

Forage and Fire

On Fogo Island, Newfoundland

FOR IMMEDIATE RELEASE:

Fogo Island, NL., Thursday, July 26, 2018—*Fogo* is the Portuguese word for fire. This Labour Day weekend, the last weekend of summer for many, guests of Fogo Island Inn will unearth Fogo Island's more elemental attractions with the Inn's guest cultural food enthusiast and forager, Lori McCarthy. Earth, water, air, and fire all conspire for Fogo Island Inn's upcoming **Forage and Fire Weekend** program, beginning on Friday, August 31 and running through to Monday, September 3, 2018.

Lori McCarthy spent her Newfoundland childhood watching her mother make bread and preserve the season's harvest for the winter. Memories of beach boil-ups, fishing, game hunting, and long berry-picking days every fall shaped her heart and her business, Cod Sounds. According to Lori, "Sharing our food, foodways, and traditions will give a sense of who we are as a people and how we persevered here as settlers on this Island. Here in Newfoundland and Labrador, food has been much more than just something that we eat; it is that which sustains a way of life. Our traditions of food gathering and preparation have deeply connected us to the land and sea for centuries." [National Geographic](#) calls Lori a "hidden gem," and [Coastal Living](#) describes the experience as "one of the 8 great excursions in North America."

Guests reveling in the **Forage and Fire** program will find themselves making deep connections with land, sea, and the people of Fogo Island who have lived entangled with both for centuries. Diving deep into the natural and cultural traditions of coastal Newfoundland, guests will explore the life forms of the North Atlantic splash zone that encircles the Island as they discover sights and sensations previously unfathomed- a sea snail crossing their palm, an urchin crawling across the ocean floor.

Mornings will be spent searching for shoreline wonders like the miraculous oyster leaf plant and other wild edibles. Dinner (lunch time) brings a traditional outdoor seafood boil-up cooked over an open flame, a custom enjoyed by Fogo Islanders for generations and still widely practiced today. Finally, before an afternoon of more foraging on Brimstone Head—one of the four corners of the Earth—guests will be introduced to the glorious lunacy of the Flat Earth Society at the museum dedicated to exploring this group and questions of art, knowledge, and reality. Each evening will close with a supper prepared by the Inn's Executive Chef Jonathan Gushue, followed by sunset-tracking on the rocks or on the Inn's roof, and tapering off into film screenings in the in-house cinema.

To learn more about the bounty of Fogo Island during Summer and Berry Seasons and the traditions that have shaped its foodways, its people, and sparked the imaginations of chefs from around the world, contact Reservations at reservations@fogoislandinn.ca, toll-free in North America at 1-855-268-9277, or direct at 709-658-3444.

ABOUT FOGO ISLAND INN

Travel + Leisure (T+L) readers recently voted Fogo Island Inn *Best Resort Hotel, Canada*, in 2018 for the second consecutive year. Fogo Island Inn made the Condé Nast Traveler's Gold List 2016 and 2017—the editors' choice list spanning six continents and 47 countries. This recognition from the US magazine comes on the heels of a place on the 2015 Gold List of its British sister publication, Condé Nast Traveller. Fogo Island Inn sits on an Island, off an Island, at one of the four corners of the Earth. Every one of the Inn's 29 guest suites has dramatic floor-to-ceiling windows that open onto the wildest and most powerful ocean on the planet, located less than 100 feet from an organic natural-fibre dream bed. Most suites have a wood-burning fireplace stove; all are furnished with quiet luxuries and handmade furniture and quilts—a stimulating relief from the numbing uniformity of modern times. Built on the principles of sustainability and respect for nature and culture, the award-winning Inn was designed by architect Todd Saunders. The Inn is a community asset and all surpluses from the operation are reinvested in the community to help secure long-lasting resilience for Fogo Island, Newfoundland.

More information on Fogo Island Inn can be found [here](#).

ACCESS TO FOGO ISLAND, NEWFOUNDLAND, CANADA

Gander, Newfoundland is the international gateway to Fogo Island. Commercial flights from Toronto with connections in St. John's or Halifax can bring travellers to Gander in just over four hours. The Inn offers a land-and-ferry pick-up and return service to Gander. Travel from Gander to Fogo Island takes two hours by car or

around 30 minutes by charter plane or helicopter. All transfer logistics and accommodations can be arranged by the Inn's reservations team at: **855-268-9277** or reservations@fogoislandinn.ca.

More information on Fogo Island Inn can be found [here](#) or by calling **1-855-268-9277** (toll free) or direct at **709-658-3444**.

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