

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • APRIL 2019



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EDITOR'S DESK



editor's letter

It happens every year, yet every year feels like a miracle: spring. The longer days, the warmer temps, the scent of florals wafting through the air—what's not to love? We're even embracing the occasional downpour in this issue of *VITA*, with our top picks to help you weather those spring showers in style.

Also in these pages: we take a look at beauty's biggest launches (and break down why some brands are trending toward larger releases); explore the stylish side of the cannabis industry (just in time for 420); give suggestions for items to help you tidy up your space (Marie Kondo would approve); and outline a pedal-worthy itinerary to B.C.'s up-and-coming wine region.

Oh, be sure to visit us on Instagram to enter this month's contests: we have **Riversol**, **Nespresso** and **Muji** prize packs up for grabs! Good luck!

Noa Nichol
EDITOR-IN-CHIEF

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JET SET

We're used to lighter-coloured creams and potions for our skin, but **Givenchy's** third-generation **Le Soin Noir** collection (from \$113 at **Holt Renfrew**) harnesses the power of 1,000-year-old algae gathered from the ocean's bottom to create a unique black formula that leaves skin more radiant than ever (it vanishes on application, blending fully with your own tone). **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**

LICENCE TO TWIRL

I'll be swishing and sashaying all spring thanks to this chiffon A-line **Wilfred Terre** skirt (\$150 at **Aritzia**). The soft, wide waistband is flattering and comfortable—plus, the permanent pleats promise to keep their shape. **1100 Robson St., 604-684-3251. Aritzia.com**

COME CORRECT

The waiting list for this product was so long, the first two production runs sold out in a day ... all in the name of clear and even skin! **Riversol's** **The Corrector** (\$88), formulated and created by Vancouver dermatologist Jason Rivers, includes four carefully selected actives to break up the melanin pigments that cause dark spots and uneven skin tone while inhibiting the process that leads to future hyperpigmentation. **Riversol.ca**



WIN THIS!
Vitadaily.ca contests

COOK TOP

I'm loving **Le Creuset's** new Minimalist line of dinnerware, with pronounced edges, clean shapes, straight lines and a selection of 10 spring-like colours (including an exclusive-to-this-collection shade called matte navy). The best part? Each piece, from dinner plates to pasta bowls to cappuccino cups, is freezer, oven, broiler and dishwasher safe. **2997 Granville St., 604-620-3915. LeCreuset.ca**



VITA

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FASHION & SHOPPING

APRIL showers

STYLISH ESSENTIALS
FOR RAINY SPRING DAYS

PERENNIAL PIN

Katkim's lightning-inspired Flash ear pin (prices vary at **Holt Renfrew**), available in yellow, white or rose gold, certainly makes a "bolt" statement. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**

PRINT-EMPS

Exclusive to **Hudson's Bay**, this leopard-print broly (\$79) is part of a special spring collaboration between famed raincoat-maker **London Fog** and designer **Jeremy Scott**. **674 Granville St., 604-681-6211. Thebay.com**

WILD WEATHER

Not the season for tank tops (yet), we're loving the leopard-print vibes of **Brunette's** spring collection. This Middle Sister sweatshirt (\$99) has a wider and cropped body to ensure the cutest fit (get the brunette, blonde or redhead edition—or all three). **231 Union St., 604-428-4094. Brunettethelabel.com**



RAIN COAT

This chic **RW&Co.** trench (\$179) is stylishly set to be buttoned and buckled up over your fave springtime (or any time) outfit. **700 W. Georgia St., 604-685-5432. Rw-co.com**



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INFLUENCER PICK

A few drops of **Saje's** Liquid Sunshine cheerful oil blend (\$17) in my diffuser makes my house smell like summer and happiness. It really helps beat those rainy day blues! **1091 Robson St., 604-558-1900. Saje.com**

Meagan Faye

@MEAGANFAYE



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THE BOOT

Reinvented in a leopard design and perfect for puddle jumping, **Hunter's** original boot (\$98 on sale at press time) brings a pop of print to even the most downpour-y day. **Hunterboots.com**

SPRING SCENT

Clean's classic Rain fragrance (\$98 at **Sephora**) captures the pure scent of a delicate rainfall, when droplets cling to the leaves of budding flowers and the whole world feels pure and bright (ahh). **1045 Robson St., 604-681-9704. Sephora.com**



NEW
MONTHLY
FEATURE!

