

HIT LIST: FIVE AMAZING SANDWICHES

SUMMER 2015

LIFESTYLE

COCKTAIL CLASSICS

SOMETIMES
SIMPLE IS BEST

EARN YOUR TREAT

EFFORT MAKES THE
PRIZE SWEETER

ADVENTURE KIDS

STAYING OUT
OF TROUBLE

Cruising
Summer

Rafting, hiking, biking,
fishing, zipping and
more in Vail's backyard



eat

GO WILD!

FORAGING FOR EDIBLES IN
VAIL'S RICH ENVIRONMENT

MINERS ONCE FLOCKED TO COLORADO in hopes of finding silver and gold, but you don't have to dig around too much to discover the golden joy of wild edibles. Once the snow melts, forests in the Vail area's rich mountain environment become ripe with edible plants, herbs, and fungi. For this area's culinary adventurers, nature provides a wide array of palatable delights ranging from watercress to wild asparagus, and — of course — several varieties of mushrooms that can be plucked straight from the forest floor.

David Walford of Splendido at the Chateau serves a porcini mushroom soup made with mushrooms foraged on Shrine Pass.

The farm-to-table movement has increased awareness of the environmental and health benefits in eating locally, and foraging for wild edibles might be about as local as you can get. Sustainability concerns and an eco-conscious ethic motivate locavores to source food that isn't shipped, flown or trucked over great distances to reach the market. That's the appeal in foraging for wild edibles, a food source that can be as close as your feet can take you.

HAPPY HUNTING

Permits are required to collect mushrooms from U.S. Forest Service land for personal use. Permits for personal use are free, but they don't allow you to collect in designated U.S. Wilderness areas. Commercial permits must also be secured if you plan to sell your finds.

Chefs in the Vail area are increasingly integrating locally sourced ingredients into their menus, and those looking to add more of the local love into their home kitchens can do the same. Chef David Walford of Splendido at the Chateau in Beaver Creek, for example, has established a unique relationship with longtime local forager Wolfgang Überbacher, otherwise known as Wolf, or The Mushroom Man. When Wolf walks through the Splendido dining room on a summer evening, yodeling on his way to the kitchen with a basket full of freshly picked mushrooms, diners take notice. But for both Walford and Wolf, the value in this interchange between a local forager and a local chef goes well beyond the wow factor that it brings into the dining room.



Wolfgang "Wolf" Überbacher eats much of what he forages, including wild anise found in the Muddy Pass area.

“ I’M A MOUNTAIN MAN AND AN ENVIRONMENTALIST. AND CHEF WALFORD IS A FORERUNNER IN THE INDUSTRY WHEN IT COMES TO USING WILD ORGANICS IN CREATIVE WAYS.”



Juniper berries are used to flavor everything from meat to gin.

“I’m a mountain man and an environmentalist,” says Wolf. “And Chef Walford is a forerunner in the industry when it comes to using wild organics in creative ways. I have a lot of respect for his commitment to build menus around what can be found nearby.” Among this pair, the respect is mutual. “Wolf knows a hundred times more than I’ll ever know about the herbs and plants growing out in the hills just near our homes,” Walford says. “He has the skills to find what I love

sharing with others, but he’s also concerned with sustainability and caring for the land in the process.”

Walford highlights Wolf’s experience and skill in identifying wild edibles, which is definitely important when it comes to eating anything found in a forest. Mistakes in plant and fungi identification can be fatal, so it’s essential to take the time to build expertise if you plan on harvesting anything for your kitchen this summer. Luckily, several opportunities

exist locally for learning more about wild edibles and about local plants.

This summer, the town of Eagle will host its 8th Annual Wild Mushroom and Wine Weekend on August 22-23, 2015. This event brings together community members and experts who lead educational sessions on topics including local ecology and foraging for mushrooms and wild edibles. Tastings and socials are also involved, which makes it a fun weekend for foodies and naturalists alike. Walking Mountains Science Center in Avon also offers field workshops for adults interested in increasing their plant identification skills, including a mushroom-specific Fungi Foray class and a Botany Basics class,

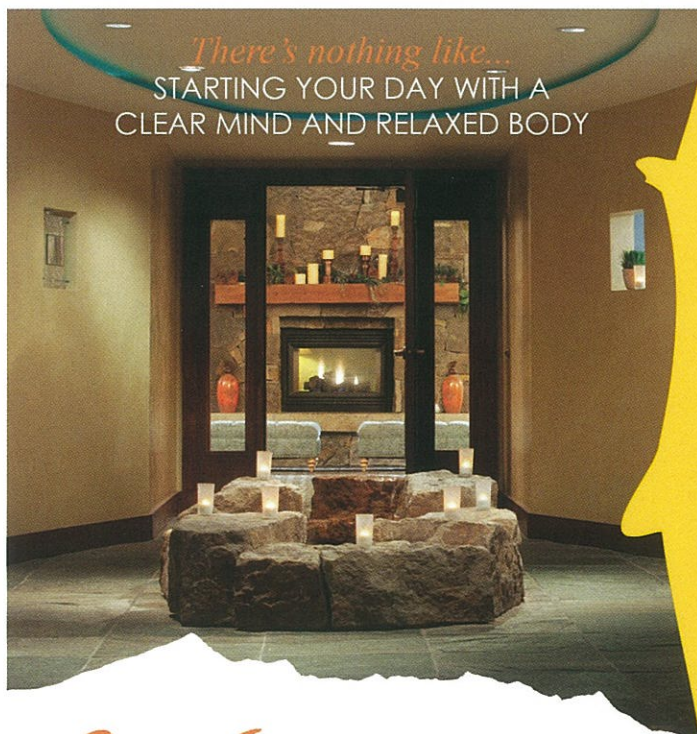
both of which will be offered in August of 2015.

Finally, you can take an educational jeep tour with Wolf, The Mushroom Man, himself, who owns and operates Mountain Wolf Jeep Adventures, Inc. Wolf tailors his summer jeep trips based on requests from his guests, so whether you want to learn how to yodel or how to forage locally for wild mushrooms, Wolf can be your guide.

— TRACI J. MACNAMARA



Wild mint, left, and wild anise are common in the Rocky Mountain region.



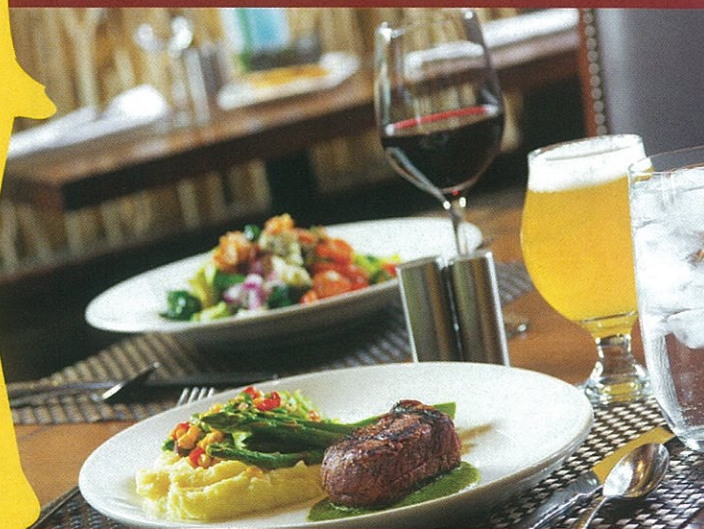
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