Your guide to fresh, local food & drink in Southern Oregon!

- FARMERS MARKETS • SPECIAL EVENTS
- GROCERY & SPECIALTY MARKETS • WINE & BEER
- GARDENING GROUPS • FARMS & RANCHES • RESTAURANTS
- ARTISAN FOODS • EDUCATION & ADVOCACY

Rogue Valley Food System NETWORK
growing our local food system
WOOLDRIDGE CREEK WINERY

IN THE
APPLEGATE VALLEY

Oregon’s first winery, creamery & charcuterie. Open daily. 818 Slagle Creek Rd., Grants Pass
www.wcwinery.com

WINERY

TASTING

CREAMERY

CHARCUTERIE

VINFARM

Tasting room — defining Southern Oregon’s wine country cuisine.
Open daily. Historic Downtown Grants Pass
111 SE G St. • www.wcv.farm

TWO LOCATIONS

I-5 EXIT 55
“Cultivating our produce using permaculture and Korean natural farming methods from food grown in happy, living soil without toxic additives, we can save the ecology of the soil and limit our contribution to the continued polluting of the atmosphere and groundwater. By sourcing our own produce, we confidently stand by the integrity of our products while minimizing our carbon footprint. By using simple ingredients to create preserved foods without the chemical preservatives, we are providing a product people feel good about.”

— Lauren Angel,
owner of Angel Farms
Certified-organic farms, products and retailers meet standards of the U.S. Department of Agriculture’s National Organic Program.

LIVE certified businesses limit the amount of pesticides, fertilizers, water, chemicals and fuel used in vineyard and winery production.

Salmon-Safe businesses protect riparian areas for fish habitat.

Bee Friendly farms commit to providing good forage, water and habitat for pollinators while reducing or eliminating the use of chemicals; they are registered through the Pollinator Partnership.

These businesses purchase clean, renewable energy through Pacific Power’s Blue Sky program or the Ashland Solar Pioneers program, or they generate their own renewable energy on site.

Farm stands range from honor boxes on the side of the road to full farm stores with set hours. Please check before you visit.

Farm stay offers on-farm, overnight lodging, from rustic tents to houses, with opportunities to learn about farm life.

These farmers and retailers accept Oregon Trail Card.

Double Up Food Bucks match for the Supplemental Nutrition Assistance Program is funded by participating markets in partnership with community sponsors. Ask for more details about amounts and durations at your favorite market’s information booth. See farmers markets’ websites for sponsors.

These farmers and ranchers have pledged to raise animals humanely, on a pastured production system, using environmentally responsible practices.

Farmers market icons indicate participation in one or more of the following outdoor farmers markets: Cave Junction Farmers’ Market, Grants Pass Growers Market, Jville Market, Rogue Valley Growers & Crafters Market, Talent Artisans & Growers and Williams Farmers Market.

For more information, see pages 30 and 31.
It’s never too early to start helping kids in our community live healthier, happier lives. That’s why AllCare Health supports the parents and schools in Southern Oregon who are teaching kids to make healthy choices. Because kids who do, grow up to be healthier adults. Together, we can keep our community strong. We’re AllCare Health. Changing healthcare to work for you.
Some produce, particularly root vegetables, may be available in additional winter months with appropriate storage.

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**CALENDAR OF SEASONALITY**

CSA FARMS
Support a local farm by joining its community-supported agriculture program, a convenient way to buy locally grown and produced foods. When you join a CSA, you receive boxes of fresh produce or other farm goods, weekly, biweekly or monthly. The farm receives your financial support early in the season, when it’s most needed. CSA shares come in different sizes and durations. Some farms offer delivery, and some drop your box in your neighborhood or near your workplace. Ask your CSA if they accept Oregon Trail Cards and WIC packages.

**CSA FARMS**

**Fort Vannoy Farms**  
(Oregon Trail and WIC)  
Pickup in Grants Pass  
903-423-9133  
jen@fortvannoyfarms.com  
www.fortvannoyfarms.com/csa.html

**Fry Family Farm**  
home delivery or pickup in Ashland, Medford, Talent, Phoenix, Jacksonville and Central Point; pickup in Grants Pass  
541-535-8044  
suzi@fryfamilyfarm.org  
www.fryfamilyfarm.org

**Rogue Produce**  
Home delivery in Ashland, Central Point, Eagle Point, Gold Hill, Grants Pass, Jacksonville, Medford, Merlin, Phoenix, Rogue River, Shady Cove, Talent and White City  
541-301-3426  
localtolocal@rogueproduce.com  
www.rogueproduce.com

**Siskiyou Sustainable Co-op**  
(Oregon Trail)  
Pickup in Applegate, Ashland, Central Point, Grants Pass, Jacksonville, Medford, Ruch, Talent and Williams  
siskiyoucoop@gmail.com  
www.siskiyoucoop.com

**Uproot Meats**  
Pickup on farm in south Ashland or home delivery within 10 miles of farm  
uprootmeats@gmail.com  
www.uprootmeat.com

**Willow-Witt Ranch milk shares**  
Pickup in Ashland and Medford  
541-890-1998  
info@willowwittranch.com  
www.willowwittranch.com

**Wolf Gulch Farm Winter CSA**  
Pickup in Ashland, Grants Pass, Jacksonville, Medford and Ruch  
541-899-9668  
maudpowell72@gmail.com
Shopping at one of the Rogue Valley’s many farmers markets acquaints you with the people who grow your food. Our local markets are as unique as the people who sell there. Look for fresh-picked produce and plants to put in your garden, along with artisan foods and unique crafts. Many markets also honor WIC packages and Farm Direct Nutrition checks; some accept credit, debit and Oregon Trail Cards.

“In its 31st season, the Rogue Valley Growers & Crafters Market launched its first indoor, winter market at Fry Family Farm in Medford. Providing a local farmers market during the winter connects faithful customers with the farmers and makers who grow and produce local food in Southern Oregon. It’s one of the strongest opportunities to help rebuild our local agricultural system, support farmers and their families and continue to distribute healthy, locally grown food all year.”

— Daria Land, RVGCM executive director

PHOTOS COURTESY OF ROGUE VALLEY GROWERS & CRAFTERS MARKET
Cave Junction Farmers’ Market
4-7 p.m. • Fridays • April 19 — Oct. 11
Jubilee Park, 307 S. Junction Ave., Cave Junction
cjfarmersmarketinfo@gmail.com • www.facebook.com/CJfarmersmarket
The Cave Junction Farmers’ Market is THE gathering place for local foods, farmers, artists, musicians, and families. We offer local Illinois Valley products, including fruits and vegetables, prepared meats, honey and bee products, eggs, cheeses, jellies, pickles, breads and baked goods, hot food, cold drinks, ice cream, handmade crafts, herbal medicines and plant starts (vegetables, shrubs, trees, flowers and herbs). Debit and Oregon Trail (SNAP) cards are accepted at the market this year. Join us in the park on Friday evenings.

Grants Pass Growers Market
9 a.m. to 1 p.m. • Saturdays • (check website for specific dates)
Outdoors March through October, corner of Fourth and F streets, Grants Pass
Indoors November through March, Josephine County Fairgrounds, 1451 Fairgrounds Road, Grants Pass
541-816-1144 • www.growersmarket.org
Grants Pass Growers Market is a 36-year-old community tradition that takes place year-round. Both summer and winter markets are sensory extravaganzas to please even the most sophisticated palates. From fresh peaches and berries to sweet corn and carrots, tomatoes and squash, the produce is unsurpassed in quality and diversity. There are award-winning wines, locally roasted coffee, organic beef and farm-fresh eggs — something for everyone. It’s impossible to leave hungry when a variety of snacks and meals beckon. Musicians and mimes entertain while artisans offer unique gifts for you or your special someone. It’s our privilege to share this experience.

Jville Market
9 a.m. to 1:30 p.m. • Sundays • May 26 — Oct. 14
206 N. Fifth St., Jacksonville
http://jville.market
Enjoy local food, crafts, music and more at Jville Market. Our vendors offer an array of organic produce, locally raised beef, fresh fish, herbs, freshly baked bread, cut flowers, jewelry, photography, wood crafts, fabric arts, honey, plants, hot food, sweet treats, coffee and more! Bring the whole family to hear live music and enjoy the historical Jacksonville courthouse grounds every Sunday — “Sundays Fundays!”

For more information on how to double Supplemental Nutrition Assistance Program benefits through the Double Up Food Bucks program, go to www.farmersmarketfund.org/programs/dufb/
**Rogue Produce**  
Year-round, online market  
541-301-3426 • www.rogueproduce.com  
We are an online farmers market offering community-supported agriculture and home delivery. We work with all of your favorite local farms and producers to bring you the highest-quality, fresh produce, meats, cheeses, breads, eggs and so much more. We provide the best of what’s local and give you the greatest selection of options for optimum convenience. Our CSA features three shares from which to choose for each delivery: the Veggie, Omnivore or Whole Kitchen. They often come with recipes from the farmers and producers for making the best dishes! The Community Compost program makes our service full-circle.

**Rogue Valley Growers & Crafters Market**  
541-261-5045 • www.rvgrowersmarket.com  
Rogue Valley Growers & Crafters Market — in its 32nd year — is an organization of 150-plus local growers, crafters and food artisans. Our open-air markets run in Ashland from March through November and in Medford year-round! You will find the freshest, seasonal vegetables, fruits, flowers, cheeses, meats, breads, veggie starts, handcrafted goods and products available within 200 miles of the Rogue Valley. Music, events and fun for the whole family!  

**Tuesdays in Ashland**  
8:30 a.m. to 1:30 p.m. • March 5 — Nov. 26  
Ashland National Guard Armory, 1420 E. Main St.  

**Thursdays in Medford**  
8:30 a.m. to 1:30 p.m. • March 7 — Nov. 21  
Hawthorne Park, 99 Hawthorne St.  
8:30 a.m. to 1:30 p.m. • Dec. 5 — Feb. 27  

**Saturdays in Ashland**  
8:30 a.m. to 1 p.m. • May 4 — Oct. 26  
Downtown, 100 block of Oak Street

**Talent Artisans & Growers (Talent Evening Market)**  
5:30 p.m. to dusk • Fridays • May 31 — Aug. 30  
Corner of Main and John streets in Old Town Park, across from Talent City Hall  
678-641-0577 • www.talentartisansandgrowers.com  
Our market is an initiative to provide access to locally grown and prepared foods and locally produced crafts in the spirit of cultivating a healthy, thriving community. Featuring handmade crafts, prepared foods, fresh, organic produce and live music, the market is located across from Talent City Hall at the corner of Main and John streets in Old Town Park. We are open every Friday evening all summer long.
Williams Farmers Market
4-6:30 p.m. • Mondays • May — October
Sugarloaf Community Association park, 206 Tetherow Road, Williams
541-846-0602 • www.facebook.com/Williams-Farmers-Market
This sweet market is set in a shady, 5-acre property with playgrounds and sprinklers in the summer. We feature organic produce, crafts, kombucha, plant starts, floral bouquets, herbal products, wines, organic meats, snacks, music and more. We have a Facebook page with only one post each week about what is happening at the market. “Like” us!
ASHLAND TUESDAY MARKET
Ashland National Guard Armory
1420 E. Main Street
March 5, 2019 - November 26, 2019
8:30AM – 1:30PM

MEDFORD THURSDAY MARKET
Hawthorne Park
Corner of Hawthorne & E. Jackson Streets
March 7, 2019 - November 21, 2019
8:30AM – 1:30PM

g et f resh w ith the l ocal s!

