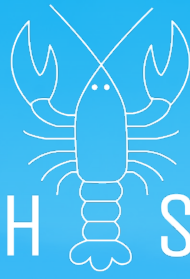


SPRING/SUMMER 2021

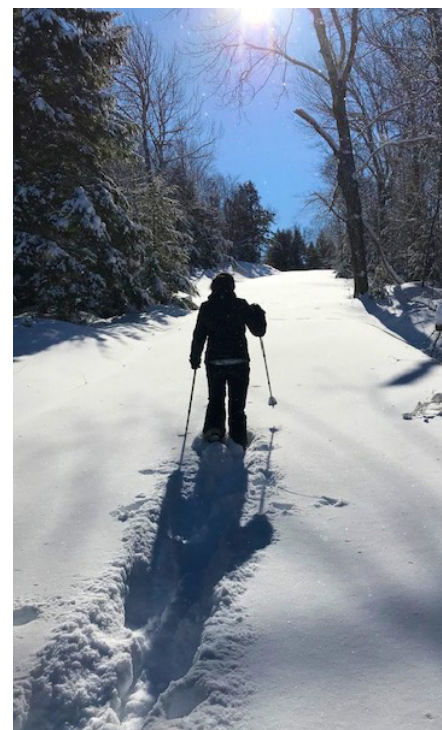


NORTH SHORE
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Nova Scotia's North Shore, It's All Here

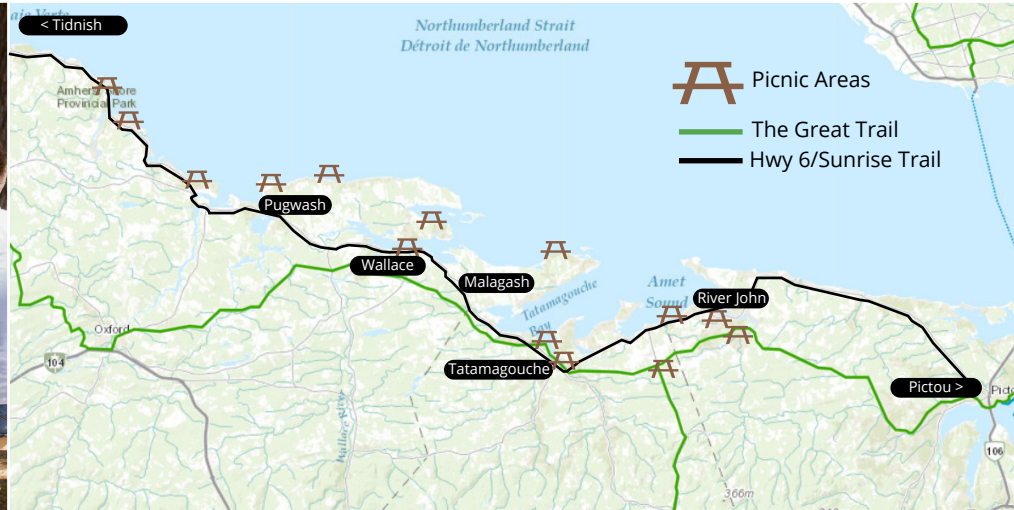
BEACHES



Enjoy some of Nova Scotia's warmest ocean beaches! If you're looking for a great beach, the north shore is the place to be! See page 28 for exact addresses.



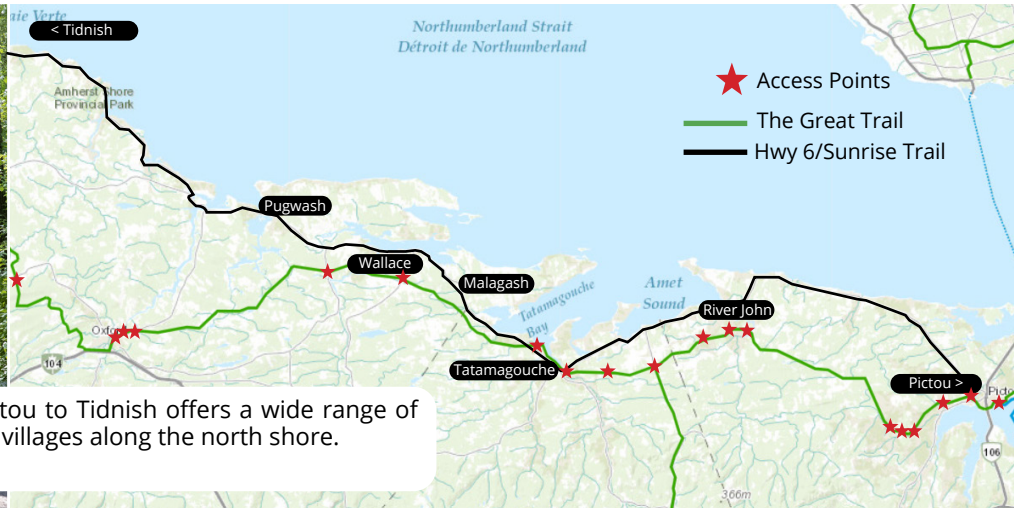
PICNIC AREAS



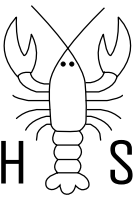
THE GREAT TRAIL



The Great Trail (Trans Canada Trail) from Pictou to Tidnish offers a wide range of activities through a variety of landscapes and villages along the north shore. Visit www.thegreattrail.ca for more info.



It's a Shore Thing!

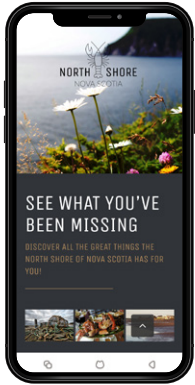


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Sunrise Trail

SPRING/SUMMER 2021



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An online version of this publication is available on www.visitnorthshorens.com

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Cover Photo: Toney River Wharf by Luke Stallman

Contributors



ASHLEY CROUSE
Ashley is a food alchemist running a tiny homestead and fermentary with her family in Tatamagouche, NS. She focuses on regenerative agriculture, food medicine and bringing people back to nature. She also helps her husband manage the Tatamagouche Farmers' Market.



RHONDA RAFUSE
I have lived my entire 60 years in Pictou County. I've raised 2 children with my husband of 40 years and they now have 3 grandchildren. I love to travel and I'm not afraid to try anything. I really mean that. I don't ask what it is until I take at least 1 bite. People say I'm very adventurous and brave when it comes to food. I'll try anything once. I consider myself a true Bluenoser loving all seasons, cultures, nature and foods. I spend my summers at the cottage with a small garden and enjoying freshly picked mussels from the reef, fruit from the trees and of course buying from our local farmers. There is no better place I would rather live.



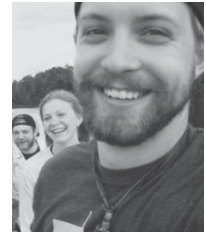
NADINE MACLELLAN
Nadine MacLellan is a fisher from River John who resides in Wallace. She was raised on the North Shore spending most of her life exploring what is the unceded Mi'kmaq Territory around her. Fishing the Northumberland Strait with three generations of her family has fostered a deep love of the sea; she spends a great deal of time exploring new beaches in an effort to clean up our shorelines. She is passionate about being an active member of her community while always looking for new outlets to foster her love for writing & photography. She thanks each of you for your affection towards North Shore & looks forward to exploring it along with you.



BRENT LOCKE
Seeking adventure in the outdoors has always been Brent's passion. Growing up in the St. Margarets Bay area, he was always in the woods camping, hiking, hunting and fishing. He is a Paddle Canada Certified Advanced Flatwater Instructor and Touring Skills certified, certified range safety officer, a member of the Canadian Ski Instructor Alliance and a ski instructor at Ski Wentworth.



LISA STINSON
Born and raised in Toronto Ontario, serving tables in little Greek restaurant was my first job in the food industry. The food was so fresh, made in-house and served in the style of a diner. It set a pretty high standard for food quality in my mind. Bartending, Catering and Banquet serving filled my resume. Our family of four lives in a small village outside Tatamagouche since 2017. Running a farm where we have Honey Bees and Process Firewood. We love to road trip around and try new foods and in North Colchester that is a real treat! Bon Appetite.



LUKE STALLMAN
Artist, photographer, and aspiring author. Luke was born and raised in Ontario but now calls River John his home. He's currently working on several books, including a children's book that he is also illustrating and hopes to have it published soon. Luke is the photographer for the cover of this issue and also for other images within.



Keep an eye out for our Fall/Winter issue coming this October. It will include a new feature called **Exploring the North Shore** - where we take you on a trip to an area on the north shore and tell you all the stuff you absolutely must eat, do, buy and indulge in while you're there!

