

Thought for food

■ Restaurants serving fish may subscribe to the Monterey Bay Aquarium's Seafood Watch Restaurant Program. That means a waiter will point a diner toward a meal of fish created with sustainable populations.

■ Take advantage of the entire range of dining options. One experience, for example, might be to order a roast beef sandwich over the glass counter at the Mecca Delicatessen, 215 Reservation Road in Marina. Then

drive to Marina State Beach to eat the sandwich while watching the sea and surf. Another time, head for an upscale restaurant such as Marinus at Bernardus Lodge, 415 Carmel Valley Road in Carmel Valley. Marinus offers 1,800 fine wine selections and has enjoyed the Mobil Four-Star Rating in 2001, 2002, 2003, 2004 and 2007.

■ Remember to eat across the United Nations spectrum of flavors in the county's many ethnic restaurants —

Indian to Greek, British to Japanese, Chinese to French and Mexican.

■ For those interested in preparing foods as well as eating them, there's the Culinary Center of Monterey at 625 Cannery Row. 333-2133, www.culinarycenterofmonterey.com.

■ Festivals devoted to particular food items include the Castroville Artichoke Festival in May. 633-2465, www.artichoke-festival.org.



PHOTO BY RICHARD GREEN/THE SALINAS CALIFORNIAN

Exotic dishes, such as these from Samurai Sushi in Salinas are everywhere to be discovered in Monterey County.



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Seafood of all varieties and prepared in dozens of different ways invites visitors and home folks alike to eat hearty.