



DOCTOR FEELGOOD Grab a straw and get your greens at Quill, where Matté Massimiliano mixes up the nutrient-rich Rucolito.



## Garden in a Glass

Bartender, medicine man—or both? This summer, DC mixologists prescribe health-tails for what ails you

| By Kelly Magyarics | Photography by Stacy Zarin-Goldberg |

Hundreds of years before mixologists in cocktail dens dabbled in spirited infusions, monks steeped herbs, fruits and vegetables in liquor and touted the resulting concoctions as potable panaceas for a host of ailments—so it's no stretch to consider the cocktail an elixir. Now, DC's bar talent is pulling bottles and vials from shelves and cultivating cocktails with fresh ingredients known to boost immunity, antioxidant levels and cardiovascular strength. Turns out it's not a spoonful of sugar but a this-tastes-too-good-to-be-good-for-you libation that really helps the medicine go down.

The invigorating boozy sips at hip, healthy haven **FunXion** (1309 F St., NW, [funxion.com](http://funxion.com)) are listed on a separate menu labeled "DysFunXion," and punched up with pure spirits, juices, mixers and custom fruit and veggie mixes whipped up in-house. "The FunXional process is geared towards going beyond healthy by introducing nutrition into every beverage," explains cocktail wizard Jason Strich. *The Cardinal Sin* (\$11) gets to the root of the vitality philosophy, with Oronoco Rum, mint leaves, lime juice, coconut and a mix crafted from super-berries and the under-appreciated-yet-nutrient-rich beet.

Rather than hitting up the smoothie bar after a Bikram yoga class, head to Dupont Circle's brand-new Mediterranean restaurant **Agora** (1527 17th St., NW, [agoradc.net](http://agoradc.net)) for Malia Milstead's post-purification hydration. Milstead pours a generous dose of pomegranate and açai juices into her organic vodka- and Cointreau-based concoction, *Namaste* (\$7.77). Soul-soothing and refreshing, the tangy remedy is intensified by the antioxidant-rich (and unapologetically decadent) garnish of dark chocolate shavings from a 66 percent cocoa Amedei Toscano bar.

Rammy winning mixtress Gina Chersevani packs a wallop of super ingredients into her aptly named *ant-EYE-ox-A-dent* (\$10) at **PS 7's** (777 I St., NW, [ps7restaurant.com](http://ps7restaurant.com)). The refreshingly fruity potion includes SKYY Vodka, strawberry, anise, pomegranate and green tea, and is one of a handful of creations on the popular Skinny Cocktails menu of sips 100 calories or less.

Fruits and veggies jack up vim and vigor, but at **Urbana** (2121 P St., NW, [urbanadc.com](http://urbanadc.com)) Amy Troutmiller even makes the ice good for you. Her *Far Land Fare* (\$12) mixes Sub Rosa Saffron Vodka, Hangar One Kaffir Lime vodka, lime

juice and a cilantro serum, and floats cylindrical coconut water ice cubes on top, enhancing the flavor of the drink rather than diluting it. "Coconut water rehydrates the body and contains electrolytes," she explains.

If a garden in a glass is more your style, head to **Quill**, the bar at The Jefferson (1200 16th St., NW, [jeffersondc.com](http://jeffersondc.com)), which features the *Rucolito* (\$15). Multi-tasking peppery arugula (it's an antiseptic with Vitamin C that regulates both body temperature and water content) is muddled with strawberry, lime and brown sugar, mixed with caramelized Bacardi 8 Year Rum, and finished with soda water. But it's the topper that really makes the tippie: baby arugula, strawberry brunoise and a white balsamic vinegar reduction.

To get your fresh fix all summer long, head to **Café Atlantico** (405 8th St., NW, [cafeatlantico.com](http://cafeatlantico.com)) for sensational farm-to-glass cocktails designed to complement the summertime Farmer's Market Dinner series offered on Fridays. "Some might argue that the calories in alcohol are empty," says beverage director Jill Zimorski. "Not so if they're bolstered with vitamins and minerals from the fresh ingredients in the drink." To your health! ■