

Walk this way: 'Taste History' tour offers history, culture and cuisine

The Museum of Lifestyle & Fashion History's (MLFH) newest program is the "Taste History Culinary Tours of Historic Palm Beach County." The tour visits restaurants, eateries, cafes and markets in historic districts, areas and/or buildings and travels to Delray Beach, Boynton Beach, Lake Worth and Lantana.

The "Taste History" tour is a

four-hour narrated excursion of bus riding and four to six blocks of walking offered year-round through historic districts for alternate visits to more than 15 eateries, markets and urban farms for food history, food culture facts, foodways information and food tastings.

The excursions introduce guests to the cultural arts with visits to the Lake Worth Art League Gallery and the Clay,

Glass, Metal, Stone Gallery both located in the LULA (The Cultural Renaissance Program) Arts District of downtown Lake Worth. The epicurean tour also journeys to the Lake Worth Farmer's Market as well as the historic Sabal Palm House Bed and Breakfast. In Delray Beach, the tour travels to downtown Delray Beach and various historic districts; in downtown Boynton Beach, to organic

eateries and an urban farm. "Taste History" provides a cultural experience for the palate and mind," said Executive Tour Director of "Taste History" and Founder/Chief Curator of the MLFH, Lori J. Durante.

Cost for the tour is \$35. For more information, visit www.TasteHistoryCulinaryTours.blogspot.com or call 561-243-2662. ■

Tours begin at 11 a.m., future dates include:

- June 23 - Delray Beach/Boynton Beach
- July 14 - Lake Worth/Lantana
- July 21 - Delray Beach/Boynton Beach
- July 28 - Delray Beach/Boynton Beach
- August 11 - Lake Worth/Lantana
- August 18 - Delray Beach/Boynton Beach
- August 25 - Delray Beach/Boynton Beach
- September 8 - Lake Worth/Lantana
- September 15 - Delray Beach/Boynton Beach
- September 22 - Delray Beach/Boynton Beach
- October 13 - Lake Worth/Lantana
- October 20 - Delray Beach/Boynton Beach
- October 27 - Delray Beach/Boynton Beach
- November 17 - Delray Beach/Boynton Beach
- November 24 - Delray Beach/Boynton Beach

Special Marketing Section



Colleen Rinaldi, left, and John Rinaldi show the Sabal Palm House Bed and Breakfast Inn to participants on the tour.



The beggar's pouch and stuffed grape leaves can be tasted at The Cottage.



Owner of Brogues Down Under, Emily Regan, serves up sausage rolls and pound cake to participants attending the tour.

Wednesday, June 20, 2012



City of Lake Worth Commissioner and owner of the Juice Bar, Andy Amoroso, left, Shante Gordon and Dominique Hobbs.



Lori J. Durante, left, and Skyler Carosella



Shannon Torrence, left, owner of the Clay, Glass, Metal, Stone Gallery, Joyce Brown and Kathleen Kirschner at the gallery, which participates in the tour.



Tara Maule, president of the the Lake Worth Art League Gallery, speaks about the gallery's history and art.



Sally Valenti, left, Lucia Maggiore, Audrey Greenbaum and Ina Cohen view art at the Lake Worth Art League Gallery.

26 Photos by Kara Starzyk