

Fabulous Food



More Restaurants Are Using What's Grown Locally

(NAPSA)—While it's been said that all politics is really local, some believe that the same is true when it comes to the most flavorful and nutritious food.

Actually, there is now a term for those who try to eat foods that are grown locally or regionally. They're called locavores.

By eating locally, most locavores hope to create a greater connection between themselves and their food sources and support their local economy.

Around the country, some rising chefs and restaurants have begun to champion the movement. In South Carolina, for instance, many restaurants are responding by featuring products from local farms and dairies and seafood harvested from local waters.

Here are two examples:

- **Husk Restaurant in Charleston, S.C.**—Husk is a new restaurant located in the heart of Charleston's historic district. It is helmed by James Beard Award-winning chef Sean Brock. He's committed to providing "refined interpretations" of Southern cuisine.



Typical shrimp and grits dish found in many restaurants in the Lowcountry of South Carolina.



Goat cheese made at a farm in Upstate South Carolina.

The restaurant has taken on the mission of using the bounty of the surrounding area, exploring an "ingredient-driven cuisine that begins in the rediscovery of heirloom products and redefines what it means to cook and eat in Charleston."

All its suppliers are from farms around the Southeast. The menu changes daily and is driven by what's available in the local markets. You can learn more by visiting www.huskrestaurant.com.

- **Soby's in Greenville, S.C.**—Soby's declares that it is dedicated to the "farm to table" experience, adding to its gourmet menu local products such as goat cheese from Split Creek Farm; grits from Anson Mills; Carolina Gold rice from the fields in the South Carolina Lowcountry; crispy bacon from Caw Caw Creek Farm; and fresh vegetables grown in local fields.

The restaurant's chef, Shaun Garcia, is part of the movement, practicing sustainable farming on his 10-acre farm. There, he grows many of the fresh ingredients featured at the restaurant. Learn more at www.sobys.com.

For more information on dining in South Carolina, visit www.SavorSouthCarolina.com.