

University of Mississippi (UM)
Department of Nutrition and Hospitality Management (NHM)

COURSE INFORMATION

Course Title: Nutrition/Hospitality Management Study Tour (Exploring the Culture and Cuisine of Prince Edward Island)
Course Number: NHM 468
Section Number: 1
Credit Hours: 3
Day/Times/Location: August Intersession/Arranged/Arranged

TENTATIVE SCHEDULE

Sunday, July 31, 2022

- Arrive PEI (Charlottetown Airport)

Monday, August 1, 2022 (Central PEI)

- Breakfast at Hotel.
- 8:30 am, Morning Walk (Meet in hotel lobby), Charlottetown (<http://www.discovercharlottetown.com/>) (Leave Hotel or Downtown at 10:15 am)
- 11:00 am, Learn about making jellies and preserves and eat lunch at Prince Edward Island Preserve Company, 2841 New Glasgow Road, New Glasgow (<https://preservecompany.com/>) (Dessert, Raspberry Cream Cheese Pie)
- 2:00 pm, Learn about making goat's milk soap at The Great Canadian Soap Co., 4224 Portage Road – Route 6, Oyster Bed (<https://www.greatcanadiansoap.com/>)
- 3:00 pm, The Dunes Studio Gallery, Brackley Beach (<http://www.dunesgallery.com/index.html>)
- 4:00 pm, Walk on Brackley Beach (<http://www.brackleypei.com/>) – some parts of the beach/dunes have bayberry trees, which were traditionally used for making bayberry candles.
- 5:30 pm, Eat dinner (early dinner menu) at Dalvay by the Sea (<https://www.dalvaybythesea.com/>)
- 8 pm, Optional Evening Walk (Meet in Hotel lobby), Charlottetown Harbor (<http://www.discovercharlottetown.com/>)

Tuesday, August 2, 2022 (Central PEI)

- Leave hotel at 7:45 am or 8:30 am.
- 9:00 am-1:00 pm, Culinary Class, Culinary Institute of Canada. Learn how to make seafood and other local fare. (<http://www.hollandcollege.com/culinary-institute-of-canada/>) (<https://www.facebook.com/hollandcollegebootcamps/>)
- 9:00 am-1:30 pm, Culinary Class, The Table. Learn how to make seafood and other local fare (Farm to Table or similar class). (<https://www.thetablepei.ca/home>)
- 2:00 pm or 3:30 pm, Olive Oil Tasting (All Things Olive), Charlottetown (<https://www.allthingsolive.ca/>)
- Afternoon on own – Consider visiting Charlottetown Basilica (<http://www.stdunstanspei.com/>); David's Tea (172 Great George Street, Unit 22A, Charlottetown) (<https://www.davidstea.com/>);

Confederation Mall (<http://confedcourtmall.com/>); Anne of Green Gables Chocolates (100 Queen Street Charlottetown) (<http://annechocolates.com/>)

Wednesday, August 3, 2022 (Central PEI - Anne Land)

- Breakfast at Hotel. (Leave hotel at 8:30 am)
- 9am, Charlottetown Farmers Market (<https://charlottetownfarmersmarket.com/>) (<http://charlottetownfarmersmarket.weebly.com/>) – local produce is vital to the economy and contributes to sustainable agriculture on PEI (Leave market at 9:45 am)
- 10:30am, Green Gables Heritage Place, Prince Edward Island National Park, 8619 Cavendish Road, Cavendish (<http://www.pc.gc.ca/en/lhn-nhs/pe/greengables>) (Leave Green Gables at 12:00 pm) – observe the kitchen garden by the historic home, explore the historic kitchen and nearby barn for insights into period cuisine.
- 12:15 am, Avonlea Village, 8779 PE-6, Cavendish (Lunch at Avonlea Village) (Leave Avonlea Village at 5 pm)
- 7 pm, Sims Corner/Sims Steakhouse and Oyster Bar, 86 Queen Street, Charlottetown (simscorner.ca) (902-894-7467) – PEI mussels and oysters are famous around the globe. **(CASEY...LETS ASK FOR A 'LUNCH' MENU AT DINNER TIME. IT WOULD BE LESS EXPENSIVE.)**

Thursday, August 4, 2022 (Central PEI)