Cultivating Community
ALL YEAR LONG

For More Market Information Visit Us @rvgrowersmarket.com
Experience the unique character of the Rogue Valley through these fun, educational and flavor-packed food and agricultural events. From farm tours to cooking classes, there’s something for every season and every taste!

“In this beautiful, fertile valley, Medford Food Co-op and Ashland Food Co-op partner to present the Rogue Valley Farm Tour — a fun day to meet the people who grow our food. Medford Food Co-op also sponsors Brews, Bluegrass & BBQ to help support the Rogue Valley Food System Network and broaden community awareness of its work. We rely on many farmers for local products. And their products sell better when people know their stories.”

— Anne Carter, general manager, Medford Food Co-op

PHOTOS COURTESY OF ASHLAND FOOD CO-OP AND MEDFORD FOOD CO-OP
ACCESS Food Share Gardens Monthly Workshop Series
Saturdays • April — August • locations around Jackson County
541-779-6691, ext. 309 • www.accesshelps.org
ACCESS Food Share Gardens are miniature organic farms managed and maintained by volunteers. Experienced and beginning gardeners work together to grow food for themselves and their local emergency food pantries. Join us for our free Monthly Garden Workshop Series in 2019. From April to October, we will explore basic gardening topics one Saturday each month in a different Food Share Garden location. Workshop participants are invited to stay and work in the garden with returning volunteers. For workshop topics and locations, see www.accesshelps.org or join the ACCESS Food Share Gardens Facebook group via the ACCESS Facebook page.

Brews, Bluegrass & BBQ
Saturday, June 1, 2019, noon to 8 p.m.
RoxyAnn Winery, 3283 Hillcrest Road, Medford
541-973-9446 • www.rvfoodsystem.org/bbb
Tap into the best of the Rogue Valley’s food, drink and music at the seventh annual Brews, Bluegrass and BBQ at beautiful RoxyAnn Winery. Delicious barbecue vendors, locally brewed beer, cider and root beer, plus RoxyAnn wines by the glass, provide guests’ sustenance for dancing through eight hours of stellar bluegrass music. Don’t miss this family-friendly fundraising event benefiting Rogue Valley Food System Network’s programs and mission to connect you with locally owned businesses and locally produced foods. For more information or to volunteer, see our website.

ACCESS Food Share Gardens feed the hungry.
Help your community. Volunteer at a garden.

April - August • 6 sites
(541) 779-6691 ext. 309 • freshaccess@accesshelps.org

CENTRAL POINT  GOLD HILL  MEDFORD  WHITE CITY  ROGUE RIVER

www.accesshelps.org • www.facebook.com/accesshelps
Western Apicultural Society Conference
July 11-14, 2019
Ashland Hills Hotel & Suites, 2525 Ashland St., Ashland
541-708-1127 • www.westernapiculturalsociety.org

Become a part of our community at the Western Apicultural Society Conference. Our 2019 theme is “Hive Mind for the Greater Good,” based on the values of persistence and authenticity and celebrating community, women in leadership and, of course, bees and their keepers. The weekend will be a mix of dynamic keynote talks, workshops built on the themes of art, beekeeping, bee habitat conservation, native bees and global research. To build camaraderie, we will provide plenty of opportunities for networking with your fellow worker bees from the Rogue River, to the conference center, to Mount Ashland and everywhere in “bee”-tween!

DID YOU KNOW?
Ancient cave paintings depict people collecting honey from bees for as many as 8,000 years. Today, the United States is among the world’s top five honey producers. American consumption of pure honey has increased over the past decade from just under a pound per person to about a pound and a half.

BREWS BLUEGRASS & BBQ
rvfoodsysterm.org/bbb

5 BLUEGRASS BANDS
LOCAL CRAFT BEER & WINE
FOOD TRUCKS
KIDS ACTIVITIES
CRAFT VENDORS

Annual fundraising event for
Rogue Valley Food System Network
growing our local food system

Saturday, June 1st, noon to 8p.m.
RoxyAnn Winery

Get tickets at:
bbb2019.brownpapertickets.com
Rogue Valley Farm Tour
Sunday, July 14, 2019, 10 a.m. to 3 p.m.
541-552-5454 • www.facebook.com/RogueValleyFarmTour
Meet your local farmers on the Rogue Valley Farm Tour this July! Twenty-six local farms, ranches and vineyards invite you to explore and participate in a variety of activities from tastings to field tours. Discover the abundance of our local food system on the second annual Rogue Valley Farm Tour. This event is free and open to the public.

Oregon Wine Experience
Aug. 22-25, 2019
Bigham Knoll, Jacksonville
541-789-5025 • www.theoregonwineexperience.com
Join us in Jacksonville for the Oregon Wine Experience, featuring award-winning wines, gourmet culinary creations and an unbeatable atmosphere. From professional wine judging at the Oregon Wine Competition to wine-appreciation classes at Oregon Wine University to the Medal Celebration, Founders’ Barrel Auction, Miracle Auction & Salmon Bake, culminating in the Grand Tasting, the Oregon Wine Experience offers special opportunities to sample amazing wines from all corners of Oregon. Children’s Miracle Network and Asante healthcare programs receive 100 percent of the event proceeds, ensuring that children and families treated at Asante receive the finest medical care.

13th annual Ashland Culinary Festival
Nov. 7-10, 2019
Ashland Hills Hotel & Suites (event headquarters), 2525 Ashland St., Ashland
541-482-3486 • www.travelashland.com
www.ashlandchamber.com/culinaryfestival
The Ashland Culinary Festival, produced by Travel Ashland, celebrates Southern Oregon’s food, drink, talent and creativity. Enjoy a delicious culinary weekend, when 12 local restaurants compete for the Top Chef honor. Savor local wines, food and brews all while watching the Top Chef Competition live onstage. The four-day festival includes the Top Chef Dinner Thursday evening, a Friday night kickoff event and Mixology Competition, a Junior Chef Competition, hands-on culinary workshops, samples from over 30 vendor booths, wine tours and activities throughout town. Follow us online using the links above and on social media @AshCulinaryFest and @TravelAshland.

Oregon Chocolate Festival
March 13-15, 2020
Ashland Hills Hotel & Suites, 2525 Ashland St., Ashland
541-631-2004 • www.oregonchocolatefestival.com
Oregon Chocolate Festival is an annual culinary event dedicated to the art of chocolate-making. The 16th annual, weekend-long event is planned for the second
weekend in March at Ashland Hills Hotel & Suites. Chocolate enthusiasts are treated to a variety of fine chocolates and chocolate-inspired products, wine and beer pairings and numerous educational workshops. Most importantly, festival goers can meet the event’s fascinating chocolatiers! This year’s festival offers a wonderful lineup of other events, including the Chocolate Makers Wine Dinner, Sunday Chocolate Brunch, chef demonstrations, dessert contest and more. For more information see our website. Tickets start at $20.

Oregon State University Extension Service classes
Southern Oregon Research & Extension Center, 569 Hanley Road, Central Point
Josephine County Extension, 215 Ringuette St., Grants Pass
541-776-7371 • 541-476-6613
https://extension.oregonstate.edu/sorec
https://extension.oregonstate.edu/josephine

Oregon State University Extension offers classes on diverse food- and farm-related topics from growing your own food and preserving the harvest or hunt, to starting your own hobby farm and managing your pastures. Classes are offered year-round.
Purchase directly from local farmers at their farm stand, their booth at the growers market or at their farm. If you can’t always make it to farmers markets, consider joining a community-supported agriculture (CSA) program. Many local ranchers also offer beef, lamb, pork, bison, goat and poultry. You can purchase a share of an animal raised on Rogue Valley sunshine and grass — all you need is a freezer!

“We believe in raising animals how nature intended: on open green pastures in the Southern Oregon sunshine. We want to change the way you know your food! We want our customers to know exactly where their meat comes from and the people who produce it. We love getting to know and educating our customers, giving them the peace of mind that they are giving their family the healthiest beef product on the market.”

— Kelsie Randall, owner/operator, Box R Beef

PHOTOS COURTESY OF BOX R BEEF
Adair Farm
Medford, Ore.
541-944-9713
Our third-generation family farm provides animals raised on rich, well-irrigated pasture, free to roam as they may on spacious, green fields. None of our animals are ever given hormones, antibiotics or grain. Our mission is to provide the healthiest source of beef for you and your family, and we do so by raising happy, local, purely grass-fed steers. We sell in quarters, half or whole beef by hanging weight, locally processed, in the fall of each year.

Angel Farms
1285 Carpenter Hill Road, Medford OR 97501
www.angelfarmsoregon.com
541-646-1919
Angel Farms is a small farm focused on regenerative agriculture, drawing on permaculture and Korean natural farming techniques. We cultivate seasonal and perennial crops, which we preserve into low-sugar, vegan and unique canned goods from jams and jellies to bloody Mary mix and everything pickled in between. In addition, we offer pasture-raised, organically grown, hormone- and antibiotic-free pork products and eggs. Our products taste good, and you feel good eating them. What’s more, they enable our friends, family and customers to eat local year-round! See our website for a calendar of upcoming markets and events where you can find us.

Box R Beef
17575 Highway 66, Ashland OR 97520
www.boxrbeef.com
541-482-1873
For over 40 years, the Green Springs Box R Ranch has been one of the premier cattle and guest ranches in Southern Oregon. We recently sold our guest operations and are now exclusively offering our all-natural, grass-fed beef. Our happy cows are raised in the Southern Oregon sunshine, free to roam on open, green pastures. Our beef is 100-percent natural, grass-fed and grass-finished, NEVER given antibiotics or growth hormones, making it the healthiest beef option on the market! For all we have to offer, call us 541-482-1873 or see www.boxrbeef.com. Open from 8 a.m. to 5 p.m. Monday through Saturday.

What do we mean when we say ‘local’?
As close to home as possible. Or as far as you will go to get to know your farmer.
By George Farm
176 Yale Creek Road, Jacksonville OR 97530
www.bygeorgefarm.com
541-899-5650

By George Farm is a farmstead creamery that milks a small herd of grass-fed Jersey cows. With a focus on land stewardship, owners/operators Jon Steiger and Tyson Fehrman put as much care into their cheese as they do into their animals. The cheese varies from soft spreads and bloomy rinds to hard, aged cheese. With a focus on pasture management, along with the cows, we also raise ducks for eggs and sheep for fiber. Find our products at weekly farmers markets from Ashland to Grants Pass and local grocers and food co-ops.

Community Compost (Rogue Produce)
Year-round, online market
www.rogueproduce.com
541-301-3426

Community Compost provides the solution for what to do with your household compostable food scraps! We offer a weekly pickup of your kitchen scraps, and we donate this resource to local farms to utilize in their composting operations. We also provide you with the benefit of the Annual Community Compost Coupon Book when you sign up for service. The coupon book contains approximately $125 in savings at local businesses to offset your cost of participating in our smart resource-management service!

Diggin’ Livin’ Farm & Apiaries
4567 Waldo Road, Cave Junction, OR 97523
www.digginlivin.com
541-592-BUZZ (2899)

Diggin’ Livin’ Farm & Apiaries nestles in foothills near Takilma, Ore. Surrounded by lush wildlands, it is a bee and wildlife sanctuary, where we tend bee colonies, build novel beehives from scratch and care for 100 chickens. We like to host parties, farm-to-table dinners and beehive tours. Our beehives are versatile, used as either traditional or vertical, top-bar hives suitable for organic and biodynamic beekeeping. At our Cave Junction store and cafe, we sell assembled beehives and honeybee wares, including varietal honeys, oxymel tinctures, Jun kombucha, beeswax candles and propolis tincture. We also host presentations and give talks about bees.

