



BEST PICNIC TIPS & RECIPES

By Park People

park people
amis des parcs



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Watermelon Salad

Ayesha

Ingredients

- 1 Watermelon, cut into cubes,
- a large handful of fresh mint leaves, chopped,
- 1/2 of a small tub of Feta cheese (approx 200 g), cut into cubes,
- a large handful (approx half a bottle) of pitted black olives,
- a drizzling of Balsamic Vinaigrette.

Instructions

1. Add feta cheese, mint, and olives to chopped watermelon in a large bowl and mix together.
2. Drizzle in balsamic vinaigrette and mix thoroughly.
3. Serve chilled and enjoy!

SOMETHING SAVORY

Couscous Tabouleh

Clémence C.

Ingredients

- Whole-grain Couscous,
- chopped fresh mint,
- finely chopped onion,
- diced tomatoes,
- diced cucumber,
- salt & freshly ground black pepper,
- lemon juice,
- extra-virgin olive oil

For the quantities, it depends on how much you want to make...

Instructions

Easy, just add all the ingredients together and wait for half a day (the couscous needs to "cook" with the lemon juice and tomato water).

Bacon Wrapped Jalapeno Poppers

Eliesha

Ingredients

- 10 jalapeño peppers,
- 8 ounces of cream cheese softened,
- 8 ounces of cheddar cheese shredded,
- 1 medium avocado optional,
- 5 strips of thin-cut bacon cut in half red pepper flakes,
- garlic powder,
- dried parsley (optional).

Bacon Wrapped Jalapeno Poppers

Eliesha

Instructions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Line a baking sheet with foil or parchment paper (for easy clean-up) and place a baking rack on top. Set aside.
3. Wash and dry peppers. Cut in half lengthwise and remove pith and seeds (unless you want them to be spicier then leave some seeds).
4. In a small bowl, combine cheeses and extra seasonings if using it.
5. Prepare avocado slices (if using them) by cutting in lengthwise, removing the pit and skin, and slicing them into thin slices.
6. Cut bacon strips in half crosswise.
7. Fill each pepper with the cheese mixture, top with an avocado slice, and wrap with $\frac{1}{2}$ slice of bacon.
8. Place peppers on the prepared baking sheet.
9. Bake in preheated oven for 20 minutes or until bacon is fully cooked and crispy.
10. Cool for 5-10 minutes to allow the cheese to settle and transfer peppers to a serving platter.
11. Enjoy warm or room temperature.

Chicken Afritada

Jeanny

Ingredients

- 1 ½ lb. Chicken cut into serving pieces
- 2 piece potato cubed
- 1 piece carrot sliced
- 8 oz. tomato sauce
- ½ cup green peas
- 1 piece of onion chopped
- 2 teaspoons garlic minced
- 1 Knorr cube chicken flavour
- 3 tablespoons cooking oil
- 1 sliced bell pepper
- Salt and ground black pepper to taste

Instructions

1. Heat the oil in a cooking pot.
2. Saute onion and garlic until the onion softens.
3. Add chicken. Cook for 30 seconds. Turn it over and cook the other side for another 30 seconds.
4. Pour tomato sauce, bell peppers, potatoes, carrots, salt to taste and chicken cubes. Cover. Let boil for 30-35 mins until soft.
5. Add green peas. Cook for 3 minutes.
6. Serve.

Panzanella (Tuscan tomato & bread salad)

Jodi

Ingredients

- 200 g stale ciabatta loaf,
- 600 g ripe mixed tomatoes, roughly chopped sea salt,
- freshly ground black pepper,
- 1 handful of small capers, drained,
- 1 small red onion, peeled and very finely sliced,
- 280 g jarred red peppers, drained and roughly chopped,
- 8 anchovy fillets in oil, drained and finely sliced (optional),
- red wine vinegar,
- extra virgin olive oil,
- a bunch of fresh basil.

Panzanella (Tuscan tomato & bread salad)

Jodi

Instructions

1. Tear the ciabatta into rough 3cm pieces and place them on a tray.
2. Leave aside in a warm place for around 30 minutes – this helps to dry it out.
3. Place the tomatoes in a bowl and season with salt and pepper.
4. Rinse the capers, squeeze out any excess liquid and add to the bowl, along with the onion, peppers, ciabatta and anchovies, if using.
5. Toss the mixture together with your hands, then stir in 2 tablespoons of vinegar and about 3 times as much extra virgin olive oil.
6. Taste and add a little more salt, pepper, vinegar or oil, if needed.
7. Tear in the basil leaves,
8. Stir together and serve.

