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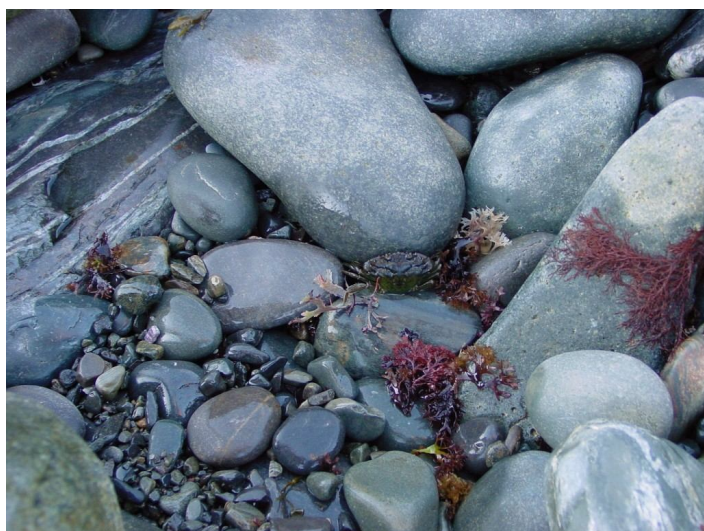
Retracing Maine Travel Memories

by [Donna Hull](#) on [2011/11/15](#)

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Have your boomer travels taken you to Maine? Alan and I haven't had the pleasure of visiting The Pine Tree State yet. But after reading today's Main travel tips from Brette Sember, author of [The Parchment Paper Cookbook: 180 Healthy, Fast, Delicious Dishes!](#), we're packing our bags. Don't miss the recipe at the end of this post or your chance to win a copy of Brette's book.



Maine's rocky coast

They say you can't go home again. But I think you can return to your childhood vacation spot. There is something about childhood trips that stick with you your

whole life. I spent two weeks each summer at a cottage in Smith Cove, Maine, on Penobscot Bay, near Cape Rosier and [Blue Hill](#). It was magical. My parents and I dug clams, picked mussels at low tide and chased scallops in a row boat. I collected rocks, picked up moss and spent hours with the sounds of the tide and the wind in the evergreens.

There was a patio halfway down to the beach, with a big stone fireplace. This was where we had our clambakes. My parents were newly influenced by naturalist Euell Gibbons, and we cooked and ate not only the clams and mussels we harvested, but lobster and corn, as well as the seaweed that Euell extolled.

I have returned to Maine twice as an adult. On our last trip, we rented a house on the water in York Harbor, much farther south than the Maine I cut my teeth on. We had lobster at the [Neddick Lobster Pound](#) and got a kick out of the [Ghostly Tours of York Harbor](#), but it wasn't the Maine of my childhood. For one thing, there was a sand beach in town (nonexistent on the Penobscot Bay) and the beach in front of our house was cliffs — no wandering for me.



Lobster dinner in Maine

Day trips and a side trip reintroduced me to the Maine I loved most. [Boothbay Harbor](#) was much as I remembered it, with a long pedestrian bridge cutting across the harbor and lots of lovely little shops. We even spotted one of the cottages we stayed in on our honeymoon. [Camden](#), the town our daughter got her middle name from, was still picturesque with a rustic harbor filled with working boats, tourist shops, and a small-town vibe.

But it was in [Bar Harbor](#) that I heard the siren song of Maine again. The evergreens combined with deep blue ocean and rocky beaches is how Maine lives in my head, and in Bar Harbor too. The [Harborside Hotel](#) places you right at the edge of the shopping district, which was perfect for me, since shopping is key! It is also right next to the famous sand bar that the town is named for. At low tide a sand bar emerges and you can walk across it to an island, picking up shells and marveling at this wonder. Bar Harbor is replete with seafood and we ate our fill at the [Trenton Bridge Lobster Pound](#).

The hotel is also convenient to the jewel of the area, [Acadia National Park](#). Be sure to drive to the top of Cadillac Mountain for the astounding views. If you're in a hurry, the 20 minute Park Loop drive is enough to let you see the best views. Don't skip Thunder Hole where water is forced up through a small hole in the rocks, for a dazzling display. If you have more time, take a hike one of the original carriage roads, or take one of the ranger-narrated boat cruises that allow you to see the island from the sea. Stop for lunch (and their famous popovers) at the [Jordan Pond House](#).

My childhood clambakes and my return to Maine as an adult inspired this easy and tasty clambake dinner you can make at home with no mess and no clean up.



Clam Bake

Clam Bake in a Packet

- Serves 1, make 1 packet per person
- 6 baby red potatoes
- 1 ¼ pound cod fillet
- 6 littleneck clams in the shell
- ½ ear of fresh corn, or 1 small ear
- 2 tablespoons butter
- 1 clove garlic, chopped
- 1/8 teaspoon dill
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste

Preheat oven to 400°F. Prick the potatoes all over and microwave on High for about 3 minutes, or until cooked through. Halve the potatoes. Place the cod on the parchment. Add the potatoes. Scrub the clams, discarding any that are open. In a small bowl, place the butter, garlic, dill and lemon juice. Microwave until the butter is melted and stir to combine. Pour the butter mixture over the contents of the packet. Season with salt and pepper. Fold the parchment (follow the instructions here). Bake for 25 minutes, then allow it to rest for about 3 minutes. Open the packet and discard any clams that did not open. Enjoy your shore meal, making sure to dip everything in the sauce at the bottom.

