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If food and drink are on your brain every second of every day, look no further than central Arizona for a foodie-themed escape. Fine-dining establishments and eclectic eateries can be found all over greater Phoenix, boasting local purveyors and family recipes passed down through generations.

Head to one of these three destinations for memorable dining experiences this summer:

Greater Phoenix. Grab a bite and a cultural experience at one of Arizona's fascinating museums – the Heard Museum's Courtyard Café is open daily and offers locally grown ingredients and the Café at MIM (Musical Instrument Museum) provides a variety of regional dishes, including vegetarian and vegan options. If it's a table with a view you're seeking, visit one of the Valley's many swanky resorts, like Elements at the Sanctuary on Camelback, and see the city in a whole new way. Urbanites can also head to Kierland Commons for an assortment of restaurants offering everything from casual happy hour spots to upscale steakhouses.

Jerome. Literally built onto the side of Cleopatra Hill, Jerome is one of the most unique cities you'll ever encounter. The rolling green hills are occupied by a community of artists, musicians and winemakers making it a popular destination for travelers seeking shopping, live music and fine dining. Be sure to stop by the Mile High Inn & Grille, which has been serving up delicious dishes since 1899.

Cottonwood. It might be hard to imagine rolling vineyards but wine country in Arizona exists, and it's only a short drive away. Located in the heart of Verde Valley, Cottonwood produces some of the most flavorful wines in the country. Check out any of the award-winning wineries like Alcantara Vineyards, Page Springs Cellars, Oak Creek Vineyards and Javelina Leap Vineyards, or six local tasting rooms to experience the varietals. Cottonwood is also a growing culinary hotspot, offering visitors outstanding restaurants like 15 Quince Grill & Cantina and Pizzeria Bocce, set to a backdrop of charming, historic surroundings.

Visit summerinaz.com for more ideas on planning the perfect foodie getaway this summer.