- 8-10:15 am, Explore Charlottetown on Own (<http://www.discovercharlottetown.com/>) (Leave hotel at 10:15 am) (Leave Confederation Centre at 10:20 am)
- 10:30 am, Supermarket Tour (Leave supermarket at 11:40am) – Gather prices for PEI food list for assignment. Teaching kitchen on site for community outreach.
- 12 pm, Lunch at Boom Burger (and Shop Area Stores near Boom Burger and Cow's Creamery), Charlottetown (<http://boomburger.ca/>)
- 1:00 pm, Cow's Creamery (Ice Cream) Tour, Milky Way, Charlottetown (<http://cows.ca/>) (Leave Cow's at 2:00 pm) – Learn about making ice cream and sorbet. Cow's is made with local ingredients.
- 2:30 pm, Learn about making beer - The Gahan House Brew Tour, Charlottetown (<http://charlottetown.gahan.ca/brew-tours/>) (Leave brew tour at 4:00 pm)
- 5:15 pm, Dinner (The Pilot House, <http://thepilothouse.ca/>) (Walk to show)
- 7 pm (show at 7:30 pm), Anne of Green Gables the Musical at Confederation Centre of the Arts, Charlottetown (<http://www.confederationcentre.com/en/show/2-Anne-of-Green-Gables-The-Musical>). Tourism is vital to the economy of Prince Edward Island. 'Anne' is popular across the globe, especially in Asia.

Friday, August 5, 2022 (Central PEI)

- Leave hotel at 8:15 am.
- 9:00 am, Learn about wool thread and blanket making. MacAusland's Woolen Mills, 3817 2 Hwy, Bloomfield Station (<https://www.macauslandswoolenmills.com/>) (Leave woolen mill at 9:45 am.)
- 10:15 am, Island Traditions Artisan Store, 17 Sunnyside Road, Richmond (islandtraditions@hotmail.com), Learn about use of baskets for agricultural and culinary purposes and observe a traditional basket-making demonstration (Ann McRae McIsaac) (Leave at 11:00 am.)
- 12:15 pm, West Point Lighthouse, 364 Cedar Dunes Park Road, O'Leary (Eat lunch in O'Leary) (Leave at 1:30 pm)

- 2:15 pm, North Cape Nature and Technology Centre, 21817 Route 12, North Cape, Tignish (<http://www.northcape.ca/>) (includes North Cape Lighthouse) – Learn about wind power and seaweed harvesting. Eat dinner at North Cape Lighthouse. (Leave at 7:00 pm)

Saturday, August 6, 2022 (Eastern Tip and East Island)

- Breakfast at Hotel. (Leave Hotel at 9:00 am)
- 9:30 am, Vesey's Lawn and Garden Centre (including trial gardens), York (<http://www.veseys.com/ca/en/>) (Leave at 10:30 am). Walk the test plots of Vesey's Seeds. Vesey's seeds are sold in Canada and the United States.
- 11:15 am, Lunch at Gerry's Cottage on Winter Bay (Gerry is a PEI Native.) (35 Carriere Lane, Donaldson) (Menu: Fresh Garden Salad, PEI Muscles with garlic butter, Seafood Bisque with lobster, scallops, clams, haddock, vegetables. homemade biscuits with homemade butter, fresh berry pie from local strawberries with whipped cream from Purity Dairy) (Leave 12:45 pm)
- 1:30 pm, St. Peter's Bay and Greenwich National Park (Hike Greenwich Dune Trail) (<https://www.youtube.com/watch?v=lcEZ4jhDzNc>) (https://www.tourismpei.com/search/OperatorDetails/op_id/5107/) (Leave at 3:30 pm) – Learn about sand dune ecology.
- 4:30 pm, Basin Head Singing Sands Beach (<http://www.basinhead.com/>) (Leave at 5:00 pm)
- 5:30 pm, East Point Lighthouse and Welcome Centre, Elmira (<http://www.eastpointlighthouse.ca/about/>) (Leave for Hotel, 6:00 pm) (Travel through Souris)
- 7:30 pm, Arrive at Hotel
- 8:30 pm, Dinner at The Gahan House (<http://charlottetown.gahan.ca/>)

Sunday, August 7, 2022 (North Cape and West Island)

- 7:30 am, Optional Morning Walk (Meet in hotel lobby), Charlottetown (<http://www.discovercharlottetown.com/>) (Leave hotel at 8:45 am)
- 9 am, Downtown Charlottetown Farmers' Market (<http://downtowncharlottetown.com/farmersmarket/>) (Leave Market at 10:15 am) – Compare the differences between this local farmers' market and the market visited on Wednesday.
- 11:15 am, Canadian Potato Museum with Lunch (<http://www.canadianpotatomuseum.info/>) (Leave at 1:15 pm) – Learn about potatoes – planting, growing, harvesting, and usage.
- 2:00 pm, Acadian Museum, Miscouche (<http://museeacadien.org/an/>) (Leave at 4:00 pm) – Learn about the Acadians, including their contributions to Creole cuisine in our region.
- 5:15 pm, Arrive Hotel.
- 7:00 pm, Dinner at My Plum, My Duck. Charlottetown. Serves local and primarily vegan cuisine. (<http://myplummyduck.com/>)
- Start (and finish) packing for home.

Monday, August 8, 2022

- Depart for Home (Charlottetown Airport)