



Water and Flavor: Telling the Stories Behind Sacramento Valley's Farm-to-Fork Movement

The Sacramento Valley isn't just a place—it's a thriving ecosystem where farms, chefs, and communities collaborate to produce some of the most flavorful and sustainable meals in the world. At the heart of this movement is water, the essential ingredient that nourishes the land, cultivates the crops, and sustains the culinary creations that define our region.

This document explores how water connects the farm-to-fork story, bringing together chefs, farmers, and the resources that make Sacramento Valley's food culture exceptional.

THE INGREDIENT THAT CONNECTS US ALL

Water plays a pivotal role in cultivating the quality ingredients that inspire Sacramento Valley's culinary scene. From lush rice fields to verdant orchards and row crops, water ensures that local farmers can grow food not only for sustenance but for flavor. As chef Alice Waters reminds us, "**The restaurant's whole reputation is dependent upon the goodness of the ingredients,**" a goodness made possible by the region's unique relationship with water.



Farm-to-Fork Capital

Sacramento's title as the Farm-to-Fork Capital of the World is more than a slogan—it's a recognition of the region's unparalleled agricultural bounty, innovative culinary scene, and strong community connections. Nestled in the Sacramento Valley, this area benefits from a Mediterranean climate, fertile soils, an abundance of water, and year-round sunshine, making it one of the most productive agricultural regions on Earth. With over 1.5 million acres of farmland, the Valley grows more than 160 crops, ranging from rice and almonds to seasonal fruits and vegetables that grace plates across the globe.

This designation also celebrates the people: the farmers who dedicate their lives to cultivating the land, the chefs who transform these ingredients into artful dishes, and the communities that embrace and support this local food culture. Together, they create an ecosystem that prioritizes sustainability, flavor, and a deep appreciation for the connection between land and table.

BREAKING BREAD

Experience the Sacramento's farm-to-fork movement with Breaking Bread, a documentary that celebrates the vibrant partnership between local chefs and farmers. From fields to kitchens, it's a feast for the eyes and a tribute to the Valley's dedication to fresh, flavorful, and sustainable food.

[Learn More & Watch the Series](#)

BREAKING BREAD
SACRAMENTO

THE CHEFS

Taro Arai • Mikuni
sushi, japanese

Christopher Barnum-Dann • Localis
global cuisine, big flavor

Q Bennett • Q 1227 Restaurant
modern comfort

Dane Blom • Grange Restaurant and Bar
seasonal, local

Tyler Bond • Chu Mai
contemporary, asian

Brad Cecchi • Cannon
shareable, seasonal, artisan

Santana Diaz • UC Davis Health
healthy food, health care

Suzette Gresham • Acquerello
italian, fine dining

N'Gina Guyton • Jim Denny's
diner, californian, modern

Ginger Elizabeth Hahn • Ginger
Elizabeth Chocolates
handcrafted confections, local

Molly Hawks & Mike Fagnoni • Hawks
soulful, seasonal, american

Byron Hughes • Last Supper Society
food stories, cultural, experience

Elizabeth-Rose Mandalou & Deneb
Williams • Allora
modern, italian

Patrick Mulvaney • Mulvaney's B&L
eclectic, seasonal

Billy Ngo • Kru
contemporary, japanese

Oliver Ridgeway • Camden Spit & Larder
modern, london-inspired

Alice Waters • Chez Panisse
*local, sustainable, mediterranean-
inspired*

THE FARMERS

Thaddeus Barsatti: Capay Organic
Michael Bosworth: True Origin Foods;
Rue & Forsman Ranch

Jim Durst: Durst Organic Growers

Mike Madison: Yolo Press

Craig McNamara: Sierra Orchards