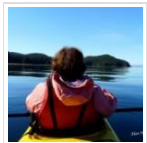
Would you like to win a copy of The Parchment Paper Cookbook? To enter, just post a comment **at the end of this post** telling us which town in Maine that you would like to visit. Please include your email address for contact purposes. Contest ends on Tuesday, November 21, 2011 at 11:00 p.m. Mountain Daylight Time. Winner will be announced as soon as possible. Remember, according to our [general contest rules](#), the winner must be a U.S. resident and respond within 48 hours of receiving the notification email; or we chose another winner.

Brette Sember is the author of [The Parchment Paper Cookbook: 180 Healthy, Fast, Delicious Dishes!](#) (also available as a Kindle). She writes the [NoPotCooking](#) blog, where she continues to explore parchment paper cooking. She is also the author of 38 other books, which you can learn more about at [BretteSember.com](#).

Thanks Brette for the excellent Maine travel tips.

Disclosure: Adams Media provided a copy of [The Parchment Paper Cookbook](#) as a contest copy. I have also included an Amazon link for your convenience. However My Itchy Travel Feet does receive a small percentage for purchases made at Amazon.com.

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[Sherry Ott](#)

Twitter: [ottsworld](#)

November 15, 2011 at 1:08 am

I've always wanted to go to Maine! That picture of the corn makes me want to go even more! Great info here for a week trip!

Sherry Ott recently posted..[China Town in Hawaii](#)

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[sheryl](#) November 15, 2011 at 7:27 am

I love Maine and have spent many happy vacations there. Your post makes me realize how special a place it is!

sheryl recently posted..[5 Secrets to Fighting the Winter Blues](#)

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Louise Wilkins [November 15, 2011 at 9:28 am](#)

Maine is a future destination for me. I've made it part way up into New Hampshire, but that's it. And your clam bake picture reminds me of in my youth when my parents would hold a clam bake in our Ohio back yard! Not close to Main, but still the memory!

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Shannon Baas [November 15, 2011 at 9:59 am](#)

I would like to visit Portland.

[Reply](#)



Living Large [November 15, 2011 at 3:38 pm](#)

I have a copy of this great book, so don't enter me in the contest, but I just wanted to write that I would like to visit Bar Harbor. My friend goes to Maine each year on vacation and she makes it sound wonderful too!

Living Large recently posted..[The Disaster Plan at Our Little House](#) ❤️

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Kris [November 15, 2011 at 5:30 pm](#)

I've not been to Maine, but it sounds fabulous. Love your descriptions of the pine trees against the water.

Kris recently posted..[Homemade Hummus](#) ❤️

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Jeanine Barone [November 15, 2011 at 9:15 pm](#)

I've biked, hiked, fished and skied in Maine. Reading your post brought back wonderful memories.

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Marija [November 16, 2011 at 8:57 am](#)

Been there at the Lobster Pound and their cooked seafoods are mouthwatering!

Marija recently posted..[how to get a girl to like you](#) ❤️

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Alexandra [November 16, 2011 at 11:25 am](#)

I really like the idea of this clambake dinner. Who would have thought it could be made with parchment? Also, I could really identify with the first few lines of this post. I lived in DC as a child. We used to vacation in Southern MD, on the Patuxent River. I can close my eyes and summon the familiar smells. Strange how memories of childhood remain with us seemingly forever!

Alexandra recently posted..[Where Spanish Fantasies Come True](#) ❤️

[Reply](#)



Mark H

Twitter: [travelwonders](#)

[November 16, 2011 at 12:35 pm](#)

I have spent just half a day in Maine having driven there from a superb few days in Vermont and New Hampshire during the superb fall and the stellar trees. The seafood in the area was justifiably lauded – fresh and tasty.

Mark H recently posted..[Winter Magic in Berlin \(Germany\)](#) ❤️

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Kerry Dexter

Twitter: [kerrydexter](#)

[November 16, 2011 at 3:01 pm](#)

I have been to Portland, a short and lovely trip one autumn to hear a friend play music. I'd like to return both to Portland and see other parts of the state, especially Calais, Bethel, and up along the Canadian border.

thanks for the memories, and the recipe.

Kerry Dexter recently posted..[Music, harvest, and time](#) 

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[merr](#) [November 17, 2011 at 8:39 am](#)

We traveled to Maine a couple years ago and it was so gorgeous, green and chilly in May. Still, the mind can really slow down and relax. A lovely state (in place and of mind!).

merr recently posted..[The 5-Question \[Writer\] Interview: Kim Hooper](#) 

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[Jane Boursaw](#)

Twitter: [reellifejane](#)

[November 17, 2011 at 4:11 pm](#)

I've been to Maine once, when I was just a wee girl. Would love to go back. Love your pictures. Especially since it's snowing here in Michigan right now.

Jane Boursaw recently posted..[20 Reasons Bradley Cooper is the Right Choice for Sexiest Man Alive](#) 

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[Teslaca](#) [November 18, 2011 at 3:23 am](#)

The clambake packets look wonderful and are such a great way to get all the flavors together. I'll certainly make it soon. The last time I visited Maine I rented a house on Mt. Desert Island. It was off season, so I took the dogs and we walked the carriage trails for a week. It was one of the best vacations ever! I'd love to do that again and visit Bar Harbor.

[Reply](#)



[MyKidsEatSquid](#) [November 18, 2011 at 8:27 am](#)

What lovely descriptions. I've never been to Maine, but I've always wanted to. I'm keeping this in mind for a summer vacation.

MyKidsEatSquid recently posted..[Cookbook Review: The Parchment Paper Cookbook](#) 

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