



**From September 12 to October 12
Rougemont celebrates the apple in all its forms**

Rougemont, September 2, 2009 – Lovers of outdoor activities and getaways will have even more reasons to visit Rougemont during the **7th edition of Les Week-ends Gourmands, from September 12 to October 12**. Among the many events scheduled over five week-ends, there will be a gourmet dinner, music and comedy shows, a recipe contest for the public and a culinary competition with some great chefs!

Walk through the orchards

Visitors who travel the roads of the Montérégie, a region of gorgeous landscapes, are enticed by the ever-present red fruit to stop and pick their own apples. They will make many gastronomic and cultural discoveries at every stop. By visiting any of the fifteen participating producers, apple lovers can enjoy **free samples** of a variety of delights such as apple aspic, filet of pork with ice cider, Rougemont cider sausage and of course sweet apple desserts.

Guided tours, live music and other activities round out the menu of these stopovers at the artisans who open their doors from 11 a.m. to 5 p.m., every week-end.

A gourmet dinner

To launch this annual get-together, Chef **Stéphane Plamondon** of *Bistro Saint-Michel* will prepare a gourmet dinner starring local products and flavours, on Saturday, September 12 at 6:30 p.m., at the Bistro. Anyone interested must purchase tickets quickly. Tickets cost \$85, taxes and services included. Call 450-469-3790 (limited seating).

Cultural events

The 7th edition of Les Week-ends Gourmands also presents various cultural activities with an exhibit of paintings and stained glass at *Café Rouge pomme* and an exhibit of old photographs, open throughout the festival. In addition, a historical reconstitution on the theme of the apple in the 18th century is on the program for September 12 and 13, at Domaine Leduc-Piedimonte.

Three rock groups will stage a music concert on Friday, October 2 and entertainers **Jean-Claude Gélinas** (alias Réjean de Terrebonne) and **Dominic Paquet** will present a comedy show on Saturday, October 3. The two shows will take place at 8 p.m. at the pavilion of the Société d'agriculture de Rouville, located at 735 rue Principale, in Rougemont. Tickets can be purchased ahead of time for \$15 or at the door for \$20. Call 450-405-9872.

Culinary competition with great chefs

Fun to pick and queen of snacks, the apple is also an excellent culinary ingredient, as Québec's great chefs will attest. This year, we've invited some great chefs to participate in the first edition of the culinary competition *Les Toqués de la pomme*. Organized with the assistance of the Société des chefs, cuisiniers et pâtisseries du Québec, this year's contest is based on the **apples-pork theme**. The grand finale will take place before the public, on Sunday October 11, from 11 a.m. to 4:30 p.m., at the pavilion of the Société d'agriculture de Rouville, in Rougemont. The public can then sample the fruit of the chefs' labour, in the form of small tastings. Live entertainment, cooking tips and information stands are also planned.

Share your recipes

The public can also contribute to our culinary knowledge of this "forbidden" fruit by sharing their recipes featuring the apple. Participants are also invited to share an anecdote, a memory or an interesting story related to the recipe submitted. Just fill out the participation form, attach the recipe and comments, and drop it off at one of the participating members of Les Week-ends Gourmands. The jury will award their three "*coups de cœur*" during the culinary competition on October 11. Several prizes will be offered to the winners.

Rougemont: a destination of choice, less than 30 minutes from Montréal

Recognized for its apple production and its pick-your-own orchards, the Rougemont region has more than 300,000 apple trees bursting with well-known and less well-known varieties: Lodi (white), Vista Bella, Melba, Jersey Mac, Paula Red, Sunrise, McIntosh, Lobo, Spartan, Honey Crisp, Cortland, Empire, Golden Russet and Delicious.

It fully deserves the title of Apple Capital and honours the fruit by organizing this apple festival that extends over five week-ends. Les Week-ends Gourmands provide the opportunity to celebrate this fruit in all its forms. A number of options for outdoor activities are proposed: walking through the orchards, hiking on the mountain, tasting regional products, admiring the panorama and cycling on the bike path.

www.tourismerougemont.com

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Information: Les Week-ends gourmands/Tourisme Rougemont
450 469-3790 or 1 866 969-2309