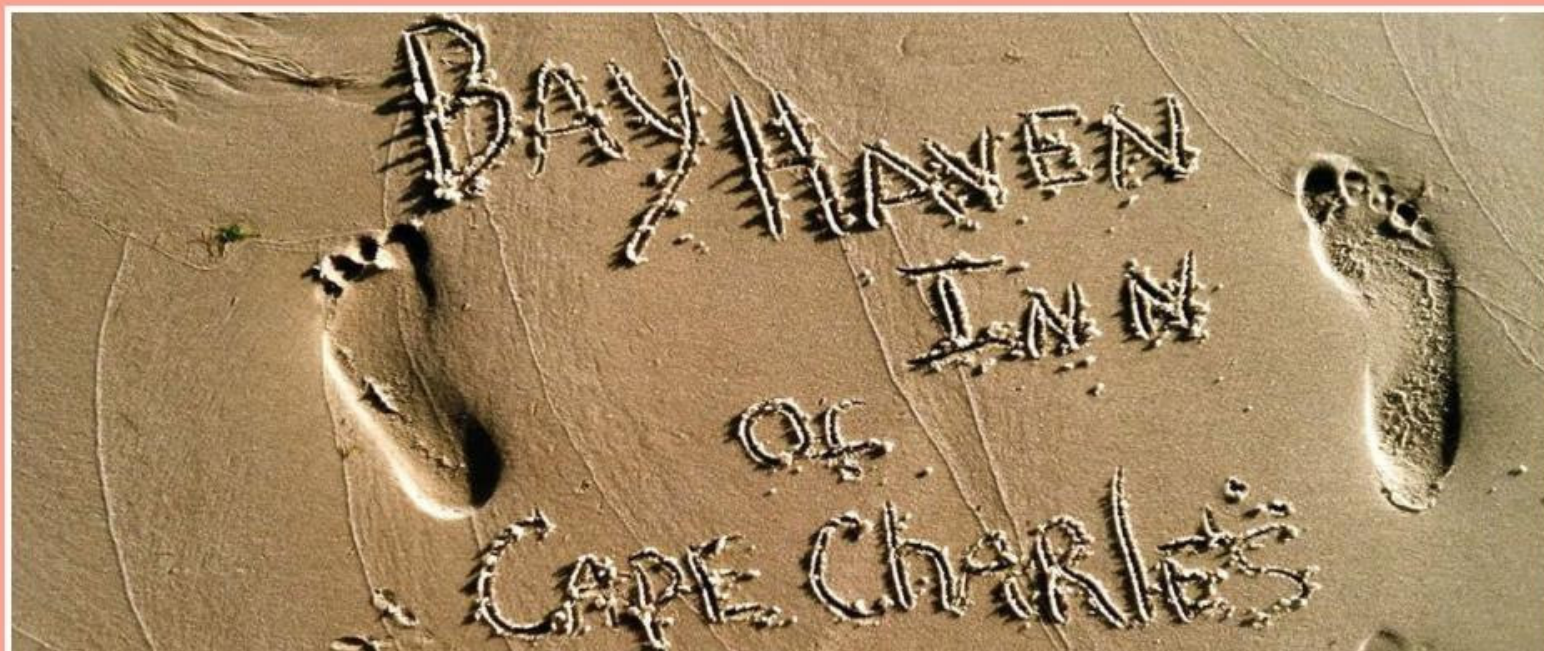
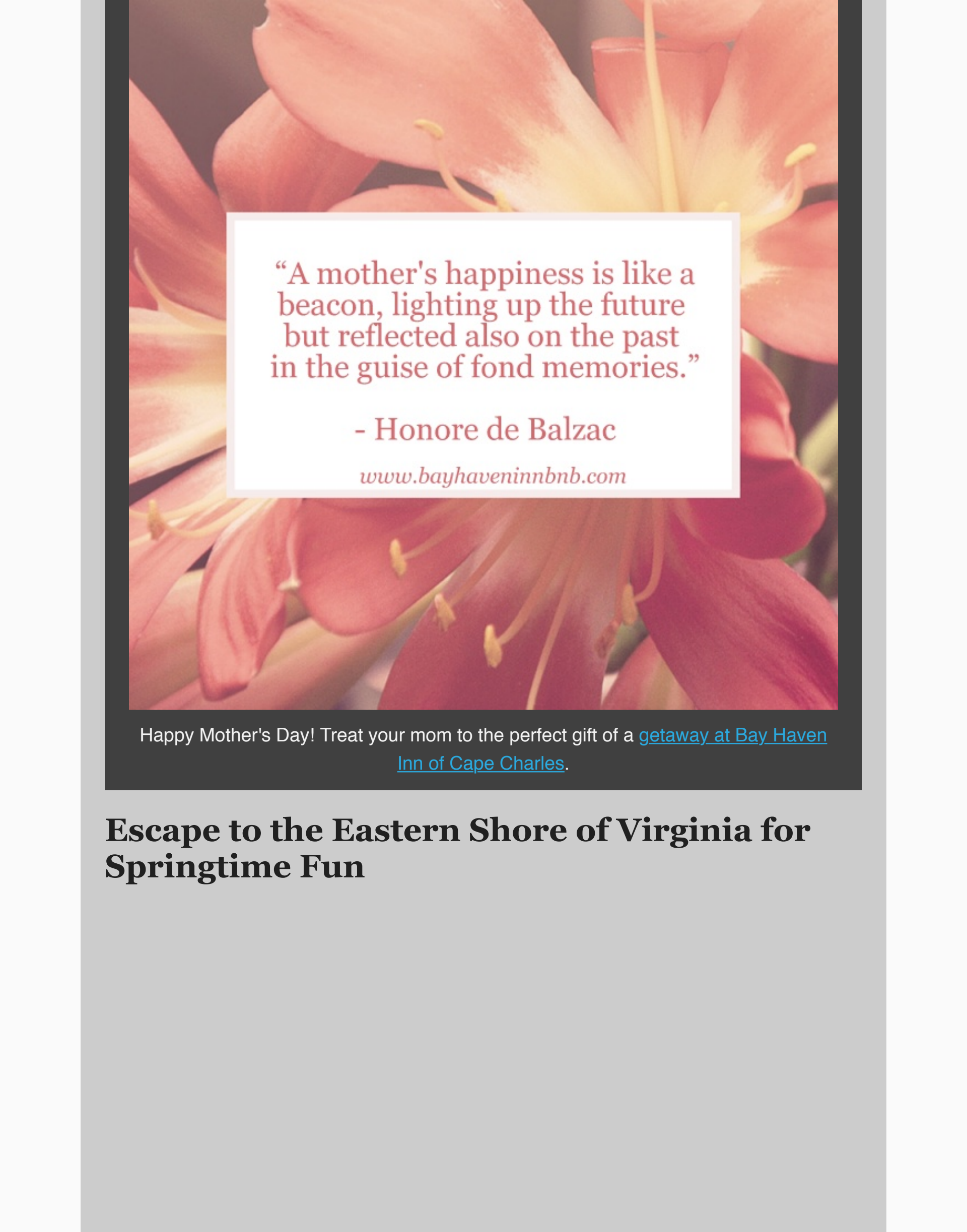


