



TAKE THE FAMILY ON RHODE ISLAND'S BLACKSTONE VALLEY FOOD TRAIL

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DESTINATIONS / NORTH AMERICA

Rhode Island's food is as diverse as its people, representing countries and cultures from around the world. In Blackstone Valley, which can be explored through the many charming towns and cities of this 242-square-mile region of northern Rhode Island, culinary diversity is waiting to be discovered by family travelers along [Blackstone Valley International Food Trail](#).

I love getting to know a place through its food, and in Blackstone Valley, I was anything but disappointed. I was expecting great New England food (i.e. lots of lobster rolls), but I was surprised to find an incredibly international representation of foods brought to America by immigrants, along with local dishes reimaged with new flavors and ingredients. Unlike trails in other destinations focusing on an area's specialty (like bourbon or ice cream), this trail fully embraces the cultural diversity of Rhode Island itself, honoring many different countries represented there today.



Tuxpan Taqueria © Eugenia Lazaris

There are many standout eateries along the trail — all of them, in fact, since each and every one of the more than 40 designated eateries, distilleries, wineries and breweries are carefully considered for quality and authenticity in order to be included. A personal favorite is [Tuxpan Taqueria](#), a tiny Mexican restaurant in Central Falls that serves up so much flavor the tiny dining room, which holds no more than a few tables, can barely contain it. Owner Diego Alcantar’s story is as incredible as the food they serve — his family moved to Rhode Island from Tuxpan, Michoacan, Mexico, more than a decade ago, and brought their treasured family recipes with them. Today, cooking alongside his mother in their little taqueria, they have set out to create food as good as what they would serve their own family at home. And the results are simply astounding, earning them a spot as a James Beard semifinalist in 2023.

While the trail heavily features international foods with 35 different countries represented, there are also plenty of local, iconic dining experiences to be had, like family-style chicken dinner at [Wright’s Farm Restaurant](#) in Burrillville, perhaps the epitome of what the term “local tradition” stands for. Dining at Wright’s isn’t only about

the food — it's also about the community experience you get when generations of families make it a regular spot for a night out.



Tuxpan Taqueria © Eugenia Lazaris

If you're dying to try a "stuffy," a signature Rhode Island dish that involves stuffing local clams with various flavorful ingredients and serving them on the shell, you'll want to head to [Assados Kitchen & Bar](#) in Gloucester (another personal favorite thanks to a mouthwatering menu and stellar service) for a Portuguese take on this Rhode Island staple. The menu has many incredible dishes, but the stuffies are quintessential Rhode Island with a spicy flair.

As you explore Blackstone Valley, which has way more than food to check out while you're there (like discovering the origins of the American Industrial Revolution, hiking the many trails or kayaking along the region's namesake river), the food trail lets you

introduce the family to a world of culinary delights without leaving the state. Offerings include Peruvian, Indian, Greek, Liberian cuisine and more. I would have fallen in love with Rhode Island without the food, but Blackstone Valley's food trail certainly didn't hurt.