April's It Bag

ALEESHA HARRIS

Fans of fashionable, functional handbags (that are sure to be around for more than one season) will appreciate the new Cece (from \$348) by **Michael Kors**. While a rectangular silhouette and a chain strap aren't exactly revolutionary design details, it's safe to say they're considered classics for a reason. The style features a chainlink strap in gold or silver tone, a push-lock fastener and a structured shape. Available in three sizes (extra-small, medium and large) there's a Cece to suit every size preference (we're betting the medium will be a big hit this spring). **701 W. Georgia St., 604-630-2323. Michaelkors.ca**

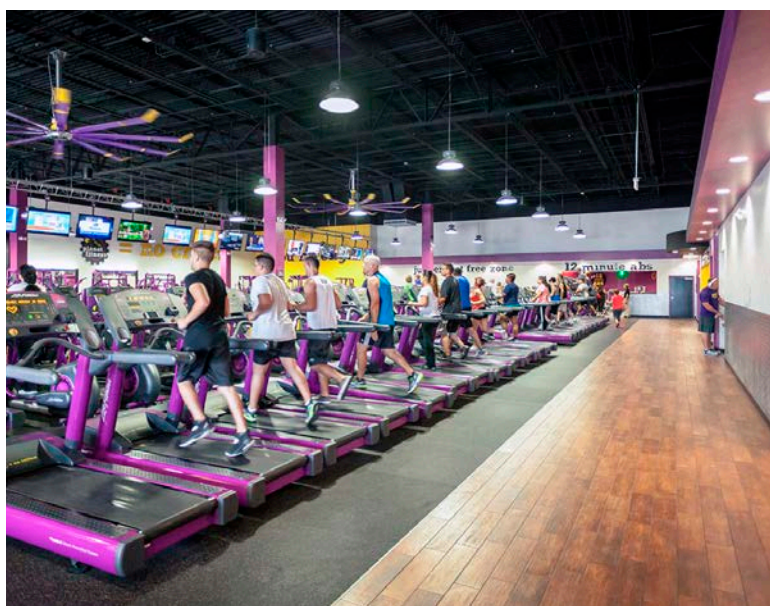


Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS
BY NOA NICHOL

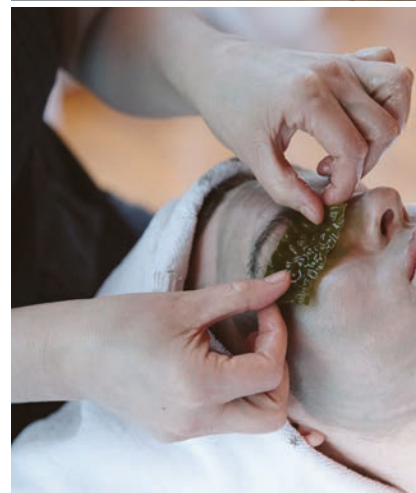
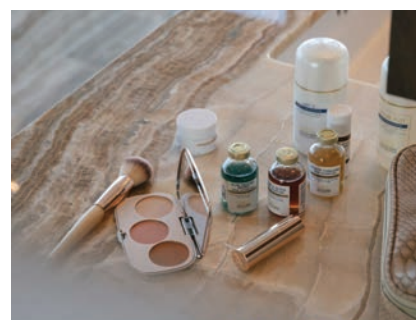
KATKIM

Who knew a new glass counter at **Holt Renfrew** could completely change the way we think about wearing our bling? **Katkim**, created by L.A.-based former graphic designer Katherine Kim, is a collection of simple, beautiful, thoughtful and sustainable (read: made from materials like conflict-free diamonds and recycled metals) jewelry, including modern twists on such classic pieces as earrings, rings and necklaces. Among our favourites: the *Éternal* double ring with a unique heart shape that's worn on two fingers, up or down; the *Diamond Flash* ear pin that's a play on a safety pin and designed to hook over the top of the ear and through your pierced lobe; and the *Boob Locket*, inspired by a friend of Kim's who battled breast cancer. Coveted by the likes of Rihanna, Lady Gaga and Kate Hudson, we're tickled these gorgeous sparklers are now available in Vancouver, too. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



