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TASTE OF TROY FOOD TOURS

By Jack Griffith



MICHELE SANTOS

Craving history and an epic food scene, I took Amtrak to the 200-year-old city of Troy for a Taste of Troy Food Tour. The three-hour, 1.5-mile walking tour through the Central Troy Historic District started at Illium Café, owned by award-winning chef, Marla Ortega. Located in Monument Square's oldest building, the outdoor seating allowed me to experience the liveliness of the city while enjoying the retro music emanating from inside and a Reuben dip sandwich.

The food tour features not only food (of course) but also historical sites. I particularly enjoyed an insider's tour of St. Paul's Episcopal Church with its breathtaking chandeliers and glass mosaics. On the National Register of Historic Places, the Victorian-style church is one of four in the world completely designed by Tiffany & Co.

Dessert at Dutch Udder Craft Ice Cream was the sweetest part of the tour. I tasted three different flavors, all made from New York dairy products. The Philly Vanilla, named best ice cream at the World Dairy Expo in 2017, was the finest ice cream I had ever tasted!

The tour concluded at Troy Waterfront Market, with 80 local vendors. We shopped from among a myriad of homemade food products, including fresh fruit juices, over 50 artisanal pastas and healthy Asian cuisine made from local ingredients.

To read about more stops along Taste of Troy Food Tours, go to NewYorkByRail.com/Taste-of-Troy-Food-Tours.

DO IT BY TRAIN! Take Amtrak to Albany-Rensselaer Station (ALB). Don't forget to use Amtrak's **SEE NEW YORK AND SAVE!** 15% discount!

At ALB, walk to your Enterprise rental car. For reservations, call Enterprise at ALB (518-427-3893). **Discount code: NYTRAIN.**

Taste of Troy Food Tours leaves from 275 River Street in Troy. TasteofTroyFoodTours.com