DID YOU KNOW?
Oregon ranks sixth among U.S. states in sales from certified organic acreage, according to Oregon State University Center for Small Farms & Community Food Systems.
**Firebird Farms**  
www.firebirdfarms.com  
541-324-3372  
We are a small ranch and farm located in the southern-facing hills outside of Ashland, Ore. We raise a herd of foundation Tibetan Yak. We breed for temperament, fiber, breeding animals, pets, packing, meat and dairy. Our animals are raised with love on mountain pastures and alfalfa. We now offer yak meat and fiber products to our local communities. A delicious, exotic alternative to beef, yak also is exceptionally tender, juicy, lean and flavorful. Their warm, down undercoats are shed naturally each spring and make luxurious wearable products.

**Fort Vannoy Farms**  
5791 Lower River Road, Grants Pass OR 97526  
www.fortvannoyfarms.com  
541-479-3765  
The Crouse family have been land stewards since the 1920s and developed Fort Vannoy Farms on sustainable principles, keeping the land fertile for generations. We are known for our corn maze and pumpkin patch, but we nurture more than family memories. We strive to provide our community with the juiciest, sweetest summer produce, especially sweet corn. We offer free delivery of our weekly community-supported agriculture boxes to local business; please contact us for more information. Stop by our expanded farm stand from 10 a.m. to 6 p.m. mid-July through Oct. 31, or join our CSA to support your local farm!

**Fox Run Farm**  
3842 W. Main St., Medford OR 97501  
541-608-788  
Fox Run Farm is a family-owned orchard and farm stand specializing in antique apples, which number 62 varieties. We sell the highest-quality, locally and organically grown fruits, vegetables and specialty items at our farm stand, which is open from April to December. We are generally open from 10 a.m. to 6 p.m. Tuesday through Sunday, from spring until Thanksgiving.

**Frog Farm**  
9044 Takilma Road, Cave Junction OR 97523  
www.facebook.com/FrogFarm/  
541-592-3386  
Frog Farm is a permaculture farm at 9044 Takilma Road, nine miles southeast of Cave Junction. We grow over 100 species of medicinal herbs for tinctures, oils, salves and teas. We tend orchards (food forests) with fruit and nut trees, berries and vegetables, interwoven to promote biodiversity. We raise dairy goats, pigs and poultry. We teach and host workshops and provide herbal health care. Visit our farm store to enjoy goat dairy, eggs, jam, produce, baked goods, herbals, plants and other seasonal products. The store is open from 9 a.m. to 6 p.m. daily.
Suzi and Steve Fry started farming in the Rogue Valley in 1990. Cultivating a couple of acres in Talent has since expanded to more than 90 acres. Growing food organically was a way for Suzi and Steve to raise their family in a healthy environment, steward the land and contribute to their community. Fry Family Farm offers a wide selection of organic vegetables, cut flowers and plant starts at many local retailers, farmers markets and their new farm store. Fry Family Farm also has offered a community-supported agriculture program for 15 years. We strive for many options, including home delivery.

Le Mera Gardens
P.O. Box 1014, Talent OR 97540
www.lemeragardens.com
541-857-8223
Le Mera Gardens is the Rogue Valley’s oldest and largest certified-organic, fresh-flower farm selling specialty cut flowers, foliage, ornamental berries and herbs from early spring to late fall. We love flowering weddings and events through our do-it-yourself, buy-in-bulk flower service, as well as working with local floral design studios. Look for our seasonal flowers at any of your favorite Southern Oregon flower shops!
Madronia Hill Ranch
8175 Gold Ray Road, Central Point OR 97502
541-840-6838
Madronia Hill Ranch offers naturally raised, lean lamb meat that is flavorful and nutritious, without hormone intervention. These lambs are raised on a small, nine-acre family farm, owned by Andy and Debbie Briesmeister with their son, Ben. The farm is a mix of woodland and pasture, home to a small flock of eight American Blackbelly ewes and one Katahdin-Dorper ram. The sheep are hardy-hair sheep, living outdoors all their lives.

Martin Family Ranch
2673 Taylor Road, Central Point OR 97502
www.martinfamilyranchoregon.com
541-664-3778
The Martin family has offered premium, pasture-finished beef produced on the lush, irrigated pastures of our ranch just west of Central Point since 2003. Our grass-fed beef is from yearlings raised from birth out of our cows, bred to the best bulls with superior, grass-based genetics. Our cattle never are fed any grain or antibiotics and never receive any hormones. Our 40-paddock, rotational-grazing system provides a healthy supply of high-quality forage to our cattle throughout the growing season. We sell either quarters, halves or whole beeves processed locally. See our website and feel free to contact us for farm tours.

Oregon Bee Store
14356 Highway 62, Eagle Point OR 97524
www.oregonbeestore.com
541-826-7621
The Oregon Bee Store features local raw honey, bee-themed gifts, beautiful handmade beeswax candles, as well as bees and beekeeping supplies. Our full-service farm stand features our own sweet honey with local and organic seasonal fruits and vegetables, many grown on-site. We are open from 10 a.m. to 6 p.m. Tuesday through Saturday, March 1 through Dec. 23. We also ship honey and candles year-round, ‘round the world. Go to www.oregonbeestore.com.

Oshala Farm
14900 Highway 238, Applegate OR 97527
www.oshalafarm.com
541-846-1120
Oshala Farm is your local source for certified-organic medicinal and culinary bulk herbs, tea blends and value-added farm products. We grow over 70 herbs that we ship dried and fresh nationwide, from 4-ounce bags to larger quantities for wholesale accounts. Our teas, spice bottles, herbal vinegar, nettle pesto and other value-added farm products are available locally at Ashland Food Co-op, Ashland Shop ’n Kart, Medford Food Co-op, Cartwright’s, Market of Choice, Hidden Valley Market and Whistling Duck Farm Store. Bulk herbs and other products can be ordered on our website.
Plaisance Ranch
16955 Water Gap Road, Williams OR 97544
www.plaisanceranch.com
541-846-7175
Plaisance has been a working ranch since 1858. Owned and operated by the Ginet family since 1979, it has evolved into a highly diversified operation offering Salmon-Safe, U.S. Department of Agriculture certified-organic beef; Oregon Department of Agriculture certified-grafted grape vines, wine grapes and fine wines. All our beef animals and seasonal lamb are ranch-raised and grass-finished on our organic pastures. We know their history. Enjoy a drive and sample our award-winning, premium-quality wines to highlight a great meal. Hours are noon to 6 p.m. Wednesday through Monday, March through October; noon to 5 p.m. Friday through Monday, November through February.

Pradaria Farm
512 Bell Road, Talent OR 97540
www.pradariafarm.com
541-771-6212
Grassland, in Portuguese (Pra•da•ria), encompasses all that our farm is: livestock, pasture, clean air and water. This simple approach to farming is the root that drives our growth and dedication to producing only clean food. Quality food, heritage and family help to define one’s sense of place. Our Portuguese family emigrated and farmed in this area on pasture with cattle. Honoring this heritage, we have gone back to basics to create something that my family would be proud of. Our mission: “Premium food that’s grown with integrity, placing quality of life and taste to the forefront of production.”
Rock Creek Ranch
773 Rock Creek Road, Gold Hill OR 97525
619-316-3995

We raise heritage St. Croix lambs without antibiotics, hormones, GMOs or other drugs. Lambs graze on pasture that is organically maintained without herbicides or chemical fertilizers, part of the Oregon Pasture Network, a project of Friends of Family Farmers. We handle our animals with care and respect and take pride in our humane husbandry practices. St. Croix sheep’s lack of wool makes their meat less “muttony” tasting than some lamb. Meat from our young animals is a source of high-quality protein, Omega-3 fatty acids and many vitamins and minerals. It is deliciously tender and sweet! We sell whole lambs, custom-cut.

From our ranch to your table
Local, Natural, Grass-Fed, Grain-Finished, Angus Cross BEEF

USDA Certified from our Family Ranch in the Applegate Valley

Cattle Ranch - Raising home-grown, natural, Angus crossbred beef, directly to your plate.

Find us at the Farmers Market!
- Ashland - Tuesday
- Medford - Thursday
- Jacksonville - Sunday

Or call or email to order

541-899-8295 or pksalant@aol.com
Rogue Creamery Dairy Farm Stand
6531 Lower River Road, Grants Pass OR 97526
www.roguecreamery.com
541-471-7292
Located on the banks of the Rogue River, outside Grants Pass, Rogue Creamery Dairy is certified-organic and animal welfare review-certified, aiming to model modern, sustainable dairy farming. Watch Charlie and Matilda, the robotic milkers, keep cows happy and healthy by allowing them to be milked whenever they choose! Then visit the Farm Stand for organic, handmade Rogue Creamery cheeses, grilled-cheese sandwiches, organic snacks, ice cream and family fun on the farm. Guided and informal tours are available several times per week; call for times and availability. Hours vary seasonally but generally are 10 a.m. to 5 p.m. Wednesday through Sunday.

Salant Family Ranch
5288 Little Applegate Road, Jacksonville OR 97530
www.facebook.com/SalantFamilyRanch
541-899-8295
In 1996, the old Circle G Ranch near Ruch became home to our foundation herd of Black Angus cows. Our ranch-raised, natural beef are grown on native-grass pasture, irrigated by the fresh snowmelt water of the Little Applegate River, plus alfalfa hay in wintertime. No hormones or antibiotics ever are fed to these Angus-crossbred black cattle and dairy steers. Our cattle are managed using best husbandry practices. We attend local Rogue Valley farmers markets throughout the spring, summer and fall. Free delivery of reasonable quantities is available within a 50-mile radius of Jacksonville. Visitors welcome. – Peter and Carly Salant

Seven Oaks Farm
5504 Rogue Valley Highway, Central Point OR 97502
541-664-2060
For five generations and more than 80 years, we have sustainably grown high-quality, non-GMO produce in the heart of the Rogue Valley on fertile Bear Creek bottom land. Seven Oaks is known for sweet corn and melons. Shop all the daily-picked produce at the farm store and see what’s in the old log cabin (part of an 1800s stage-coach stop), pick fresh herbs and flowers or let the kids visit the friendly goats. Open from 9 a.m. to 5:30 p.m. Monday through Saturday from mid-July through September. The farm no longer will offer a pumpkin patch and activities in October.

Siskiyou Sustainable Cooperative
7000 Little Applegate Road, Jacksonville OR 97530
www.sisiyoucoop.com
530-277-1115
The Siskiyou Sustainable Cooperative represents six certified-organic, family farms based in the Rogue Valley who provide a 24-week community-supported agriculture program, from June through November. We furnish weekly boxes...
of seasonal, varied fruits and vegetables in three share sizes to convenient
drop points in Grants Pass, Medford, Central Point, Jacksonville, Ruch, Talent
and Ashland. Extra items, including eggs, bread and cheese, can be added to
customers’ weekly boxes.

**TerraSol Organics**
18828 Williams Highway, Williams OR 97544
www.terrasolorganics.com
541-787-0916

TerraSol Organics is a small, organic, family farm. Visit us in the fall for our pumpkin
patch and harvest-time activities. We grow organic microgreens, focusing on pea
and sunflower shoots. Our greens can be found at many local farmers markets,
restaurants and grocers. We grow these tender microgreens year-round, and our
customers love the long shelf life.

**DID YOU KNOW?**
Oregon ranks fifth nationwide in annual production of
both fresh market vegetables — about 777,000 tons —
and vegetables for processing — about 316,000 tons —
according to the U.S. Department of Agriculture’s National
Agricultural Statistics Service.

