



LOCAL FLAVOR

Market Fresh

Enjoy Washington's best at an authentic island eatery.

CALL THEM AHEAD of the curve if you like: Washington's island restaurants have been serving locally sourced food for years. When you consider the surplus of goodness growing around them, it's no surprise.

"We live in such an amazing area for food," says Nicole Holbert, owner of Adrift (360-588-0653; www.adriftrestaurant.com), a restaurant in Anacortes, on Fidalgo Island, that has sourced local ingredients since it opened in 2001. Regular diners often eat at the bar flanking the small open kitchen, enjoying fresh seafood amid the fishing nets and nautical-themed paintings from local artists. The restaurant also offers local meats and cheeses.

A chef herself, Holbert spends a lot of time provisioning from local companies in the Skagit and Whatcom Valleys or from the other islands. Shellfish is purchased across the bridge on the mainland, and produce comes from the weekly farmers market in Anacortes.

Holbert also keeps in contact with a couple of nearby farms so she can plan her weekly menus around what she's likely to receive. And since a number of foods don't depend

TRIP TIP

Pack sunscreen: the islands average 247 days of sunshine per year.

on weather or season, says Holbert, Adrift has a great selection of local bread, salmon, and hydroponic lettuce throughout the winter.

Even the restaurant's libations are local, with wines from Lopez and Whidbey Islands, beer from Anacortes Brewery, and hard and soft ciders from an area apple farmer. That's the (local) spirit! —AMANDA BALTAZAR