



***With our hundreds of acres of apple orchards,
you won't have to worry about trips to the doctor!***

Nova Scotia is quite possibly one of the first areas to grow and harvest apples in North American Samuel de Champlain planted the first know apple tree in North American in the 1600's so that his social club, the Order of Good Cheer, could have apple wine to celebrate with! Since then, our Annapolis Valley grown apples have been shipped all over the world, thanks to farm co-operatives like Scotian Gold!

Take a tour around a family-run farm and pick your own apples at one of dozens of U-Picks. Visit a winery where they are using apples to create delicious dessert wines. Even the local cheesefarm is using the fruits of the land! Celebrate both the start of the season and the harvest by sampling the various apple treats found on many menus throughout the province ... piping hot apple pie, apple crisp, baked apples, apple muffins, apple tarts, apple rhubarb cake, apples sauce, apple wine mmmm, the options are endless!

A Most Delicious Destination. The Annapolis Valley area is rich in agriculture ... so no great surprise that it is a fabulous destination for experiencing a 'taste of Nova Scotia' ... from the slow food movement at **The Port** in Port Williams to the sensational temptations at **The Tempest Restaurant** to picking your own lobster to dine on at the **Hall's Harbour Lobster Pound** to handpicking the tastiest Honeycrisp apple at **Stirling Fruit Farms** ... the options are endless! Add to that a wine and chocolate tasting at **Gaspereau Vineyard** or Stutz Hard Apple Cider & Foxhill Cheese on the pergola at **Domain de Grand Pre** our 8 wineries have garnered international acclaim for their efforts and passion!



The slow food movement has always existed in Nova Scotia... the rest of the world is now catching up! Experience Nova Scotia's first "gastropub", The Port Pub in Port Williams. This new cooperative pub has over 40 community shareholders whose goal is to provide a menu that features items that are found within a 5 kilometer radius of its location ... an easy feat when you have products such as cheese and grass-fed beef in your neighbours back yard!

Lobsterpalooza is the first and only 'festival' in Nova Scotia! Offering over 200 kilometres of seafood and seafaring traditions presented during 35 days of springtime feasts and fun. The 2008 Lobster Palooza Festival will highlight activities based in our spectacular nature, our rich culture and our talented people. While Lobsterpalooza runs from May 25th - June 30th at multiple sites along the Cabot Trail, seafood related events begin with the start of lobster fishing season and continue well into the fall. And lobsters are not all we have to offer - mussels, clams, crab, oysters - our coastal communities have it all. Visit the Cabot Trail for a feast for your senses!

Nova Scotia is quickly becoming a recognized destination for food and beverage experiences. Taste of Nova Scotia is a unique, province-wide, marketing program, whose members are committed to offering the very best culinary experience Nova Scotia has to offer. Whether you are looking for a restaurant, agriculture, fishery or specialty product, beer, wine or whiskey scotch, Taste of Nova Scotia is your destination for quality local food experiences.



Nova Scotia is the largest processor of wild blueberries in the world. And we are the second largest producer on earth! As Nova Scotia's provincial berry the wild blueberry is also renowned for its health benefits having the highest levels of antioxidants of all fruits and vegetables. Our provincial berry is celebrated annually during Wild Blueberry Harvest Festival in August. Or check out the Wild Blueberry & Maple Centre in Oxford, which shows off our natural resources with interactive displays and interpretative guides. High-bush blueberries are grown in the Annapolis Valley and are the featured item everyday on the menu at "Between the Bushes" restaurant in Centreville.

We've got Canada's largest candy and chocolate shop! The Candy Shop is located in Port Hastings—

"FREE" Things To Do

- * Watch the tidal bore come in and experience the highest tides in the world
- * Comb our beaches for sanddollars, clam shells, periwinkles and more!
- * Pick your own apples ... Cortlands, MacIntosh, Honeycrisp, Jonagold ...
- * Climb the rocks at Peggy's Cove to the only post office in Canada operating in a lighthouse!
- * Join in a family square dance in Glencoe Mills!
- * Provincial parks throughout the province offer free access to hiking trails, picnic sites and beaches.
- * Access lighthouses like Cape d'Or near Advocate Harbour, Cape Forchu in Yarmouth or Peggy's Cove with the only post office in a lighthouse!