Delicious with barbecued meats
or roast chicken.

Bacon Sesame Coleslaw

Kelsey

Ingredients

- 1/4 purple cabbage,
- 2 carrots,
- 1/2 onion,
- 1/4 cup sesame seeds,
- 1/4 cup crispy bacon bits (optional),
- 1 tbsp sesame oil,
- 1 tbsp olive oil,
- 2 tbsp rice wine, plum or balsamic vinegar,
- 1 tbsp grainy mustard,
- 2 tbsp mayonnaise,
- salt + pepper.

Instructions

1. Shred the cabbage, finely slice the onion and grate the carrots.
2. Stir together the oils, seasoning, etc.
3. Lightly toast the sesame seeds and crisp the bacon.
4. Mix the dressing into the salad.
5. Enjoy!

Summer Salad

Michelle

Ingredients

For the salad:

- 1 Red bell pepper diced,
- 1/2 cup of red onion diced,
- 1 small can of black beans drained,
- 1 small can of kernel corn drained,
- Small bunch of cilantro (optional).

For the dressing:

- 3 tbsp Balsamic vinegar,
- 3 tsp of Olive oil,
- 1 tsp of red wine vinegar,
- a dash of brown sugar,
- salt and pepper.

Instructions

Mix all ingredients of the dressing together and pour over salad ingredients and mix!

Tomato Basil Salad with Balsamic Maple Vinaigrette

Rachel

Ingredients

- Fresh tomatoes (cherry or heirloom),
- Basil leaves,
- Mozzarella cheese,
- Olive oil,
- Balsamic vinegar,
- Maple syrup.

Instructions

1. Slice tomatoes,
2. Arrange on a plate alternating with basil leaves and pieces of mozzarella.
3. For the dressing: combine olive oil and vinegar in a 3:1 ratio, with a good dollop of maple syrup.
4. Drizzle the dressing over the tomatoes, basil leaves and mozzarella.

Grilled Veggie Kebabs

Rose

Ingredients

- ¼ cup extra-virgin olive oil,
- ¼ cup balsamic vinegar,
- 2 cloves garlic, minced,
- 1 teaspoon paprika,
- 1 tablespoon Italian seasoning,
- Salt and pepper,
- 1 yellow squash,
- 1 zucchini,
- 1 long eggplant,
- 8 ounces cremini mushrooms,
- 1 red onion,
- 1 red bell pepper,
- 1 yellow bell pepper,
- 1 ear fresh corn, cut into 1-inch rounds.

Grilled Veggie Kebabs

Rose

Instructions

1. Whisk oil, vinegar, garlic, paprika, Italian seasoning, salt and pepper in a large bowl.
2. Cut the veggies into chunks.
3. Marinate the veggies in the large bowl for at least 1 hr (overnight is the best).
4. Preheat the grill to medium.
5. Thread the vegetables onto skewers.
6. Get creative with the combinations.
7. Grill, turning once, until tender, 12 to 15 minutes total.
8. Drizzle with the remaining marinade if desired for an extra kick of flavour.
9. Serve hot.

Easy Peasy Kale & Beet Salad

Sheleena

Ingredients

- Finely chopped kale (usually about 1/2 a head of kale),
- 1 large beet, peeled and grated,
- 2-3 carrots, peeled and grated,
- 1/4-1/3 cup of chopped pecans (or walnuts),
- 1/4 cup of sunflower seeds,
- Olive oil (3 parts oil to 1 part vinegar),
- Balsamic vinegar (1 part vinegar to 3 parts oil),
- 1 garlic clove, finely chopped,
- Dijon mustard,
- Honey.

Instructions

1. Chop up the kale. Grate the beets and carrots and add to kale. Add chopped nuts.
2. Mix the olive oil, balsamic vinegar and garlic together. Add dijon mustard and honey to the olive oil mixture (as much or as little as you want).
3. Mix the dressing into the salad. Enjoy!

