

(SELF)

INDULGE

SPINACH SALAD

Learn to prep this leafy lunch at the Golden Door spa in California. (Get the recipe at Self.com/go/salad.)

FOODIE GETAWAYS

→ The freshest trend in travel lets you harvest and cook what ends up on your plate. Here, our top picks for where to go to forage, fish and more.

WILL TRAVEL FOR FOOD!

Pack the hiking boots (or flippers!) and head to one of these agritourism hot spots.

BY CHRISTINA VALHOULI

PICK GRAPES IN ITALY

WHERE TO GO Housed in a 10th-century castle—think terra-cotta floors, wood-beam ceilings and antique everything—Castello di Casole is surrounded by acres of olive groves and vineyards. Tuscan hills provide an idyllic backdrop for hiking, biking and horseback riding. There's even a spa (in a converted wine cellar, naturally). From \$386 a night; CastelloDiCasole.com

WHAT TO DO Book in September and help harvest grapes with the resident vintner. After wine tasting, take a cooking class and learn how to use your fresh-picked fruit in local specialties like focaccia all'uva, a sweet grape bread.

PERFECT FOR Active foodies who want to boost their wine savvy while reveling in a little old-world glamour

FORAGE IN MAINE

WHERE TO GO Get a taste of small-town New England charm at Hidden Pond, a rustic-chic resort comprising 36 cottages in picturesque Kennebunkport, Maine. Vegetables grown on the resort's organic farm appear on the menu at Earth, Hidden Pond's popular restaurant. Sit on the patio for a view of the vegetable garden and pond. From \$399 per night; HiddenPondMaine.com

WHAT TO DO Join Justin Walker, Earth's rising-star executive chef, on an expedition into the woods near the hotel to forage for black trumpet and hen-of-the-woods mushrooms, wild cranberries and black cherries.

PERFECT FOR Nature lovers in search of a casual, cozy vacation

MAKE CHOCOLATE IN BELIZE

WHERE TO GO Recently renovated by the duo behind Belcampo organic restaurants and cattle farms in California, Belcampo Belize boasts a 3,000-acre sustainable farm, free-range pigs and a distillery. The surrounding rain forest and nearby Gulf of Honduras give the resort a lush, exotic feel, but its eco-chic rooms and spa are all about comfort. From \$380 a night; BelcampoBZ.com

WHAT TO DO Choose from a chocolate-making class, diving for lobster with the chef or foraging for hearts of palm (for your next salad) with a local.

PERFECT FOR Explorer types who want a hands-on experience without truly roughing it

HARVEST VEGETABLES IN CALIFORNIA

WHERE TO GO Legendary for its spa treatments and Zen vibe, the Golden Door in Escondido, California, encompasses a 20-mile network of hiking trails, organic olive and citrus groves, chicken coops and a 3-acre

biodynamic farm. One-week rates start at \$8,850; GoldenDoor.com

WHAT TO DO Pick pumpkins, pomegranates and more, then learn how to use them in some of the spa's most popular dishes. Or suit up with executive chef Greg Frey Jr. and learn about the inner workings of a honeybee hive.

PERFECT FOR Veggie—and luxury—lovers looking to eat healthy, get fit (everything from pilates to an aqua boot camp is on offer), and log some hours at a top-notch spa

CRAFT COCKTAILS IN HAWAII

WHERE TO GO Perched on a hill overlooking the Pacific Ocean, the Hotel Wailea in Maui has its own organic garden and two eateries committed to using local ingredients. Try canoeing or kite boarding, or just lounge by the pool. Either way, sunset cocktails (like the margarita below) are in order—the resort makes theirs with fresh juices and homemade syrups. From \$519 a night; HotelWailea.com

WHAT TO DO Hop in a golf cart headed to Hotel Wailea's mango and avocado orchards, then return for a poolside mixology class, where you'll whip up drinks using fruit and herbs from the gardens.

PERFECT FOR Travelers who want to relax, recharge and toast to a day in paradise—not spend all day in a kitchen

FISH IN THE BAHAMAS

WHERE TO GO Three miles of unspoiled white beaches and no in-room Internet or TV make Kamalame Cay, a private island getaway in the Bahamas, the perfect place to unplug—and eat well. The resort grows its own produce and herbs, bakes its own bread and features fresh-caught fish on its menus. From \$250 a night; Kamalame.com

WHAT TO DO Take a boat out on the open waters to fish for snapper and grouper; then head to the kitchen, where a chef will help you cook your catch for dinner.

PERFECT FOR Fishing enthusiasts and ocean lovers seeking a barefoot-style escape from tech overload



MAKE IT AT HOME

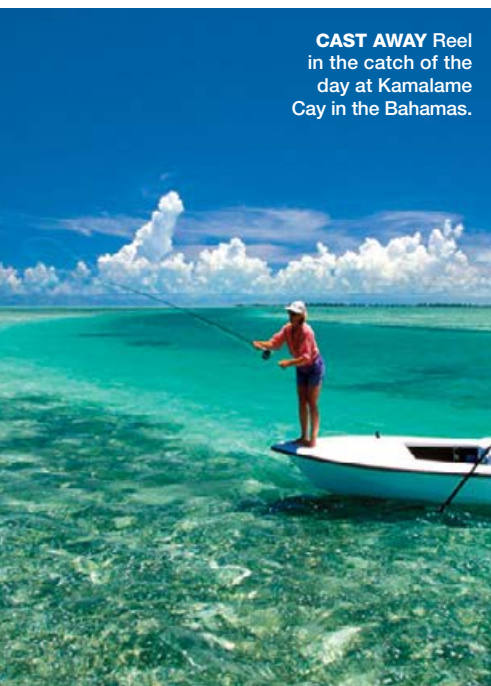
Try the Piña de Pele Margarita:

In a blender, puree 1 cup cane sugar, 1 cup water and 1 jalapeño chile, stemmed.

In a shaker, combine 1½ oz tequila, 1 oz lime juice and 1 oz jalapeño syrup. Fill with ice, top with pineapple juice, shake and pour into a glass rimmed with honey and pink salt.



TASTE OF TUSCANY
Pick grapes used for wine making at Castello di Casole.



CAST AWAY Reel in the catch of the day at Kamalame Cay in the Bahamas.



LOCAVORE'S DILEMMA What to eat first? Dinner at Belcampo Belize



BEAN TO BAR Turn cacao into delicious chocolate treats at Belcampo Belize.



FOREST TALES
Go foraging for mushrooms at Hidden Pond in coastal Maine.



FARMER FUN
Collect garden veggies and eggs from the henhouse at the Golden Door.