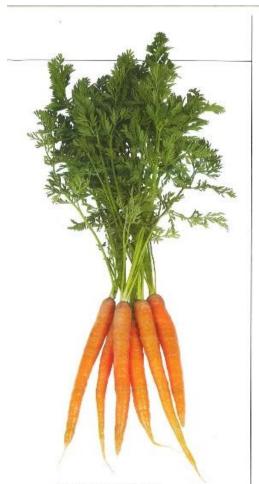


Sip&Savor



COURTESY FRIDAY HARBOR HOUSE



A 14-CARROT COCKTAIL

Lead bartender at Friday Harbor
House on San Juan Island Nathan
Fihn is pushing the cocktail envelope
this summer with a swimsuit-bodyfriendly carrot cocktail. While it won't
technically transform a spare tire into
a six-pack, Fihn is addressing the
popularity of clean eating with this
"healthy-ish" beverage. "People care
now more than ever about what they
put into their bodies, and we definitely
see that reflected in the travelers to the
San Juan Islands who want to hike or
kayak all day and kick back and enjoy
a drink in the evening," said Fihn.

The kitchen presses juice daily from its on-site garden, combining it with fresh herbs to develop a unique flavor profile that changes

seasonally. The
"Carrot Cocktail" is
made from pressed
heirloom carrot juice,
bourbon, Bonal (an
aperitif with red fruit,
herb, and licorice flavors), and local
honey syrup. fridayharborhouse.com