An update from your innkeepers at [Bay Haven Inn of Cape Charles.](#)

[View this email in your browser](#)





“A mother's happiness is like a beacon, lighting up the future but reflected also on the past in the guise of fond memories.”

- Honore de Balzac

www.bayhaveninnbnb.com

Happy Mother's Day! Treat your mom to the perfect gift of a [getaway at Bay Haven Inn of Cape Charles](#).

Escape to the Eastern Shore of Virginia for Springtime Fun

The logo features the word "May" in a large, blue, cursive script. Below it, the word "EVENTS" is written in a smaller, black, sans-serif font. Underneath that, "in Cape Charles" is written in a red, sans-serif font. The entire logo is enclosed in a double-line border, with a blue inner line and a red outer line.

May EVENTS in Cape Charles

www.bayhaveninnbnb.com

The weather is warm, the sky is blue, and the bay is waving its hello to you! Don't you think it's time for a Cape Charles vacation? In case you need an added incentive to come visit us on the Eastern Shore, we have some great activities coming up. Here are our top picks of what's happening in the next few weeks:

May 7, 2016: [Cape Charles Community Yard Sale](#)

May 7, 2016: [Cinco de Mayo Fiesta](#)

May 21, 2016: [5th Annual Crabby Blues Festival](#)

May 28, 2016: [Cape Charles Outdoor Market](#)

May 28, 2016: [Rain Barrel Workshop](#)

[Read More](#)

The Cape Charles Outdoor Market



There is nothing quite like farm-fresh food, especially here on Virginia's Eastern Shore. We're gearing up to celebrate eating and buying local with the Cape Charles Outdoor Market on May 28, 2016. Let's check out a few reasons you should attend the Outdoor Market (and the Cape Charles Farmers Market at the Museum!):

1. The fresh, the local, and the handmade.
2. The location.
3. The sustainable grocery bags.

[Read More](#)

Kick Back at Kiptopeke State Park



Are you a **hiking** enthusiast or a **cycling** aficionado? Then lace up your shoes and travel 5.1 miles of hiking and biking trails. Do you have kids who are bursting with energy? Let them roam the park playground. Yearning to get your feet wet? Dive into the waters of two different Chesapeake Bay **beaches**. Kiptopeke State Park even offers fishing, boating, a pier with picnic tables, and special events.

INNsiders Secret: Check out Tammy’s favorite spot, the “Butterfly Gardens,” and the gardens designed and cared for by the Eastern Shore Master Gardeners.

[Read More](#)

Sweet Potato Biscuits from Bay Haven Inn of Cape Charles



If you've been reading our blog for the past few months, you know that we have a love for organic gardening with heirloom seeds. You also have probably figured out that we serve our guests delectable treats made from scratch on a daily basis, using local ingredients. Our guests RAVE about our signature biscuits--and so today we are revealing the story behind them--and our recipe! Click the "[READ MORE](#)" button at the bottom to learn the history of these mouthwatering treats.

Ingredients:

- 2 cups Virginia sweet potatoes (cooked and pureed)
- 2 tablespoons melted butter
- 1/2 cup milk
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/8 teaspoon all spice
- 2 cups sifted flour
- 1/4 cup brown sugar
- 1 teaspoon salt
- 5 tablespoons baking powder

Directions:

1. Add melted butter to sweet potato, next add milk and sugar
2. Combine dry ingredients together (flour, salt, baking powder and spices)
3. Fold the wet ingredients to dry ingredients and do not over mix, just enough to hold together.
4. Take 2 inch biscuit cutter, dip in flour and cut in first biscuit, repeat process making sure to dip in flour each time.
5. Bake at 450 from 15-20 minutes.(Watch closely, as the time varies based on the oven.)

Note: We serve with a thinly shaved Edwards Virginia country ham and add a light layer of our house ginger fig jam to create the perfect, most memorable bite.

[Read More](#)



Did you know we're on Instagram?
Check us out at [@bayhaveninn](#)! And
if you post a photo from your Cape
Charles getaway, feel free to share it

with the following hashtags:
#CapeCharles #BayHavenInn

[Book Your Room Now](#)



Spring has arrived at Bay Haven Inn of Cape Charles! Don't you want to arrive here too?

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Our mailing address is:

403 Tazewell Ave, Cape Charles, VA 23310

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