



HIGHLIGHTS

Mountains, sunshine, and breathtaking beauty.

Year-round festivals, art, theater and unsurpassed outdoor recreation are just part of the draw to the mountain town of Leavenworth.

Boasting over 300 days of sunshine a year – Leavenworth is centrally located in Washington and only a short drive or train ride from Seattle.

Suggested activities in Leavenworth:

- *Leavenworth Wine Walk and Tasting Rooms*
- *Horse-drawn carriage ride on the run of the river*
- *Summer Theater at Ski Hill for Sound of Music*
- *Solstice Spa for massage*
- *Viscounts for gelato and iced coffee*
- *Grotto at the Sleeping Lady for after-dinner theater*

Sleeping Lady's organic garden in spring.

Sleeping Lady Mountain Resort in Leavenworth is a great home base to experience all that the Wenatchee Valley bounty has to offer. This exclusive mountain resort offers gourmet meals created with the freshest local ingredients, many from Sleeping Lady's own two-acre organic garden. Create your own adventure to area farms and restaurants, or let Sleeping Lady take care of the reservations with one of their agritourism package tours.

This itinerary is based off the *Taste of the Valley* package tour.



DAY 1 Take a scenic drive to Leavenworth and check in at **Sleeping Lady Mountain Resort**.

Visit **Leavenworth Community Farmer's Market** in the afternoon for a large selection of local organic vegetables, natural grass fed meat, seasonal fruit and local dairy. Be sure to check out the handcrafted goods and energy tents. Dine at the market or give one of Leavenworth's finest a try -- **Good Mood Food** (local gourmet), **Munchen Haus** (German cuisine), or **South** (Mexican).

Wake up to breakfast at the newly remodeled Kingfisher Dining Lodge, which features gourmet meals created with the freshest local ingredients, many from Sleeping Lady's own two-acre organic garden. Meals are chef's choice and are served buffet style in Kingfisher's lodge-style setting which features exposed wood beams, river rock, and sweeping views of Icicle Canyon. European-style seating encourages interaction among guests. In the summer months, the terrace and the creek side meadow are available for outdoor seating.

Take the Heirloom Apple Butter cooking class at **Cashmere Cider Mill**. Samples, lunch and recipes are all included.

Tour the **Leavenworth National Fish Hatchery** after your apple butter cooking class. The hatchery is currently raising spring Chinook salmon and part of the year Coho salmon are reared in conjunction with the Yakama Nation. Enjoy such outdoor activities as viewing wildlife, walking on the Icicle Creek Nature Trail, environmental education activities and more.

Dinner at the Kingfisher Dining Lodge at Sleeping Lady.

FRESH SHEET:

Weather determines the availability of local products but Washington State farmers are always working hard to offer tasty products year-round. See what's fresh now:

Spring (April – May)

Asparagus, Bok Choi, Broccoli, Cabbage, Herbs, Young Garlic, Lettuce, Mushrooms, Nettles, Peas, Radishes, Rhubarb, Salad Greens, Spinach

Summer (June – August)

Apricots, Blackberries, Blueberries, Carrots, Celery, Chard, Cherries, Corn (Sweet), Cucumbers, Garlic, Gooseberries, Green Beans, Jerusalem Artichokes, Melons, Nectarines, Onions (Sweet), Peaches, Bell Peppers, Chile Peppers, Plums, Raspberries, Squash, Strawberries, Tomatoes

Fall (September-November)

Apples, Blackberries, Blueberries, Brussels Sprouts, Collards, Carrots, Celery, Corn (Sweet), Cranberries, Garlic, Garbanzos, Grapes, Kale, Lentils, Pears, Peppers, Potatoes, Pumpkins, Tomatoes, Winter Squash

Winter (December-March)

Apples, Beets, Carrots, Chard, Collards, Kale, Kohlrabi, Mushrooms, Onions, Parsnips, Pears, Potatoes, Turnips, Winter Squash

Exceptional Meat, Seafood, Dairy & Preserves are available year-round.

DAY 2 Breakfast at the Kingfisher. A common choice of options includes local foods from Zoe's Bacon (Seattle), Saags Sausages, eggs (Peshastin), millers (Peshastin), Wenatchee Valley fruit, Dave's Killer Bread (Seattle), Bison Bagel (Wenatchee) and mushrooms (Olympia).

