

fresh

A TASTE OF KINGSTON

KINGSTONLICIOUS

SIGNATURE EVENTS

BOBBI PECORINO'S
ITALIAN WINE BAR

BE WINE-CURIOS

WINTER WELLNESS

+ GASTRONOMY





LIVE-FIRE COOKING

On this page: A rib-eye steak ready to be fire-roasted, part of the Kingstonlicious Fire & Feast menu from Le Jardin and Fat Rabbit.

See page 18 for details.

On the cover: Tortellini with smoked Hubbard squash, cashew "beurre blanc," yuzu, and a dinosaur kale chip, an entrée from Lakes & Land, a Kingstonlicious signature event by AquaTerra and Perch.

See page 10 for details.

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Editor: Andrea Gunn. Graphic designer: Derek Rowcliffe.

Writers: Andrea Gunn, Phil Gaudreau, Kirsteen MacLeod, Sofia Tosello.

Photography: Will O'Hare, Garrett Elliott, Tim Forbes.



Winter offerings at the **MEMORIAL CENTRE FARMERS' MARKET**



Long Road Eco Farm offers hot steamed buns made with butternut squash dough.

When temperatures drop, the Memorial Centre Farmers' Market moves indoors to its cold-weather home, the Bennett Barn at the Kingston Memorial Centre.

Most Sundays until May, from 9 am to 1 pm, you can sip hot cider, listen to live music, and buy tasty food directly from local farmers and producers.

"Kingston is fortunate: not many cities have a year-round farmers' market," notes Emma Barken, market operations manager. "It's open rain, snow, or shine, and the market is a source of pride, sustained by our community."

Exploring the best food the area has to offer is a palate-pleasing way to spend a wintry Sunday morning. Everything sold is truly local – grown, raised, or made within 100 kilometres (62 miles) of Kingston – a fact that never fails to impress visiting gastronomes.

KINGSTON IS FORTUNATE:

NOT MANY CITIES HAVE A YEAR-ROUND FARMERS' MARKET. IT'S OPEN RAIN, SNOW, OR SHINE, AND THE MARKET IS A SOURCE OF PRIDE, SUSTAINED BY OUR COMMUNITY.

"Our mandate is to provide a space for farmers to connect with customers," Emma says. The market was launched in 2012 by local farmers and the Williamsville Community Association to improve local food access and enliven the Memorial Centre grounds.

Even on the coldest, darkest day, the farmers' market is a cheerful place to be. In December, the winter market is at its merriest. "We spruce the barn up with holiday décor and have festive music," says Emma. "Vendors are focused on holiday shopping and helping people get ready to cook special meals."

You can pick up Christmas and hostess gifts and wreaths, buy fresh food, eat a hot brunch, head next door for skating inside the Memorial Centre arena, or linger by the fire for a chat. "We usually have a warm fire pit just outside the barn before Christmas, with complimentary cookies and cider," Emma says. "This year we're going to expand that through all the winter months to provide another cozy spot for people to meet and visit."

Whether you're seeking ingredients for your feast or unique presents, much of what you need for the holidays can be found at the winter market. Bee-Youtiful Beads upcycles old jewelry into new jewelry and ornaments. ChocChique specializes in bean-to-bar chocolate, with rich chocolate bars made from hand-roasted and ground cocoa beans. Generations Apiary offers beeswax candles in addition to a variety of honeys.

Meat-eaters, planning hearty meals over the winter, gravitate to Parson's Family Farm, which offers pasture-raised chicken and turkey, and Haanover View Farm, which raises heritage pork, grass-fed beef, and chicken. Or they head to the Reinink Family Farm booth for fresh eggs.

Veggie-lovers, even in December, can find a taste of summer here. "Our vendors have greenhouses in protected spaces and offer fresh greens right up until Christmas," says Emma. There are also plenty of root vegetables, available all winter: squash, potatoes, carrots, and onions.

And apples. "We have Hall's Apple Market from Brockville throughout the winter, so there's always fresh fruit," says Emma. This third-generation family-owned apple farm, established in 1947, also sells apple cider, apple butter, and pies.

Each Sunday, fragrant fresh breads fly off the tables. "Three bakers will come all winter. Crusty Baker is super popular: he sells out, and has an array of whole wheat, rye and oat breads, everything from baguette to sourdough to cookies, using grain from Ironwood Organics in Gananoque." Newer to the market are two bakers: Bon Bagel, with wood-fired Montreal-style bagels, and House of Bread, with sourdough products: loaves, cinnamon buns, and dinner rolls.

Specialty flour from Fat Chance Farmstead in Harrowsmith also has an enthusiastic following. "The farmer grows rye and Red Fife wheat and then mills it on his farm into various flours," says Emma.

Kingston's Lovebugs Farm adds protein-packed ground crickets to its cookies, muffins, carrot cake power bites, and breakfast bars. Through its products, Lovebugs promotes insect consumption as an eco-conscious choice.



And for foodies who have no intention of cooking, the market's international smorgasbord of hot foods entice: steamed buns with butternut squash dough from Long Road Eco Farm; okonomiyaki, a Japanese vegetable pancake from Main Street Urban Farm; and home-made Indian food including samosas, butter chicken, and mango lassi from 1000 Curry. Taking prepared food home is another possibility: vendors such as Cravin' sell frozen soups, baked goods, and food boxes stocked with seasonal home-made meals.

Over the past 15 years, the winter market has become a much-loved space where farmers and local food-lovers connect. "Though it's cold and dreary outside, people know they have an inviting place to go," says Emma. "When the snow flies, we gather weekly to share food, hot coffee, listen to live music, and meet with friends and neighbours."

→ **MEMORIAL CENTRE FARMERS' MARKET**
303 YORK ST.
NOVEMBER-APRIL
SUNDAYS 9 AM-1 PM
MAY-OCTOBER
SUNDAYS 9 AM-2 PM
MEMORIALCENTRE
FARMERSMARKET.CA

VENDOR PROFILE

SALMON RIVER SUGAR BUSH

Mark and Amanda Youmans and their family have been producing maple syrup on their 45-acre sugar bush in Tamworth since 2014.

