www.landofwineandfood.com

CULINARY ITINERARY: SHASTA CASCADE REGION

Wide open spaces. Sapphire-blue lakes. Seemingly endless forests. Smoldering volcanoes. Thundering waterfalls. Majestic, snow-capped mountains. In the Shasta Cascade Region, you'll find all of this breathtaking scenery and more. And the best part is, you'll be able to reconnect with nature without a lot of people in the way. Foodies, too, will find a lot to entertain them, whether it be laid-back farmers markets and farm tours or gourmet restaurants and cooking classes.

Day One: Chico Area

If you happen to be in town on a Wednesday or Saturday, check out all the wonderful produce grown locally at one of **Chico's Farmers Markets**. Every Saturday from 7:30 a.m. to 1:00 p.m. (rain or shine), you can find venders selling their goods in downtown Chico at 2nd and Wall Street. On Wednesday mornings from June through October, a Farmers Market is held at North Valley Plaza Mall on the corner of East Avenue and Pillsbury Road. For more information on these two markets, contact the **Chico Certified Farmers Market** (www.northvalley.net/farmersmarket). Or pick pumpkins in the fall at the famous **Book Family Farm's** (www.bookfamilyfarm.com), where you can also see farm animals and take a horse-and-carriage rides. No longer offer horse & carriage rides

For lunch check out the **Sierra Nevada Brewery (**www.sierranevada.com), one of the pioneers in the micro beer brew movement, where you can enjoy great food, tour the brewery, and shop in the gift shop. Or try **Johnnie's** Restaurant **(**www.hoteldiamondchico.com/dining.asp), located in the Hotel Diamond and offering guests a casual dining atmosphere combined with terrific food, local brews like Sierra Nevada Ale as well as a wide range of the additional fine beers, ales, aperitifs, mixed drinks and liqueurs.

In the afternoon, check out the **Noble Orchard Company** (530-877-4784) in Paradise, about a half-hour east of Chico. Here Jim Noble's farm stand has been in operation for 86 seasons and offers 19 varieties of peaches and nectarines as well as 17 varieties of apples. The stands are usually open from the end of June until the fall. The Noble family also has a few 120+-year-old pippin apple trees that still produce, in addition to their Pink Ladies, the newest thing in apples. Due to the farm's perfect apple climate these pink ladies can stay on the tree without freezing until the first part of November, making them the freshest and ripest pink ladies available. If you're not in town during apple season, check out the beautiful and huge **Bidwell Park**, offering everything from hiking along Big Chico Creek to mountain biking and horseback riding with canyon views. They also have a planetarium and golf course. Or you can check out Chico's famous National Yo-Yo Museum for free, the largest display of Yo-Yo memorabilia in the country.

Another option for the morning and afternoon is to head east to Plumas County, comprised of more than 1.6 million acres, most of which are National Forest land. More than 1,000 miles of streams and rivers, along with 50 lakes provide countless recreational experiences. One of the most spectacular times of the year is during the fall, when the colors come alive. Photographers and nature lovers come to see and shoot the foliage, with colors ranging from burnished golds and sunlit yellows to brilliant reds and rich magentas -- all set against the majestic greens of the mountains. A great place for hearty breakfasts is **Morning Thunder Café** (530-283-1310) in Quincy. After a few hours exploring the outdoors, head to **Longboards Bar and Grill (**www.plumaspinesgolf.com), located at the Plumas Pines Golf Resort in Graeagle. This local favorite for Italian-infused cuisine is open spring and summer.

If you're in Chico on a Thursday, in the late afternoon you can explore the **Thursday Night Market** (530-345-6500), put on by the Downtown Chico Business Association. Held weekly from 6:00-9:00 p.m. during the months of April to October, this market is located on Broadway between 2nd and 5th Street and features local produce, arts and crafts and live entertainment.

