



## **Links to Resources on the Web**

[www.celebrationswineclub.com](http://www.celebrationswineclub.com) (A variety of wine clubs)

[www.chefjohnash.com](http://www.chefjohnash.com) (Web site of Chef John Ash)

[www.fitnessjournal.org](http://www.fitnessjournal.org) (Online exercise log)

[www.foodandwine.com](http://www.foodandwine.com) (Web site of Food and Wine magazine)

[www.foodtv.com](http://www.foodtv.com) (Lots of recipes and listings for cooking shows)

[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines) (USDA Dietary Guidelines 2005)

[www.inwinecountry.com](http://www.inwinecountry.com) (Weekly television show)

[www.localharvest.org](http://www.localharvest.org) (Nationwide directory of small farms, farmers markets, and food sources)

[www.seasonalchef.com](http://www.seasonalchef.com) (Farmers' market directories, seasonal recipes)

[www.slowfoodusa.org](http://www.slowfoodusa.org) (Organization devoted to preserving traditional food ways)

[www.wine.com](http://www.wine.com) (Wine clubs, wine baskets)

[www.winecountry.com](http://www.winecountry.com) (News, events, travel information)

[www.winespectator.com](http://www.winespectator.com) (Wine ratings, site of *Wine Spectator* magazine)

## **Links to Restaurants in The California Wine Country Diet Listed from North to South**

### **Humboldt County**

[www.benbowinn.com](http://www.benbowinn.com) Benbow Inn – Garberville

### **Mendocino County**

[www.patronarestaurant.com](http://www.patronarestaurant.com) Patrona Restaurant – Ukiah

[www.littleriverinn.com](http://www.littleriverinn.com) Little River Inn – Little River

[www.albionriverinn.com](http://www.albionriverinn.com) Albion River Inn – Albion

## **Sonoma County**

[www.charliepalmer.com](http://www.charliepalmer.com) Dry Creek Kitchen Restaurant – Healdsburg

[www.johnashrestaurant.com](http://www.johnashrestaurant.com) John Ash & Co. Restaurant – Santa Rosa

[www.cafelahaye.com](http://www.cafelahaye.com) Café La Haye – Sonoma

## **Napa County**

[www.zuzunapa.com](http://www.zuzunapa.com) Zuzu Restaurant – Napa

## **Contra Costa County**

[www.wentevineyards.com](http://www.wentevineyards.com) The Restaurant at Wente Vineyards - Livermore

## **Tuolumne County**

[www.cityhotel.com](http://www.cityhotel.com) City Hotel Restaurant – Columbia

## **Santa Clara County**

[www.manresarestaurant.com](http://www.manresarestaurant.com) Manresa Restaurant – Los Gatos

[www.californiacafe.com](http://www.californiacafe.com) California Café - Los Gatos

## **Monterrey County**

[www.andresbouchee.com](http://www.andresbouchee.com) Andre’s Bouchée Restaurant – Carmel by the Sea

[www.fandangorestaurant.com](http://www.fandangorestaurant.com) Fandango Restaurant – Pacific Grove

## **San Luis Obispo County**

[www.justinwine.com](http://www.justinwine.com) The Restaurant at JUSTIN, Justin Vineyards – Paso Robles

## **Santa Barbara County**

[www.losolivoscafe.com](http://www.losolivoscafe.com) Los Olivos Café – Los Olivos

[www.bouchonsantabarbara.com](http://www.bouchonsantabarbara.com) bouchon santa barbara – Santa Barbara