

2ND EDITION



Mendocino County's **Local Food Guide**

Local Food from Farm and Sea

*Veggies Greens Herbs Berries Orchard
Fruits Nuts Vine Fruits Eggs Mushrooms
Dairy Salmon Crab Honey Beef Lamb
Poultry Jams Chutneys Syrup Flowers
Sea Vegetables Olive Oil Starts Farm Stands
Community Gardens Farms Farmers Markets*

Mendocino County's Local Food Guide *2nd Edition*

a project of Anderson Valley Foodshed Group

The Anderson Valley Foodshed Group works toward a vibrant, healthy local food system for our community. We celebrate our local foods, farmers and gardeners. We aim to increase our capacity to grow a diverse, year-long supply of food for all who live here. We work toward these goals through education, connecting people to each other, and creating new opportunities to grow, process and enjoy locally grown food.

FOOD GUIDE COMMITTEE MEMBERS

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The guide only includes farms whose food is available within the county. If you are a Mendocino County farmer selling locally and we missed including you in this edition of the guide, please contact Diane at dpaget@mcn.org or 895-3354. You may also contact her with comments about the guide or to locate more copies.

Mendocino County's Local Food Guide committee has made every effort to ensure that this publication is informative, complete and accurate. It does not make any representation or warranty as to the accuracy of any of the information contained in this publication, nor as to the agricultural and business practices of any member farm or the condition or quality of the farm crops produced or sold there.

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Don't throw away – Pass along!

Mendocino County's

Local Food Guide

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Enjoy! Eat Local!



Why Buy & Eat Local?

1. *PROMOTE A LOCAL ECONOMY*

Spent locally, our dollars recirculate in our communities. Buying directly from local farmers generates 44% more money for the local economy than purchasing food at supermarkets.

2. *HELP FARMERS*

On average, farmers receive only 20 cents of each dollar we spend on food. The rest goes to packaging, processing, transportation, and, most of all, advertising. By buying local, we assure that local and regional family farmers can get full retail price for their food – which means farm families can afford to stay on the farm.

3. *IT TASTES BETTER & IT'S BETTER FOR YOU*

Fresh produce loses nutrients quickly. In a week's delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality. Processed foods, sweetened with high fructose corn syrup and filled with hydrogenated oils, are linked to many health problems, including obesity and diabetes. Food grown in our community was probably picked within the last day or two. It is crisp, sweet and loaded with flavor and nutrition.

4. *KNOW WHO DOES THE GROWING*

By buying locally, we can develop a relationship with the people growing our food. When we value our food and the people who produce it, our quality of life as a community grows.

5. *FROM FARM TO FORK*

Today the average food item travels roughly 1400 miles from farm to fork. Energy intensive industrial agriculture, wasteful packaging, and long-distance food transportation are responsible for roughly 20% of all climate-disrupting greenhouse gases. Buying locally reduces transportation costs and our dependence on foreign oil.

6. *FOOD SAFETY*

Concern about food safety, from Mad Cow Disease to dangerous pesticide residues, is another reason many are turning to organic and local food, which provides a safe alternative to industrially produced food.

... how we eat determines,
to a considerable extent,
how the world is used.

- WENDELL BERRY

It makes a Difference!

7. *FOOD SECURITY*

If the county were to become isolated, food grown in the area would be available for use. At present, in case of a disaster or other emergency when outside connections are lost, we would have a limited amount of food. We increase our security with a strong local food system.

8. *PRESERVE FARMLAND AND THE ENVIRONMENT*

As the value of locally produced meats, fruits and vegetables increases, selling farmland for development becomes less likely. A well-managed family farm is a place where the resources of fertile soil and clean water are valued. In addition, the patchwork of fields, hedgerows, ponds, and buildings is the perfect environment for many species of wildlife. When you buy locally grown food, you are helping to preserve our agricultural landscape and rural community.

9. *THE TRUE COST OF FOOD*

The price we pay at the supermarket checkout counter doesn't reflect the true costs of industrial agriculture: pollution and public health damage resulting from massive toxic pesticide and fertilizer use, sweatshop conditions for farm workers, water pollution from agriculture runoff, and billions of dollars in taxpayer subsidies that mainly go to a handful of large corporations. When we buy from our local farmers and stores, we can feel good about what our dollars are supporting.

10. *WHY BUY AT LOCALLY OWNED STORES?*

Local farmers, dairies and businesses are more accountable and invested in our community than industrial farms and big box chain stores. Supporting our local stores keeps our money and resources in our community. Local store owners employ our neighbors and provide an invaluable service to us. If we don't shop locally, the local stores will disappear. It's our choice!

A Note from the Committee:

WE FOUND THAT SOME STAPLE FOODS ARE NO LONGER GROWN HERE, SUCH AS DRY GRAINS AND BEANS. THEY CAN BE GROWN HERE AND WE HOPE THAT AS THE DEMAND FOR LOCALLY GROWN FOOD INCREASES, FARMERS WILL BE ENCOURAGED TO GROW THEM AGAIN.

Growing Practices

AN EXPLANATION OF TERMS

The farms are categorized with terms participants have chosen from our questionnaire. We're not in a position to assure that the categories chosen are correct—that can be verified by a certifying agency or by the Mendocino County Department of Agriculture.

Biodynamic: Emphasizes the total farm as a holistic organism using specific sustainable practices (most fertilizers and animal food are produced on the farm). Some farms are certified, some are not, but all adhere to the same specific criteria expected of certified biodynamic growers.

Organic: Grows according to standards for organic certification, without the use of chemicals, pesticides, herbicides or fungicides, and without genetically engineered seeds or plants. These can be certified—maintaining records of the farm management plan with annual fees, inspections and review of practices to ensure compliance—or not certified, but all adhere to the same specific criteria expected of organic growers with the exception of record keeping, fees, inspections and reviews.

Mendocino Renegade Certification: Assures organic claims at reasonable cost to local producers and processors, with minimal paperwork. Not part of the USDA certification system, Mendocino Renegade aims to minimize the role of government and politics in organic agriculture.

Transitional: Participating in the three-year process of becoming certified organic.

Combination: Utilizes some biodynamic, organic practices, or natural principles, but will use conventional methods when the health of a crop or animal is endangered.

Natural: Uses growing practices that encourage a natural balance of soil fertility and animal/plant health, prevention of diseases, and decrease of insect/pest infestation. Only non-synthetic pesticides, herbicides, or fungicides are used whenever the health of a crop or animal is endangered. Unlike organic certification, this category has no provision for verification.

Conventional: Uses methods that include synthetic materials (chemical fertilizers, fungicides, pesticides, herbicides) to increase production and decrease labor costs, and the training and permits for using these materials. May use Integrated Pest Management to avoid unnecessary use of pesticides unless insect traps indicate a significant presence.

Wild crafted/wild harvested: May have no control over the wild environment—for example, contaminants in our oceans or forests—but makes every effort to harvest a healthy product by choice of location, laboratory testing or other practices. Harvesting practices ensure continuation of the species with minimal negative impact on its habitat.

Note: The terms “organic” and “biodynamic” are now registered trademarks of the USDA National Organic Program and the Demeter Association, respectively, and may not be used unless the grower or processor is certified by one of these organizations.



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Dairy: 6, 74

Eggs: 6, 11, 18, 25, 33, 40, 63, 64, 70, 74, 75, 79

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Honey: 2, 32, 43, 52, 62, 68

Hops: 70, 75

Juice: 1, 28, 67

Lamb/Goat: 32, 42, 51, 60, 64, 82

Mushrooms: 49

Nuts: 4, 13, 14, 28, 29, 30, 43, 46, 63, 75, 82

Olives/Olive Oil: 14, 21, 32, 61, 62, 78

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CSA's and Farm Stands

CSAs: 8, 15, 32, 45, 47, 51, 56, 58, 60, 63, 68

Farm Stands: 1, 4, 28, 71, 79

U Pick: 6, 12

The Farms



1-THE APPLE FARM

Ask for: Tim Bates

We offer: Peaches, persimmons, apples, quince, and pears; vinegar, juice, hard cider, cider syrup, dried fruit (Oct-May); sometimes we have apple trees

☞ Our heirloom apples are grown on Navarro River bottom soil. Morning fog and hot afternoons produce tender skinned and intensely perfumed fruit from 1700 trees ranging in age from young whips to 90 year old specimens. The orchard is truly a treasure in an area that is quickly losing its diversity. The idea of looking at the farm as a complete organism is central to Biodynamics®, which we began practicing in earnest several years ago.

Growing Practice: Mendocino Renegade and Stellar Organic certification

Where to find our goods: Ukiah FM; Fruit and juice only at Ukiah Natural Foods, Corners of the Mouth, Downhome Foods, Harvest Market and Lemons Market; at the Farm (dawn to dusk)

18501 Greenwood Rd, Philo, 95466

Ph: 895-2333

Em: applefarm@pacific.net

Wb: www.philoapplefarm.com

Available for special events and internships.

Visitors welcome daily, 8am-8pm.



2-ARISTAEUS GARDENS & HONEY

Ask for: Shari DeJoseph

We offer: Purple artichokes, purple asparagus; honey

☞ This is a new farm which will expand in the next 2-3 years to include more produce.

Growing Practice: Organic practices, not certified

Where to find our goods: Ukiah FM

12451 Power House Rd, Potter Valley 95469

Ph: 743-1497

Please contact us by: phone

No visitors at this time.

Abbreviations

- AV: Anderson Valley
- CSA: Community Supported Agriculture
- FM: Farmers Market
- LR: Little River
- Mendo: Mendocino
- PV: Potter Valley

3-BIG RIVER NURSERIES AND RAVEN'S RESTAURANT

Ask for: Dana Ecelberger or Jeff Stanford

We offer: Salad greens, herbs, cole crops, artichokes, braising greens, and many more kinds of vegetables; many culinary and Chinese medicinal herbs; nursery trees and plant starts sometimes available

☞ We are a bed & breakfast hotel with 10 acres of organic gardens and landscape, an organic nursery and a vegetarian/vegan restaurant that features the CCOF and Renegade certified produce, herbs, fruits and flowers that we propagate and grow here as well as Mendocino county wines. We try, as much as possible, to be a closed loop system. We compost all of our kitchen wastes and have horses and llamas for the manure component. We compost in windrows that reach high temperatures. Our property is chemical free, wherever possible, and we recycle religiously. We believe in the rights of animals and so we do not serve any meat or fish, we do not use meat or fish products in the growing of our gardens. We raise bees for pollination of our crops.

Growing Practice: Organic, certified by CCOF, Mendocino Renegade

Where to find our goods: On site at the Stanford Inn

44850 Comptche Ukiah Rd, Mendocino
Ph: 937-5615

Em: danaae3@yahoo.com, jeff@stanfordinn.com
Wb: www.stanfordinn.com

Available for appointments, special events and internships.

Restaurant open 7 days/week for breakfast & dinner

4-BLUE MEADOW FARM

Ask for: Pam Laird

We offer: Strawberries, French prunes, Asian pears; walnuts; salad greens, lettuce, kale, chard, mustard greens, Mei Qing choy, broccoli, beetroots, onions, beans, tomatoes, sweet peppers, chilis, eggplant, summer and winter squash, cucumbers, pumpkins; basil, oregano, dill, thyme, mint; tomato, pepper and eggplant starts

☞ We are a small family farm in Anderson Valley growing beautiful organic vegetables year-round and flowers in season. We're particularly known for our heirloom tomatoes, peppers, sunflowers and greens. Our farm stand is open daily from mid April through November and irregularly throughout the winter. You can also find our produce at local grocery stores and restaurants in Anderson Valley and at the Boonville Farmers Market. We are expanding our small CSA. Call for more information.

Growing Practice: Organic practices, registered with the State

Where to find our goods: Boonville FM and sometimes the AV Grange Mart; Farm stand: 10 a.m. - dusk (mid-April–Nov); CSA available: weekly baskets (May–Nov)

17.45 mile marker, Hwy 128, Philo
3301 Holmes Ranch Rd, Philo 95466
Ph: 895-2071

Em: bluemeadow@mcn.org

Please contact us by: phone or email.

Available by appointment, and for special events and internships.

Visitors welcome, 10am - dusk.





5-BOB GATES ORGANICS

Ask for: Bob Gates

We offer: Salad greens, cabbage, beans, peppers, eggplants, cucumbers, and herbs

☞ We are a small organic farm in Redwood Valley. We have farmed the same organic garden for 23 years.

Growing Practice: Organic practices, registered with the State

Where to find our goods: Redwood Valley FM, Ukiah Natural Foods, at the farm by appointment

10151 East Rd, Redwood Valley 95470

Ph: 485-5060

Em: salvagebrand@comcast.com

Please contact us by: email

Visitors by appointment.

6-BOONT ORGANICS

Ask for: John

We offer: Seasonal vegetables, U Pick Roma Tomatoes; eggs, milk from our Cow Share

☞ Our ten-acre, family-run organic farm features small-scale handpicked produce, crop rotation, and local inputs of amendments and mulches—we buy only seed!

Growing Practice: Organic, CCOF certified

Where to find our goods: Boonville FM, Boont Berry Farm and Ukiah Natural Foods

PO Box 263, Boonville 95415

Ph: 895-9028

Please contact us by: phone

Visitors call for appointment.

Volunteers welcome.

7-BROCK FARMS

Ask for: Vickie or Mike Brock

We offer: Plums, peaches, strawberries, salad greens, broccoli, cauliflower, carrots, peas, beans, tomatoes, sweet peppers, eggplant, summer squash, cucumbers, onions, winter squash, pumpkins, gourds; basil

☞ A husband/wife work-in-progress, Mike and Vickie farm three acres organically. 2009 is our twentieth year selling directly to customers. Mike also grows pumpkins for competition. We love growing.

