



## FROM MICHAEL'S DESK

By the time you read this, Christmas will be well in the rear view mirror, but as I write, it is looming large. The tree is up and decorated, the house is festooned with fairy lights, and I have ordered the roast. Now for the dreaded shopping . . .

The traditional English Christmas meal revolves around a turkey, or sometimes, a goose. So an Englishman living in the US has to make adjustments - you can't have turkey for Thanksgiving and Christmas! My solution to this dilemma is a new tradition: turkey for Thanksgiving and Beef Wellington for Christmas. And this year we will have an even dozen sitting around the table to devour it. I even make my own pastry from scratch.

Much as I appreciate a good tradition, I just cannot sign on to Christmas Pudding. Growing up, my mother would always produce one after the meal, traditionally flaming (having been soaked in brandy and set alight). But I was younger then, and now the whole idea of trying to fit something with the density of a cannonball into my already overfull stomach just does not bear contemplating. I can barely make room for the port and Stilton!

I don't want you to get the idea that Christmas in our house is just about food - but this newsletter is! So, glad tidings we bring and we wish you a figgy pudding and a happy new year.

Michael Induni, President

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## IN VINO VERITAS

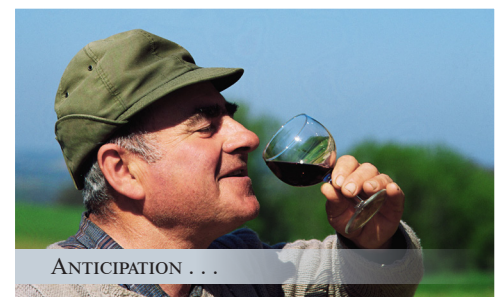
“Wine is one of the most civilized things in the world and one of the most natural things of the world that has been brought to the greatest perfection, and it offers a greater range for enjoyment and appreciation than, possibly, any other purely sensory thing.”  
— Ernest Hemingway

The history of wine making stretches back far into the mists of time. The earliest evidence discovered of the science (some would say art) of fermenting grapes was found in China, dating from 7,000 BCE (although it didn't really seem to catch on over there). Closer to home, comes Persia from 5,000 BCE, and Sicily from 4,000 BCE. Greece joined the club around 4,500 BCE, but really took the whole thing seriously. They even adjusted the pantheon of gods to include Dionysus, the god of wine. So with around 9,000 years of practice, I think we have just about got it right these days.

Or perhaps I should say that some people have got it right – because you can still buy terrible wine, if you're not careful. There are some wonderful “new-world” wines, so called because the art (some would say science) of viticulture was introduced to these regions by European settlers in this “new world,” but I prefer old-world wines. And more particularly, French wines.

I am sometimes (often?) accused of being a wine snob, however it is an epithet that I reject. I just know what I like and, after all, it is largely a matter of personal taste anyway. I also maintain that being fussy about what you eat and drink, just means that you are paying attention. I like French wine. Some Italian and Spanish wines as well, but mainly French. It's civilisation in a bottle - I love the taste, the smell, the colour, the complexity, the history and the whole idea of “terroir.”

It is this concept of terroir that the French take more seriously than other wine-producing countries. The basic idea is that one of the things that makes the grape such an incredible vehicle



ANTICIPATION . . .



for the production of alcohol (and let's be honest, you can make alcohol from just about any organic matter that contains sugars), is the fruit's ability to absorb the flavors of its surroundings – or "terroir," as it's known. Although the debate continues to rage throughout the wine world on the importance of terroir, this combination of soil type, subsoil, bed rock, microclimate, surrounding plant and animal life, elevation, aspect and drainage, forms the basis of the French "appellation" system of categorizing wines. The idea that, even if you grew the same grape variety and used the same techniques in two different places, you would produce two different wines, each unique to its terroir.

In contrast, it is the type of grape that is used to categorize new-world wines. You would commonly order a pinot noir or a chardonnay, for example. There are some French wines that are made from a single grape variety, but very few (the delicious white wines of the Loire Valley spring to mind), and even these are labeled for their regional origin not their grape variety. The great majority are blends of various different types of grape. And so it is the region of origin that becomes the defining characteristic (for example, you would instead ask for a Bordeaux or a Burgundy), and the AOP designation (Appellation d'Origine Protegee) is highly sought after and very strictly regulated - thus ensuring the quality of the wine produced.

Cheers!

*Michael*

## STAFF EATS

What was the strangest food you've eaten in Europe? The staff here at Discover Europe believe in trying everything when travelling. So we asked ourselves this question. Here are the results...

