

Sunset

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Where to go for your best picnic ever, from two hikers who know

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Inside Seattle | At play

Trail-snack creators Edmond Sanctis (at left), Josh Schroeter, and their kids love picnicking at Seward Park.

LONGTIME FRIENDS and former dot-com execs Josh Schroeter and Edmond Sanctis were winding down a three-day climb of Mount Rainier, and munching on the last of their stale bulk-food-bin trail mix, when they started talking about making their own. As Schroeter remembers it: "Literally, we were in my kitchen the next morning."

Three years later, big-time companies such as Whole Foods and Target are carrying their wholesome nut-based and seriously gourmet Sahale Snacks (www.sahalesnacks.com).

With the help of Seattle chef Danielle Custer, the business-schooled outdoorsmen came up with products that boast the kind of sophisticated ingredients you don't often find in energy bars: everything from balsamic vinegar, cayenne, and macadamias in one mix, to lemon grass-infused cashews and dried pineapple in another, to dried blueberries, lavender, and white pepper in yet another. >

With monounsaturated ("good") fat from the nuts and healthy nutrients from the minimally processed ingredients, the blends are energy-rich and good for you, while tasting flat-out decadent.

"We just created what we wish we'd had with us on the mountain that day," Schroeter says.

Trail-mix blazers

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SAHALE SNACKS are made in Seattle, Washington