

# Food & Nutrition

FALL 2012



## Cooking Up Culinary Travel

ACTIVITIES THAT  
ADD SPICE TO  
YOUR TRAVELS  
BOTH NEAR  
AND FAR

—By Kerry Neville

**W**hether it's an international immersion trip or a day tour in your own city, food excursions have become popular for both personal leisure and professional development.

For globetrotters, many tour companies specialize in culinary travel packages—from cheese making in France to visiting the colorful Cai Be floating market in Saigon to learning to make ribollita soup in Tuscany—and arrange meals, flights and accommodations. Ask a travel agent for recommendations or search “culinary travel” and “foodie tourism” on the Web.

If you prefer to schedule your own activities or simply want to stay local, there is no shortage of culinary outings for the domestic traveler. You can wind through the historic district of Savannah, Ga., where restaurant and specialty shop proprietors will explain the history and ingredients of famous Southern dishes; visit Seattle's Pike Place Market for an insider's look at vendors and stories about the market's culture; or tour a Vermont maple farm and local gourmet meat market while setting up base camp at an historic New England inn.



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experiences in the kitchens of the Napa Valley's Culinary Institute of America at Greystone. FCP's next international trip (scheduled for spring 2013) will head to Spain's San Sebastian coastal culinary region and Rioja wine region. Learn more about FCP tours at [foodculinaryprofs.org/index.cfm](http://foodculinaryprofs.org/index.cfm).

### Oldways Culinarías

With a mission to guide people to good health through heritage, Oldways Culinarías is centered on the premise that food, wine and culinary traditions are at the core of different cultures. Trips are led by culinary experts in local foods and flavors, and include cooking demonstrations, trips to farms, vineyards, cheesemakers and bakeries, and meals in favorite local restaurants. Upcoming tours include Puglia, Italy, in spring 2013 and Madrid in fall 2013. For more information, visit [oldwayspt.org/programs/culinary-travel](http://oldwayspt.org/programs/culinary-travel).

### Slow Food USA

Slow Food USA's more than 200 chapters across the country host events to celebrate food in the context of pleasure, culture and community—such as farm tours, seasonal feasts and taste workshops. Past events include an heirloom variety workshop at a gene bank in Maine, a honey tasting at a Connecticut apiary and an apple cider celebration in Washington state. To find a Slow Food USA chapter in your area, visit [slowfoodusa.org/index.php/events](http://slowfoodusa.org/index.php/events).

### American Institute of Wine and Food

With 27 chapters throughout the country, AIWF offers events ranging from garden, vineyard and farm tours to culinary outings in local neighborhoods and foraging and fishing excursions. To find information about your local chapter and upcoming events, visit [aiwf.org/site/main/local.html](http://aiwf.org/site/main/local.html).

### International Association of Culinary Professionals

While many local IACP chapters offer food tours as part of their events program to members, the national IACP conference also includes food tours in the meeting's host city. Visit [iacp.com](http://iacp.com) to learn about IACP's 2013 conference in San Francisco.

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Consider reaching out to local culinary historians—who may offer lectures on the origins of various foods and guided tours—or a local gourmet food club. And group tours aren't the only option: You can do it yourself, too. Some state and local travel and tourism boards provide online culinary tour maps that feature destinations for locally grown and produced foods.

Here is a sampling of culinary tourism activities for food and nutrition professionals:

### Food & Culinary Professionals DPG

Offering culinary tours in countries around the globe for more than a decade, the Food & Culinary Professionals dietetic practice group trips focus on the history, tradition and culture of a region's food and wine. Join FCP in January for hands-on

OCTOBER 6, 8 A.M.–3:30 P.M.

### From Nature to Nutrition: A Hands-On Exploration of Natural Cocoa from the Bean to Health Benefits

Experience the science of chocolate firsthand at the Hershey Company's Chocolate Lab in Hershey, Pa., where you'll learn about the phytochemical composition of cocoa, make a unique chocolate bar by adding select ingredients and witness the educational and cultural legacy of Milton Hershey, creator of the largest chocolate factory in the world. (LEVEL 1 CPE: 4.0 HOURS)

OCTOBER 8, 9:45 A.M.–1:15 P.M.

### Mushrooms: Pennsylvania's Hidden Treasure

Learn about the health properties of these nutrient-dense savory morsels in Kennett Square, Pa., the “Mushroom Capital of the World.” The trip includes a visit to a mushroom farm for a behind-the-scenes look at how several varieties are grown, plus a multi-course lunch at a local restaurant featuring novel mushroom applications in every dish. (LEVEL 1 CPE: 1.5 HOURS)

### Palates and Plates of Philadelphia: Ethnic Restaurant and Market Tour

Tour Philadelphia's diverse scene of large ethnic restaurants and markets and participate in a chef-led discussion with owners, managers or chefs at the establishments to discuss ingredients and cooking techniques. Attendees will receive spice packets and recipes and learn about different culinary cultures. (LEVEL 1 CPE: 1.5 HOURS)

### Neighborhood Foods: An Urban Village Model for Increasing Access to Healthy Food

Planned with the Philadelphia Urban Food & Fitness Alliance, this tour will take you to an urban farm, an entrepreneurial community center and a food distribution warehouse to see how organizations work with entrepreneurs, community residents and housing and transit authorities to increase access to healthy food in Philadelphia neighborhoods. (LEVEL 1 CPE: 1.5 HOURS)