



California Healthy: Southern California: The Adventurer's Guide to Local Delicacies, Fine Wine, Great Walks and the Good Life (America Healthy)

Patricia Hamilton, Chef Biron, Janel Willette

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recommendationsAppealing to the growing numbers of local residents and travelers concerned with finding delicious food that promotes a healthy body and a healthy environment, this unique guidebook provides tempting and wholesome recommendations for every locale. Sections on sustainable foods, wine-tasting, agritourism, recipes with wine pairings, recreational areas, off-leash dog walks, and healthy walking tips from an exercise physiologist round out the wealth of information. Maps, directions, pricing information, hours of operation, and an extensive list of annual events are clearly laid out in an accessible format that is color- and icon-coded.

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