

# THE NORTH



## FOUR SEASONS AND FINE FOOD

Bordered by Lebanon, Syria, and the Mediterranean Sea, the North matches its somewhat precarious geographical position with a rich cultural and ecological heritage. The only region in Israel with a temperate climate and four distinct seasons, the North takes advantage of high altitudes and varied terrains to produce a rich cornucopia of fruits, vegetables, and spices.

The seaport city of Acre, the tranquil Sea of Galilee, and the stark, rocky Golan Heights reflect a multifaceted, deeply traditional culinary heritage. Cooking and eating practices are built around the changing seasons, and elements of the cuisine of Greater Syria still hold sway.