They take pride in their pure maple products, the result of collecting sap from about 2,000 tree taps, and then boiling it over a traditional, wood-fired evaporator in spring. When the syrup is ready, Mark starts turning it into specialty maple creations including maple cotton candy, maple apple cider, and maple candy apples.

"Overall, we feel our products really capture the flavour and feeling of Canadian winter," says son Cole Youmans. "They pair just as nicely with warm French toast on a cold morning as they do with a Christmas maple-glazed ham at dinner."

Asked about winter market plans, son Cole Youmans says, "We'll be back with our full line of maple products, including all four grades of pure maple syrup in everything from 40 ml. gift bottles to 10 litre jugs – and our market favourite, maple snow taffy."

Lineups for this classic taffy are common at the winter market. The Youmans typically bring their own snow, made by blending ice cubes with distilled water. Then they ladle hot syrup into lines on the snow, twirl the hardening taffy around a popsicle stick, and then pass the maple treat over to be enjoyed.

Choices abound for shoppers seeking gifts for maple-loving friends. "Our maple sugar, maple vinegar, maple garlic seasoning, maple butter, and specialty gift bottles are our most popular gift items, especially through the holiday season," says Cole. Custom maple gift baskets are also available. "We'll also be bringing back our gingerbread maple butter, a festive seasonal favourite that blends our pure maple butter with warm gingerbread spices."

For the Youmans, the hard work of bringing their products to customers meets an appreciative public at the market. People know about Mark's chilly early mornings in the sugar bush, de-icing his extractor, or checking the lines for damage caused by animals or weather. They respect the family's work, knowing that the syrup and maple creations come straight from the farm.



Snow taffy from Salmon River Sugar Bush is a favourite at the Memorial Centre Farmers' Market.

ABOUT MAPLE SYRUP

There are four grades of maple syrup, reflecting its colour and flavour: gold, amber, dark, and very dark. Gold and amber syrups are often used on pancakes, while the dark and very dark, which have a more concentrated maple flavour, are great for baking. However, it's all a matter of taste!

PATRIAM COFFEE WELCOMES YOU TO KINGSTON

fresh

*A LOCAL COFFEE SHOP SHOWCASES THE
BEST OF KINGSTON TO VISITORS.*

A small, independent coffee shop in an east-end business park serves as an unofficial embassy for Kingston.

Just off Innovation Drive, not far from where the 401 meets Highway 15, you'll find Patriam Coffee, an independent coffee shop now marking its fifth year in business. Ksenia Knyazeva launched the first iteration of Patriam as a mobile coffee bar on the other side of town. In time, Patriam relocated to its present location, sharing a space with Fine Balance Brewing.

Patriam brings together Ksenia's experience working in a coffee shop and a bakery, along with her personal values of sustainability and community building. She sources all her ingredients locally where possible, and otherwise within Canada.



"Even our takeout cups are made in Canada," she says. "We use Limestone Creamery milk, we use locally roasted coffee, and our fall menu featured a cider made by a local organic orchard in Inverary. Our winter menu features Limestone Creamery eggnog in our seasonal eggnog latte. Through the café, I have an opportunity to introduce people to amazing products – sometimes they see Limestone Creamery glass bottles and don't know about this great local business, so I get to tell them about it."

And it's not just locals stopping in for lunch or a warmup. Patriam's proximity to the highway makes it a prime stop for motorists passing through and looking to try something different.

"It creates a conversation and gives me an opportunity to give the whole Kingston spiel," Ksenia says.

Patriam offers a wide array of specialty drinks made with their in-house unique syrup and spice blends. They also make sandwiches using locally sourced meats, cheeses, sauces, and breads. In 2024, they started selling chocolate bars made in Kingston at Mac's Chocolate and Bakeshop with a pair of Patriam-inspired flavours: cardamom latte and a white chocolate chai with Patriam chai spice mix.

That chai spice mix is something Ksenia intends to bring to market in the near future so her customers can make their own chai at home. She has also introduced a line of sparkling beverages with flavours like Lemon Ginger Sparkling Americano. The beverages, made with locally sourced ingredients, are sold in containers featuring artwork by local artists.

The name Patriam is a nod to Ksenia's focus on local ingredients and working close to the land – it's a Latin word meaning homeland. But it's also an acknowledgement of Ksenia's personal journey, having immigrated to Canada in 2010 from Russia.

"I was on a trip from Toronto to Ottawa when I first stopped in Kingston, and that inspired the move," she said. "I saw the slower pace of life, a place where people are a bit more connected. Kingston was perfect."

→ PATRIAM COFFEE

677 Innovation Dr.

patriamcoffee.com



Patriam offers its own line of sparkling beverages and carries locally made Patriam-inspired chocolate bars.

2026



KINGSTONLICIOUS



*Kingston's winter culinary festival returns in February with new signature events
featuring local chefs and special guests collaborating on innovative menus.*

LAKES & LAND

AquaTerra – Kingston

Perch – Ottawa

Unagi-style marinated black cod with chawanmushi, charred cucumber broth, cucumber brunoise, carrot, and Thai basil



On February 5, celebrate the bounty of Southeastern Ontario with host chef Brent McAllister of AquaTerra and guest chef Justin Champagne-Lagarde of Perch (Ottawa). Guests will enjoy a thoughtfully crafted menu highlighting regional ingredients, craftsmanship, and the connection between land, water, and plate. The chefs will collaborate on a menu that showcases local ingredients, from the opening bite of fresh sourdough bread with cultured butter and fermented garlic scape salt to the last course, a spruce tip panna cotta served with haskap berry granola and maple syrup.