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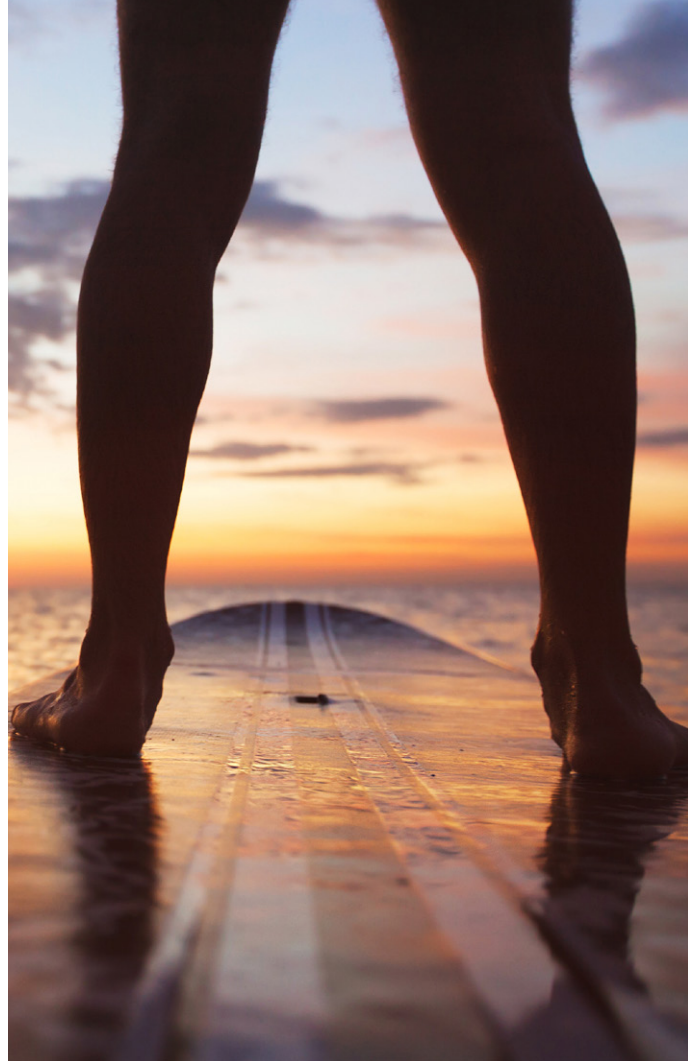
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***The list of Festivals and Events is sorted by the months they would NORMALLY occur but due to COVID, exact dates and/or details were not known at the time of printing and the events listed may not happen or may be changed to accommodate COVID restrictions. Please visit www.visitnorthshorens.com/events or the event's website/facebook page for up-to-date and more accurate information as it becomes available.**



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What on Earth Did I Do?

I thought that several times while working on this magazine. When the idea of first starting a magazine came to mind it didn't seem like such a big deal. It's been something I've wanted to do for a while now and I guess like a lot of things, you don't really realize everything that's involved until you actually do it.

So why did I do it? Well for starters I am passionate about helping small business owners. I think that's part of my success as a graphic designer. I like to help and I like to help others succeed. Starting a magazine was my way to help other small business owners, by giving them a medium to promote their business or service.

I also started this magazine to promote the area I now call home and the wonderful communities within it. Being a newcomer to Nova Scotia, and especially to the north shore, I saw the area with a fresh set of eyes and all the potential it held. I joined all the Facebook groups for the surrounding areas when we first moved here and was astounded by all the events and activities that were happening. Mind you, this was before COVID and we all know how that messed up everyone's plans, including mine. But it also gave me time to think and plan and that's when this magazine really began to take shape.

Within these pages you'll find information on arts and culture, history, food, the outdoors and so much more. And I have so much more I want to share! This magazine isn't just for the tourist or vacationer, it's a magazine for everyone that enjoys the north shore.

I wouldn't have been able to accomplish any of this without a whole lot of help and support. I would like to thank each and every advertiser for their support and sharing my vision for what this can and will be. To my contributors, without you this magazine would have been a lot more pictures and a lot less words, so thank you! A shout out to my son, thank you for the wonderful cover photo and other photography work you've done for me. And of course, thank you to my husband who lets me spend our money on my crazy ideas.

I sincerely hope you enjoy this first issue of Sunrise Trail Magazine!

Kristine

Kristine Stallman
EDITOR IN CHIEF



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You Do



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●●● For the Love of Food



Tasty ROAD TRIPS

Take-out or dining in, the north shore has the food you're craving.

We know how much you love your food, so we headed out and found three must-eat locations on the north shore for this issue!

#novascotiaeats #explorenovascotia
#visitnorthshores



STONE SOUP CAFE

Pictou | <https://www.facebook.com/Stonesoupcafeandcatering>

I had the pleasure of dining in this little gem of a cafe on Water Street in the beautiful and historic town of Pictou and thoroughly enjoyed every bite. All safety measures were taken, making it very comfortable and homey. There is a small patio overlooking the harbour which would be amazing on a warm day. I definitely will return to experience this. The COVID restrictions were respected, which was nice.

We enjoyed a beautiful glass of homemade sangria while our meal was being prepared. The aromas definitely got our taste buds excited.

Stone Soup had an International 3-course evening feast and I had the privilege of enjoying the many flavours and aromas of the South American country of Uruguay. The first course was a very flavorful Lentil soup with fried bread. I must say it was certainly a pleasant surprise to have such a flavorful soup. The bread was delicious also. Nice and crispy.

The main course was huge and very well presented, it was a feast for the eyes. The aroma was mouthwatering. All your senses certainly were awakened. I loved trying all the different tastes, with every bite complementing the next. The cafe did an awesome job of cooking complimentary flavours that don't overshadow the next bite so you were able to enjoy each one separately.

The meal was finished with a beautifully light sponge cake covered with caramelized peaches and a generous dollop of fresh cream. Light and very delicious. For the cookie lover, there were mouthwatering light, flaky, and very rich shortbread cookies with Dulce de Leche served as well. You certainly won't leave hungry.

On the way out make sure to purchase a few of their homemade salted caramel candies. Wow, what a treat! You won't be disappointed.

I highly recommend Stone Soup cafe for its quaintness, friendliness and of course the fresh, homemade from scratch, meal items. The owner made sure we were very happy and well-fed. There is something for everyone. I also love that they keep their Facebook page up to date and let you know about their special items for sale, especially all the baked goods.

I hope that everyone that visits the beautiful waterfront town of Pictou will drop into the Stone Soup Cafe for a meal or just a coffee and a delicious homemade dessert.



THE TIPPERARY

Tatamagouche | @tipperarybakery

Last summer, I couldn't resist the rolling whiffs of fresh roasted coffee and fresh baked goods filling the air with magic, as we followed our noses walking down the main street of beautiful Tatamagouche. My nose lead me to a colorful and very welcoming cafe called the Tipperary Cafe.

I knew I had to try this little treasure of a bakery and coffee shop and I am so happy I did. I was definitely not disappointed. What a gem! Everything from the bright cheery color decor, the old fashion screen door, and homey atmosphere where your senses come alive and sweet childhood memories return.

The service was extremely friendly, attentive and caring. The cafe had a very clean and bright delightful atmosphere, they were respectful of protocols and I felt that my visit was very safe and genuinely much appreciated.

While we waited for our lunch, which didn't take long, we thoroughly enjoyed a delicious hot mug of freshly ground Meeting Water maccachino coffee served with care and artistic flare. The aroma of coffee filling the air was complimented by the smell of fresh baked treats. This place is certainly a sweet bouquet of sentiments.

The cinnamon rolls are so amazing we had to buy a few to go as we knew we would be craving one later that day. They are huge and would make a great coffee break item or a dessert. There was plenty of cinnamon sugar flowing over the flaky pastry layers. Just like gramma use to make, so we couldn't resist. I also recommend the delightfully delicious lemon squares. So light, lemony tart with a kiss of sweet. Just perfect.

I cannot say how much we also enjoyed the mouth watering, delectable, avocado toast. Made with fresh homemade bread and the perfect balance and paring of fresh ingredients, creating a delicious and beautiful meal. We also couldn't say no to trying a bowl of homemade red lentil soup after we overheard a couple say how much they loved it. They were right. It is certainly packed with the perfect punch of flavors. Rich aromatics of spices and plenty of delicious ingredients. I have made plenty of trips to this Cafe since. I try something new once in awhile and never regretting my choice.

I highly suggest dropping in for a break, meal or treat. And don't forget your coffee. The coffee is roasted and made there and is sold in a take away pouch for you to make and enjoy at home.

While you're there consider purchasing a few extra goodies to take home for later. You'll be glad you did.



THE CHOWDER HOUSE

Tatamagouche

Centered on Main Street in Tatamagouche is a cozy little cafe that is possibly the grand master of comfort food. Decadent soups and mouth watering chowders are made in-house, in small batches daily, using fresh seafood and vegetables. Folks will travel from Halifax, Amherst and New Glasgow for the chowders here – they are that good.

If soup is not your thing and a hearty sandwich, burger or wrap is more your taste, their burgers are made in house with fresh local ground beef and served with the option of three types of fries or a salad – its heaven. For a little kick, order the deluxe burger platter and ask for some curry mayo and add the coleslaw (which comes with every platter) to the burger and then top it off with the curry mayo – you are welcome in advance.

