

Tom Skerritt
Q&A with the
actor and educator
living in Seattle

GET OUTSIDE!
Camping and hiking
and kayaking, *oh my*

GIRLS GONE
FISHING
At the annual
Silver Salmon Derby
in Alaska

journey

puget sound



july/august 2010

the magazine for **AAA** members

departures



la vida local

Sustainable food purveyors band together in the San Juan Islands

farmers, fishermen and foodies in the San Juan Islands are serious about the notion that local is better, and a mantra heard across the archipelago is “Island Certified Local,” or just ICL. This county program sows the seeds of sustainability by linking local food producers, such as Synergy Farm—an organic, bio-intensive operation—with eateries like Eastsound’s vegetarian cafe The Daily Veg and Friday Harbor’s intimate gourmet restaurant Coho.

“ICL promotes the tradition of buying from your neighbors,” says Anna Maria de Freitas, cookbook author, innkeeper and co-owner of Coho. “People should experience the unique character of a place in their food and, besides, local foods simply taste fresher.” She approaches her farm-to-table practices with a waste-not-want-not philosophy by recycling organic kitchen waste straight back to one of her organic farm suppliers to feed future crops. www.sjcarc.org/certified.asp. —ALLEN COX

RUSSELL LUEG/PHOTOGRAPHER'S CHOICE/GETTY IMAGES

So many things to do.

So many sunny days to do them.

 Central Oregon Travel Club

JOIN NOW

FREE ACCESS TO EPIC OFFERS AND SAVINGS
VisitCentralOregon.com/travelclub



Skiing. Golfing. Hiking. Biking. Fly-fishing. White water rafting. Whatever you and your family are into, you'll find it in Central Oregon. Blessed with 300 sunny days a year, Central Oregon is renowned for its outdoor recreation. And like any world-class destination, it has the resorts, gourmet dining, and indulgent day spas to back it up. Get more adventure for your money.

And go on the Greatest Vacation on Earth. Get our free 84-page Official Visitors Guide by calling **800-800-8334** or go to **VisitCentralOregon.com** for more information.



BEND • SUNRIVER • REDMOND • SISTERS

Central  Oregon
 VISITORS ASSOCIATION

EVERYTHING UNDER THE SUN