The rest of the meal includes:

An amuse duo: a mustard macaron and scallop mousse with ground cherry fluid gel, borage leaves, and violas

Unagi-style marinated black cod (charcoal grilled), chawanmushi (a savoury Japanese egg custard) charred cucumber broth, cucumber brunoise, carrot, and Thai basil

Tortellini with smoked Hubbard squash, cashew "beurre blanc," yuzu, and a dinosaur kale chip

Granita with haskap berry & birch syrup

Shio koji-marinated, sous-vide duck breast served with roasted parsnip, sea lettuce sauce, pickled beet strings, and wild leek purée

The entrées will be served with wine pairings from MW Cellars in Niagara-on-the-Lake and the dessert, with a special mocktail.

TERRE & TRADITION

Dianne's – Kingston

Dida's Gastropub – Earlton

Pan-seared trout fillet with sumac-infused beurre blanc, matchstick fries, and maple syrup-glazed vegetables





On February 19, Chef Dave Tosh of Dianne's hosts chef Linda Loranger from Dida's Gastropub in Earlton. They will create a gluten-free menu, blending Dianne's Acadian influences with Dida's own Francophone/Northern Ontario heritage.. Both Dianne's and Dida's Gastropub are Feast On® certified.

Their meal starts with a Northern bison bite, a delicate meatball made from Ontario bison, glazed with a haskap berry reduction, crowned with creamy goat cheese, and served on a crisp crostino. Also to start will be a lobster roll slider with house-made remoulade, celery, and pickled red onions. The meal continues with a pan-seared trout fillet finished with a sumac-infused beurre blanc and served with crisp matchstick fries and seasonal vegetables glazed in maple syrup. The final course will be gluten-free churros with cinnamon sugar and served with maple caramel and local gelato.

The meal will be served with wine pairings from The Grange of Prince Edward Winery.

MAKE AND FEAST

Juniper Cafe Terra Verde – Kingston

Otter Creek Kitchen – Kingston

*Learn to make dressings
and sauces to take your
meals to the next level.*



On February 25 and March 25, Kingston's Juniper Cafe Terra Verde and Otter Creek Kitchen collaborate on Make and Feast, a hands-on learning and dining experience. Raissa Sarkisian from Juniper Cafe and Will Arnaud from Otter Creek Kitchen share their secrets on transforming everyday simple ingredients into flavourful dressings and sauces.

Each event will include an interactive cooking workshop, a full on-site meal (with protein, salad, and beverage), a personalized salad dressing, and additional recipes to take home.



ROOTS & HARVEST

*The Everly Restaurant & Lounge – Kingston
Down Home Restaurant – Grey Highlands*

On March 4, Chef Jamie Hodges of The Everly Restaurant & Lounge welcomes chefs Joel Grey and Hannah Harradine Gray from Down Home Restaurant in Grey Highlands. Together, they will create a four-course meal featuring ingredients from Salt of the Earth Farm in Kingston and from Down Home's favourite local suppliers. Guests will enjoy thoughtfully paired wines from The Grange of Prince Edward Winery while Charles Baker of Salt of the Earth shares stories and insights about Kingston's vibrant local food system. This intimate evening invites diners to savour simple, flavour-driven dishes and connect with the people, land, and farms that make Ontario's harvest so extraordinary.

*Lamb & ricotta agnolotti
with brown butter and
sourdough pangrattato*





Your evening includes:

Amuse bouche on arrival

FIRST COURSE

Beef tartare with smoked egg yolk and horseradish aïoli

Carrot croquette with cheddar and fermented plum

SECOND COURSE

Roasted mushrooms and cured pork belly with pickled wild mushrooms and trotter & mushroom broth

THIRD COURSE

Lamb & ricotta agnolotti with brown butter and sourdough pangrattato

FOURTH COURSE

Red Fife apple cake with Kinsip whiskey maple crème anglaise

FLAME & FEAST

Le Jardin – Kingston

Fat Rabbit – St. Catharines

*Dry-aged rib eye with
smoked marrow vinaigrette
and leek gratin*



On March 18, Le Jardin (Kingston) and Fat Rabbit (St. Catharines) join forces for Flame & Feast, an evening of fire-roasted steaks, refined pork dishes, and family-style dining. Hosted at Le Jardin, this special dinner celebrates the art of live-fire cooking, bold seasonal flavours, and the joy of gathering around the table, paired with wines from Niagara and Prince Edward County.



The Flame & Feast menu:

LE JARDIN

Coal-roasted beet with
cured char, ricotta, and
ginger katsuobushi

FAT RABBIT

Squash brûlée with
lonza, hazelnuts, and
brown butter

FAT RABBIT X LE JARDIN

Sticky toffee pudding

LE JARDIN

60-day dry-aged rib eye
with smoked marrow
vinaigrette and leek gratin

FAT RABBIT

Sausage-stuffed suckling
pig with sunchoke and
fennel-apple jus



GATHER & GRAZE

HEIST Restaurant + Wine Club – Kingston

Bruce Wine Bar – Thornbury

Pork ragù with creamy polenta

On March 24, Kingston's HEIST Restaurant + Wine Club and Thornbury's Bruce Wine Bar join forces for Gather & Graze, a relaxed, family-style Italian feast celebrating Ontario's seasonal ingredients. Host chef Josh Ham and guest chef Shaun Edmonstone collaborate on a special dinner that highlights local pork, apples, mushrooms, and winter vegetables. Enjoy shared antipasti, slow-cooked ragùs over creamy polenta, and abundant dessert bites.



Your evening includes:**FIRST COURSE**

Antipasti, featuring artisanal cheeses, cured meats, and pickled vegetables

Wild mushroom arancini with tomato sugo

Featured root vegetables

Seasonal green salad

MAIN COURSE

Pork ragù with creamy polenta

Vegetarian option: wild mushroom ragù with creamy polenta

DESSERT

Assortment of little bites: tarts, custards, fried dough, and fruit



KINGSTONLICIOUS

See the menus for all the Kingstonlicious signature events and book your table

visitkingston.ca/kingstonlicious



Kingstonlicious signature events were curated by the Culinary Tourism Alliance in partnership with Tourism Kingston.