Through this uncertain interlude from normal dining – The Chowder House has continued to offer the best service options for your safe dining experience. Take out is a great option as most of the menu travels well if you have to take it home to enjoy. Also, the packaging is strong enough (but not Styrofoam – yay!) that it holds up to dining in your vehicle as most of us have become accustomed to.

Looking for something to do with your special someone? Friday is a special day at The Chowder House – celebrating seafood! A special selection of seafood is presented beautifully on Friday's, which usually includes four or five differently prepared selections and a beverage and/or a dessert. They change this every week and post their creations on Facebook so you can see what you are ordering – if you are having takeout.

There are other great eateries along the way, and I will tell you all about them. Make this your first stop!

Quick Rustic Beef and Squash Soup

(low GI)



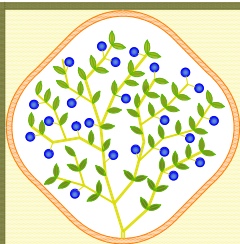
30 to 45 minutes and serves 4

INGREDIENTS:

2 tbsp avocado or other vegetable oil
 1 lb of grass feed lean beef
 1 medium yellow onion, chopped
 2 cloves garlic, minced
 2 stalks of celery, sliced
 2 tbsp of tomato paste
 1 med butternut squash, peeled, seeded and roughly chopped
 1 med to large sweet potato, peeled and roughly chopped
 ½ cup of barley, rinsed and drained
 2 tsp chili powder
 2 tsp ground cumin
 ½ tsp paprika
 1 tbsp dried parsley
 salt and pepper to taste
 6 to 7 cups of beef stock, homemade or store bought

HOW TO:

Heat a dutch oven or soup pot on med heat.
 Once heated, add 2 tbsp of oil.
 Break up beef while adding to the pot and brown for about 5 min.
 Add onion and celery, a pinch of salt and a couple of pinches of pepper and cook, stirring occasionally until onion and celery begin to soften.
 Add garlic, cook one minute.
 Add tomato paste and stir until paste starts to darken.
 Add chili powder, cumin and paprika, parsley and another pinch of salt and pepper and stir in.
 Once combined, add the beef stock and bring to a gentle boil and add the rinsed and drained barley.
 Let simmer until barley softens, about 25 minutes.
 Taste, check seasonings, add more if desired.
 Fill your favourite large soup bowls and garnish with grated cheddar or jack cheese, a tbsp of sour cream or yogurt, cilantro, and red pepper flakes or hot sauce (if desired).
 Serve with a hearty bread, naan or biscuits. Enjoy!



Blueberry's
Café

Find us in the Tatamagouche Farmer's Market on Saturdays from 9 to 1 pm. We serve specialty coffees and teas, pastries, our Brioche Brekky Sandwich, Lemongrass Chicken Banh Mi, and other items.

Open Saturdays 9am to 1pm
starting March 6

Buying Local

Buying local produce is not only good for the environment (less packaging, less fossil fuels used, less air pollution) it's also good for the local economy and it's healthier for you too! The north shore has a lot to offer locally. Here are four locations along the shore you don't want to miss.



**JAMIESON'S
GENERAL STORE**
Tatamagouche
jamiesongeneralstore.ca

Offers locally sourced fruits, vegetables, baked goods, meats, dairy products, and more. They also have meals-to-go prepared in-store, home deliveries, and meal kits. The store is open year round in Creamery Square.



LAKENMAN'S FARM
Pictou
[@LakenmansFarm](https://www.instagram.com/LakenmansFarm)

You can't get much more fresh or more local than direct from the farm! If it's vegetables you're looking for, Lakenman's grows every one possible. They also sell cut flowers, locally made pickles and jams, and garden decor.



**CARLSON LANE
FARM MARKET**
River John
carlsonfamilyfarm.ca

This family farm produces field crops of raspberries, asparagus, and vegetables and hothouse veggies free from pesticides and herbicides. They also offer other products such as their Gluten Free Oatcakes, made from Canadian ingredients.



**WALLACE
HARBOUR
LOBSTER POUND**
Wallace

When thinking local don't forget there's a lot of local meat and seafood options too. For fresh local lobster look no further than the Wallace Harbour Lobster Pound. They offer fresh live and cooked lobsters during the lobster season.



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Food & Drink

Breweries, Distilleries, & Wineries

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Handcrafted in the historical shipbuilding community of River John, CALDERA pays tribute to the heritage of craftsmen and explorers of all Nova Scotia. Their award-winning Hurricane 5 Whisky is “shaped by the land and offers an approachable smoothness and unique character that embodies the spirit of the explorer, eye of the craftsman, and patience of the farmer”.
65 River John Rd., River John
902-456-7348 | caldera.ca

HARD HONEY BEVERAGE COMPANY

A high quality mead true to the land and local. Their mead is a 6.2% alcoholic beverage crafted and fermented with 100% Nova Scotia raw honey.
187 Jim Sutherland Rd., Tatamagouche
902-957-1865 | hardhoney.ca

JOST VINEYARDS

Tucked in the gentle hills and coastal inlets of the Northumberland Shore, Jost Vineyards is Nova Scotia’s largest winery and a pioneer of the local wine industry. Their distinctive wines have won many national and international awards. Enjoy daily wine tastings, seasonal tours, hiking or cycling the vineyard trails and the broad selection of wine and wine merchandise in their boutique.
48 Vintage Ln., Malagash
902-257-2636 | jostwine.ca

MALAGASH CIDERY

Cider produced in a way that encompasses a “bloom to bottle” experience. Made on-site using a majority of their own fruit, including over eighty varieties of apples, pears, cherries, currants and plums. There are tastings on weekends in their barn “farm store” where you can usually taste up to eight different ciders. Walk the orchards, visit the honeybees and enjoy the view of the flower blossoms and apples on the trees overlooking the coastline of the Northumberland Strait.
2859 Malagash Rd., Malagash
902-257-2288 | vistabellafarm.com

MOUNTAIN MEADWORKS

Honey based mead with locally sourced fruits, tree products (maple, spruce tips), herbs or their own hops for flavour! Email to order.
mountainmeadworks@gmail.com

TATAMAGOUCHE BREWING CO.

Located in what used to be the old butcher shop and town library, it’s now an open concept brewery, retail and tasting area. They offer complimentary sampling as well as an ever changing menu of organic beer. During brew days you are able to sit, drink and watch the brewer create the very thing you are drinking!
235 Main St., Tatamagouche
902-657-4000 | tatabrew.com

Eat local.



www.eatlocalcumberland.ca



An interactive map to explore the flavours of Cumberland County

UNCLE LEO'S BREWERY

Uncle Leo's offers a variety of hand crafted ales made in small batches to ensure quality and consistency. They offer an IPA, Irish Red Ale, Kolsch, Smoked Porter, Sunburst Pale Ale as well as seasonal ales.

2623 Hwy 376, Lyon's Brook

902-382-2739 | uncleleobrewery.ca

Cafés & Sweet Treats

APPLETON CHOCOLATES

Appleton is a family owned and operated company dedicated to promoting local sustainability through finely crafted chocolate products. Proudly located on Main Street Tatamagouche, Michael and Heather Foote source their maple syrup, wild blueberries, cranberries, cherries, coffee, rum, and black currants from local Nova Scotia producers and when possible, source any additional products from other Maritime locations.

261 Main St., Tatamagouche

902-657-2233 | appletonchocolates.ca

THE COUNTRY BREAD BASKET BAKERY & COFFEE SHOP

The Country Bread Basket Coffee Shop provides guests with delicious food, great coffee and friendly service in a quiet country setting. Fresh sandwiches, ground roasted coffee, soups, sandwiches, and desserts. Take out available.

629 Brule Point Road, Tatamagouche

902-657-0041 | countrybreadbasket.ca

DEB'S HIDDEN CAFE

Located just off the Jitney Trail, Deb's serves all-day breakfast as well as lunch and dinner. They also have home baked goods, jam, pickles, cupcakes and they cater! Fully licensed.

4149 Scotsburn Rd., Scotsburn

902-382-3444 | debshiddencafe.com

SEAGRAPE CAFE AT JOST VINEYARDS

Seagrape Café offers fine, seasonal fare. While you dine, enjoy the view of the vineyard from the comfort of the fireside lounge or the open-air patio. Seagrape's locally inspired menu features fresh-daily local fare that complements their wines.

48 Vintage Ln, Malagash

902-257-2636 | jostwine.ca

SHERYL'S BAKERY & CAFE

Known for Sheryl's famous cinnamon rolls! Lunch specials, fresh homemade baked bread, homemade desserts.

10480 Durham St., Pugwash

902-243-2156

STONE SOUP CAFE & CATERING

Small friendly full service café located with a view of the harbour in downtown Pictou. They are also your complete caterers for groups from 2 to 200.