Take a Cheese Making Class with **Alpine Lakes Sheep Cheese**. Cheese sampling and a recipe booklet are included.

The organic garden at Sleeping Lady offers visitors a unique place to stroll and enjoy two acres of certified organic fruits, vegetables, herbs and flowers. Join garden manager, Eron Drew for a tour and learn about environmentally friendly gardening techniques. In addition to using natural fertilizers, and regular crop rotation to improve the soil, the staff attracts beneficial insects to maintain the health and sustainability of the garden. The tour will include a stop in the greenhouse that extends the growing season providing the Sleeping Lady culinary team with fresh produce and herbs throughout the year.

Dinner at the Kingfisher Dining Lodge at Sleeping Lady.



Guests learn about making homemade cheese right on the farm where the goats live at Alpine Lakes Cheese.

DAY 3 Breakfast at the Kingfisher Dining Lodge. Take a drive around the valley before your drive home.

TIPS:

Tips for Bringing Your Bounty Home:

Cool It - If possible, bring a cooler for fragile produce. Gel packs, block ice and bagged ice can help keep your produce, meat and dairy products cool or frozen while you travel. Not tomatoes however – they lose flavor when chilled!

Buy Produce Last - If you plan on sightseeing and making additional stops while visiting the Valley, buy perishable items last. Also, buy the most fragile produce such as ripe tomatoes, cherries, or apricots last.

Tips for visiting farms:

- Wear closed-toe shoes and clothes that you don't mind getting dirty
- In the summer, go in the morning when it's cooler
- Remember sunscreen, a hat and water
- Use hand sanitizer after each farm visit, so that you can eat each harvest along the way



Chef Ken MacDonald of Sleeping Lady prepares an evening meal using only the best in local ingredients.

End Note: This itinerary was created based on a culinary / agritourism workshop conducted by Washington State Tourism and Washington State Department of Agriculture with feedback from various destination marketing and agriculture organizations. We apologize if there are any minor inaccuracies. Dates and hours may vary, so we suggest you confirm dates and hours in advance of traveling. Wishing you happy and safe travels.

FESTIVALS & EVENTS:

Ale Fest (April)

www.leavenworthalefest.com

Maifest (May)

www.leavenworth.org

The Great Leavenworth Wine and Food Festival (June)

www.columbiacascadewines.com

Leavenworth Wine Walk (June)

www.visitwashingtonfarms.com

Bavarian Bike & Brews (June)

www.dasradhaus.com

Leavenworth Wine Tasting Festival (August)

www.leavenworth.org

Wenatchee River Salmon Festival (September)

www.salmonfest.org

MORE INFORMATION:

Washington State Tourism

www.experiencewa.com

Cascade Loop Scenic Highway

PO Box 3245, Wenatchee

(509) 662-3888

www.cascadeloop.com

info@cascadeloop.com

Leavenworth Chamber of Commerce

940 Highway 2, Leavenworth

(509) 548-5807

www.leavenworth.org

Sleeping Lady Mountain Resort

7375 Icicle Road, Leavenworth

(509) 548-6344 or 800-574-2123

www.sleepinglady.com

Leavenworth Farmer's Market

Lions Club Park, Leavenworth

www.leavenworthfarmersmarket.org

Open daily, 4pm – 8pm, starting June 3

Good Mood Food

285 Highway 2, Leavenworth

(509) 423-7788

www.goodmoodfoodcafe.com

Munchen Haus

709 Front Street, Leavenworth

(509) 548-1158

www.munchenhaus.com

South

913 Front Street, Leavenworth

(509) 888-4328

www.southleavenworth.com

Cashmere Cider Mill

5420 Woodring Canyon Rd, Cashmere

(866) 459-9614

www.washingtonapplecountry.com

Leavenworth National Fish Hatchery

12790 Fish Hatchery Road, Leavenworth

(509) 548-3094

www.fws.gov/Leavenworth

Open daily

Alpine Lakes Sheep Cheese

PO Box 122, Leavenworth

(509) 548-5786

www.alpinelakescheese.com



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