



CHEF BIO: CARYN COLMAN

Born a foodie, Caryn has always been motivated by good things to eat. Some of her earliest memories are food related, with grandmother and mother as mentors.

Caryn's also credits her paternal side for her culinary disposition. Her great-great grandmother had an Inn in Russia, and it was noted for its cuisine (it could only have been local foods in the late 1800s). Her great-great-Russian grandfather worked at the political level in the town, and fixed things at the Inn. But that is another story and a curious parallel to Francis....

Culinary tourism is just another dimension to ecotourism. You are what you eat, both physically and spiritually. If you want to know a place when you travel, it makes perfect sense to eat of its geography.

Caryn advocates for culinary tourism through presentations, panel discussions and chef demos, including the Guelph Organic Food Conference, Toronto's Culinary Tourism Conference, the Foire Gourmand, the Royal Winter Fair, Northern Lights Chefs' Association, Women's Culinary Network, and Cuisine Canada.

Over the years, press have acknowledged Caryn's work. Most recently her culinary point-of-view has been featured in the new book, Anita Stewart's Canada: The food, the recipes, the stories.

EXCELLENCE IN WILDERNESS ADVENTURE
AND REGIONAL CUISINE