41 Water Street, Pictou

902-485-4949 | randlebarry@yahoo.com

TIPPERARY BAKERY & CAFE

Family run bakery, cafe and espresso bar. Baked goods made from local ingredients, sandwiches and soup. Featuring Meeting Waters coffee, roasted on site.

259 Main Street, Tatamagouche

902-890-3326 | meetingwaters.com



Nova Scotia has the most Farmers' Markets per capita than any where else in Canada. More markets are operating year-round with a more varied type of vendor. You can now find clothing, beverages, wine, fermented foods and artisan products at most markets.

Buying fresh from the farm produce and supporting a local business is still possible. With COVID safety measures in place you can now shop your local market in person or even from the safety of your home, with some markets offering online shopping.

Unfortunately, some of the smaller markets along the north shore were not able to safely open. However, the Pugwash Farmers' Market and the Tatamagouche Farmers' Market both found ways to operate safely to allow you to continue to buy the local products you love. Be sure to visit them this spring and summer.

Pugwash Farmers' Market

10222 Durham St. Pugwash

pugwashfarmersmarket.com

Saturday 8:30am-1pm, May Long Weekend to Thanksgiving Weekend

The Pugwash Farmers' Market is composed of farmers, artisans and bakers who gather every Saturday in the market square at the heart of the scenic village of Pugwash, Nova Scotia.

More than 40 vendors set up during high season with a wide variety of home grown, hand made and freshly baked products.

Tatamagouche Farmers' Market

41 Creamery Road, Tatamagouche

tatamagouchefarmersmarket.ca or

shoptataonline.localfoodmarketplace.com

Saturday 9am-1pm, March to December

The Tatamagouche Farmers' Market at Creamery Square offers a year round facility to support local farmers, artisans, crafters and entrepreneurs with a vibrant sales area. Warm in the winter, cooled by the beautiful Waugh River in the summer, vendors and customers alike look forward to a Saturday at the market.

Tatamagouche Farmers' Market now offers an online shopping experience as well with delivery or pick up on Saturday morning.

Sheryl's

bakery & cafe

At Sheryl's Bakery & Café, we pride ourselves on our **homemade baked goods, warm staff, and great prices.** Whether you are looking for a hot soup or chowder to get you through the colder days, a fresh sandwich or sub for lunch, or a sweet treat like our famous cinnamon rolls, we have you covered!



Stop in at 10480 Durham Street, Pugwash to enjoy a coffee with a friend or grab and go; open from Monday to Saturday. Our welcoming staff would love to meet you! Check us out on Facebook to see what we have to offer.

Hope to see you soon!



Open Monday - Saturday
10480 Durham St., Pugwash

902-243-2156



Restaurants

BIG AL'S FAMILY RESTAURANT

Serving quality Canadian cuisine in a friendly, child-friendly atmosphere. They have an extensive choice of on-tap beverages, including craft beer from Nine Locks brewery as well as their own Big Al's Ale. They serve local lobster, Digby clams and PEI Mussels when in season. Take out available.

9 Station Rd, Tatamagouche

902-657-3341 | bigalstatamagouche@hotmail.com

CHOWDER HOUSE ON MAIN

Breakfast, Dinner, Brunch, Lunch, Drinks. Take out available.

265 Main St., Tatamagouche

902-657-2223

DERADO'S

Patio Beer & Pizza! Join us on our patio for a cold beer and a heavenly pizza!

275 Main St., Tatamagouche

902-657-9000

FAT TONY'S BAR & GRILL

Good Food. Good Music. Good Times.

9 Water St, Pictou

(902) 485-4500 | fat.tonys.barandgrill@gmail.com

HARBOUR HOUSE ALES & SPIRITS

Local craft beer, fresh seafood, burgers, pasta and more. Patio overlooking the Northumberland Strait and great service.

41 Coleraine St, Pictou

(902) 485-1047 | [facebook.com/harbourhouseales](https://www.facebook.com/harbourhouseales)

MCMAHON'S RESTAURANT

Casual dining, licensed with patio overlooking beautiful Wallace Harbour. Takeout available. Full dairy bar. Open year round.

13953 6 Hwy, Wallace

(902) 257-2868 | [facebook.com/McMahonsRestaurant](https://www.facebook.com/McMahonsRestaurant)

PIPER'S LANDING RESTAURANT

Water-side, fire-side dining.

Lyons Brook, 2656 NS-376, Pictou

902-485-1200 | piperslandingrestaurant.com

SUGAR MOON FARM

This log restaurant features locally sourced maple-inspired food with locally sourced seasonal ingredients. Bring family and friends, take your time, savour the flavours and make maple memories. Take-out only at time of printing. Open year round.

221 Alex MacDonald Rd, Earltown

888-816-2753 | sugarmoon.ca

TRAIN STATION DINING CAR & CAFE

Dining car breakfast take-out only (June-Sept). Does not serve lunch or dinner. Explore their unique gift shop and take a stroll on the old rail bed now the Butter Trail.

21 Station Rd, Tatamagouche

888-724-5233 | tatatrainingstation.com

YAPS PLACE

Chinese and Canadian cuisine. Take out available.

1971 Hwy 6, River John

902-351-2515

Cultivating Resilience with Food Medicine

BY ASHLEY CROUSE



Fermentation is at the heart of everything we do here at the farm. There's no better feeling than patiently growing heirloom vegetables to be able to chop them up, add sea salt and watch them come alive with gut healing magic. The gut is where we absorb nutrients and where all of our energy comes from. The health of our gut microbiome can affect our immunity, our moods and how we fight off disease. One way we can keep a healthy balance is by adding fermented foods, full of healthy bacteria, to our diets while cutting down on harmful processed foods + refined sugars.

Microbes can help make foods more nutritious + healthy because they digest the bad stuff for us. Things that would be harder on us like grains and dairy, are easier to consume once fermented. As long as you create the perfect environment for them to work in, they can make food safer as well. Keeping the vegetables under the salt brine in an anaerobic environment helps the microbes eat all the bad bacteria that won't thrive in those conditions. With aerobic ferments like kombucha and vinegar, we see the SCOBY (Symbiotic Culture of Bacteria and Yeast) or "mother" grow on the top to protect the environment within. Contrary to popular belief, ferments are actually safer than canned foods. Where canned foods are sealed up, ferments are living things, and you can definitely tell when they've gone bad just by using your senses.

Fermentation is still practiced traditionally today by many cultures, for the preservation + digestive benefits. Eastern cultures also enjoy ferments for medicinal purposes and they practice food medicine daily. We love to use our knowledge of plant medicine to add even more benefits to our ferments. We use incredible tonic herbs like nettle, immune boosting herbs like hibiscus, and anti-inflammatory flowers like calendula to create a nourishing food medicine. We also keep bees to create honey for our products to eliminate refined sugar.

Our goal is to reconnect people with their food and show them how it can be used to heal the gut and boost immunity while still being delicious and satisfying. With 70% of our immune system being in the gut, what we eat matters. A spoonful of healthy bacteria a day will make a world of difference. At the very least, fermentation can be a fun culinary project with so many options out there from vegetable ferments to sourdough and the flavour combinations are endless. If you'd like to learn more about fermentation follow Moth + Moon Farm & Apothecary on Facebook/Instagram or stop in to see us at the Tatamagouche Farmers Market on Saturday mornings.



Tatamagouche

ICE CREAMERY

Explore Nova Scotia's own ultra-premium, handmade ice cream.

tatamagoucheicecreamery.com

f t i @tataicecream

Here's the Scoop!

I scream, you scream, we all scream for ice cream! Check out some of these sweet places.

T&B ICE CREAM

337 Main St.,
Tatamagouche

This little ice cream shack is owned by two local students. They serve ice cream, sundaes, milkshakes, water, and special dog treats!!

TATAMAGOUCHE ICE CREAMERY

271 Main St.,
Tatamagouche

An ultra premium artisan ice creamery making your favourite flavours on-site and using the highest quality, locally sourced ingredients whenever possible.

SUNRISE COUNTRY MARKET

7928 Hwy 6, Port Howe

Serving hard ice cream in an assortment of your favourite flavours!



CHERRY ON TOP

31 Front St., Pictou

A take-out only ice cream shop, proudly serving Scotsburn hard ice cream. They offer cones, milkshakes, sundaes and banana splitz!

CORINA'S ICE CREAM PARLOUR

213 S. Foord St., Stellarton

Serves all flavours of Scotsburn hard ice cream as well as vanilla, chocolate and twist soft serve.

THE INSIDE SCOOP

118 Water St., Pugwash

The Inside Scoop is your one stop ice cream shop. A full line up dairy bar, slush puppies, candy, pretzels, nachos, beach toys, fireworks and so much more!!!

COHEN'S CONES

Hwy 6, River John

Hard ice cream, soft serve, milk shakes, and cakes!

MILLER'S DAIRY BAR

63 West River Rd., Pictou

Some say the best ice cream in Pictou County. Has been in business since 1962. Soft and hard ice cream in 54 flavours. Open from April - October.

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Tonight
a Pizza
Night!



