



MEDIA CONTACT: Allison Johnson
(970) 309-5485 or aj@snowmasspress.com

EVENING OF HARVEST & HUMOR KICKS OFF SNOWMASS WELLNESS EXPERIENCE

Sample best of the regional harvest with over 20 local and sustainably-grown appetizers plus organic spirits and a comedy show for only \$30 at The Artisan

Snowmass Village, CO (August 12, 2008) – To kick off the beginning of the regional harvest season, The Snowmass Wellness Experience hosts a special Harvest and Humor evening at The Artisan in the Stonebridge Inn on Friday, August 15. For only \$30/person, attendees can sample over twenty appetizers from regional farmers and producers and organic spirits followed by a special wellness comedy show with internationally renowned humorist Swami Beyondananda.

“You can’t find an opportunity to sample this abundance of local and sustainably grown produce paired with organic spirits and comedy anywhere in the valley, and it promises to be a spectacular evening,” says Snowmass Wellness Experience Event Director Josh Behrman.

The menu, which is put together by The Artisan’s award-winning chef David Von Holton, is sponsored by natural foods grocer Vitamin Cottage and Peak Spirits, the first organic distillery in the United States. The organic food and cocktails tasting takes place from 6-7:30 p.m. and includes regional and local foods from Vitamin Cottage, Milagro Beef, Maverick Ranch, Zephyros Farm, Thistle Whistle, Austin Orchard, Capital Creek Beef, Epicureus Farms, O’Sage Gardens, Louis Swiss Pastries, Rudi’s Breads, and Desert Weyr, the only farm in the world to produce Black Welsh Mountain Sheep.

Attendees will be sampling appetizers such as Black Welsh Mountain Sheep skewers; poblanos stuffed with yams, goat cheese, and Maverick Ranch pork; Cattle Creek Ranch sriracha burgers on sesame buns; crimini, shiitake, and oyster mushroom tart with Haystack Mountain goat cheese, white organic truffle oil, and balsamic reduction; grilled toasts with toppings ranging from handmade fresh goat’s milk cheese with crispy shallots to organic basil pesto to heirloom tomatoes and mozzarella; red gazpacho soup and chilled English Pea bisque; grilled Austin Orchard Paonia peaches with prosciutto di parma; and baklava featuring local honey from the Thistle Whistle Farm. Accompanying the fare will be spirits samplings from Peak Spirits and live music.

At 7:30 p.m., Swami Beyondananda takes to the stage for a show called Wake up Laughing...The Up-Wising Has Begun, which shares how to attain wellness through laughter and is guaranteed to have the audience laughing ‘till the sacred comes home. Disguised as Swami Beyondananda, the “Cosmic Comic”, author and humorist Steve Bhaerman is an internationally renowned author and humorist who has spent the past 20 years demonstrating wellness through laughter. Swami’s comedy has been called “irreverently uplifting” and “comedy disguised as wisdom.” (www.wakeuplaughing.com).

Harvest & Humor kicks off a special weekend filled with gardening, diet, humor, and healthy living workshops, cooking demonstrations, fitness classes, a spa pavilion and green expo, and keynote presentations from two of the nation’s most respected organic farmers, Eliot Coleman and Washington Post columnist Barbara Damrosch, both of the Four Seasons Farm in Maine.

The 2008 Snowmass Wellness Experience focuses on healthy living from the ground up and examines the entire food cycle from organic and sustainable growing practices to eating, diet and exercise. Diverse levels of passes are available, from the \$30 Friday evening pass to a keynote speakers pass to Yoga,

Pilates & Nature Hike Day Passes to an all-inclusive weekend pass at \$175 which also includes mini-spa treatments.

For more information on all the offerings of the Snowmass Wellness Experience, please visit www.snowmasswellness.com or call 1-800-SNOWMASS. Tickets will be available on-site at the Snowmass Ticket Pavilion starting 8 a.m. on Saturday, and Harvest & Humor tickets are available by calling Alix Knipe at (970) 923-7064. Volunteers are needed for various positions in exchange for day passes (contact Anita Manchester at 923-5678 or e-mail at mtntfun@comcast.net).

For media passes, please contact Allison Johnson at (970) 309-5485 or aj@snowmasspress.com.

#