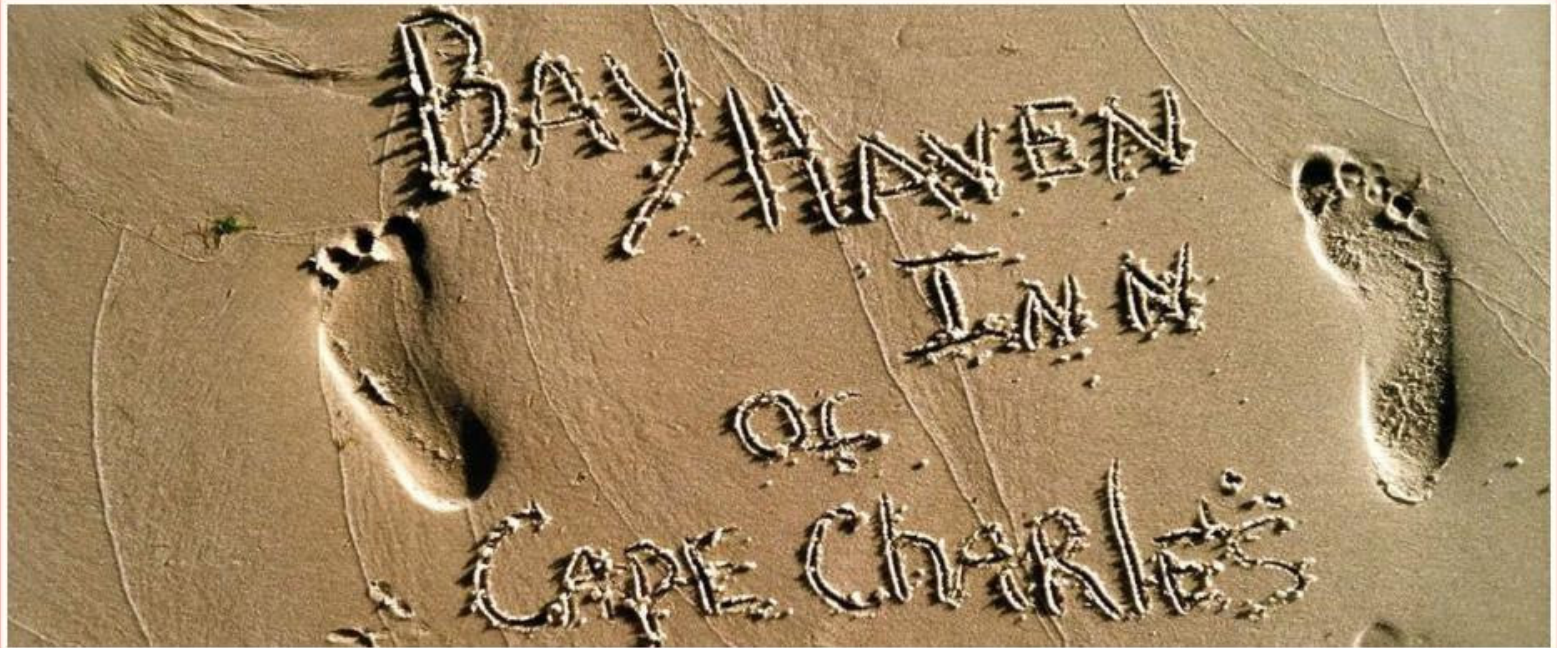


An update from your innkeepers at [Bay Haven Inn of Cape Charles](#).

[View this email in your browser](#)



Everyone is gearing up for the Summer 2016 Olympics, but that's not the only competition we're excited about!

We are honored to have received "**Best Local Bed and Breakfast Overall Silver**" in the Coastal Virginia Magazine Best of Readers' Choice Awards. Thank you so much to everyone who voted for the Bay Haven Inn of Cape Charles!

[Come visit us here in person](#) and we'll do our very best to prove to you why we're award-winning.

Share a Shellfie!