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HOURS

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11am-11pm

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AND FRENCH FRIES

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ONLY): TATA BREW ON TAP
OR CANS, CORONA, STELLA
ARTOIS, BUDWEISER,
BUD LIGHT, COORS LIGHT,
KEITH'S, AND JOST RED OR
WHITE WINE



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215 Main Street, Tatamagouche | 902.899.5270
Kim Langille, Owner

Enjoyment of Food

BY KIM LANGILLE, BUTTER TRAIL NATURALS

“Nature will castigate those who do not masticate” Horace Fletcher was an American food nutritionist and faddist who earned the nickname “The Great Masticator” during the turn of the 20th century.. He argued that food should be chewed thoroughly until liquefied before swallowing. This sentiment further lamented in another diction read, “drink your solids and chew your liquids”!!

Eating begins with the simple art of chewing. Chew well to polarize the food with your system and in order to make smooth digestion possible. If under pressure at meals, simply chew and let the chewing relax you. Then you can be grateful and enjoy the whole spectrum of tastes and aromas that make up the meal.

Carbohydrate digestion begins in the mouth. These are foods from whole grains, legumes, fruits, vegetables and milled flours. Thorough chewing turns grains and other complex carbohydrates into satisfying sugars and makes oils, proteins and minerals available for maximum absorption. Amylase, an enzyme secreted from cheeks of your mouth is required for the breakdown of your carbs and why it is so important to keep this food group in your mouth as long as one can. Hurrying our children to eat is teaching bad food habits in early stages of life. Without adequate chewing you will feel heavy and dull, develop gas and be undernourished. Poor choice meats, fats, sweets and processed foods satisfy the immediate desire for taste, but soon dull the taste buds. The more they are chewed, the worse they taste. The more whole carbohydrate foods are chewed, the sweeter they become.

To get started in the correct habit of chewing, try counting the chewing of each bite thirty to fifty times. Thirty bites certainly will have food greatly masticated so fifty chews will more than likely have the food disappeared and swallowed!! It helps to put down your eating utensil in between bites.

Ancient Chinese and Japanese traditions also teach the benefits of chewing well. Most modern people must re-learn this forgotten art in order to make a successful transition to whole foods.

Set aside a special time and place for meals in a clean environment, surrounded with pleasant sounds, aromas, colors and conversation. Avoid emotionally charged subjects and confused, scattered talk or thoughts. Avoid eating while tired, too hot or too cold, worried angry, standing, watching TV, reading or before bathing. These activities make the food hard to digest. Relax and get comfortable. Perhaps undertake self-reflection about your condition. Eating is a time to receive offerings in the form of food to nurture and revitalize your body. Consider your manners insofar as they represent your intention toward others. Give attention to the unique qualities of each food and the work involved in bringing it to you.

Live well...Age well

●●● Back to Our Roots



Living History

ON THE NORTH SHORE

The north shore is rich with history. The Mi'kmaq, Acadian, Foreign Protestant, Scots, Irish, and many others have all left their heritage and cultural mark on this region. We should all take a moment to reflect on the numerous stories, places, memories and people that have truly made the north shore one of the greatest places to live.

You can enrich your knowledge of local history, heritage and culture of Tatamagouche, Malagash, Wallace, Pugwash, Wentworth, River John, and Pictou areas at several locations along the north shore. Here are a few places you might want to check out.



Creamery Square

39 CREAMERY RD, TATAMAGOUCHE

Creamery Square backs onto the Waugh River and the Trans Canada/Butter Trail in Tatamagouche. From 1925 to 1992 Tatamagouche Creamery was a working creamery. Local farmers supplied cream to The Creamery to produce the famous “Tatamagouche Butter”.

The Creamery is now home to the Tatamagouche Farmer’s Market, Tatamagouche Grain Elevator, The Margaret Fawcett Norrie Heritage Centre (where you can learn more about the creamery and view key artifacts that illustrate the butter making process), The Grace Jollymore Arts Centre, Senator’s Stage, Jamieson’s General Store, ButterTrail Mercantile, and The Boat Shop. It’s a busy place on Saturday mornings and a stop you don’t want to miss.



North Shore Archives

Located in Creamery Square, Tatamagouche at the Margaret Fawcett Norrie Heritage Centre.

39 Creamery Rd., Tatamagouche



River John and Area Heritage Museum

Located in the former River John Church of Christ.

1851 Hwy 6, River John



Wallace & Area Museum

Located 2 km /1.5 mi west of Wallace in the restored home (c 1839) of local shipbuilder James Davison.

13440 Hwy 6, Wallace



McCulloch House Museum

Located in Pictou in the original house of Thomas McCulloch. It tells the story of his role in education and politics in early 19th century.

86 Haliburton Rd., Pictou

Salt Mine Museum

1926 N SHORE RD, MALAGASH

If you're a bit of a history lover you'll like this stop. Located just off Route 6 the Malagash Salt Miners' Museum is the site of the first rock salt mine in Canada (1918-1959).

This small, locally run museum houses displays of local industries including salt mining, farming, and fishing, as well as providing information on the Malagash area. The museum also features an annual theme display.

photo credit: Luke Stallman



Heritage Quay

BED & BREAKFAST

— CIRCA 1855 —

Circa 1855, this charming seaside heritage home is Pictou's newest boutique accommodation and backdrop for elevated events & guest experiences.

Welcome Home.

90 FRONT STREET, PICTOU

WWW.HERITAGEQUAY.CA



Hector Heritage Quay

33 CALADH AVE, PICTOU

The Hector Heritage Quay is one of Nova Scotia's major cultural tourist attractions. The Quay is the home of the ship Hector, a full-size replica of the original ship which brought the first wave of Highlanders from Scotland to Nova Scotia in 1773.

When you step aboard the Hector you can relive the tale of these early settlers and the hardships they faced beginning a new life in a new land.

Below deck you can see the living conditions these 170 souls called home for almost 11 weeks at sea!

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Farm Fresh



Pioneer Farms

Denmark

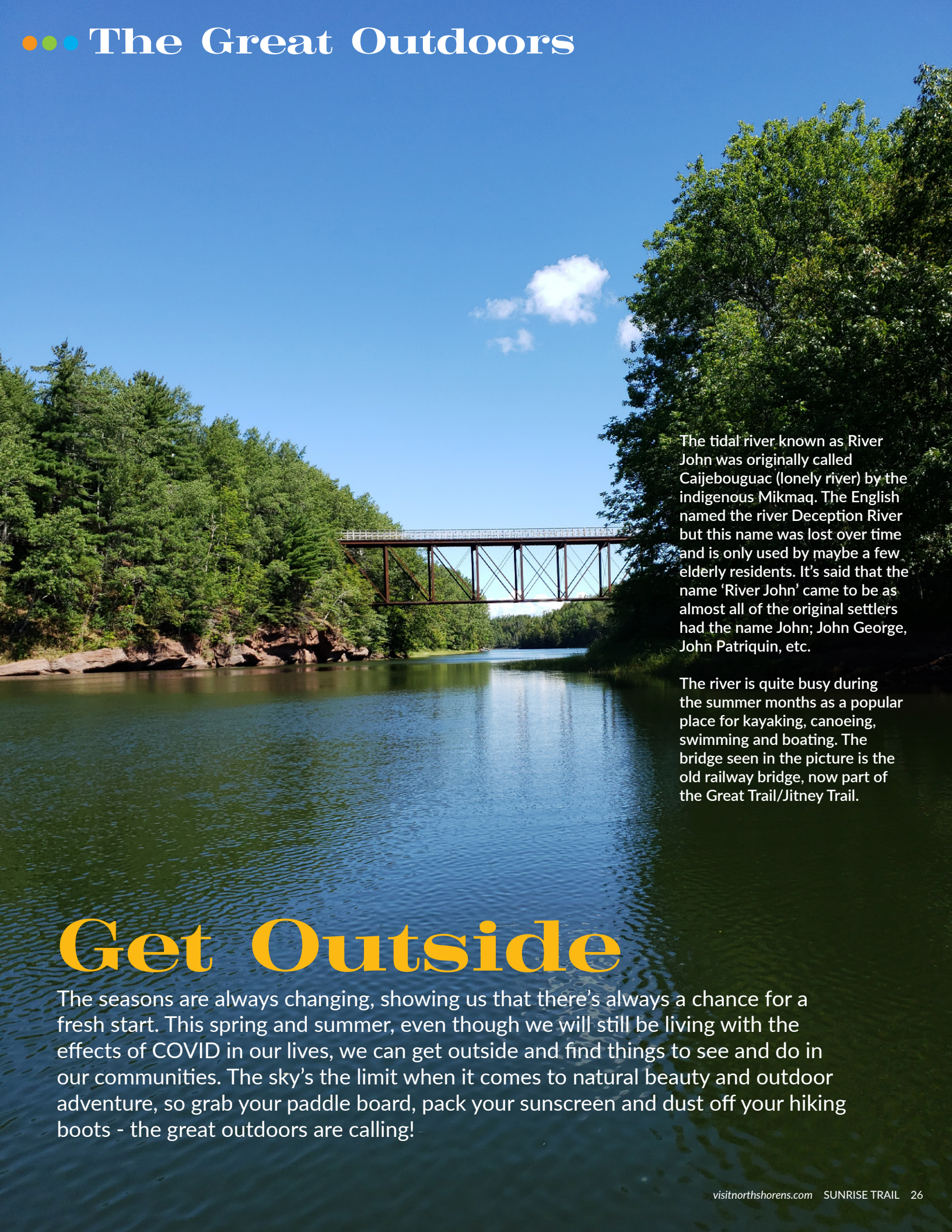
www.facebook.com/denmarkpioneerfarms

“Embracing the spirit of the Pioneer, our family farm will use a mutually supportive ecosystem to provide fruits and vegetables” proclaims the Pioneer Farms facebook page. Although just in the start up phase of their business, Pioneer Farms has some big ideas!

