

Eat Drink Be SD

SAN DIEGO FOOD & EVENTS

Passion for Pomegranate

November 6, 2017

November is National Pomegranate Month and the perfect time to indulge in some tasty dishes and drinks that incorporate the super fruit.



Farmer's Table is La Mesa's neighborhood farm-to-table eatery where locals and visitors can enjoy quality cuisine. For a healthy and light lunch option that includes the slightly sour kick of pomegranate seeds, be sure to order the Baby Kale Salad. In addition to the seeds, oranges, blueberries and candied walnuts are all covered in a light citrus vinaigrette.

A revival of Mission Beach's colorful past, Miss B's Coconut Club prides itself on offering Caribbean-inspired American food with tiki flair and creative cocktails. Their Vaval Cocktail consists of Rhum Agricole, creole shrubb, lime juice, pineapple juice, house

honey syrup, house pomegranate syrup and black walnut bitters to create a refreshing beverage that would pair well with any dish at this coastal favorite spot.

Head up the coast to Carlsbad's Park 101 for a unique answer to community dining, lounging and sipping in style. Choose from a mouth-watering assortment of smoked meats and satisfactory salads, like the Pomegranate Broccolini Salad. Leafy greens, blanched broccolini, sautéed mushrooms, shaved parmesan and zesty pomegranate seeds are drizzled with a smoked tomato vinaigrette to make this appetizing salad.

Crudo, located within the Village at Pacific Highlands Ranch, welcomes guests to experience traditional Mediterranean cuisine with Japanese-inspired infusions. For lunch or dinner, stop in to taste the hearty Crudo Salad made with arugula, chicken, prosciutto and bresaola, topped with manchego cheese, tomatoes, pomegranate, hazelnut, cranberry and a white balsamic dressing.

For another enjoyable beverage that incorporates the pomegranate superfood, head to Wood Ranch in Mission Valley. Along with their whisky drinks, drafts, margaritas and variety of wines, they're also serving hand-crafted cocktails, like the Raspberry-POM® Martini. Not your typical martini, this drink is an invigorating mix of Cruzan Raspberry rum and pure POM® juice, made from the fruit of the pomegranate.

Visit any of these places during November for National Pomegranate Month, and don't take for pom-e-granate this tasty fruit.