Alex bravely tried Fermented Shark's Head in Iceland. Encouraged by the tour guide to try this national dish, he took one bite of the brownish grey spongy cube with an unidentifiable sauce, which tasted bitter, salty and smelled of rotten fish and spat it out immediately. Asked if he would eat it again he said: "Not unless I was being paid a significant amount of money!"

Michael ate the national dish of Mallorca - Frito Malloquin. He saw someone at a neighboring table eating it and so he thought he'd try this dish which looked to deliciously combine potatoes and pasta tubes in the same dish mixed with herbs, olive oil and vegetables. It was only afterwards that he found out that he was actually eating pig intestines, not pasta. As it was tasty, he would definitely eat it again, and looks forward to it!

Kelsey tried Vitello Tonnato, in Turin, Italy. This dish of cold, sliced veal topped with a mayonnaise sauce flavored with tuna fish, egg, anchovy and capers was a little off-putting at first, but to her surprise it tasted pretty good and her husband, Craig, thought it was delicious! It was a true moment of putting preconceived ideas aside in order to try flavors that one would never think to combine.

Sarah tried Laverbread for breakfast in Wales. Made of boiled, then ground, seaweed, it is served in a cakelike shape, often dusted with oatmeal. Although full of minerals and vitamins, it really didn't taste of anything and looked kind of incongruous with the bacon and eggs on her plate. She would eat it again but maybe with a little hot sauce or something to give it more flavor!

What are your favorite exploratory culinary adventures? Send them to us and we may publish them in the next newsletter!

## A NEW PUZZLE

Q: Under French law, a traditional baguette can contain only which ingredients:

- 1) Wheat flour, milk, salt and yeast
- 2) Wheat flour, water, sugar, salt and yeast
- 3) Wheat flour, milk, salt and sourdough starter
- 4) Wheat flour, water, salt and yeast

To answer, go to Discover Europe's Facebook page, like the page and leave an answer. The winner, selected at random, will receive a voucher for \$200 off any trip listed in this newsletter!

### ... AND A WINNING SOLUTION

Q: How many European countries maintained their neutrality throughout the second world war?

A: The key here is the word "maintained." If you were invaded or occupied during the war, then you can't really be said to have remained neutral! This was the case with Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Luxembourg, Monaco, Norway and San Marino. So the answer we were looking for was - 8, Andorra, Ireland, Liechtenstein, Portugal, Spain, Sweden, Switzerland and Vatican City  
Congratulations to Susan Kizler of Concord, NH who came closest to the correct answer!



Vitello Tonnato

## TURIN: ITALY'S "LITTLE PARIS"

Turin, the capital city of the Piedmont region in northern Italy, is often overlooked by tourists, but it's a destination that certainly shouldn't be missed! Known as Italy's "Little Paris," Turin is a historical, cultural and culinary center that deserves its time in the spotlight. With the breathtaking majesty of the alps in the background and stunning arcades and architecture everywhere you turn, this thriving city is sure to leave you wanting more.

**As our first stop on the Italian Kitchen tour, we wanted to put together a list of highlights that make Turin so special:**

**1) THE HISTORY & ARCHITECTURE** - As the first capital of unified Italy and the home to the Royal House of Savoy, Turin's rich history of wealth and royalty is apparent nearly everywhere you look. From the beautiful arcaded streets, to the grandeur of the Royal Palace of Turin, located right in the heart of the city center, this city has so much to explore. The architecture has influences from the Renaissance, Baroque and Neoclassical periods, which make for a varied and dynamic style.

**2) THE FOOD** - While all of Italy is known for their delicious food, the Piedmont region is king when it comes to high quality food products. The thriving food scene is apparent when you visit the local market, the Porta Palazzo. As Turin's largest market, and one of the largest food markets in Europe, the Porta Palazzo is a sight to be seen. Covering over 55,000 square feet, this market is huge. Local farmers and suppliers gather Monday-Saturday to share their products, including meats, cheeses, fresh vegetables, fish, eggs, truffles, bread, nuts, flowers, and more! Aside from the market, the food you'll experience in Turin is one of a kind and some of the most natural, simple and flavorful food you'll ever eat (think delicate handmade pasta followed by beef braised in their famed Barolo wine). With a flair towards French cuisine rather than Mediterranean, you are sure to leave Turin with a full belly and an appreciation for the quality and simplicity of their food.

**3) THE MUSEUMS** - Strange as it may seem, Turin is home to one of the most important collections of Egyptian art and culture, aside from that in Cairo. It proudly holds and displays the 506 objects that were found within the tomb of Kha in 1906. Another surprising museum is the National Museum of Cinema, which is housed in one of the most iconic buildings in the Turin skyline, the Mole Antonelliana (which you'll see on the far right side of the skyline picture). This museum covers the history of cinema, from photography to the beginning of cinematography in the 1890s. You can take a walk through the museum before taking the glass elevator up to the top of the Mole for a stunning view of the city and the surrounding Alps. And, of course, there is The Shroud of Turin, located in a chapel in the Cathedral of San Giovanni Battista.