Chocolate Chip Cookie

Cindy

Ingredients

- 2¼ cup all-purpose flour,
- ¾ cup + 2 tablespoons butter, melted,
- 2 eggs + 1 egg yolk,
- 1¼ cup brown sugar,
- ½ cup granulated sugar (I used evaporated cane sugar),
- 2 teaspoons vanilla extract,
- 1 teaspoon baking soda,
- ½ teaspoon salt,
- 6-8 oz chopped dark chocolate roughly chopped into chunks (70% cacao or higher),
- flakey salt for sprinkling.

Instructions

1. Preheat your oven to 350 degrees Fahrenheit.
2. Line two baking sheets with parchment paper.
3. In a large bowl add your sugars. Whisk together to combine.
4. Add the melted butter and whisk until thoroughly incorporated.

Chocolate Chip Cookie

Cindy

5. While whisking add in your eggs, egg yolk, and vanilla extract. Whisk until completely incorporated then add the baking soda and salt. Keep whisking until everything is thoroughly mixed.
6. Add half your flour and stir with a wooden spoon until incorporated then add the remaining amount of flour and mix until combined.
7. Add your chopped chocolate and fold it into the cookie dough with your wooden spoon until evenly distributed.
8. With a 2 oz. disher scoop (you can also use a regular cookie scoop it will just make smaller cookies), scoop 5 cookies per baking sheet (or more if using a smaller scoop).
9. Place your cookies in the oven and bake for 15-17 minutes if using a large cookie scoop or 12-15 minutes if using a smaller cookie scoop. The cookies should look golden brown and craggly (not a word but you know what I mean) when they're done.
10. Let them cool for 2 minutes on the baking sheet then carefully transfer them to a wire rack to finish cooling just enough till they are cool on the outside but the chocolate is still melty.

Trust me they are best when they have had some time to cool. They will be chewier and nicer overall.

Cherry Clafoutis (Clafoutis aux Cerises)

Clémence M.

Ingredients

- 4 large eggs,
- 1/2 cup sugar,
- 1/2 teaspoon salt,
- 1 cup milk,
- 1 tablespoon vanilla extract,
- 1/2 tablespoon kirsch liquor (optional),
- Zest one lemon,
- 2 tablespoons melted butter,
- 3/4 cup all-purpose flour,
- 2 cups black cherries, pitted and halved,
- Powdered sugar for dusting.

Cherry Clafoutis (Clafoutis aux Cerises)

Clémence M.

Instructions

(You can mix the ingredients by hand if you don't have a blender.

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1. Preheat the oven to 350F degrees.
2. Butter and lightly flour a 9-inch round pie dish or cast iron pan. Reserve.
3. In your blender jar, combine the eggs, sugar, salt, milk, lemon zest, kirsch (if using) and vanilla extract. Blend just until combined. Add the flour and blend again, just until combined and smooth.
4. Finally, add the melted butter and pulse a few times to incorporate it into the batter.
5. Pour the batter into the prepared dish. Top with the cherry halves, placing them cut side up.
6. Bake in the preheated oven for 45 minutes to one hour or until the custard is just set. A knife poked in the center should emerge relatively clean.
7. Remove from the oven and let it cool slightly.
8. When ready to serve, dust with powdered sugar.

You can serve the clafoutis warm, at room temperature or cold.

SOMETHING SWEET

Strawberry Angel Food

Hannah

Ingredients

- Fresh strawberries,
- Mini angel food cakes,
- Whipped cream.

Instructions

Plop a bunch of chopped strawberries on the mini cake and top with a dollop of whipped cream, voila!

Strawberry Summer Cake

Natalie

Ingredients

- 6 tablespoons (85 grams) of unsalted butter, at room temperature, plus extra for the pie plate,
- 1 1/2 cups (188 grams) all-purpose flour (can swap 3/4 cup or 94 grams of all-purpose flour with 3/4 cup or 75 grams of barley flour),
- 1 1/2 teaspoons baking powder,
- 1/2 teaspoon table salt,
- 1 cup (200 grams) plus 2 tablespoons (25 grams) granulated sugar,
- 1 large egg,
- 1/2 cup (118 ml) milk,
- 1 teaspoon (5 ml) vanilla extract,
- 1 pound (450 grams) of strawberries, hulled and halved.

