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Going Green in Seattle

by [Jan Ross](#)



Seattle is one of the best places in the world to visit if you want a green, healthy, organic experience. From a hotel with an expansive and growing green grass roof (no kidding!) to the well-known Pike Place Market, where you can select flowers so fresh they may still glisten with morning dew, this beautiful city has a great deal to offer for environmentally conscious visitors. Fresh seafood from the surrounding waters, locally produced wines and brews, fresh cheese, bakeries highlighting local ingredients and restaurateurs focused on farm-to-table cuisine combine to create a foodie's paradise. They don't call it the Emerald City for nothing!

Stay

You may be surprised at the Hyatt at Olive 8 when you're asked if you know how to use your room key to turn on the electricity. Common in Europe, this energy-saving idea of slipping your room key into a slot to turn on the power is just one example of this hotel's green ethos. It was the first **LEED certified** hotel in Seattle and the first for the Hyatt Hotels Corporation. The hotel is equipped with dual flush toilets, which use much less water than traditional toilets, uses plenty of natural light to conserve energy, and even has in-room recycling containers.

Conveniently located within walking distance of Pike Place Market and plenty

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of downtown shops and restaurants, the hotel features beautiful, modern furnishings in the rooms, high speed Internet and incredible views.

Hyatt at Olive 8, 1635 8th Avenue, Seattle, Washington, USA, 98101, 206-695-1234

www.olyve8.hyatt.com

Relax

For an incomparable spa experience, spend an entire afternoon enjoying the *The Equator*, a virtual trip around the world at the locally owned Ummelina Spa where you will relish waterfalls, a rain forest and a desert environment, each of which use organic and local ingredients like salts, warm oils and mud sourced from different locations around the world. All the experiences at the spa are shaped by the natural environment and the philosophy that for centuries, indigenous people listened to the earth and used its riches as part of their lives. This philosophy helps to restore health and promotes a good balance between the individual and the environment.



Seattle Space Needle

One of the most unusual and interesting aspects of the Ummelina Spa is the Tea Spa where a variety of tea rituals are available with unique and organic herbal teas from around the world specially blended, brewed and enjoyed for a variety of purposes. The spa uses over 250 organic herbs to create teas formulated for their medicinal value, a practice which has been used around the world for hundreds of years.

Ummelina Spa, 1525 4th Avenue # 201 Seattle, WA 98101, 206-624-1370

www.ummelina.com

Do



Serious Pie Pizza.

Seattle is sublimely focused on their local organic and fresh culinary offerings so experience some of the best by spending an afternoon on a culinary tour with Savor Seattle Food Tours. Starting at Yellow Leaf Cupcake where you can choose a swoon-worthy Pancakes 'n' Bacon cupcake, you will make your way through offerings as diverse as freshly made pizza from Serious Pie and locally produced brews at the Pike Brewing Company. Stroll along with the

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guidance of a charming, friendly and knowledgeable guide and it's the perfect introduction to local foods. One of the most important ways Seattle has been going "green" for years is that most ubiquitous tourist destination – the Pike Place Market. But not only is the Market a tourist destination; for years, it has served as a great example of the farm-to-table concept, allowing you to buy directly from farmers. Pick up freshly caught fish, grass-fed beef, fruits and vegetables picked hours earlier and bakery products created from healthy, locally sourced ingredients.

Savor Seattle Food Tours, 1916 Pike Pl Seattle, WA 98101, 206-209-5485
www.savorseattletours.com

Pike Place Market, 85 Pike St Seattle, WA 98101, 206-682-7453
www.pikeplacemarket.org

Eat

If you want to spend a little time relaxing and enjoying some of those fabulous, locally sourced foods you tasted on your foodie tour, there are plenty of restaurants in Seattle to satisfy any foodie's desires.

Andaluca is located in the historic Mayflower Hotel in downtown Seattle and is enjoyed by visitors and locals alike. With a Mediterranean influence and offering seasonal salads, Northwest specialties and some fabulous local cheeses, it's a great place for dinner. Be sure to order a platter of local cheeses.

Agrodolce is a casual and comfortable trattoria hidden away in the Fremont neighborhood which features handmade pasta inspired by Italy's coastal cuisine and other delicious offerings made with organic and sustainable ingredients from the Pacific Northwest. The restaurant is owned by

Maria Hines, the winner of the James Beard Award for the best chef in the Northwest in 2009 and also the Iron Chef winner in 2010. Sample the delicious and unusual rice pudding fritters with caramel sauce.



Agrodolce Rice Pudding Fritters.

Urbane, located in the Hyatt at Olive 8 specializes in delicious Northwest cuisine supervised by Executive Chef Greg Lopez. He works with farmers across Washington and the Pacific Northwest who are dedicated to sustainable growing techniques and bringing the best possible product to market and this is definitely reflected in the menu, which changes seasonally. Try the ribeye steak with locally sourced fiddlehead ferns.

Andaluca, 407 Olive Way Seattle, WA 98101, 206-382-6999
<http://www.andaluca.com/>

Agrodolce, 709 N 35th St Seattle, WA 98103, 206-547-9707
<http://agrodolcerestaurant.net/home/>