**4) THE CHOCOLATE** - One thing that absolutely cannot be forgotten about Turin is the chocolate. Turin is known for being a chocolate producing giant and is credited with being the first home of the hazelnut chocolate spread which was made famous by the brand name, Nutella! In Turin, you'll find chocolate shops nearly everywhere you turn and you shouldn't leave the city without trying a "bicerin," which is a traditional hot drink made of espresso, drinking chocolate and whole milk. Think of it like the best, richest hot chocolate you'll ever have.

Explore the wonderful city of Turin on our tour, *THE ITALIAN KITCHEN*, and discover the food and culture of the Piedmont and Emilia-Romagna regions of Italy.



BICERIN



TURIN SKYLINE

*“Wine and cheese are ageless companions, like aspirin and aches, or June and moon, or good people and noble ventures.” - M.F.K. Fisher*

## CURRENTLY SCHEDULED TOURS

### CROATIA

#### THE DALMATIAN COAST **3**

Follow the rugged coastline of Croatia, where the Balkans tumble into the Adriatic, from Dubrovnik up to Trieste.  
SEPTEMBER 19<sup>TH</sup> - 28<sup>TH</sup> 2020

### ENGLAND

#### LONDON ON STAGE **1**

A theatre tour designed for the Peterborough Players professional theatre company, hosted by their artistic director Gus Kaikonen and celebrated actor Kraig Swartz.  
APRIL 26<sup>TH</sup> - MAY 3<sup>RD</sup> 2020

#### TREASURE HOUSES OF SOUTHERN ENGLAND **3**

See the full glory of Britain's Stately Homes set against the backdrop of a magnificent, full-blown English spring.  
MAY 3<sup>RD</sup> - 12<sup>TH</sup> 2020

#### THE BEST OF ENGLISH GARDENS **3**

Our annual homage to the Chelsea Flower Show and gardens of southern England.  
MAY 12<sup>TH</sup> - 21<sup>ST</sup> 2020

#### GARDENS OF THE NORTH **3**

Visit the RHS Chatsworth Flower Show and explore the gardens of Yorkshire and the Lake District on this horticultural adventure.  
JUNE 7<sup>TH</sup> - 17<sup>TH</sup> 2020

#### THE COTSWOLD HILLS **2**

Experience the quintessential English countryside of the Cotswolds with day trips to Oxford, Stratford, Bath and many more.  
JUNE 11<sup>TH</sup> - 20<sup>TH</sup> 2020

#### WEST COUNTRY GARDENS **2**

Visit masterpieces of garden design in England's West Country and includes the RHS Hampton Court Flower Show.  
JUNE 30<sup>TH</sup> - JULY 9<sup>TH</sup> 2020

#### TOUR ACTIVITY LEVELS

**1 Easy.** These tours stay in just one hotel, taking day trips into the surrounding countryside. This means that participants are always free to skip a day's activities and rest up at the hotel. The hotels on these tours either have elevators or ground floor rooms. Participants must still be able to walk moderate distances, stand for short periods, and be able to get on and off a bus unaided.

**2 Moderate.** Staying in no more than two different hotels, which may not have either elevators or ground floor rooms. Climbing stairs will thus be required. There will also be a moderate amount of walking involved in visiting sites and spending time on one's feet in museums, gardens, etc.

**3 Moderately Active.** These tours will change hotels at least 3 times and require more walking, sometimes over difficult or uneven terrain. Often includes walking tours of city centers. Even on these tours, most daily activities are not compulsory and there will be ample opportunity to rest.

#### DISCOVERING EAST ANGLIA **2**

Experience life in a country house hotel with popular guide Gavin Miller in the region where he grew up.  
JULY 17<sup>TH</sup> - 25<sup>TH</sup> 2020

#### MAGIC OF MEDIEVAL ENGLAND **2**

Medieval England comes to life as we stay in York and Nottingham and visit the annual Robin Hood Festival. A trip that will appeal to take your grandchildren on!  
JULY 31<sup>ST</sup> - AUGUST 8<sup>TH</sup> 2020



HEVER CASTLE

#### VICTORIA & THE CROWN **3**

Celebrate the life and legacy of Queen Victoria on this tour tracing her life from London, to the Isle of Wight and Windsor.  
AUGUST 26<sup>TH</sup> - SEPTEMBER 4<sup>TH</sup> 2020