PLANET FITNESS

We're lacing up our sneakers for the opening of a new, 21,900-square-foot health club in North Vancouver that promises to make fitness fun and accessible for all. In addition to extremely affordable memberships and a unique "Judgement Free Zone" where members experience a hassle-free, non-intimidating environment, the club features the brand's iconic "Lunk Alarm"—a purple and yellow siren on the wall used to gently remind people that grunting, dropping weights or judging others is not permitted. Also: brand-new cardio machines, full-size flat-screen TVs, a 30-minute express circuit, HydroMassage and tanning beds and a Total Body Enhancement booth. And, as at all **Planet Fitness** locations, comp fitness instruction by a certified trainer and, most deliciously, free pizza on the first Monday of every month and free bagels on the second Tuesday of every month. Best of all, the club is open and staffed 24-7, so we can get our workout on whenever we like. Keen to sign up? Starting now, North Van residents can register for memberships online or on site at the pre-sale office located in the same complex that the club is in. Time to hit the gym! **1025 Marine Dr., North Vancouver, 604-988-1179. Planetfitness.ca**



WILLOW STREAM SPA

There's something new at the **Fairmont Pacific Rim**—if you haven't treated yourself to a facial lately, it may be time to book one now. The **Willow Stream Spa** is the first Canadian hotel spa to partner with couture skin-care company **Biologique Recherche** to offer several of the Paris-based cult-status (and truly effective) products. Among the offerings: a 90-minute Custom Glow treatment that's fully personalized, from the in-depth skin analysis at the start to the application of anti-aging serums and a facial mask designed for your skin type. Also, a VIP O2 facial featuring the perfect combo of micro-exfoliation, oxygenation and bio-energy massage, and a Second Skin therapy that uses electro-spun hyaluronic acid sheets to plump and hydrate the skin and visibly treat wrinkles. **1038 Canada Pl., 604-695-5550. Fairmont.com**



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The More the Merrier

LESS IS MORE? THESE BEAUTY BRANDS BEG TO DIFFER
BY AILEEN LALOR

B

Beauty brands used to launch products a handful at a time—six or seven lipsticks, a dozen eyeshadows, a single perfume—and then gradually augment the collections as the seasons passed. Then Rihanna came along and changed it all. You could practically hear the boom as she dropped her **Fenty** foundation collection: 40 shades of Pro Filt'r soft matte foundation in one go. It's not the biggest selection in the industry (that honour goes to **M·A·C**), but it was certainly the first time a range of that size had been launched all at once.

The reaction was huge, and it wasn't just because Riri's name was attached. It provided near-limitless choice for women of all skin tones, and the brand also helped customers find their perfect hue with features like an easy online shade finder. The beauty industry realized that women do want choice, but not just the big numbers. They want smart, well-thought-through collections that fit their needs without overwhelming them.

Last summer, **Clarins** completely revamped its classic Joli Rouge range of lipsticks, which has been around for 20 years, so it now numbers 60 (60!) shades.



“When we created the legendary Joli Rouge we wanted to give women options but keep it streamlined. A woman will fall in love with a shade of lipstick and replenish it over and over, as she does her favourite perfume. It becomes her signature and represents who she is,” says Teo Manning, a makeup artist and regional training manager for Clarins Canada.

So, rather than create 60 distinct shades, Clarins expanded the Joli Rouge range by creating 20 shades in three different finishes: Joli Rouge (a satin finish) Joli Rouge Brilliant (gloss) and Joli Rouge Velvet (matte). The shade names remain consistent across the finishes so, if you like a Velvet colour, you know which Brilliant to go for. Think of it as the beauty equivalent of buying that perfect T-shirt in three different hues.