Growing Practice: Organic practices, not certified

Where to find our goods: Boonville, Fort Bragg, Mendocino FMs; farm stand, Boonville Hotel and Lauren's Restaurant

Bottom of Peachland Rd, Boonville

PO Box 308, Boonville 95415

Ph: 895-3407

Please contact us by: phone

Visitors welcome during business hours.

8-BROOKSIDE FARM

Ask for: Jason Bradford

We offer: Cherries, plums, peaches, persimmons, apples, pears, Asian pears, grapes, strawberries, blackberries, raspberries, blueberries; salad greens, hearty greens, broccoli, carrots, peas, parsnips, beans, tomatoes, sweet peppers, hot peppers, eggplant, summer squash, turnips, cucumbers, onions, garlic, winter squash, pumpkins, gourds; rhubarb, potatoes, radishes, asparagus, artichokes and Jerusalem artichokes; basil, coriander, oregano, rosemary, thyme, sage and parsley; wheat, rye, oats, barley

☞ A vegetable and fruit CSA on 1 acre within the City of Willits. Uses mostly hand labor. Distributes produce year-round by over-wintering hardy crops and growing for storage.

Growing Practice: Organic practices, Mendocino Renegade Certified

Where to find our goods: Willits CSA, Mariposa Market, Burrito Exquisito & Purple Thistle in Willits

Spruce & Lincoln Way, Willits
284 Redwood Ave, Willits 95490
Ph: 456-0760

Em: jcbradford4@gmail.com

Wb: www.gardensproject.org

Please contact us by: email or phone

Available for special events, work parties and internships.

Open house for volunteers and visitors every Tuesday from 3 to 6 pm. Otherwise contact for availability.

9-BOUNTIFUL GARDENS

We offer: Seeds—some grown locally, others from outside sources

☞ Bountiful Gardens sells untreated open-pollinated seed of heirloom quality for vegetables, herbs, flowers, grains, green manures, compost and carbon crops. Offering Biointensive and Grow Biointensive™ sustainable organic seed.

Growing Practice: Vary with types of seed

Where to find our goods: mail order and at our store

18001 Shafer Ranch Rd, Willits 1726 D,
South end of Evergreen Shopping Center
Ph: 459-6410

Em: bountiful@sonic.net

Wb: www.bountifulgardens.org

Please contact us by: phone, email, mail

Visitors welcome weekdays, 9am-4pm.

10-BUDDING PROSPECTS FARM

Ask for: Andre Pinel

We offer: Apples, pears, figs, pluot/aprium, plums; salad greens, leeks, green garlic, tomatoes, peppers, winter and summer squash, pumpkins, cucumbers; many different herbs, ornamentals and flowers

☞ Approximately three acres of terraced garden beds, southwest facing near Signal Ridge off Mountain View Rd. Mature fruit trees and year-round vegetables. Planted with love!

Growing Practice: Organic and biodynamic practices, not certified

Where to find our goods: Boont Berry Farm

PO Box 11, Boonville 95415

Ph: 246-7271

Em: buddingprospectsfarm@yahoo.com

Wb: www.buddingprospectsfarm.com

Please contact us by: phone, email

Available by appointment and for work parties and internships



11-BURNSTAD FARMS

Ask for: Jenny Burnstad

We offer: Hearty greens, carrots, peas, summer squash, onions, garlic, winter squash, rhubarb; culinary & medicinal herbs; eggs; rabbits

☞ We try to feed ourselves primarily from our garden and share or sell excess produce.

Growing Practice: Organic practices, Mendocino Renegade certified

Where to find our goods: the farm

12150 Pine Ave, Potter Valley
PO Box 1435, Ukiah 95482
Ph: 743-1287
Em: jen@cloudforest.org
Wb: www.cloudforest.org



12-BUTLER CHERRY RANCH PROJECT

Ask for: Dot Broverney

We offer: Apples, cherries, peaches, blackberries and raspberries

☞ The Butler Cherry Ranch Project is a non-profit organization under local sponsorship by Cloud Forest Institute. The Project honors the memory of longtime Ukiah cherry ranchers George and Ella Butler through its community orchard in Mendocino County. Our community orchard, located on two acres at Ridgewood Ranch near Willits, has 35 historic apple trees and 50 young cherry and peach trees. We hope to harvest our first cherries summer 2009 but, of course, that is up to Mother Nature, not us.

Growing Practice: Organic practices, not certified

Where to find our goods: Please contact us for availability.

1117 W. Perkins St, Ukiah 95482
Ph: 463-2736
Em: butlerorchard@pacific.net
Wb: www.butlercommunityorchard.org

Please contact us by: phone, email, mail
Available by appointment and for special parties, internships and work parties.

13-CHESTNUT RIDGE RANCH

Ask for: Tom Brewer

We offer: Chestnuts

☞ We grow and sell Colossal chestnuts on a small commercial scale.

Growing Practice: Combination

Where to find our goods: Boonville FM (Oct); Boont Berry Farm, Gowan's Oak Tree, The Apple Farm, Corners of the Mouth, Harvest Market, Mariposa Market, Down Home Foods, Oakville Grocery in Healdsburg and Piedmont Grocery in Oakland; online; local restaurants

PO Box 119, Boonville 95415
Ph: 895-3870
Em: tkbrewer@mcn.org
Wb: www.chestnuts-for-sale.com
Please contact us by: phone, email
Visitors by appointment.

In a scant 50 years we have come to the point where most eaters don't know where their food comes from. A point where most people don't know a farmer personally (and farmers make up less than 2 percent of the population). Where any produce is available anywhere all the time, without a thought to season or distance.

-WENDELL BERRY

THE IDEA OF A LOCAL ECONOMY

14-CINNAMON BEAR FARM

Ask for: Jack & Mimi Booth

We offer: We offer over 100 varieties of produce such as tomatoes, peppers, eggplant, beans, herbs, summer squash, pumpkins, winter squash, cucumbers, beets, garlic, stone fruit, figs, grapes, walnuts, and olive oil. We grow what we love to eat and we enjoy trying unusual varieties.

☞ Our unique farm is only a few miles from the city of Ukiah, yet it's agricultural value is priceless. It is bordered by oak woodland hillsides, riparian habitat next to the West Fork of the Russian River, and a vineyard. Rich river loam provides ideal growing conditions, supplemented by mountains of our home-made natural compost. Habitat is preserved for birds who repay us by eating copious quantities of crop damaging insects. Honey bees are raised to pollinate flowers for increasing crop production. Our hands-on operation, with our new partners, John and Sara Bailey, ensures that we are fully involved in healthy growing practices as well as careful harvesting to ensure incredible freshness.

Growing Practice: Organic practices, not certified

Where to find our goods: Ukiah, Fort Bragg, and Mendocino FMs;

3551 Eastside Calpella Rd, Ukiah 95482
Ph: 468-5837

Em: cnnbear@cinnamonbearfarm.com

Wb: www.cinnamonbearfarm.com

No visitors.

15-COVELO ORGANIC

Ask for: Tom Palley

We offer: Apples, Asian pears, melons, watermelons, strawberries, blackberries and raspberries; salad greens, hearty greens, broccoli, cauliflower, carrots, peas, beets, beans, tomatoes, sweet peppers, hot peppers, eggplant, summer squash, parsnips, turnips, cucumbers, onions, garlic, leeks, winter squash, pumpkins, gourds; corn; basil

☞ We farm fifteen certified organic acres, producing 60 varieties of vegetables and 30 varieties of flowers, which are sold at six farmers markets, to stores and restaurants, and to 60 CSA members who get a box each week.

Growing Practice: Organic practices, certified by CCOF and Mendocino Renegade

Where to find our goods: Local CSA, Covelo, Willits, Ukiah, Mendocino and Fort Bragg FMs; Mariposa Market, Ukiah Natural Foods, Corners of the Mouth, Harvest Market, Keith's in Covelo

23090 Hopper Lane, Covelo 95428

Ph: 983-6562

Wb: www.greenmac.com/coveloorganic

Visitors by appointment.

16-CREEK SIDE FARMS

Ask for: Gordon Brown

We offer: Squash, tomatoes, eggplants, pole and bush beans, melons, watermelon, onions, potatoes, peppers, peas, cucumbers, oriental greens, chard, lettuce, okra, carrots, beets and more; various herbs; seeds and plant starts

☞ We grow mostly heirloom, open pollinated vegetables, melons, herbs and plant starts in the spring. We adhere to all the same specific criteria expected of certified organic growers with the exception of record keeping, fees, inspections and reviews.

Growing Practice: Organic practices, not certified

Where to find our goods: Willits and Ukiah FMs

12702 Eel River Rd, Potter Valley 95469

Ph: 743-1778

Em: seedtracker@sonic.net

Please contact us by: email



17-DEAR MEADOW FARM

Ask for: Michael and Alexandra Curry

We offer: Strawberries and melons; tomatoes, squash, cucumbers, peppers, cauliflower, broccoli, collards, chard, celery, lettuce, turnips, beets, beans, potatoes, carrots, cabbage, asparagus, eggplant, zucchini, pumpkins; basil, cilantro, thyme, sage, parsley

☞ Our farm is a small farm on the shady side of the hill, lots of trees and deer. My dad and I started the farm last year, so we are beginning farmers. We have learned a lot from the local farmers. We named the farm after the two women who owned the farm before my parents.

Growing Practice: Organic practices, not certified

Where to find our goods: Willits and Ukiah FMs; Ukiah Natural Foods

18851 Shafer Ranch Rd, Willits 95490

Ph: 456-1032

Please contact us by: phone

Visitors by appointment.

18-FLOWERS BY THE SEA

Ask for: Kermit Carter

We offer: Small fruit: strawberries, red raspberries, boysenberries, Marion berries; a large selection of cool season varieties; many common and uncommon culinary and medicinal herbs from all over the world (see complete listing on our website); Aracana and other heirloom egg varieties during Farmers Market season

☞ A family owned and operated, highly diverse small farm that has been Demeter certified Biodynamic and Stellar certified Organic since its inception in 1991.

Growing Practice: Biodynamic, certified by Demeter; Organic, certified by Stellar

Where to find our goods: Gualala, Mendocino, Ft. Bragg, and Ukiah FMs

Ph: 877-1722

Em: info@fbts.com

Wb: www.fbts.com

Visitors by appointment.

19-ELMER ORCHARDS

Ask for: Terry Elmer

We offer: Heirloom & modern tree fruit: Apples, Asian pears, cherries, plums, pluots, figs, apricots, peaches

☞ We are a small family orchard that specializes in a variety of peaches that do well in Mendocino County.

Growing Practice: Combination

Where to find our goods: Ukiah FM

PO Box 222, Potter Valley 95469

Ph: 743-1482, 272-4249

Please contact us by: phone

20-FANDANGO SPICE GARDEN

Ask for: Cheryl Gostisha

We offer: Cherries, plums, peaches, persimmons, apples, pears, Asian pears, and blackberries; tomatoes, hot peppers, pumpkins, gourds; rhubarb; vegetables; jam, most herbs

☞ A remote, century-old homestead, we have been selling great jam for ten years.

Growing Practice: Organic practices, CCOF certification pending; Biodynamic practices, not certified

Where to find our goods: Gualala, Healdsburg and Berkeley FMs; Surf Super, Clos du Bois, John Doughty House, Annapolis Winery and Two Fish Bakery

PO Box 7, Annapolis 95412

Ph: 886-1929

Em: fanjam@mcn.org

Please contact us by: email

21-FILIGREEN FARM

Ask for: Stephanie Tebbutt

We offer: Apples, Asian pears, blueberries, cherries, pluots, wine grapes, peaches; local & organic olive oil

☞ Filigreen Farm is a mixed fruit farm, utilizing the principles of biodynamic agriculture. The farm's harvest season begins with blueberries in early June and ends with late apples and olives in November.

Growing Practice: Biodynamic practices; Organic, certified by CCOF

Where to find our goods: Live Power Farm CSA, Boont Berry Farm and Ukiah Natural Foods, Boonville FM

11800 AV Way, Boonville 95415

Ph: 895-2111

Please contact us by: mail

Visitors by appointment.

22-THE FISH PEDDLER

Ask for: Kevin Akin

We offer: Fish year-round

☞ Family owned and operated seafood market offering local wild ocean-caught seafood. We offer fresh and smoked wild salmon, Dungeness crab, Ling cod, Pacific snapper, Petrale sole, halibut, oysters, and more.

Growing Practice: Wild-harvested

Where to find our goods: Mendocino, Ukiah, Fort Bragg, Boonville and Willits FMs; Seafood market in Noyo Harbor, Ft Bragg

32440 N. Harbor Dr, Fort Bragg 95437

Ph: 972-4781

Em: kevin_akin@hotmail.com

Please contact us by: phone and email

Tours available.

23-FLOODGATE FARM

Ask for: Bill Taylor

We offer: Salad greens, hearty greens (kale, chard, collards), broccoli, tomatoes, tomatillos, onions, garlic, summer squash, rutabagas, turnips, potatoes, beets, cut flowers on occasion; oregano, rosemary, basil; occasionally brassicas, tomatoes, hardy kiwi, grapes, and lettuce seedlings; dried apples, dried tomatoes, Sept-Mar

☞ Floodgate Farm is two small market gardens, one near Floodgate Creek and the other a 60 by 75' garden in Boonville at 900' elevation where nights are warmer. Both sites are registered organic. A specialty is wild salad mix with herbs, flowers, and flavorful greens. I love the process of gathering all the different flavors and colors for the salad mix. I have designed and implemented water catchment systems to use rainwater to supplement a spring in the driest months and am willing to share what I have learned.

Growing Practice: Organic practices, registered with the State

Where to find our goods: Boonville FM, AV Grange Mart, Boont Berry Farm (occasionally)

2400 Hwy 128, Philo 95466

Ph: 895-2512

Em: edibleland@earthlink.net

Please contact us by: phone, email

Available for work parties, and internships.

Visitors by appointment only.

