



Charles Ostergren, world-class chef of

**Harvey Cedars' renowned
Black-Eyed Susans Restaurant
is being featured at**

**Minerva's Ninth Annual Gourmet Weekend
November 9-11, 2018**

(Limited to 10 guests: Deadline for reservations: October 1)

So what happens at Minerva's Gourmet Weekend?

First of all—we *eat* well:

- **Friday evening: Emma's homemade 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. Back again this year, certified dietitian Ali Huber will share her wisdom about how to deploy food to optimize your body's use of it.**

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

- **Saturday evening supper: we watch Charles use—and talk to us about-- local ingredients while constructing 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 \$260/person; (\$210 double occupancy; \$180/person triple)***. (*Massage is additional \$75)

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