

FREE!

Rogue Valley
Food System
NETWORK
growing our local food system



2020 **rogue flavor**

GUIDE



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

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





Oregon's 1st winery, creamery & charcuterie



Wooldridge Creek
VINFARM

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CREEK WINERY**

APPLEGATE VALLEY
818 Slagle Creek Road

**VINFARM
TASTING ROOM**

*Now serving lunch, dinner
& Sunday brunch*

HISTORIC DOWNTOWN
GRANTS PASS
I-5 exit 55 • 111 SE G Street

WCWINERY.COM

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On the cover: The bounty of locally foraged, cultivated and crafted foods inform the seasonally changing menus created by Truffle Pig Craft Kitchen. Photo courtesy of Shawna Williams.

“The Rogue Valley has so many amazing farms, ranches, creameries, bakeries and many food artisans. We love that we live in a valley with such diversity and bounty. We create our menus with these products in mind and promote farms and artisans on our menu and social media. We are at the Rogue Valley Grower & Crafters Market, which is the best way to connect people to their food. They order lunch and will ask us where we got our ingredients, and we can send them over to the farm, ranch or artisan that produced it. What a neat connection!”

— Shawna Williams, co-owner, Truffle Pig Craft Kitchen

Key of symbols



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.



Certified Humane farms and products meet precise, objective standards set by the nonprofit Humane Farm Animal Care, which works to ensure kinder, more responsible farm-animal practices.



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 32-33.

We've got a fresher, greener look!

The Rogue Valley has a style all its own. After 16 years, we're still discovering its flavors and exploring the agricultural realms of this place we love to call home.

We've also got a new style, one that delivers a more environmentally sound product. The Rogue Flavor Guide's transition in its 16th year from glossy paper to newsprint invites readers to compost or burn the pages, excepting the cover, printed in Medford by Valley Web.

The new, larger format sparked more creativity in our design team's efforts to highlight the local farms, ranches, food businesses and organizations that merge into the Rogue Valley's distinctive persona. New in the 2020 Guide are sections dedicated to waste reduction in the home, workplace and at special events. We also connect you with new community gatherings, celebrations in the region's fields, eateries, gardens and marketplaces and, of course, ways to get involved in our local food system.

The Rogue Valley Food System Network supports and advocates for a robust, local economy of independent, locally owned businesses that are socially, environmentally and financially sustainable. RVFSN, through the Rogue Flavor Guide, envisions a region where locally grown and produced food is available to all!

We gratefully acknowledge the many local businesses and individuals who contributed photos to the 2020 Guide. For more information or to be in next year's Guide, email coordinator@rvfoodsystem.org or call 541-973-9446.

Do you love this Guide? Keep it in circulation by making a donation at www.rvfoodsystem.org



Changing healthcare to work for you.

AllCare Health is an integrated health organization based right here in Southern Oregon. We are led by local physicians, many of whom have been working together to serve our community since 1994.

As a Certified B Corporation[®], we actively pursue and invest in opportunities that improve access to healthcare and help promote healthy lifestyles. [AllCareHealth.com](https://www.allcarehealth.com)



Grants Pass
Medford

1701 NE 7th Street, Grants Pass, OR 97526
3629 Aviation Way, Medford, OR 97504

Tel (541) 471-4106
Tel (541) 734-5520

Calendar of seasonality

Some produce, particularly root vegetables, may be available in additional winter months with appropriate storage.

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Apples												
Apricots												
Asparagus												
Beans, Green												
Beets												
Blackberries												
Blueberries												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Cherries												
Corn												
Cucumbers												
Eggplant												
Figs												
Filberts												
Garlic												
Grapes												
Greens												
Lettuces												
Melons												
Onions												
Peaches												
Pears												
Peas												
Peppers												
Plums												
Potatoes												
Radishes												
Spinach												
Squash, Summer												
Squash, Winter												
Strawberries												
Tomatoes												
Walnuts												



Who's your farmer?

JOIN A CSA TO FIND OUT!

PHOTOS COURTESY OF TABLE ROCK CSA AND WOLF GULCH CSA

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 Look for this symbol next to businesses offering CSA shares or other subscription options.

Fry Family Farm

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

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
www.rogueproduce.com
localtolocal@rogueproduce.com
541-301-3426

Table Rock CSA

Biweekly pickup, from 9 a.m. to 1 p.m. Saturdays, at the farm, 1675 E. Gregory Road Central Point, beginning fall 2020
www.tablerockcsa.com
541-630-4737

UPROOT Meats

Slow-grown, acorn-finished, heritage pork shares available year-round, starting at \$60 per month; farmers market pickup or delivery options within Jackson and Josephine counties
www.uprootmeat.com
uprootmeats@gmail.com
408-504-9869

Willow-Witt Ranch milk shares

Pickup in Ashland and Medford
www.willowwittranch.com
info@willowwittranch.com
541-890-1998

Wolf Gulch Farm Winter CSA

Pickup in Ashland, Grants Pass, Jacksonville, Medford and Ruch
maudpowell72@gmail.com
541-899-9668

Suzanna Yahya Nadler of Self & Soul Center cultivates lettuce for Table Rock CSA.



Farmers Markets



PHOTOS COURTESY OF ROGUE VALLEY GROWERS & CRAFTERS MARKET

Shopping at one of Southern Oregon’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 one-of-a-kind crafts. Many markets also honor WIC packages and Farm Direct Nutrition checks; some accept credit, debit and Oregon Trail Cards.