Signature events are just part of Kingstonlicious. Throughout February and March, venues across Kingston will offer prix fixe menus (ranging from \$25 to \$75) that feature local ingredients and special offerings.





KINGSTON BREWING COMPANY

Ontario's oldest brew pub celebrates its 40th anniversary in 2026.

There are currently eight breweries in Kingston, each making their own distinctive selection of beers. But in Kingston, if someone says to you, "I'm going to the Brew Pub," there's one place they mean. It's the one that started it all.



In 1986, Kingston Brewing Company opened up with the aim of reviving Ontario's craft beer tradition. Forty years later, it's still going strong.

Kingston Brewing Company opened on April 26, 1986 with its first offering – Regal Lager – brewed on the premises. Later that summer, the brew pub added a new beer. Dragon's Breath Real Ale was inspired by the Dragon fleet of sailboats. In the summer of 1986, a group of sailors racing at Kingston's CORK regatta adopted the Kingston Brewing Company as their home away from home. The brew pub dubbed their newest ale "Dragon's Breath" to evoke the wind that fills the sails of the Dragon sailboats. Dragon's Breath is a real ale, meaning it is carbonated naturally and uses no artificial preservatives. And unlike many commercially produced beers, real ale doesn't have added sugar to speed up the fermentation process. Instead, it ferments naturally in the cask from which it is served.

Dragon's Breath is still brewed in the back of the pub, along with a rotating selection of seasonal beers. In the last 40 years, KBC has expanded its beverage lineup, offering not only ales and lagers, but house-made cream soda and root beer as well. And since the downtown pub (housed in an 1840s telegraph office) has limited space, some of its beers are made off-site – but still close by – at Kingston's Riverhead Brewing. Today, the Kingston Brewing Company has 28 taps, offering fresh craft beer from Kingston and across Ontario.

TASTING NOTES

DRAGON'S BREATH REAL ALE: AN EXTRA-SPECIAL BITTER, NATURALLY CARBONATED, SERVED AT CASK TEMPERATURE

WHITETAIL CREAM ALE: A CRISP, REFRESHING BLONDE BEER WITH A MEDIUM BODY

DOUBLE DRY-HOPPED IPA: A HAZY, JUICY IPA WITH MODERATE BITTERNESS

REGAL AMBER LAGER: A LIGHTLY CARBONATED, EUROPEAN-STYLE LAGER



In recent years, KBC's food menu has been tweaked as well. It's still, for the most part, classic pub comfort food, but with a twist. The house burger is the Royale with cheese, made with freshly ground beef from a local butcher, with American cheese, grilled onions, and in-house Royale sauce, served on a brioche bun. There are plenty of vegan and gluten-free options on the menu. In cooler months, the menu switches from lighter summer fare to cozy mode, with bangers and mash (with house-made smoked bratwurst), cottage pies, and warm sandwiches all now available.

As Kingston Brewing Company gets ready to celebrate its 40th anniversary in April 2026, its owners are planning some special menu surprises, as well as limited-edition anniversary beers.