“Bringing salmon home to the Siskiyous”

**SISKIYOU SALMON**
**WILD ALASKAN - FISHERMAN DIRECT**
For ordering visit: siskiyousalmon.com
**UPROOT Meats**

3152 Siskiyou Blvd., Ashland OR 97520  
www.uprootmeats.com  
408-504-9869

Uproot Meats is a female-owned and -operated, small, family farm, producing a limited supply of year-round, fresh, heritage, hillside-raised pork and chicken to the Rogue Valley community. Our solar-powered farm is located three miles south of downtown Ashland. Our pigs and chickens are raised on diets consisting of no corn, soy or GMOs, free-ranging on over 13 acres of seasonally rotated oak meadow. Our meats are available for retail purchase at Ashland’s Tuesday and Saturday growers markets from March to November, along with year-round delivery available throughout winter. We now offer new community-supported agriculture memberships starting at $65 per month.

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**DID YOU KNOW?**

The average fruit or vegetable travels 1,500 miles from the field where it was grown to get to your plate. Because of this, our foods are bred to withstand travel, not for taste.

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In every step we take, we put flavor first.

Our oak meadow hillside environment offers a slower growth cycle, instinctual foraging, tone muscle development, resulting in a higher meat to fat ratio.

We are a small, female-owned and operated family farm offering free range meats using old world heritage farming practice.

Our animals are fed seasonal local crops within Oregon and Northern California consisting of peas, sunflower, pumpkin, flax, chia and sesame seeds, along with wheat, oats and quinoa.

Because our animals are never fed any sort of fillers for growth such as corn or soy, our meats are slow grown. We raise quality, not quantity. As a result, our products are always fresh with distinctive, rich flavor and unsurpassable texture.
Wandering Roots Farm
2001 N. River Road, Gold Hill OR 97525
www.wanderingrootsfarm.com
541-855-5346
Wandering Roots Farm is a certified-organic, family farm located between Gold Hill and Rogue River. We grow a wide variety of fruit and vegetables that we sell to many restaurants and grocery stores throughout the valley and at the Ashland and Medford farmers markets. We grow only the highest-quality produce to nourish our community and maintain a healthy ecosystem around us. Come check us out and taste the difference.

Willow-Witt Ranch
658 Shale City Road, Ashland OR 97520
www.willowwittranch.com
541-890-1998
In a valley just miles above Ashland, Willow-Witt Ranch brims with wildlife, healthy wetlands and forests, hiking trails and a diversified, organic farm. Our certified-organic vegetables, goat-milk herd-share, eggs, goat meat and sausages are available at the on-farm store and Ashland and Medford farmers markets. We host music events, “Pastured Dinners,” weddings and summer camps for children and adults through our nonprofit The Crest. Farm-stays include the campground’s furnished wall tents, tent sites and a community cookhouse, as well as year-round guest accommodations in the Farmhouse Studio or Meadow House. Hours are 11 a.m. to 5 p.m. daily.

Guest Houses
and Campground

www.willowwittranch.com
(541) 890-1998

CERTIFIED ORGANIC VEGETABLES, EGGS & GOAT
What’s in a label?

There are many different food labels that contain information about how food was grown or processed. However, some labels can be misleading and not all have been independently verified by a third-party organization:

**Independent verified labels:**

**Certified organic:** Organic food production is based on a system of farming that mimics natural ecosystems and maintains and replenishes the fertility and nutrients of the soil. Organic foods are produced without the use of genetically modified organisms (GMOs) and irradiation. Certification ensures that organic practices are being followed not only by growers, but also by all the people who handle and process organic food on its journey to the consumer. [www.organicconsumers.org](http://www.organicconsumers.org)

**Fair Trade:** Fair trade standards are enforced by Fairtrade International. Workers must receive decent wages, housing, health and safety guidelines, as well as the right to join trade unions; child or forced labor is completely prohibited. Crops must also be grown, produced and processed in an environmentally friendly way. The departure of Fair Trade USA from the international certification system led by Fairtrade International, along with its decision to develop separate standards that permit certification of plantation-produced coffee, cocoa and other crops, differentiates the U.S. Fair Trade label. [www.fairtrade.net](http://www.fairtrade.net) and [www.fairtradeusa.org](http://www.fairtradeusa.org)

**Salmon-Safe:** Salmon-Safe certification means that the land where the product was produced has met six standards that benefit the watershed where the farm or vineyard is located. It includes recommendations for: riparian-area management, water-use management, erosion and sediment control, integrated pest management, animal management and biodiversity conservation. [www.salmonsafe.org](http://www.salmonsafe.org)

**LIVE:** LIVE certification limits the amount of pesticides, fertilizers, water, chemicals and fuel used in vineyard and winery production. It encourages farming practices that promote and maintain high biological diversity in the whole vineyard and responsible stewardship of soil health and fertility. Vineyards meeting this standard also meet the Salmon-Safe certification. [www.livecertified.org](http://www.livecertified.org)

**GE-Free, Non-GMO:** Products produced in the United States using genetically engineered (GE) and genetically modified organisms (GMO) are not required to be labeled as such. Fruits and vegetables grown for consumption are not contaminated by the production of nearby GMO crops. Seed crops, however, can be cross-pollinated by nearby GMO crops. If you are looking to avoid these products, know that the vast majority of conventionally grown corn, sugar from sugar beets, canola, cotton, alfalfa, Hawaiian papaya and soybeans are GMO crops. Also at high risk are milk, meat, eggs and honey due to animal consumption of GMO feed. The Non-GMO Project offers independent verification in North America for products made according to best practices for GMO avoidance. Certified-organic production also ensures that products are not genetically modified. [www.nongmoproject.org](http://www.nongmoproject.org)

**Feel-good buying (but not independently certified):**

The following labels depend on farmer and processor information to support the claim that the food products were raised in compliance with each set of standards.
However, they are not certified by any third-party regulatory agency.

**Bee Friendly Farming:** The Bee Friendly Farming initiative is an effort to address the issue of declining bee populations by providing adequate forage, water and habitat for nesting and mating, as well as practicing integrated pest management to reduce or eliminate the use of chemicals. The label is a self-certification process offered through the Pollinator Partnership. [www.pollinator.org](http://www.pollinator.org)

**Pastured or grass-finished:** Grass-finished refers to meat products from cattle, bison, goats and sheep that have eaten nothing but their mother’s milk and fresh grass or grass-type hay from their birth. Many products continue to be marketed as “grass-fed,” when grass is only a small part of the animals’ diets. Ask the producer if the animal was fed grain or confined in a feed lot. [www.eatwild.com](http://www.eatwild.com)

**Certified Naturally Grown:** This label is a low-cost alternative to organic certification that relies on volunteer farmers to inspect participating farms. Growing standards mirror those of the U.S. Department of Agriculture’s National Organic Program. [www.naturallygrown.org](http://www.naturallygrown.org)

**Hormone-free, rBGH-Free:** Some meat and dairy products are marketed as hormone-free. In dairy products, this means that the farmer has chosen not to inject the cows with the artificial growth hormone rBGH. Similarly, beef products with this label ensure that the animal was raised without growth hormones or steroids.

**Ask questions about:**

**All natural:** While many products have “all natural” labeling or packaging, there is no universal standard or definition for this claim.

**Free range:** “Free range” claims that each meat or poultry product (including eggs) comes from an animal that was raised in the open air or was allowed to roam. However, the regulations do not specify how much of each day animals must have access to fresh air. For poultry, the U.S. Department of Agriculture considers five minutes of fresh-air exposure adequate to be considered free range. For beef, the use of the label is completely unregulated and unstandardized.

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**Business sustainability**

**Green power/Renewable-energy programs:** Businesses, farms and homes in the Rogue Valley can purchase clean, renewable energy through Pacific Power’s Blue Sky program and the Ashland Solar Pioneers program. Participants can offset some or all of their electricity consumption while guaranteeing that clean electricity is added to the grid. Support for renewable energy helps to keep our energy dollars in the region, create jobs, strengthen rural economies, reduce dependence on fossil fuels and boost energy independence.

**B Corporation:** This status provides legal protection for those looking to pursue a corporate purpose other than exclusively maximizing profits for shareholders. Certified B Corps complete an assessment review and submit documentation through the nonprofit B Lab. [www.bcorporation.net](http://www.bcorporation.net)

**Oregon Benefit Companies:** These are not independently certified. They register with the state and are legally required to: 1.) create a materially positive impact on society and the environment; 2.) require consideration of the interests of workers, community and the environment in their fiduciary duties; and 3.) publicly report annually on their overall social and environmental performance using comprehensive, credible, independent and transparent third-party standards.
We often are asked: “What is a food system?”

A food system encompasses every element in the journey from field to fork and back again. It includes the growing, harvesting, processing, packaging, transporting, marketing, consuming and disposing of food. Nutrition, food-safety regulations and government policy around food also influence this system.

A healthy and sustainable food system integrates all of these elements to enhance economic, environmental, social and nutritional health for all.

YOU can be a part of creating a healthier and more sustainable food system by:

• Purchasing directly from local farmers, producers and markets;
• Sharing local food with family and friends;
• Joining the Rogue Valley Food System Network for networking and public forums.

Go to www.rvfoodsystem.org for upcoming events.

Contact us to get involved:

P.O. Box 1255 Medford OR 97501 • 541-973-9446 • www.rvfoodsystem.org coordinator@rvfoodsystem.org • Facebook: Rogue Valley Food System Network
ADD LOCALLY GROWN FOODS TO YOUR NEXT EVENT!

Whether it’s an intimate dinner party, backyard barbecue or a wedding dinner for 200 guests, local food can be a meaningful and delicious addition to your next event. We offer these quick tips for making the event a success.

- How do you want to define local — 50 miles, regional or statewide?
- Be creative with your menu by starting with ingredients in season. Use the Rogue Flavor Guide and calendar of seasonality to find them. Including a locally grown salad, cheese, wine or beer is an easy addition to your menu, and they’re usually available any time of year.
- When picking a location for a large event, ask the food staff about your desire to serve local food and confirm that they are willing to do so. Sometimes it’s easier to find a caterer who will source a local menu for you but that requires a location where you can bring in your own food.
- Toot your horn! Promote your local menu to your guests in a menu or event packet. Ask the chef to describe each course and list the farms who provided the ingredients. If serving a buffet, place small table tents listing the producers who contributed to each dish.
- During your event, verbally thank everyone who helped make your event a success by acknowledging their excellent service, hard work and willingness to make your goals a reality.
Taste the difference in FRESH, LOCAL QUALITY

**Fresh taste and variety.** Locally grown fruits and vegetables usually are sold within 24 hours of being harvested. Produce picked and eaten at the height of ripeness has exceptional flavor and, when handled properly, is packed with nutrients. Also, local farm products are chosen for the best flavor, not for their ability to withstand industrial harvesting equipment and extended travel.

**Supports the local economy.** Buying locally keeps your money circulating within your community, supporting economic prosperity in the Rogue Valley.

**Supports family farmers.** Family farmers who sell their products through national and international distribution chains receive little if any profit due to the cost of transportation, packaging and advertising. When you buy from local farmers, the farmer receives a larger portion of the food dollar.

**Protects open space and farmland.** Economically viable farms are a necessity if we are to keep the pastoral views in the Rogue Valley. Supporting local farms helps to ensure that the beautiful farmland surrounding our cities continues into the future.

**Builds community.** When you buy directly from the farmer, a direct connection is established. You have the opportunity to ask about their farming practices or just socialize over a juicy, ripe peach or fresh ear of corn.

**Protects natural resources.** Food traveling through our current distribution system is resource-intensive. The average food item grown and eaten in the United States has traveled between 1,300 and 1,500 miles. Only 10 percent of fossil fuels used in our world’s food system actually goes into production. The other 90 percent goes to packaging, transporting and marketing. Buying locally produced foods greatly reduces our reliance on fossil fuels.
Community gardens are shared plots of land where people gather together to grow produce and flowers. They make growing food possible for anyone without space to garden. Community gardens beautify neighborhoods, reduce hunger, provide education and encourage collaboration.