For dinner, Chico offers a surprising array of options, from family friendly to romantic hideaways. If you're looking for great pub food and a fun night out with friends, try **Madison Bear Garden (**530-891-1639), a favorite with the college crowd. This Chico icon features burgers, sandwiches, and salads, as well as some of the best in nightlife the town has to offer. The cooky décor speaks for its self. For more elegant fare, try the **Black Crow (**www.theblackcrow.com), featuring an eclectic American grill menu and California wines (Black Crow closed), or the **Fifth Street Steak House (**530-891-6328) Website is www.5thstreethsteakhouse.com. For seasonal, sustainable wine and dishes, don't miss the **Red Tavern (**www.redtavern.com)**,** open only for dinner. One of the most romantic spots in town is **Christian Michaels Ristorante (**www.chicochristianmichaels.com), which offers California Cuisine, Italian, Mediterranean, Asian and other seasonal dishes to tempt your palate, as well as an extensive wine selection.

Wineries to check out in the area include: **New Clairvaux** (www.newclairvauxvineyard.com) in Vina, founded in 1955 by the Abbey of New Clairvaux, a community of Cistercian or "Trappist" monks; **Grey Fox Vineyards** (www.greyfox.net), in Oroville; **Odyssey Vineyards** (530-891-9463) in Chico; **Quilici Vineyards** (www.quilicivineyards.com) in Oroville; Visit www.sierraoro.org to see the **Sierra Oro Farm Trail destinations**, including more area wineries, olive oil facilities and specialty farms; **LaRocca Vineyards** (www.laroccavineyards.com) in Forest Ranch, where the winery and vineyards certified organic;and **Long Creek Winery** (www.longcreekwinery.com) in Oroville,. 30) 589-3415.

Day Two: Redding/Mount Shasta Areas

As you make your way north to Redding, the unofficial capital of the Shasta Cascade region, stop off in Red Bluff, about an hour from Chico. Here you can roll up your sleeves and dive into the art of cooking at the **California Kitchen Company** (www.californiakitchencompany.com). They have something for everyone, offering several different classes for people with a variety of tastes, such as Art of Sushi Making, Wine and Cheese Pairing, Cooking with Red claw Lobsters, Puff-Puff the Magic Pastry, Cooking with Pacific Sun Olive Oil, and more. These classes change each year. Pre-registration is required for all classes. Class costs range from $20-$45.

For lunch, drive another half hour north to Redding. The **Vintage Wine Bar & Restaurant** (www.vintagedowntown.com) in downtown Redding offers fantastic food but is perhaps best known

for its emphasis on wine. With a selection of nearly 100 different kinds of wine and champagne, The Vintage Wine Bar is ideal for the wine enthusiast. If you're crazy about crab, check out **Buz's Crab Seafood Restaurant, Market and Deli** (www.buzscrab.com), offering a large variety of crab and other fish from all over the world. The fish is received daily and is never frozen or warehoused. Buz's also caters most of the local crab feeds with fresh crab and their famous sourdough bowls with clam chowder. **Avocado's** (530) 605-1718) focuses on healthy, homemade fare but also offers "meat and potatoes" type dishes that are sure to please every palate. If you're sweet on honey, make a side trip a few miles east to Palo Cedro, self-billed as the Honeybee Capital of the World. Here, in many of the local food stores you can buy from an incredible variety of honey, like: Orange Blossom,, Manzanita, Wildflower, Clover, Star Thistle, Sage or Raspberry, just to name a few. Each September the town and local apiaries host the Palo **Cedro Honey Bee Festival** (www.palocedrohoneybeefestival.com/) where you can meet the beekeepers and buy your favorite honey.

In the afternoon, check out the **Happy Valley Farm Trail** (www.clearcreekcsd.com/farm.html), hosted by a group of farmers and ranchers that live in the community of Happy Valley (Located 10 miles south of Redding). Among its members are; nut, berry, fruit, vegetable, egg, livestock farms, among others. This group hosts the Happy Valley Strawberry Festival each Memorial Day weekend. Or check out great wineries such as **Matson Vineyards** (www.matsonvineyards.com) in Redding, or **R. Merlo Estate Vineyards** (www.rmerlo.com) in Hyampom.