KINGSTON BREWING COMPANY

34 Clarence St.
kingstonbrewing.ca



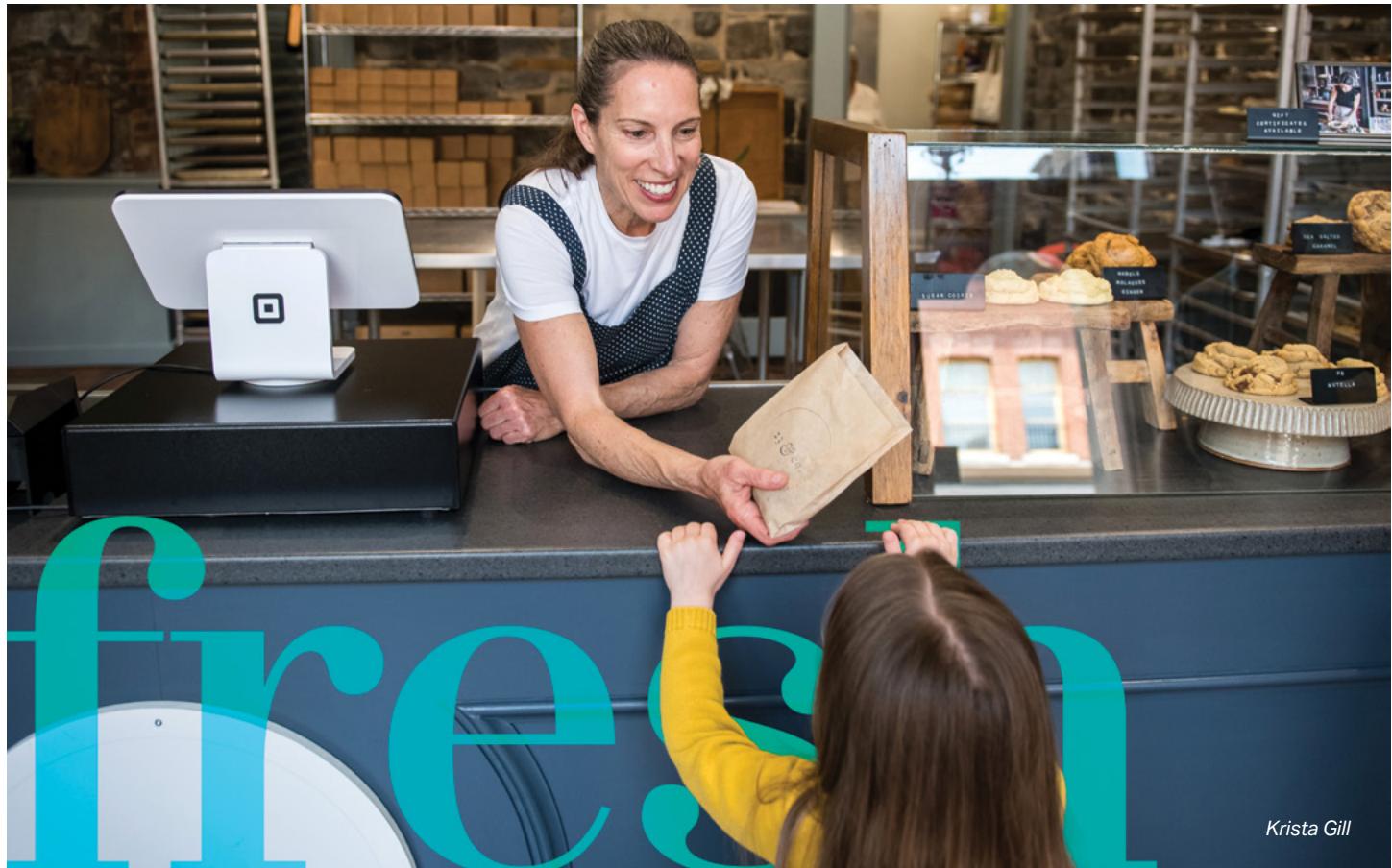
KBC 2.0

In 2022, the Kingston Brewing Company opened up another KBC – the Kingston Burger Company. This east-end restaurant specializes in smash burgers, served with house-made sauces, including Royale sauce, a KBC customer favourite.

KINGSTON BURGER COMPANY

695 Innovation Dr.
kingstonburgercompany.com

FROM FAMILY TREAT TO COMMUNITY FAVOURITE



Krista Gill

When you walk into 23 & Co., you're immediately greeted by a display of freshly baked cookies and hit with the scent of browned butter and caramel.

Tucked into a historic limestone building on Brock Street, this cookie shop has fast became a local favourite. The business is the realization of owner Krista Gill's decades-long dream. And it all started years ago when her husband Todd Gill, then a defenceman with the Toronto Maple Leafs, was craving a sweet treat before one of his hockey games.

"He was looking for a treat to accompany his cup of coffee on the way to the arena on a game day," says Krista. "And

I said, 'Okay, well, what would you like?' And he thought a chocolate chip cookie would be a good idea. So, I started making chocolate chip cookies."

After several trials and taste tests, Krista developed the "OG" milk chocolate chip cookie – now made fresh every day in her store's kitchen. The name 23 & Co. refers to Todd's jersey number and its important place in Krista's family history.

From that start, and encouraged by her children, Krista turned her cookie-making expertise into a business. She began selling cookies at farmers' markets and other local businesses before setting up her own store in downtown Kingston.

The store is located in a warm, historical space filled with original limestone and custom cabinetry. There's a unity to the space as the brown-accented store matches both the boxes the cookies come in and the sweet chocolate stuffed into the baked goods.

23 & Co. has quickly become a community favourite. While the OG cookie remains the top seller, it's just one of many flavours.

"We started with just two doughs – classic chocolate chip and double fudge," Krista says. "Now, we've got molasses, oatmeal raisin, sea-salted caramel, peanut butter, and seasonal ones, too."

A dark chocolate espresso cookie is available at the store about once a week. (As a small-batch bakery, 23 & Co. offers a rotating selection of cookies.) For this winter holiday season, Krista will be offering Terry's orange chocolate, fudge chocolate mint, and gingerbread cookies, just to name a few.

Each cookie batch is baked fresh daily, with dough that's often cured overnight for the perfect chew. While you can still place special orders online, the shop is where the real magic happens, Krista explains.

"I love seeing people's faces when they walk in," she says. "That interaction, that joy – it's why I do this."



→ **23 & CO.**

60 Brock St.
23andco.ca



SII CURIOSO DEL VINO.
BE WINE-CURIOSUS.

Jacynthe Aubut and Rob Elvy

BOBBI PECORINO'S

Sii curioso del vino. Be wine-curious. That's the mission statement of Bobbi Pecorino's Italian Wine Bar, where a world of wine – without pretension – awaits you.

Rob Elvy is passionate about wine. A long-time wine importer, he wanted to bring the authentic atmosphere of an enoteca – an Italian wine bar – to downtown Kingston. Bobbi Pecorino's is a place for discovery, for exploring fine wine while enjoying great conversation and a little something to eat.

The wine menu, ever changing, lists more than 200 titles at any one time, including some that you won't find anywhere else in Canada. But first-time guests should not be intimidated. There is no wine snobbery here. You won't be overwhelmed by unfamiliar terms or intimidated by talk of flavour profiles and tasting notes. What you can expect is to be delighted by wines that are exceptional. You can choose from a selection of featured wines or ask your server for a recommendation. And if you want to learn a little more, Rob can come over to your table and tell you the story behind the wine and maybe even the family that grows its grapes.

Take the Barolo Treturne, a recent acquisition from the Poderi Fogliati in Piedmont, Italy. You might try a glass because it's listed on the featured wines board. And why is it on the list?

Rob says, "The Treturne is a really great example of a traditional Barolo." And that is all you may need to know

before you enjoy your first sip. If you want to know more about traditional Barolos, Rob is happy to expand. "Traditional Barolo is made with a long maceration time and a long fermentation period in large barrels. This process creates elegance, structure, and age ability to the wine."



The
bottle
shop
at the
back
of the
bar

He can also talk about Annalisa Fogliati, the Piedmont winemaker who took over her grandfather's vineyards, and began creating small batches of organic Barolo wine. There's a story behind each of the wines here.

At Bobbi Pecorino's, you are invited to be wine-curious in a number of ways, from trying out a small three-ounce glass of an unfamiliar wine to taking part in a themed Sunday wine-tasting. There, you may sample wines all from Southern Italy, or all made from grapes grown in volcanic soil.

