

## Eli's Table Explains Eco-Eating Culinary Trends

Written by Australian Business

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CHARLESTON, SC, September 28, 2013 /**24-7PressRelease**/ -- From the time it opened, [Eli's Table](#)

--award-winning Charleston, South Carolina restaurant--has always focused on presenting good atmosphere and visiting diners with a solid selection of healthy, flavorful dishes made from fresh and local ingredients. Now, as the American public moves toward "eco-eating", it is clear that this restaurant has played an important part in shifting the preferred tastes of consumers.

As a restaurant dedicated to raising awareness about the importance of eating locally-produced goods, Eli's Table points to a recent [article](#) from Food Product Design that highlights the growing popularity of eco-eating. The article reveals, "Driven by growing consumer awareness about the vulnerable state of the global environment and food supply, environmentally conscious eating is a trend destined to increase in urgency, according to a new report from the Center for Culinary Development (CCD) Innovation and Packaged Facts."

The article continues, "According to the Eco-Eating Culinary Trend Mapping Report, consumers are continuing to educate themselves about ecologically sound foods and how to look for new trustworthy partners in their pursuit to eat in ways that are kinder to the planet. This eco-eating takes many forms, typically starting with organic dairy and produce and moving on to plant-based proteins.

In the past, it may have been sufficient to stop there and call it an eco-progressive meal plan. Today, progressive diners and food shoppers are beginning to think about their eco-eating footprints and are looking for sustainable choices in all sorts of new places."

In a recent press statement, Eli's Table responds, "We have always believed that eating local is not only a way to support the environment, but also an incredible way to satisfy taste buds, focus on health and embrace local commerce. While eco-eating may be coined as a culinary trend for the time being, the growing rates of awareness suggest that this dietary shift is one that many consumers may permanently embrace."

While there are many ways that diners and consumers may define their eco-eating efforts, the article helps shed greater light on how the public is adapting this cause. In addition to individuals opting for more health-conscious and organic goods at grocery stores, many consumers are starting to expect eco-friendly selections from restaurants, hotels and other hospitality venues.

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According to Food Product Design, statistics suggest that many consumers are focused on eating locally-grown produce, grass-fed beef and sustainable seafood.

"In the past, many may have believed that eco-eating could only apply to vegetarians. However, as this report suggests, more people are finding innovative ways to improve food, enhance the environment and protect health outside of preparing produce-only dishes. Those looking to enjoy a fresh Lowcountry meal in Charleston made from locally-produced goods are invited to visit us any time," Eli's Table concludes in its press statement.

### ABOUT:

[Eli's Table](#) is a highly-rated restaurant in Charleston, South Carolina, that is the winner of the 2013 Diner's Choice Award and offers a tantalizing menu to its patrons, crafted from fresh and local ingredients. With a carefully-crafted menu, the 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.