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Funtips

Writing the fun tips for the Helvetia always brings me joy and my bucket list of things to do in Switzerland grew enormously for my next planned holiday to Switzerland in June. There are so many places I'd like to go to! But researching fun tips for Appenzeller actually revealed something else; although I was born and bred in Zurich I think I might be Appenzeller! Straight away I came across all those Appenzeller Specialties and each and every one of them is on my wish list for visitors to bring when coming for a visit from Switzerland. On a classic Swiss food wish list you'll find *Thomy Senf*, *Lindt Chocolate*, *Rivella* and *Cheese Fondue* etc.

I think you got it; in this edition of fun tips I'll take you on a culinary tour around Appenzell.

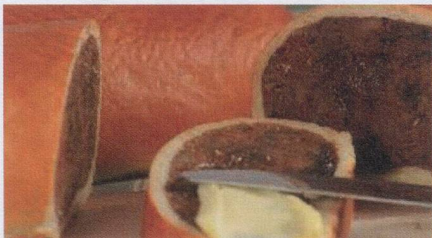
First off, let's ensure we stay hydrated with some refreshing drinks from **APPENZELLER FLAUDER**. Elder-



flower was the original fizzy drink, followed by the flavours of quince-rhubarb and elderberry. Appenzeller Flauder is manufactured by Goba AG with mineral water from the local spring and the freshest herbs and plants. Public tours of the factory take place every Thursday morning from April to October. www.mineralquelle.ch

And now it's time for a little snack.

How about some **APPENZELLER BIRNENBROT** (Pear Bread)?



Appenzeller Birenbrot is a pastry with sweet filling including dried pear, sultanas and tree nuts. At the Biberbäckerei Messmer in Herisau you get all the traditional Appenzeller pastries.

Birenbrot not quite your taste?

How about **APPENZELLER BIBERLI**?



The classic Biberli is a Lebkuchengebäck (Gingerbread) filled with almond paste. The recipe for Biberli is a closely guarded secret! Weissbad Bischofberger AG has a little shop where they sell directly to the public every weekday. www.baerli-biber.ch

Would you prefer something cheesy? The spiciest cheese in Switzerland has been produced for more than 700 years in the idyllic mountains of the Appenzellerland: APPENZELLER® cheese is made in 58 local cheese dairies following a traditional recipe and tended with secretive herbal brine. Here you can find out how milk is made into cheese step by step www.schaukaeserei.ch / www.appenzeller.ch Take your iPad and explore the diary interactively and at your own pace. Open all year round – Free entry!

Naeme mer no eis? (Let's have a drink)

A Pale **Quöllfrisch** goes well with any of the above specialties. The Locher brewery is steeped in history and tradition, and has been owned and run by the Locher family for five generations. Based in Appenzell, they have been producing beer and spirits for their loyal customers for more than 100 years. Here in the heart of the undulating Appenzell landscape, their quality products are carefully nurtured and brewed to traditional recipes. In 1999 they began to produce Appenzell **SAENTIS MALT**. This only became possible after the Swiss ban on manufacturing spirits from grain was lifted and in 2002 they launched its first products on the market, thus going down in history of Swiss whisky production. Whisky drinking is more than just a pleasure; it is an experience for all the senses! Book your tasting today with www.saentismalt.ch or www.appenzellerbier.ch for a beer degustation.



And last but not least, the world famous **APPENZELLER ALPENBITTER**! A sip of Appenzeller after a hearty Appenzeller cheese fondue is simply the best! The recipe for Appenzeller Alpenbitter will always be a very well kept secret too. What they can say, however, is that the Swiss original with its 42 herbs will also always be the best-selling Alpenbitter on the market. Check out www.appenzeller.com out to find out how to use Alpenbitter in drinks/cocktails and food recipes.



After so much eating and drinking I guess it is time to consider some sporty activities.

What else is Appenzell world famous for? None other than nude hiking! Much to everyone's astonishment in 2009, the canton of Appenzell was launched to extraordinary, global fame, thanks to none other than nude hikers! Reports about nude hiking in Appenzell circulated in local and national media, and the event was even heard on Radio NZ National. Equipped only with hiking boots and a backpack nude hikers marched off into the wilderness seeking peace, tranquillity and contact with nature; while back home in their villages outrage ensued. "Nude hiking!!! How offensive!"

As a result of public outcry the canton of Appenzell introduced fines of up to CHF 200 if someone was caught nude hiking. Anonymous sources close to the author propose a solution that if widely adopted could see the reintroduction of nude hiking welcomed by the best-dressed critics, and inspiring many crafty grandmothers. While full details can't be disclosed at this time, more information can be found at <http://www.ravelry.com/patterns/library/seamless-willie-warmer>.

Perhaps you prefer to exercise fully clothed, in which case there is always the Joke trail. Get to know the sly-witted Appenzeller humour and loose yourself in the fabulous landscape of Appenzeller Land with its breathtaking view of Lake Constance, extending as far as southern Germany, the Rhine Delta and the Bay of Bregenz. On about 80 signposts you will find some of the funniest Appenzeller jokes. Get more details about the tack on <http://www.myswitzerland.com/en/discover-the-sly-witted-appenzeller-humor.html>

Alexandra Beskid