Several community gardens locally are open for participation and listed on the Rogue Valley Community Garden Network website, which offers grants to groups trying to establish new gardens. Go to [https://jacksoncountymga.org/community-garden-grants/](https://jacksoncountymga.org/community-garden-grants/)

<table>
<thead>
<tr>
<th>ACCESS Food Share Gardens</th>
<th>Grow food for the hungry; multiple locations across Jackson County 541-779-6691, ext. 309 <a href="mailto:freshaccess@accesshelps.org">freshaccess@accesshelps.org</a></th>
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<tr>
<td>Ashland</td>
<td>City of Ashland Community Gardens 541-488-6606</td>
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<td>ECOS Community Garden at Southern Oregon University <a href="mailto:communitygarden@sou.edu">communitygarden@sou.edu</a>; sign up for plots online at <a href="https://form.jotform.com/83547403788165">https://form.jotform.com/83547403788165</a></td>
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<td>Southern Oregon University Student Apartments &amp; Family Housing Gardens (residents only) 541-552-6371 <a href="mailto:housing@sou.edu">housing@sou.edu</a></td>
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<td>Central Point</td>
<td>Hanley Farm and Don Jones Memorial Park 541-664-3321, ext. 130; <a href="http://www.centralpointoregon.gov">www.centralpointoregon.gov</a> <a href="mailto:parks@centralpointoregon.gov">parks@centralpointoregon.gov</a></td>
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<td>First Presbyterian Church 541-664-1828 <a href="mailto:fpccp@yahoo.com">fpccp@yahoo.com</a></td>
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<td>Eagle Point</td>
<td>Eagle Point Community Garden 541-826-2536 <a href="mailto:hs@flowerseaglepoint.com">hs@flowerseaglepoint.com</a></td>
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<td>Grants Pass</td>
<td>G Street Community Garden 541-244-4138 <a href="mailto:ssmall@optiononline.org">ssmall@optiononline.org</a></td>
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<td>Talent</td>
<td>Talent’s Great Green Garden 541-840-0469 <a href="mailto:kellymoran@phoenix.k12.or.us">kellymoran@phoenix.k12.or.us</a></td>
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<tr>
<td>Medford</td>
<td>St. Mark’s and Family Nurturing Center Community Garden 541-779-5242 <a href="mailto:info@familynurturingcenter.org">info@familynurturingcenter.org</a></td>
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<tr>
<td></td>
<td>First Christian Church “Come Unity” Garden 541-772-8030 (Monday-Thursday) <a href="mailto:mfccor@gmail.com">mfccor@gmail.com</a></td>
</tr>
<tr>
<td>Phoenix</td>
<td>Blue Heron Park Community Garden Sandy Wine 541-512-1349; 541-631-1865 <a href="mailto:sandrajwine@gmail.com">sandrajwine@gmail.com</a></td>
</tr>
</tbody>
</table>
Locally grown produce, meats and specialty products made in the Rogue Valley are available at stores and farm stands throughout Southern Oregon. If you don’t see your favorite local goods at your neighborhood store, ask the manager to carry it. Visit these markets and tell them the Rogue Flavor Guide brought you to them!

“We are offering affordable organic produce, bulk and grocery close to home by means of our network of distributors, as well as by featuring the products of local farmers and artisans in our community. We also strive to connect our local customers with growing and producing their own food. We are currently focusing hard on creating more pathways with local farmers to bring their products into our store and give them an outlet to sell their goods.”

— Joy McEwan, owner/brewer/beekeeper/apitherapist, Diggin’ Livin’ Natural Foods, Farm, Cafe & Eatery

PHOTOS COURTESY OF DIGGIN’ LIVIN’
Ashland Food Co-op
237 N. First St., Ashland OR 97520
www.ashlandfood.coop
541-482-2237
Ashland Food Co-op is your community provider for nutritious foods that are locally produced, organically grown and ecologically sound. Our Co-op Basics program provides savings on everyday staples and education about how to eat right when the money is tight. Our in-store cooking demonstrations, cooking classes and Monday night free lectures increase awareness about food. We are proud to be Southern Oregon’s only certified-organic retailer.

Ashland Shop ‘n Kart
2268 Ashland St., Ashland OR 97520
www.ashlandshopnkart.com
541-488-1579
We offer a full line of conventional and natural foods, with local products in nearly every category. Specialty products include local wines, chocolate, packaged and frozen grocery items. Serving the Rogue Valley since 1988.

Diggin’ Livin’ Natural Foods, Farm, Cafe & Eatery
143 S. Redwood Highway, Cave Junction OR 97523
www.digginlivin.com
541-592-HIVE (4483)
Diggin’ Livin’ Natural Foods is a healthy-living destination where an organic eatery, natural-foods store and beekeeping family create a unique, flavor-filled experience. Sample magical bee products, including raw varietal honeys, honey-vinegar tinctures and six taps of our herbal Jun kombucha recipes, easy to pair with our delicious cafe dishes, such as the Diggin’ farmhouse waffle, tempeh Reuben, chipotle chicken wrap, farm-to-table soups, salads and espresso. We have a large bulk-foods selection, awesome Northwest craft beers, lots of local produce and meats and goodies galore! Browse our handmade beeswax candles and everything you need to start beekeeping, including our custom beehives.

DID YOU KNOW?
Americans pay just 6.4 percent of their household incomes on food. That’s the lowest rate in the world, where food purchases in only eight countries constitute less than 10 percent of household income.
The Farm Store at Fry Family Farm
2184 Ross Lane, Medford OR 97501
www.fryfamilyfarm.org
541-622-8154
Fry Family Farm has opened a retail store at the Medford farm on Ross Lane. The Farm Store offers the widest variety of Fry Family Farm organic produce, berries, plants and flowers alongside our newest endeavor: farm-fresh pies, preserves, pickles, ferments, soups and freshly prepared, take-home meals. The Farm Store also carries a multitude of other local and seasonal products. We only sell organic fruits and vegetables, always seeking local products first and keeping it regional (Oregon, Washington and California) when local is not available. Open from 10 a.m. to 5 p.m. daily.

Grants Pass Farmer’s Market
603 Rogue River Highway, Grants Pass OR 97527
541-474-0252
The Fresh Food Folks have been supporting local farms and locally produced organic and natural foods for more than 30 years. We’re family-owned and open seven days a week, all year long. We offer farm-fresh produce, honey, groceries, dairy, bulk foods and more! We have the largest selection of vitamins, supplements and natural body care in our area. Our staff is friendly and knowledgeable. Open 8:30 a.m. to 6:30 p.m. Monday through Saturday and 10 a.m. to 5 p.m. Sunday.
Medford Food Co-op
945 S. Riverside Ave., Medford OR 97501
www.medfordfood.coop
541-779-2667

Medford Food Co-op is your local, community-owned grocery store. We feature organic produce from local farmers and a variety of local and regional products from bulk goods to beers and wines. Find affordable organic and natural products in our Co-op Basics program. Look for weekly Fresh Deals specials and biweekly Co-op Deals for even greater savings. Our friendly, knowledgeable staff are here daily from 7 a.m. to 9 p.m. and are happy to assist with your food- and health-related questions. Find healthy, organic meal options in our cafe!

Oregon Bee Store
14356 Highway 62, Eagle Point OR 97524
www.oregonbeestore.com
541-826-7621

The Oregon Bee Store features local raw honey, bee-themed gifts, beautiful handmade beeswax candles, as well as bees and beekeeping supplies. Our full-service farm stand features our own sweet honey with local and organic, seasonal fruits and vegetables, many grown on site. We are open from 10 a.m. to 6 p.m. Tuesday through Saturday, March 1 through Dec. 23. We also ship honey and candles year-round, ‘round the world. Go to www.oregonbeestore.com.

Shop’n Kari
Your locally owned independent grocery serving the Rogue Valley since 1988

• The widest Rogue Valley selection of locally produced goods
• Full complement of natural and conventional groceries

Open 7am - midnight, every day
2268 Ashland St., Ashland • (541) 488-1579
www.ashlandshopnkart.com
Rogue Creamery Cheese Shop
311 N. Front St., Central Point OR 97502
www.roguecreamery.com
541-665-1155
Founded in 1933, Rogue Creamery is a world leader in artisan cheese. Its certified-organic blue and cheddar cheeses are handmade using grass-based cow’s milk and time-honored techniques. The Creamery has won dozens of national and international awards for quality, innovation and commitment to sustainability. The historical Cheese Shop in the Central Point Artisan Corridor offers an extensive selection of domestic and imported cheeses, wines, beers and ciders, plus grilled-cheese sandwiches and picnic and party provisions. Open from 9 a.m. to 5 p.m. weekdays, from 9 a.m. to 6 p.m. Saturday and from 11 a.m. to 5 p.m. Sunday.

Rogue Meats
4865 Highway 234, White City OR 97503
www.facebook.com/RogueMeats
541-826-0400
Thirty flavors of jerky, nine hot-dog varieties, house-cured cold cuts, nitrate-free bacon and grass-fed meats complement Rogue Meats’ custom cut-and-wrap service. Farm-direct sales bring many customers to Rogue Meats, which entices them to stay and sample a gamut of meat products. Located inside the Rainey’s Corner complex, Rogue Meats sources beef and elk from local ranchers, including Box R Beef, and smokes chicken and pork to offer quality products without commercially produced meats’ chemicals and preservatives. Shop the selection of jerky, meat sticks, salami, pastrami and summer sausage from 8 a.m. to 4 p.m. weekdays, 8:30 a.m. to noon Saturdays.
EAT.BUY.LOVE
LOCAL

within 100 miles #honestlylocal

Open Daily 7 to 9 • 945 S Riverside Ave
(541)779-2667 • medfordfood.coop
Enjoy a night on the town and support local, family farmers at the same time! A growing number of restaurants and caterers understand that the best cuisine begins with buying the best produce, eggs and meats — straight from the farm or ranch, in-season. Don’t forget to tell restaurant and catering staff that you found them in the Rogue Flavor Guide.

“Our focus at True Juice is to create and foster a positive space of encouragement that inspires health, community, education, personal growth ... We hold the highest intention to serve the community with integrity, source locally and offer our knowledge and wisdom on health topics. We opened with a long-term view of investing in the health and happiness of our customers and community to create the change and growth we want to see in our world.”

— Karen Daggett Austin, owner/operator, True Juice Organic Juice & Cafe
Bella Union Restaurant & Saloon
170 W. California St., Jacksonville OR 97530
www.bellau.com
541-899-1770
The Bella Union, located in Jacksonville at the gateway to the Applegate Valley wine region, is known throughout the Rogue Valley for diverse and delicious menu items featuring local ingredients. Fresh seafood, homemade pastas, incomparable pizza, mouth-watering certified Angus beef and decadent desserts, combined with daily specials, have made the Bella one of Southern Oregon’s most popular eateries. The Bella Union also features a full bar, with an extensive wine list and craft beers, to complement your dining experience. Great food, relaxed ambience and friendly service make the Bella Union an excellent choice for any event.

Buttercloud Bakery & Cafe
Medford, Ore.
www.buttercloudbakery.com
541-973-2336
Buttercloud Bakery & Cafe serves made-from-scratch food and baked goods using real ingredients. Our menu features a variety of hearty, healthy options, including biscuit sandwiches, house-made black pepper-bacon gravy, veggie hash and a fresh kale-avocado breakfast salad. Our biscuits, scones, sticky buns, cookies and desserts are made in house, and the selection rotates seasonally. Beverages range from espresso and French-press coffee to craft beers, mimosas, local sodas and house-made chai. See our full menu of good eats and tasty treats at www.buttercloudbakery.com. Open from 7 a.m. to 3 p.m. Monday through Saturday and from 8 a.m. to 2 p.m. Sunday.