#### THE PASSIONATE GARDENER **3**

Join garden blogger Michael B. Gordon on a tailored tour for the discriminating gardener and visit some of England's most famous gardens, public and private.  
SEPTEMBER 3<sup>RD</sup> - 12<sup>TH</sup> 2020

#### THE CHANNEL ISLANDS **3**

Stunning beaches, coastal castles and small rural hamlets make up this fascinating archipelago in the English Channel. Officially the sunniest place in Britain.  
SEPTEMBER 10<sup>TH</sup> - 19<sup>TH</sup> 2020

#### TREASURE HOUSES OF NORTHERN ENGLAND **3**

From Yorkshire to the Lake District, journey behind the usual tourist facade and explore the remarkable natural beauty of the north and its stately homes.  
SEPTEMBER 18<sup>TH</sup> - 27<sup>TH</sup> 2020

#### EXPLORING WESSEX **3**

From the chalk downlands of Sussex to the Jurassic coast of Dorset, we will explore the most beautiful landscapes, homes and castles in southwest England.  
SEPTEMBER 19<sup>TH</sup> - 29<sup>TH</sup> 2020

#### THE WEST COUNTRY **3**

Walk in the ancient land of myth and legend in the southwest peninsula of England and travel through its Celtic past in search of King Arthur.  
SEPTEMBER 24<sup>TH</sup> - OCTOBER 3<sup>RD</sup> 2020

#### KENT: THE GARDEN OF ENGLAND **3**

Away from London and into the rolling hills of Kent. Exploring southeast England, we enjoy brilliant and eclectic explorations from Dover to Dorking.  
OCTOBER 22<sup>ND</sup> - 31<sup>ST</sup> 2020

#### ALL THE WORLD'S A STAGE **2**

Join us for a Shakespearian-inspired tour of London, Oxford, and Stratford-upon-Avon.  
OCTOBER 29<sup>TH</sup> - NOVEMBER 7<sup>TH</sup> 2020

#### A DICKENSIAN FEAST **3**

Dickens' London & the world-famous Rochester Dickens Festival and meet his great-great-granddaughter.  
DECEMBER 2<sup>ND</sup> - 10<sup>TH</sup> 2020

### FRANCE

#### THE FESTIVAL OF ROSES **1**

A short getaway to a French Château for a visit to the Camon Festival of Roses! Want to stay longer? Join us for the Pilgrim's Way!  
MAY 14<sup>TH</sup> - 19<sup>TH</sup> 2020

#### GARDENS OF THE DORDOGNE **3**

Using Bordeaux and Sarlat-la-Canéda as our bases, we will explore the vineyards and gardens that flourish in this region of France.  
JUNE 4<sup>TH</sup> - 13<sup>TH</sup> 2020

#### FOOD & WINE OF BORDEAUX **1**

From our base in the city of Bordeaux, this one stop tour focuses on the delicious food & exquisite wines of this region.  
JUNE 26<sup>TH</sup> - JULY 4<sup>TH</sup> 2020

#### NORMANDY, BRITANNY, AND THE LOIRE **3**

From the rolling beaches of Normandy to the romantic beauty of chateau country; an ever-changing panorama unfolds through some of the loveliest regions of France.  
SEPTEMBER 3<sup>RD</sup> - 12<sup>TH</sup> 2020

#### FOOD & WINE OF THE LANGUEDOC **2**

With the Chateau de Camon as our base, explore, not only the history of the area, but also the wonderful food & wine of the region.  
SEPT. 23<sup>RD</sup> - OCTOBER 1<sup>ST</sup> 2020

### GREECE

#### A GREEK EASTER **3**

Celebrate the Easter Holiday with local Greek villagers in Tolo and explore the fascinating history of Greece.  
APRIL 17<sup>TH</sup> - 26<sup>TH</sup> 2020



CORFU TOWN

#### ANCIENT ISLANDS: CORFU **2**

Explore this Mediterranean island, once the home of the literary Durrell family. This is sure to be an unforgettable adventure!  
OCTOBER 8<sup>TH</sup> - 17<sup>TH</sup> 2020

#### ANCIENT ISLANDS: CRETE **2**

From Athens to Heraklion, explore the ancient Minoan civilization and search for the Minotaur at the Palace of Knossos.  
OCTOBER 15<sup>TH</sup> - 24<sup>TH</sup> 2020

TO LEARN MORE ABOUT THESE TRIPS: CALL: (866) 563-7077 • E-MAIL: [info@discovereuropeltd.com](mailto:info@discovereuropeltd.com)

VISIT OUR WEBSITE: [www.discovereuropeltd.com](http://www.discovereuropeltd.com)

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**ICELAND****ICELAND PANORAMA****3**

Enjoy summertime in Iceland on this journey of stunning natural beauty in the north, south, and west of the island.

