

## A Fogo Island Forage: Edible Excursions on Seasonal Edges

### FOR IMMEDIATE RELEASE:

**Fogo Island, NL., 11 April 2019**—Fogo Island Inn welcomes guest artist and forager Felicity Roberts and cultural food enthusiast and forager Lori McCarthy of Newfoundland's Cod Sounds for two unforgettable adventures on the hard edges of Fogo Island's growing season. Felicity Roberts and Lori McCarthy present the **Salt of the Earth** program on May 3 - 5, 2019, and McCarthy returns with Cod Sounds' **Forage and Fire** itinerary on November 29 – December 1, 2019.

Fishing and foraging have sustained Fogo Islanders for generations; in the context of this rugged subarctic landscape, every possible source of food was skillfully harvested and put to good use. Foraging in high summer and early fall requires only a working set of eyes and hands to spot and gather the Island's abundance of edibles. But spring and late autumn offer their own bounty, albeit necessitating a deeper exercise in attention and creativity, steeped in local tradition.

During both weekends in early May and late November, guests of Fogo Island Inn will embark on morning expeditions to forage from land and sea, and devote their afternoons to workshops transforming the wild harvest into foods, dyes, and more. As the sun sets, Executive Chef Jonathan Gushue will work his culinary magic on the foraged finds while guests retreat to the warm hospitality and comforts of Fogo Island Inn in anticipation of reaping the rewards of the day's activities.

### **Salt of the Earth (2-night stay: May 3-5, 2019)**

There are seven seasons in a Fogo Island year, with the first weekend of May falling mid-Spring Season. Crisp and cool, the days are growing longer and sunlight glints on thawing ponds. Passionate Newfoundlanders Lori McCarthy and Felicity Roberts will guide guests on a physical, sensory exploration of this seemingly dormant landscape, revealing a wonder of tastes, colours, and scents... Frilly black lichen on a boulder; undulating seaweed crashing on the shore; thick leathery leaves of Labrador Tea. Felicity

and Lori will teach guests how to identify plants, seaweeds, and fungi while sharing folklore and traditional uses along the way.

The **Salt of the Earth** two-night itinerary at Fogo Island Inn includes all meals, an Island Orientation with a Community Host, full use of the Inn's facilities, exclusive guided hiking and foraging excursions with Felicity Roberts and Lori McCarthy, and dye making and herbal salt crafting workshops.

### **Forage and Fire (2-night stay: November 29–December 1, 2019)**

With winter's frost on the horizon, and gales blowing in off the Atlantic, Late Fall finds Fogo Islanders busy gathering and stacking firewood, and bottling and canning berries and other preserves. Visitors might linger by the fire wrapped in a quilt, or venture out hiking, alert for seabirds and caribou. Lori McCarthy returns to Fogo Island Inn for a Late Fall weekend of reviving old cooking customs and preservation skills. Guests will scour the landscape for the year's last edible treasures under Lori's expert guidance, learn traditional preservation techniques, and explore aspects of Fogo Island that few visitors get to see.

The **Forage and Fire** two-night itinerary at Fogo Island Inn includes all meals, an Island Orientation with a Community Host, full use of the Inn's facilities, guided hiking, foraging excursions, and a shoreline adventure including seaweed harvesting, tastings, and a workshop.

To secure a **Salt of the Earth** or **Forage and Fire** stay at Fogo Island Inn, call International Reservations at **+1 709 658 3444**, US & Canada Reservations at **+1 855 268 9277**, or email [reservations@fogoislandinn.ca](mailto:reservations@fogoislandinn.ca)

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### **ABOUT LORI MCCARTHY**

Lori McCarthy, founder of the culinary excursion company Cod Sounds, is a forager and woodswoman extraordinaire. She is dedicated to the cultural foods of Newfoundland and Labrador through Cod Sounds and the Livyers Cultural Alliance. Her core values embrace locally sourced regional cuisine and wild foods from the land and sea; this is reflected in her food experiences and workshops. Lori has been listed as a hidden gem in National Geographic and her tours have been written up in Costal Living as one of the 8 great excursions in North America.

*"I introduce people to a way of life that is not yet lost here in Newfoundland and Labrador where the sharing of skills, knowledge and food will see us into our future. Let's embrace old techniques, rediscover*

*lost traditions and create new ones along the way. It's how we can keep the cultural food of this province on our plates for generations to come." -Lori McCarthy*

## **ABOUT FELICITY ROBERTS**

Felicity Roberts is an artist, writer, and lichen enthusiast working with natural pigments to create dyes, and a certified herbalist. She is also a regular contributor to The Overcast, a multi-award-winning print and online media outlet based in St. John's, Newfoundland.

*"Around the world, lichens have been used as food, medicine, dye, and even to distil alcohol when grain is scarce. Newfoundland's lichens range from arctic species to some found in the Peruvian cloud forest. They produce beautiful dyes in an astonishing variety of colours, including shocking jewel tones of fuchsia, plum and ruby." -Felicity Roberts*

<https://www.cbc.ca/news/canada/newfoundland-labrador/nl-is-rediscovering-its-lichens-1.4578392>>

## **ABOUT FOGO ISLAND INN**

The beneficial owner of Fogo Island Inn is the community of Fogo Island. The Inn is a community asset and all surpluses are reinvested in the community to help secure long-lasting resilience. More information on Fogo Island Inn can be found [here](#). Fogo Island Inn has achieved international recognition for its place specific, embodied form of hospitality. The Inn has made Elite Traveler's list of the Top 100 Hotels in the World for 2018 and 2019. Travel + Leisure (T+L) readers also voted Fogo Island Inn Top Resort Hotel, Canada in 2018 for the second consecutive year. Fogo Island Inn was named Top Hotel in Canada by Condé Nast Traveler readers in both 2017 and 2018. Hideaway Report members picked the Inn as 2018's Most Culturally Connected Hotel, on the heels of its selection as one of Andrew Harper's Top 20 Hideaways in the World for 2017. The Inn has an Economic Nutrition certification mark that shows how a purchase of a room night impacts the local and global economy by detailing where the money is distributed. More information on the Inn's Economic Nutrition certification 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](mailto: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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