



May 22, 2015

Chuck Matthews
Deputy Director, HHSA
County of San Diego
1701 Mission Avenue,
Oceanside, CA 92058

Dear Mr. Matthews:

We are so very pleased to partner with the County of San Diego as a *Live Well San Diego* partner. Our Restaurant/Cooking School and Micro Garden strongly believes and promotes the *Live Well San Diego* initiative and we will always strive to be conscientious about healthy options for our customers, employees and the community that we love.

We do appreciate the partners that *Live Well San Diego* represents and the Community at large that it encompasses. With all of us hand and hand together with the same sustainable vision we see the ease of implementation of this great community wide project, and we are excited and honored to share in the journey of Wellness for San Diego, at every step of the way.

Our Café Merlot sits on 11 acres of ranch and vineyard and practices not only the SLOW FOOD technique as we Plant, Grow and Eat as much as we can for not only our customers, but for our classes as well. We pride ourselves as being an intergenerational café and understand the focus on the Inner Pharmacy that keeps us all healthy. We have worked side by side with local schools and Senior Centers to build, manage and grow their own gardens so that they may serve them in their local cafeterias. We want to be able to teach good eating habits as well as the cost of farming, water conservation and the value of hard work seeing the fruits of their labor. We are currently working on Food Science Labs/Classes to incorporate math, science and art into the lives of our families as well as showing the appreciation of this fine Industry County and State wide.

Café Merlot at the Historic Bernardo Winery will continue to serve from local sources, teach sustainable healthy habits, practice water saving and Green techniques whenever and where ever we are, as we are committed to living healthy and creating an environment as well as be an example for other restaurants throughout the County. We will cast the net wider each week to our local schools and teach these practices where allowed. Our classrooms will focus on Culinary Medicine and eating by the rhythm of the Season. To promote this County -Wide reach we have, and will continue to take this message thru teaching Lunch and Learns within corporations, local fairs and festivals. We are in the process of creating fundraisers for this effect as well thru an online program called SHOP IT FORWARD, so that we can assist all small growers, farmers and business to be fruitful and thrive.

Thank you for recognizing Café Merlot as a *Live Well San Diego* Partner for the work we have done and will continue to do into the near future.

Namaste,


Antoinette F. Kraft
Tastemaker and Owner

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