24-FRAZIER LANE ORGANICS

Ask for: Christine

We offer: Beef (prime cuts available year-round), pork (prime cuts available year-round); grass hay (year-round)

☞ Ours is a diverse, small family farm producing a wide range of food. Our mission is to be a “self-contained” farm where all plants and animals are “born,” fed, raised, and butchered here.

Growing Practice: Combination

Where to find our goods: Live Power Farm CSA

78221 Frazier Lane, Covelo 95428

Ph: 983-6010

Em: ckenton@earthlink.net

Please contact us by: email

Visitors by appointment.

25-FROG HILL FARMS

Ask for: Jonathan Wentzel

We offer: Apples, Asian pears, blackberries, raspberries, quince, persimmons, and plums; tomatoes; herbs; eggs

Growing Practice: Organic practices, not certified

Where to find our goods: Boonville and Mendocino FMs

PO Box 388, Philo 95466

Ph: 895-3102

Em: wentzelfam@pacific.net

26-FULLERS FINE HERBS

Ask for: Arlene Hyde Fuller

We offer: Rosemary, oregano, chives, lemon balm, tarragon, thyme, parsley, Mediterranean bay leaves, chervil, garlic, comfrey

☞ Our small organic gardens provide the herbs for our vinegar and for our herb blends. We only sell our products through wholesale, via mail order or on-line.

Growing Practice: Organic practices,

not certified

Where to find our goods: Down Home Foods, Carol Hall’s Hot Pepper Jelly Company, Corners of the Mouth, the Courtyard, Mendocino Market; by mail order or on-line. Call to request a catalog.

PO Box 1344, Mendocino 95460

Ph: 937-0860

Em: fullersfineherbs@gmail.com

Wb: www.fullersfineherbs.com

27-GARDEN GATE PRODUCE

Ask for: Sammie & Rick Wendell

We offer: Apples, pears, Asian pears, strawberries, blackberries, raspberries, blueberries, plums; salad greens, hearty greens, peas, beans, tomatoes, summer squash, cucumbers, onions, garlic, winter squash and various other veggies

☞ We have managed the same organic garden for 22 years. We are located 5+ miles from the Pacific Ocean on a ridge top surrounded by forest. We are not CCOF certified, but could be if desired.

Growing Practice: Organic practices, not certified

Where to find our goods: Fort Bragg and Mendocino FMs

39501 Comptche-Ukiah Rd, Mendo 95460

Ph: 937-0179

Em: wrickon@mcn.org

Please contact us by: phone, mail

Visitors by appointment (phone first).



Community Supported Agriculture

When a consumer joins a CSA, the farmer provides a weekly basket of fresh, high-quality fruit and vegetables in season. The shareholder provides financial and sometimes volunteer support to the farm for a minimum of one growing season. Members of a CSA farm share risks with the farmer. Obtaining one's food through a community farm rather than a market requires a different approach and consciousness. Learning how to utilize food that is local and seasonal can challenge new members because the preparation, preservation, and storage of food that comes straight from the land is much different than deciding on a menu and then shopping for it.

Adapted from the Live Power Farm website, www.livepower.org



28-GOWAN'S OAK TREE

Ask for: Grace Espinoza

We offer: Cherries, plums, peaches, pluots, persimmons, apples, pears, Asian pears, grapes, blackberries, raspberries, boysenberries, loganberries; walnuts; salad greens, broccoli, peas, beans, tomatoes, sweet peppers, hot peppers, eggplant, summer squash, cucumbers, winter squash, pumpkins, gourds; potatoes, corn; dried fruit, apple cider, apple sauce, fruit jams, apple pies

☞ We grow apples for commercial sale and also for our fruit stand. We grow a variety of produce for sale at our roadside stand. We use Integrated Pest Management to avoid use of pesticides.

Growing Practice: Conventional

Where to find our goods: Ukiah, Fort Bragg, Willits, and Mendocino FMs; farmstand (8 a.m.-8 p.m. summer, 8 a.m.-6 p.m. from Sept-May)

6350 Hwy 128, Philo 95466

Ph: 895-3353

Em: gracespinoza1@yahoo.com

Tours by appointment.

29-GREEN GORGE FARM

Ask for: Hugh or Baba Brady

We offer: Apples, pears, quince, berries; hazelnuts; tomatoes, summer and winter squash, cucumbers, artichokes, carrots, beets, greens, melons, peppers, garlic, onions, corn, peas, beabs, potatoes; cilantro, basil, rosemary, sage, thyme, oregano, parsley

☞ Small-scale apple, flower and vegetable farm, situated in the Garcia River valley outside Point Arena. We will hopefully keep expanding and growing to provide more food and flowers for the direct community and beyond.

Growing Practice: Organic practices, not certified

Where to find our goods: Gualala; stores and restaurants in Anchor Bay, Point Arena, Gualala and Sea Ranch

SR 2663, Point Arena 95468

Ph: 882-2046

Em: hans@mcn.org

Please contact us by: Phone, mail

Available for work parties and internships.

30-GREEN UPRISING AT BLACKBERRY BEND

Ask for: Michael Foley

We offer: Apples, pears, blackberries; walnuts; salad greens and lettuce; Asian greens, cabbage, collards, kale, eggplant, peppers, tomatoes, bulb fennel, beets, turnips, carrots, basil, cilantro, dill, oregano, rosemary, thyme; vegetable and flower starts at beginning of season

☞ We're a small, extended-family farm on five acres, with market garden, old and new orchards, and berry patches. We market at the Willits Farmers' Market, a small CSA, and our self-serve roadside stand. A new production hoophouse allows us to grow greens year-round, and we specialize in salad greens and (in season) garlic. In a good fruit year, we have lots of apples and Bartlett pears, as well as wild blackberries.

Growing Practice: Organic practices, not certified

Where to find our goods: Willits FM, spring, fall, and winter; at the farm 4 -7, 7 days a week

2301 East Hill Rd, Willits
Ph: 216-5549

Em: foley.mw@gmail.com

Available for work parties and internships.

31-GRILLI'S ACRE

Ask for: Duane or Deborah Grilli

We offer: Blackberries, raspberries, olallieberries, boysenberries

Growing Practice: Combination

Where to find our goods: Farmers Market(s).

1090 Hops Estates Lane, Ukiah 95482
Ph: 462-5605

Em: grillisacre@pacific.net

Wb: www.grillisacre.com

Please contact us by: phone, email

32-HAPPYBELLY

Ask for: Holly Madrigal

Mendocino-grown food delivered to Willits. A year-round subscription to seasonal food produced as locally to Willits as possible. Offering poultry, beef, pork, lamb, olive oil, honey, homemade pies and fruit. I do not produce, but gather for sale and distribute a "share" similar to a co-op. You can purchase a "lamb share" and an "olive oil share" for example, which would provide you with one half a cut and wrapped lamb from Hael Creek Farm and three gallons of olive oil from three different farms. All food is local to Mendocino County.

Growing Practice: Producers use organic or biodynamic practices, but may or may not be certified.

Where to find our goods: Pick ups are made at the Willits Farmers Market

178 Pearl St, Willits

Ph: 459-0447

Em: one_visionary@yahoo.com

Wb: happybelly95490.intuitwebsites.com



33-HAPPY EGGERS

Ask for: Tara Logan

We offer: Free range chicken eggs.

Growing Practice: Natural

Where to find our goods: Willits FM

3631 Chinquapin Dr, Willits 95490
Ph: 459-0363

Em: allobo@hughes.net

Please contact us by phone, mail

Visitors by appointment.



34-HARVEST MOON FARMS

Ask for: KC Chamberlain

We offer: 22 varieties of lavender plants, including English, Lavandin and Spanish varieties; lavender essential oils, lavender and arthritis formula massage oils, hydrosol spritzers, Healing Hand Salve, lavender flower sachets and lavender wands

☞ We organically grow 22 varieties of lavender and distill essential oil from English and Lavandin plants, make products from the essential oils, and sell lavender plants. We love what we do and consider it an honor and spiritual path to carry on the tradition of the folk healing arts.

Growing Practice: Organic, certified by CCOF

Where to find our goods: Willits and Laytonville FMs; The Good Food Store, Mariposa Market, Ukiah Natural Foods; by phone or at our website

PO Box 825, Laytonville 95454

Ph: 984-8545

Em: kchmf@mcn.org

Wb: www.harvestmoonfarms.ws

Visitors by appointment.

35-HILL FARM & GATTONELLI

Ask for: Jordan Gatto

We offer: Melons; salad greens, beans, tomatoes, eggplant, summer squash, onions, garlic, winter squash, leeks; basil; tomato sauce and juice

☞ We grow fresh vegetables, but mostly tomatoes that we process into juice and sauce.

Growing Practice: Organic practices, registered with the State

Where to find our goods: Willits and Covelo FMs; Ukiah Natural Foods, Harvest Market, Rainbow in San Francisco, Star Market (Berkeley)

PO Box 305, Covelo 95428

Please contact us by: mail

36-HUCKLEBERRY HOLLOW GARDENS

Ask for: Robert & Marialice Canclini

We offer: Apples, wild huckleberries; sugar snap peas, tomatoes, flowers

Growing Practice: Organic practices, not certified

Where to find our goods: Mendocino FM.

41600 Little River Airport Rd, LR 95456

Ph: 937-5283

37-IRENE'S GARDEN PRODUCE

Ask for: Irene Engber

We offer: Melons; salad greens, cauliflower, summer squash, onions, garlic, winter squash, potatoes, tomatoes, eggplant, asparagus, beets, and spinach; basil, cilantro, thyme, parsley, sage, chives, marjoram, rosemary

☞ Irene's is a beautiful three acre truck farm, where quality and freshness are a priority.

Growing Practice: Organic, CCOF certified

Where to find our goods: Mariposa in Laytonville, Ukiah Natural Foods.

50350 Hwy 101, Laytonville

PO Box 1355, Laytonville 95454

Ph: 984-8368

Em: eengber@mcn.org

Visitors by appointment (email first).

38-JIM WOODARD FRESH PRODUCE

Ask for: Jim Woodard

We offer: Persimmons and blackberries; salad greens, hearty greens, broccoli, cauliflower, carrots, peas, beans, tomatoes, sweet peppers, hot peppers, eggplant, summer squash, cucumbers, onions, garlic, winter squash

☞ I farm a variety of produce on three acres in Round Valley.

Growing Practice: Organic practices, not certified

24271 Shady Lane, Covelo 95428

Em: JAWoodard38@yahoo.com

Please contact us by: email



39-JOHN FORD RANCH

Ask for: John or Charlene Ford

We offer: Beef

☞ Ranch raised natural beef. No hormones or antibiotics.

Growing Practice: Natural

Where to find our goods: Willits, Ukiah, Fort Bragg, and Mendocino FMs; Mariposa Market, Ukiah Natural Foods, Mendocino Market, Buster's Burgers & Brew; at the farm by appointment

2250 Hearst Rd, Willits 95490

Ph: 459-5193

Em: jcford@saber.net

Please contact us by: phone

Visitors by appointment.

40-LAUGHING FROG FARM

Ask for: Gina Covina

We offer: Nettles, Asian greens, peppers, tomatoes; blackberries, Marion berries, boysenberries (plant starts); heirloom tomatoes and peppers, nettles (plant starts), some fruit trees and table grapes; eggs (all year); chicks: Spangled Russian Orloffs, Ameraucanas, Cuckoo Marans, Black Minorcas, Cubalayas; open pollinated tomato, peppers and other seeds

☞ We are a small, natural farm, producing eggs, chicks, plant, fruit, and tree starts, and seeds.

Growing Practice: Organic practices, not certified

Where to find our goods: Laytonville FM (plant starts only), at the farm in Laytonville

P O Box 145, Laytonville 95454

Ph: 984-7414

Em: gcovina@willitsonline

Wb: www.laughingfrogfarm.net

Please contact us by: email

Visitors by appointment.

41-LITTLE LAKE GARDEN

Ask for: Andy Mackey & Winnie Pitrone

We offer: Lettuce and salad mix

☞ Little Lake is a 1-acre garden specializing in lettuces.

Growing Practice: Organic practices, not certified

Where to find our goods: Mendocino FM

42265 Little Lake Rd, Mendocino 95460

Ph: 937-3632

Em: Minerva@mcn.org

Please contact us by: phone

Visitors by appointment.

42-LIVE POWER COMMUNITY FARM

Ask for: Gloria Decater

We offer: Melons; salad greens, hearty greens, broccoli, cauliflower, carrots, peas, beans, tomatoes, sweet peppers, hot peppers, eggplant, summer squash, cucumbers, onions, garlic, winter squash, pumpkins, gourds; potatoes, watermelons, cabbage, pac choy, green beans, beets, chard, corn, kale, kohlrabi, leeks, lettuce, parsley, parsnips, radishes, rutabagas, spinach, turnips; basil; beef (all year), lamb (fall and winter); We also offer fruit shares for members in both Mendocino County and the Bay Area

☞ Live Power Community Farm is a community-based farm supplying members in Mendocino County and the SF Bay area with locally-produced biodynamic produce throughout a 30-week season. The farm produces food using renewable energy: draft horses, people, and solar power. Our farm is entirely supported by more than 160 families and individuals who carry the operating cost of the farm and share in the harvest, and by our school class visitation program for elementary and secondary school classes.

Growing Practice: Biodynamic, certified by Demeter

Where to find our goods: CSA shares available in Covelo, Willits, Ukiah, and SF Bay Area

25451 East Lane, Covelo 95428

Ph: 983-8196

Em: livepower@igc.org

Wb: www.livepower.org

Please contact us by: phone, email, mail
Available for special events, work parties, and internships.

