FOOD for thought
ARIZONA

TUCSON

With more than 4,000 years of agricultural history, this Sonoran Desert locale has been living off the land since well before the current farm-to-table movement.

1  Hacienda Del Sol
PHOTO BY TOM FIRTH

2  Hamilton Distillers, makers of Whiskey del Bac
COURTESY OF VISIT TUCSON

3  The tiraditos clasicos served at Inca’s Peruvian Cuisine highlights the Japanese influence on Peruvian food.
COURTESY OF INCA’S PERUVIAN CUISINE

NORWAY

BERGEN

With a breathtaking waterfront location in the country’s fjordland region, expect to taste the bounty of the sea along with a few surprises.

1  The city’s Old Wharf
PHOTO BY TERJE RAKKE/COURTESY OF FJORD NORWAY AS

2  The Fish Market in Bergen
PHOTO BY PER EDIE/COURTESY OF BERGEN TOURIST BOARD

3  View of the city from atop Mount Ulriken
PHOTO BY GJERTRUD COUTINHO
**STAY**
The **Hacienda Del Sol** started life as a girls’ boarding school in 1929. This 60-room guest ranch resort in the Catalina Foothills provides fine dining at its Grill Restaurant, which has received multiple awards from Wine Spectator. Through the Flavor by Loews Hotels program, the **Loews Ventana Canyon Resort** partners with area purveyors such as the Tucson Tamale Company to serve up authentic local cuisine. Partake in a true cowboy dining experience of wood-grilled steak under the stars at the **White Stallion Ranch**. The spacious accommodations at this dude ranch are popular for multigenerational family gatherings. Farther afield, **Circle Z**, the oldest ranch in Arizona, serves homegrown vegetables and honey from its own bees.

**EAT**
**El Charro Café** has been serving up traditional Sonoran specialties such as carne seca for nearly 100 years. For an updated version of old classics, try **Café Poca Cosa**, where the menu changes twice daily. Bacon-wrapped Sonoran hot dogs crowned with a half-dozen toppings are a regional street-food favorite that is best enjoyed at the James-Beard-honored casual spot **El Guero Canelo**, with three locations in Tucson. Afterward, satisfy your sweet tooth with Mexican pastries at **La Estrella Bakery** in the Mercado San Augustin. Tucson's culinary diversity is also on display with the buttery kringles at **Mona’s Danish Bakery**, fragrant Vietnamese Bún bò Huế at **Ha Long Bay**, and ceviche at **Inca’s Peruvian Cuisine**. Seafood in Arizona? Sure, Tucson is just a four-hour drive from the Gulf of California.

**STAY**
The **Opus XVI Hotel** is run by relatives of Norwegian composer Edvard Grieg. They offer a traditional afternoon tea with a Norwegian twist of toast Skagen consisting of prawns on sautéed bread. The **Hotel Bergen Bors** offers elegant rooms along with a restaurant focused on fresh ingredients such as local pollock from the fjords. The **Hanseatic Hotel** has preserved the remains of an 18th-century trading house adjacent to the waterfront and offers cozy accommodations along with multiple restaurants serving both casual and elegant Norwegian fare. Near Bergen’s main shopping district, **Hotel No 13** radiates a hip, funky vibe.

**SEE**
The **Mission Garden** is an open-air agricultural museum that cultivates heirloom food crops, such as cactus buds, agave and wild Chiltepin peppers that have adapted to the desert environment for four millennia. The retail shop at the not-for-profit seed bank **Native Seeds/SEARCH** offers a wide selection of indigenous heirloom vegetable seeds for budding gardeners. Try Hopi red-dye amaranth and San Felipe pumpkin. At the **San Xavier Co-op Farm** on the Tohono O’odham Reservation, load up on locally grown tepary beans, mesquite flour and other foods of the region. Seasonal classes focus on safely harvesting the wild bounty of the desert, including cholla buds and mesquite pods.

**EAT**
**Cornelius Seafood Restaurant** boasts a bevy of dining options that includes the Meteorological Menu inspired by the weather of the day; or try the Holmen Special, which includes an educational talk about shellfish along with a sampling of fresh Norwegian oysters and house-smoked salmon. Stop in for picnic provisions, including planks of cheeses and cured meat, at the **Colonialen Deli**. For a touch of culture along with “neo-Fjordic” cuisine—think mackerel with grilled strawberry, squid ink and cucumber marinated in pine vinegar—take a seat at **Lysverket** restaurant and bar inside the KODE 4 museum of Nordic arts, design and music.

**SEE**
Since Bergen is very much a sea-focused city, soak up the area’s nautical vibe with a stroll along the historic **Bryggen** (Hanseatic Wharf). With its colorful buildings (many of which are more than 300 years old) and boutique shopping, Bryggen is a popular destination for cruise ship passengers. One of the major attractions in the area is the **Fish Market**, which has been offering seafood since the 13th century. Chat with a fishmonger, or dine at one of the restaurants nearby. For an overhead view of Bergen’s rugged waterfront setting, ride the cable car to **Mount Ulriken**, the tallest of Bergen’s seven mountains.

**DO**
Savor the Old Pueblo’s burgeoning culinary scene with a **Tucson Food Tour**. During your wanderings, you might sample empanadas, tamales and even a local version of pastrami. Fusion food started long ago in Tucson with the blending of foods from the native Tohono O’odham and the Spanish explorers. The **Presidio District Experience** is a progressive culinary heritage tour that melds Old World and New World ingredients. **Hamilton Distillers**, the makers of Whiskey del Bac, combines the old and new in three types of whiskey crafted from scratch, including a mesquite-smoked whiskey. Distillery tours and tastings are offered every Saturday.

**DO**
For an authentic dining experience, embark on a fjord cuisine cruise. Offered by **Bergen Fjord Adventures**, the cruise features a menu that uses foraged ingredients such as local seaweed, periwinkles and crabs, which are found in the fjords by the guests themselves. Then channel your inner Viking by cooking the meals over an open bonfire on the beach. If you prefer to catch your dinner with rod and reel, sign up for a fishing tour. You can either rough it on the open seas or stay closer to shore on board the **TSMY Weller**, a 50-foot yacht.