Located at the old Sutherland Mill family home in Denmark, Travis and Sherryl are farming for the first time. Relocating here just a few years ago from BC, they will use an approach that will allow them to benefit from what each plant and animal can naturally provide. The ducks and chickens roam the property providing natural pest control as they eat up all the bugs they can find. The horses graze the grass down in the fields leaving weeds behind. After the horses have done their part, the pigs will be housed on that same piece of land to eat all the weeds and root up the soil causing natural aeration and tilling. And not to be forgotten, both sets of animals will also add natural fertilizer to the soil! When the pigs are done with their job, the field will be ready for Travis and Sherryl to finish preparing it for whatever it’s final form will be; pasture, vegetable field, or orchard.



Pioneer Farms offers fresh free range duck and chicken eggs. Whole chickens and pasture finished pork is available in limited quantities. They also plan to have fruits and vegetables in the future as well.



The tidal river known as River John was originally called Cajebouguac (lonely river) by the indigenous Mikmaq. The English named the river Deception River but this name was lost over time and is only used by maybe a few elderly residents. It's said that the name 'River John' came to be as almost all of the original settlers had the name John; John George, John Patriquin, etc.

The river is quite busy during the summer months as a popular place for kayaking, canoeing, swimming and boating. The bridge seen in the picture is the old railway bridge, now part of the Great Trail/Jitney Trail.

Get Outside

The seasons are always changing, showing us that there's always a chance for a fresh start. This spring and summer, even though we will still be living with the effects of COVID in our lives, we can get outside and find things to see and do in our communities. The sky's the limit when it comes to natural beauty and outdoor adventure, so grab your paddle board, pack your sunscreen and dust off your hiking boots - the great outdoors are calling!

Beaches

The north shore is known for its warm-water beaches, and from Tidnish to Pictou there are plenty of sandy beaches to choose from! There are more warm-water beaches along the north shore of Nova Scotia than anywhere else in Atlantic Canada and water temperatures usually get a bit over 18°C or 70°F during July/August. Perfect for swimming!

Tidnish Dock Provincial Park
919 Tidnish Head Rd., Tidnish

Amherst Shore Provincial Park
6596 NS-366, Northport

Northport Beach Provincial Park
8301 Tyndal Rd., Amherst

Heather Beach Provincial Park
700 Heather Beach Rd., Port Howe

Dinghy Beach
Water St., Pugwash

Fox Harbour Provincial Park
865 Fox Harbour S. Rd., Wallace

Gulf Shore Provincial Park
1033 Gulf Shore Rd., Pugwash

Blue Sea Beach Provincial Park
651 Blue Sea Rd., Malagash

Nelson Memorial Park
Tatamagouche

Rushton's Beach Provincial Park
723 Hwy 6, River John

Caribou Island Outer Beach
Caribou Island Rd., Caribou Island

Caribou/Munroes Island Provincial Park
2119 Three Brooks Rd., Pictou

Waterside Beach Provincial Park
56 Factory Cove Ln., Pictou





Paddle Boarding

BY BRENT LOCKE

Northern Nova Scotia is an ideal spot to experience all kinds of outdoor adventures. The Northumberland Strait has warm, shallow waters and the tidal rivers that flow into it are perfect for stand up paddle boarding!

Guided tours with a Paddle Canada Certified Instructor and Guide are a wonderful way to explore the waters of the north shore. Especially if you are new to the sport and don't have your own equipment.

In recent years, stand up paddle boarding has become very popular because it's easy to learn, accessible for all ages and has some great physical and mental health benefits. It's a great way to improve your core strength, balance and cardio fitness. The relaxing, quiet aspects of the sport and being outside enjoying all that nature has to offer is also a great way to reduce stress.

By taking a guided tour your instructor can teach you the basic fundamentals of stand up paddle boarding such as safety procedures, proper stance, paddling techniques and basic turns. Plus they also know the best places to paddle.

Here are a few basic tips when venturing out on the water to paddle:

- Paddle with a partner if you can. Have a float plan prepared or make sure others know where you are paddling and what time you expect to be back.
- Leashes are mandatory, so wear the proper leash to suit the type of water you are paddling.
- Always wear a PFD.
- Like many outdoor sports, dress for the occasion. Have sufficient hydration and sun protection to avoid hypothermia and hyperthermia.
- Always have current knowledge of the weather and water conditions before you go paddling.

Growing up in the St. Margarets Bay area, Brent was always in the woods camping, hiking, hunting and fishing. Brent's love of fly fishing has taken him all over Canada, the United States and the Caribbean chasing many different species of fish. This passion for fly fishing and teaching people eventually took him to Northern British Columbia where he spent time as a guide. In 2015 he was introduced to stand up paddle boarding and quickly became addicted.

The excitement of teaching was not lost on paddle boarding and he is now a Paddle Canada Certified Advanced Flatwater Instructor and Touring Skills certified.

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(902) 657-2850

rbadventures1@hotmail.com

Fore!

Looking to spend a day on the golf course? The north shore has some of the best golf courses around and you can't beat the breathtaking ocean views.

Northumberland Links

1766 Gulf Shore Rd., Pugwash

The 6313 (white tees), par 72 course, minutes from Pugwash, overlooking the Northumberland Strait, is one of Atlantic Canada's most picturesque and challenging layouts. Don't let its length fool you...prevailing winds, rolling fairways, well placed bunkers and lightning fast greens make it a true test and enjoyable experience.

Wallace River Golf Course

1055 Kerrs Mill Rd., Wallace

Located on the beautiful Wallace River, our 9 hole course combines both the natural beauty of water and land coming together with a relaxing at home atmosphere for a round of golf. The 2881 yards (White Tees), Par 36 course offers a challenge to even the most experienced of golfers, the landscape and design of the fairways will make it a true test and enjoyable experience.

Fox Harb'r Resort

1337 Fox Harbour Rd., Wallace

Designed by renowned course architect and Golf Hall of Fame member, Graham Cooke, Fox Harb'r achieves a seamless combination of natural beauty and challenging layout.

Brule Point Golf

738 Brule Point Rd., Tatamagouche

Golf on the waterfront! Just 10 minutes from Tatamagouche, our 14-hole course, 9-hole course and new 5 links style holes are nestled on the shores of the Northumberland Strait and offer breathtaking views with every hole. Our friendly staff will assist you with your golf bookings, pro-shop purchases and service in our licensed clubhouse.



est. 1996

SUGAR MOON FARM

Take a Hike.

BUT FIRST, grab a bag of our mouth-watering, fresh baked biscuits + 100% pure maple butter to take with you!

sugarmoon.ca Hike · Eat · Shop · Learn year round



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Go on a trail ride with your family or friends this summer at our ranch in Scotsburn. Experience the joy of horseback riding whether this is your first time in the saddle or you have years of riding experience. Explore the woods and beautiful Pictou County countryside on an hour and a half guided tour. One of our friendly trail guides will give you a riding demo before you hit the trails.

\$60 + HST per rider
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guarantee a private ride

Looking to upgrade your trail ride experience?

Try a 3-hour ride with lunch included or an evening ride followed by a campfire with s'mores.

Ready to saddle up?

Trail rides are available by appointment, 7 days a week between 10 am and 7 pm. Send a Facebook message, email, call, or text to book your trail riding adventure.

To learn more, visit:

www.shelbyranch.ca/trail-riding-adventures.html



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Remember Adventures

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NEW IN TOWN

Powersport enthusiasts can now shop local on the Northumberland Shore!