*Visitors and volunteers welcome!
Please call ahead. We have 2 farm potluck work weekends each season, spring and fall. We also host the northern California Biodynamic Association fall quarterly meeting, which is open to the public.*



43-LOVER'S LANE FARM

Ask for: Keith and Kate Fegin

We offer: Walnuts (in season); Tamworth pork (spring & fall); comb and chunk honey (spring); beeswax (fall); Vetch blossom honey (May & June); wildflower honey all year; herb infused body care products

☞ Lover's Lane Farm is a small, husband and wife beekeeping and food farming operation in the outskirts of Ukiah. We specialize in locally produced and varietally distinct honey. We also produce an assortment of body care products using ingredients from our hives and our farm. All of our beehives are located within Mendocino County. We avoid synthetic chemicals in our hives, using essential oils and mechanical methods for hive health, as well as superior breeding stock. Our honey is unprocessed and unfiltered, using a "hands-off" philosophy.

Growing Practice: Natural, combination, Wild-harvested

Where to find our goods: Ukiah, Fort Bragg, Mendocino, and Cloverdale FMs; Ukiah Natural Foods, Mariposa Market, Corners of the Mouth, Harvest Market, Geigers Long Valley Market; at the farm by appointment

810 Lovers Lane, Ukiah

Ph: 463-2658

Em: loverslanefarm@gmail.com

Wb: www.loverslanefarm.com

Internships available.

Visitors by appointment.

**Six companies—Monsanto, Syngenta, DuPont, Mitsui, Aventis, and Dow—
now control 98 percent of the world seed sales.**

—BARBARA KINGSOLVER, *ANIMAL, VEGETABLE, MIRACLE*

44-LOVIN' BLOOMS

Ask for: Joey

We offer: Many varieties of vegetable, culinary and medicinal herb and some flower starts available in the spring and fall planting seasons

☞ Greenhouse Nursery Collective of local people whose goal is to provide organic plant starts and to encourage local food production.

Growing Practice: Organic practices. Mendocino Renegade Certified

Where to find our goods: Ukiah, Mendocino, Fort Bragg and Boonville FMs; Ukiah Natural Foods, Boont Berry Farm, Down Home Foods, North Star Nursery; Harvest Market; At the farm by appointment

Ph: 895-2358

Available for internships.

Visitors by appointment.

45-MAGRUDER RANCH

Ask for: Mac Magruder

We offer: Grass-fed beef and pork available year-round

☞ We are a 4th generation family-owned ranch producing finished pastured beef, completely grass fed. Our beef is distributed to local individuals who buy frozen quarters, halves and whole beef, and to Bay Area restaurants. The pigs are raised to mimic their wild cousins, but in a controlled setting.

Growing Practice: Natural

Where to find our goods: Woodland Market in Kentfield, at the farm by appointment

9000 West Road, Potter Valley 95469

Ph: 743-1539(h), 489-6156(w)

Em: magruderranch@pacific.net

Visitors by appointment.

46-MANCINELLI FARMS

Ask for: Melissa Mancinelli

We offer: Apples, peaches, pears, plums, raspberries and blackberries; walnuts and filberts; leafy greens and broccoli; peppermint, horehound, skullcap and more; herb and vegetable nursery stock

☞ Organic and sustainable herbs, greens and vegetables, fruit and nuts. Grown without the use of chemicals, pesticides, or fungicides.

Growing Practice: Organic practices, not certified; wild-harvested

Where to find our goods: Covelo FM, Mariposa Market; mail order

25428 Mendocino Pass Rd, Covelo

Box 492, Covelo 95428

Ph: 983-6364

Em: melissa.mancinelli@gmail.com

Available for internships.

47-MASUT ORGANIC FARMS

Ask for: Sheila Fetzer

We offer: Grapes; beef (all year); Pinot Noir wine

☞ We produce organic grass fed beef and Pinot Noir wines. We harvest our beef twice a year only. Orders are made in advance. Please contact us for more information.

Growing Practice: Certified Organic, by Organic Certifiers

Where to find our goods: Bay Area Meat CSA (bamcsa.ning.com); at the farm

301 Reeves Canyon Rd, Redwood Valley

PO Box 348, Redwood Valley 95470

Ph: 485-5466

Em: sheilafetzer@masut.com

Wb: www.masut.com

Please contact us by: phone, website

Available for internships.

Visitors by appointment—phone first.

48-McFADDEN FARM

Ask for: Guinness McFadden

We offer: Basil, oregano, marjoram, thyme, lemon thyme, sage, rosemary, tarragon, chili flakes; beef

☞ We are a diversified organic family farm since 1970, producing wine grapes, beef cattle, and herbs.

Growing Practice: Organic, CCOF certified

Where to find our goods: Ukiah Natural Foods, Mendocino Bounty (herbs only); online

16000 Power House Rd, PV 95469

Ph: 743-1122

Em: mcfaddenfarm@pacific.net

Wb: www.mcfaddenfarm.com

Please contact us by: phone, email

Visitors by appointment.



49-MENDOCINO GOURMET MUSHROOMS

Ask for: Priscilla and David Samas

We offer: Organic Shiitake mushrooms

☞ Mendocino Gourmet sells organic Shiitake caps to local markets and fine restaurants. Founded in 1998 by long-time coastal residents, David and Priscilla Samas, the family-owned and operated Mendocino Gourmet is located just outside of Mendocino Village. We remove the mushroom stems prior to shipping, reducing waste, allowing 100% utilization by our customers (stems are usually only used to make broth or soup stock).

Growing Practice: Organic practices, not certified

Where to find our goods: Corners of the Mouth, Good Food Store, Harvest Market, Harvest At Mendosa's, Monterey Market, Berkeley Bowl; Albion River Inn, Boonville Hotel, Harbor House, Little River Inn, MacCallum House, Mendocino Cafe, Moose Cafe, Mendocino Hotel, 955 Ukiah Street, North Coast Brewery, Ravens at Stanford Inn; delivery available for local restaurants and markets; shipping available for non-local destinations

POBox 1566, Mendocino 95460

Ph: 937-3108

Please contact us by: phone

Farm visits not available.

50-MENDOCINO LAVENDER, HERBS AND FLOWERS

Ask for: Thomas Brower

We offer: Lavender, other herbs and flowers

☞ Locally grown and handcrafted, certified organic and biodynamic lavender, herbs and flowers. Fresh and dried, wholesale and retail. We produce numerous herbal products, including essential oils and hydrosols.

Growing Practice: Organic practices, Mendocino Renegade certified and a leased field certified Biodynamic by Demeter

P O Box 512, Redwood Valley 95470

Ph: 489-0009

Em: mendocinolavender@yahoo.com

Wb: www.mendocinolavender.com

No visitors.

Eating local allows people to reclaim the pleasures of face-to-face interactions around food and the security that comes from knowing what one is eating.

- BRIAN HALWEIL

Mendocino County Farm Locations

- 1) Apple Farm
- 2) Aristaeus Gardens & Honey
- 3) Big River Nurseries and Raven's Restaurant
- 4) Blue Meadow Farm
- 5) Bob Gates Organics
- 6) Boont Organics
- 7) Brock Farms
- 8) Brookside Farm
- 9) Bountiful Gardens
- 10) Budding Prospects Farm
- 11) Burnstad Farms
- 12) Butler Cherry Ranch Project
- 13) Chestnut Ridge Ranch
- 14) Cinnamon Bear Farm
- 15) Covelo Organic
- 16) Creek Side Farms
- 17) Dear Meadow Farm
- 18) Flowers by the Sea
- 19) Elmer Orchards
- 20) Fandango Spice Garden
- 21) Filigreen Farm
- 22) Fish Peddler
- 23) Floodgate Farm
- 24) Frazier Lane Organics
- 25) Frog Hill Farms
- 26) Fullers Fine Herbs
- 27) Garden Gate Produce
- 28) Gowan's Oak Tree
- 29) Green Gorge Farm
- 30) Green Uprising at Blackberry Bend
- 31) Grilli's Acre
- 32) HappyBelly
- 33) Happy Eggers
- 34) Harvest Moon Farms
- 35) Hill Farm & Gattonelli
- 36) Huckleberry Hollow Gardens
- 37) Irene's Garden Produce
- 38) Jim Woodard Fresh Produce
- 39) John Ford Ranch
- 40) Laughing Frog Farm
- 41) Little Lake Garden
- 42) Live Power Farm
- 43) Lover's Lane Farm
- 44) Lovin' Blooms
- 45) Magruder Ranch
- 46) Mancinelli Farms
- 47) Masut Organic Farms
- 48) McFadden Farm
- 49) Mendocino Gourmet Mushrooms
- 50) Mendocino Lavender, Herbs and Flowers
- 51) Mendocino Organics
- 52) Mendocino Queen Honey
- 53) Mendocino Sea Vegetable Company
- 54) Mendocino Tea Company
- 55) Moon River Nursery
- 56) Navarro River Farm
- 57) Noyo Food Forest/The Learning Garden at Fort Bragg High School
- 58) Noyo Hill Farm
- 59) Ocean Harvest Sea Vegetable Company
- 60) Old Mill Farm
- 61) Oliveto del vecchio
- 62) Olivino/Terra Savia
- 63) OZ Farm
- 64) Petit Teton
- 65) Philo Pharm
- 66) Plants & Planters
- 67) Pomo Tierra Orchard
- 68) Red Dog Ranch
- 69) Redtail Ranch
- 70) Rescue Ranch
- 71) Saechao Strawberry Farm
- 72) Salt Hollow Flower Farm
- 73) Sanhedrin Nursery
- 74) Shamrock Artisan Goat Cheese and Summer Breeze Ranch
- 75) Smart's Mountain Farm
- 76) Snag End Farm
- 77) Sonia Anzilotti
- 78) Stella Cadente Olive Oil Co.
- 79) Terra Verde
- 80) Todd Organic Orchards Inc
- 81) Yernaya Sea Weeds
- 82) Zeni Ranch

The explosion of farmers markets and Slow Food points to the growing number of consumers, farmers, and local businesses that have already shifted their role in the food chain, detaching themselves from long-distance cuisine to live within their foodsheds. It is the fact that communities around the world all possess the capacity to regain this control that makes the simple idea of eating local so powerful.

- BRIAN HALWELL, *EAT HERE*



51-MENDOCINO ORGANICS

Ask for: Adam Gaska and Paula Mancilo

We offer: Tomatoes, peppers, eggplant, potatoes, onions, garlic, carrots, turnips, cabbage, kale, mustard greens, broccoli, cauliflower, lettuce, corn, beans, beets, leeks and chicory; lamb year-round; poultry (June–Oct); pork (Feb–Mar)

☞ Mendocino Organics is based in Redwood Valley at Heart Arrow Ranch of Golden Vineyards. In collaboration with the Golden, we steward the land and grow a diverse range of vegetables and meats among grapes and olives. At 1600 feet in elevation, we are able to grow an extended season of produce.

Growing Practice: Golden Vineyards is certified Biodynamic by Demeter. Mendocino Organics is Mendocino Renegade certified.

Where to find our goods: Ukiah FM; Ukiah Natural Foods, Westside Renaissance Market; CSA membership available Dec–April. (see website)

751 Lennix Dr, Redwood Valley
Ph: 272-5477

Em: mendocinoorganics@gmail.com

Wb: MendoOrganicsCSA.wordpress.com

Please contact us by: email

Available by appointment and for special events.

Visitors: Call for information.

52-MENDOCINO QUEEN HONEY

Ask for: Matt and Patty Crawley

We offer: Honey

☞ We are husband and wife bee keepers. We produce limited quantities of raw, unfiltered honey from our sustainably raised bees. We use no chemical interventions in our hives and we carefully choose where we place our hives to avoid contact with pesticides.

Growing Practice: Other

Where to find our goods: Willits and Laytonville FM's; Mariposa Market, Ukiah Natural Foods

33 Mill Creek Dr., Willits

Ph: 459-6335

Em: pattyrede@yahoo.com

Please contact us by: phone, email

53-MENDOCINO SEA VEGETABLE COMPANY

Ask for: Barbara & John Stephens-Lewallen

We offer: Wild seaweed for food and medicine: great snack and gourmet food

☞ We are wildcrafters and hand harvesters of “Wild Mendocino Seaweed,” grown wild by the Pacific Ocean. All the seaweeds and seaweed products are sustainably harvested year after year from Mendocino’s clean waters. We wholesale and mail order “Wild Mendocino Seaweed” around the world. Mendocino’s “Wild Seaweed” has a world reputation for the highest quality of taste, nutrition, appearance, and purity.

Growing Practice: Sustainably harvested

Where to find our goods: Ukiah Natural Foods, Boont Berry Farm, Corners of the Mouth, Good Food Store, Mariposa Market; phone, online orders

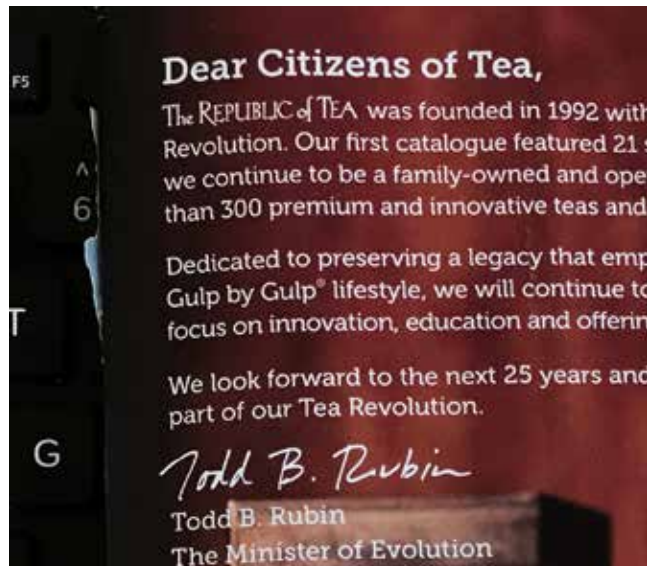
4625 Monte Bloyd Rd, Philo

PO Box 455, Philo 95466

Ph: 895-2996

Em: kombuko@mcn.org

Wb: www.seaweed.net



54-MENDOCINO TEA COMPANY

Ask for: Lee White

We offer: Oregano, sage, tarragon, dill and thyme; herb and flower teas

☞ I make herbal teas out of rose petals, lemon balm, blackberry and raspberry leaves, mint, calendula, edible chrysanthemum, holy basil, chamomile, pineapple sage, fuschia flowers, lemon verbena, lavender and stevia that I grow in my garden.

