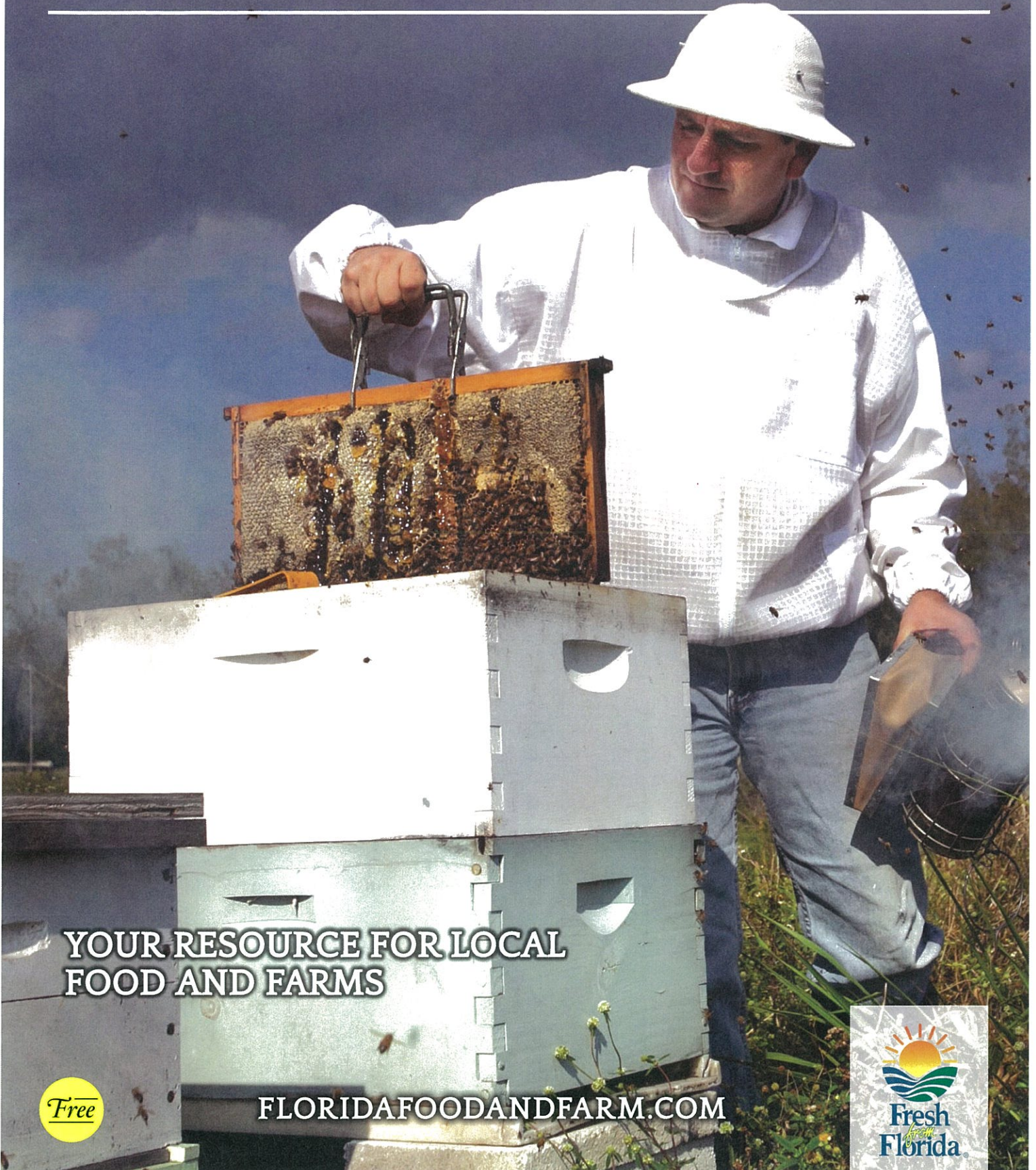


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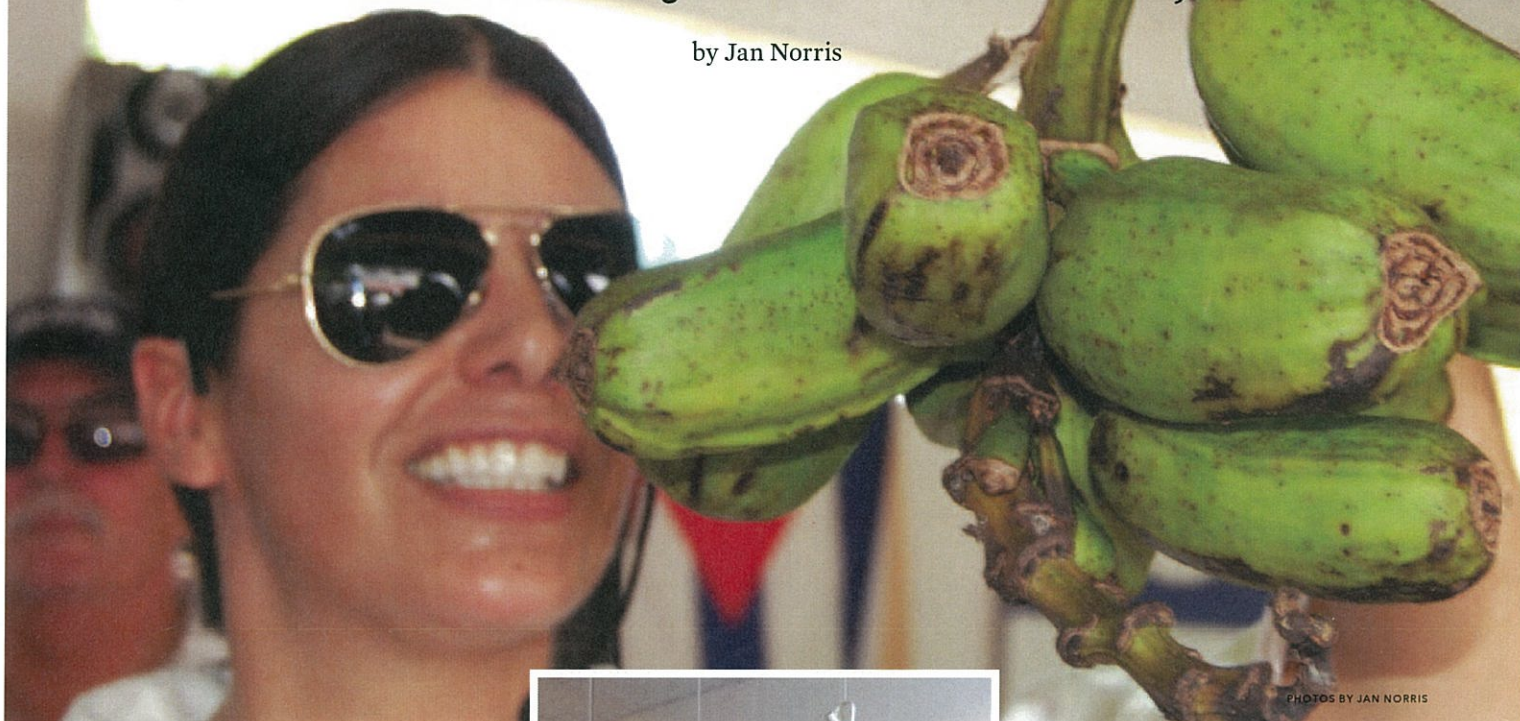




CULINARY TOURS

A bite of local flavor garnished with culture and history

by Jan Norris



The oldest food tour in the area is the Taste History Culinary Tours of Historic Palm Beach County, offered by Lori Durante.

The tours that originated in Delray Beach and Boynton Beach have expanded into neighborhoods in Lake Worth and Lantana, and farther north into West Palm Beach downtown and its artsy Northwood area.

Stops include restaurants and cafés, dessert shops, and coffeehouses. In Boynton Beach, a community farm is featured.

Durante is well versed in the history and culture of the areas and her talks are engaging; the tours are under the auspices of the nonprofit Museum of Lifestyle and Fashion History in Delray Beach. She's won local accolades for the tours that feature up to four food or drink stops on each. Tourists are bused from spot to spot, with brief walks at each.

Down in Miami, you can sample



Plantains are described to tour-goers in Miami's Little Havana (above) where art galleries also fit into the culture lessons.

and stroll a number of neighborhoods with Miami Culinary Tours.