“We like to think of Clarins makeup as timeless and we want to give our clients the maximum of possibilities,” Manning says. “With this range extension, we give women the possibility to have fun and dress their lips the way they want.”

The big hits just keep on coming. In January, Fenty upped its foundation shade offering to 50 and launched the same number of complementary concealers. In fragrance-land, **Dior** revealed Maison Christian Dior—a collection of 26 perfumes sold only in exclusive boutiques (there's none in Vancouver—yet). Creator François Demachy, in a press release, said this vast collection size presented no challenge for him: “It's like a perfumer's dream. I can meander and create with no time constraints, no schedule! I am completely free to do whatever I want without having any artistic directions or objectives imposed on me.”

Even skin care is getting in the numbers game. The latest innovation from **Clinique**, Clinique iD, offers 15 different combinations formed from three bases (jelly, lotion or gel) and five cartridges that can be inserted into the base. The brand says 68 per cent of women haven't found the right moisturizer and, on average, it takes up to two years and five tries to get there. “This allows anyone to create a customized moisturizer for their skin type with added active ingredients for their skin concern,” explains Kelly Amsterdam, the brand's director of global communications for Canada.

Meanwhile, some cosmetics companies are taking a completely different approach. **Maybelline** Color Sensational Made for All lipsticks is an edit of just seven shades, but these have been tested on 50 different skin tones. There are matte and satin reds, a fuchsia and a rosy pink, a nude, plum and mauve, and all are said to be flattering for everyone.

The more the merrier, indeed. ♡



“Think of it as the beauty equivalent of buying that perfect T-shirt in three different hues”



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DESIGN & DÉCOR

Foam Party

NEWNESS FROM NESPRESSO HAS US
FROTHING AT THE LIPS
BY AILEEN LALOR



W

We're pretty middle-of-the-road when it comes to coffee aficionado-ness: too fancy for instant; not extra enough to faff about with specialty beans, thermometers and conical flasks; too neat-freaky for real coffee grounds. In other words, we're **Nespresso** fans.

For the past couple of years, though, we put our machine in the cupboard because the recycling was too much of a hassle (you had to either take it to a store or mail the used capsules back to the brand so the grounds could be composted and the aluminum, recycled).

Happily, this year and last have seen a whole load of newness from Nespresso, including a scheme that allows customers in selected areas of Canada to return capsules in regular recycling bins, and a new device, the Barista, which creates all manner of frothy milk. So we blew the dust off the old machine like kids in an '80s movie who've found a treasure chest, and got creative.

We've had milk frothers before and they're usually a simple affair—pour milk in, press button, wait a minute and, voilà, frothy milk. This one has more bells and whistles, including 20 pre-programmed recipes like latte, cappuccino and even hot chocolate



WIN THIS!
Via daily.ca
contests

that you can make inside the machine. There's also Bluetooth connectivity so you can add yet more recipes, and an induction system that ensures the milk is evenly heated.

The Bluetooth is a non-starter—thanks to our rickety old phone, it simply refuses to work (our bad). Even so, 20 pre-set recipes are plenty to try. They're all delicious. Hot chocolate, made with a couple of squares of real chocolate, gets two thumbs up from a sickly five-year-old, while we're all about the dense foam from the latte macchiato setting. To the non-coffee-nerd, there isn't a vast difference between most of the recipes aside from the fact some are cold and others hot. The recipes also take a longer time than expected—a good two-and-a-half minutes on average. But the device is sleek and doesn't take up much counter space, and the milk-frothing jug and lid can go into the dishwasher, which is a definite plus for us.

Now, the Nespresso machine will be staying on our countertop for good. We're still mulling whether the Barista will join our family of kitchen gadgets (at \$299, it's an investment), but at least we're enjoying a good cup of coffee while we think. **4800 Kingsway, Burnaby, 855-325-5781. Nespresso.com**



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Culture Shift

CANNABIS GETS A NEW LEASE,
AND LOOK, ON LIFE
BY AILEEN LALOR

C

Cannabis is something women grow out of—or, at least, that’s the stereotype. Like a bad-boy boyfriend, it’s fun for a while but, eventually, it’s too unpredictable, and people around you disapprove. It seems more trouble than it’s worth—not compatible with your grownup life—so you dump it.