Since 2009, Cross Roads Cycle Sales has served powersport enthusiasts passionate about recreational vehicles and outdoor activities. Having outgrown their original location in Tidnish, Cross Roads recently purchased the vacant 65,000 sq. ft. building, formally known as the Seagull Pewter manufacturing plant at 11103 Rt #6 in Pugwash. After many months, owner Lee Weir has successfully retro-fit the building and opened its doors to welcome visitors in early January to rave reviews. He is very proud of his new-to-him facility and very much looks forward to becoming a retail powersport destination for the region. The new building features a 15,000 sq. ft. showroom to display its sales inventory of after-market vehicles which include motorcycles, jet-skis, ATVs and side-by-sides, along with a selection of apparel and accessory lines. A number of classic cars and hot rods are typically on display and for sale in the showroom as well. Even before COVID -19, Cross Roads already had a robust retail business on-line for aftermarket parts and ships to customers all over the world. With the showroom space on site, customers get to experience their full inventory first hand. Their core business is buying and selling used and aftermarket powersport vehicles with inventory changing rapidly, so there is always something new to see. If you are traveling on the Northumberland Shore on your motorcycle or utilizing the ATV trails while at the cottage and find yourself in need of repairs, their modern service shop is there to help get you back on the road.

Cross Roads also has a construction division that builds and sells made-to-order sheds under the “Old Hickory Buildings” brand that are perfect for a cottage bunkhouse, family playhouse or extra storage for all your summer tools and toys. Several options are available to choose from and can be seen on display in their parking lot. The shed manufacturing

operation occupies about 25,000 sq. ft. in the rear portion of the building, so customers appreciate knowing that their buildings are made right here in the local area.

Cross Roads is excited about the close proximity to existing recreational multi-use trail and exploring opportunities to integrate the trail use with our activities and services. They will be hosting a variety of training courses on-site to provide local access for people wanting to take their motorcycle or ATV safety courses. Other services that are available include indoor vehicle storage and Motor Vehicle Inspections for motorcycles and trailers.

They are hopeful that COVID-19 restrictions will subside and that we will, at the very least, be back to an “Atlantic bubble” for the summer months. They have a calendar of activities planned, including car club Show n’ Shines and a grand opening scheduled for Friday, July 2nd that will be part of the Canada Day long weekend celebrations in Pugwash. So stay tuned for details by following them on FB @ Cross Roads Cycle Sales.



Makers Market

The Nova Scotia north shore is bursting with talent. Here are just a few places you can visit to appreciate the talents the area has to offer.



THE CRAFTY SHORE
Tatamagouche
thecraftyshore.com

Everything from birdhouses to handmade jewellery to jams and jellies can be found at The Crafty Shore. 99% of the items are locally made and handcrafted in Nova Scotia. If you're looking for a unique gift or something to remember your trip to the north shore this is the place to shop. You won't be disappointed.



BASIC SPIRIT
Pugwash
basicspirit.com

Fine handcrafted pewter designed and created in Pugwash. They use traditional methods of pewtersmithing with high quality, lead free metal. When you purchase from them, 10% of their profits are allocated to philanthropic projects to help the environment and the community.



WATER STREET MARKET & BAKERY
Pictou
waterstreetmarket.ca

With over 30 vendors at this market you're sure to find something you want to take home. A wide assortment of handmade items can be found including jewellery, wall art, toys, clothing, and soap. You can also take home some fresh baked treats too!



SARA BONNYMAN POTTERY
Tatamagouche
sarabonnymanpottery.com

Beautiful and functional handmade stoneware pottery. Sara shares the age old belief that the true joy of handmade pottery is in holding it, feeling the spirit of the clay, for whatever you have chosen to use it for. Dinnerware, oven ware and, of course, the famous Moss Scuttle are designed for practical, every-day use.



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44 Creamery Road, Tatamagouche
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902-657-1110

www.jamiesongeneralstore.ca



Sheepskins, Wool Blankets, Sheepskin Slippers, Lots of Yarn, Wooden Knitting Needles, and much more!



Shop Hours - Open Daily 10 till 4 (beginning May 21) Off season by appointment. Barn will be open for visitors to see the lambs during shop hours.

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902-351-2889 or 902-351-2594

www.lismoresheepfarmwoolshop.com

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Festivals & Events

*Due to COVID some events listed may not be happening. Visit www.visitnorthshores.com or the event's website to see exact dates and other info as it becomes available.

July

GATHERING OF THE CLANS, PUGWASH

JULY 1 | The Gathering of the Clans has become the traditional way to spend Canada Day in Cumberland County. It is a party, Scottish style, with piping, drumming, highland dancing, highland games, artisans, midway, concerts, food and artisan vendors. pugwashvillage.com

TIDNISH FESTIVAL, TIDNISH

The Tidnish Festival is held each summer; activities include a bake sale, ball games, washer toss, a pork chop barbecue dinner, children's games, music by local groups, and a Saturday night dance. mytidnish.ca

READ BY THE SEA, RIVER JOHN

To promote and foster appreciation for outstanding Canadian writing and literature among residents and visitors of Nova Scotia's north shore communities. The event will be virtual this year. Visit their website for more details. readbythesea.ca

LOBSTER CARNIVAL, PICTOU

The event features musical entertainment at the main stage, beer garden, Mardi Gras parade, children's parade, antique car show, derby races, lobster boat races, mid-way rides, modified boat races, lobster dinners, fireworks over the waterfront and many other activities. pictoulobstercarnival.ca

RIVER JOHN FESTIVAL DAYS, RIVER JOHN

River John Festival Days is a week long celebration that includes events such as: cardboard boat races, lobster crate run, variety shows, fun paddle, children's parade, music, washer toss, bingo, car show, bonfire and more! Fun for the whole family! And of course there's lots of food! facebook.com/riverjohn.festival.days

BAINFEST, MARSHVILLE

Rock, Turf and Surf. Bainfest beginnings started 9 years ago, on the deck of a neighbors cottage celebrating a birthday party. From there the following year a stage was built on the back of the cottage. From that point professional sound and lighting was brought in to enhance the experience of music on the shoreline. bainfest.ca

HARBOURFEST, PUGWASH

It's a Shore Thing! HarbourFest was established in 2006. It is a two day annual festival involving many of the community groups in the area. The festival really ramps up when the tall ships are in port. pugwashharbourfest.ca

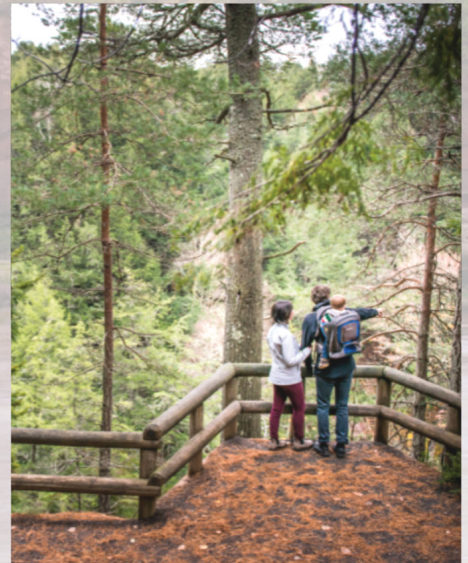
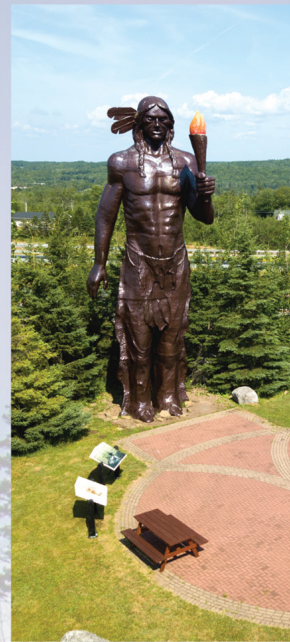


PUGWASH FARMERS' MARKET



Market Square
10222 Durham Street, Rt.#6
Saturdays 8:30am -1pm
Mid May-Mid Oct.
pugwashfarmersmarket.com





Explore Central

AN ADVENTURE OF A LIFETIME

Experience all this region has to offer for families, adventurers, outdoor enthusiasts, history and culture aficionados and food connoisseurs.

We invite you to Explore Central Nova Scotia where hundreds of adventures are waiting for you within a two-hour car drive from the Truro-Colchester region.

Be our guest and stay a day or stay to play - it's always the perfect time to be here! Your adventure awaits; free from crowds, anxiety or extensive travel. Stay at one of our well-appointed fresh and welcoming accommodations and let your fantastic adventure begin.

Central Nova Scotia is a four-season playground filled with rich culture and heritage, unique culinary tastes, breathtaking nature, adventure

activities, and family fun for all ages. There's no better place for a fun-filled day of family experiences. From a multitude of playgrounds or an extensive network of parks, to relaxing on warm sandy beaches, we've got you covered.

Exploring Central also offers the perfect day trip for the young and the young at heart with so many interesting things to see and do.

With a rich past and a breathtaking present, Central Nova Scotia's heritage unites proud First Peoples' cultures and retraces the steps of early settlers

“Central Nova Scotia is a four-season playground filled with rich culture and heritage, unique culinary tastes, breathtaking nature, adventure activities, and family fun for all ages.”



from Germany, Britain, New England, France, Scotland and many other backgrounds.

History and modern lifestyle coexist peacefully here, with evidence of past Acadian life around every turn, and dozens of specialized museums and information centres to be discovered. Visitors are invited to step back in time, as they experience the region's heritage and culture, driving or walking through our communities where the past meets the present, telling a story of resilience and innovation through the years.