Wine is the focus of Bobbi Pecorino's, of course, but just like at any wine bar in Italy, there is no wine without food (and no food without wine). There's a classic tagliere, with assorted cheeses and cured meats. The selection changes seasonally, but there is always a mix of items sourced directly from Italy, as well as from Ontario and Quebec. There's also fresh mozzarella on the menu, served with garlic toast and your choice of additions, from prosciutto di parma to pesto and semi-dried tomatoes.

And several times a year, the wine bar hosts a wine-tasting dinner, with Rob leading guests through tastings from a specific winery. Often, a multi-course meal to pair with the wines is created by Stev George, co-owner of Bobbi Pecorino's (and also chef and co-owner of Olivea, an Italian restaurant just down the street). Other dinners have been hosted by visiting winery owners from Italy.

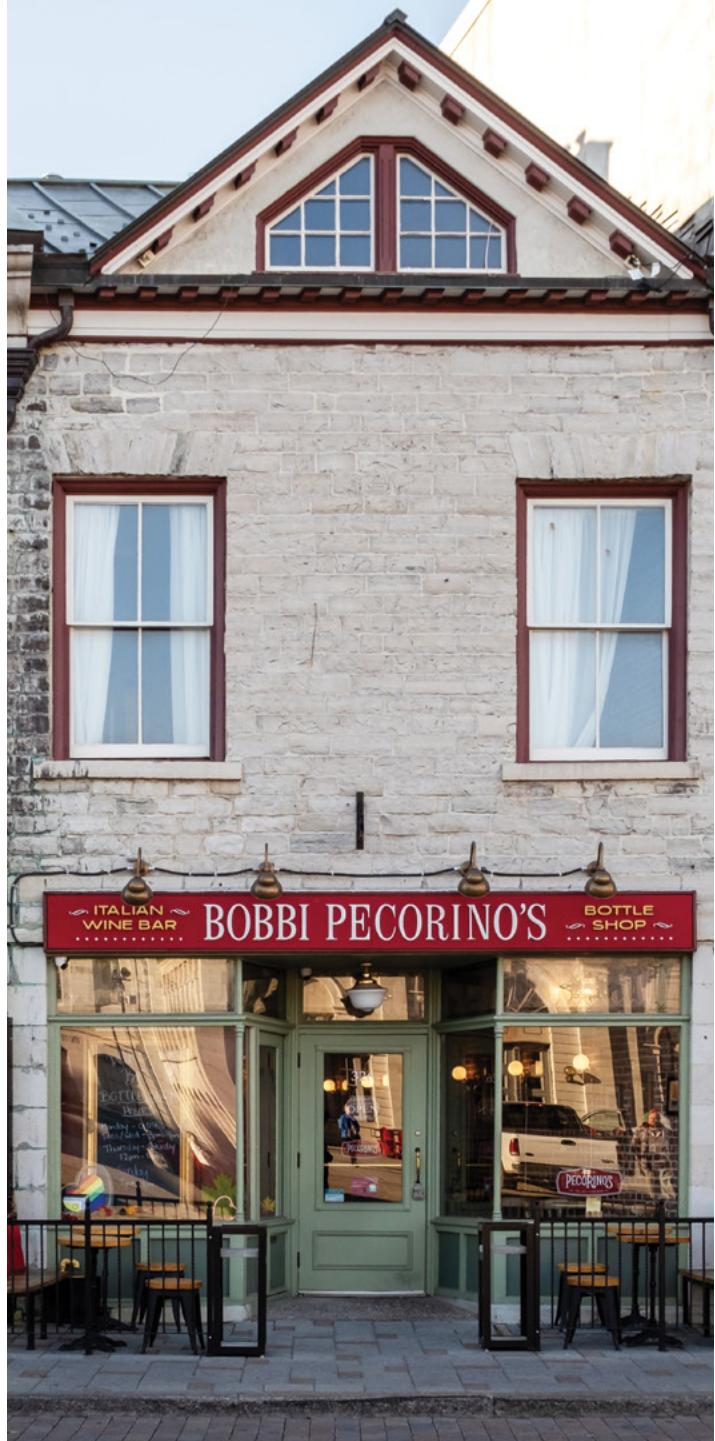
Bobbi Pecorino's may embody the spirit of a true Italian enoteca, but that doesn't mean all its wines are Italian. The wine menu boasts the best reds, whites, rosés, and sparkling wines sourced from France, Argentina, South Africa, and Ontario. Rob and his wife, Jacynthe Aubut, recently returned from a wine-scouting trip to France, where they met with wine brokers in Burgundy and Bordeaux to see what they might bring back to Kingston.

At the back of the wine bar, there is a bottle shop with an impressive (and ever-changing) selection of wines. So, after enjoying a glass of Barolo or a Pinot Blanc accompanied by a plate of fresh mozzarella with pesto, you can slip to the back of the bar to get a bottle to take home. It's probably a good idea: these are not mass-produced wines and your new favourite may not be on the shelf the next time you return.

But if it isn't, you can be sure that you will find something else extraordinary – your next new favourite – the next time you visit Bobbi Pecorino's.

→ **BOBBI PECORINO'S
ITALIAN WINE BAR**

326 King St. E.
pecorinowine.ca



WINTER WELLNESS + GASTRONOMY

Whether it's detoxing in a sauna, braving an icy plunge under the stars, or soaking in a soothing hot-and-cold thermal cycle, Kingston's spa pleasures heat up when temperatures drop. Here are three places to relax and rejuvenate in healing waters – and to boost your bliss by adding delectable seasonal food and drink to your sensory experience.