Strawberry Summer Cake

Natalie

Instructions

1. Preheat the oven to 350°F (180°C).
2. Butter a 10-inch pie pan or 9-inch deep-dish pie pan.
3. Whisk flour or flours, baking powder and salt together in a small bowl.
4. In a larger bowl, beat butter and 1 cup sugar until pale and fluffy with an electric mixer, about 3 minutes.
5. Mix in egg, milk and vanilla until just combined.
6. Add dry mixture gradually, mixing until just smooth. Pour into prepared pie plate.
7. Arrange strawberries, cut side down, on top of the batter, as closely as possible in a single layer.
8. Sprinkle the remaining 2 tablespoons of sugar over the berries.
9. Bake cake for 10 minutes then reduce oven temperature to 325°F and bake cake until golden brown and a tester comes out free of wet batter, about 50/60 minutes. (Goosey strawberries on the tester are a given.)
10. Let cool in the pan on a rack.
11. Cut into wedges.
12. Serve with lightly whipped cream.

4-Ingredients Mango Sorbet

Sean

Ingredients

- Mangoes,
- Coconut milk,
- Maple syrup,
- Lime juice.

Instructions

1. Line a baking tray with baking paper.
2. Trim each mango around the stone so you end up with two halves, criss-cross the flesh from each half and scoop out the cubed mango. Then trim the flesh around the stone. Add the flesh from the mangoes to the lined baking tray. Place the baking tray in the freezer and freeze for a minimum of 4 hours or overnight.
3. Add the frozen mango to a food processor along with the coconut milk, maple syrup and lime juice, then process until smooth.
4. Serve immediately or transfer to an airtight and freezer-proof container and freeze further for a more solid consistency.

Matcha Smoothie

Adri

Ingredients

- 1-1.5 frozen bananas
- 2 tsp matcha powder Oat milk - enough to get the consistency you like
- Optional add-ins:
 - honey or maple syrup,
 - a dash of vanilla extract,
 - a handful of spinach if you're feeling healthy (since it'll be green anyway!)

Instructions

Throw everything in a blender and enjoy!

Rhubarb Strawberry Shrub

Erika

Ingredients

- a mason jar full of cut-up fresh rhubarb and strawberries,
- (live)apple cider vinegar to cover,
- sugar (optional).

Instructions

- 1.Chop the fruits.
- 2.Put the fruits in a jar.
- 3.Pour over live apple cider and leave for 72 hours or longer.
- 4.Add sugar if you like.
- 5.Use as a flavouring for cold summer soda water drinks or cocktails.

Paloudeh (Melon Slushy) Mash

I have very fond memories of my grandpa cutting and blending large amounts of cantaloupe in the kitchen to help keep us cool in the sweltering Iranian summers. This drink is super refreshing on a hot day and simple to make. Honeydew and watermelon versions of this drink are popular too.

Ingredients

- 1 ripe canteloupe,
- 1 cup of crushed ice (more if needed),
- 1 teaspoon rose water (optional),
- 2 fresh mint leaves (+ more for garnish),
- Sugar or honey to taste

Instructions

1. Cut melon into big chunks,
2. Add melon, crushed ice, rose water, and mint to a blender,
3. Blitz,
4. Taste and sweeten with a drizzle of honey or a dusting of sugar if necessary,
5. Add more ice if necessary and blitz again,
6. Garnish with mint leaves,
7. Serve.

Molly's Spicy Marg

Molly

Ingredients

- 2 OZ tequila,
- 5 OZ Cointreau,
- 2 OZ lime juice / marg mix (If using lime and not mix I would sweeten it with agave syrup if you have, or mix sugar in),
- Roughly 1/4 jalapeño chopped up,
- 1 OZ OJ if you please.

Instructions

1. Shake it up,
2. Top with soda!

SOMETHING TO DRINK

Lazy Summer Sour

Steph

Ingredients

- About 1/2 can of any flavour San Pellegrino (my favourite is grapefruit!),
- 1-2oz amaretto,
- Ice,
- That's it!

