



Story Ideas Cuisine

- ✳ Inspired by the Bow Valley corridor bridging two abundant food baskets from the prairie grasslands to the Fraser Valley Delta, the Juniper Bistro features “**cross roads**” **cuisine**. “Cross Roads” is drawn from the memory of the first peoples who traveled between the salmon region to the west and the buffalo plains to the east. As they journeyed to these places the first peoples used the current Juniper site as a resting ground and location to cache food.
- ✳ Archaeological records show that the Juniper's location, set on a sunny bench overlooking the Bow Valley, is the original setting of several ancient home sites. Within the trees east of the property today, a discovery was made of the remains of a 4,000 year old partial pit dwelling or "kiguli". Park archeologists think this kiguli was actually built by the Shuswap, from BC's interior, as a place to travel to when they came to hunt, or trade salmon with bison-hunters – therefore being Banff's first official "guests"!
- ✳ Greatly impacted by location in the corridor of the Bow Valley the Juniper brings forward a modern twist on the transport of local foods through the Valley by applying the key principles of Culinary Tourism: the weaving of stories of regional growers and producers. The Juniper kitchen is mandated to have 80% of all products served be regional (Alberta and British Columbia) with the remaining 20% (seasonal fruits and vegetables) coming further a field.
- ✳ When it comes to sustainable seafood practices, choices made by restaurants in selection of ocean-friendly seafood are important while still delivering the freshest, highest quality dishes. The Juniper is the first hotel property in Canada's National Mountain Parks to be approved by [Ocean Wise](#), the Vancouver Aquarium's rigorously monitored restaurant conservation program. Ocean Wise works directly with restaurants, markets, food services and suppliers to educate consumers about sustainable seafood issues.
- ✳ The Juniper Bistro is reinventing an age old tradition and bringing back some nostalgic menu design with their “**Blue Plate Specials.**” Beginning June 2010 guests and visitors to the Juniper Hotel & Bistro can enjoy a \$30 three course menu offered daily between 5 and 6 pm. Menus change weekly and feature inspired “Cross Roads Cuisine” specials.
- ✳ Bistro facts:
 - Juniper's Bistro, Muk a Muk, is named after a first peoples' word which is Chinook for "food" or "feast".
 - Food product is purchased direct from local suppliers whenever possible: 80% from Alberta and British Columbia; 20%, like seasonal fruits and vegetables, come from elsewhere

- Purchasing is prioritized to serve certified organic produce and protein whenever possible. (i.e. Spring Creek Beef, Highwood Crossing Farms, Bles-wold Farms Dairy, Wapiti Ways Elk, Carmen Creek Bison, Popular Bluff Farm)
 - Local beers and wines are first and foremost and currently 80% of the wine and beer list is drawn from premium Canadian producers.
 - An organic children's menu is offered, including natural ingredient sodas
 - [Ocean Wise](#) approved - first restaurant in Canada's National Mountain Parks
- ✳ Surrounded by castle hotels, the 52 room Juniper Hotel was originally designed and built in the 1950's by John A. Cawston, an Albertan who was a champion for modern architecture in the province. A savvy marketer as well, Cawston chose the hotel's continuous clean lines to evoke a visual connection to speed and technology to tie in with the newly opened TransCanada Highway. Originally named the "Timberline", it had the distinction of having the first outdoor patio dining room - a feature locals and guests to the Juniper enjoy today. The hotel was also the first in Banff to feature "television sets to entertain guests, with reception the best in the area" as well as "several rooms with natural fireplaces."
- ✳ The renovated Juniper Hotel & Bistro is the first hotel in North America to reflect Art Eco design. It is a term coined by the Banff based design team from [Arctos & Bird](#) as the perfect way to describe the reclamation, recycling and re-use that characterized the 2003-2004 restoration of the hotel. Inspired by the way the hotel fit in so naturally into its surroundings, the team looked to the existing property to find materials to rebuild and enhance the hotel. For example, the rippled glass that graces the reception wall was found tucked away in a mechanical room. The roof of one of the outbuildings yielded six pallets of re-usable slate.

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