

The Original Road Trip: Experience the Bounty of California's Central Coast



7 Day Itinerary traveling from San Francisco to Los Angeles

DAY 1

Arrive in San Francisco at SFO.

If you are arriving on a Saturday:

Fresh fruit and produce grown by local growers and food producers can be purchased every Saturday, May – December at the Morgan Hill Farmers' Market. Located in Downtown Morgan Hill at 3rd and Depot streets near the train station, this is a local favorite! For information:

www.cafarmersmkts.com/morgan.

Otherwise overnight in either San Francisco or head south into Gilroy or Morgan Hill areas. About 1 hour and 15 minute drive time or 68 miles/109 kilometers.

DAY 2

Depart Gilroy or Morgan Hill toward Santa Cruz. About 1 hour drive time or 46 miles/75 kilometers.

The Aptos Farmers Market offers an array of educational components to weekly shopping trips. *From Market to Table*, held on the second Saturday every month from May through October, features professional chefs, caterers and cookbook authors from the Monterey Bay area who discuss their areas of expertise to attendees in a series of workshops. Whether the day includes a cookbook author explaining how to choose and prepare the best fruits and vegetables or a local chef giving a cooking demonstration, this added benefit of the market is drawing a passionate following of produce lovers. Other workshops held periodically include *Chicks in the City*, led by a Master Gardener and seasoned chicken keeper, which focuses on the care and rearing of chicks, including what to feed them as they grow, where to place a coop and chicken run, and how to keep them happy and healthy in an urban backyard. www.santacruzcounty.travel

Overnight in Santa Cruz.

DAY 3

Depart Santa Cruz for Monterey. About 1 hour drive time or 46 miles/75 kilometers.

Savor the Bounty of our Counties (Farm Tours, Farmers' Markets, food demonstrations/education etc.) Monterey County is truly the Salad Bowl of the World and one of the largest growers of premium grapes for the wine industry. AgVenture Tours conducts educational and tasty programs for all ages throughout the Salinas Valley, Castroville (artichoke capitol) and Carmel Valley. Then check the weekly schedule for Monterey Bay Certified Farmers Markets – A Feast for the Senses. Locals, chefs and tourists love to shop at our four markets in Aptos, Monterey and Carmel — the premier certified farmers markets on the Central Coast for over 34 years!

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Market customers appreciate the unmatched selection of top-quality produce, fresh flowers, specialty foods, and the opportunity to connect with the people who produce our food. With over 80 vendors, the market includes such products as locally handmade cheeses, locally produced olive oil, artisan baked goods, organic honey, grass fed meats, farm fresh eggs, flowers, potted plants and herbs, and an unsurpassed bounty of certified California grown fruits, vegetables and nuts.

Fun Monthly Programs and Events

- Cooking demonstrations by local chefs and cookbook authors
- Workshops by leading cookbook authors, master gardeners and healthcare professionals
- Music and art by local artisans
- Home and Hearth Holiday Fair – best fair of the season

Additional details at www.SeeMonterey.com

Overnight in Monterey.

DAY 4

Depart Monterey early for San Luis Obispo. About 3 hours or 145 miles/ 233 kilometers.

For the coastal route, take Highway 1 through Big Sur; however, allow up to 2 hours additional driving time for this experience.

In San Luis Obispo County, most of the food you eat is produced locally. SLO County offers the freshest of everything from A – Z. Just SOME of the “Bounty of the County”: Apples. Apricots. Beef. Figs. Fish. Lavender. Lemons. Melons. Onions. Oranges. Oriental vegetables. Pears. Peppers. Persimmons. Plums. Pumpkins. Raspberries. Strawberries. Sweet Corn. Tomatoes – including many heirloom varieties. Watermelons. Zinfandel grapes. All of these are readily available – in season – at the Farmers Markets held every day in SLO County. Or if you’d like to get your hands in the dirt, many local farmers are glad to have you visit their farms. Farm tours are available (seasonally) at the Avila Valley Barn in Avila Beach, Jack Creek Farms on 46 West in Paso Robles, and Happy Acres Family Farm & Goat Dairy in Templeton. For more information, visit www.SanLuisObispoCounty.com

Overnight in San Luis Obispo County.

DAY 5

Depart San Luis Obispo County for Santa Barbara County. First stop Santa Maria. About 30 minute drive time or 33 miles/ 74 kilometers.

Savor the sizzling flavors of Santa Maria style barbecue at a number of legendary restaurants in the Santa Maria Valley on California’s Central Coast. This 150-year-old regional culinary tradition is founded on native ingredients and local methods for a uniquely flavorful dining experience. Local barbecue landmarks include the Hitching Post, Far Western Tavern and Jocko’s, all of which have been going strong for more than 50 years. Today, no Santa Maria style barbecue meal is complete without a glass of

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Pinot Noir or Syrah from the Santa Maria Valley wine country. For more information, visit www.santamariavalleybbq.com.

Depart Santa Maria for Santa Ynez. About 45 minute drive time or 36 miles/ 58 kilometers.

Santa Ynez Valley's farm stands offer seasonal fresh produce -- plus some opportunities to "pick your own" at Apple Lane Farm, Morrell Nut & Berry Farm, Greenhaven Orchard/Dittmar Farms, and Restoration Oaks Ranch Blueberries. Los Olivos Homegrown/Stonecrest Farms Garlic, Summerset Farms, and Classic Organic Farm and Produce Stand, all offer local delights. Rancho Olivos offers free tours, tasting and has organic olive oils available for purchase. Global Gardens retail store offers locally grown olives, oils, gifts and tastings daily. Clairmont Farm Lavender Company offers free tours of estate-grown six+ acres of top-quality scent and medicinal lavender with a variety of products for sale and a free picnic area, as well as Andre Organic Lavender Farm. www.SantaYnezValleyVisit.com

Overnight in Santa Barbara County.

DAY 6

Depart Santa Barbara County for Ventura. About 1 hour and 30 minute drive time or 61 miles/98 kilometers.

Ventura County is a rural community surrounded by hundreds of acres of rich farmland. Because of this great bounty, the Ventura Visitor Center created an Agricultural Tours guide to promote agri-tourism and put visitors in firsthand contact with local farmers. The result is a comprehensive compilation listing agri-tourism opportunities for visitors including: farm, orchard, and grove tours; certified organic farmers markets; pick-your-own venues; festivals; popular fruit stands; insectaries; and a local wine trail. Please stop by the Ventura Visitor Center in downtown Ventura to pick up your complimentary copy today! The Fishermen Market, Saturday mornings 8 -11 am at Ventura Harbor Village, is where you will find local fishermen selling fresh fish in front of Andria's Seafood Restaurant and Market at the top of the fishing pier. Channel Islands Harbor Farmers Market takes place every Sunday, 10 am to 2 pm, year round at Channel Islands Harbor. The Farmers Market features farmers, fishermen and vendors selling seasonal fruits and vegetables, flowers, plants, freshly caught fish, baked goods, handmade crafts and freshly prepared foods. www.ventura-usa.com

Overnight in Ventura.

DAY 7

Depart Ventura for Los Angeles via Scenic Highway 1 – Pacific Coast Highway. About 1 hour 30 minute drive time or 68 miles/ 109 kilometers. Depart out of LAX.