Instructions

1. Add your San Pellegrino and amaretto to a glass with ice.
2. Stir and enjoy!

Peach Sangria

Sue

Ingredients

- 2 ripe peaches, peeled and sliced,
- 1/2 cup peach schnapps,
- 1/2 cup brandy,
- 4 tbsp freshly squeezed lemon juice,
- 1 bottle chilled dry white wine,
- Sparkling water.

Instructions

1. Slice the peaches thinly into the pitcher, together with any juice that escapes.
2. Add the schnapps, brandy and lemon juice and chill overnight.
3. Before serving, stir in the wine. You can remove and eat the exhausted peaches before or leave them in.
4. Pour into tumblers already charged with ice cubes and a slice of fresh peach.
5. Add a little sparkling water if you're thirsty :)

Elderflower Champagne

Wesley

Ingredients

- 1.8kg sugar (9 cups) you can also convert this for honey (6 cups)
- 18 heads of elderflower (about 6-inch diameter) elderflowers, or double for smaller elderflower clusters (Reminder that you are gathering the proper Elderflowers. ie Elderberry)
- 8 lemons, zested and juiced (you can go without this but it adds a great zesty touch)
- 5g sachet dry champagne yeast
- 4 cups filtered or unchlorinated boiling water
- 12 cups filtered or unchlorinated cold water
- 1/4 cup cider vinegar, or juice and rind of 2 large lemons plus 2 tablespoons cider vinegar
- 1/4 teaspoon wine yeast, or 1 small pinch baking yeast, optional

You also need

2 x 12-litre fermenting bucket or bottle (ideally with airlock lid)

OR A Large pot. ***You will need several bottles with a swing-top lid. (Grolsch bottles work great) muslin, sterilized.

Elderflower Champagne

Wesley

Health and Safety Alert

Reminder to sterilize and keep all materials and kitchen and preparation surface areas clean while prepping and making champagne.

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Instructions

Step 1:

Fully dissolve the sugar in 4l just-boiled water in a fermenting bucket. Add 6l cold water.

Step 2:

Shake any bugs loose from the freshly picked elderflower (they wilt fast), then strip the florets from the heads with a fork. Let the sugar water cool to 20C and stir in the lemon zest, juice, flowers and yeast.

Cover.

*If you have made your batch in a pot, we let it rest for 1 night (12-24 hours till we could hear the yeast was active and then strained it and bottled it into the swing-top bottles).

Cover, and leave to ferment out of direct sunlight for six days. If your bucket doesn't have an airlock lid, gently rest the lid on top of the bucket.

Elderflower Champagne

Wesley

Step 3:

Strain through boiled or sanitized muslin into the second sanitized bucket, leaving the sediment behind. Leave it to sit for a couple of hours for any last pollen or sediment to settle.

*Reminder from STEP 2 that if you are using the large pot method you can strain and put it into bottles after 24 hours.

Step 4:

Siphon into sanitized wine or fizzy drink bottles and seal. Leave for five days in a cool dark place. Check the carbonation by lightly opening the lids to vent excess CO₂. Keep in the fridge if notably vigorous. If you drop the sugar to 1.6kg, it shouldn't finish above 8% abv, at 2kg, 10%. Champagne yeast is tolerant up to at least 15%.

Voila! You just made a fermented bubbly floral drink!

Keep refrigerated and drink within the first few months.

It will be a light/floral delight and a great way to impress your friends and family :)

Bar Nuts

Dave

Ingredients

- 115 g each of peanuts, cashews, walnuts, almonds, pecans,
- 3 tablespoon rosemary,
- 1 teaspoon cayenne,
- 2 teaspoons brown sugar,
- 2 teaspoons salt,
- 2 tablespoon butter.

Instructions

1. Mix the nuts,
2. mix the other ingredients, and
3. mix together!

Scone Dogs

Mathew

Ingredients

- 4 cups flour,
- 4 teaspoons baking powder,
- 2 teaspoons salt,
- 2 cups water,
- 18 hot dogs,
- 1 cup green onion, chopped,
- Ketchup oil (for frying) or lard (for frying)

Instructions

1. Mix the first four ingredients to make the dough.
2. Roll out the dough and let rest for 10 minutes.
3. Cut the dough to fit the wieners.
4. While you are making the dawgs you can heat up the oil or lard.
5. Spread the dough with mustard.
6. Top with a wiener and some cheese and onions.
7. Seal tightly. Make sure they are sealed really well or they will make a mess in the oil.
8. Fry until golden brown.