Last October cannabis became legal in Canada. Women were intrigued and excited, but the prospect of legalization did little to remove the fear, or the shame. According to a survey of 1,530 North American women in 2017, 70 per cent still believe that cannabis carries a stigma, and 66 per cent hide their usage.

“I think it’s because women have largely been left out of the cannabis conversation,” says Lauren Pryor, senior brand manager for **Van der Pop**, the female-focused cannabis brand that conducted the survey.

While Van der Pop was originally conceived by founder April Pride as a cannabis accessories brand, it’s evolved beyond that. “Quickly, April realized there was a bigger conversation that needed to happen, that it was necessary to support women in their pursuit of integrating cannabis into their wellness regimen,” Pryor explains.

The brand is facilitating the conversation through social media, its website and live events, focusing on demystifying how cannabis can be consumed and what it can do.

“We talk about self-care: moments of indulgence, clarity and mental peace, everything from DIY infusions and lubes to bath bombs,” Pryor says.

All of that aligns perfectly with the results of the survey, which indicated most women who used cannabis did so for wellness reasons, including pain relief and reduction in anxiety.

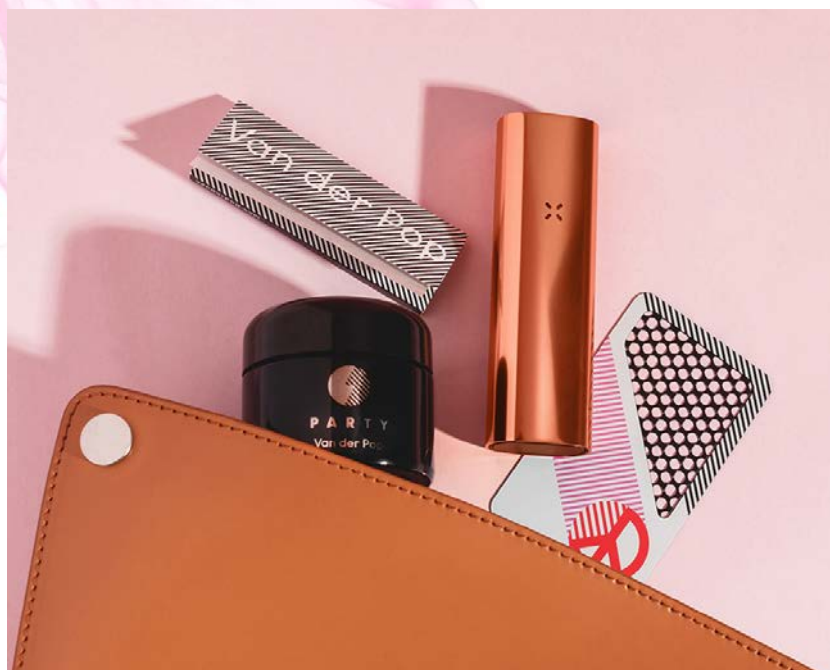
There are four legal forms of cannabis here: dried flowers, pre-rolled joints, soft-gel capsules and oils. The way it’s consumed, the varietal of flower and its balance of THC (the psychoactive component) and CBD (the anti-anxiety/anti-inflammatory one) dictate how high you’ll get and how long you’ll stay that way—something that’s a big concern for many users. Perhaps the best way to get a precise, predictable dose right now is using capsules. But it’s hoped that later this year another means of consumption will hit the market that allows still more control: vaporizing concentrates (which, like edibles and topicals, aren’t yet legal).

“Vaporization is one of the most effective ways to experience the therapeutic benefits of cannabis as, with no combustion, only the active and beneficial ingredients of cannabis are released and these are passed along quickly and effectively into your bloodstream,” says Gunner Winston, CEO of **Dosist**, the cannabis wellness company that celebs like Gwyneth Paltrow rave about.

“Having said that, the challenge has always been how do you ensure you’re not taking too much or too little to achieve the desired therapeutic result? Dose control is imperative to effectively using cannabis as a therapeutic tool, and at Dosist ... it’s about delivering a safe and consistent experience to our consumers every time.”

