

★ March 10, 2020

## Sacramento Food & Drink

The Sacramento region's food scene is exploding, with exciting restaurant options around every corner. Delicious culinary options abound, from burgers to sushi, fast-casual eateries to elegant bistros. [Explore](#) our restaurant partners to find a table that will satisfy your cravings!

Once the Beer Capital of the West, [Sacramento's craft beer scene](#) has reemerged with more than 70 regional craft breweries to explore and hops growing right outside downtown.

For those looking for [the next great wine region](#), Sacramento may be the best-kept secret. The Sacramento region and surrounding counties are home to more than 200 wineries, vineyards and tasting rooms, and most are within an hour's drive or less from downtown.

Java lovers aren't left out in Sacramento, either – the region boasts [a burgeoning coffee culture](#) that's ready to explore

### Foodie Adventures

Beyond sampling from our restaurant scene, visitors can get a taste of our food and drink culture through countless activities ranging from farm tours to culinary festivals. If you're hungry for a farm-to-fork adventure, Sacramento has something on the menu that is sure to please.

### Farmers Markets

Visitors can find a [farmers market](#) in the Sacramento region all year round, with multiple options available daily during the spring, summer and harvest seasons. Shoppers will find local produce, meats, desserts and other regionally-sourced products to create a farm-to-fork meal of their own. While there are countless options to choose from, a few weekly favorites include:

[The Midtown Farmers Market](#): Hungry home chefs flock to the Midtown Farmers Market every Saturday from 8 a.m.-1 p.m. at 1050 20<sup>th</sup> St. in midtown Sacramento

[Sacramento Central Certified Farmers Market](#): Reported to be the largest California Certified Farmers Market in the state, this diverse market can be found year-round on Sundays from 8 a.m.-noon at 8th & W Streets under Highway 50/80 in downtown Sacramento

### Cooking Classes & Chefs Demonstrations

The Sacramento region offers a wide range of chef demonstrations and cooking classes, ranging from Japanese food to craft cocktails. Included below are a sampling of offerings guaranteed to pique any budding chef's interest.

[Cocktail Academy, Hook & Ladder](#): Aspiring bartenders can get tips from the restaurant's mixologists, and of course, sip the fruits of their labor. Check [hookandladder916.com](http://hookandladder916.com) for dates and registration.

[The Kitchen](#): Sacramento's only Michelin-starred restaurant and one of the region's most renowned dining experiences, The Kitchen pairs cooking demonstrations with four-star cuisine, as participants sip wine and cocktails while viewing their dinner being prepared in "Acts," much like their favorite play. Reservations in advance are required; call (916) 568-7171 for available dates.

[Sacramento Natural Foods Co-op](#): Food lovers can try their hand at making everything from udon noodles to Indian street food at this Sacramento institution's cooking school. Classes are also available for kids and teens! Course schedules vary by week, and pre-registration is required. Visit [www.sacfoodcoop.com](http://www.sacfoodcoop.com) for more information.

[Sushiology, Mikuni](#): Learn about the art of sushi-making at one of Mikuni's popular Sacramento region locations. Sushi students receive a sushi kit to take home and will hone their skills while sampling appetizers, beer and sake. Class dates are ongoing; see [mikunisushi.com/events](http://mikunisushi.com/events) for details.

[Butchering 101, Taylor's Market](#): Learn the basics of butchering at one of the Sacramento region's most well-known marketplaces from Taylor's Market owner, Danny Johnson. Students will try their hand that working with pork, followed by a delicious lunch.

### ***Bike & Walking Food Tours***

Looking to incorporate a little sightseeing into your culinary adventure? The Sacramento region boasts several options that allow visitors to savor local tastes on foot or even by bike. Whether it's a guided tour or a self-led exploration that you're after, it's time to lace-up those sneakers and work-up an appetite.

[Follow the Chef](#): Starting each spring, foodies can catch a glimpse of how a local farm-to-fork chef selects his ingredients, and then taste the results! Tour participants travel to downtown Sacramento's Cesar Chavez Farmers Market to talk about seasonal products with Chef Dane Blom from Grange restaurant. The tour ends with a Grange lunch made from the same ingredients. Tours are led every other Wednesday from 11 a.m. – 1 p.m. each spring and summer – call 916-492-4450 for reservations and event dates.

[Local Roots Food Tours](#): Serious foodies won't be disappointed in these walking tours of Sacramento eateries, with a focus on Farm-to-Fork. The half-day tours are available weekly and vary based upon the route, and you're sure to be rewarded for your steps with an unforgettable meal or two.

[Beer Bike Tours](#): Beer-fanatics can pedal for their pints onboard the [SacBrewBike](#); a bike built for 15 that tours area breweries and allows you to sip on the road. The BrewBike team also recently launched a [BrewBoat](#) for beer cruises in spring and summer!

[SacTown Bites - Food Tour Adventures](#): The tours showcase the regions farm to table chefs, restaurants and ingredients. Go on a three-hour adventure taking a deep dive into Sacramento's burgeoning food and beverage scene.

### ***Culinary Festivals & Events***

It's no surprise that there are countless annual events that highlight the foods and drinks that have put Sacramento's culinary scene on the map. Included below are several well-known events sure to provide travelers with a taste of the region...and leave them asking for a second helping.

- [Sacramento Baconfest \(January 21-26, 2020\)](#): Sacramento eateries go "hog wild" for a week of bacon-filled debauchery. With events ranging from cocktail competition to burger battles, bacon lovers will definitely leave satisfied.
- [Sacramento Beer Week \(April 24-May 3, 2020\)](#): In celebration of Sacramento's exploding craft beer scene, visitors can raise a pint during this week-long event, featuring beer tastings and releases at local breweries and restaurants across the region. This always-popular week culminates with a beer festival on Sacramento's Capitol Mall, attracting thousands of thirsty fans.
- [Sacramento Food Film Festival \(April 2020\)](#): Delicious meals and food-themed movies come together during Sacramento's Food & Film Festival. This annual event features daily meal and film pairings at rotating locations across the region. Ranging from four-star cuisine and documentaries to spaghetti and cartoons, there's something for everyone throughout the weeklong celebration. More information is available at [sacfoodfilmfest.com](http://sacfoodfilmfest.com)
- [The 8<sup>th</sup> Annual Farm-to-Fork Month, September 2020](#) – In its eighth year, this annual Celebration now spans the entire month of September, highlighting the agricultural powerhouse that is the Sacramento region...and the fruits of our labor. Festivities will be happening across the region all throughout the month. Some of the planned events produced by Visit Sacramento will include:
  - [World Butchers' Challenge \(September 4-6, 2020\)](#): The World Butchers' Challenge is a butchery competition of epic proportions. With butchers from across the globe battling it out for the title of the world's best, it's often referred to as the 'Olympics of Meat'.
  - [Legends of Wine \(September 10, 2020\)](#) – Celebrating the region's wine production, local legends Darrell Corti and David Berkley hand-pick their favorite varietals for a celebration on the West Steps of the Capitol
  - [The Farm-to-Fork Festival \(September 18-19, 2020\)](#) – The Farm-to-Fork Festival will return to Capitol Mall showcasing the farms, food, drinks and so much more that make Sacramento America's Farm-to-Fork Capital.

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- [The Tower Bridge Dinner \(September 27, 2020\)](#): Visit Sacramento will again host a one-of-a-kind dining experience on the Tower Bridge that highlights the farmers and chefs that help to define our region. The dinner continues to serve as a crucial fundraiser for the free Farm-to-Fork Festival