DID YOU KNOW?
Studies have shown an inverse relationship between the yield of a crop and its nutrient concentration. So it stands to reason that fruits, grains and vegetables that are grown in small batches are more likely to contain all the vitamins and minerals they're meant to.



01

FRESHER FOOD

Local foods are fresher because they didn't travel to reach you. Once food is harvested, it starts to lose nutrients and vitamins, which are sensitive to heat, light and air. "It's proven that as food sits around it begins to decay to a certain extent—even if it's still edible and still looks good, a lot of the vitality is slowly being lost," says Ben Baker, executive chef at Travaasa Austin.

02

BODY BALANCE

Our bodies benefit from locally grown produce more readily because we are accustomed to the climate. "You must eat in balance with the nature around you. For example, if you are not in the tropics you should not eat tropical fruit as it is meant to cool your body from the extreme heat," says Alejandro Bataller Pineda, chief marketing officer of SHA Wellness Clinic in El Albir, Spain.

A FRESH FOOD REVOLUTION

farm-to-table

FOR A LONG TIME WE'VE BEEN TOLD ABOUT THE BENEFITS OF ORGANIC FOODS, BUT ORGANIC GOODS FROM THE SUPERMARKET AREN'T NECESSARILY THE BEST OPTION FOR NUTRIENT-DENSE FOOD. ENTER THE FARM-TO-TABLE MOVEMENT, FUELED BY "LOCAVORES," WHO SUPPORT LOCAL FARMERS THAT EMPHASIZE QUALITY OVER QUANTITY AND SEASONALLY FRESH FOOD. THE TREND IS SPILLING OVER FROM RESTAURANTS TO RESORTS AND SPAS THAT WANT TO OFFER THEIR GUESTS THE FRESHEST INGREDIENTS POSSIBLE.

WRITTEN BY **BRENNA FISHER**

THE FARM-TO-TABLE *advantage*

IN ADDITION TO PUTTING MONEY BACK INTO YOUR LOCAL COMMUNITY, EATING LOCALLY AND PATRONIZING RESTAURANTS THAT SOURCE LOCALLY HAS PLENTY OF NUTRITIONAL AND HEALTH BENEFITS.

03

MORE DIVERSITY

Many small farms offer biodiversity that is hard to find in larger supermarkets (items labeled "heirloom" or "heritage" reflect that they are not used in modern, large-scale agriculture). "In our effort to get uniformity, we have created a monoculture around what we eat," says Jan Dane, food forager and director of culinary education at the Ocean House in Watch Hill, RI. "Diversifying the genes of the crops that you eat exposes you to a greater variety of nutrients."

04

FEWER GERMS

Travel undertaken by retail produce gives it more opportunity to pick up germs. That's not to say that it will, but few of us really know how many places a cluster of grapes from Chile has been before it arrives at the grocery store. "That is a major food safety issue," Dane says. "Knowing the person growing your food and how it got to you is the whole ethos behind seasonal eating."

THE DIFFERENCE BETWEEN ORGANIC VS. LOCAL



According to the USDA, "Organic farming describes how things are grown and what substances are used to grow them. The USDA organic seal means the product contains 95 percent or more organic content."



Local food is often defined as food produced within 100 miles of where you live, meaning the local items could be conventionally grown. However, insiders say these concepts often overlap, as small local farmers often don't go through the formal processes required for the approved organic label. "Many farmers we deal with are small farmers who can't afford to pay for organic certification, but they are using sustainable practices and natural methods of minimizing damage from pests," says Baker.



PUMPKIN POLISH
Rich in vitamins A, C and E, **June Jacobs Perfect Pumpkin Enzyme Polish** helps revive lackluster skin with a detoxifying blend. ***$60, Fred Segal, Santa Monica***

get it in season...