Growing Practice: Organic practices, not certified

Where to find our goods: Mendo FM

32170 Albion Ridge Road, Albion

PO Box 699, Albion 95410

Ph: 937-2700

Em: lifeline@mcn.org

Wb: www.Mendocinotea.com

Please contact us by: email

55-MOON RIVER NURSERY

Ask for: Jackie Clark

We offer: Apples, apricot, peach, pear, plum, cherry, mulberry and Northern California Black Walnut trees; grapes; Many varieties of black-, blue-, rasp- and goose-berries; lettuce, tomato, parsley, broccoli, spinach, bean, pea, squash and pepper starts and cumin, sage, oregano, coriander, tarragon, thyme, chervil and many medicinal herb starts

Modern U.S. consumers now get to taste less than 1 percent of the vegetable varieties that were grown here a century ago.

-BARBARA KINGSOLVER,
ANIMAL, VEGETABLE, MIRACLE

☞ Small family-owned nursery at the edge of the redwood forest in Albion.

Growing Practice: Natural and organic practices, not certified

Where to find our goods: Fort Bragg FM; Mendocino Garden Shop, Village Hardware in Albion

30625 Middle Ridge Rd, Albion

P O Box 190, Albion 95410

Ph: 937-2883

Em: moonrivernursery@yahoo.com

Wb: www.myspace.com/moonrivernursery

Visitors welcome Fri-Mon, 10am to dark, or by appointment.

56-NAVARRO RIVER FARM

Ask for: Matthew Starkweather

We offer: Apples, strawberries, raspberries, blueberries; salad greens, hearty greens, broccoli, cauliflower, carrots, peas, beans, tomatoes, sweet peppers, hot peppers, eggplant, summer squash, cucumbers, onions, winter squash, pumpkins, gourds; rhubarb, baby spinach; basil, parsley; dried flower wreaths, bouquets

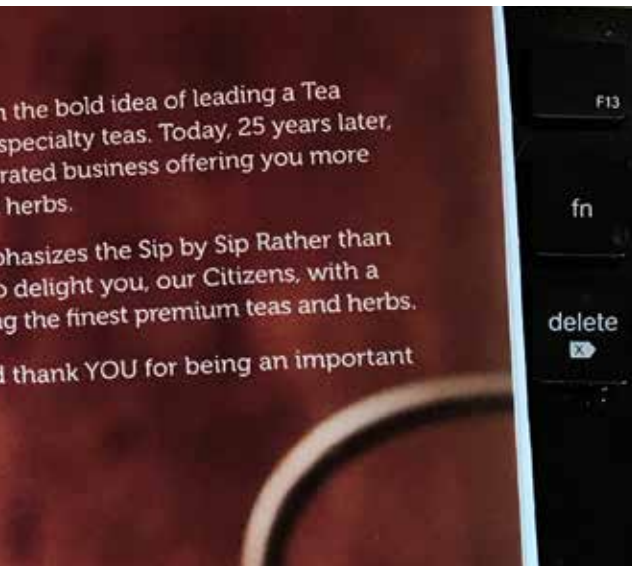
☞ Our farm is located on 11+ acres of river front land on the Navarro River. We are a small family market farm specializing in high quality organic produce grown on our fertile river bottom soil. We use only certified organic fertilizers and compost. We till most of our beds by hand.

Growing Practice: Organic practices, not certified

Where to find our goods: Coastal CSA, Farmers Market(s)

PO Box 164, Albion 95410

Em: oaktrees6@juno.com





Please contact us by: phone, email
**57-NOYO FOOD FOREST/THE
 LEARNING GARDEN AT
 FORT BRAGG HIGH SCHOOL**

Ask for: Sakina Bush

We offer: Greens, broccoli, carrots, peas, tomatoes, cucumbers, garlic, squash, strawberries; basil, parsley, cilantro, oregano, thyme, rosemary; herbs, flowers, veggie starts

☞ The Noyo Food Forest is a non-profit organization based in Fort Bragg. Our mission is to cultivate a healthy local food system by providing opportunities for education, enterprise, and community involvement. At the Learning Garden we grow food for the high school cafeteria and food, cut flowers, and nursery starts for the Fort Bragg Farmers Market. We offer gardening classes, volunteer work days, seasonal events, and internships. The Noyo Food Forest has other community garden projects in Fort Bragg. Join the real food revolution!

Growing Practice: Organic practices, not certified

Where to find our goods: Fort Bragg FM; Dirt Cheap for nursery starts; at the farm Fridays from 1-5pm, or by appointment.

300 Dana Street, Fort Bragg 95437

Ph: 964-9232

Em: noyofoodforest@riseup.net

Wb: www.noyofoodforest.org

Please contact us by: email

Available by appointment and for work parties and internships.

We have weekly volunteer workdays that are open to the public. Every Wed. from 3 until 6pm at the Learning Garden, located in between Fort Bragg High School and Safe Passage Family Resource Center on Dana Street in Fort Bragg.

58-NOYO HILL FARM

Ask for: John Richardson & Joanne Frazer

We offer: Asian greens, beans, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, chard, celery, celeriac, collards, cucumbers, daikon radish, endive, fava beans, fennel, garlic, kale, leeks, lettuce, onions, peas, peppers, potatoes, radishes, scallions, spinach, summer and winter squash, tomatoes, turnips; flower bouquets

☞ Our farm overlooks Noyo Harbor. We have been farming here for 6 years and for the last 3 years have offered weekly boxes year-round. We have always grown our vegetables naturally and this year have started to use biodynamic methods.

Growing Practice: Biodynamic, not certified

Where to find our goods: Fort Bragg FM;

CSA membership offered year-round.

430 North Harbor Drive, Fort Bragg 95437

Ph: 357-2295

Em: info@noyohillfarm.com

Wb: www.noyohillfarm.com

Available for special events, work parties, and internships.

Visitors by appointment (please phone first).

59-OCEAN HARVEST SEA VEGETABLE COMPANY

Ask for: Terry Nieves

We offer: Sea vegetables

☞ Ocean Harvest Sea Vegetable Company is a small seaweed wild crafting business. We harvest wild seaweeds in a sustainable and ethical manner along the Mendocino Coast. We then sun dry our seaweeds in the redwoods so as to offer you a delicious, raw, nutrient rich ocean food. We offer 9 varieties of sea vegetables: kombu, wakame, sea palm, dulse, nori, fucus. OHSV exclusively harvests silky sea palm, sweet kombu and ocean ribbons. We also flake and mix our sea veggies to bring to you a delicious seven seaweed blend and sea veggie gomasio. Seaweed is a “superfood”, filled with abundant trace minerals, vitamins and nutrients. Sea veggies store well in a dark dry place. You can find delicious raw and cooked recipes in our sea vegetable preparation booklet.

Growing Practice: Wild-harvested

Where to find our goods: Ukiah Natural Foods, Corners of the Mouth; Mail order: call or visit our website email orders

PO Box 1719, Mendocino 95460

Ph: 937-1923

Em: ohveggies@pacific.net

Wb: www.ohsv.net

Visitors by appointment only.

60-OLD MILL FARM

Ask for: Cas Sochacki

We offer: Salad greens, hearty greens, broccoli, cauliflower, carrots, peas, beans, tomatoes, sweet peppers, eggplant, hot peppers, summer squash, cucumbers, garlic, winter squash; pork, lamb, mutton

☞ We are a small-scale family farm raising pigs, sheep and a variety of produce year-round. Our primary outlets are a CSA, farmers markets and local restaurants in the Mendocino and Fort Bragg area. It's really good.

Growing Practice: Organic practices, not certified

Where to find our goods: Fort Bragg and Mendocino FMs; Mendo Bistro

PO Box 553, Mendocino 95460

Ph: 937-3047

Em: cas@oldmillfarm.org

Wb: www.oldmillfarm.org

Please contact us by: email

Wineries and Restaurants with Gardens

There are two restaurants and two wineries that we know of that have gardens incorporated into the structure of their business. We wanted to include them to commend them for their commitment to producing food locally.

Boonville Hotel ... 14040 Highway 128, PO Box 326, Boonville. 895-2210. www.boonvillehotel.com

Frey Vineyards 14000 Tomki Rd. Redwood Valley. 485-5177. www.freywine.com

Handley Cellars 3151 Highway 128, PO Box 66, Philo. 895-3876. www.handleycellars.com

Stanford Inn Raven's Restaurant, 33850 Comptche-Ukiah Rd. Mendocino. 937-5615. www.stanfordinn.com

61-OLIVETO DEL VECCHIO

Ask for: Theresa Reichert

We offer: Olives and olive oil

☞ We grow olives, have our own press and produce organic olive oil. We have lots of varieties such as Tuscan, Arbequina and lemon flavors. We have been certified by the California Olive Oil Council. We will press, bottle and label olive oil for other people.

Growing Practice: Organic practices, registered with the State

Where to find our goods: Farmers Market(s), Ukiah Natural Foods, ER Energy Hometown Store, Mendocino Bounty, Graziano's Family of Wines Tasting Room in Hopland; at the farm (call first), online

12746 Pine Ave, Potter Valley 95469

Ph: 743-1766 or 489-5212

Em: theresa@olivetodelvecchio.com

Wb: www.olivetodelvecchio.com

Please contact us by: phone

Visitors by appointment (please phone first).

62-OLIVINO/TERRA SÁVIA

Ask for: Yvonne Hall

We offer: Corn salad (mache) and tomatoes; honey; Terra Sávia olive oil; cured olives (November)

☞ Certified organic extra virgin olive oil and wine producers, olive milling facility, olive tree nursery, olive oil bottling and labeling, custom crush for both wine and olive oil, seasonal vegetables, and honey. We grow our food with a great deal of love and care.

Growing Practice: Certified organic by CCOF

Where to find our goods: Ukiah, Willits, Mendocino and Fort Bragg FMs; Ukiah Natural Foods, Mendocino Bounty, Mariposa Market, Harvest Market and le Sorelle

14160 Mt. House Road, Hopland

PO Box 446, Hopland 95449

Ph: 744-1114

Em: yhall@olivino.com

Wb: www.terrasavia.com, olivino.com

Visitors by appointment.

63-OZ FARM

Ask for: John or Patrick

We offer: Apples, pears, Asian pears, strawberries, blackberries; walnuts; salad greens, hearty greens, broccoli, cauliflower, carrots, peas, mushrooms, beans, sweet peppers, hot peppers, summer squash, cucumbers, onions, garlic, winter squash, rhubarb, pumpkins, gourds; basil, rosemary, thyme; eggs (May-Nov), poultry (May-Nov)

☞ Oz Farm is a CCOF-certified farm and orchard, sustainable forestry operation and licensed retreat center. Our outlets are a CSA and farmers markets.

Growing Practice: Organic practices, CCOF certified

Where to find our goods: Pt Arena and Gualala CSA, Gualala FM.

41601 Mountain View Rd, Point Arena

PO Box 244, Point Arena 95468

Ph: 882-3046

Em: hooparb@aol.com, boydcordrey@hotmail.com

Wb: www.oz-farm.com

Visitors by appointment

64-PETIT TETON

Ask for: Nikki Ausschnitt/Steve Krieg

We offer: Strawberries, pears, rhubarb; brassicas, greens, carrots, beets, lettuce, squash, cucumbers, peas, beans, garlic, onions, leeks, tomatoes, peppers, celery, horseradish, asparagus and watercress; parsley, basil, cilantro, rosemary, sage, chervil, thyme, mint, savory and shiso; eggs

☞ We are an organic farm located outside of Boonville in Anderson Valley. We raise chickens for egg production, and a wide

If every U.S. citizen ate just one meal a week (any meal) composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil every week.

- STEVEN L. HOPP, *ANIMAL VEGETABLE, MIRACLE*

range of seasonal fruits and vegetables. We currently sell our produce at the Farmers Market in Boonville. We grow crops from open pollinated, organic seeds and try to emphasize heirloom varieties. We blend a mixture of farming styles, inspired by bio-intensive, bio-dynamic, organic practices, permaculture, and low till/hand cultivated farming methods.

Growing Practice: Organic, not certified

Where to find our goods: Boonville FM

18601 Hwy 128, Yorkville 95494

Ph: 895-3683

Em: nikki@artnik.net

Please contact us by: phone, email, mail
We welcome visitors during the week, T-F, 9-6.

65-PHILO PHARM

Ask for: Mary Pat Palmer, Registered Herbalist

We offer: Too many herbs to list! Basically Mediterranean herbs, elecampane root, ashwaganda root, white sage, yarrow, mugwort; plant starts for: agrimony, elecampane, yarrow, ashwaganda, motherwort, teasel, clary sage; seeds of agrimony, sages, yarrow, ashwaganda, motherwort, and more in the fall

☞ A large garden with over 100 species of medicinal plants, vegetables, orchards and horticultural plants. This land is a botanical sanctuary dedicated to preserving endangered plants of the area as well as growing native and naturalized medicine.

Growing Practice: Organic practices, registered with the State.

Where to find our goods: Boonville FM and Grange Mart
2400 Highway 128, Anderson Valley
Ph: 895-3007

Em: mpatpalm@earthlink.net

Wb: www.herbalenergetics.com

Visitors by appointment.

66-PLANTS & PLANTERS

Ask for: Marian Franklin

We offer: Apples, pears, strawberries, blackberries and raspberries; hearty greens, beans, tomatoes, summer squash, garlic; basil, oregano, marjoram

☞ We are a small nursery and mini-farm for farmers market sales, featuring hand-carved wood tools from local woods.

Growing Practice: Biointensive

Where to find our goods: Willits, Ukiah and Laytonville FMs

PO Box 895, Laytonville 95454

Ph: 984-6204

Em: owl@mcn.org

Please contact us by: email





Visitors by appointment (please phone first).

