

October 9, 2009
FOR IMMEDIATE RELEASE
MR09-038

New Cookbook Inspires and Supports Culinary Arts

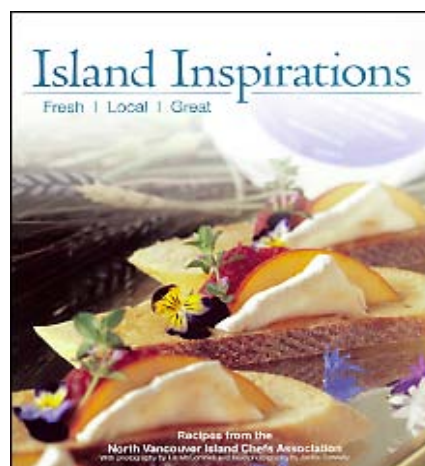
From beekeepers to herb growers to bison farmers, the *Island Inspirations: Fresh, Local, Great* cookbook introduces the people who make, grow and farm the foods that nourish a healthy island lifestyle.

In *Island Inspirations: Fresh, Local, Great*, the chefs and cooks of the North Vancouver Island Chefs Association share recipes which are easy to follow and delicious to eat. They provide the public with regional resources, plus the funds raised by the sale of the cookbook will benefit North Island College Culinary Arts students by providing financial assistance in the form of bursaries.

"Originally we were planning a 30th anniversary cookbook for the Association," says Chris Hansen, Chef Instructor with North Island College's Culinary Arts program and Director of Education for Canadian Culinary Federation North Vancouver Island. "After discussing the book's potential and our market audience, we decided to design more of a resource book -- something that would interest locals and visitors alike. In addition to the recipes, we've combined farm profiles, location maps and Comox Valley's agricultural history with profiles of Chef, Culinary Arts students and apprentices.

The North Island region offers a plentiful array of fresh foods, and in addition to great recipes provided by members of the association, *Island Inspirations: Fresh, Local, Great* contains a history of food production in the area, a guide to local growers, and resources to help people eat healthy, regional fare. Plus, the book provides information on local farms, wineries, and more.

According to Hansen, the timing for such a book couldn't be better. "The Culinary scene in this region is really starting to take hold," says Hansen. "It's no secret to the



Island Inspirations provides great recipes and an invaluable resource to local fare.

Chefs in the North Island that this region provides a great abundance and variety of fantastic foods. There is growing public interest in knowing where food comes from, both from a health standpoint and to support local farmers, growers and producers.” *Island Inspirations: Fresh, Local, Great* provides a valuable directory of where to find great, local food.

“There are very promising times ahead for Culinary Tourism in the North Island,” Hansen adds. “We feel this book will be a “must have” companion for your trips to the Farmers Market and into the kitchen at home.”

Island Inspirations: Fresh, Local, Great can be purchased at all North Island College bookstores, as well as at Beyond the Kitchen Door, Locals Restaurant, the Kingfisher Resort, and Salsbury House B&B. Bon appétit!

- 30 -

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