

# A Taste of Midcoast

SEA TO TABLE GETAWAY






# WELCOME

## What's in this guide

### In this guide:

- A Brief Overview of Aquaculture in Midcoast Maine
- Getting There
- Choosing the perfect place to stay
- Choice spots to enjoy the best of Maine's aquaculture
- How to visit sea farms
- Signature Restaurants featuring the best of Maine's seafood
- A Chef's Profile
- Shopping, provisioning, and site-seeing along the way.
- Hidden Gems

**Download the guide to your smartphone or mobile device to click through the links.** 

Use [Google Lens](#) to help you explore more about each of the photos. This guide uses descriptive text on photos and high contrast typography. It is optimized for assistive devices.





# GETTING THERE

## Driving to the Midcoast

- **From Portland, Maine: Distance: Approximately 82 miles (1.5 hours)**
- **From Boston, Massachusetts: Driving Distance: Approximately 195 miles (3.25 hours)**



Midcoast Maine's thriving aquaculture industry supplies local and national restaurants and purveyors with fresh, sustainable seafood. Sea farms in the region cultivate a variety of shellfish, including oysters, mussels, kelp, and clams, as well as finfish like salmon and halibut. By sourcing directly from these local farms, restaurants can ensure the highest quality and freshness of their seafood offerings, supporting the local economy and sustainable practices.

Enjoy your adventure as you taste the best of Midcoast Maine's Aquaculture and learn about the leaders, farmers, and unique culinary experiences that make this the **perfect focus** for a trip to the region.

Want to learn more?

- **Maine Aquaculture Association**
- **Maine Oyster Trail**
- **Camden Famous**



## TASTE OF MAINE ON THE WAY

**The Maine Tasting Center** in Wiscasset provides a distinct experience for food and beverage enthusiasts. Visitors can enjoy a range of culinary offerings from the State through tastings, classes, and engaging exhibits. Tip: Drop in for a daily “Flavors of Maine” event, or sign up for a workshop like the ones led by Cherie Scott, the founder and maker of “Maine to Mumbai” Indian simmer sauces to experience the best of locally made foods.

**Dutchman's** is a Brunswick treasure. It has garnered an intensely loyal following for its exceptional wood-fired bagels. This beloved café offers a scrumptious array of hand-crafted, honey-boiled bagels, each boasting unique flavors like poppy seed and horseradish. Pair this crispy-on-the-outside, chewy-on-the-inside bagel with various delectable spreads, including classic cream cheese and savory options like dill cream cheese and smoked salmon.

Jeremy and Marina Kratzer founded Dutchman's. Jeremy, a bagel journeyman with experience at The Purple House in Yarmouth and Rose Foods in Portland, brought his expertise to create unique wood-fired bagels. His training in Montreal-style and New York-style bagels culminates in Dutchman's signature offering, a hybrid style of bagel that is crispy, chewy, and baked in a wood-fired pizza oven. The Kratzers launched the pop-up in November 2022, and it quickly grew in popularity, leading to a permanent location within the Fort Andross Mill complex.

Dutchman's offers huge bagel sandwiches, like the indulgent Egg & Cheese, featuring two fried eggs and American cheese with optional bacon or pork roll. The Garden State sandwich is another crowd-pleaser, combining capers, pickled onions, heirloom tomatoes, cucumbers, and cream cheese. When they are in stock, try the Za'atar bagel or bialys.





**Morse's Sauerkraut and European Deli**, a Waldoboro institution since 1918, has been tantalizing taste buds with authentic European flavors for over a century. Under the stewardship of Cody LaMontagne and James Gammon, this beloved deli continues to craft exceptional sauerkraut, pickles, and a delectable array of deli meats, cheeses, and gourmet foods.

Indulge in traditional favorites like pierogies smothered in savory sauerkraut or savor a hearty smoked pork chop paired with fluffy spaetzle. Morse's also offers a diverse selection of imported groceries, craft beers, and unique European products, making it a haven for locals and visitors seeking a taste of the old world.

Morse blends its century-old traditions with modern touches and remains a cherished destination for food enthusiasts seeking an authentic European experience.

**Insider scoop:** Try the complimentary pickle samples at the back of the deli before you make your final selections. A fan favorite is Aunt Lydia's Pickled Beet Slaw ~ A winner on tacos, salads, or straight from the jar.

