

CHARLESTON, SC, September 19, 2013 **/24-7PressRelease/** -- As a restaurant that is known for serving up signature dishes made from fresh and local ingredients,

[Eli's Table](#)

continues to prove a top choice for those looking to eat a refined autumnal meal. While the fall may be a time in which people say goodbye to the warmth of summer and welcome the return of the school year, those in Charleston have come to also know this season by its comfortable autumn weather. As the cool, relaxing weather invites local citizens and tourists outdoors in the city of Charleston, Eli's Table is ready to prepare dishes with fresh seasonal treats crafted from locally-grown or produced ingredients.

While the staff at Eli's Table is well-versed in preparing a wide range of meals to accompany any season, American diners are just beginning to grasp the concept of "eating seasonally." In fact, a recent article from The Weather Channel reveals that while the pumpkin may be a traditional fall favorite, this season is known to bring about many other incredibly healthy "superfoods."

The [article](#) states: "Summer may be high season for fresh produce, but fall also has its share of delicious superfoods. The changing weather creates perfect conditions for cool-season crops, such as some lettuces, plus some foods that have been growing all summer, such as apples, reach their peak. Fall, of course, also means pumpkins, squashes and more starchy vegetables rich in vitamins and fiber, which helps you feel full and promotes healthy digestion," Andrea Giancoli, RD, a spokesperson for the Academy of Nutrition and Dietetics, told Weather.com.

In a recent press statement, Eli's Table explains, "Although many are sad to see the summer go, we are excited to introduce the seasonal ingredients that the fall delivers. The rich, distinctive tastes of autumnal produce are hard to match, so now is definitely a great time to come out and enjoy these flavors."

Eli's Table Embraces the Lowcountry Fall with Fresh, Seasonal Dining Selections Page 2While the fresh factor of Eli's ingredients helps define the high quality of this restaurant, the venue is also recognized for its contribution to the local community. In the article from The Weather Channel, Andrea Giancoli explains why eating locally can produce enhanced tastes for fall dining. She states, "When you eat seasonally, and buy locally, you're going to get the fruits and vegetables that have traveled the least amount of time and have been picked close to their peak of ripeness...They're likely to have a higher vitamin content than those shipped globally, plus you're supporting your local farmers and local economy."

Offering breakfast, brunch, lunch, and dinner menus, Eli's Table remains a great way for diners

Eli's Table Embraces Fresh, Seasonal Fall Dining Selections

Written by Australian Business

to support the local Charleston community and explore a diverse range of flavors.

ABOUT:

[Eli's Table](#) is a highly-rated restaurant in Charleston, South Carolina--and winner of the 2013 Diner's Choice Award--that offers a tantalizing menu to its patrons, crafted from fresh and local ingredients. With a carefully-selected menu, this restaurant offers incredible breakfast, brunch, lunch, and dinner selections, as well as a full range of delicious adult beverages for happy hour and beyond. Featuring live music every weekend and comfortable outdoor courtyard seating, Eli's makes for a welcoming atmosphere for friends and family to share conversation, create memories. and enjoy an exceptional meal.