The Cafe at Medford Food Co-op
945 S. Riverside Ave., Medford OR 97501
www.medfordfood.coop/cafe
541-646-3686
The Cafe at Medford Food Co-op offers fresh, delicious, wholesome meals from house-made hot soups to custom sandwiches, creative salads and enticing entrees. Nourish your family with real food: Find healthy, organic options for busy schedules at The Cafe at Medford Food Co-op. Open from 7 a.m. to 9 p.m. daily.
Diggin’ Livin’ Natural Foods, Farm, Cafe & Eatery
143 S. Redwood Highway, Cave Junction OR 97523
www.digginlivin.com
541-592-HIVE (4483)

Diggin’ Livin’ Natural Foods is a healthy-living destination where an organic eatery, natural-foods store and beekeeping family create a unique, flavor-filled experience. Home of “The Diggs Kitchen,” we offer catering, takeout and dine-in for all regular menu items, as well as delicious and healthy, weekly specials. Join our mailing list to receive our weekly menu and pickup options. Our eatery also serves as a tap house for our very own Jun kombucha, made with our own honey. Currently we have six taps that rotate 10 unique herbal and fruity recipes. Stop in for a flight or to fill your growler!

Greenleaf Restaurant
49 N. Main St., Ashland OR 97520
www.greenleafrestaurant.com
541-482-2808

A local favorite since 1985, Greenleaf offers a diverse menu of fresh, healthy and delicious fare — breakfast, lunch and dinner — for the whole family. We feature wild Alaska salmon, local bakeries, breweries and wineries. There’s something for every taste at affordable prices. In addition, we offer daily special, fresh pies and cakes, along with espresso drinks. Everything on our menu is available to go. We offer catering, picnics and boxed lunches for large and small groups. Vegetarian, vegan and gluten-free options. Located on the Plaza with creekside seating, Greenleaf has it all. Open from 8 a.m. to 8 p.m. daily.

Jefferson Farm Kitchen
135 S. Oregon St., Jacksonville OR 97530
www.chefkristen.com
541-531-6740

Convenient and healthy meals prepared with organic, locally sourced foods are available for order online and in Jefferson Farm Kitchen’s Jacksonville market and eatery! From cooking for busy lifestyles to supporting new diets and assisting recovery, Jefferson Farm Kitchen has you covered! Find gluten-free and vegan options, organic bone broths, locally sourced meats, fermented veggies and beverages, healthy baked goods and more! Our delicious meals are made with love, so you can focus on YOU and support local farms and businesses! Our online store is open Friday through Monday, our brick-and-mortar location from 11 a.m. to 5 p.m. Wednesday through Friday.
Larks Home Kitchen Cuisine Ashland
212 E. Main St., Ashland OR 97520
www.larksashland.com
541-488-5558
Over a decade ago, Larks pioneered the farm-to-table concept in the Rogue Valley. Continuing this culinary tradition, Larks’ team showcases the best of this region’s seasonal bounty, offering dishes that excite and surprise with freshness, flavors and creativity. Whether you are looking for a fine-dining experience or a casual bite to eat, Larks’ executive chef, Franco Console, invites you to explore his seasonally inspired menus paired beautifully with award-winning Oregon wines. Open from 11:30 a.m. to 2 p.m. daily, 5-8 p.m. Sunday through Thursday and 5-9 p.m. Friday and Saturday.

Larks Restaurant & Lounge Medford
200 N. Riverside Ave., Medford OR 97504
www.larksmedford.com
541-774-4760
Stop by Larks in downtown Medford for a glass of local wine or craft cocktail perfectly paired with a casual bite or an entree from our seasonally rotating menus. Our philosophy includes the use of the freshest, locally sourced ingredients possible and a mutually beneficial partnership with the local farmers and other food purveyors. Cooking from scratch, Larks’ executive chef, Matthew Robinson, and his team are inspired by Oregon’s farms, orchards, creameries and wineries. This region’s bounty is beautifully reflected in seasonally inspired menus and daily specials.

LUNA Cafe and Mercantile
2525 Ashland St., Ashland OR 97520
www.lunacafeashland.com
541-482-3372
Luna Cafe and Mercantile is a farm-to-counter eatery inside Ashland Hills Hotel & Suites. This Oregon-centric restaurant offers food cooked from scratch with a focus on farm-fresh and local. A hip throwback to the ’70s, Luna’s specialties are burgers, sandwiches, gourmet pizza, delightful salads and other vegetarian options, artisan coffees, house-made pastries, craft beers, cocktails and the best local wines and cheeses. Take in the best views in town while eating on the deck overlooking Ashland’s beautiful hills, or under umbrellas on the animal-friendly patio. Enjoy a cocktail inside at the bar or at retro, rattan settees and tables.
**Ma Mosa’s**
118 N.W. E St., Grants Pass OR 97526
www.mamosas.com
541-479-0236
Ma Mosa’s! Located in historical downtown Grants Pass and serving up the best the season has to offer. Delicious, fresh and local breakfast and lunch. Open from 8 a.m. to 3 p.m. Tuesday through Sunday. From seed to plate, we love the food you love to eat!

**Smithfields Pub & Pies**
23 S. Second St., Ashland OR 97520
www.smithfieldspubpies.com
541-482-7437
Smithfields Pub & Pies has cask ale, English ales on draught, Guinness on nitro, Oregon beers on draught, English ales in bottles and cans and a comparable selection of Oregon wines. Smithfields Pub & Pies uses Bob’s Red Mill organic flour in our crusts with our blend of butter and leaf lard; all-butter crusts compose our vegetarian, fish and sweet pies. Meat and produce served at Smithfields Pub & Pies is sustainably and regionally sourced. Open from 11:30 a.m. to midnight daily.

**Smithfields Restaurant & Bar**
36 S. Second St., Ashland OR 97520
www.smithfieldsashland.com
541-488-9948
Smithfields Restaurant & Bar in Ashland is a neighborhood steakhouse that specializes in sustainable “nose-to-tail” dining (utilizing the whole animal) and in-house charcuterie. We source our meat, fish, produce, beer and wine from over 20 independent and local suppliers to create our menus. We are open for dinner, 5-10 p.m., seven nights a week, and weekend brunch from 10 a.m. to 2:30 p.m. Join us for happy hour-and-a-half, from 8:30 to 10 p.m. Sunday through Thursday.

**Standing Stone Brewing Company**
101 Oak St., Ashland OR 97520
www.standingstonebrewing.com
541-482-2448
Standing Stone Brewing Company is a locally owned brew pub and farm committed to craft beers, great food, happy customers, fulfilled employees, community involvement and sustainable business. Our handcrafted brews are made on site in small batches. Our diverse menu focuses on high-quality, local and organic ingredients, including grass-fed beef from our One Mile Farm, just down the road. Enjoy outdoor seating and front-row bike parking. Open from 11 a.m. to midnight daily.
**Taprock Northwest Grill**
971 S.E. Sixth St., Grants Pass OR 97526
www.taprock.com
541-955-5998

On the banks of the beautiful Rogue River in Grants Pass, Ore., is the lovely log cabin-style home of Taprock Northwest Grill. Taprock bases its American pub-food menu on seasonal, locally sourced ingredients celebrating the rich bounty of the Pacific Northwest’s farms and waters. We offer a wide variety of Northwest-inspired, big-flavored food favorites. We feature wonderful, seasonal ingredients, sourced locally. Grab a table inside or on our beautiful deck and enjoy meals like herb-roasted prime rib and cedar-wrapped wild Alaskan sockeye salmon accompanied by Pacific Northwest wines and brews. Taprock is open from 8 a.m. to 10 p.m. daily.

**True Juice Organic Juice & Cafe**
124 N.W. D St., Grants Pass OR 97526
www.truejuiceorganic.com
541-441-4541

True Juice is Grants Pass’s finest, all-organic, cold-pressed juice bar and cafe. Our breakfast and lunch menus are loaded with vegan, paleo, vegetarian and gluten-free options, including quinoa bowls, sandwiches, quiche, chili, soups, salads, smoothies, “smoothie bowls,” kombucha on tap, vegan frozen yogurt and so much more! Located in the historical downtown district, True Juice is open from 8 a.m. to 5 p.m. weekdays, from 10 a.m. to 2 p.m. Saturdays. June through August, we open at 9 a.m. Saturdays.
**Truffle Pig Craft Kitchen**  
Medford, Ore.  
https://www.facebook.com/TheTrufflePigCraftKitchen  
541-324-3033  
Truffle Pig Craft Kitchen is a locally inspired pop-up specializing in chef-driven, micro-seasonal menus. We offer personalized catering, locally paired wine dinners, private in-home parties and custom-crafted menus for your special events. Find us at Rogue Valley Growers & Crafters Markets in Ashland and Medford for our weekly seasonally inspired and crafted menus. Follow us on Facebook and Instagram for our upcoming events. Our menus are guided by sustainable principles and practices. We proudly support Southern Oregon farms, ranches, dairies, wineries and artisans.

**VINFARM**  
111 S.E. G St., Grants Pass OR 97526  
www.wcv.farm  
541-226-2664  
Defining wine-country cuisine, VINFARM is the new tasting room for Wooldridge Creek, Oregon’s first combined winery, creamery and charcuterie. Located in historical downtown Grants Pass, VINFARM offers a unique dining and tasting experience with handcrafted, wine, cheese, charcuterie and small plates. Ingredients are sourced from local farms whenever possible. Find information and make reservations for our special prix-fixe dinners online. We are open for lunch, dinner and tasting from noon to 7 p.m. Monday through Saturday. Sunday brunch is available from 9 a.m. to noon. We also offer private party reservations.

**Wild River Brewing**  
2684 N. Pacific Highway, Medford OR 97501  
www.wildriverbrewing.com  
541-773-7487  
Opened in 1975, Wild River started in Cave Junction as a pizza place and deli. Since then, we have grown to include five locations throughout Southern Oregon and become well-known for our quality service and unique offerings. A love of local ingredients complements our passion for handcrafting our menu items. Savor authentic, Old World cooking that’s fresh, local and wholesome. From house-made dressings, breads and freshly extruded pastas, Wild River’s Italian/American menu is sure to have something for everyone. We also offer fresh, eclectic microbrews created by our in-house brew masters. Join us for lunch, dinner or just a pint.

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**DID YOU KNOW?**  
Approximately 1 in 12 Oregon jobs (140,000) are tied to agricultural production, with about 60,000 located on farms. Each grower produces enough food for 130 people, according to Oregon Aglink.
TAPROCK
NORTHWEST GRILL
CELEBRATING 10 YEARS!
Riverfront Dining at its Best!

FEATURING
LOCAL SEASONAL INGREDIENTS

GROWERS' MARKET
GRANTS PASS, OR

971 SE 6TH STREET
GRANTS PASS, OR 97526

WWW.TAPROCK.COM
The Rogue Valley is bursting with delicious cheeses, sweets, breads, preserves and a wide variety of other value-added products. Whether they are made from local ingredients or handcrafted right on the farms that produced the raw materials, these foods highlight our local flavor and local economy.

“At Uber Herbal, we love to support our neighbor farms by purchasing as many locally grown ingredients as possible. We always buy organic or sustainably wild-crafted to ensure the futures of plants, farmers and harvesters worldwide are both healthful and prosperous. We also take great care designing our packaging to ensure it leaves the smallest footprint possible on this beautiful planet. We are excited to help local cafes and restaurants add more local food products to their menus.”
— Elizabeth Bretko, owner/operator, Uber Herbal
**Coquette Bakery**  
2447 Ross Lane, Central Point OR 97502  
www.gogetcoquette.com  
541-727-0330  
Coquette Bakery is a European-style bakery focusing on locally sourced ingredients. Come find us at Jackson County farmers markets and select retail outlets. See our website for details.