For dinner, drive about an hour north to the Mt. Shasta area. On the way out of Redding, check out the Turtle Bay Sundial Bridge, a cantilever spar cable-stayed bridge that spans the Sacramento River, California. The **Trinity Café (**www.trinitycafe.net**)** in Mt. Shasta is an ideal country bistro that uses nothing but the finest fresh market greens, wild seafood, local meat and game to create its savory one-of-a-kind dishes. A former chef in Napa and Sonoma, Bill Truby, his wife Crystal, and Chef Jennifer Stout create menus in the rustic and seasonal style of the wine country. Japanese cuisine lovers can check out **Vivify** (530-926-1345) in Mt. Shasta, with organic selections lovingly prepared by Sachio Kojima. A few miles south in Dunsmuir, **Cafe Magdalena Maddalena** (www.cafemaddalena.com) features dishes from Spain, Italy, France and North Africa, with a wine list designed to represent varieties of grapes found in the Mediterranean. The menu is seasonal and each day the chef prepares a unique and delicious daily special. If you're looking for award-winning food in a more family-style atmosphere, try **Sengthong's Blue Sky Room** (www.sengthongs.com), also in Dunsmuir. It's great for anyone looking to enjoy authentic Japanese and Thai cuisine with an added bonus of live music.

If you're looking for a true culinary adventure, hop on board the **McCloud—Shasta Sunset Dinner Train (**www.shastasunset.com). Relax in a refurbished Pullman car for a three-hour ride and four-course meal in 19th-century splendor—rich wood paneling, white linen tablecloths, polished silverware, and sparkling stemware. You order from the list of limited but snazzy continental entrées when you make your reservation. Each is accompanied by freshly baked bread, salad, dessert, and drinks. Or if you prefer to overnight in Redding, a must for dinner is the **Maritime Seafood and Grill** (www.maritimeredding.com), a four-star eatery serving French-Californian inspired cuisine.

For more information on the region, you can also visit www.shastacascade.org.

The above itinerary was created based on feedback from various destination marketing organizations, so we apologize if there are any minor inaccuracies. Dates and hours may vary so we suggest you confirm dates and hours in advance of visit. Updated June 2009.

MORE RESTAURANTS

Mount Shasta Area

Wild Thyme Café (Dunsmuir)
(530) 235-9884
Restaurants serving organic, locally grown fare have taken the Shasta Cascade region by storm recently and earlier this year, the Wild Thyme Café was added to their ranks. This eclectic café, located in the quiet railroad town of Dunsmuir features a seasonal menu that changes to adapt to whatever is growing fresh at the moment. Cuban, Mexican, and American-style dishes largely make up the menu and there is sure to be something that everyone will enjoy. Breakfast and lunch are served year round.

OTHER INTERESTING GOURMET ATTRACTIONS AND EVENTS

KenZen Sushi School (Mt. Shasta)
www.kenzensushi.com
For anyone who has ever wanted to make sushi like a pro, KenZen Sushi School in Mt. Shasta is a dream come true. A four day beginner class is held on 2 consecutive weekends from 9:00 am to 1 p.m. Classes are limited to 4 people and will begin when enough people have signed up. Classes cost $475 KenZen Sushi is closed.

Market Fest (Redding)
www.vivadowntown.org
Market Fest is an annual event that began as a simple farmer's market and evolved into something more exciting. Every Thursday enjoy live music and fabulous food and drink while browsing through locally made crafts and fresh produce. 5:00-9:00 p.m. June 21st25th - August 23rd 27th 20072009.

Redding Beer & Wine Festival (Redding)
www.vivadowntownredding.org
The festival features beer from 15 of the regions breweries and wine from 24 of its vineyards. Food from 13 local restaurants will be included in the cost of admission. Live music and local art will also be showcased. Tickets are $25 in advance, $30 at the gate. The event usually takes place in September.

Sierra Oro Farm Trail Passport Weekend (Various farms in Butte County)
www.sierraoro.org
Purchase a passport and then stop at the farms along the trail for free tasting of local produce and wine. Usually held in October.

Taste of Plumas
www.plumascounty.org
The annual Taste of Plumas is an event that features food from some of the area's top restaurants as well as wine produced in the surrounding counties. The event also includes a silent auction and a People's Choice award for favorite dish. Usually held in April.

For more information visit www.landofwineandfood.com.

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