



CYCLE FOR YOUR SUPPER

What's better than choosing your meal at a restaurant? Selecting the plump tomatoes, spicy radishes and sweet beets that go into it.

Sunlight slants into the Green City Market's tented stalls, spotlighting pyramids of beefsteak tomatoes, broccoli bouquets and ruddy potatoes. The Four Seasons Hotel Chicago's Allium Restaurant chef Sean Murray gives pointers to his guests while shopping the market.

"Stuff that's in season is going to taste better, and it tends to be a better price. So rhubarb and peas in the spring," Sean says. "And look for things like mushrooms in the fall."

He's feeling and tasting his way through Lincoln Park's sustainable farmers market as part of the hotel's Market to Table Bike Experience. Guests who reserve the experience bike 3 miles round-trip to explore the market with Sean, then have the rest of the day free to explore. In the evening, they dine on a four-course meal featuring their market finds at Allium Restaurant.

The carefully chosen produce appears in every dish. A summer menu might start with warm tomato

bread, move on to pickled radishes and carrots around halibut, and end with poached peaches inside a meringue dome.

"It's best to build your menu as you go. So if you find some amazing morel mushrooms, you start thinking about what flavor pairings will work best," Sean says. Whatever the resulting meal, the ingredients will be familiar—a reminder that even in this urban space, you (and what you eat) don't have to be far from the farm.

Four Seasons Chicago's Market to Table Bike Experience takes place Wednesdays and Saturdays, May through October. The \$400 price tag covers bikes, water bottles and dinner with wine pairings for two; fourseasons.com/chicago.

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