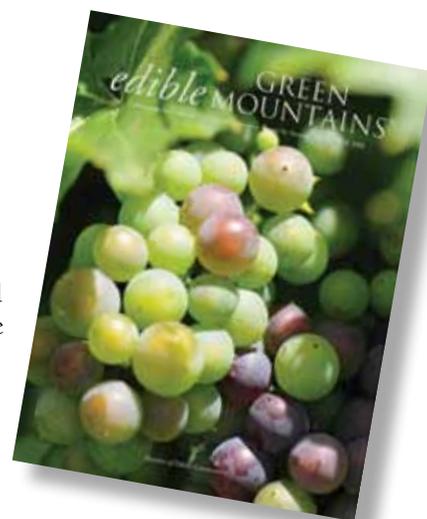
apple pie; some farms offer dinner, too. Spend your day working as a farmhand; walk the orchards or flower gardens; visit with the animals, fish, swim, hike and picnic. Watch sugaring in the spring, cider making in the fall and cheesemaking year around. In the winter enjoy sleigh rides, snowshoeing and cross-country skiing.

For a list of the close to two-dozen family farms that offer farm stays, visit [www.vtfarms.org](http://www.vtfarms.org).

## Where to Learn More

Throughout this publication, website addresses have shown where you can learn more about Vermont foods, farms, dining and food-shopping opportunities. Our new site, [www.vermontagriculture.com/culinarytourism](http://www.vermontagriculture.com/culinarytourism), will put you in touch with culinary options, producers and ideas, more and more as the new site grows.

If you prefer the feel of print communications, we recommend *Edible Green*



*Mountains*, a Vermont-based quarterly magazine that celebrates the culinary heritage of this state, season by season. Through engaging photography and compelling stories, readers are introduced to local growers, retailers, chefs and specialty foods — including some of the cheese, wine and beer makers recommended here.

By drawing attention to these producers and their shared passions, *Edible Green Mountains* hopes to support a future for Vermont that includes thriving farms, healthy food, clean air, productive soil and pristine water. For more information or to subscribe, contact (802) 651-1030, or visit [www.ediblegreenmountains.com](http://www.ediblegreenmountains.com)



Chef Michael Kloeti of Michael's on the Hill in Waterbury Center.



Liberty Hill Farm, a 'working farm open to the public' in Rochester.

## Also:

It's impossible to do justice in so few pages to all the delicious food that creative, hard-working Vermonters are producing these days. But as a parting gift, here are just a few more:

### Coffee & Tea

Vermont companies are making a name for themselves importing, roasting and distributing high-quality coffee and sourcing artisan teas. These firms include:

- **Green Mountain Coffee Roasters** – publicly traded since 1993, [www.greenmountaincoffee.com](http://www.greenmountaincoffee.com)
- **Vermont Coffee Company** – selling 100 percent certified organic, fair-trade coffees, [www.vermontcoffee.com](http://www.vermontcoffee.com).
- **The Vermont Artisan Coffee & Tea Company** — hand-selected gourmet coffees, estate teas and now chocolate. <http://vtartisancoffee.com>

### Spirits

- **Vermont Spirits** — Ultra-premium vodka hand crafted in Vermont



by Duncan's Distillery in St. Johnsbury. Made with 100 percent maple sap and spring water gathered from the property surrounding the distillery. [www.vermontspirits.com](http://www.vermontspirits.com)



- **Sunshine Vodka** — Made in Stowe with 100 percent certified organic grains and all-natural Vermont spring water, distilled four times to achieve a crisp clean flavor and ultra smooth finish. [www.greenmountaindistillers.com](http://www.greenmountaindistillers.com)
- **Sapling Vermont Maple Liqueur** — A premium liqueur capturing the quintessential Vermont taste. Sapling is brewed with the finest Vermont Grade A maple syrup and refined ultra-pure spirits. <http://saplingliqueur.com/index2.php>

### Hard Cider

- **Green Mountain Cidery** makes Vermont's own hard cider, bottled under the label Woodchuck and made just as it was 200 years ago. [www.woodchuck.com](http://www.woodchuck.com)

### Soda

- **Pop Soda** – all natural, hand-crafted Vermont micro soda, made with whole citrus fruits and fresh and dried herbs, and sweetened with all-natural cane sugar and Vermont honey. [www.popsodavt.com](http://www.popsodavt.com)



Jim Mauchly Mountain Graphics Photography

Farmers' markets and farm stands, like this one at Cedar Circle Farm in East Thetford, offer fresh, local products.