67-POMO TIERRA ORCHARD

Ask for: Bob Bernstein

We offer: Apples, apple juice;

☞ We grow and sell organic apples and make apple juice. We have the finest organic Gravenstein apples in the county.

Growing Practice: Organic, CCOF certified

Where to find our goods: Berkeley FM; Ukiah Natural Foods, Boont Berry Farm; Mariposa Market

Ph: 894-3662

68-RED DOG RANCH

Ask for: Richard Fesler

We offer: Apples, blackberries, cherries, grapes, melons, prunes, raspberries, and rhubarb; artichokes, asparagus, beans, beets, bok choy, broccoli, brussel sprouts, carrots, cauliflower, celeriac, cucumbers, eggplant, fennel bulb, garlic, greens, horseradish, jicama, kohlrabi, leeks, lettuce, potatoes, radishes, scallions, spinach, squash, sunchokes, swiss chard, tomatillo, tomatoes, turnips, wild mushrooms; basil, bay leaf, cilantro, dill, edible flowers, lemon grass, parsley; honey comb; flowers

☞ We are growers of Certified Naturally Grown heirloom fruits & vegetables.

Growing Practice: Certified Naturally Grown (see naturallygrown.org)

Where to find our goods: local CSA,

Gualala FM, Surf Market and Anchor Bay Store, Sea Ranch Lodge, St. Orres

44525 Gualala Rd, Gualala
PO Box 339, Gualala 95445
Ph: 884-9640

Em: info@RedDogRanch.com

Wb: www.RedDogRanch.com

69-REDTAIL RANCH

Ask for: Marbry Sipila

We offer: Apples, cherries, plums, persimmons, pears, figs, grapes; salad greens, hearty greens, carrots, peas, beets, green beans, tomatoes, tomatillos, sweet and hot peppers, summer squash, winter squash, onions, garlic, basil, cucumbers

Growing Practice: Organic practices, not certified

Where to find our goods: Laytonville, Mendocino, and Willits FM

Ph: 272-1907

Em: marbrysip@gmail.com

70-RESCUE RANCH

We offer: Plums, apples and blackberries; garlic, rhubarb; eggs; hops (late summer); fruit leather from local plums and pears (August & September)

☞ We are small-scale and community oriented.

Growing Practice: Organic practices, not certified

Where to find our goods: Laytonville FM

Em: chieftan@hughes.net

Please contact us by: email

71-SAECHAO STRAWBERRY FARM

Ask for: Ouyern Saechao

We offer: Strawberries (April to Nov); snap beans, tomatoes, sweet peppers, summer squash, cucumbers, onions, garlic, winter squash, pumpkins, gourds

☞ We operate a seven-acre strawberry and vegetable farm, with a farm stand open from April to November (open from 9 a.m. to 6 p.m. in April and June; after June, we are open when we have strawberries).

Growing Practice: Combination
Where to find our goods: the farm

Nelson Ranch Road, on Hwy 101, south of Ukiah
935 E. Hwy 20, Upper Lake 95485
Ph: 349-0681
Please contact us by: phone
Visitors: Drop in or by appointment.

72-SALT HOLLOW FLOWER FARM

Ask for: Jen Lyon

We offer: Lettuce, radishes, swiss chard, kale, cauliflower, broccoli, and turnips; lavender, sage, oregano, marjoram, rosemary; various cut flower and vegetable starts; seasonal field grown annual and perennial flowers (edible and ornamental)

☞ Salt Hollow is a small family owned farm that takes great pride in the quality and longevity of the flowers and vegetables we grow. Though we are not certified we use only organic inputs and no chemical

pesticides on our products. We are also a full service florist using only seasonal flowers grown at Salt Hollow and by other local growers.

Growing Practice: Organic practices, not certified
Where to find our goods: Willits, Ukiah, and Redwood Valley FM's; at the farm by appointment.

7901 East Rd, Redwood Valley
Ph: 485-5363
Em: salthollow@pacific.net
Available for work parties and internships.
Visitors by appointment.

73-SANHEDRIN NURSERY

Ask for: Dave and Jenny Watts

We offer: 60 varieties of tomato and pepper plants; vegetable and flower starts

☞ Family owned nursery serving the Willits area for over 28 years. We are a full service nursery selling trees, shrubs, bedding plants, soils, containers and garden soils. We grow special order vegetable starts for our customers, grown using non-toxic natural soils, fertilizers and pesticides (we use soap and lady bugs).

Growing Practice: Natural
Where to find our goods: Sanhedrin Nursery, open 9-5 Mon-Sat; 10-4 Sun

1094 Locust St, Willits
Ph: 459-9009
Em: plants@sanhedrinnursery.com
Wb: www.sanhedrinnursery.com

The Grange

As America's first agricultural fraternity, Grange service to agriculture, communities and the nation is built upon democratic expression and organization.

Anderson Valley Grange No. 669	895-2958
Fort Bragg Grange No. 672	964-3542
Garcia Grange No. 676	882-3425
Little Lake Grange No. 670	459-9716
Redwood Valley Grange No. 382	485-8448
Whitesboro Grange No. 766	937-4020

74-SHAMROCK ARTISAN GOAT CHEESE AND SUMMER BREEZE RANCH

Ask for: Ana and Gilbert Cox

We offer: Tomatoes, lettuce, beans, peas, corn, cucumbers, squash, spinach and peppers; eggs; soft chevre (Plain, Garlic, Dill, Basil, Chives & Jalapeno), Tome Du Corier, Shamrock Bouchon, Ashed Tomette, Feta, Redwood Log; goat meat; goat compost

☞ We have 130 acres in the Little Lake Valley, north of Willits. The only Grade A Goat Dairy in Mendocino and Lake Counties. 100% of the milk used to make our cheeses is produced by our goat dairy on our ranch. We also produce all the hay the goats consume on our ranch naturally. We have been in the dairy and cheese business since 1983, originally in Carmel Valley, Monterey County.

Growing Practice: Combination
Where to find our goods: Ukiah, Redwood Valley, Willits, Laytonville, and Boonville FMs; Mariposa Market, Coffee Critic, Good Food Store, Patrona, and Shot Gun

24225 Reynolds Hwy, Willits
Ph: 459-2363, 459-2195
Em: shamrockartisan@northbay.com & summerbreeze@northbay.com
Wb: www.shamrockartisangoatcheese.com

75-SMART'S MOUNTAIN FARM

Ask for: Peggy and Dennis Smart

We offer: Loganberries, blackberries, raspberries, blueberries; walnuts, almonds; tomatoes, peppers, herbs, lavender, squashes, onions, garlic, peppermint, hops; thornless loganberry, blackberry, strawberry, raspberry starts; mixed colors of eggs

☞ Our registered organic farm is located on Pine Ridge, 100+ acres situated on a mountain near the headwaters of Robinson Creek (Russian River drainage) and the headwaters of Indian Creek (Navarro River drainage). Due to



the orographic effect of our mountain, we receive 30% more precipitation than Ukiah. Our apples and walnut trees are dry farmed. Our goal is to increase the production of fruits, nuts and vegetables each year. We grow a number of varieties of heirloom tomatoes and peppers (ranging from mild to fire-hot). We grow several varieties of lavender for bouquets and sachet. We raise cage-free chickens. We also grow hops.

Growing Practice: Organic practices, not certified

Where to find our goods: Ukiah FM, Ukiah Natural Foods

7451 Robinson Creek Road
Ph: 462-7259
Em: pegsmart@yahoo.com

76-SNAG END FARM

Ask for: Tim Bray

We offer: Apples, pears, strawberries, raspberries; beans, bok choy, broccoli, brussel sprouts, cabbage, Chinese cabbage, carrots, celery, garlic, leeks, onions, parsnips, peas, pumpkins, scallions, shallots, squash, turnips

☞ We have a large garden expanding into a tiny farm near the west end of Middle Ridge, Albion, about a mile from the sea. We supply fruits and vegetables to local customers. We are working toward a sustainable biodynamic operation. Currently we are producing most of our own nitrogen on the farm, but importing minerals. We use no pesticides or herbicides.

Growing Practice: Natural

Where to find our goods: Albion FM

PO Box 873, Albion 95410
Ph: 937-4422
Em: tbray@mcn.org
Please contact us by: email

77-SONIA ANZILOTTI

Ask for: Sonia Anzilotti

We offer: Lemons, persimmons

☞ We have one persimmon and two large Meyer lemon trees, with recipes to share.

Growing Practice: Organic practices, registered with the State

Where to find our goods: Ukiah Natural Foods, Mariposa Market

Ph: 462-7006

Please contact us by: phone

78-STELLA CADENTE OLIVE OIL Co.

Ask for: Julia Conway

We offer: Olive oil; olio nuovo available immediately upon harvest; L'Autunno extra virgin available December; flavored oils available in March

☞ We are an artisan, award-winning olive oil producer with olive groves in Anderson Valley. We grow organically but are not currently certified by CCOF. We hand-pick our olives to prevent bruising and crush the olives on a stone crusher (the old fashioned way). Our flavored oils are all "crushed" oils-the fruits or herbs are crushed together with the olives in a simultaneous action, giving a much more fruity aroma and taste.

Growing Practice: Organic practices, not certified

Where to find our goods: Harvest Market; Ukiah Natural Foods, Lemon's Market; Boont Berry Store; mail order via the web or email

17451 Jade Court, Fort Bragg 95437

Ph: 961-6000

Em: stellacadente@pacific.net

Wb: www.stellacadente.com

Please contact us by: email

Visitors welcome by appointment and for special events.

79-TERRA VERDE

Ask for: Harry Walter

We offer: Cherries, plums, peaches, persimmons, apples, pears, Asian pears, blackberries, raspberries, blueberries; salad greens, hearty greens, broccoli, cauliflower, carrots, peas, beans, tomatoes, sweet peppers, hot peppers, eggplants, summer squash, cucumbers, onions, garlic, winter squash, pumpkins and gourds; eggs; pork, poultry

☞ We grow fresh naturally-raised produce, fruit and eggs. We also do a limited number of free range broiler chickens. We plan to do value-added products on the farm as business progresses.

Growing Practice: Organic practices, not certified

Where to find our goods: Farm stand

19941 N Hwy. 101, Willits 95490

Ph: 456-0200

Em: harrywalter@willitsonline.com

Please contact us by: phone, email

Visitors welcome.

The seeds that gardeners hold in their hands at planting time are living links in an unbroken chain reaching back to antiquity. Our stone age ancestors began identifying and domesticating food plants thousands of years ago, with the simple act of selecting seeds for replanting. Whenever gardeners begin to save their own seeds, they also become part of this ancient tradition.

-SUZANNE ASHWORTH SEED TO SEED

80-TODD ORGANIC ORCHARDS, INC.

Ask for: Dan Todd

We offer: Organic Barlett and Red Sensation pears, Bosc pears

☞ Our land was a conventional pear orchard that we transitioned to organic in the mid 80's. We have 37 acres of pear orchard on our home place and 20 acres at a separate location. We have been farming organically for over 20 years. Our fresh pears are shipped all over the United States and our off-grade pears are turned into Smuckers quality pear juice and Earth Best baby food.

Growing Practice: Organic, CCOF certified

Where to find our goods: Ukiah Natural Foods, Harvest Market, Whole Foods in Sonoma County

14015 N Busch Rd, Potter Valley 95469

Ph: 743-1030

Em: dantodd@pacific.net

Please contact us by: phone, email, mail
Visitors by appointment (please phone first).

81-YERNAYA SEA WEEDS

Ask for: Edwin Nieves or Julie Drucker

We offer: Nine varieties of seaweed including kombu, nori, sea palm, wakame, bull kelp, sweet kombu, ocean ribbons, silky sea palm, fucus

Growing Practice: Wild-harvested

Where to find our goods: Directly from us.

641 Holden Ave, Ukiah 95482

Ph: 463-1760

Em: silky@pacific.net

Visitors by appointment.

82-ZENI RANCH

Ask for: Jane & Raymond Zeni

We offer: Cherries, persimmons, apples, pears, nectarines, and apricots; chestnuts; corn, beets, beans, tomatoes and pumpkins; rabbits, pork, goats and lamb. All products are seasonal. Call for availability.

☞ Zeni Ranch is an historic homestead with dry-farmed chestnut and apple orchards, grown naturally at the Islands in the Sky with spring-fed water. We offer natural meat products. We have been family-owned and run for five generations. Our Chestnut Gathering Festival is every year in October or the first weekend in November. Call for more information.

Growing Practice: Natural

Where to find our goods: Gualala supermarket and Surf Super. At the farm by appointment.

30995 Fish Rock Rd, Yorkville 95494

Ph: 895-2309

Please contact us by: phone

Visitors: Drop in or by appointment.