There's history and heritage galore on the tour of the Little Havana area along with generous portions at the food stops. Cigar roll-

ers, Santeria offerings, and domino tournaments are among the sites interspersed with open-air mercados, cafeterias, and Cuban sandwich take-out windows. Guests learn of the new cultures blending in the area – making it the true “melting pot” city.

Miami Beach's Art Deco buildings, movie locations, and fashion photography shoots are a part of the South Beach food tour. All the show is here – and so is the food: European, American and Caribbean flavors found along a one-mile strip off Ocean Drive. Landmarks and architecture are a big part of this tour.

In the modern Wynwood Arts District, tour-goers are surrounded by an outdoor art museum, with sculptures and murals throughout the neighborhood. Some of the city's unique foods are here, from haute cuisine to comfort bites, and found in restaurants, small ethnic spots, and gourmet markets. (Don't miss Fireman Derek's famous pies!) 🍷



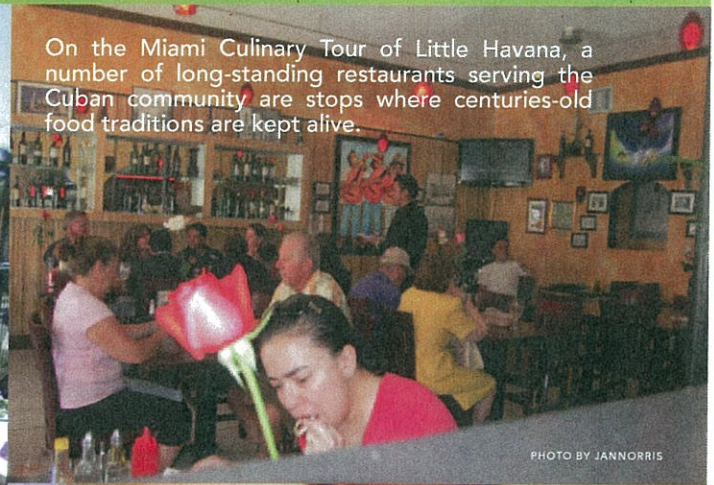
Lori J. Durante leads culinary tours that encompass several historic neighborhoods in Palm Beach County, taking in architecture and arts along the way.

**THESE ARE WALKING TOURS:
WEAR COMFY SHOES.**

The Taste History Tours are part bus, part walking. Taste History Culinary Tours, 561-243-2662 or 561-638-8277; tastehistoryculinarytours.blogspot.com. Cost is \$40 per person; children 18 and under free with paid adult.

Miami Culinary Tours are all

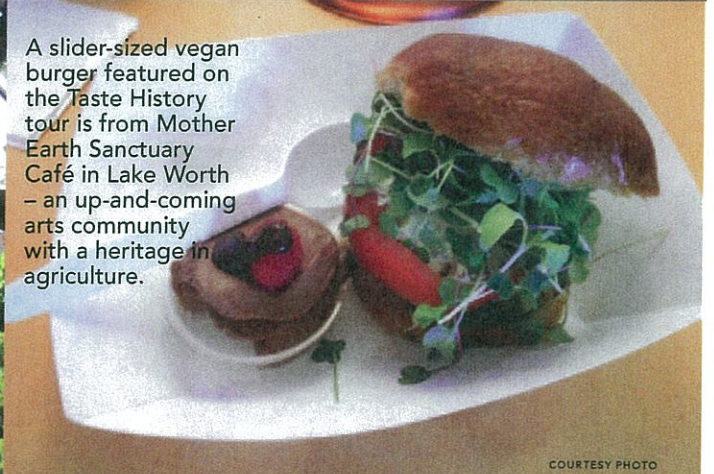
walking. Miami Culinary Tours, 786-942-8856; miamiculinary-tours.com. Tours start at \$59; check website for schedule.



On the Miami Culinary Tour of Little Havana, a number of long-standing restaurants serving the Cuban community are stops where centuries-old food traditions are kept alive.

PHOTO BY JANNORRIS

A slider-sized vegan burger featured on the Taste History tour is from Mother Earth Sanctuary Café in Lake Worth – an up-and-coming arts community with a heritage in agriculture.



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