JULY 5<sup>TH</sup> - 12<sup>TH</sup> 2020

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**IRELAND****ISLAND OF SAINTS & SCHOLARS****3**

From literary haunts to dramatic seascapes, explore the country that inspired Yeats, Joyce, Beckett, Heaney and so many others

APRIL 30<sup>TH</sup> - MAY 9<sup>TH</sup> 2020

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**ITALY****2****HIDDEN TREASURES OF SOUTHERN ITALY**

Explore the highlights of southern Italy from the stunning Amalfi Coast to the "heel" of the boot: Puglia. Trulli amazing (??)

APRIL 2<sup>ND</sup> - 11<sup>TH</sup> 2020

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**SORRENTO & THE AMALFI COAST****1**

From Mount Vesuvius to the azure grove of Capri, spend a week in the beautiful Amalfi Coast with host, Sandi Tinyk.

JUNE 7<sup>TH</sup> - 17<sup>TH</sup> 2020

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**THE ITALIAN LAKE DISTRICT****3**

This region is graced with shocking beauty, which unfolds against a backdrop of semi-tropical gardens, and palatial villas.

SEPTEMBER 18<sup>TH</sup> - 26<sup>TH</sup> 2020

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**THE ITALIAN KITCHEN****3**

Journey from farm to table in the Piedmont and Emilia Romagna regions. A gastronomic tour with samplings of the regions specialties.

OCTOBER 1<sup>ST</sup> - 10<sup>TH</sup> 2020

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**SICILY: ISLAND CROSSROADS****3**

A circular tour of this ancient island, known as the Crossroads of the Mediterranean.

Optional Malta extension.

OCTOBER 23<sup>RD</sup> - 31<sup>ST</sup> 2020

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**PORTUGAL****THE MAGIC OF MADEIRA****1**

Escape the winter and experience the "Island of Eternal Spring" at the magnificent Belmond Reid's Palace Hotel.

FEBRUARY 20<sup>TH</sup> - 28<sup>TH</sup> 2020

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**LUXURIOUS LISBON****1**

Experience this exciting city and the region through its mesmerizing fado, delicious seafood and soothing port.

FEBRUARY 27<sup>TH</sup> - MARCH 3<sup>RD</sup> 2020

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**A PORTUGUESE PANORAMA****3**

Take a panoramic tour of Portugal from Lisbon to Porto, and see the best that this small country has to offer.

SEPTEMBER 17<sup>TH</sup> - 26<sup>TH</sup> 2020

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**SCANDINAVIA****SCANDINAVIA****3**

Discover the best of Scandinavia with visits to Copenhagen, Oslo, and Stockholm.

SEPTEMBER 8<sup>TH</sup> - 18<sup>TH</sup> 2020

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**SCOTLAND****SKYE & THE HIGHLANDS****3**

The breathtaking landscapes and the dramatic legends will surely have you leaving your heart in the highlands.

JUNE 25<sup>TH</sup> - JULY 5<sup>TH</sup> 2020

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**BURNS' COUNTRY****3**

Join us for an exploration away from the crowds to this little corner of the Scottish lowlands that is Robbie Burns' Country.

AUGUST 30<sup>TH</sup> - SEPTEMBER 7<sup>TH</sup> 2020

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**JOURNEY TO THE NORTHERN ISLES****3**

Whether your interest is natural history or ancient worlds, the Orkney & Shetland islands are a must-see destination.

SEPTEMBER 3<sup>RD</sup> - 12<sup>TH</sup> 2020

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**SPAIN****THE CANARY ISLANDS****2**

Join us for a winter getaway and visit the two largest islands in this Spanish Archipelago - Gran Canaria & Tenerife.

MARCH 12<sup>TH</sup> - 19<sup>TH</sup> 2020

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**BARCELONA & MALLORCA****2**

Join us for an exploration of the Catalonian capital, Barcelona, and the island of Mallorca, the Jewel of the Mediterranean.

APRIL 3<sup>RD</sup> - 12<sup>TH</sup> 2020

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**THE PILGRIM'S WAY****3**

Trace the Way of St. James on the ancient pilgrimage route along the north coast of Spain from Bilbao to Santiago.

MAY 19<sup>TH</sup> - 28<sup>TH</sup> 2020

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**MADRID Y ANDALUCIA****3**

Journey south from Madrid to see the timeless landscapes surrounding the vibrant cities of Cordoba, Granada and Seville.

OCTOBER 22<sup>ND</sup> - 31<sup>ST</sup> 2020

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**THANKSGIVING IN MALLORCA****1**

An extended stay in Sóller, with day trips to Deia, Palma and Valldemossa. Enjoy Thanksgiving dinner Mallorcan style - and you don't have to do the dishes!

