

# CANYON RANCH.

## 5 WAYS TO BRING THE FARM TO YOUR TABLE BY CANYON RANCH® LENOX CULINARY TEAM

Canyon Ranch in Lenox is a proud supporter and partner of farmers and artisanal food purveyors based in the Berkshires. “Our philosophy is know your farmer, know your food,” said Chef Ethan Kerr, Cafe Chef de Cuisine. Ethan offers 5 ways you can bring the benefits of locally, responsibly grown food into your kitchen, regardless of where you may live.



1. **Shop at your local Farmer’s Market.**

This is a great way to “know your farmer, know your food”. You can speak directly to the producers of your food, find out how they grow their produce and where, and get the freshest in-season fruits and vegetables. Farmer’s Markets are also havens for at-home jam and jelly makers, locally produced cheese and dairy products, local artists and more.



2. **Pick your own fruit.**

To get even fresher produce than at your local Farmer’s Market, pick your own! Most states have local farms that offer seasonal “pick your own” fruits and berries. Stock up on apples, blueberries, strawberries, and in some regions, oranges and peaches. Check online for farms near you and the dates they offer for their picking season.



3. **Join a Co-Op.**

A food cooperative is a food distribution outlet where the decisions regarding the production and distribution of its food are chosen by its members. You do not have to be a co-op member to enjoy the benefits of the local businesses and products offered, but this is a way for you and your family to engage in community, to give and receive. And, it is another way to take advantage of locally grown resources.



4. **Grow your own herbs.**

Having your own herb garden is possible for almost anyone. All you need is a sunny spot (whether it’s an inside window sill with a flower pot or outside garden), some dirt, and seedlings of the herbs you wish to grow. Once your plants are mature, just pick off what you need and add to your favorite dishes as you cook for a fresh dash of flavor.



5. **Know where your food comes from.**

Just as important as knowing where your fruits, vegetables, and other produce come from, is knowing about your meat. By buying your meat from your town butcher, you can learn specifics about the animal the meat comes from, like the breed, where it was raised and what it ate. The meat is typically much fresher than what is available at your grocery store, and you can pre-order specific varieties and cuts to fit your needs. Also, ask about sustainably caught seafood, and patronize restaurants and groceries that offer seafood that comply with those standards.

Let the Berkshires nourish you at Canyon Ranch Lenox during CANYON RANCH COOKS, this fall. With guidance and demos from top Canyon Ranch chefs, learn about no-fail secret ingredients and how to blend culinary excellence, nutritional wisdom and the many pleasures of cooking and dining. This delicious week will also include special hands-on cooking workshops, culinary challenges, and a special farm-to-table brunch to conclude the event.

**About Canyon Ranch®**

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Arizona, and Lenox, Massachusetts. In addition, Canyon Ranch operates a SpaClub® day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nev., Canyon Ranch SpaClub at Sea® facilities onboard Cunard's Queen Mary 2® luxury ocean liner, Oceania® and Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of *Travel + Leisure's* Best Spa Award and an 11-time recipient of the *Condé Nast Traveler* Best Destination Spa Award.