





# CELEBRATE CANADA

## PLANT POWER

**Yukon: Fireweed**

As the province's official floral emblem, fireweed is proudly displayed on its flag. The pinkish-purple blooms—used as a healing plant in First Nations tradition—are simmered into jelly and syrup, and locals treasure fireweed honey. Find these and more at the Fireweed Community Market in Whitehorse.

# YUKON

## REVERED RITUAL

**Northwest Territories: Maktaaq**

Preserving whale is a time-honoured tradition among Inuit people and is still maintained by communities such as Tuktoyaktuk, set along the Beaufort Sea. Maktaaq (or muktuk) is a delicacy of whale skin and blubber savoured in various forms, from dried to stewed.

# NUNAVUT

## GONE FISHIN'

**Nunavut: Arctic Char**

This freshwater fish thrives in the icy waters of Canada's Far North—especially in Iqaluktuuttiaq, which, fittingly, means "good fishing place." Raw, cooked or smoked, Arctic char has long been one of the main sources of sustenance for the Nunavummiut.

# BRITISH COLUMBIA

## RAISE THE BAR

**British Columbia: Nanaimo Bars**

The dedication to this treat is obvious in the Nanaimo region, with no less than 39 stops on the Nanaimo Bar Trail. You can enjoy the classic chocolate and coconut bar, peanut butter crunch and gluten-free variations, plus bar-inspired cheesecake, ice cream, martinis and more.

# NORTHWEST TERRITORIES

## ALL HAIL...

**Alberta: Caesar**

Unofficially, it's the national cocktail. But officially, Walter Chell first crafted the Caesar at The Calgary Inn to commemorate the opening of the hotel's restaurant. Inspired by spaghetti vongole, this Clamato-vodka cocktail is so beloved there's an annual National Caesar Day to toast it.

# ALBERTA

# SASKATCHEWAN

# MANITOBA

## UPPER CRUST

**Manitoba: Bannock**

Before baking this flatbread became a staple activity at kids' summer camps, fur traders and explorers relied on it for nourishment. Winnipeg's Neechi Commons has built a reputation for their fresh-out-of-the-oven bannock, available plain or with raisins.

## BERRY GOOD

**Saskatchewan: Saskatoon Berries**

Prized by First Nations tribes for its medicinal and nutritional properties, the versatile saskatoon berry is also relished for its sweet-nutty flavour in pies and preserves. For a true taste of the past, try pemmican, dried pieces of bison meat and fat with saskatoon berries once favoured as survival food.





BEVERLEY ANN D'CRUZ



TONWEN JONES

# FEAST TO WEST

Canadians are proud of the bounty of ingredients available from coast to coast to coast—and the iconic foods (and drinks!) we've created with them. Here's a sampling of what's in our recipe files.

## SUGAR HIGH

*Quebec: Tarte au Sucre*

Early immigrants from the west of France are credited for bringing sugar pie to Quebec in the 17th century. To savour this single-crust tart with a heady filling of brown sugar, cream, egg, butter and flour, head to Quebec City, where a number of restaurants specialize in traditional Quebecois cuisine.

## SWEET TREAT

*Ontario: Butter Tarts*

With a Butter Tart Tour in the Kawarthas, the Butter Tart Trail in Wellington County and Ontario's Best Butter Tart Festival in Midland, this province is butter-tart heaven. Stock up on these treats at The Maids' Cottage in Newmarket, which took first place for best butter tart in 2017 at the Midland competition.

## SPUD-TASTIC

*Prince Edward Island: Potatoes*

About 60 per cent of P.E.I.'s taters end up as chips, French fries and other processed products. But in O'Leary, which hosts an annual Potato Blossom Festival, you'll learn how to turn the humble spud into potato fudge—a sweet ending to a tour of the community's Canadian Potato Museum.

## SUDS UP

*Newfoundland and Labrador: Iceberg Beer*

Newfoundland is home to Iceberg Alley, and the Quidi Vidi Brewing Company in St. John's has found a unique way to appreciate the frosty giants floating past: they brew beer with the water that's been frozen inside for 20,000 years. Expect a crisp taste and sparkling finish from this light lager. Cheers!

QUEBEC

NEW BRUNSWICK

P.E.I.

NOVA SCOTIA

## SHELL SHOCKED

*New Brunswick: Beausoleil Oysters*

Lobster may be king in the Maritimes, but East Coast oysters are not to be missed. Beausoleil oysters from Miramichi Bay, which sport a black crescent on their shells, have recently made waves in the restaurant world for their briny bite and sweet finish.

## ON A ROLL

*Nova Scotia: Lobster Rolls*

Variations on a buttered bun bursting with mayonnaise-tossed lobster meat abound across the province. But seafood connoisseurs know Shelburne County—the Lobster Capital of Nova Scotia and home to an annual lobster festival—is probably the best place to sink your teeth into one.