# WHERE TO STAY



**The Inn at Ocean's Edge**, located in Lincolnville, is an oceanfront retreat that overlooks Penobscot Bay. The inn features elegant guest rooms, many of which have private balconies offering panoramic views. Amenities include an infinity pool, an outdoor hot tub, a sauna, massage rooms, and a fitness center. Guests enjoy a complimentary breakfast. The inn is situated near Camden and Belfast, providing easy access to shopping and dining, lighthouses, and outdoor activities such as hiking, kayaking, and windjammer cruises. Set on 22 acres of lush gardens and wooded trails, it is a peaceful retreat.



**250 Main Hotel** in Rockland, Maine, is a boutique property overlooking the harbor, offering a luxurious yet eco-friendly retreat. Considered the perfect art-lovers getaway, the hotel is ideal for relaxation or exploration, with 26 stylish rooms, many featuring harbor views, balconies, and contemporary art and decor. Guests enjoy high-speed Wi-Fi, in-room tablets, a rooftop deck, and complimentary wine socials. Located in downtown Rockland, the hotel is close to art galleries, museums, and a vibrant food scene.



**The Norumbega Inn** in Camden, Maine, is an enchanting "castle by the sea," blending historic charm with modern luxury. Originally built in 1886 as a private residence, it features 11 uniquely styled guest rooms, including the Library Suite with a mahogany lofted library and the Penthouse Suite offering sweeping views of Penobscot Bay.

The inn's architecture, with carved woodwork, fireplaces, and turreted rooms, reflects its storied past, while renovations have added contemporary elegance. Guests enjoy stunning coastal views, gourmet breakfasts, and attentive hospitality.



# CAMDEN

while you are in town

**The Camden Art Walk** takes place every third Thursday from May to October, turning Bay View Street into a lively celebration of art and culture. From 5 to 7 p.m., the street is closed to traffic, allowing visitors to stroll through galleries and local shops that stay open late. The event features live music, children's activities, and food from food trucks like Brother Shucker. It's an excellent way for locals and visitors alike to enjoy the arts scene in Camden, Maine, while taking in the beautiful waterfront.

**Topo Paper and Post** is a vibrant hub for art and design in Camden, Maine. Discover a curated selection of contemporary artwork, including owner Keenan Boscoe's stunning topographical prints of the Maine Coast, and creative work by regional artists. The gallery showcases emerging and local talent, offering a dynamic space to interact with artists and explore affordable art.







**First Fig** is a neighborhood wine shop and bar in Camden, Maine. It offers a curated selection of wines, local coffee, and light bites like pastries and charcuterie. The welcoming atmosphere makes it a perfect place for a glass of wine or a casual gathering with friends. **Note:** The courtyard is a great group meeting spot and First Fig features live music and oyster tasting nights. It is also a great place to taste wines from small batch producers. Follow them on **social** for updates.



**Winona's** is a 20-seat gem in the heart of Downtown Camden, Maine. It offers a profoundly creative culinary experience. Chef Devin Dearden and Hannah Adams are the founding duo, and bring their expertise from acclaimed establishments like Alna Store, Little Giant, and The Honey Paw. Their menu celebrates seasonal, local ingredients, featuring inventive small plates like Cod en Papillote with tomato butter, local Okonomiyaki, and Johnnycakes with Maple Cowboy Candy. Paired with a carefully curated selection of beer, wine, and non-alcoholic beverages, Winona's provides an intimate dining experience that reflects their shared passion for refined cuisine. The food is made with the kind of love and skill that is irresistible. You will leave Winona's well cared for.

**Tip:** The menu changes weekly. It is designed for the guests at the table to order in full and to share. Don't pass up the clams with kabocha squash and fennel. Made with littlenecks from **Jess's Market** - widely regarded as a top purveyor of seafood on the midcoast.



**Union Street Sourdough** is a small-batch, artisanal bakery located in Camden, Maine. It is run and owned by the incomparable Bridget Mariner. Known for her delicious, hand-crafted sourdough bread and bagels, she uses organic grains and long fermentation processes to create flavorful and nutritious baked goods.

