

425

Plus

UNCOVER THE
QUIRKY SIDE OF
NORTHWEST
ISLAND LIFE

RUSSELL WILSON

*The Seahawks
quarterback on
family, putting
down roots in
Bellevue, and
how “together
we can change
the world.”*

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Sip & Savor



**“People care
now more than
ever about what
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their bodies.”**

– Nathan Fihn, maker of the
carrot cocktail at Friday
Harbor House, page 93.

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-body-friendly 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