NOVEMBER 20<sup>TH</sup> - 28<sup>TH</sup> 2020

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**WALES****WALES & THE WELSH BORDERS****3**

Ancient market towns, mountain peaks, coastal villages and romantic ruins characterize this journey into the heart of ancient Wales, led by native Welsh tour guide Adrian Metcalfe.

SEPTEMBER 10<sup>TH</sup> - 19<sup>TH</sup> 2020

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EILEAN DONAN CASTLE

**MULTI-COUNTRY TOURS****TULIPS & CHOCOLATE****2****HOLLAND & BELGIUM**

Gardens & Gastronomy! From chocolate tasting in Belgium to admiring the tulips in full bloom in Holland, this tour will awaken the horticulturist and gourmet in all of us.

APRIL 10<sup>TH</sup> - 18<sup>TH</sup> 2020

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**VENICE TO LUCERNE****3****ITALY & SWITZERLAND**

Explore the alpine peaks and sparkling lakes of Italy and Switzerland. See the highlights, gardens, and historic sites of these regions.

MAY 7<sup>TH</sup> - 16<sup>TH</sup> 2020

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**A TALE OF THREE CITIES****3****ENGLAND & SCOTLAND**

Travel from Scotland to England on this journey to Edinburgh, York & London.

MAY 21<sup>ST</sup> - 31<sup>ST</sup> 2020

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**CORSICA & SARDINIA****3****FRANCE & ITALY**

Natural island beauty and rich history flourish in the Mediterranean climate of these two ancient and stunning islands.

SEPTEMBER 23<sup>RD</sup> - OCTOBER 2<sup>ND</sup> 2020

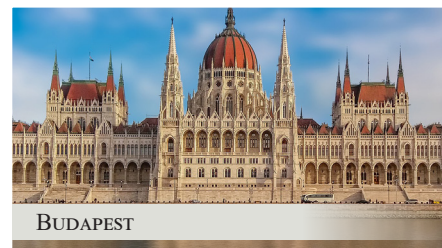
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**MEDITERRANEAN SHORES****3****FRANCE & SPAIN**

From Barcelona to Nice - azure waters, white sand beaches, mountain villages and boundless sunshine. See why so many artists made this region their home.

SEPTEMBER 26<sup>TH</sup> - OCTOBER 5<sup>TH</sup> 2020

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BUDAPEST

**JEWELS OF EASTERN EUROPE****3****HUNGARY, AUSTRIA & THE CZECH REPUBLIC**

Budapest, Vienna & Prague. Enjoy a mix of city time and excursions to sites of rural charm and beauty.

OCTOBER 1<sup>ST</sup> - 10<sup>TH</sup> 2020

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**CUSTOM TOURS**

In addition to those listed here, Discover Europe also runs tours that are custom-designed for a variety of organizations such as, Smith College, Tufts University, Vassar College and many others. Although these "sponsored" tours are not listed here, they are often available to non-members upon request.

Discover Europe can also organize private tours for groups of 2 to 20. Please contact us for details.

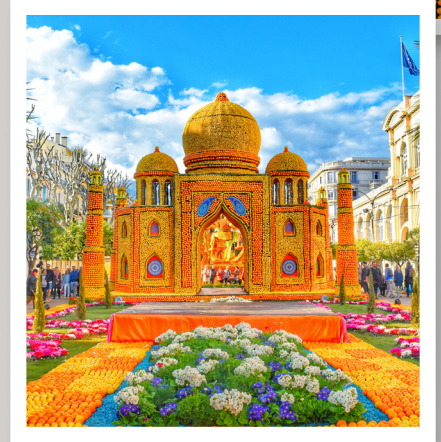
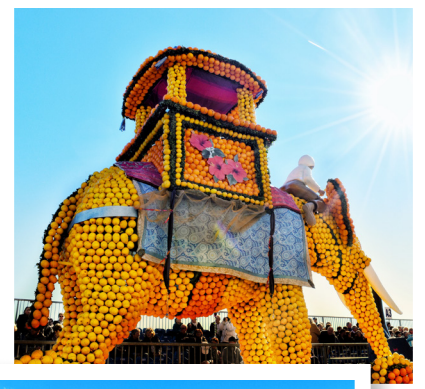
## MENTON LEMON FESTIVAL

Each February, the little town of Menton, located on the French Riviera, hosts a Lemon Festival. Less than an hour east of Nice, Menton is characterized by its beaches, gardens and dramatic mountain cliffs tumbling into the sparkling Mediterranean. The Lemon Festival is one of the largest and most colorful events on the south coast of France and is a wonderful start to the spring season.

