



**Charles Ostergren, world-class chef**

**of Harvey Cedars' renowned  
Black-Eyed Susans Restaurant  
is being featured at  
Minerva's Eighth Annual Gourmet Weekend  
October 6-8, 2017**

**Seats are still available at the table!!  
(Deadline for reservations: September 15)**

***So what happens at Minerva's Gourmet Weekend?***

**First of all—we *eat* well:**

- **Friday evening: Emma's homemade breads and soups whenever you arrive**
- **Saturday morning: Minerva's traditional yummy breakfasts augmented with**
- **A cheese demonstration which involves tasting**
- **Gourmet cheeses, accompanied by information about the birth, care, and enjoyment of well-bred cheese by KayCee Byrd, LBI's own "Cheese Lady", proprietor of Surf City's Cheese Shoppe**

**Second, we *think and talk about food*.**

- **We exchange ideas and listen to experts discuss the ever-changing theories of what's "good for us", how researchers have arrived at those theories, and how to choose and procure "good" food. This year professional dietitian Ali Huber will share her wisdom about how to use food to take good care of your body.**

**Third, we *enjoy a magnificent chef at work*:**

- **Saturday evening supper: we watch Charles use local ingredients to construct our supper before our very eyes in Minerva's cosy kitchen. (Sometimes Charles introduces us to the New Zealand wines produced by his brother...)**

**Fourth, between times, guests soak up the ambience of LBI and the ocean....How bad can *this* be? (And, upon advance request, on-site massages are available.\*)**

**Sunday, after another scrumptious Minerva breakfast, guests return home with a happy belly, a souvenir apron, some new recipes, some left-over cheese, some stimulating reading about food and nutrition, some memories of good conversation, and some renewed energy to start the week....**

**Guests are especially happy that the *skinny little all-inclusive price for the weekend is only \$265/person (\$215 if you are sharing a room)*. (\*Massage is additional \$75)**

**Minerva's by the Sea, 13 West Seventh Street, Barnegat Light NJ 08006  
609-494-1000**