IF YOU DON'T KNOW WHAT'S IN SEASON, VISIT A FARMER'S MARKET. "IF IT'S NOT AVAILABLE, THEN IT'S PROBABLY NOT IN SEASON, AND THAT INFORMATION HELPS YOU BUILD A SEASONAL MENU AT HOME," BAKER SAYS. SOME EXAMPLES TO GET YOU STARTED ARE INCLUDED IN THE CHART BELOW. REMEMBER, PRODUCE VARIES GREATLY DEPENDING ON THE CLIMATE AND NEARBY FARMS WHERE YOU LIVE.

HOW TO BE A LOCAVORE

1. Buy foods in season locally. These have often traveled a smaller distance to get to your store and are at peak freshness.
2. Mix up where you buy your produce. Visit a farmer's market and ask the producer which products are the freshest.
3. Join a crop share program. More and more small farms are offering memberships to individuals, who pay a monthly fee in advance to have fresh produce from the farm delivered to their doorstep. These programs are often labeled Community Supported Agriculture. Leading online database ***localharvest.org*** currently has more than 4,000 CSA farms in its directory.

LOOK FOR THESE IN THE *Summer*



ABUNDANT IN THE *fall*



FRESH IN THE *winter*



BUDDING IN THE *Spring*



DID YOU KNOW?
For most individuals, eating local means only buying goods produced within a radius of where you live. That radius may be larger or smaller depending on the resources and markets available. "This 100-mile diet, which is often applied to the 'locavore' movement, is completely doable," says Dane.

	SUMMER	FALL	WINTER	SPRING
NORTHEAST	FRUIT Blueberries, cherries VEGGIES Corn, garlic scapes, tomatoes OTHER Mint, soft-shell blue crab	FRUIT Cranberries, grapes VEGGIES Brussels sprouts, fennel, pumpkins	FRUIT Apples, pears VEGGIES Potatoes, winter squash OTHER Nantucket Bay scallops	FRUIT Apples, strawberries VEGGIES Parsnips, pea greens
SOUTHEAST	FRUIT Blackberries, peaches, plums, figs VEGGIES Beets, okra, peas OTHER Blue crab	FRUIT Apples, persimmons VEGGIES Cabbage, tomatillos OTHER Pecans	FRUIT Grapefruit, navel oranges VEGGIES Kale, lettuces	FRUIT Valencia oranges VEGGIES Broccoli, sweet onions
MIDWEST	FRUIT Blueberries, cantaloupes, grapes VEGGIES Arugula, chard, green beans, radishes OTHER Basil	FRUIT Pears VEGGIES Onions, shelling beans, turnips	VEGGIES Winter squash	VEGGIES Asparagus
SOUTHWEST	FRUIT Blueberries, cantaloupes VEGGIES Chiles, eggplant, sweet peppers	FRUIT Dates, limes, pomegranates VEGGIES Avocados, bok choy	FRUIT Clementines, lemons VEGGIES Broccoli raab, cauliflower OTHER Wild mushrooms	FRUIT Strawberries VEGGIES Snap peas, snow peas, sweet potatoes
WEST COAST	FRUIT Mangos, nectarines, raspberries VEGGIES Corn, eggplant, tomatoes OTHER Dungeness crab, lemongrass	FRUIT Apples, persimmons, pomegranates VEGGIES Edamame, sweet potatoes, squash OTHER King crab	FRUIT Grapefruit, kiwis, mandarins VEGGIES Belgian endive, broccoli, brussels sprouts	FRUIT Apricots, lemons, Valencia oranges VEGGIES Artichokes, arugula, new potatoes

SPAS WITH *farm fresh philosophies*

AS SPA TRENDS STRAY FROM A FOCUS ON INDULGENCE AND EMBRACE A PHILOSOPHY OF OVERALL WELL-BEING, QUALITY LOCAL FOODS AND HERBS—AND EVEN FRESH FRUITS AND VEGETABLES GROWN ON-SITE AT THE PROPERTY—ARE MAKING THEIR WAY ONTO SPA DINING MENUS.

