



The Lodge at Woodloch is a Nucleus for Gourmet Discovery

Offerings expanded designed to educate interested foodies to the exciting world of health-conscious gastronomy

For Immediate Release: August 12 2015, HAWLEY, PA- Guests at The Lodge at Woodloch have come to expect great food. At the award-winning destination spa they can learn about new fruits, vegetables and herbs, how to select them, and enhance flavors while cooking. If interested, they can tour the chef's vegetable and herb gardens, talk to the organic farmer, Master Herbalist, beekeeper or Master Gardener to discuss food preparation and sourcing. Through cooking and baking demonstrations, guests can learn how to renovate their favorite dishes to make them healthier and develop a new attitude about portion sizes and how eating nutritionally dense foods can actually help them live well and eat less. Whole foods and local food sourcing is not a new trend at The Lodge at Woodloch, but a way of life. With three on-property gardens, a honeybee hive of over 100,000 bees, a new Orchard in development, and dozens of classes and workshops focused on food preparation, organic gardening techniques and more, this is foodie haven.

The chef and garden team have a unique connection to the earth and woodland surroundings in the resort's Northeast Pennsylvania location. Not only harvesting from the on-property gardens, but the team also often takes to the woods to forage for mushrooms, ramps, fiddleheads and early-spring dandelion greens. Executive Chef Josh Tomson values his hyper local relationships and is constantly looking to support local farms and artisans such as [The Lackawaxen Farm Company](#), [Quails R US](#), [Willow Wisp Farm](#), [The AntHill Farm](#), [Calkins Creamery](#) and [The Hardler Farm](#).

Among some of the offerings designed to educate interested foodies to the exciting world of health conscious gastronomy include:

Chef Curated Garden Dinners:

For the second year in a row, Executive Chef Josh Tomson is switching up the typical Farm to Table dinner by bringing the Table to the Farm! The garden patio has been expanded and food preparation area enhanced. The intimate chef-led tasting dinners will occur weekly for up to 12 guests and will take place right on the deck at the Garden Shed. The two-hour tasting will be led by Chef Josh (or one of his talented chefs) as he selects and prepares the harvest focus for the dinner. All dinners are paired with a wine or beer selected by sommelier, Leslie Britt. There is a slight up-charge for the intimate dinner experience of \$75++ per person which includes the beer or wine pairing. The reservations-only dinners will take place each Thursday evening. Guests meet in the Garden Hall at 6:00pm for a guided tour to the garden and dinner starts at 6:30. The seasonal dinners are weather dependent and require a minimum of 10 participants each week.

New Garden Fresh Cooking Demonstrations:

New to the summer calendar are Cooking Demonstrations taking place right at the Garden. The Chef Team will collaborate to highlight the garden harvest with recipes that will focus on summer outdoor entertaining and mastering the grill. The Tuesday Garden Cooking Demonstrations began in July and will continue while seasonable. Weather dependent. Advanced sign-up is required.

Chef in Residence Program:

Executive Chef Josh Tomson likes to keep up-to-date on the nation's food trends and regularly hosts talented chefs to work with his team and share information on the latest culinary tools, trends and techniques. This offers the chef team the ability to constantly grow and explore their own culinary creativity while also offering choice and

unique experiences for the guests. The Chef in Residence provides intimate interaction with the guests at quaint receptions and cooking demonstrations as well as being among the guests during the various fitness and wellness classes offered. The sharing of ideas, food and wine is an age-old recipe for celebration and personal growth for both the chef team and guests. The Chef in Residence line-up includes:

- **September 4 and 5: Christopher Curtin.** Christopher Curtin is proud to share his art and experience through Éclat Chocolate. Christopher honed his skills in the finest chocolate houses of Belgium, Switzerland, France, Germany, and Japan, and sharing in the greatest of secrets and techniques—secrets and techniques that make eating Éclat Chocolate unforgettable.
- **October 30 and 31: Diane Hoch.** A natural food educator, chef, health coach, and wellness expert, Diane is the founder of [The Food Evolution](#).
- **November 4 and 5: Kriti Sehgal.** Co-Founder of Pure Fare. The company, launched in April 2011, provides fresh, healthy all-natural foods supported by Web tools that enable consumers to track health goals.

The perfect way to truly get the full experience is by booking the [Gourmand Getaway Package](#):

- Bottle of local wine and cheese plate upon check-in
- Cooking and baking demonstrations
- Recipe notebook
- Custom amuse-bouche with dinner each night
- The Lodge at Woodloch cutting board and custom apron to take home
- Signature trail mix as a ride-home snack from our chef

The package requires a two-night stay and is based on the Intro to Spa Package. Rates start at \$407 per person, per night.

Additional gourmand offerings include:

- [Cooking, Baking and Juicing Demonstrations](#)
- [Wine-tasting and Creative Cocktails Classes](#)
- Garden Classes such as the New Garden Harvest Class and Beekeeping 101
- Food inspired spa treatments such as: [Beer-Inspired Spa Treatments](#); [Caviar Facial](#); [Rosemary Awakening Body Treatment](#)
- [Nutritional Counselor Cooking Demos and Workshops](#)
- Unique [gourmand outdoor adventures](#) (seasonal) such as: Edible Plant Walks, Mushroom Foraging and Cranberry Bog Talk
- Herbal Remedy Workshops
- Herbal and Holistic Personal Consultations
- [Themed weekends](#) throughout the year such as [Dogfish Head Craft Ales](#) Weekend and November's Food & Wine Month

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 400+ wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 57 luxury accommodations, a 40,000-square-foot spa, gourmet restaurant and more. Additional information and reservations are available toll-free at 1-800-WOODLOCH or visit [TheLodgeatWoodloch.com](#), [Facebook.com/LodgeAtWoodloch](#), Twitter ([@LodgeatWoodloch](#)) and Pinterest ([@LodgeatWoodloch](#)).

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