For those on a quest for untamed excitement, your adventure awaits! River rafting, harness racing, skydiving and skiing are just some of the experiences for you to look forward to. Discover endless recreation trails, hike to water falls, navigate challenging mountain bike courses, take a sight-seeing flight, or scour the cliffs of our UNESCO Global Geopark.

Everywhere your journey may lead, nature is at your fingertips in Central NS waiting to be explored. There is no shortage of breath-taking views and beautiful landscape offering an enticing variety of nature experiences. Coastline views along the Bay of Fundy, rolling green fields and farmland, acres of forest and hiking trails in Victoria Park and beyond! Experience the power of the highest tides in the world forcing a river to change direction right before your eyes. Grab your camera and enjoy!

Sip, savour and sample the flavours as you make your way through Central Nova Scotia, all while connecting with the people who create these unique delights. A vibrant culinary community will ensure that there is something for every taste, whether it be traditional Maritime fare or epicurean indulgence. The abundance of craft brewers, distillers, and vintners are well represented in this region, making it a prime

destination for those looking to fill their glass with a handcrafted vodka or microbrew. Coffee lovers can also experience the handiwork of two local roasters.

We invite you to Explore Central NS for a celebration for the senses. Experience the sweetness of pure maple syrup, pick a sun-warmed seasonal berry fresh from the field, sample award-winning cheese while taking in the ineffable view of the Bay of Fundy, in-season seafoods or hand-crafted artisan chocolate by the Northumberland Strait.

For more information about
Truro-Colchester visit
www.explorecentralns.ca



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(902) 895-6284
colchesterhistorem.ca
curator@colchesterhistorem.ca

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Tatamagouche at The Crafty Shore
and at local Markets, Craft Sales and
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Visit my website or follow me on Social
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carolpounderart.com

carolpounderart@gmail.com



August

WILD BLUEBERRY FESTIVAL

Enjoy an extensive schedule of events including: live music, community picnics, teas, suppers, pancake breakfasts, farmers markets, pie eating & baking contests, quilt fairs, exhibitions, children's activities, U-Picks, processing tours, blueberry wine fest, and more!

wildblueberryfest.com

MACKEREL TOURNAMENT, PUGWASH

Pugwash invites fishers of all ages and abilities to come to the Mackerel tournament on the third weekend in August. There's lots of fun and lots of prizes in this fund raiser for the Pugwash and District Volunteer Fire Department!

TOADSTOCK, RIVER JOHN

Toadstock Annual Summer "Toad" Memorial Party to be held at the old River John School at 2 School Street, River John. Event includes: Old skool biker games, Friday & Saturday night dances, wet t-shirt contest, best buns, & photo booth.

RIBFEST, PICTOU

Ribfest is about food, family and fun while raising funds for Habitat for Humanity Pictou County and Viola's Place Society Homeless Shelter. Enjoy music from a variety of talent, local and specialty vendors, children's entertainment, and of course delicious ribs! This event has something for everyone.

www.pcribfest.ca

CUMBERLAND COUNTY EXHIBITION, OXFORD

The Cumberland County Exhibition, under the auspices of the Oxford Agriculture Society, has been in operation since 1918. It was started as a one-day show, changed to 2 and the 3 days, and now runs a full 6 days including 4H events.

facebook.com/cumberlandex

September

PICTOU-NORTH COLCHESTER EXHIBITION

The Exhibition is a local rural fair featuring agriculture events, local musical entertainment, truck pulls, demolition derby, mud bogging, strong man/woman competition, crafts and floral displays, light horse and draft horse events, and other entertainment for children and adults. pictouexhibition.com

OKTOBERFEST, TATAMAGOUCHE

SEPTEMBER 25-26 | The largest Oktoberfest east of Ontario on the last full weekend of September each year. Includes food, beverages, music and dancing. Great Kitchener-Waterloo, ON bands as well as local, playing Oktoberfest and popular music. All kinds of tasty treats ranging from traditional sausages and schnitzel, to pizzas and potato chips. Souvenirs are available including, beer steins, shirts, hats, pins and other novelty items.

nsoktoberfest.ca

THE GRACE JOLLYMORE JOYCE

Art, Music, Community.



Operating from Feb. 1 - Dec. 24 each year, the Grace offers live music and theatre along with gallery and festival experiences. Visit our website for info on our programming!
Gallery & Box Office Hours: Wed-Sat 10-5 & Sun 12-4

The Ice House
Gallery

(902) 657 3500 - 31 Creamery Road - arts@creamerysquare.ca

25

THINGS TO DO ON THE NORTH SHORE

1. **Visit Fraser Art Gallery**
362 Main St.,
Tatamagouche
2. **Tour Ship Hector**
33 Caladh Ave., Pictou
3. **Catch a performance at DeCoste Performing Arts Centre**
99 Water St., Pictou
4. **Visit Creamery Square and check out the Farmer's Market and Heritage Centre**
39 Creamery Square,
Tatamagouche
5. **See a working grist mill at Balmoral Grist Mill**
544 Peter MacDonald Rd., Tatamagouche
6. **Rent a paddle board**
sunrisetrailadventures.com
7. **Ride a buggy on the Trans Canada trail**
Remember Adventures,
Tatamagouche
8. **Visit a vineyard**
Jost Vineyard, 48 Vintage Lane, Malagash
9. **Take a walk on the Great Trail**
10. **Go for a trail ride**
Shelby Ranch, Scotsburn
11. **Visit a working sheep farm and wool shop**
Lismore Sheep Farm,
1389 Lousiville Rd., River John
12. **Take in an amazing sunset** - various locations along the coast
13. **Go golfing**
see our list of golf courses in this issue
14. **Visit McCulloch House Museum and learn about early education in Pictou**
100 Haliburton Rd.,
Pictou
15. **Take a boat tour**
Rudderstick Boat Tours
16. **Take an Instagram worthy photo at a lavender farm**
Seafoam Lavender,
Seafoam
17. **Visit a working maple syrup farm**
Sugar Moon Farms,
Tatamagouche
18. **Hike a mountain**
Rogart Mountain Trail
Tatamagouche
19. **Swim in the warm Northumberland Strait**
see our list of beaches in this issue
20. **Visit Wallace Museum**
Wallace
21. **Take in some live music**
Grace Jollymore Joyce
Art Centre
22. **Visit the largest farmers market of the area**
Pugwash Farmers Market
23. **Stay in an old train car**
Train Station Inn
24. **Take the Heritage Interpretive Walking Tour** - Pugwash Waterfront
25. **Learn about a salt mine**
Malagash Salt Miners
Museum

The Value in Landscaping

A professionally designed and installed landscape is one of the most under-appreciated aspects of home ownership. Whether your home is for sale, or you're entertaining guests for the first time, their first impression of your home is based on the first thing they see, your yard and landscape!

Not only does a well-designed and maintained landscape add monetary value to your home, it provides an extension of your indoor living space by making your outdoor space comfortable and enjoyable. By following a few simple steps, anyone can have the landscape of their dreams.

Choose the proper landscape contractor: Do your research and find the right contractor for the job. Check their industry certifications, review their portfolio, and source references.

Budgeting: If building a new home, consult your local landscape professional before the building begins. They'll provide you with an estimate of what your landscape will cost. Most new homes go over budget, using the landscape budget to cover additional building costs. If funds are limited, plan the installation over a number of years.

Planning: With the aid of your landscape professional, decide how you'd like your landscape to look and what functions you'd like it to serve.

Plants: Whether you're a green thumb or not, ensure that plantings meet your needs. Ensure you're choosing the right plants for the right location in order for them to thrive.

Design: Have your landscape professional create a depiction of the finished product for your approval before the project begins.

Pricing: Agree on a price, and get it in writing.

Maintenance: Develop a maintenance schedule. Whether you'll be maintaining the property yourself, or hiring an industry professional, understand the maintenance requirements of your landscape.



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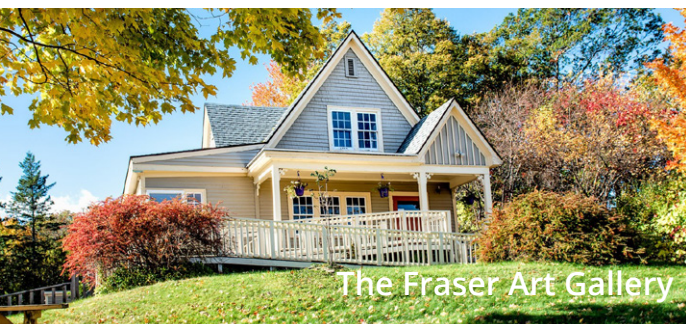
Whether it's family & friends looking to return home, or your business contacts exploring Truro Colchester for their next move, connect with us to learn more about life and business in Truro Colchester.
www.trurocolchester.ca



Discover Tatamagouche



Shopping on Main Street



The Fraser Art Gallery



Cottage Life



Outdoor Adventure



Train Station Inn



Creamery Square

villageoftatamagouche.com

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