

THE WALL STREET JOURNAL.

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WILD AND CRAZY PANTS

PLUS DAN NEIL ON AN UNUSUAL TURBO

OFF DUTY

WEEKEND

***** \$2.00

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WSJ.com

LOCAL COLOR: COSTA RICA

ADVENTURES IN ECO-EATING

TRAVELERS DON'T TEND to hit Costa Rica for the cuisine—they want canopy zip-lining, river rafting and to spot a quetzal or two. But the adventure destination has begun to draw eco-conscious culinarians with restaurants that source locally, produce their own ingredients and minimize waste. Even McDonald's has gotten in on the act, opening a sustainable fast-food outpost in Lindora. More options:

Lapa Rios

The bouillabaisse at this eco-lodge on the Osa Peninsula features local red snapper, shellfish, coconut milk and seasonal vegetables. But the restaurant, Brisa Azul, is better known for its "Twigs, Pigs and Garbage" tour, showing how food scraps are fed to pigs who create methane that powers the staff kitchen. Even the tableware here is green: Breadbaskets are woven from vines, placemats are made from bamboo and coconuts double as bowls. laparios.com



Finca Rosa Blanca Coffee Plantation & Inn

This inn in the coffee highlands offers culinary tours of its own sustainable coffee farm, an organic chocolate factory and artisanal cheesemakers. Waste from its restaurant, El Tigre Vestido, is fed to a worm farm; the resulting compost is used to grow coffee and vegetables. Entrees like grilled chicken in a tamarind coffee sauce make use of the plantation's bounty. fincarosablanca.com



Tabacon Grand Spa Thermal Resort

Chef Pravesh Bhatnagar's Ayurvedic cooking draws the wellness set to this carbon-neutral resort near Arenal volcano. The ingredients are organic and vegetarian; the kitchen sells used fryer oil to a bio-diesel company and organic waste goes to a farm. Tofu teriyaki with asparagus tempura is a highlight of the "Gala Dinner," a green feast served in a candlelit private bungalow. tabacon.com



—Kathleen Squires

From top: Lapa Rios; Finca Rosa Blanca; Tabacon