Mendocino County Farmers Markets

CERTIFIED FARMERS MARKETS

Boonville: Boonville Hotel, May – Oct, Sat 9:45-12:00

Fort Bragg: Spruce & No Main, May – Oct, Wed 3:30-6:00pm

Gualala: Gualala Community Center, mid-May – mid-Nov, Sat 10:00-12:30

Laytonville: Good Food Store, June – Oct, Mon 3:00-6:00pm

Mendocino: Howard & Main St, May – Oct, Fri 12:00-2:00pm

Redwood Valley: Lions County Park, mid-June – mid-Oct, Sun 9:30-1:00

Ukiah, Tues: Alex Thomas Plaza, School & Clay, June – Oct, Tue 3:00-6:00pm

Ukiah, Sat: Alex Thomas Plaza, School & Clay, Year-round, Sat 8:30-12:00

Willits: City Park (winter location TBA), Year-round, Thur 3:00-6:00 pm

*FOR MORE INFORMATION ABOUT THE CERTIFIED FARMERS MARKETS CONTACT MCFARM
WWW.MCFARM.ORG*

INDEPENDENT FARMERS MARKETS

Albion: Late Apr – Nov, Sun 2:00-4:00 Info 937-0739

Anderson Valley Grange Mart: Philo Grange, Nov – Apr, Info 895-2949

Retail Outlets

<i>OUTLET</i>	<i>ADDRESS</i>	<i>PHONE</i>
Albion Grocery	3380 Albion Ridge Rd, Albion	937-5784
Anchor Bay Market	35513 S. Highway 1, Gualala	884-4245
Boont Berry Farm	13981 Highway 128, Boonville	895-3576
Corners of the Mouth	45015 Ukiah St, Mendocino	937-5345
Down Home Foods	115 S. Franklin, Ft. Bragg	964-4661
Farmhouse Mercantile	14111 Highway 128, Boonville	895-3996
Good Food Store	44850 N. Highway 101, Laytonville	984-6118
Gowan's Oak Tree	6600 Highway 128, Philo	895-3353
Gualala Supermarket	39225 S. Highway 1, Gualala	884-1205
Harvest at Mendosa's	10501 Lansing St, Mendocino	937-5879
Harvest Market	Highway 1 and Highway 20, Ft. Bragg	964-7000
Keith's in Covelo	76201 Covelo Rd, Covelo	983-6633
Lemon's Market	8651 Highway 128, Philo	895-3552
Mariposa Market	600 S. Main, Willits	459-9630
Mendocino Bounty	200 S. School St, Ukiah	463-6711
Ray's Food Place	1718 S. Main St, Willits	459-5139
Surf Super	39250 S. Highway 1, Gualala	884-4184
Westside Renaissance Market	1003 West Clay St., Ukiah	462-0083
Ukiah Natural Foods	721 S. State, Ukiah	462-4778



Annual Farm and Sea Events

JANUARY

Seed & Scion Exchange

Grafting and seed-saving classes in Anderson Valley High School Domes. Last weekend in January or first weekend in February. Sponsored by Mendocino Permaculture. For more info. Barbara @ 895-3897 or Mark @ 462-7843.

Mendocino Crab & Wine Days

County-wide crab and wine tasting events at the end of January /early February. For more info. Call (866) 466-3636 or go to www.gomendo.com.

Mendocino Community College Ag. Dept Plant Sales

Plant sales, spring and fall vegetable starts and some perennials on the 1st Friday and Saturday in May and October, for more info. 468-3148 or email klyly@mendocino.edu

Boonville Farmers Market Plant Sale

Herb, vegetable and flower starts available the 1st Saturday in May. For more info call 895-2949.

Mendocino Farmers Market Seed Exchanges

2nd Friday in May and 2nd Friday in October. For more info call 937-3632.

APRIL

Noyo Food Forest Earth Day Celebration

Local food, live music, informational books, children's activities, and workshops at The Learning Garden, Fort Bragg High School. For more info 964-0218 or 964-9232.

Caspar Community Center

Ongoing monthly breakfast every 4th Sunday. Yearly plant swap at the April breakfast. 15051 Caspar Road, Caspar. For more info go to: www.casparcommons.org or call 964-4997.

JUNE

Biodynamic Association of Northern California Gatherings

Last weekend in June at Mendocino Organics Farm in Redwood Valley. For more info call 485-1960. Last weekend of September at Live Power Community Farm in Covelo. For more info 983-8196. 2nd week of January at Frey Vineyards in Redwood Valley. For more info call 485-8551.

MAY

A.V. High School Ag. Dept. Plant Sale

Vegetable and herb starts for the summer garden held on the 2nd Saturday in May. 18200 Mt. View Road, Boonville. For more info call: 895-2314.

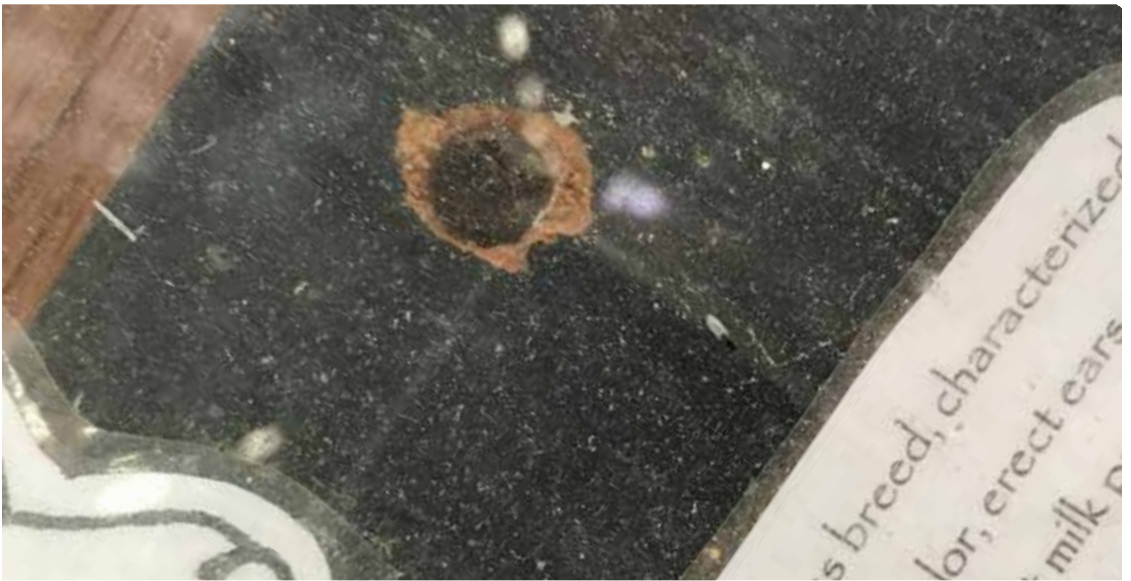
JULY

Mendocino Herb Fair

Town of Mendocino, end of July. For more info call 490-2977.

World's Largest Salmon BBQ

Noyo Harbor, Fort Bragg, 4th of July weekend. Benefits the Salmon Restoration Association. For more info call 962-0548 or visit: www.salmonrestoration.org.



AUGUST

Redwood Empire Fair

Ukiah, 2nd week in August. For more information call 462-3884 or visit: www.redwoodempirefair.com

Round Valley Blackberry Festival

3rd weekend in August in Covelo. www.roundvalley.org

Solfest

August, Hopland, 2 day celebration of renewable energy and sustainable living. Speakers, workshops and panel discussions, for more info. www.solarliving.org

Pure Mendocino

County-wide celebration of local organic food and wine on the last weekend in August, including dinner, tastings, and farm tours. Benefits the Cancer Resource Centers of Mendo. County. For more info visit www.puremendocino.com or call (800) 499-6483.

Harborfest

Point Arena Harbor & Seafood Festival, Labor Day Weekend. For more info visit: www.harborfest.net

SEPTEMBER

California Wool & Fiber Festival

Held inside the Mendocino County Fair the 3rd weekend in September. www.fiberfestival.com

Mendocino County Fair and Apple Show

Apple tasting, agricultural show and competitions at the fairgrounds in Boonville the 3rd weekend in September. Deadline for entries is in early August. For more info call 895-3011 or visit: www.mendocountyfair.com

OCTOBER

Abalone Festival

Caspar Community Center, October. For more info 937-4700.

C'mon Home To Eat

County-wide Eat Local campaign for the month of October. Contact your area's localization group to find out about specific events in your area.

Round Valley Harvest Festival

October, Covelo, Live Power Community Farm. For more info call 983-8196.

Chestnut Gathering

Zeni Ranch on Fishrock Road every last weekend in October or first weekend in November. Sponsored by Mendocino Permaculture. For more info call 895-2309 or 895-3897.

NOVEMBER

Wine & Mushroom Festival

Workshops, dinners, mushroom walks and forays. November-January. For more info call (866)466-3636 or visit www.mendocino.com.

Community Gardens

Community gardens are a vibrant part of a food system, a place where people come together to grow food, share ideas, and strengthen community. Almost every area in the county has at least one. Some support people in need, others are educational. Check them out if you have not already.

BUTLER CHERRY RANCH PROJECT (farm listing on p. 12)

A community orchard project, keeping the ideals of Butler Cherry Ranch alive in the community.

Ph: 463-2736

Wb: www.butlercommunityorchard.org

CASPAR COMMUNITY GARDEN

Located at the Caspar Community Center

Contact: Paul Garvin

Ph: 964-0769

CLEVELAND LANE COMMUNITY GARDEN

A 20 plot garden in Ukiah that also serves as an educational center.

Contact: Genero Vega

Ph: 467-0383

FORT BRAGG HIGH SCHOOL LEARNING GARDEN

Noyo Food Forest (p. 28)

Contact: Susan Lightfoot

Ph: 964-0218

Em: noyofoodforest@riseup.net

THE GARDENS PROJECT OF NORTH COAST OPPORTUNITIES **Creating Access to Local, Organic Produce**

The Gardens Project of NCO Community Action is the coordinating agency for The Gardens Network and facilitates the development and sustainability of

community-supported gardens throughout Mendocino County. Check out the Green Xchange and our blog on our website.

Contact: Miles Gordon (Project Coordinator)

Ph: 462-2596 x103

Wb: www.gardensproject.org



MENDOCINO COUNTY JAIL HORTICULTURE AND PERMACULTURE PROGRAM

Working with women inmates, the program grows organic vegetables for the jail and offers experience in gardening and permaculture practices.

Contact: Terry McCartney

Em: tmc582000@yahoo.com

MENDOCINO COMMUNITY GARDEN

Mendocino Recreational Center

Ph: 937-3037

PLOWSHARES GARDEN PROJECT

This non-profit organization provides approximately 5000 meals per month to the Ukiah Valley community. The Garden Project supplies the kitchen and community dining room with produce.

Contact: Julie Drucker, Garden Coordinator

Ph: 937-3671 or 463-1760

Ukiah Valley

WILLITS COMMUNITY GARDEN

This garden is located at the Willits Integrated Service Center, 221-D Lenore, and run by the Willits Action Group. It is an educational and demonstration garden, a place for community service. Surplus food goes to the needy.

Ph: 459-7054

Em: rsvp@theSighting.com



School Gardens

The following is a list of schools that have gardens. Their role is critical in teaching children about where food comes from, allowing them to connect the farm with their plate. Support them, volunteer in them; encourage all the schools in the county to have a garden.

Anderson Valley: Anderson Valley elementary, middle and high schools

Covelo: Round Valley elementary, middle and high schools

Fort Bragg: Redwood Elementary, Dana Gray Elementary, Fort Bragg High

Laytonville: Laytonville elementary, middle and high schools

Leggett: Leggett elementary, middle and high schools.

Mendocino: Mendocino Middle School, Community School.

Point Arena: Point Arena elementary and high schools

Potter Valley: Potter Valley High

Ukiah: Calpella, Redwood Valley, Frank Zeek, Nokomis, Grace Hudson, Hopland, South Valley, Ukiah High, Pomolita, Eagle Peak, Yokayo.

Willits: Blosser Lane, Brookside, Willits High, San Hedrin High, Sherwood

Seed Saving Guide

Vegetable *good for beginners	Cycle	Pollination	Pollinator	Isolation Distance	Seed Longevity	Notes
Bean*	A	Self		100'	2-3 yrs	Lose vigor rapidly
Beet/Chard	B	Cross	Wind	1/2 mi	3-5 yrs	Beets X w/ Chards
Broccoli/Kale/ Cauliflower	B	Cross	Insects	1/2 mi	3-5 yrs	X-ing among brassica species is complex, consult a good reference book
Carrot	B	Cross	Insects	1500'	2-3 yrs	X's w/ wild species
Corn	A	Cross	Wind	1/2 mi	2-3 yrs	Adequate population essential
Cucumber	A	Cross	Insects	1500'	5-10 yrs	Harvest at yellow blimp stage
Eggplant	A	Self		150'	2-3 yrs	
Leek	B	Cross	Insects	1500'	2 yrs	
Onion	B	Cross	Insects	1500'	1 yr	
Lettuce*	A	Self		50'	2-3 yrs	Need long season for seed
Melon	A	Cross	Insects	1500'	5-10 yrs	Muskmelons will not X with watermelons
Mustard	A	Cross	Insects	1/2 mi	3-5 yrs	X's with wild species
Pea*	A	Self		50'	2-3 yrs	Do not save seed from diseased plants
Pepper	A	both	Insects	500'	2-3 yrs	Some varieties X more readily than others
Radish	A	Cross	Insects	1500'	3-5 yrs	
Spinach	A	Cross	Wind	1/2 mile	2-3 yrs	
Squash/Pumpkin	A	Cross	Insects	1500'	2-5 yrs	C. moschata 2-3 yrs, C. pepo & C. maxima 3-5 yrs. These 3 species generally do not cross.
Tomato*	A	Self		25'-100'	5-10 yrs	Potato-leaf types generally need the greater isolation distance.

Cycle: A=annual, B=biennial

Pollination: Self=self-pollinated, Cross=outcrossed, pollinated by another plant

Isolation Distance: recommended distance by which different varieties must be separated to prevent unwanted cross-pollination

Seed Longevity: Averages, not guarantees. Seed longevity depends on the conditions under which the crop was grown and how the seeds have been stored.

Minimum Populations: Crossers require minimum populations to maintain vigor and avoid inbreeding depression. Some recommended minimums: cucumbers, squash, melons- 25 plants; radish, brassicas, mustards- 50-100; sweet corn- 200.

Adapted from Fedco Seeds' Seedsaving Chart—www.fedcoseeds.com

Food Security

The following list of food banks, soup kitchens and meal programs around the county provide an essential part of the food security of the county. Many welcome donations of excess produce from farms and gardens, including yours.

