

# savour spots

## THE MARKET AT SPIRIT RIDGE

By Roslyne Buchanan

A welcoming oasis in the desert, this enchanting deli/coffee shop will delight and refresh weary wanderers and Spirit Ridge guests alike. Here in the cafe bistro, owned by Paul LaGrange, you will find many fine foods from the kitchen of his acclaimed Passa Tempo restaurant. Consistent with the philosophy at Passa Tempo, there is a focus on regional and seasonal cuisine drawing on the freshest ingredients from local farmers and producers. Enjoy baked goods, preserves, quiche of the day, noodles, pizza, cheese and crackers, meats, deli sandwiches, specialty coffees and teas, beer, wine and coolers in this relaxed setting or pack up a meal for your room, a picnic or home.

The Market also offers gourmet specialties that capitalize on Okanagan bounty such as delicate jars of Gold Tomato Puree, Chutney, Antipasto, Mulled Plum Jam, and Hot Sauce as well as an array of The Vinegar Works dressings and marinades. If your travels

have you craving a simple bag of chips, candy bar or pop, you'll find a good selection of that, too.

1200 Rancher Creek Road, Osoyoos  
Summer hours:

7am – 10pm daily

250.495.4660

[www.spiritridge.ca](http://www.spiritridge.ca)



## THE BENCH ARTISAN FOOD MARKET

By Roslyne Buchanan

The Bench, owned by passionate foodie sisters Dawn Lennie and Debbie Halliday, is a Mecca whether you're in Penticton or touring the fabulous Naramata Bench wineries.

The mantra instilled in all staff is friendly service of fresh local, healthy and sustainable selections with menu items made from scratch on site. Chef Stewart Glynes, who joined the team in January from Vancouver, fully embraces this approach and the first bite of the creations from the kitchen confirms it. A wise choice for a light breakfast, coffee or gourmet lunch, the Bench also offers take-home dinners, gift baskets and catering. Choose from home-made granola, yogurt, scones, soups, salads, artisan pastas and sauces, appetizers such as salad rolls, crab cakes, meatballs and vegetable tarts, panini and other gourmet sandwiches, pizza, shepherd's pie, enchiladas and desserts. The store stocks an extensive selection of organic grains, lentils, beans, spices and baking ingredients and locally produced items such as Poplar Grove cheeses and Naramustard. Summerland's organic Backyard Beans coffees are favoured in the Bench's barista bar. Whether you settle into the cozy bistro, nab a patio seat or grab food to go, the Bench will keep your seat warm until you return. And, you will.

368 Vancouver Avenue, Penticton

Monday to Saturday, 9am - 5pm, Sunday, 9am - 4pm

250.492.2222

[www.thebenchmarket.com](http://www.thebenchmarket.com)

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# savour its GO GELATO!

*Happily, you don't  
need to travel to  
Italy to get it.*

By Roslyne Buchanan

**h**ere in wine country you can choose from a number of artisan gelaterias. The toughest decision is which flavour, so why limit yourself? Gelato contains less butterfat than traditional ice cream, so select several heavenly blends. The gelato and sorbetto makers listed share great pride in sourcing the finest ingredients and when possible, from Okanagan orchards, farms, vineyards and producers.

## OSOYOOS GELATO

Robert Klei celebrated the fifth season of his successful gelato business in a new location. While fans pursued this delicacy in the old site, this Main Street space near the beach offers better access for resort traffic. You can also find Osoyoos Gelato at some restaurants and artisan markets. Flavours rotate seasonally from a veteran repertoire of 60 with 24 presented at a time. Robert's science background assists in his formulation of base mixes, while 15 years at the flourishing Calgary Flower Cottage, which he owned with wife, Gwen, before moving to the Okanagan in 1999, aids in artistic flair and customer care. Evident in creations such as blackberry merlot is Robert's six years working at Tinhorn Creek Vineyards.

Watermark Beach Resort  
227 - 15 Park Place,  
Osoyoos  
Summer, 11:00 - 9:00 daily  
250.495.5425(LICK)  
[www.osoyoosgelato.com](http://www.osoyoosgelato.com)

*Robert Klei scoops a  
Gelato cone.*



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Photo: R. BUCHANAN

*Gelato heaven in a converted church.*



Photo: R. BUCHANAN

## MEDICI'S GELATERIA

While many of Oliver's attractions pulse along Highway 97, take a turn at 350 Avenue to discover your inner child and a European flair a few blocks up at Medici's. Silvia Badger grew up in Europe with a deep appreciation for the finest gelato, so after 18 years at the Oliver Chronicle, she and husband, David, designed a unique coffee shop and trained with an Italian mentor in Vancouver to make gelato and sorbetto in house. Medici's, which opened May 2010, is already a local favourite with regulars eagerly sampling a variety of Italian-tagged tastes such as panna cotta, tiramisu, caffè, nocciola (hazelnut), vaniglia (vanilla), and limone (lemon).

9932 350 Avenue, Oliver

Monday to Saturday, 8 am - 6 pm; Sunday, 10 am - 6 pm (To be extended summer)

250.498.2228

[www.medicisgelateria.ca](http://www.medicisgelateria.ca)



Photo: R. BUCHANAN

## ANNAGRET'S CHOCOLATES

Renowned for crafting supreme European-style chocolates in the Okanagan for eight years and previously on Vancouver Island for 15, Annagret's presents hand-made gelato from April to October. With husband Robert overseeing the bustling storefront, Annagret Jung takes sublime pleasure in crafting her array of gelato, certified and organic, made from real milk with as many local fruits and products as accessible. When she has to go afield for certain components, she ensures that no artificial preservatives are used and selects only the best products. For example, the hazelnut paste comes from Italy.

Town Centre Mall

19, 565 Bernard Avenue, Kelowna

Monday to Saturday, 10 am - 5:30 pm

250.712.2229

[www.towncentremall.com/annagrets.html](http://www.towncentremall.com/annagrets.html)

*Annagret Jung creates chocolate Gelato.*



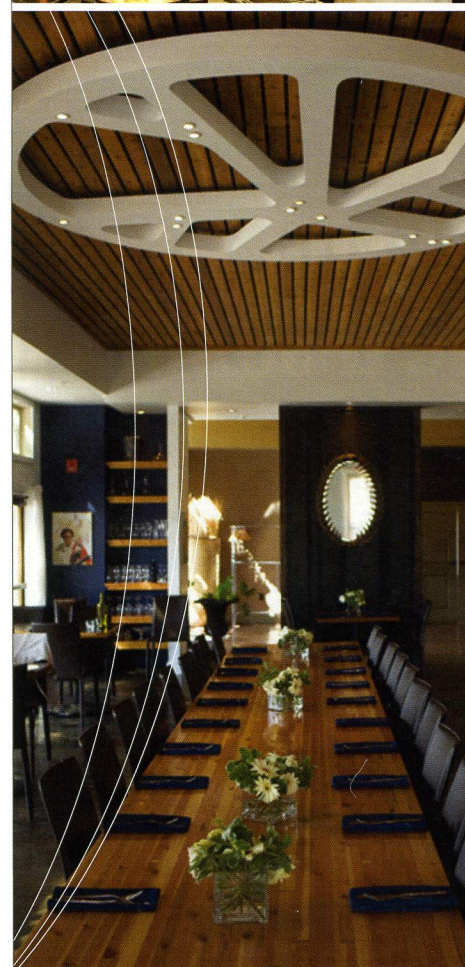
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Osoyoos, BC