



Culinary agritourism on the menu at Leavenworth's Sleeping Lady Resort

April 20, 4:46 PM · Sue Frause - Seattle Travel Examiner



Springtime in the Cascade Mountains near Leavenworth. Sue Frause photo.

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Although [Leavenworth, Washington](#) is best known for its Bavarian bent, there's a movement afoot to make use of the bounty of food available in the Wenatchee Valley.

[Sleeping Lady Resort](#), located in a forest on the outskirts of Leavenworth on the banks of Icicle Creek, has long been a leader in celebrating our natural environment.

The 67-acre resort was once home to Camp Icicle and the Civilian Conservation Corps in the 1930s -- prior to that the Native Americans tended to the land.

The property was purchased in 1991 and today it is a retreat that includes six clusters of guest rooms (6-10 per cluster), along with two stand-alone cabins. All have private baths and cozy decor -- but don't expect to watch your favorite reality shows here. No televisions, refrigerators or mini bars are in the rooms.

Cuisine is key at Sleeping Lady, and Executive Chef Ken MacDonald uses organic and locally sourced ingredients whenever possible -- many are from the resort's own certified organic garden. So it's a natural fit that its expanding guest program includes tours of the garden, seasonal harvest dinners and two overnight packages with hands-on cooking classes. Here's the menu:

Organic Garden Tours - May through September

Guests and visitors may sign up for tours of the garden led by garden manager Eron Drew. Certified organic since 1996, the menus at Sleeping Lady are often inspired by what's in season at the garden. It's open to the public daily with free tours on

Saturdays at 5 PM.

Harvest Dinner Series - May to October

Executive Chef Ken MacDonald and KOHO Radio's *Cooking Local* radio chef Isaac Kaplan-Woolner team up for an evening that begins with a wine and cheese tasting during a tour of the garden, followed by a multi-course dinner from local ingredients featuring local wine pairings. Dates are May 23, June 20, August 29, September 26 and October 24. Cost is \$40 per person (overnight packages available).

Cheese Making Package - May through September

Learn the art of cheese making by Wenatchee Valley artisan cheese makers from Alpine Lakes Sheep Cheese. The package also includes an overnight stay for two; gourmet dinner and breakfast for two in the resort's Kingfisher Dining Lodge; and recipes to take home. Rates start at \$378 based on double occupancy.

Taste of the Valley Package - June through August (selected dates)

This three-day agritourism package features three nights' accommodation; a visit to the Leavenworth Community Farmer's Market; classes at Cashmere Cider Mill and Alpine Lakes Sheep Cheese; three breakfasts; two dinners; and tours of Leavenworth's National Fish Hatchery and Sleeping Lady's Organic Garden. Rates start at \$472 per person, based on double occupancy.

Solstice Spa at Sleeping Lady: *My favorite day spa in Leavenworth now has an outpost at Sleeping Lady Resort. The spa menu includes massage, body and facial treatments. Other resort activities include a sauna, fitness room, outdoor rock-lined swimming pool, hot pool, library and a self-guided art walk.*

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