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AUTUMN SPICE

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— LIFESTYLE —

AND CONTRIBUTORS



ANDREA FELLMAN | Wanderlust Expert | Barcelona, Spain

Andrea Fellman is a stylish nomad traveling the world with her husband and two kids. She was living in Costa Rica for three years and just recently moved to Barcelona, Spain. She loves coffee, adventure, fashion and staying at small boutique hotels. She blogs about life as an expat mom and shares her travel stories over at Wanderlust Living.

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KAYLA SHORT | Lifestyle Blogger | Halifax, Nova Scotia, Canada

Author behind the award-winning [Shortpresents.com](#) about food, fashion, beauty, and travel. Kayla was also recently chosen as one of Huffington Post's Top 50 Canadians among the Prime Minister, Chris Hadfield, Drake, and many extremely accomplished and inspiring Canadians. Kayla has also been on CTV, Pop Culture TV, and CBC.

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ISABELLA PRESNAL | Vlogger | Canada

Isabella has a YouTube channel: [AVloggingGirl](#). She has lived in five different countries and despite her young age, has traveled more than some ever will. Currently a student, and holds the executive production manager position for her school's student news broadcast while studying for the International Baccalaureate diploma.

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MOONA-MARIA JOYNER | makeup artist | Navarre, Florida

Easygoing but hardworking Finnish girl living the dream in Florida. Professional makeup artist and a licensed Esthetician who loves to travel. Moona is proud of her daughter, Melissa, adores her dog, Lucie, and enjoys cooking. She has worked for Dior, Lancôme and Aveda as a marketing manager, makeup artist and luxury advisor. Find Moona at the As You Like It Aveda salon in Mary Esther Florida.

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CAROLYNE KAUSER-ABBOTT | Lifestyle Blogger | Canmore, Alberta, Canada

Carolyn Kauser-Abbott has traded in her business suits for the world of freelance writing and social media consulting. Carolyn writes [Ginger and Nutmeg](#) a travel blog for food lovers, manages a digital magazine on all things [Perfectly Provence](#) and features high-quality handcrafted collections on [Atelier](#), an e-commerce website for artisans.

INSTAGRAM: [atelierboutiques](#)



LIFETIME AS A TRAVELING FOODIE

I inherited the hunger for culinary travels.

With no immediate family in Montreal, we spent holiday time visiting relatives in far-flung locales. The door to a lifetime of journeys was cracked open in our toddler years. Admittedly, the cultural aspects of holidays in Europe, Venezuela and the Caribbean wasted on three kids more interested in swimming pools. My parents practiced zero tolerance for picky eaters, exposing us to new foods, exotic flavors and encouraging us to try the local fare.

Now, several decades later when culinary travel is an art form, I reflect on what has inspired my inner traveling foodie. When did it start?

My Hungarian grandparents, who lived in Caracas, would arrive for a Montreal visit with a suitcase full of salami (Europe), coffee (Venezuela) and rum (West Indies). Maybe they were part of the original clan of culinary travelers.

The family Christmas spent in the Swiss Alps was lost on me with the discovery of Toblerone chocolate with its distinctive triangular shape inspired by the iconic Matterhorn peak. Toblerone was subsequently sold to a US conglomerate, but the tasty original version was the germ for my lifelong chocolate addiction.

TEXT + PHOTOS BY
CAROLYNE KAUSER-ABBOTT



Food becomes anchor of our travel experiences

Today, social media fuels foodie travel dreams with “food porn” from globe trotters. So, what exactly is culinary travel in an era when you can buy strawberries all year round? Personally, food culture and traditions are probably the most important part of a travel experience. Although we do not necessarily select a destination for its food notoriety, meals often become the anchor of our experiences.

Example is when we headed to Nepal in 1995, with fully-loaded backpacks, and our goal was to trek the Annapurna Round. Surrounded by up to 8,000 meter peaks, we did not expect to be contented with menu offerings – our bags contained a supply of energy bars, trail mix and other snacks.

The extra weight on our backs was far from necessary; the tea house in the mountains had variations of soup, pasta and pizza - it was perfect fare for hungry hikers. In the end, our trail mix fed a few determined mice, and the granola bars were donated to fellow backpackers. The takeaway from that trip was the pure satisfaction of real food – a chunk of yak cheese that tasted like Italian Parmesan and fresh bread from a stone oven at 4,500 m.

Which came first the chicken or the egg?

Does tourism drive culinary travel or does local food tradition act like the magnet drawing visitors from afar?

Marseille's hearty fish soup - *bouillabaisse* – comes from humble origins, a fisherman's broth made from leftover scraps. Today, this is a dish with a pedigree, *la Charte de la Bouillabaisse* (Bouillabaisse Charter), essentially an agreement between local top-rated chefs to attempt to standardize the ingredients, process and presentation. There is no question that a real bouillabaisse in Marseille is a slice of seafood lover's heaven, but could the cruise ships in the harbor have some effect on the price?

We have been fortunate to participate in many cooking classes over the years learning from masters of the kitchen. However, my favorite food encounters are unplanned. Recently, as I strolled the ancient hilltop village of Bonnieux, in Provence's Luberon, I met “the jam lady” Isabelle Jouhanneau. She cooks small batches of seasonally themed jams made with local ingredients – the traditional way - under her brand Confitures Un Jour à la Campagne. That is my kind of culinary travel.



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