- **Vermont Sweetwater Bottling Company**— soda from maple, apples, fruits and berries native to Vermont, [www.rovers.net/~york/products.htm](http://www.rovers.net/~york/products.htm)
- **True Yogurt** — New, innovative line of all-natural and organic yogurts made with premium ingredients throughout, starting with 100% organic Vermont Jersey milk. Contains inulin (an important prebiotic) and five active probiotic cultures. [www.trueyogurt.com](http://www.trueyogurt.com)
- **Butterworks Farm** — Vermont's original organic yogurt producer, [www.butterworksfarm.com](http://www.butterworksfarm.com)
- **Bufala di Vermont**, — the first water buffalo farmstead creamery in the United States, with the largest and the best-quality milking

herd of water buffalo in North America. Makers of yogurt and fresh cheeses. [www.bufaladivermont.com](http://www.bufaladivermont.com)



Bufala di Vermont's water buffaloes in the field.

# A Little Taste of Vermont Events

## **July 1-31** **Sugarbush Farm,** Woodstock

Celebrate Hot and Spicy Vermont Foods at Sugarbush Farm with a tasting table of a total of 52 jams, mustards and spreads, at least 15 of them are hot and spicy. Info: (800) 281-1757, [www.sugarbushfarm.com](http://www.sugarbushfarm.com)

## **July 14** **A Toast to the Season: An Evening with Shelburne Vineyard**

6 pm (raindate, Wednesday, July 15)  
Family-style dinner featuring ingredients from the garden and cheesemakers of Shelburne Farms served in a spectacular setting on the farm overlooking Lake Champlain and the Adirondacks. Registration and information at 802-985-0342, [www.shelburnefarms.org](http://www.shelburnefarms.org)

## **July 17 & 18** **The 17th Annual Vermont Brewers Festival**

Features 30 craft brewers from Vermont, NY, NH, MA, ME, DE & Quebec, and to commemorate the Lake Champlain Quadricentennial. This festival takes place in Burlington Waterfront Park. Tickets are required and limited. [www.vermontbrewersfestival.com/tickets.html](http://www.vermontbrewersfestival.com/tickets.html)

## **August 3** **A Taste of the Valley** Lincoln Peak Village, Sugarbush.

Local restaurants offer samples of their finest culinary specialties as part of the Vermont Festival of the Arts. Tickets required. [info@vermontartfest.com](mailto:info@vermontartfest.com)

## **August 1-31** **Around the Culinary World**

50 dinners, classes and demos at Mad River Valley restaurants, inns. [www.vermont-artfest.com/eventtype.asp?id=3](http://www.vermont-artfest.com/eventtype.asp?id=3)

## **August 9** **Vermont Fresh Network 2009 Annual Forum** Shelburne Farms Coach Barn

A celebration of the agricultural bounty grown and raised in Vermont. Registration required. Call (802) 434-2000, [www.vermontfresh.net/vfnforum](http://www.vermontfresh.net/vfnforum)

## **August 11-13** **Culinary Boot Camp!** The Essex, Vermont's Culinary Resort & Spa

Three days of intense cooking with Chef Contos starting from basic skills & techniques and including recipes, certificate, and Porsche Chef's Knife. Class max. is 6. Cooking classes also available. (800) 727-4295 or [www.VtCulinaryResort.com](http://www.VtCulinaryResort.com)

## **August 15** **Blueberry Festival** Grand View Winery, free. [www.grandviewwinery.com/](http://www.grandviewwinery.com/)

## **August 21** **Second Annual Tomato Tasting** Cedar Circle Farm, East Thetford

Sample dozens of CCF's heirloom and hybrid tomatoes and tomato-based appetizers. Live music, special farmers market, recipes to share. \$25 per person. Advanced registration required. [www.CedarCircleFarm.org](http://www.CedarCircleFarm.org)

## **August 23** **Vermont Cheesemakers Festival** Coach Barn, Shelburne Farms

Bringing together 50 cheesemakers, 20 wineries and breweries, 15 artisan food producers, four tasting seminars, two cooking shows, and over 100 cheeses to sample. Reservations and tickets required. [www.vtcheesefest.com](http://www.vtcheesefest.com)

## **September 10** **Vermont Fresh Network Farmer's Dinner** Michael's on the Hill Restaurant, Waterbury,

Reservations required: (802) 244-7476. [www.michaelsonthehill.com](http://www.michaelsonthehill.com)

## **September 19** **31st Annual Harvest Festival** Shelburne Farms

Celebrate autumn's abundance with music, seasonal foods, hayrides and more. Admission is free to Shelburne Farms members. Admission for non-members is \$8/adults; \$6/children; children under three years of age are free. Rain or shine. 802-985-8686.

