

## **Summer's Colors & Flavors Brighten Plates & Palates in June**

**Freshness Guaranteed on the American Riviera®**

June delivers a riot of color and flavors in Santa Barbara, from the bountiful booths at the farmers' market to the fragrant public gardens that traverse the county. Colorful green beans, cherries and squash blossoms make their debut as well, offering both amateur and professional cooks opportunities aplenty for creative cuisine.

### **The Edible Pod**

Likely born in the Americas (ancient seeds have been found in Peru and Mexico), green beans were first introduced to France by the Conquistadors around 1597. For a long time, the now-ubiquitous green bean was rare and expensive. It became widespread in Europe only in the 19th century with the French being the first to put the edible pod on published menus.

The dish Haricots Vert simply means green beans but tastes better in French. Test this theory with **Chef David Cecchini's** (but he's Italian) wonderful Baked Yams with Glazed Carrots and Haricots Vert at **Nuova** restaurant in Ballard...extraordinary in any language. Better yet, pick up a bag of the green goodies at **Lazy Acres Market**, one of the region's top organic markets offering an enormous selection of only the finest and freshest produce.

### **Red Power**

Cherries are rife in human folklore and said to possibly originate pre-history near the Black and Caspian Seas. Although birds may have carried seeds to Europe prior to human civilization, Greeks also spread seeds when traveling to insure future roadside provisions—kind of like Napoleon and the fabled escargot. Santa Barbara's culinary talents employ the cherry's unique flavor in a variety of offerings every summer. For an outback wine country feast, settle into a Pan Seared Duck Breast with Sweet Potato Puree and Cherry Pinot Sauce from Chef Budi Kazali of **The Ballard Inn and Restaurant**. Another top treat is Cherry Spumoni with Pistachio, Chocolate and Vanilla Ice Cream at **Aldo's Italian Restaurant**.

### **Butter Up**

The vegetable squash is American in origin and its common name comes from the native-American language Narragansett in which *Askutasquash* means "the green things that may be eaten raw." The verb squash comes from the Middle French word *esquasser* and is likely onomatopoeic (sounds like its meaning). The delicate squash blossoms take center stage this time of year and are an excellent foil to the local chardonnay and viognier wine varietals. For a taste, head to **bouchon santa barbara** for Chef Josh Brown's Goat Cheese Stuffed Tempura Squash Blossoms with charred Tomato Ragu.

### **Culinary Travel Planner & Visitor Information**

Foodies rejoice! Planning a culinary adventure in Santa Barbara County just got simpler. Contact the Santa Barbara Conference & Visitors Bureau ([tourism@santabarbaraCA.com](mailto:tourism@santabarbaraCA.com) or 800.676.1266) for your copy of the 32-page **Get Fresh on the American Riviera®** culinary travel planner. The free-for-the-asking guide highlights culinary attractions and tours, including gourmet food product purveyors, regional seafood specialties, farmers' markets, cooking classes, food and wine events, wineries, and much more! Visitor and culinary travel information is also available via [www.santabarbaraCA.com](http://www.santabarbaraCA.com) or [www.santabarbarafresh.com](http://www.santabarbarafresh.com).

## **Suggested Itineraries**

### ***Option #1***

Hop aboard an open-air four-wheel drive Wrangler for a “Sampling Santa Barbara” culinary tour via **Cloud Climbers Jeep Tours**. From wine country picnics to insider haunts and behind-the-scenes bites, this is the way to go if you like being pampered. Another option is **Wine Edventures** for a unique approach to wine touring. This educational adventure provides a narrative regarding Santa Barbara’s wine history, including bootlegging during the Prohibition days. Ride down stagecoach trails (now perfectly smooth highways) once used as clandestine delivery routes and discover the inside scoop about the state-of-the-art industry. After a hard day of play, belly up to **bouchon santa barbara** for a delectable seasonal meal (State Street at Victoria Street).

### ***Option #2***

Book a stay via **Carpinteria Naturally** and arrange a tour of the *Live Gourmet* facilities where hydroponic veggies are grown and marketed whole (immaculately clean roots and all). Also available are tours to local nurseries, orchid farms and gardens offering the finest vegetable seedlings available anywhere.

### ***Option #3***

Consider a visit to the small hamlet of **Ballard**, where the **Ballard Restaurant** and **Nuuva** restaurant are located. Take Highway 101 north, exit Highway 246 to Solvang, turn left on Alamo Pintado Road and right on Baseline. In town, visit the oldest operating schoolhouse in California (turn of the century), dine at one of the restaurants and dig into the local culture. Stop at the famous **Pea Soup Andersen’s** restaurant (Highway 246 at Avenue of the Flags) before heading back to Santa Barbara on Highway 101 south.

## **Details**

- **Aldo's Italian Restaurant:** 1031 State St., Santa Barbara, 805.963.6687, [www.sbaldos.com](http://www.sbaldos.com)
- **The Ballard Inn & Restaurant:** 2436 Baseline Ave., Ballard, 805.688.7770, [www.ballardinn.com](http://www.ballardinn.com)
- **bouchon santa barbara:** 9 W. Victoria St., Santa Barbara, 805.730.1160, [www.bouchonsantabarbara.com](http://www.bouchonsantabarbara.com)
- **Carpinteria Naturally:** 805.684.5479 x 12, [www.carpchamber.org](http://www.carpchamber.org)
- **Cloud Climbers Jeep Tours:** 805.965.6654, [www.ccjeeps.com](http://www.ccjeeps.com)
- **Lazy Acres Market:** 302 Miegs Rd., Santa Barbara, 805.564.4410, [www.lazyacres.com](http://www.lazyacres.com)
- **Nuuva:** 2449 Baseline Ave., Ballard, 805.686.2430, [www.restaurantnu.com/nuuva](http://www.restaurantnu.com/nuuva)
- **Pea Soup Andersen’s:** 376 Avenue of the Flags, Buellton, 805.688.5581, [www.peasoupandersens.net](http://www.peasoupandersens.net)
- **Wine Edventures:** 805.965.9463, [www.welovewines.com](http://www.welovewines.com)