

For more information, please contact:
Nathan Hambley
Frause
206.352.6402 | nhambley@frause.com



Inn at Langley Will Host Sweet and Savory Honey Dinner on Friday, Oct. 29

*Chef Matt Costello and renowned apitherapist Brad Weeks, M.D. will
co-host special evening*

Langley, Wash. (Oct. 8 2010)—On Friday, Oct. 29, honey will be the focus at The Inn at Langley. Using honey collected from local Whidbey Island apiaries, Inn at Langley Chef Matt Costello will prepare a six-course tasting menu that incorporates honey or other bee products into every course.

The dinner will be co-hosted by Dr. Brad Weeks, a Whidbey resident known throughout the world as a leader in the field of apitherapy—the treatment of disease or illness through the use of honeybees or honeybee byproducts.

The dinner cost is \$95 per person, which includes honey meads from several local breweries. An optional wine pairing will be available for \$85 per person. Tax and gratuity are not included.

“Whidbey Island has a thriving apiary community and I thought it would be fun to showcase that in a dinner,” said Inn at Langley Chef Matt Costello. “It’s also a chance to show people how wide ranging different honeys can be from a taste standpoint—from savory chestnut honey, to nutty burnt honey to the sweeter floral honeys.”

Prior to the dinner, both Dr. Weeks and Chef Costello will briefly speak about the availability and variety of local honey and its various uses. “Dr. Weeks and the other local residents involved with [Whidbey Island Beekeepers](#) have a tremendous amount of knowledge about regional strains of bees and the honey that they produce,” added Costello. “It will be a fascinating and delicious evening.”

About The Inn at Langley

The Inn at Langley (www.InnAtLangley.com) is a 28-room contemporary inn on a Whidbey Island bluff overlooking the Saratoga Passage. *Condé Nast Traveler* and *Travel + Leisure* magazines have consistently ranked the Inn among the top accommodations in the nation and *Seattle CitySearch* has named The Inn Best Weekend Getaway. Matt Costello manages the Inn and serves as chef at The Inn's Restaurant, the heart of the beautiful retreat. Dinner at The Inn is served every Friday, Saturday and Sunday throughout the year and on Thursdays as well from mid-June through August. Dinner is open to guests and the general public. Reservations are required and can be made by calling (360) 221-3033.

About Chef Matt Costello

Chef Costello started in the restaurant business in 1989 at the renowned Four Seasons Olympic Hotel in Seattle. In 1994, he joined Seattle Chef Tom Douglas, serving as executive chef at both the Dahlia Lounge and Palace Kitchen. With Costello at the helm, the Palace Kitchen was nominated for the James Beard Award for Best New Restaurant in the nation. *Seattle Magazine* named Costello Best Chef in Seattle in 1998 and under Costello's direction, Dahlia Lounge was named *Seattle Weekly's* 2001 Best Restaurant in the City. *Seattle Magazine* named Costello "Chef to Watch" in 2003 and the *ZAGAT Restaurant Guide* awarded The Chef's Kitchen Restaurant an Extraordinary Rating in 2004, 2005, 2006, 2007 and 2008.

About Dr. Brad Weeks

Dr. Brad Weeks is a world-renown expert and pioneer on the subject of medicinal uses of honeybee products. He is a sought-after lecturer around the world on this topic. The therapeutic qualities of bee venom, bee pollen, raw honey, propolis and royal jelly have a long and impressive folk-medicine tradition supported by a well-documented scientific foundation. Dr. Weeks holds degrees from Dartmouth College and the University of Vermont.

###