

# Two treats for travelling foodies on Vancouver Island

## Seaweed Lady

Diane Bernard of Outer Coast Seaweeds is known locally on Vancouver Island as the "Seaweed Lady."

Bernard provides area resorts, restaurants and spas with her hand-harvested seaweed and seaweed body-care products. From May to September, visitors can don rubber boots and join Bernard at Whiffen Spit, 45 minutes west of Victoria, to explore the ocean garden and experience first-hand the inner and outer benefits of seaweed — the most nutritional plant in the world.

The Wild Seaweed Tour is two hours and is offered to groups of four to 25 people. The Wild Seaweed Culinary Tour is four hours and is offered to groups of minimum 15 people and includes lunch at Sooke Harbour House. Custom tours for large groups are also available.

Bernard's body care products were recently branded as Seaflora and received new, sophisticated packaging for use in select hotels and spas. Visitors can follow up their seaweed tour with a seaweed spa treatment at a Victoria-area spa at their leisure.

For more information visit [www.outercoast-](http://www.outercoast-seaweeds.com)

## Culinary boot camp

[seaweeds.com](http://seaweeds.com).

From May 13 to 18, chef and farmer Mara Jernigan will offer a culinary boot camp at Fairburn Farm Culinary Retreat & Guesthouse, located in the Cowichan Valley 45 minutes north of Victoria.

The vice-president of Slow Food Canada, Jernigan operates a bed and breakfast and offers seasonal culinary programs including farm-to-table cooking classes and Italian-style Sunday lunches on the picturesque working farm owned by Darrel and Anthea Archer.

The week-long boot camp will feature a variety of instruction and activities, sending participants home armed with recipes and hands-on experience. Fairburn Farm is raising the only purebred herd of European river water buffalo in North America and with the help of a local Vancouver Island cheesemaker is making fresh mozzarella di bufala.

Visitors can sample water buffalo meat and milk products at Fairburn Farm Culinary Retreat & Guesthouse. Another culinary boot camp is also planned for September 2008. For more information visit [www.fairburnfarm.bc.ca](http://www.fairburnfarm.bc.ca).

*Tourism Victoria*



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