

FALL

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An Under-the-Radar Fall Food Trail in Quebec

Dotted with vineyards and apple orchards, berry farms and sugar shacks, the Île d'Orléans is an idyllic country escape just outside Quebec City—and the island is at its best at harvest time. Take an autumn day trip to sample the bounty. **BY TANVI CHHEDA**

MORNING

Wake up at the **Auberge Saint-Antoine** (saint-antoine.com; doubles from \$205), a beloved 95-room Relais & Châteaux property in Quebec City, and grab your designated driver for a spin round the island. Pick up some jams at **Confiterie Tigidou** (tigidou.ca), owned by husband-and-wife team Vincent Paris and Catherine Trudel. They produce nearly 80,000 jars of preserves per year in combinations such as strawberry-mint, raspberry-coriander, and blueberry-rosemary, many made with fruit they grow themselves.

Refuel with pastries at the darling **La Boulange** (laboulange.ca), set in a Second Empire-style building across from an equally charming church. For a pint and a full lunch, drive on to

Microbrasserie de l'Île d'Orléans (microorleans.com) and the brewery's on-site alehouse, **Pub Le Mitan** (entrées \$10–\$12). Try the Suzanne Marceau, an amber beer with a hint of smoke and maple syrup (this is Quebec, after all).

AFTERNOON

Farther down the road, in a bright white building with a red roof, is **Cidrie Verger Bilodeau** (cidrie bilodeau.com)—one of the first apple farms and cider houses on the island. Sample ice cider, apple butter, homemade pies, and the apple-and-maple-syrup aperitif called *mistelle*. During the fall, the

farm is open for apple picking.

The nearby winery **Isle de Bacchus** (isledebacchus.com) specializes in ice wines made from cool-climate grapes such as Foch, Vandal Blanc, and Acadia Blanc. Grab a glass and a charcuterie-and-cheese board from the newly opened bistro.

At **Cassis Monna & Filles** (cassismonna.com), you can get a taste of crème de cassis, the famous black-currant liqueur. Founder Bernard Monna's ancestors were distillers in France, where he was born; his family's plot includes 40 acres of currants and a modern tasting room, with views of the berry bushes and St. Lawrence River, plus a lively new restaurant, **La Monnaguette** (entrées \$10–\$15). For dessert, don't miss the black-currant-and-vanilla soft serve.

EVENING

For your last stop, head to one of the island's newer wineries: the family-owned **Vignoble Ste.-Pétronille** (vs-p.ca). Pair the excellent whites with duck poutine from **Panache Mobile** (entrées \$11–\$20), a pop-up from the folks behind the Auberge Saint-Antoine.

End the day back in Old Quebec with a truly Québécois prix fixe dinner at the revamped **Laurie Raphaël** (laurie-raphael.com; tasting menus from \$115), which makes ample use of local ingredients like birch, Lake St.-Pierre caviar, and seaweed from the St. Lawrence River.



▲ From top: Fall colors at Confiterie Tigidou, on the Île d'Orléans; the tasting room at Cassis Monna & Filles.