The Dosist difference is in its proprietary, award-winning dose pen, which vaporizes the cannabis compounds in the brand’s formulas and delivers a precise dose with every puff, vibrating when a complete dose has been delivered.

“While our formulations are not specifically designed exclusively for women, our data tells us that women are early adopters of it because of three key facts: it is natural, it delivers the intended benefit it addresses and it’s delivered via dose control. So the



trust, predictability and dosage are what is really speaking to women,” Winston says.

Both Van der Pop and Dosist are passionate about educating users about the benefits of cannabis and how to get the most from it. The final piece of the puzzle is retail, where **Tokyo Smoke** is emerging as an important Canadian voice. Currently the brand has four dispensing stores in Manitoba and seven additional shops selling coffee and cannabis accessories, including one in Vancouver. It hopes that non-dispensing stores will eventually be licensed to sell cannabis.

Tokyo Smoke did a lot of thinking about how it would position itself.

“We were more focused on who was doing retail in an interesting way—an experiential, media-driven manner,” says Lacey Norton, vice-president of retail. She references retailers like **Apple** and **Warby Parker**, where, as with cannabis, the product doesn’t live on the shop floor, as well as **Glossier**, **Lululemon** and **Aesop**. All of these have beautiful, gender-neutral décor and are known for the way they train team members to be product educators.

It’s the same at Tokyo Smoke, where customers can have one-on-one consultations with educators or visit the stores’ education bays to do their own research. “Our stores are ultimately designed to lead guests through an intent journey. Before we even look at the type of product, we’re looking at the experience guests want to achieve. That’s probably mind-blowing for some people when they come into stores,” Norton says.

Since legislation is still in flux and the industry is relatively young, it’s hard to say how it will develop. Norton believes some of the issues that are important in beauty and food will also enter cannabis—for example, the move toward organic and clean, and knowing where your product comes from. What everyone is clear about is that there’s no such thing as the typical cannabis consumer.

Says Pryor: “It’s a broad array of people, from experts to those starting their journey, and it’s extremely empowering to see so many people interested in being part of these conversations.”

Norton agrees. “Because it’s so versatile from a medicinal and recreational perspective, people will progressively become more open in speaking about it,” she says. “**Barneys** has announced it’s opening a cannabis lifestyle shop in its Beverly Hills flagship; you can’t get much more conventional than that. It absolutely does integrate with reality. You can be a cannabis user and a productive, happy member of society!”

Plant-Based Beauty

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NANNETTE DE GASPÉ BAIN NOIR

A drizzle of this luxe bath soak (\$325 at **Holt Renfrew**) turns the bath deep purple. It contains meadowfoam and poppy seed oils to nourish skin, and a heady essential-oil blend to de-stress. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



KIEHL'S CANNABIS SATIVA SEED OIL HERBAL CONCENTRATE

This light oil (\$59) also includes anti-inflammatory green oregano oil, so it calms and reduces redness in problem, oily and blemish-prone skin. **1021 Robson St., 604-408-4182. Kiehls.ca**



BODY SHOP HEMP HAND PROTECTOR

A heavy-duty hand cream (\$10) that's been around for donkey's years, this lotion is loved for its reparative effects. **650 W. 41st Ave., 604-261-3381. Thebodyshop.com**

DESIGN & DÉCOR

Spark Joy

REACH NEW LEVELS OF DÉCOR NIRVANA WITH
PIECES THAT KEEP YOUR HOME NEAT AND TIDY

BY ISABEL ONG

N

Netflix's *Tidying Up* series opens with "queen of clean" Marie Kondo eagerly exclaiming, "I love mess!" as she surveys a cluttered home. Our reaction to an overflowing pile of laundry or stack of dirty dishes isn't quite as enthusiastic, but we may be part of the minority who hasn't yet applied the lifestyle guru's magical tidying tips and tricks.

Central to Kondo's method is the concept of only keeping things that "spark joy"; but why is this so key to clearing clutter? Calgary-based certified **KonMari** consultant Helen Youn says that, contrary to what most people think, tidying up successfully is not about keeping the bare minimum.

