Consider our Farm to Fork tour experience and learn how to shop and eat locally!

Farmers Market Tour and Farm to Fork Lunch at The Casitas

What: Farmers market tour and farm-to-table lunch

When: Wednesdays, beginning January 2014 – with additional dates based on request

Learn to shop and create "Locavore" meals from a Farmers Market with this tour! A Locavore has been defined as a person who enjoys eating only locally produced food grown within 100 miles of its point of purchase or consumption. The thought (and delight) is to eat healthier while also learning how to contribute to reducing the use of fossil fuels, which results in the release of less carbon dioxide into the air: this all helps to prevent global warming. Come do your part for the day, have fun, learn more, and dine deliciously healthy! This excursion starts at 8:30 a.m. with an enthusiastic chef-led outing to the local Farmers Market in Arroyo Grande to learn how to source and shop local wherever you travel. We then head to The Casitas Estate to jointly create a tasty and luxurious farm-fresh lunch. Participants enjoy taking in the hilltop views, the fine wine and warm breezes. Gaze out over the Arroyo Grande Valley vineyards and Santa Lucia mountains, often described as California's "bit of Tuscany" here on the Central Coast.

A portion of the fee is contributed to the non-profit Central Coast Grown organization, whose vision is to restore people's connection with the land and the food it produces in order to nourish the bodies, minds, and spirits of our communities and to sustain the landscape that supports us all.

We are now taking reservations for September 4th and October 9th, 2013.

Cost: $129 per person includes the farmer's market walk and talk, cook class and lunch at the estate with a portion of the proceeds going to Central Coast Grown. **Stewardship Travel is about adding a bit of "doing good and feeling good" to your vacation.**

For reserving an excursion for groups or individuals, please contact Pat @ 805.710.1587
or emailing her at
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