**Tip:** Stop by the Street-Side Bakery Cart at 45 Union Street. Check out **social media** for daily specials and to order ahead



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# UNION

**Sterlingtown Bakehouse**, nestled in Union, Maine, offers a delightful blend of artisanal baked goods, gourmet coffee, and a warm community atmosphere. The bakehouse is known for its fresh pastries, croissants, and scones. It serves breakfast sandwiches, paninis, and grab-and-go salads and sides. Dedicated to showcasing Maine's local flavors, the bakehouse features coffee from Rock City Roasters and other regional producers. More than just a bakery, Sterlingtown is a vibrant community hub offering books, wine, cider, and spice blends. Customers love its ambiance, friendly service, and approachable prices.

**Pro-move:** Get one of the flavors of Dutch-style stroomwafels, including chocolate with hazelnut and caramel or cinnamon spice. They make the perfect topper for a cup of coffee.



# ISLESBORO

Visit the Sea Farms

Islesboro is a hub of Maine aquaculture, home to several sea farms renowned for sustainable practices. It offers some of the best sea farm tours in the region, where visitors can learn about oyster, kelp, and mussel farming, and taste fresh, locally grown seafood.

To visit Islesboro, take the **Maine State Ferry from Lincolnville**, a scenic 20-minute ride across Penobscot Bay. Ferries run hourly Monday through Saturday from Islesboro starting at 7:30 AM, with return trips beginning at 8:00 AM. Limited Sunday and holiday schedules apply; check the Maine State Ferry Service website for up-to-date information.

For a flexible alternative, **Quicksilver Water Taxi** offers personalized service to Islesboro, Warren Island, and beyond, with the option for late-night departures.

Once on Islesboro, explore scenic trails like Lily Guest Memorial and Elaine's Trail, featuring marshes, cedar swamps, and panoramic coastal views. The Grindle Point Lighthouse and Sailors' Memorial Museum offers a window into Islesboro's rich maritime history.





# ISLESBORO OYSTERS

**Islesboro Oyster Company** is a family-run oyster and kelp farm located on Islesboro in the Penobscot Bay. Owner, founder, and farmer, Kim Grindle started the farm during the COVID-19 pandemic. Leveraging the pristine, cold waters of the area, the farm produces premium oysters known for their clean, briny flavor. Grindle, a native of Islesboro, created the business to support the local economy and promote sustainable aquaculture. It was the first oyster farm on the island and offers fresh, high-quality seaweed and oysters. The company provides educational experiences such as farm tours, shucking lessons, and private charters, inviting visitors to learn about Maine's rich maritime ecosystem and responsible oyster farming practices.

**Insider scoop:** Kim is warm, fun, and inviting. She offers great tours that include oyster tasting and education. Find out more about the farm on the **Maine Oyster Trail** website.

Take the ferry from Lincolnville to her farm for a day well spent on the Penobscot bay. **Book** in advance on her website.







# MARSHALL COVE MUSSELS

**Marshall Cove Mussels**, based in Islesboro, is renowned for its sustainably harvested, high-quality mussels. Located in the pristine waters of Penobscot Bay, the operation benefits from the area's clean, cold waters, which produce mussels with a sweet, tender flavor and robust texture. These mussels are cultivated on ropes in the open ocean, a method that minimizes environmental impact while promoting steady growth and natural water filtration.

The company emphasizes responsible aquaculture practices, ensuring that its mussel farms support marine biodiversity and remain environmentally friendly. Their mussels are free from grit and grown suspended in the water column rather than on the seabed, enhancing their taste and appearance.

***A favorite among chefs and home cooks alike***, Marshall Cove Mussels are celebrated for their versatility in dishes like steamed mussels with garlic and white wine, creamy seafood chowders, or as a highlight in classic bouillabaisse. The company's commitment to quality and sustainability has helped them stand out in Maine's thriving seafood industry, making them a top choice for eco-conscious seafood lovers. Find them at local restaurants and markets in the midcoast.

# LOCAL FAVORITES

**Seafolk** in Rockport, Maine, is a local café known for its creative Danish-style open-face sandwiches (smørrebrød) and a menu featuring freshly baked scones, quiches, and a full range of coffees. Owners Jacob and Madrona Wienges focus on fresh, inventive ingredients like smoked mussels, salmon, and unique vegetable garnishes. With a relaxed, harbor-view atmosphere, it's a favorite spot for locals to enjoy both savory and sweet dishes.

