



February 26, 2013

## **Alegria Fresh's Healing Foods Dinner at BlueWater Grill in Tustin**



incredible experience at BlueWater Grill in Tustin.

[AlegríaFresh](#) and [BlueWater Grill](#) have teamed up to host [a natural, healing foods celebration to showcase local, sustainable foods](#). The event, to be held at 7 p.m. on Thursday, March 7, features a five-course meal of sustainable seafood locally-sourced by BlueWater Grill, at The District at Tustin Legacy, and greens and vegetables grown naturally in Laguna Beach by Alegría Fresh.

It's time to salivate, Orange County! On March 7, your tastebuds are in for an

[myHealthyOC.com](#) loves to support local businesses, especially sustainable and healthy businesses, so we took a few minutes to chat with Erik Cutter, the managing director of Alegría Fresh, to learn about his amazing sustainable farm.

Although Cutter has always practiced what he preaches, he started this journey last June in Laguna Beach with the hope to connect youth and people with their food supply. With a background in biochemistry and oncology, Cutter created a highly-efficient, hydroponic vertical farm on a quarter acre in south OC. He and his family have always used foods to help heal and rejuvenate their health.

He believes food is nature's medicine and removing heavy meals laden with cholesterol truly can heal your body.



“Of course you want to put great gas in your car,” Cutter says. “Why wouldn’t you put great gas in your mouth?”

According to Cutter, we have been trained to believe that unless our produce is in a sealed plastic bag or marked with a sticker of approval, we should not consume it. However, the romaine that you pick up in the produce section of the grocery store is already 50 percent dead; it’s kept in the bag to prevent further decay.

“With this high-performance urban system, the food I produce is more nutrient-rich,” he says. “Greens are best when consumed immediately.”

Everything grows up, not out, on his farm with a stacking pot system that uses 90 percent less water, 50 percent less fertilizer and 70 percent less land than traditional organic farming; it also delivers 10 times the yield per square foot of traditional row farming. If anything, Cutter’s system is even better than organic because without soil, there are no soil-borne pests. Coconut fiber, the material used to grow his produce, has excellent water and oxygen retention. Thanks to the temperate Southern California climate, Cutter can grow anything he wants when he wants it.

Cutter understands that the majority of people are not willing to grow their own food or go out of their way to buy locally-sourced greens. The event at BlueWater Grill is the first of many upcoming events to reconnect Orange County with its food sources.

“This is one of the ways we can connect with the mainstream audience,” according to Cutter, who does not want to force people to follow a raw food diet. “We don’t want to shock people, just bring them in step-by-step.”

BlueWater Grill was an obvious partner for this journey. The restaurant only uses seafood suppliers that purchase from fishermen whose products come from fisheries using environmentally responsible harvesting methods. The species on the menu are only harvested from areas that are sustainable for those fish. Together with Alegría Fresh’s fresh, locally-grown, raw greens, the menu will be difficult to resist and leave you craving a meal like this every night. Looking for a sneak peak? Check out our “Recipe of the Week,” courtesy of Alegría Fresh: [Cilantro cashew dressing](#).



To learn more about the event, view the menu and RSVP to reserve your spot (\$75 each), visit [Alegria Fresh's event page](#). If you want [to tour Alegria Fresh on most Saturdays at 3 p.m., click here](#).

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