



The Slow Food Guide to New York City: Restaurants, Markets, Bars

Patrick Martins, Ben Watson

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A deliciously different guide for native New Yorkers and visitors alike, with a broad yet discriminating view of the Big Apple's incredibly rich "food landscape." Compiled and written by passionate food-lovers who know the city inside and out, this unique guide covers not only the fancy four-star restaurants but the neighborhood hangouts and hidden treasures that make New York City such an international culinary destination.

The Slow Food Guide to New York City celebrates the foods and cuisines of the city's finest restaurants, green markets, specialty food shops, bars, and late-night spots. What all these places share is a commitment to the values of the international Slow Food movement: Artisanship, Conviviality, Eco-Gastronomy, Freshness, Sustainability, Tradition, and Typicality.

Slow Food is dedicated to:

- stewardship of the land and ecologically sound food production
- revival of the kitchen and the table as centers of pleasure, culture, and community
- invigoration and proliferation of regional, seasonal culinary traditions
- living a slower and more harmonious rhythm of life

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