

**FOR IMMEDIATE RELEASE**

## **CHOWBELLA CULINARY EXPERIENCES & CONCIERGE INTRODUCES GOURMET TOURS IN TORONTO AND STRATFORD**

**TORONTO, ON (April 22, 2009)** – ChowBella Culinary Experiences & Concierge (ChowBella), a company specializing in unique culinary travel adventures in Ontario, launches four culturally rich and budget-friendly gourmet experiences that are guaranteed to delight the taste buds of visitors and locals who wish explore their own backyard this summer.

The public tours consist of chef-guided walks through some of Toronto's most fascinating ethnic neighbourhoods, including Little India, Kensington Market and West Queen West, as well as a one-of-a-kind gourmet trek to Stratford, Ontario's newest culinary hot spot.

"Ontario is a food lover's playground – from Toronto's ethnic neighbourhoods and world-class restaurants to the province's farms, markets, wineries, craft breweries and more – and the opportunities to explore are endless," says Trina Hendry, president, ChowBella. "Our tours aim to celebrate and showcase the abundance of local culinary delights, while presenting tourists with authentic cultural experiences. They also make wonderful outings for Ontarians who would like to rediscover the bountiful province they call home."

Tours include:

**Little India** - Celebrated local chef, Joshna Maharaj, takes guests on an exploration of taste, smell and tradition as they wander through the streets of Toronto's Little India (a.k.a. Gerrard India Bazaar), North America's largest Indian market. This casual afternoon begins at one of Little India's most popular south Indian vegetarian restaurants, with an exclusive "lunch and learn." It is here that guests will experience a behind-the-scenes cooking demonstration, followed by a light but savoury vegetarian lunch. After lunch, the tour further explores the culinary traditions of South Asia by perusing the unique stores along Gerrard Street and sampling delicacies along the way. The two-hour tour costs \$65 per person, all inclusive.

**Kensington Market** – Signe Langford, local chef and food writer, hosts a tour of some of the world's most authentic foods found in Toronto's famous and historical Kensington Market. Canada, Jamaica, Portugal, Central and Latin America are all covered on this tasty two-hour walk. The tour is \$55 per person, all inclusive.

**West Queen West** - From gourmet food shops, boutiques, interior design stores and vintage shops to the city's largest concentration of art galleries and some of the hippest restaurants, Toronto's West Queen West Art & Design District has become a choice destination for Torontonians and visitors alike. ChowBella will introduce attendees to some of the coolest "foodie" stops along the strip. The day begins with a trip to a French patisserie for croissants and a popular new café for coffee or a specialty beverage. As tourists take a walk on the west side of Toronto, they'll stop at a store that specializes in spices from all over the world, embark on an olive oil tasting, pop into a cute little tea house, experience a renowned butcher shop and more. This two-hour tour is \$55 per person, all inclusive.

**A Gourmet Trek to Stratford** – Those who join this tour will embark on an epicurean trek to one of Ontario's newest designated culinary hot spots – Stratford. Activities in this group adventure include a behind-the-scenes tour of the Stratford Festival's warehouse, the third-largest costume warehouse in North America, lunch made with local, seasonal ingredients and prepared by one of Stratford's many celebrated chefs and a visit to the lush countryside of Perth County, where guests will visit two farms, work amongst the various heritage vegetables with Food Network's Manic Organic, Antony John, at his farm Soiled Reputation, as well as feed the Tamworth pigs and wild boar with heritage pork farmer, Fred de Martines. The day ends with a scavenger hunt in some of downtown Stratford's best food shops. The tour costs \$130 per person, inclusive of taxes, gratuities, round-trip transportation from Toronto, admission to the warehouse, lunch and all food samples.

Tours are available on select dates throughout the summer. For additional information or to book, visit the ChowBella web site at [www.chowbellaconcierge.com](http://www.chowbellaconcierge.com). All tours are subject to availability and a minimum/maximum number of participants may apply.

In addition to culinary group tours, ChowBella offers a wide variety of services guaranteed to satisfy and impress even the most discerning gourmands and corporate clientele, including:

- Free restaurant recommendations and reservations in Toronto
- Bespoke culinary travel planning (food/wine-focused one-, two- and multi-day travel itineraries)
- Corporate culinary experiences (from corporate entertaining to retreats and employee incentive trips)
- Gourmet personal shopping
- Private tours, cooking classes, etc.

ChowBella Culinary Experiences & Concierge was established in 2008 by Trina Hendry. Catering to visitors and locals alike, ChowBella creates one-of-a-kind gastronomic adventures for those wishing to enjoy Toronto's (and Ontario's) culinary offerings in a personal and unique way.

**Media contact:**

Trina Hendry  
President/Founder  
ChowBella Culinary Experiences & Concierge  
647.403.8030  
[trina@chowbellaconcierge.com](mailto:trina@chowbellaconcierge.com)