"This really makes you think about how each item ... supports you to live your ideal life," she explains. "Going through this process teaches you a lot about gratitude. We thank the item for supporting us and, if it doesn't spark joy, we thank [it] before we discard it."

Whether you're a KonMari convert or a skeptic, it's undeniable: having a tidy home comes with a host of tangible and intangible benefits. ("Some people even tell me they sleep better at night," says Youn.) Here, décor items that will spark joy, keep your home in tip-top condition and look achingly stylish to boot. Marie Kondo would approve! 🍀



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CASE IN POINT

Natural storage solutions abound at **Muji**—just take this lovely soft box clothes case (\$25) that makes folding and putting away your duds anything but dull. **1125 Robson St., 604-628-9526. Muji.com**



YOU REALLY OTTO

This pretty velvet Milly ottoman (\$99 at **Structube**) is more than meets the eye—lift its lid for storage (and replace it to put your feet up when you're through tidying up). **2401 Granville St., 778-379-1153. Structube.com**

WEAVE IT

Keep things organized and aligned with your boho-chic leanings thanks to these Nomad baskets (from \$80 at **EQ3**), handwoven in Vietnam from seagrass. **2536 Granville St., 604-681-5155. Eq3.com**



PICK-UP ARTIST

Cleaning up's a breeze with **Dyson's** Cyclone V10 Absolute (\$800 at **Bed Bath & Beyond**): it's lightweight and comes with tools that help get narrow crevices and delicate surfaces. **1740 W. Broadway, 604-733-2291. Bedbathandbeyond.ca**



KNICK KNACK

All those odds and ends you have lying around can finally be sorted out. **Poltrona Frau's** plexi cases (from \$900 at **LivingSpace**), boast translucent, shimmery exteriors you'll love putting on display. **1706 W. 1st Ave., 604-683-1116. LivingSpace.com**



CUBBY WHOLE

With its geometric, textured exterior, **West Elm's** retro-inspired Audrey cabinet (\$360) makes quite an impression while two roomy compartments keep odds-and-ends out of sight. **2947 Granville St., 604-733-6730. Westelm.ca**

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MOVE OVER OKANAGAN; THERE'S ANOTHER WINE-LUSCIOUS VALLEY IN THE 'HOOD
BY RACHEL JOHNSTON



A

Along with award-winning breweries, charming shops and Insta-ideal cafes, several wineries have popped up in the fertile Fraser Valley—in the adjacent, oh-so-close communities of Langley and Abbotsford—in recent years and, being the opportunists we are, a wine cycle circuit seemed only appropriate on a recent rain-free weekend.



STAY

Put roots down at **Brookside Inn**, located in Abbotsford but between Abbotsford and Langley. Boasting front-row views of stunning Mt. Baker, this darling three-story boutique hotel offers movie-themed suites and gourmet breakfast served up daily. Pencil in a Jacuzzi soak followed by a nostalgic flick from the extensive DVD library (we chose *A Good Year* to match our suite theme). **2379 Chardonnay Ln., Abbotsford, 604-856-3300. Brooksideinn.ca**



CYCLE

As there are currently no rental options in the area, you'll have to bring your own bike and (disclaimer) we suggest only experienced riders enjoy this tipsy adventure due to some routes with limited shoulders. Ditch your car and bags at Brookside, hop on your sweet ride and cruise along country roads lined with blueberry fields, quintessential farm scenes and meandering vineyards.

SIP

First up: **Campbell's Gold**—an apiary and meadery located close to Brookside where husband-and-wife team Mike and Judy run the show with their daughter Jenny. After perusing a delish medley of honey and fruit wines (we're *Shakespeare in Love* with the Poet's Passion Pymment), get sugar-high sampling dozens of flavoured honeys including pumpkin, blueberry and, our fave, fireweed (bee people have coined it the "champagne of honey"). Then cycle over to the Mt. Lehman region to artisanal winery **Seaside Pearl**, where you'll "cheers" in the chapel tasting room overlooking the vines.