FOOD BANKS & FOOD DISTRIBUTION

Anderson Valley Food Bank

Food distribution: 3rd Tuesday of the month
United Methodist Church, Boonville
895-3887

Fort Bragg Food Bank

Food distribution: Mon & Fri 12-3
Wed 12-4, Thurs 4-6
910 N. Franklin, Fort Bragg, 964-9404

Plowshares

Garden Project
1346 State St Ukiah, 462-8582
www.plowsharesfeeds.org

Ukiah 1st Presbyterian Church Food Closet

Food distribution: Tue-Fri, 9-12
514 W. Church St Ukiah, 468-9235

Ukiah Food Bank

Food distribution: Mon & Fri, 9-2:30
Wed 1-6:30, Thurs Emergency Food after 4pm
Senior CSFP Tues 9-1
888 N. State St Ukiah, 462-8879

Willits Food Bank

Food distribution: Wed & Fri, 1-3,
Wed 4-5:30
229 E. San Francisco St. Willits, 459-3333

HOT MEALS

Anderson Valley Senior Center

Tuesday and Thursday lunch,
Last Tuesday dinner
Veterans Hall, Boonville, 895-3609

First Baptist Church

Friday noon
Franklin & Pine, Fort Bragg, 964-3422

Mendocino Presbyterian Church

Tues breakfast, Last Wed dinner
44831 Main St. Mendocino, 937-5441

Plowshares

Daily Lunch & Dinner
1346 State St Ukiah, 462-8582

Willits Daily Bread

Mon-Thu Dinner, 5:30-6:30
58 Bush St. Willits, 459-3947

MEAL DELIVERY

Plowshares

Meals on Wheels
1346 State St Ukiah, 462-8582

Willits Seniors Inc

Home Meal Delivery Mon-Fri
1501 Baechtel Rd Willits, 459-6826

Localization Groups

*Localization groups work to promote a strong local economy and community,
All include a local food focus.*

Anderson Valley Local Foodshed Group ... 895-2949

CELL: Coast Economic Localization Link ... PO Box 1252, Mendocino, 95460
937-0936, www.coastlocalize.org, localize@mcn.org

GULP: Greater Ukiah Localization Project ... www.cloudforest.org

Sustainable Laytonville ... Susan Bradley, 984-6070,

WELL: Willits Economic Localization PO Box 42, Willits, CA. 95490, 459-7076
Fx: 459-7077, www.willitseconomiclocalization.org, office@willitseconomiclocalization.org

Educational Opportunities on Farms and in Gardens

ECOLOGY ACTION

Biointensive Gardening Center

Offers classes, 6-month internships and 3-year apprenticeships

5798 Ridgewood Rd, Willits 95490

Ph: 459-0150

Wb: www.growbiointensive.org

EMERALD EARTH COMMUNITY

Offering courses and workshops on sustainable living skills. Hosting occasional work parties and extended work/trade opportunities

PO Box 764, Boonville, CA 95415

Ph: 972-3096

Wb: www.emaldearth.org

LIVE POWER FARM

Offers seasonal apprenticeships

25451 East Lane, Covelo 95428

Ph: 983-8196

Wb: www.livepower.org

Em: livepower@igc.org

THE MENDOCINO ECOLOGICAL LEARNING CENTER (MELC)

MELC is a nonprofit educational organization and ecological reserve, with garden volunteer days.

4651 Bear Canyon Road, Willits 95490

Ph: 456-0779

Wb: www.melc.us

OZ FARM

Offers seasonal work exchange

PO Box 244, Point Arena 95468

Ph: 882-3046

Wb: www.oz-farm.com

SOLAR LIVING INSTITUTE

Offers classes and apprenticeships

Ph: 744-2017

Wb: www.solarliving.org

WORLDWIDE OPPORTUNITIES ON ORGANIC FARMS (WWOOF)

Many farms in the county are listed through this organization; contact them to see their list.

Wb: www.WWOOF.org



Local Seafood Availability

Seafood	Season	Where to Buy
Salmon	Varies every year, but historically spring-fall	Farmers Markets (Fish Peddler), E or F Dock, Noyo Harbor, Ft Bragg, Lemon's Market (Philo), Mendocino Market
Rockfish & Ling Cod	Periodically available	Farmers Markets (Fish Peddler), Lemon's Market (Philo), Mendocino Market
Petrale, Dover & Rex Sole	Year-round	Harvest Market, Farmers Markets (Fish Peddler), Lemon's Market (Philo)
Dungeness Crab	Nov 15-early Mar	Many local markets and eateries
Bay Shrimp	Apr-May	Farmers Markets (Fish Peddler), Lemon's Market (Philo)
Abalone	Apr-Jun, Aug-Nov	Not commercially available

Planting Chart for Mendocino County

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichokes		SF	SFT	T	T							
Asparagus		C	C									
Beans- bush, pole, dry and snap					DS	DS	DS					
Beets			DS	DS	DS	DS	DS	DS	DS			
Brassicas- Broccoli, Cauliflower, Mustards		SF	SF	T	T		SF	SFT	T			
Brussel Sprouts	SF		T				SF		T			
Cabbage and Collards		SF	SF	T	T		SF	SFT	T			
Carrots		DS	DS	DS	DS	DS	DS	DS	DS			
Celery, Celeriac		SF	SF	T	T							
Corn				DS	DS	DS						
Cutting Greens, Arugula, Cress, Kales, Mizuna, Mustards, Lettuces, etc.		DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	
Cucumbers				SF	T-DS	DS						
Eggplant		SF	SF		T							
Fava Beans, cover crops, bell beans, vetch, peas, etc.									DS	DS	DS	DS
Florence Fennel		SF	SF-DS	TDS	TDS		SF	SF-T	T			
Garlic, Shallots										DS	DS	
Gourds		SF	SF		T							
Kohlrabi		SF	SF	SF-T	SF-T	SF-T	SF-T					
Kale		SF	SF-T	T	T		SF	SF-T	T	T		
Leeks		SF	SF-T	SF-T	SF-T	SF-T	SFT	SFT	T	T		
Lettuce		SF	SF-T	SF-T	SF-T	SF-T	SFT	SFT	SFT	SFT	SFT	SFT
Mache, Corn Salad	DS	DS	DS	DS					DS	DS		
Melons				SF	T-DS							
Onions	SF	SF	SF-T	T	T		SF	SFT	SFT			
Pac Choi, Tatsoi	SF	SF	SF-T	SFT	T		SF	SF-T	T			
Peas		SF	DS-T	DST				DS				
Peppers			SF	SF	T	T						
Potatoes			DS	DS	DS	DS						
Scallions			DS	DS	DS	DS	DS	DS	DS	DS		
Spinach		DS	DS	DS-SF	T			DS	DS			
Summer Squash				SF	T-DS	SF	T					
Swiss Chard		SF	SF	T	T		SF	SFT	T	T		
Tomatoes, Tomatillos			SF		T							
Turnips, Radishes, Daikon		DS	DS	DS	DS	DS	DS	DS	DS	DS		
Winter Squash				SF	T-DS							
Herbs:												
Basil			SF	SF	SF-T	SF-T						
Cilantro			DS	DS	DS	DS	DS	DS	DS	DS		
Dill			DS	DS	DS	DS	DS	DS	DS	DS		
Parsley		SF	SF-T	SF-T	T		SF	SFT	T	T		
Grains:												
Amaranth			DS	DS	DS							
Buckwheat			DS	DS	DS	DS	DS	DS				
*Plant * Barley & Rye										DS	DS	DS
With the *Oats		DS	DS							DS	DS	DS
Rains *Wheat		DS	DS	DS						DS	DS	DS

Adjustments should be made to fit your particular location.

Abbreviations:

DS- Direct Sow
 SF- Sow Flats
 T- Transplant
 C- Crowns

Last Frost Date: Variable for County

Ukiah: April 17th
 Mendocino: April 12th
 Anderson Valley: May 15th

First Frost Date: Variable for County

Ukiah: October 29th
 Mendocino: November 5th
 Anderson Valley: November 5th

Seasonal Harvesting Guide

	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb
VEGETABLES	Artichokes	✓	✓	✓	✓	✓	✓	✓				
	Asparagus	✓	✓	✓	✓							
	Basil				✓	✓	✓	✓				
	Beets			✓	✓	✓	✓	✓	✓	✓		
	Broccoli	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Cabbage, Cauliflower			✓	✓	✓	✓	✓				
	Carrots			✓	✓	✓	✓	✓	✓			
	Celeriac, Ruta-baga, Parsnip								✓	✓		
	Chard, Kale, Collards	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Corn					✓	✓	✓	✓			
	Cucumbers					✓	✓	✓	✓	✓		
	Eggplant						✓	✓	✓	✓		
	Fava Beans		✓	✓	✓							
	Green Beans					✓	✓	✓	✓	✓		
	Herbs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Jerusalem Artichokes								✓	✓		
	Leeks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Melons						✓	✓	✓			
	Onions, Garlic				✓	✓	✓	✓	✓	✓	✓	✓
	Peas	✓	✓	✓	✓				✓	✓	✓	
Peppers					✓	✓	✓	✓	✓			
Potatoes				✓	✓	✓	✓	✓				
Salad Greens	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Summer Squash					✓	✓	✓	✓	✓			
Tomatoes					✓	✓	✓	✓				
Turnips, Radishes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Winter Squash							✓	✓	✓			
FRUITS & NUTS	Almonds					✓	✓	✓				
	Apples					✓	✓	✓	✓			
	Blueberries				✓	✓	✓					
	Chestnuts							✓	✓			
	Cherries				✓	✓						
	Olives								✓	✓	✓	
	Peaches					✓	✓					
	Pears						✓	✓	✓			
	Persimmons									✓	✓	
	Pineapple Guavas									✓	✓	
	Plums				✓	✓	✓					
	Raspberries				✓	✓	✓	✓	✓			
	Strawberries			✓	✓	✓	✓	✓	✓			
	Walnuts								✓	✓		
WILD & FORAGED	Acorns							✓	✓			
	Blackberries				✓	✓	✓	✓				
	Huckleberries						✓	✓				
	Mushrooms	✓	✓							✓	✓	✓
	Nettles	✓	✓									
	Seaweed			✓	✓	✓	✓	✓				
Wild greens	✓	✓	✓							✓	✓	
SEAFOOD MEAT EGGS	Dungeness Crab	✓								✓	✓	✓
	Salmon				✓	✓	✓					
	Sole	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Poultry & Meats	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Eggs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Many of these foods can be canned, dried, or stored to last longer and provide a year-round supply of local food.

What Would a Local Food Economy Look Like?

Locally grown and harvested food. Year-round. Available. Affordable. Farmers making a living income. Farm workers eating well and living in decent housing. County policies supporting local food production All within the next 10 years.

Is this a desirable and realistic vision for Mendocino County? In 2006 and 2007 farmers, gardeners, and their allies got together to ask this question. The response was a resounding YES! The working groups concluded that recreating a viable local food economy will require goals and steps like these:



To learn more about the Steps Toward a Local Food Economy project, email dmosel@wildblue.net.

County Agencies and Organizational Resources

Biodynamic Association of Northern California

lauraliska@cs.com
www.biodynamics.com

College of the Redwoods, Mendocino Coast Campus

Offers Intro to organic and sustainable agriculture course 1x/year
1211 Del Mar Drive, Fort Bragg
962-2663, www.redwoods.edu

Mendocino County Department of Agriculture

890 N Bush, Ukiah
463-4208, www.co.mendocino.ca.us/agriculture

Mendocino County Farm Bureau

303C Talmage Rd., Ukiah
462-6664, www.mendofb.org

Mendocino Organic Network / Mendocino Renegade Organic Certification

Bill Radtkey
462-1776
www.mendocinorenegade.com
www.mendocinoorganicnetwork.com

Mendocino-Lake Community College Agriculture Program

Offers courses in IPM (Integrated Pest Management), Mushroom I.D. and Culture, Pruning, Plant and Pest Disease, Irrigation, Plant I.D., and Vegetable Gardening
1000 Hensley Creek Rd., Ukiah,
468-3000, www.mendocino.edu

Redwood Empire Farmer's Union

Eliza Frey, president
elizafrey@wildmail.com

Slow Food / Mendocino County Convivium

961-9687, www.slowfoodusa.org

UC Cooperative Extension: Farm Advisors / 4H / Master Gardener Program

890 N. Bush, Ukiah
463-4495
cemendocinoucdavis.edu



Why grow your own food?

Build soil, increase biodiversity and sequester carbon, amazing flavor and tastes, birds, bees, flowers, fruits, vegetables, fungi, bacteria, humus, compost, worms, butterflies, sunflowers, homegrown tomatoes, birth, death, seasons, cy-



cles, seeds, beans pushing up out of the ground, corn towering over head, spiders, lizards, frogs, tools, sun, water, air, earth, sky, faith, trust, exercise, miracle, activity, quiet meditation, contemplation, friends, laughter, healing, trees for shade, beneficial insects, watermelons, squash, medicine, herbs, fiber, health, nutrition, joy, children, dance, share, participate, play, touch the earth, witness, observe, creation, destruction, learn, germinate, harvest, rest, dig, community, culture, stories, cooking, eating, celebrate, abundance!

by Linda MacElwee



You Can Create A Sustainable Local Food System

- **Buy directly from local farmers, fishers and foragers.**
- **Find your local farmers market.**
- **Eat what is in season (see the Harvesting Guide, p45).**
- **Eat at local restaurants that use local foods, ask them what is local on the menu.**
- **Shop at locally-owned markets. Request that they buy and highlight local products.**
- **If you shop at a supermarket, ask where their produce, meat and dairy products come from. Request that they buy and highlight local products.**
- **Buy wild-harvested seafood caught by local fishers.**
- **Throw a dinner party or potluck using foods grown in Mendocino County.**
- **Grow your own food, grow year-round, eat what is in your garden.**
- **Get involved in a localization group, the Grange or another organization that is working towards a stronger local food system.**
- **Encourage legislators at all levels to take leadership in developing policies that support small farmers and local food production.**
- **Teach children to care about where their food comes from. Talk with them about what is on the dinner table and where it has come from.**

Most of all ... Meet your local farmers, ask to visit their farms, let them know you appreciate that they are farming.