**Tip:** Seafolk has outdoor seating and is pet friendly (for well-behaved furry friends) It is great spot for families.

**Maine Garum** - the “up-cycled fish sauce” was founded by Liam Fisher of Waldoboro, Maine. It transforms leftover eel trimmings from **American Unagi** into a luxurious, umami-rich condiment. Drawing on ancient Roman techniques, the trimmings are mixed with sea salt and fermented for months, allowing enzymes and microbes to break down the proteins into a deeply savory liquid. Once strained and bottled, a silky garum elevates any dish with its complex, briny flavor.

By utilizing byproducts from the eel fishery, Fisher reduces waste while showcasing Maine's commitment to sustainable gastronomy. The natural fattiness of the eels adds a unique richness, making Maine Garum an exceptional ingredient for soups, marinades, and roasted vegetables. This innovative condiment exemplifies the balance of tradition, creativity, and environmental stewardship, highlighting the best of Maine's culinary and ecological values.

Find Maine Garum online at **Onggi**.







# SARA JENKINS

There are chefs whose skill and dedication create a bond with diners that keeps them returning, knowing every meal will nourish and delight. Chef Sara Jenkins, the heart and soul of **Nina June** in Rockport, is one such Chef. With her passion, warmth, and mastery of Mediterranean-inspired cuisine, she has built a lasting relationship with her guests, offering dishes that seamlessly blend the new and the familiar.

Would we order eels? If Sara prepares them in her family's Roman holiday tradition, the answer is a resounding yes. "Eel is something I often ate as a child in Italy," Jenkins shares. "A simple red wine braise with onion and bay leaf transforms it into a meaty, satisfying dish perfect with homemade pasta. Guests are often hesitant initially, but once they try it, they love it."

Would we try scallops with their mantles intact? Absolutely, especially if Chef Dustin Martin, Sara's trusted Chef, is behind the grill. "We wanted our guests to experience something new, so we brought out a Japanese binchotan grill and made a show of grilling local scallops," Martin explains. "Using the mantle reflects the growing movement for less waste in the seafood industry. The flavors were over the top with fresh uni butter, and guests loved the experience."

Nina June focuses on sustainability and seasonality, using Maine's finest ingredients and bold techniques to surprise and delight. The risotto with Gulf shrimp and Calabrian chili crisp exemplifies this balance. "People love creamy risotto, so we added a spicy kick with chili crisp," says Martin. "It's familiar yet exciting, and guests respond to that mix."





Beyond the menu, Nina June offers year-round service and special takeover events celebrating global cuisines. Jenkins and her team collaborate with local purveyors to introduce diners to lesser-known ingredients while anchoring their creations in the comfort of classic continental cooking.

Raised in Italy, Spain, and Lebanon, Jenkins brings a rich international perspective to her cuisine. A celebrated chef, author, and culinary entrepreneur, she draws on her Mediterranean roots to craft simple, seasonal, and deeply satisfying dishes.

Through Nina June, her cookbooks, and her enduring love for good food, Jenkins continues to inspire diners to explore new flavors while savoring the familiar comforts of home.

Stay tuned to **social media** for Nina June's Special Events.

**The Best Souvenir: *Olives and Oranges: Recipes and Flavor Secrets from Italy, Spain, Cyprus, and Beyond*** written with Mindy Fox (Houghton Mifflin, 2008).



# DAMARISCOTTA

the heart of oyster country

**The Kingfisher and The Queen** is a delightful shop in Damariscotta, Maine, offering a curated selection of vintage finds, home goods, and unique gifts. Owners Roger and Prudence Kiessling have a keen eye for beauty and a passion for creating inviting spaces. The duo transformed a former downtown storefront into a charming boutique haven.

Step inside and be transported to the South of France, where vintage treasures mingle effortlessly with contemporary homewares. The store's ambiance, a blend of rustic charm and coastal elegance, reflects the Kiesslings' love for local nature and global inspiration, from vintage clothing and children's wear to a carefully curated selection of entertaining items.

**Rue 77**, a European-inspired café in downtown Damariscotta, opened in June 2024 and quickly became a local favorite. Owned by Roger and Prudence Kiessling (who also run The Kingfisher and The Queen vintage store), the café focuses on creating a community space with an experiential atmosphere. Their menu features espresso drinks, gelato from Gelato Fiasco, and fresh breakfast and lunch options, like buttermilk biscuit and baguette sandwiches. The café has influences from 1960s Italian glamour, Wes Anderson films, and French provincial style.