SOMETHING ELSE

Ice Cream

Stefan

Ingredients

- Car,
- Money.

Instructions

1. Drive (or walk) to the nearest ice cream spot,
2. Buy ice cream--preferably Kawartha Lakes!

Secret Crêpes Recipe

Yann

Ingredients

- 200 g of flour (like 75% organic whole wheat and 25% organic buckwheat or other mixes according to taste)
- 500 ml of milk (like organic cow milk at 3,8%, but vegetable milk can work also)
- 3 eggs or 4 small eggs (preferably organic)
- 2 big spoons of oil (organic olive oil is good)
- a small pinch of salt
- Optional: 50-100 ml of organic artisanal beer, pastis, etc. for flavour.
- Filling or toppings you like (e.g. eggs, mushroom, cheese, banana, dark chocolate, maple syrup, etc.).

Secret Crêpes Recipe

Yann

Instructions

1. Invite your friends or family or neighbours;
2. Mix flour with the milk;
3. (Optional) add beer and let the dough rest an hour;
4. (Optional) add pastis or vanilla, etc.
5. Add the eggs and mix; add salt; add oil;
6. Preheat to medium-high an eco-friendly nonstick pan
7. While it preheats, you can prepare the filling or topping you desire.
8. Cook one side of the crêpe
9. Flip it to the other side
10. Optionally put your topping on top and cover (a transparent lid is better) while the other side cooks (it's OK to just put raw eggs or cold cheese or banana and dark chocolate or sugar and lemon, it will cook or melt well with the heat of vapour.)
11. Put in a plate;
12. Add maple syrup if desired
13. Enjoy eating with good company!

Our Tips for a Perfect Picnic

Brunch picnics are underrated. Bring prosecco and OJ for mimosas in the park!

- **Adri**

I enjoy having a picnic under the trees :)

- **Cindy**

For me, a picnic without a hard-boiled egg is not complete. It's a must!

- **Clémence C.**

Bring a big beach umbrella for shade and blankets.

- **Eliesha**

Find a spot where you can get sunshine and shade! And chairs/blankets/pillows to make it cozy.

- **Hannah**

Picnic spot-under a shade of a tree

- **Jeanny**

Hit the farmers' markets and eat local goodies. My favourite? Trinity Bellwoods of course! But Sorauren and Dufferin Grove are awesome too.

- **Jodi**

Picnic blankets double as napping blankets!

- **Kelsey**

My favourite picnic spot is Sunset Beach Park. In the summer, you get sun until almost 10 pm and it feels lively without being too loud. We usually have a game of Contact on the go. It's great as it doesn't require any materials, you can drift in and out of the game throughout the day, and the hilariousness is inevitable. [Instructions here.](#)

- **Mash**

Keep a picnic bin or basket ready to go by your front door.

That way you can grab some food/snacks and load up to go when the moment strikes.

- **Mathew**

Always bring BUG SPRAY!

- **Michelle**

When going for a picnic, I always bring something to sit on, and a good book.

- **Rachel**

A picnic tip: bring pillows for people to lounge.

- **Rose**

Pack light so you can move around and enjoy different parts of the park - or even park hop to another space to keep the party going!

- **Stephanie**

TIPS AND BEST PICNIC SPOTS

Our Favourite Picnic Spots

Humber Bay Park!

- **Ayesha**

The Toronto Island.

- **Dave**

Leslie Spit, Grange Park, Phin Park and Christie Pits are some of my favourite picnic spots in Toronto.

- **Erika**

My garden :)

- **Molly**

Cherry Beach!

- **Sue**

Guild Park and Gardens
in Guildwood,
Scarborough.

- **Natalie**

Centre Island!

- **Sean**

Parc Joyce, in Outremont

- **Yann**

Bickford Park is my favourite park for large picnic gatherings. My last few birthday parties have been picnics there!

- **Wesley**

Taylor Head beach on
the eastern shore of
Nova Scotia!

- **Sheleena**

My favourite spot for a picnic is a nice beach on sunny warm day-currently I would say the PP at Port Burwell is my go to.

- **Stefan**