The location of Menton is special because it's the last coastal town before you hit the Italian border, and it's protected from the cold winds by the surrounding mountains making it one of the warmest winter retreats in the South of France. With more than 300 days of sunshine per year, Menton is one of the only places in metropolitan France where lemons are grown. What better way to recognize their unique climate than to have a festival celebrating it!

During the festival, which is similar to a carnival celebration, this tiny town transforms into a colorful world dedicated to the citrus for which the town is known. It is filled with elaborate floats and creative wire-framed sculptures built from thousands of pieces of their prized fruit. Some of these figures can be over 30 feet tall and use as much as 15 tons of lemons. Stunning shades of orange and yellow are proudly paraded along the waterfront Promenade du Soleil accompanied by dancers, folk bands, fanfares and confetti.

With over 200,000 annual visitors and 140 tons of fruit used, this festival is sure to be one of the highlights of this beautiful French town. Interested in paying it a visit? Let us know and we might just be able to put a tour together for 2021!

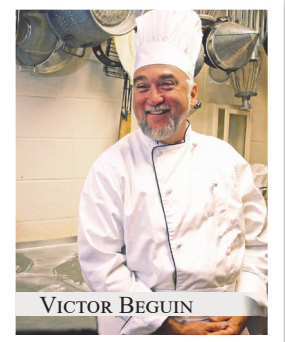


## MEET THE CHEFS!

If you love French food, or just love tasty, fresh, locally-sourced food, created by someone who is passionate about cooking it, then we invite you to join us for our **FOOD & WINE OF THE LANGUEDOC** tour, September 23<sup>RD</sup> - October 1<sup>ST</sup>, 2020! Guided by Discover Europe's own president, Michael Induni, and hosted by chef, Victor Beguin, we will explore this region through our tastebuds and our stomachs. Staying in the Chateau de Camon, we will be fortunate to dine on chef Tom's creations as well. These two chefs will tantalize us, feed us, explore with us, and pamper us as we dive into the cuisine of this region. Here are their brief biographies which should give you some inkling of their desire to share the gastronomic richness of this region!

### VICTOR BEGUIN

Born in Paris and raised in South Africa, with dual Swiss/American nationality, Victor has spent the last forty years as a chef in the United States. "The richness of cultural diversity and world cuisine led me to a career as a chef and organic food marketer. Surrounded by orchards, farms, gardens and the savannah, local and organic were simply the choices available." Among his many years of experience in food service, Victor has had his own cooking school, where he taught various techniques and dishes from around the world, been an executive chef at many restaurants and has spread his love of cuisine in many catering venues. His adoration of food is contagious, and he enjoys nothing more than feeding people with wholesome, international ingredients. His favorite food quote is: "The discovery of a new dish confers more happiness on humanity than the discovery of a new star." - *Jean Anthelme Brillat-Savarin*.



### TOM SLEIGHT

Tom comes from a family of innkeepers in Lancashire, England, so cooking is in his genes. Trained in French technique, he worked in many aspects of food service from institutions to restaurants in England, The Channel Islands, and Bermuda before coming to work at the Chateau de Camon for the past 13 years. His philosophy, when he was young, was to experience many different types of food organizations so as to learn all aspects and perspectives of the industry. He loves cooking with what he finds day to day in the Ariege region of France, so the menu changes with the season and it keeps him creative. His challenges are a very small kitchen and keeping his ideas fresh, as they have so many repeat customers - largely because his delicious degustation menu never tires. His favorite ingredients are fresh fish, local charcuterie, foie gras, fresh vegetables and great cuts of meat. In the off season, he and his wife Colleen travel all over Europe to participate in triathlons, marathons, and bike tours, and to let new culinary ideas seep in before the season begins again.

## FOOD TOURS

Food tourism has been booming in the last few years. At its core, it is all about participating in activities based on learning about, and consuming, the food and beverages for which a particular region is known. You could join a truffle hunt in the Piedmont, go mushrooming in the Pyrenees, or taste the wines in a small bio-dynamic vineyard. It has allowed small farms and "agriturismos" to open their doors to the public and participate in the tourism industry.

Even if you don't consider yourself a "foodie" or a wine connoisseur, both can certainly play a major role in choosing the destination you plan to visit - and the memories you leave with. Food has the distinct ability to create a lasting impression. Whether it's from eating a perfect meal, learning about the production of a specific delicacy, or from the conversations and friendships that are created over a shared meal, food has a way of creating bonds between people. We're proud to offer this selection of food-based tours to satisfy your appetite and leave you with wonderful memories of the places you have seen - and perhaps leave you with a few new friends as well.