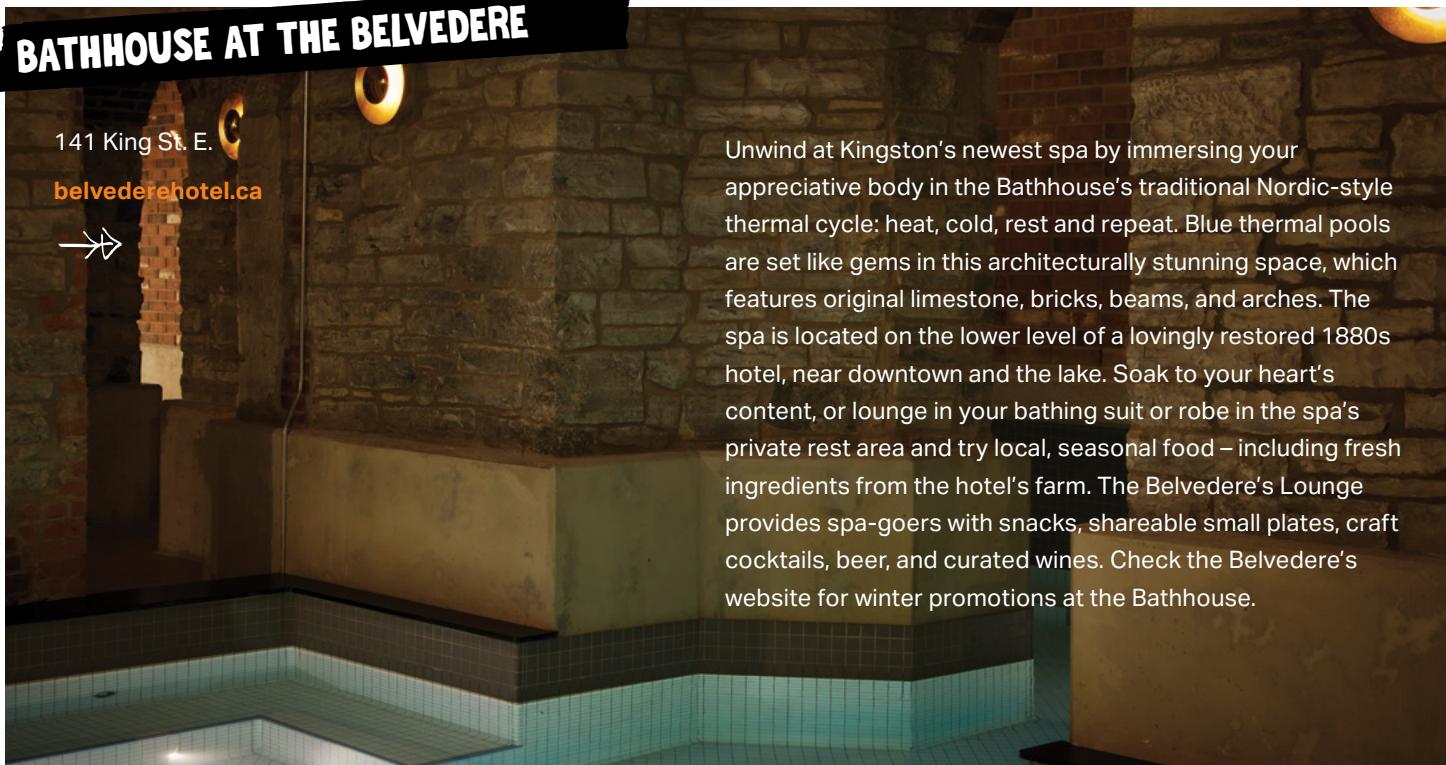
BATHHOUSE AT THE BELVEDERE

141 King St. E.

belvederehotel.ca



Unwind at Kingston's newest spa by immersing your appreciative body in the Bathhouse's traditional Nordic-style thermal cycle: heat, cold, rest and repeat. Blue thermal pools are set like gems in this architecturally stunning space, which features original limestone, bricks, beams, and arches. The spa is located on the lower level of a lovingly restored 1880s hotel, near downtown and the lake. Soak to your heart's content, or lounge in your bathing suit or robe in the spa's private rest area and try local, seasonal food – including fresh ingredients from the hotel's farm. The Belvedere's Lounge provides spa-goers with snacks, shareable small plates, craft cocktails, beer, and curated wines. Check the Belvedere's website for winter promotions at the Bathhouse.



STOKED SAUNA CO.

225 King St. E.

stokedsaunaco.com



When the snow flies, outdoor enthusiasts who like a cottagey vibe gather in the limestone courtyard of Frontenac Club. Stoked has two large barrel saunas under night skies, accommodating up to 16 people. First, you can heat things up in a wood-fired sauna for about 15 minutes. Then, chill by plunging into an icy outdoor bath. Next, repeat three times. With phones locked away, there's laughter and conversation as you sip hot tea by the fire in a Muskoka chair, wearing your bathing

suit even if it's 20 below. Then, glowing with well-being, head inside for après spa dining at the club's gastrobar, The Bank.

The Bank offers hand-crafted cocktails (and mocktails), small plates and an excellent charcuterie selection, plus weekly food and drink features. Watch social media for Stoked promotions such as hotel-sauna package giveaways.



GLOW SPA KINGSTON

234 Princess St.

glowsapkington.com



Destress at this modern urban retreat downtown, giving yourself up to the restorative effects of a thermal circuit. Relax completely as you drift from soothing hydrotherapy hot tub to cleansing sauna, to reenergizing steam room, to bracing cold plunge pool – and repeat several times. To complement your thermotherapy, Glow offers packages with food and beverages. The spa is an oasis of silence without cell phones, but at a table in the back lounge, chatting over drinks and snacks is permitted. Or rest quietly in reclining chairs to enjoy refreshments. Drinks are sourced from local vendors like MacKinnon Brothers Brewing and Sandbanks Winery. Snack-sized charcuterie boxes are by Stagecoach Charcuterie, and accommodate vegetarians, vegans, and most allergies. Glow Spa also offers services such as Reiki, massages, facials, guided meditation, and sound baths.

