



## TASTE OF THE FINGER LAKES SWEET TREAT TRAIL

Cayuga County's culinary selections are many and varied, thanks to the County's rich, agricultural resources. From roadside farm stands to working farms to traditional locavore inspired restaurants, you'll find a full array of foodie options.

### DAY 1

Begin your adventure at **New Hope Mills**. The quality of New Hope Mills products has made their pancake mixes the #1 pancake flour in central NY! Visit the store and café which features local products such as maple syrup, honey, jams, jellies, preserves, spreads, baked goods and the famous pancake mix they are known for. With that hometown feel, locals and visitors alike enjoy the tasty goodness of the treats available in the café, as well as a shopping experience that will bring you back in time.



Next, stop at **Izzo's White Barn Winery**; set on 14 acres of farmland blessed with its own pond fondly named 'Lake Lorraine' after the co-owner Lorraine Izzo. Enjoy their signature 'White Barn' wines as well as traditional Pinot Noir and Cabernet Franc.

Have lunch at the **Refinery**. This recently renovated restaurant offers locally sourced produce and meats that are transformed into refined, modern fare. Sip on one of their carefully crafted cocktails, locally sourced wine and craft beer or enjoy a classic favorite. Their menu items have been inspired by using classic ingredients and recipes with a twist to make them unique and unlike anything you may have had before.

After lunch, pick strawberries at **Strawberry Fields Hydroponic Farm**. Strawberries grow from May through October in special containers up off the ground, making them easy to pick. When you're finished, browse their market for homemade jams, salad dressings and their own 'Strawberry Blossom Delight' honey.

Head over to **Lake House Gifts** to discover the perfect piece to bring the beauty of the Finger Lakes into your home. From finely crafted furniture and artwork, to local honey and unique gifts, there's something for everyone.



Stop for dinner at the **Springside Inn**. Their restaurant, Oak & Vine, is a modern Gastropub offering an array of American cuisine featuring locally grown products. Enjoy their seasonal menu with family style dining.



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### DAY 2

Start the day at **The Apple Station**, a family owned business that specializes in growing apples and blueberries. NYS produced jams, jellies, honey, maple syrup, maple candy, and maple cream are all available in addition to their own sweet cider, baked apple cider donuts and fruit wines.

Halfway down Cayuga Lake, stop in **Aurora**, one of the most charming villages in the Finger Lakes. This walkable village offers waterfront appeal and a laid-back grace of yesteryear. Small boutiques, shops, fine restaurants, and historic sites line its Main Street including **Bet the Farm Winery & Gourmet Market**, a delightful specialty shop featuring their own wines, plus a quality selection of other Finger Lakes wines and gourmet foods from the region.

Head over to **Long Point Winery**. Overlooking the lake, the awe-inspiring views take a back stage only to the medium to full-bodied vinifera wines you experience in the tasting room. Long Point is also home to Amelia's Deli. Enjoy homemade boxed lunches, which can be made ahead of time or during tastings. Lunch and the picturesque landscape can be savored at the many picnic tables outside, or down the road at Long Point State Park.



Next stop is **Owen Orchards**, a down-home, old-fashioned farm. With 15 U-Pick apple varieties to choose from, you can wander the orchard at your own pace and pick apples at your leisure. The Owen Orchards store is reminiscent of a classic farmer's market! You'll find fresh apples, homemade pies, fresh pressed apple cider, apple cider donuts, and an assortment of locally grown and produced vegetables, condiments, cheeses, and preserves.

Finish your day by relaxing at the **Prison City Pub & Brewery**. Relish in the abundant selection of award winning, handcrafted beers brewed on premise by their Brewmaster. Compliment your selected beverage by pairing it with their elevated pub food which focuses on farm-to-table cuisine. They also offer an extensive beer, wine, and cocktail list in addition to their house made beers. Come in and enjoy a laid back, high quality, industrial, rustic establishment where everything is being made before your eyes.