**Pro tip:** Get a crusty baguette to take home with your fresh catch or tinned seafood from Simmons Market. The café is a great place to rest in between trips to the shops in the heart of town.







**Simmons Seafood** in Damariscotta, Maine, is a beloved family-owned market known for its fresh, high-quality seafood. The market offers a wide range of fresh and cooked items, from traditional Maine lobster and crab to oysters, mussels, and Gulf shrimp. It also features specialty items like lobster mac-and-cheese, stuffed clams, and various prepared seafood dishes that customers adore.

The Simmons family has deep roots in the Maine fishing community. Gregory Simmons, the market's owner, is a fifth-generation lobsterman who has spent his life working on the water. His dedication to sustainable fishing practices and maintaining direct relationships with local fishermen ensures that customers receive the freshest catch possible. The family's commitment to quality is evident in the market's offerings, including seafood and Maine-made products, local wines, and craft beers. They plan to expand into prepared meals and wholesale seafood distribution, bringing their high standards to even more customers.

Simmons Seafood is a popular spot for both locals and visitors. It offers a warm, welcoming atmosphere where customers can find **expert and approachable advice**, along with personalized service alongside their fresh seafood selections.



**Insider tip:** This is a full service shop and you will see large fish in the breakdown and cutting process. It is a mark of the freshness of its products. Simmons carries a huge variety of local oysters. Get a sampler to try them all.

# PEMAQUID PENINSULA



**The Walpole Barn**, a charming roadside venue in Walpole, Maine, offers a unique experience with its weekly 'Oysters in the Garden' event from June to September. Guests can enjoy freshly shucked oysters paired with wine in a rustic, picturesque garden setting. The barn also features a treasure trove of goods, from unique kitchen items to exquisite jewelry.



**Mook Sea Farm** is a pioneer in sustainable aquaculture. It has cultivated exceptional oysters on the pristine Damariscotta River since 1985. From egg to harvest, they nurture Eastern oysters (*Crassostrea virginica*) in a solar-powered, energy-efficient system, demonstrating a deep commitment to quality seafood and environmental stewardship.

The farm's oysters are renowned for their unique flavors due to the clean, cold waters of the river. Mook Sea Farm offers a variety of oysters harvested year-round, including the famous Moondancer™, Mookie Blues™, and Mookiemotos™, ranging in size and taste.



**The Scoop:** The farm offers a selection of oysters in three sizes and ships them year-round. They also provide local pickup at their farm Monday through Friday, allowing customers to pre-order oysters for curbside pickup. You can place your order online and pick it up at the farm between 9 am - 1 pm on weekdays.



Nestled in the picturesque coastal town of New Harbor, Maine, **Bowerbird Studio** is a haven for textile enthusiasts. Here, the talented artist Betsy Leighton transforms humble fibers—fabric, yarn, and paper—into stunning and functional pieces. Inspired by the ever-changing beauty of the Maine coast, her work often incorporates elements of the sea, the sky, and the seasons.

Leighton's passion for color and pattern is evident in her creations. Inspired by her travels and life on the coast, she meticulously replicates intricate patterns, bringing a sense of order and beauty to her designs. Each piece, from the cozy merino wool throw blankets to the stylish scarves, is a testament to her skill and artistry. Like warm hugs, her blankets envelop the wearer in comfort and style. The carefully chosen colors draw the eye, inviting the viewer to appreciate the natural world's intricate details and beauty. You can find Betsy's work online or at the **Good Supply** in Pemaquid, Maine, a few miles up the road from her studio. She frequents Maine's Maker's Markets. To stay tuned, follow her on **Instagram**.







# WHAT'S NEXT

Plan your trip to the Midcoast

## Maine Midcoast and Islands

- Find the best places to stay, including hotels, camping, lodges, and rentals.
- Learn more about Maine Aquaculture and its role in the region.
- Dig deeper into the region's history.
- Find out where to dine and shop
- Plan your outdoor recreation like viewing foliage, hiking, fishing, kayaking, boating, ATV trails, & snowmobiling
- Learn more and follow along on social media



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This itinerary was researched and produced on the  
unceded ancestral lands and waters of the Wabanaki Nation.

We are grateful for their historic stewardship of these lands and waters.