MACROBIOTIC DIET



SHA WELLNESS CLINIC
EL ALBIR, SPAIN

SHA uses organic vegetables, legumes and grains from a nearby farm in every macrobiotic meal prepared by head chef Pablo Montoro. The philosophy of the diet is one that is prevalent throughout the clinic, as the cooking lessons are one of the most popular activities.

SIGNATURE CUISINE

The menu includes a modern range of macrobiotic dishes, which are always made with natural organic ingredients. ***shawellnessclinic.com***

DID YOU KNOW?

When you lack certain nutrients, you may consume more calories than you need because your body's craving for those nutrients can make you feel hungry. Some experts speculate that much of America's obese and over-weight population is in fact malnourished due to the lack of nutrients they get from processed foods like junk food.

FROM THE EXPERT

What does farm-to-table mean to you?



JANE IREDALE
PRESIDENT AND CEO OF IREDALE MINERAL COSMETICS

"There is a huge trend now in spa toward farm-to-table and organic because spas embrace a holistic approach to wellness. What we eat is fundamental to a healthy body. Clean, fresh food with all its nutrients intact builds healthy cells; it's as simple as that."

GARDEN PICKS



GOLDEN DOOR SPA
ESCONDIDO, CA

Golden Door Spa executive chef Curtis Cooke designs dishes created from produce grown in the on-site organic garden. Lean poultry entrees are made from locally raised free-range chicken or turkey; fresh fish is caught in the nearby Pacific Ocean.

SIGNATURE CUISINE

You can't go wrong with wild mushrooms. For a main meal, the Nori-Crusted Opah with Ginger Roasted Yams and Orange-Sesame Salsa is a top choice. ***goldendoor.com***

REGIONAL RECIPES



STEIN ERIKSEN LODGE DEER VALLEY
PARK CITY, UT

Stein Eriksen Lodge Deer Valley's Glitretind restaurant offers unbelievable mountain views, but executive chef Zane Holmquist's seasonal menu, which features fresh, local, sustainable ingredients and unique dishes, takes center stage amongst the most discerning diners.

SIGNATURE CUISINE

A dinner menu favorite is wild salmon and lemon pepper with celery root puree and baby garden vegetables. ***steinlodge.com***

2%
THE NUMBER OF GLOBAL SHARES OF NATURAL AND ORGANIC PRODUCT SALES

10%
THE NUMBER OF NATURAL AND ORGANIC PRODUCTS SALES IN U.S., GERMANY AND AUSTRIA

—ORGANIC MONITOR REPORT



FRESH FRUIT TONER
Perfect for any skin type, **Yum Skincare Pomegranate Toner** conditions skin through an antioxidant-rich mix of fruit extracts. *$27, yumskincare.com*

FARM TO SPA

These spas take the natural trend one step further, offering farm-to-table treatments that go straight from the garden (and local area) to the spa-goer.

Casa de Campo Spa in the Caribbean offers a spa menu that features signature treatments that incorporate locally grown coffee scrubs and fresh-picked aloe. ***casadecampo.com.do***

Featuring Florida-grown sugar, distilled oils and fruit extracts like fresh oranges, the Terra Dolce treatments at **SiSpa** at the **Palm Beach Marriott Singer Island Beach Resort & Spa** are certified "Fresh from Florida" by the Department of Agriculture. ***marriott.com/pbisg***

FARM FRESH



FARMHOUSE INN
FORESTVILLE, CA

As the local fruits and vegetables make an appearance in gardens and nearby farms, you can be sure that Farmhouse Inn's Michelin-starred chef Steve Litke is using them to create intensely flavored dishes, as he relies entirely on what is seasonal and at its peak (all of the produce is locally sourced, most of it from the property).

SIGNATURE CUISINE

Farmhouse prides itself on reflecting the change in season by providing an ever-changing menu, but one of the most popular menu items is consistently the Pork Shank. ***farmhouseinn.com***



SWEET SKIN CARE
Aloe gel, live strawberry fruit cells and shea butter deeply hydrate in **FarmHouse Fresh Strawberry Smash Double Moisturizer**. *$26, farmhousefreshgoods.com*