

East Bay Green Tours

Local Grown, Organic Food Tour - Sample Itinerary

TIME	LOCATION	INFORMATION
9:00 - 9:30 am	Amanda's Restaurant Near Downtown Berkeley BART 2122 Shattuck	Gathering together, Registration <i>Amanda's is a unique restaurant providing high-quality, nutritional "fast food" and a hip, casual atmosphere</i>
9:30 - 10:30 am	Farmer's Market (Sat, Tues and Thurs only)	Representatives of farms discuss the history, benefits the challenges of the Market Presentation from Ecology Center about Farm Fresh Choice <i>The original hub for environmental activism and intellectual gatherings, the Ecology Center was the catalyst for innumerable community eco-programs including curbside recycling, Styrofoam bans and oil spill clean-ups</i>
10:35 - 11:00 am	Brower Center 2150 Allston Way Berkeley, CA	<i>The epicenter for many of the most important environmental and progressive social network groups in the region, named after the man who once led the Sierra Club and is considered the Father of American Conservation</i> Meet the owners of Back to Earth Catering and learn about their restaurant Terrain
11:05 - 11:20 am	Venus Restaurant	One of the first "certified green" restaurants in the region! <i>Inspired by the local grown economies of Asian communities, Venus offers eco-sensible cuisine and simply stylish ambience</i>
11:20 - 11:45 am	Walk/Drive to Gourmet Ghetto	
11:45 - 12:00 pm	Peet's Coffee 2124 Vine St,	The original Peet's flagship store - now a national brand!

	Berkeley, CA	<i>The best coffee in the country can be found at a coffee store where integrity and quality are the rule</i>
12:05 - 1:30 pm	LUNCH @ the Gourmet Ghetto	Learn about the Chez Panisse Foundation and dine at Chez Panisse Café <i>Founded by legendary restaurateur Alice Waters, these restaurants pioneered seasonal, local grown and organic cuisine, launching the new "American Cuisine" movement in the 1980s</i>
1:30- 2:00 pm	Gourmet Ghetto Chcolatiers	Fair Trade and Organic produced sweets n such
2:00 pm	Re-board bus	Drive past EcoHouse and Community Gardens <i>A true Berkeley original, the most eco-conscious house in the region with a grey water system, mushroom farm, fully solar panel electrical grid, and more!</i> <i>The Gardens commemorate Carl Linn, a pioneer in the community garden movement and educator of thousands of citizens on self-reliant food production</i>
2:15 -2:45 pm	Berkeley Natural Groceries 1336 Gilman St Albany, CA	
2:45 – 3:15 pm	Tokyo Fish Market or Organic Foreign Market ???	Find a vendor who sells local grown food, other than Cancun
3:15 – 3:30 pm	End Tour and Return to downtown Berkeley	Shuttle to Ashby BART, past new Biofuel Oasis Use one of the Restaurant Coupons at downtown Restaurant!