Now introducing “**The Shellfie Project**,” an interactive station at the Bay Haven Inn of Cape Charles that allows our guests to share a memory with their friends and to leave a little piece of themselves with us at the shore.

[Read More](#)

Meet Our Summer Inn-Tern



Meet Beth Sauter, a student of George Mason University, a resident of Chesapeake, a visitor of Cape Charles, and a summer "inn-tern" at the Bay Haven Inn of Cape Charles. Beth is studying Tourism and Events Management with a concentration in Hospitality, and we've been delighted get to know her as

our intern while passing on a bit of knowledge as innkeepers.

If you want to meet this lovely, smiling individual in person, book your stay at the Bay Haven Inn of Cape Charles this summer! You still have a bit of time before Beth goes back to college, so [click here to check availability and book your room now](#).

[Click here to read more about Beth.](#)

5 Reasons to Visit Cape Charles This Fall



Can you believe that **fall** is less than a month away? **September 22** will be here before you know it, but that doesn't mean your vacation days are over! Autumn just so happens to be an excellent time of year to **visit Cape Charles**, Virginia (and [Bay Haven Inn of Cape Charles!](#)).

1. Fewer crowds
2. Cooler weather
3. Autumn bird migrations
4. Fall flavors at Brown Dog Ice Cream
5. The Between the Waters Bike Tour

[Read More](#)

Nut-Crusted Rockfish Recipe



Do you know what the best part of living by the bay is? (Other than the sunsets, beaches, boating, and swimming, of course!) It's the **amazing seafood**, freshly caught, perfectly prepared, and absolutely savored. Our culinary secret for the best seafood preparation is **Blue Crab Bay Co.**, a "purveyor of classic coastal cuisine since 1985."

INGREDIENTS:

10 oz Blue Crab Bay Co. Surf Doggies Peanuts
2 T all purpose flour
2 t Blue Crab Bay Co Garlic Herb Seasoning
1 t salt
1 t fresh ground pepper
1 t cayenne pepper (optional)
4 eggs
4 6-oz fillets
1/2 c butter

DIRECTIONS:

- Preheat oven to 350.
- Place *Surf Doggies* in food processor and pulse until finely chopped but NOT powdered.
- Add flour, garlic powder, salt, and pepper and pulse briefly to blend.
- Pour mix into a wide shallow bowl or pie pan.
- Whisk eggs in a separate bowl.
- Place fish fillets on paper towel to remove excess water
- Dip fillet into beaten eggs then dip into the pistachio mix to coat completely.
- Press the pistachio crust firmly onto the flesh and aside on a sheet of wax paper. (*It is helpful to put the fish on the wax paper, folded over and pressed nuts into flesh so they don't stick to your fingers*)

- Melt butter in a large heavy skillet over medium heat and add fish fillets.
- Brown them lightly, turning once (3-4 min each side)
- Transfer to a baking sheet and bake about 15 min.

Serve immediately.

[Read More](#)



Do you have a **favorite summer recipe** that you think we'd love? We're rooting for new recipes (especially breakfast recipes) here at the Bay Haven Inn of Cape Charles, and we'd love your input! [Email your recipe to Tammy](#), and your name will go in a drawing for a special surprise that you'll receive on your next visit to our bed & breakfast.

August EVENTS in Cape Charles

August 4-7, 2016: [12th Annual Oyster Buy Boat Reunion and Shuck-n-Suck 2016](#)

August 13, 2016: [Khedive Notables Dance Band](#)

See what others are saying!



"My husband and I celebrated his 50th birthday at the Bay Haven Inn of Cape Charles. This was our first ever bnb experience and I must say it was one of a kind! Tammy and Jim

August 20, 2016: [Lunch and Learn About the Eastern Shore: "Nature as Art"](#)

August 31, 2016: [Movies at the Palace: Antman](#)

were absolutely amazing!" --
TripAdvisor Reviewer

"Five stars and all absolutely
deserved. I spent a weekend here
alone to relax and rejuvenate myself
and I did not want to leave!" --Yelp
Reviewer



[Click here to check availability](#)

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