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Vermont

WHAT'S HAPPENING IN THE GREEN MOUNTAIN STATE

Northern Region

FROM THE SHORES OF LAKE CHAMPLAIN to the mountains of the Northeast Kingdom, Northern Vermont is a mosaic of fields, farms and forests crisscrossed by skiing and hiking trails, and dotted with lovingly preserved historic towns.

■ Break out the binoculars and join fellow nature lovers in spotting birds in the morning skies over the Missisquoi National Wildlife Refuge in Swanton, May 13, during the **International Migratory Bird Day Count** (802-868-4781; www.stalbanschamber.com).

■ On Memorial Day weekend (May 27-28), visit more than 300 working artist studios during the **14th Annual Vermonts' Open Studio Weekend**, and see live demos in a variety of creative mediums (802-223-3380; www.vermontcrafts.com).

■ At the **Vermont Dairy Festival**, June 1-4 in Enosburg Falls, fete all things dairy during a children's milking contest, 10,000-meter run, baking competition, carnival rides, two-hour parade, scholarship pageant and chicken barbecue with live country music and famous Cow Plop contest (www.vtfestivals.com/dairyfest).

■ During the **Lake Champlain International (LCI) Little Anglers Derby** at the Lamoille River Recreational Area in Colchester, June 17, enjoy a free catch-and-release fishing tournament open to anyone 14 and younger (802-879-3466; www.lci-derby.com).

■ Get great tips at the **14th Annual Stowe Garden Festival & Craft Fair**, June 23-25, or hop a trolley and tour public and private horticultural hot spots. (877-GOSTOWE, 877-467-8693; www.gostowe.com).



■ "The Past Within the Present: Contemporary Classical Chinese Paintings from the John & Alice Z. Berninghausen Collection," at the Middlebury College Museum of Art, June 29-Aug. 13, showcases more than 50 works influenced by centuries-old ink-on-paper techniques (802-443-5007; www.middlebury.edu).

■ Celebrate Native American culture during the **7th Annual All My Relations Intertribal Powwow** in Bolton, July 8-9, and experience the power of stories, dances and songs that have been passed down through the ages. Sample the flavors of Native American cuisine and take home handmade crafts that keep traditional art and craft techniques alive (802-479-0594; www.powwowschedule.com).

■ Fairy tales come true when kids (3-12) dress up as their favorite fictional characters at the annual march down Burlington's Church Street during the **Storybook Kids Parade**, July 13 (802-863-1648).

■ Shelburne Museum makes a splash in honor of the **100th Birthday Celebration of the Steamboat Ticonderoga**, July 8, with games, lectures and live music commemorating this National Historical Landmark, the last remaining steamboat

GREEN TREATS

Liz Lovely Artisan Cookies, Waitsfield

When life gives you lemons, the old saying goes, you should make lemonade. So when the chips are down, why not make cookies? That's what former Philadelphians Liz and Dan Holtz did when, in the wake of the dot-com downturn, both found themselves jobless. It gave Liz time to do what she loves best: baking cookies. Not just any cookies, but chocolate, crunchy, nutty, chewy cookies that are 100 percent vegan (made sans butter, eggs and dairy).

Operating a successful vegan wholesale bakery has been a dream come true for the Holtzes. So was their 2004 move to Waitsfield, Vermont, where they make Liz Lovely cookies in the former Mad River Canoe Factory with a view of the Green Mountains.

"Vermont is a great place for small businesses, especially small specialty foods businesses like ours," says Liz. "There's also a deep appreciation for nature that fits perfectly with our work and lifestyle philosophies."

All five varieties of Liz Lovely cookies—from Cowboys (chocolate-drizzled cookies with rolled oats and walnuts) to chocolate-chip Cowgirls, which taste like batter straight from the mixing bowl—are made with organic, non-genetically-modified, fairly traded chocolate. Every low-sodium cookie is also trans fat- and cholesterol-free. Liz Lovely cookies are available at natural and specialty food shops throughout New England and through the company's web site. Visitors can take an informal tour of the bakery and score free samples.

For more information, call 802-496-6390 or visit www.lizlovely.com.

— Marilyn Odesser-Torpey