FIVE QUESTIONS FOR

Chef

Bellen Tong

Originally from Northern China, Bellen Tong trained at the prestigious George Brown Culinary School in Toronto. She cofounded Miss Bāo in Kingston in 2019. She is known as a leader in sustainable food services.

MISS BĀO

286 Princess St.
missbao.ca



fire

1

Where does your interest in cooking come from?

My love of cooking began at home, where food was the heart of family connection. With both of my parents busy with their careers, many of my childhood memories revolve around my grandfather preparing Chinese New Year dinners and my father, who was seldom home, cooking something special for the occasion. For me, food has always meant togetherness, celebration, and the rare moments when everyone gathers around the table.



2

You studied engineering at Queen's University: what inspired you to open Miss Bāo?

After graduation, I followed my passion for food. I trained as a chef at George Brown and worked in various kitchen roles for several years. I found myself drawn to the intersection of creativity, community, and the meaningful moments food can create. Becoming a chef felt like a way to merge those passions and make a tangible, daily impact. Silo London, the world's first zero-waste restaurant, which blends culinary innovation and sustainability, reshaped how I view the possibilities of the hospitality industry.



3

How do you work to reduce Miss Bāo's environmental impact?

Sustainability is at the core of what we do at. Zero-waste is a process and a guiding principle, not a static goal. Currently, we divert 98.5% of our waste through composting, upcycling, recycling, and thoughtful menu design. But our focus goes further: reducing single-use items – even what's recyclable – sourcing locally, conserving energy, and experimenting with fermentation and preservation to extend the life of ingredients. And composting on-site creates high-quality soil for the community.



4

What dish brings you back to your childhood?

Bāo, in particular, connects me to home. The smell of steaming dough and simmering ingredients is comfort food that carries memories of family and care. I always love preparing seasonal dishes that highlight local farmers and tell a story through ingredients. Comfort food is my favourite. I could eat a braise, stew, or hearty dish every day. I shop at the Memorial Centre Farmers' Market every week. I generally don't buy or use processed food in my cooking.



5

What's on your menu for winter?

Our focus is on comfort and warmth, with a seasonal menu that features dishes built around root vegetables, preserved ingredients, and deep, slow-cooked flavours – cozy yet refined. Each member of our team contributes to designing recipes, testing dishes, and sharing ideas. It's collaboration, not a single vision, that makes us unique. We're participating in Kingstonlicious [running Feb. 2–March 31] with the goal of creating even more exciting and innovative dishes for guests. I most enjoy cooking for people who are curious, who come with an open mind and are excited to try something new or think differently about food. Cooking for them feels like a true dialogue.

MAPLE MADNESS

A Kingston tradition celebrates maple syrup.

Getting bundled up for the cold weather. Heading out to the bush, hearing the crunch of snow underfoot. Marching through the trees to collect a bucket of maple sap that will be transformed into sweet syrup.

It's a classic eastern Canadian memory made fresh each spring: the cabane à sucre in French, or the sugar shack in English. But there's one name everyone in the Kingston area knows it by: **Maple Madness**.

Held each March at Little Cataraqui Creek Conservation Area (known locally as "Little Cat"), Maple Madness is now in its 43rd year. The event attracts up to 14,000 people every year for fun, education, and, of course, maple syrup.

"Maple Madness is our biggest and most popular annual program," says Krista Fazackerley with the Cataraqui Region Conservation Authority (CRCA). "We've been running this long enough that we have people who first came out as kids bringing their children or even grandchildren with them."

Visitors takes a peek into a sap bucket. Maple Madness offers families the opportunity to get outdoors and learn how maple syrup is made.





Maple Madness is offered every weekend in March and daily during March Break (March 16–20, 2026). The event held at the perfect time of year for maple syrup production when it's warm enough for the syrup to be harvested from maple trees across the conservation area.

On arrival at Little Cat, visitors take a two-kilometre wagon ride from the CRCA's outdoor centre into the maple sugar bush. From there, they walk through an interpretive trail manned by staff and volunteers, including Queen's University teacher-candidates, who staff a mix of informational and interactive displays that highlight the history of maple syrup, from Indigenous uses of sweet water right up to modern production methods.

At the end of the walk, guests can enjoy fresh pancakes served with hot maple syrup.

"We serve up to 19,000 pancakes a year at Maple Madness," says Krista.

There are also local maple products for sale, face painting for kids, and information on other springtime activities. Krista says the CRCA is looking to expand its interpretive programming at the outdoor centre as part of future Maple Madness events.

And once visitors get home and check their photo reels, they can submit their best photos for a chance to win a maple syrup prize package.

Education is a key part of the mandate of any conservation authority; Maple Madness grew out of the popularity of the CRCA's school tours and field trips in the 1970s and '80s. They still offer those trips today, as well as all-ages outings, with programs designed to educate, teach useful skills, and connect kids and adults with the beauty of nature. The eight CRCA sites in and around Kingston offer outdoor activities year-round.

"I'm a big bird person so I love to check out the fall waterfowl migration at Little Cat," says Krista. "Gould Lake is a hidden gem in the Sydenham area where you can walk through one path and see old mica mines and see the mica glittering through the trails. Lemoine Point is one of our most popular areas – it's not often you can find a spot like that along Lake Ontario. All of our conservation areas have unique features."

Learn more about the CRCA's programs and conservation areas at cataraquiconservation.ca.

KNOW BEFORE YOU GO

Maple Madness runs every weekend in March and daily during March Break (March 16–20) from 9 to 4 pm.



Pre-registration is mandatory. Online registration opens mid-February:

cataraquiconservation.ca/pages/maple-madness



Little Cataraqui Creek Conservation Area (1641 Perth Rd.) is a 14-minute drive from downtown Kingston.

Admission fees: \$3.75 for children and military members, \$5.25 for other adults. Family rate of \$18 per vehicle. Large group rates are also available.

KINGSTON
visitkingston.ca

Ontario 