PHOTO: THE FRASER VALLEY OF SINGLETREE WINERY

SAVOUR

Hungry yet? **Tanglebank Gardens and Brambles Bistro** is just a quick spin away. A family-owned biz—the property employs a European-style setup consisting of a restaurant, nursery and gift shop. If in season, munch on the spinach salad topped with plump local blueberries, roasted chickpeas and pickled onion. Set aside some time to saunter through the gardens with a house-crafted rose petal tea latte before sure-to-be-spectacular visits to **Mt. Lehman** and **Singletree** wineries—both a mere 10-minute ride down the way.



SIP SOME MORE

After a magical (and well-deserved) sleep followed by a farm-fresh breaky at Brookside, pedal over to Langley, which is home to nine wineries offering options from grapes to fruit to honey. Start with **Blackwood Lane Winery** for a good-morning tasting (pick up a bottle of the Viognier while you're at it) before a stop at **Vista D'oro Farms and Winery**. Owned by another power couple (he runs the vines while she concocts delectable preserves), the estate offers stunning views of the Golden Ears Mountain Range, amble-worthy vineyards and even a food truck offering tasty homemade flatbread and soft-serve ice cream. Backdrop your Instagram-destined photos with the quintessential country barn before adding the signature Fortified Walnut Wine to your boozy basket. Next, zoom over to **Fraser Valley Cider Company** for a crisp change of pace before nourishing yourself via **Bacchus Bistro** at **Chaberton Estate Winery** (take a tip from us: splurge on the three-course set menu with pan-roasted B.C. halibut and a glass of flagship Bacchus white. You won't regret it).



SHOP

Don't miss **Well Seasoned Gourmet Food Store** in Langley, where owner Angie Quaale lines the shelves with all sorts of epicurean treasures (spices, cookware and condiments), house-made baked goods and artisanal fare from local producers. **117 20353 64 Ave., Langley, 604-530-1518. Wellseasoned.ca**



TRIPS & SIPS

Valley Vines

BACKYARD B.C. WINE IS
CLOSER THAN YOU THINK
BY LAURA STARR



PHOTO: BC WINE INSTITUTE

SEASIDE PEARL FARMGATE WINERY
Under the watchful eye of winemaker Mark Simpson (a B.C. wine demi-god), **Seaside Pearl** is producing elegant and terroir-driven wines. Check out its 100 per cent Petit Verdot that showcases how dark and complex reds can really shine in this region when graced with a hot summer! **5290 Olund Rd., Abbotsford, 778-856-1312. Seasidepearlwinery.ca**



PHOTO: SEASIDE WINERY

SINGLETREE WINERY
A Mount Lehman gem boasting another winemaker legend, Matt Dumayne, this family-owned winery is making waves with its Grüner Veltliner: a fresh and peachy white wine with zest and depth. Only 11 per cent alcohol, so glug glug! **5782 Mt. Lehman Rd., Abbotsford, 604-381-1788. Singletreewinery.com**

DOMAINE DE CHABERTON
The first winery to situate in the Fraser Valley in 1991, this estate vineyard makes a juicy Siegerrebe that boasts perfumed aromas of ripe peaches and orange blossom, with a touch of residual sugar that begs to be paired with spicy cuisine. **1064 216 St., Langley, 604-530-1736. Chabertonwinery.com**

It's not always common knowledge that British Columbia has a variety of wine regions outside the well-known (and revered) Okanagan Valley. In particular for those living in the Lower Mainland, many don't realize their immediate backyard is a formally recognized region.

The Fraser Valley wine region spans Vancouver to Abbotsford and fosters dynamic farmers producing mead, cider, saké and, yes, a growing handful of incredible vineyards churning out wines that are catching eyes and smacking lips. Not only does this make buying local wine seem closer to home than ever, it also opens the chance to schedule in a day-trip wine tour!

Fresher in temperature and packed with rain, the Fraser Valley specializes in cool-climate grapes that are exciting to explore. After a few tastings, grape names like Siegerrebe, Ortega and Zweigelt will roll right off your tingling tongue. So back up into B.C.'s backyard, and don't miss these great wineries! Explore.winebc.com

Winding country roads, rolling hills
and a glass of wine

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