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### FOOD & WINE OF BORDEAUX | JUNE 26<sup>TH</sup> - JULY 4<sup>TH</sup>, 2020

While Bordeaux may be known best for being France's largest wine producing region, it also has a vibrant food scene that deserves recognition as well. Our tour, staying in the heart of Bordeaux, has much to offer both the wine connoisseur and the novice alike. We will be able to unpack, uncork and explore from our first-class hotel for a week of food and wine themed visits.

You'll experience a mix of local wineries, a food walking tour, tasting and learning about the famed oysters of Arcachon, and much more! Join us this summer for a

journey through Bordeaux from its famous appellations, delicious foods, deep history and incredible scenery.



ST. EMILION



CHATEAU DE CAMON

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### FOOD & WINE OF THE LANGUEDOC | SEPT. 23<sup>RD</sup> - OCT. 1<sup>ST</sup>, 2020

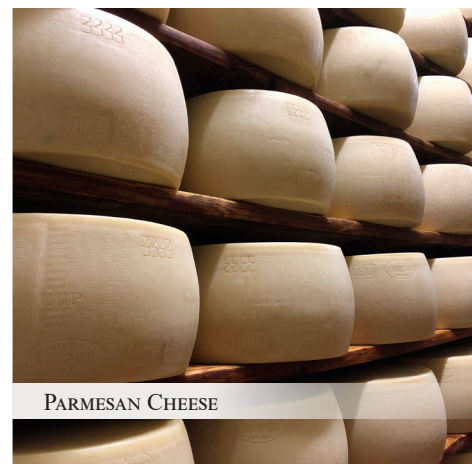
The village of Camon is set in the foothills of the Pyrenees, on a bend of the river Hers, in the Ariège region of southern France. Together with the neighboring departments of Aude and Pyrenees-Orientales, it forms an area commonly known as Cathar Country. With the Château de Camon as our base for a week, we will explore the gastronomy of the region under the expert tutelage of Chef Victor Beguin and be immersed in its history, from the ruins of Cathar castles to the medieval grandeur of Carcassonne, in the company of Discover Europe's president, Michael Induni. Visits to local wineries will also introduce the liquid heritage of the region.

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### THE ITALIAN KITCHEN | OCTOBER 1<sup>ST</sup> - 10<sup>TH</sup>, 2020

When you think of soul-satisfyingly good food, you think of Italy. Bowls of heaping semolina pasta as yellow as the sun. Seafood right off the hook, grilled and served to perfection. Vegetables plucked from the earth just moments before they grace your plate. Wine, ever flowing, rich and robust. Take a journey from farm to table in the Piedmont and Emilia-Romagna regions of Italy.

In a country where food is royalty, these regions are king. From the frenzy of white truffle season, to the majestic nebiolo grapes that are transformed into the Barolos and Barbarescos, to cheeses ripened to perfection, we will loosen our belt buckles and explore the gastronomic masterpieces as we soak in the history of culture of this famed region.



PARMESAN CHEESE



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# INTO THE HEART OF EUROPE

THE NEWSLETTER OF DISCOVER EUROPE LTD.

## THE FOOD ISSUE

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ITALIAN WINE COUNTRY

## SLOW FOOD IS LOCAL FOOD

In Europe, the slow food movement is alive and well - but did it ever go away to begin with? “Slow food”, a term used to emphasize that it is not “fast food,” means that the ingredients are locally grown and not mass produced and processed. In the U.S., we have become aware of the benefits to community, and our health, of eating locally sourced foods. We have more options now, with food co-ops, farm to table restaurants, CSAs, and community gardens to eat freshly grown food from the area where we live.

In Europe, this is the way it has always been done. Each country’s many regions specialize in different local foods, such as cheeses, meats, and vegetables that are produced in their unique, individual, small territories, giving them each their distinct characteristics. It is still customary in most rural communities to go to the market each day and shop for food for the day, instead of stocking up on pre-made, packaged foods from the supermarket.

These days, it is very easy to become a part of that process with the advent of Agritourism. This allows tourists to stay on or eat at the farm where the food is grown. To see where your food is coming from, help pick it (or milk it), learn the methods that bring food from the farm to the table, such as cheese, pasta, and wine making, allows you to more fully appreciate the tastes and flavors of your surroundings.

These agriturismos, as they are known, are currently located mainly in Italy, but are spreading to other parts of Europe. Knowing where your food is coming from, being involved in the process of making it, meeting the experts and farmers who harvest it, and staying where they stay, connects the visitor personally to the territory and culture that they are visiting.

And how good it tastes! In this “foodie” issue we are featuring 3 food trips that all explore local cuisine. We hope that your hunger is stimulated and that you join us for one of our culinary journeys!

