



PACIFIC PALATE

FOOD ARTISANS
OF

VANCOUVER ISLAND AND THE GULF ISLANDS



REVISED AND UPDATED

DON GENOVA

FOREWORD BY MARGARET GALLAGHER



Pacific Palate

Rodrigues Ottolengui



Pacific Palate:

Pacific Palate Don Genova, 2025-04-22 Pacific Palate is the expanded and updated edition of the ultimate guide to sourcing local artisanal gourmet food products on Vancouver Island and the Gulf Islands. In this expanded and updated edition, well-known food writer Don Genova presents the best food producers of Vancouver Island and the Gulf Islands, introducing readers to the many talented and passionate people and companies throughout the region, all working to promote a growing food culture. Meet the local food artisans and learn about their history, discover favourite offerings, and get a sense of how well you can eat if you buy local. Organized into six regions: Comox Valley, Cowichan Valley, Mid Island, Greater Victoria, Saanich Peninsula, and the Gulf Islands, the book provides complete sourcing information and the stories behind some of the best produce, dairy, chocolate, honey, sauces, meats, seafoods, baked goods, and beverages to be found on the islands. The book also includes Saturday Sojourns tips for spending a toothsome and memorable day in each region. Open the door to the islands' food network and discover high-quality food products made with love and care right here. With over 160 profiles, an intro to the language and labelling around local food, and six detailed maps to set you on the path, Pacific Palate is your guide to the best of the islands' edible abundance.

Pacific Palate Alaina De Havilland, 1998. Offering nearly 175 recipes that reflect the many cultures of the Pacific Islands, this adventurous cookbook features low-fat, beautiful food emphasizing vegetables, fish, seafood, poultry, and pasta.

The Pacific Dental Gazette, 1904 **Pacific Medico-dental Gazette**, 1914
Nurses' Journal of the Pacific Coast, 1911 **Pacific Coast Journal of Homoeopathy**, 1915 **The Pacific Coast Journal of Homeopathy**, 1915 **Principles of Anatomy and Physiology, 4th Asia-Pacific Edition** Gerard J. Tortora, Bryan H. Derrickson, Brendan Burkett, Julie Cooke, Flavia DiPietro, Tara Diversi, Danielle Dye, Alexander Engel, Hayley Green, Michael Macartney, Mark McKean, Gregory Peoples, Simon Summers, 2025-10-10 **Pacific Pinot Noir** John Winthrop Haeger, 2008-11-17. Praise for North American Pinot Noir: Every religion needs its scripture. Now pinot noir worshipers have theirs. Carol Emert, San Francisco Chronicle. A great resource. Exciting thought-provoking reading. Tara Q Thomas, Wine Spirits magazine. **Pacific Medical and Surgical Journal**, 1916 Transactions of the Panama Pacific Dental Congress, 1915 *Occidental Medical Times, Combining the Pacific Record of Medicine and Surgery and the Occidental Medical Times* Occidental Medical Times, 1903 **Transactions of the Panama Pacific Dental Congress** Rodrigues Ottolengui, 1915 Transactions of the Panama Pacific Dental Congress Held at San Francisco, Cal., U.S.A. August 30 to September 9, 1915 Rodrigues Ottolengui, 1915 Pacific Stomatological Gazette, 1896 **Pacific Health Journal**, 1904 **Pacific Service Magazine**, 1911 *Pacific Medical Journal*, 1900 **Pacific Marine Review**, 1920 **Pacific Gas and Electric Magazine**, 1911

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