**Oregon Artisan Foods**  
www.oregonartisanfoods.com  
541-488-4826  
Oregon Artisan Foods is a food-distribution business established in 1987. We deliver throughout the Rogue Valley, Grants Pass and Cave Junction, as well as to Klamath Falls and Mount Shasta, Calif. Our goal is to connect local producers to retail outlets and restaurants. We are proud to represent: Rogue Creamery, Rising Sun Farms, Pickled Planet, Dagoba Chocolate, Phoenix High School’s Sunbean Co., Choo Chile, Cafe Yumm! Sauce, Betty Lou’s Natural Foods, Willamette Valley Cheese, Loleta Cheese, OreGranola and Yummy Monkey Organics, along with other fine, regional products from Oregon and beyond. Please call us for a complete product list.

**Rise Up! Artisan Bread**  
3000 Yale Creek Road, Jacksonville OR 97530  
www.riseupartisanbread.com  
541-899-3472  
We are a family-run micro-bakery in the Little Applegate Valley of Southern Oregon. We are dedicated to using the best, organic ingredients in our bread. Our loaves are mixed, shaped and baked in a wood-fired oven by actual people in a bakery (not by machines in a factory). We strive to promote a vibrant and sustainable ecology in many ways, including the localization of our food economy. One-third of our flour comes from wheat grown, harvested and milled in Medford and other parts of Oregon. We are proud to use 100-percent healthy, natural and often organic ingredients with 0 percent chemical preservatives. Enjoy!

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**DID YOU KNOW?**  
When food is sold directly from the farmer to you, as much as 80 cents of each food dollar go to the farmer. Through traditional food markets, only 9 cents of every food dollar go to the farmer, while 91 cents go to suppliers, processors, middlemen and marketers.
Sweet Cream
226 E. Main St., Medford OR 97501
www.sweetcream-icecream.com
541-324-8069
Sweet Cream makes delicious, melt-in-your mouth sweet treats with organic ingredients and NO preservatives! Our artisan ice creams come in new flavors each month, highlighting different local growers and producers, whenever possible. This allows our customers to be introduced to the local farms, seasonal fruits, coffee roasters, bakers, beekeepers and even crafters. This creates stronger community in the place we love to call home. Open from 9 a.m. to 7 p.m. Monday through Thursday, from 9 a.m. to 9 p.m. Friday and Saturday.

Uber Herbal
103 S.W. Fourth St., Grants Pass OR 97526
www.uber-herbal.com
541-210-7320
Nourish your body and spirit with Uber Herbal’s hand-blended teas, seasonal foods and marigold garlands. At our downtown Grants Pass shop, we produce a variety of teas and foods designed to fortify your body and boost your immunity. Always organic, our ingredients are carefully chosen for potency and freshness. Uber Herbal’s recipes greatly benefit from international plants and indigenous wisdoms. Simultaneously, we place strong focus on regional businesses, farmers and Pacific Northwest-grown plants. The Uber Herbal shop is open from 11 a.m. to 4 p.m. Wednesday through Friday, and you can find us at farmers markets every Saturday.

DO YOU LOVE THIS GUIDE?
Keep it in circulation by making a donation to the Rogue Valley Food System Network.
Donate online at www.rvfoodsystem.org
Owners Jen & Ross Allen invite you to savor award-winning wines with seasonally inspired pairings in their rustically elegant tasting room. Produced from sustainably farmed grapes in their solar-powered winery, 2Hawk’s handcrafted wines earn raves from guests and critics alike. Come see for yourself what we have to offer!

Take yours to new heights

Tasting room open daily
1 to 7 pm • Just off I-5

2335 N. Phoenix Rd. | Medford | 541.779.wine
www.2hawk.wine
Nationally renowned wines and high-quality craft beers are created right here in Southern Oregon. Enjoy sampling the many varieties and flavors offered by these businesses. As you’re sipping in their tasting rooms, taprooms and at restaurants, remember to mention that you found them in the Rogue Flavor Guide.

“With an intense focus on low-impact production of luxury-quality, estate wines, 2Hawk’s state-of-the-art winery brings a new level of attention to detail and environmental consciousness to the Rogue Valley. The list of minimal-environmental-footprint concepts includes the valley’s only winery-installed solar array, LED lighting throughout, passive ventilation in the dual barrel rooms and small-batch fermentation lots to minimize temperature-control needs. For pest and vermin control, we use resident barn owls, ladybugs, jackrabbits and our namesake red-tailed hawks.”

— Jen Allen, co-owner and retail-operations manager, 2Hawk Vineyard & Winery
2Hawk Vineyard & Winery
2335 North Phoenix Road, Medford OR 97504
www.2hawk.wine
541-779-9463
Our mission at 2Hawk Vineyard & Winery is simple: to be the best we can be. The pursuit of quality guides everything we do in growing fruit, making wine and providing exceptional guest experiences. This drive for excellence consistently produces wines that earn 90+ points, gold, double gold and “best in class” distinctions. Production of luxury-class, estate wines at 2Hawk focuses on malbec and viognier with smaller amounts of tempranillo, pinot noir, grenache, sauvignon blanc and chardonnay. Oregon’s wine industry is adventurous and filled with exciting opportunities to broaden expectations. We at 2Hawk Vineyard & Winery are blazing the trail!

Aurora Vines/Aguila Vineyard
2275 Pioneer Road, Talent OR 97420
www.auroravines.com
541-535-5287
Tucked away in the fertile hills of the Bear Creek Valley, our 87-acre estate offers ideal growing conditions for Bordeaux and Rhone varietals. Currently, our vineyard produces seven different grape varieties: syrah, merlot, pinot noir, tempranillo, cabernet, pinot gris and viognier. Bring a picnic lunch and enjoy our handcrafted, award-winning wines in an idyllic setting. Open 1-5 p.m. Thursday through Sunday from May through October; hours are 1-5 p.m. weekends from November through March.

DANCIN Vineyards
4477 South Stage Road, Medford OR 97501
www.dancinvineyards.com
541-245-1133
DANCIN is a love story: a marriage of science and art, pairing of simple fare with fine wine and sincere passion of Dan and Cindy. Family-owned, our winery produces fine pinot noir, chardonnay, barbera, sangiovese, syrah, zinfandel and Port in the foothills above historical Jacksonville. Just minutes from Ashland and Medford, our tasting room boasts views of the Table Rocks and Mount McLoughlin to savor with our award-winning, estate-grown wines, artisan, wood-fired pizzas and more. Open 4-8 p.m. Wednesday and noon to 7 p.m. Thursday through Sunday, May through September; noon to 8 p.m. Thursday through Sunday, October through April.

Farmers Markets
Grizzly Peak Winery
1600 E. Nevada St., Ashland OR 97520
www.grizzlypeakwinery.com
541-482-5700
Minutes from downtown Ashland, our beautiful grounds and majestic setting are delightful for picnics, weddings and special events. Our respected winemaker, Linda Donovan, produces the highest-quality wines from 11 classic grape varieties grown in our carefully tended, estate vineyards. Visit our tasting room to savor a flight of handcrafted wines while enjoying the serenity of our oak-shaded patio and mountain vistas.

Ledger David Cellars
245 N. Front St., Central Point OR 97502
www.ledgerdavid.com
541-664-2218
Visit Le Petit Tasting Room and enjoy our signature chenin blanc and other single-vineyard, estate wines including viognier, sangiovese, cabernet franc, malbec and Dark Night, an adventurous red blend. Indulge in our unique wine-tasting

"Ledger David Cellars...the most exciting, memorable, engrossing, game-changing...wine in years."
—The Pour Fool, (Nearly) Speechless in Seattle, July 2017

Wine Tasting Daily noon to 5pm.
Just 2 miles off I-5, left on exit 35.
Next to the world famous Rogue Creamery.
(541) 664-2218
LedgerDavid.com
experience. Find us just two miles off Interstate 5, exit 35, in Central Point’s Artisan Corridor, a trifecta of the region’s most award-winning cheeses, wines and chocolates. We are nestled between the world-famous Rogue Creamery and Lillie Belle Farms. Open from noon to 5 p.m. daily.

**Plaisance Ranch**
16955 Water Gap Road, Williams OR 97544
www.plaisanceranch.com
541-846-7175
Plaisance has been a working ranch since 1858. Owned and operated by the Ginet family since 1979, the property has evolved into a highly diversified operation offering Salmon Safe, U.S. Department of Agriculture certified-organic, grass-fed beef (delivery available); Oregon Department of Agriculture certified grafted grape vines, wine grapes and fine wines. Our small lots of handcrafted, premium, award-winning wines include Rhone, Burgundy, Bordeaux and Savoie varietals that put the finishing touch on a great meal. Our tasting room is open from noon to 6 p.m.; closed on Tuesdays.

**Standing Stone Brewing Company**
101 Oak St., Ashland OR 97520
www.standingstonebrewing.com
541-482-2448
Standing Stone Brewing Company is a locally owned brew pub and farm committed to craft beers, great food, happy customers, fulfilled employees, community involvement and sustainable business. Our handcrafted brews are made on site in small batches. Our diverse menu focuses on high-quality, local and organic ingredients, including grass-fed beef from our One Mile Farm, just down the road. Enjoy outdoor seating and front-row bike parking. Open from 11 a.m. to midnight daily.

**StoneRiver Vineyards**
2178 Pioneer Road, Talent OR 97540
www.stonerivervineyards.com
541-535-4661
StoneRiver Vineyards is one of Southern Oregon’s premier wine-grape growers and wine producers. We grow 13 varieties of wine grapes and currently offer a selection of 12 different award-winning wines in our tasting room. Complimentary cheese, crackers and dark chocolate are provided for pairing with our wines. We also offer free shuffleboard, a jukebox, two regulation horseshoe pits and other games for your enjoyment. Come for a visit and taste some of our great wines. Hours are noon to 6 p.m. Wednesday through Sunday in summer, noon to 5 p.m. Saturday and Sunday in winter.
STONERIVER

BIG BOLD TASTE
WITH A WICKED FINISH

WINE
Albarino
Amethyst (Blend)
Chardonnay
Grenache
Malbec
Pink Moon (Rose)
Pinot Gris
Pinot Noir
Tempranillo

COMING SOON
Cab Franc
Petite Sirah
Petite Verdot
Syrah
Viognier

TASTING ROOM
2178 Pioneer Rd.
Talent, Oregon 97540

HOURS
SUMMER (MAY thru OCT)
Wed. ~ Mon. 12pm–6pm
Tuesday ~ Closed

WINTER (NOV thru APR)
Sat. ~ Sun. 12pm–5pm
Mon. ~ Fri. ~ Closed

541-864-9234
At Taprock Northwest Grill, we believe in having options! That’s why we pride ourselves on offering one of the largest selections of beers on tap in Southern Oregon. With 24 different beers on tap, we have what you’re looking for. There’s also a great selection of red and white wines sourced locally. Come have a drink with us, either inside or outdoors on our beautiful deck overlooking the Rogue River. This is riverfront dining at its best! Taprock is open from 8 a.m. to 10 p.m. daily.