## **September 19 - 20** **Celebration of the Vine Harvest Festival**

Boyden Valley Winery, Cambridge  
(802) 644-8151  
[www.boydenvalley.com](http://www.boydenvalley.com)

## **September 19 - 20** **Flynn Center Fine Wine & Food Festival** Info: (802) 652-4507

## **September 26- 28** **Stowe 12th Annual Oktoberfest** 802-253-8506, [info@stoweoktoberfest.com](mailto:info@stoweoktoberfest.com)

## **October 11** **7th Annual Pumpkin Festival** Cedar Circle Farm, 10-5 East Thetford [www.CedarCircleFarm.org](http://www.CedarCircleFarm.org)

## **Ongoing:**

## **Annual Stowe Wine & Food Classic** [www.stowewine.com](http://www.stowewine.com)

## **Vermont Farmer's Markets** Statewide through October. [www.vermontagriculture.com](http://www.vermontagriculture.com)

## **"Three Inn, Three Classes"** Sudbury

Trevin Farms, Old Mill Bed and Breakfast/Neshobe River Winery and The Inn on Park Street host a culinary tour of Vermont including accommodations, wine tasting, cheesemaking, cooking lessons, dinner and breakfast. Check for availability at 802-623-6473. [http://trevinfarms.com/Packages\\_GetAways.lasso](http://trevinfarms.com/Packages_GetAways.lasso)

## **Savor Burlington** Saturdays July-October

\$65 3 hrs, includes more than 8 tastings, Vermont farm tours, [www.vermontfarmtours.com](http://www.vermontfarmtours.com)

## **The Vermont Farm Tour** July 10, 31, September 4, October 2

\$95 adults/\$45 kids, full day: lunch, Vermont farm tours, [www.vermontfarmtours.com](http://www.vermontfarmtours.com)

## **Vermont Vineyards** Sundays, July 5 through October 11

\$95 full day, includes lunch,

Vermont farm tours,  
[www.vermontfarmtours.com](http://www.vermontfarmtours.com)

## **Brewin' Up Vermont** July 3, July 17, August 7, 21, September 11, 25, October 9, 16

\$95 full day, includes lunch, Vermont farm tours, [www.vermontfarmtours.com](http://www.vermontfarmtours.com)

## **Edible Intervale** Mondays July-September

\$30 adults/\$15 kids 3hrs. Pre-tour farmer lunch & tasting \$35 w/tour, \$40 lunch only, Vermont farm tours, [www.vermontfarm-tours.com](http://www.vermontfarm-tours.com)

## **Vermont Artisan Cheeses** July 23, August 27, September 10

\$95 full day, includes lunch, Vermont farm tours, [www.vermontfarmtours.com](http://www.vermontfarmtours.com)

## **Coming in 2010:**

## **Vermont Maple Open House Weekend** March 26-28, 2010 [www.vermontmaple.org](http://www.vermontmaple.org)

## **Dairy Month at Sugarbush Farm** June 2010, Woodstock

Sample 16 kinds of cheese. Watch cheese being hand cut and hand packaged for shipping and traveling.

## **25th Annual Green Mountain Chew Chew Festival** June, 2010 [www.greenmountainchewchew.com](http://www.greenmountainchewchew.com)

## **8th Annual Strawberry Festival** Cedar Circle Farm East Thetford [www.CedarCircleFarm.org](http://www.CedarCircleFarm.org)

## **Vermont Brewer's Festival** July, 2010

## **A Taste of the Valley** Monday, August 2, 2010 Lincoln Peak Village, Sugarbush [info@vermontartfest.com](mailto:info@vermontartfest.com)

## **Around the Culinary World** Mad River Valley August 1-31, 2010.