Our exceptional boutique winery now is enhanced by a new, cozy, family-friendly tasting room, open in the heart of downtown Talent. Enjoy our beautiful outdoor seating with fire pits and garden, delicious appetizers, a few beers and so much more! Trium features live music at 5 p.m. Fridays. Cheers! Follow us on Facebook and Instagram, or find us at www.triumwines.com

Wooldridge Creek, located in the Applegate Valley, is Oregon’s first combined winery, creamery and charcuterie. Founded as a “hobby” vineyard in the 1970s, Wooldridge Creek evolved into a commercial operation committed to preserving and protecting the soil, forest and watershed. Our role as stewards of the land goes far beyond organic. For over a decade, we have maintained certifications for the Salmon Safe and LIVE programs, as well as Pacific Power’s Blue Sky Renewable Energy Program and we participate in our local watershed protection association. We procure milk for our creamery from our own goat herd and local organic farmers.

Oregon’s number of small agricultural operations, which conduct less than $10,000 in annual sales, represents about 61 percent of the state’s farms and ranches. Mid-sized growers, with $10,000 to $250,000 in annual sales, represent 31 percent of all Oregon farms. About 2,800 farms, or 8 percent of all farms in Oregon, generate more than $250,000 in annual sales, yet this group of operators produces nearly 87 percent of total output on 56 percent of the land in farm use, according to the Oregon Farm Bureau.
Conserving land for agricultural use, species that benefit both cultivated and natural landscapes and seeds for future generations are just a few of the missions these groups pursue to preserve Southern Oregon’s way of life. Connect with these nonprofit organizations that educate, advocate and work to strengthen our local food system to find out how you can help make a difference.

“Our work is about creating and connecting communities to their soil through bee conservation. The tastes of the Rogue we all savor wouldn’t be possible without healthy soil and pollinators. We envision a future where kids frolic in pastures of flowers, buzzing with bees, alongside profitable family farmers.”

— Sarah Red-Laird, executive director, Bee Girl

PHOTOS BY NATALIE FAYE, COURTESY OF BEE GIRL
A Greater Applegate
P.O. Box 335, Jacksonville OR 97530
www.agreaterapplegate.org
541-821-0203
A Greater Applegate (AGA) is a nonprofit organization whose mission is to build community by sustaining and enhancing local connections that promote the environmental, economic and social vitality of the Applegate Valley. In 2018, AGA launched a community website — Applegate Valley Connect (applegateconnect.org) — and the Applegate Valley Nonprofit Network. This year, AGA will launch several more community-building strategies, increasing the capacity of nonprofit organizations serving the area, creating a business network to support local businesses, providing resources to the significant artist community, developing ways to connect neighborhoods across shared values and creating opportunities for community gathering. For information, see www.agreaterapplegate.org.

Bee Girl
7811 Highway 66, Ashland OR 97520
www.beegirl.org
541-708-1127
Bee Girl is a nonprofit organization educating and inspiring communities to conserve bees, their flowers and our food. Founded by Sarah Red-Laird, Bee Girl aims to conserve our bees by teaching people, especially kids, the significance of bees in our daily lives. We also have formed unique and important partnerships with universities, farmers, ranchers and businesses leaders to collaborate on research and education projects focused on soil health and bee habitat. Sarah and the Bee Girl team engage with communities across the nation — and the globe — spreading knowledge and bringing the wonder of the hive to the people.

Our Family Farms
P.O. Box 555, Medford OR 97501
www.ourfamilyfarms.org
541-690-8053
Our Family Farms educates, advocates and inspires farmers, policy makers and the community at large to support regenerative agricultural practices and our traditional seed supply. Our coalition in 2014 led the successful ballot-measure campaign to ban genetically engineered/modified crop production in Jackson County, Ore., despite a $1 million opposition campaign funded by Monsanto. Half of our board members are active farmers, and each person brings a deep connection with our local food system. We are celebrating five years as a Seed Sanctuary and, this year, will offer an educational series titled “The Future of Farming”!
Rogue Farm Corps
P.O. Box 533, Ashland OR 97520
www.roguefarmcorps.org
541-951-5105
Rogue Farm Corps trains and equips the next generation of farmers and ranchers through hands-on educational programs and the preservation of farmland. RFC’s internship and apprenticeship programs work with Oregon’s best farmers to train the next generation. Our Farm Preservation Program uses policy, education and advocacy to ensure that farmland and farm businesses are successfully passed on to the next generation of Oregon farmers.

Rogue Valley Farm to School
P.O. Box 898, Ashland OR 97520
www.rvfarm2school.org
Rogue Valley Farm to School educates children about our food system through hands-on farm and garden programs, and by increasing local foods in school meals. We inspire an appreciation of local agriculture that improves the economy and environment of our community and the health of its members. Under the leadership of Oregon Farm to School and the School Garden Network, RVF2S

Workshops:  Apitheatrapy, Hands-on Beekeeping, Bumble Bees, Art & Advocacy, Building Your Brand with Social Media, Pesticides Issues in Oregon, Farming for Native Bees, & More!
Community Building:  Rogue River Rafting, Bee Friendly Vineyard Tour and Wine Tasting, Speedswarm Beekeeping’s Leaders and Innovators, Beekeeper Fail Storytelling Hour, Bee Habitat Project Tours & More!

Registration at www.westernapiculturalsociety.org
proudly serves as Southern Oregon’s regional hub for education and procurement, working across the state with regional leaders to discuss best practices in the farm-to-school movement, policy and funding initiatives, annual gatherings and more.

**Southern Oregon Seed Growers Association**
Jacksonville, Ore.  
www.sosgaseed.org

Southern Oregon Seed Growers Association (SOSGA) was founded in 2013 with the mission of enhancing Rogue Valley seed quality, improving sustainable seed-farm viability and educating the public and other farmers about seed stewardship in sustainable agriculture. Members share location information through a “pinning” tool that serves to coordinate seed-plot locations on a crop-by-crop basis to minimize cross contamination. SOSGA encourages local farmers and gardeners to buy locally grown and adapted seeds.
For any age, stage and income level

Key components in our local, regional and statewide food system are these resources for anyone struggling to obtain enough food.

Emergency food pantries — More than outlets for packaged, shelf-stable groceries, the region’s food pantries also distribute fresh produce, including items grown locally in volunteers’ backyards and community gardens in Central Point, Gold Hill, Medford and Rogue River (see page 39).

Jackson and Josephine counties each have networks of food pantries that supply low-income families and individuals with food boxes, each containing a three- to five-day supply of food. Emergency food pantries are open different days and times, and each serves a specific geographic area. Recipients can use other benefits, such as SNAP, and still be eligible for food boxes.

For help in Jackson County: call 541-774-4321 or email info@accesshelps.org.
For help in Josephine County: call 541-479-5556 or see www.jocofoodbank.org/where-to-get-food.html to find your neighborhood pantry.
**One-on-one help** — Connect to a comprehensive resource that provides customized assistance. 211info can help people apply for the Supplemental Nutrition Assistance Program (SNAP/Oregon Trail Card) and other vital ways of accessing food, including Women, Infant and Children (WIC) packages and Farm Direct Nutrition Program checks for seniors. Working toward long-term, community-based solutions to eliminate hunger, 211info also can point the way toward summer meal sites for kids, community meal sites, farmers markets that match SNAP dollars, nutrition education in the community and resources to help people with low incomes to grow their own food. Dial 2-1-1 directly from your phone, text your zip code to 898211 or email help@211info.org.

**Farmers markets** — Find out if your local farmers market accepts Oregon Trail Cards, WIC packages and Farm Direct checks or participates in the Double Up Food Bucks match program. Look for the corresponding icons throughout this guide.

**Community-supported agriculture** — Ask if your favorite local farm offers CSA shares purchased with Oregon Trail Cards or WIC packages. See page 7 for more information.

**Use the following strategies to get the maximum value out of your food dollar** — on any budget:

- **Shop in season** — Vegetables and fruits are likely less expensive when purchased in season, and they’re also packed with more flavor and nutrition. Consider growing your own seasonal garden and refer to our calendar of seasonality on page 6, a handy guide to produce availability at farmers markets and grocery stores.

- **Buy in bulk** — Whole foods and raw ingredients are typically many times less expensive than processed foods. Avoiding excess packaging is not only an environmentally sound practice; it often saves you money. Consider shopping with a friend and divvying up value packs of perishables, such as meat and dairy.

- **Save some for later** — Food preservation is an investment in time that can save money and furnish locally grown foods all year. Classes in the art of canning, drying and even freezing foods are available throughout the year at Oregon State University Extension. See the listing on page 17 for more information.

- **Get cooking** — ACCESS offers free cooking demonstrations, one-time classes and six-week courses that focus on how to prepare healthy meals on a budget. For more information about the ACCESS Cooking Skills program, call 541-779-6691, ext. 310.
**WHO WE ARE**

**The Rogue Valley Food System Network**

is a community of organizations, businesses and individuals who are working to create a thriving, resilient food system for all in the Rogue Valley. The council body consists of up to 15 members representing different sectors of the food system from farmers, to chefs, to healthcare agencies.

These organizations and businesses have seats on the council and are network partners:

- 1000 Friends of Oregon
- ACCESS
- AllCare Health
- Blue Zones Community Demonstration Project
- By George Farm
- Medford Food Co-op
- Oregon State University Small Farms Program
- Oregon Community Food System Network
- Pholia Farm
- Rogue Farm Corps
- Rogue Retreat
- Rogue Valley Farm to School
- Siskiyou Sustainable Cooperative
- 1000 Friends of Oregon
- ACCESS
- AllCare Health
- Blue Zones Community Demonstration Project
- By George Farm
- Medford Food Co-op
- Oregon State University Small Farms Program
- Oregon Community Food System Network
- Pholia Farm
- Rogue Farm Corps
- Rogue Retreat
- Rogue Valley Farm to School
- Siskiyou Sustainable Cooperative

We believe that good food has the power to foster healthy and happy lives, unify our community and even change the world. We envision a Rogue Valley celebrated for its healthy, sustainable soil; where everyone producing our food, from field to table, is a thriving participant in our local economy; and where locally grown and produced food is available to all.

Rogue Valley Food System Network endeavors to make this vision a reality by:

- Educating network partners and the broader public about the challenges and opportunities in our food system;
- Fostering collaboration and shared leadership;
- Celebrating Rogue Valley farmers and food artisans.

**What We Do**

**Public presentations:** We host public presentations and invite speakers to present on the challenges and opportunities in the local food system.

**Working groups:** We facilitate focused working groups among council members, partners and community members addressing food-system challenges.

**RVFSN website:** We are developing a comprehensive website with food-system resources and a calendar of food and farm events.

**Rogue Flavor Guide:** In its 15th year, the Rogue Flavor Guide highlights what makes the Rogue Valley unique — the local farms, food businesses and organizations that create the distinctive, local flavor of our community.

**Brews, Bluegrass and BBQ:** This annual fundraising event brings together the best of the Rogue Valley’s craft brewers and artisan foods in a down-on-the-farm celebration of our local flavor.

**Contact us to get involved:**

P.O. Box 1255 Medford OR 97501
541-973-9446
www.rvfoodsystem.org
coordinator@rvfoodsystem.org

Facebook: Rogue Valley Food System Network

Instagram: #roguevalleyfoodsystemnetwork
ASHLAND FOOD CO-OP & MEDFORD FOOD CO-OP PRESENT THE ANNUAL

ROGUE VALLEY FARM TOUR

SUNDAY, JULY 14, 2019
10 AM TO 3 PM

Save the date!

Visit local farms around the valley!

FOR MORE INFORMATION @ROGUEVALLEYFARMTOUR
ROGUE VALLEY FLAVORS
YOU DON’T WANT TO MISS. EXPERIENCE FINE DINING AT ITS BEST.

Pioneer of the farm-to-table concept in the Rogue River Valley
Seasonal bounty delivered daily from local farms, orchards & creameries
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