“The Rogue Valley Growers & Crafters Market is committed to providing access to local food year-round. Though our selection is more limited during the winter months, there’s still a great amount of local food available to our customers. We think it’s important to continue to provide access to connect with local farmers and cultivate community with customers — even during the winter.”

— Daria Land, RVGCM executive director





Cave Junction Farmers' Market

4-7 p.m. • Fridays • April 17 — Oct. 9

Jubilee Park, 307 S. Junction Ave., Cave Junction

cjfarmersmarketinfo@gmail.com • www.facebook.com/CJfarmersmarket • 458-229-2067

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. Join us in the park on Friday evenings.



Grants Pass Growers Market

9 a.m. to 1 p.m. Saturdays • (check website for exact dates)

Outdoors March through October, corner of Fourth and F streets, Grants Pass

Indoors November through March, Josephine County Fairgrounds, 1451 Fairgrounds Road

541-816-1144 • www.growersmarket.org

Grants Pass Growers Market is a 37-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, 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 24 — Oct. 11

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!"



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 four shares from which to choose for each delivery: the Veggie, Omnivore, Keto or Breakfast. 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 — named one of the 10 best farmers markets in the nation by USA Today — boasts 150-plus local growers, crafters and artisan food makers. Our three open-air markets run in Ashland and Medford from March through November. Our indoor winter market is December through February. You will find the freshest seasonal produce, flowers, plants, cheeses, meats, baked goods, artisan foods and handcrafted goods available within 200 miles of the Rogue Valley. Music, events and fun for the whole family!



541-261-5045
info@rvgrowersmarket.com
www.rvgrowersmarket.com

Tuesdays in Ashland

8:30 a.m. to 1:30 p.m. • March 3 — Nov. 24

Ashland National Guard Armory, 1420 E. Main St.

Thursdays in Medford

8:30 a.m. to 1:30 p.m. • March 5 — Nov. 19

Hawthorne Park, 99 Hawthorne St.

Saturdays in Ashland

8:30 a.m. to 1 p.m. • May 2 — Oct. 31

Downtown, 100 block of Oak Street

Indoor Winter Market

10 a.m. to 2 p.m. • Dec. 1 — Feb. 23

Phoenix Civic Center, 220 N. Main St., Phoenix

Farmers Markets

Talent Artisans & Growers (Talent Evening Market)

5:30 p.m. to dusk • Fridays • May 29 — Aug. 28

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 through 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 shaded, 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!

What is a food system?

A food system is the path that food travels, encompassing 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.

Read more at www.rvfoodsystem.org/about/whatisafoodsystem

A healthy and sustainable food system integrates all of the above 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

Cascade Girl

**Beekeeping, Honey &
Education for Healthy Soil,
Flowers, Pollinators and People**

Oregon Honey & Mead Festival
www.oregonhoneyfestival.com
www.cascadegirl.org





ASHLAND TUESDAY MARKET

Ashland Armory, 1420 E. Main Street
8:30AM -1:30PM March 3 - November 24

MEDFORD THURSDAY MARKET

Hawthorne Park, Hawthorne & E. Jackson
8:30AM -1:30PM March 5 - November 19

ASHLAND SATURDAY MARKET

Downtown Ashland, Oak Street
8:30AM -1:00PM May 2 - October 31

INDOOR WINTER TUESDAY MARKET

Phoenix Civic Center, 220 N. Main Street
10:00AM -2:00PM - Dec 1 - Feb 23

get fresh with the locals!



Cultivating Community
ALL YEAR LONG

For More Market Information Visit Us www.rvgrowersmarket.com

Events & Classes



PHOTOS COURTESY OF TRAVEL ASHLAND AND ASHLAND FOOD CO-OP

Experience Southern Oregon's singular character through these fun, educational and flavor-packed food and agricultural events. From farm tours and gardening workshops to winetasting and culinary demonstrations, there's something for every season and every taste!

“Ashland Culinary Festival attracts over 3,000 people annually. But we don't measure its success only by how many visitors come from around the West Coast, but rather how many people it engages. The power of partnership and collaboration that delivers a collective impact to our local economy is felt not only in those four days, but throughout the year. That is why we take great pride in producing the culinary festival each year.”

— Katharine Cato, director, Travel Ashland



Oregon Chocolate Festival

March 6-8, 2020, and March 5-7, 2021
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 annual, weekend-long event is held 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 Friday Night Disco Inferno Social, Chocolate Makers Wine Dinner, Chocolate Sunday Brunch, chef demonstrations, dessert contest and more. For more information see our website. Tickets start at \$20.

Ashland Food Co-op Monday Night Lectures

6-8 p.m. Mondays • Co-op classroom, 300 N. Pioneer St., Ashland

Come learn something new every week about health and wellness for your mind, body and spirit. These events are FREE education! To browse upcoming topics and more classroom events, see www.ashlandfood.coop/events

ACCESS Food Share Gardens Monthly Workshop Series

Saturdays • April to August • locations around Jackson County
541-779-6691, ext. 309 • www.accesshelps.org

The 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 in the garden as a volunteer, for a produce drive or schedule a day of service for your company or organization. In collaboration with the Jackson County Master Gardener's Association and the Oregon Food Bank, the ACCESS Food Share Gardens are happy to offer a six-week, beginners' gardening class called Seed to Supper. This course is entirely free and offered at several locations throughout the year. Contact Emily at freshaccess@accesshelps.org for more information about classes and volunteer opportunities.

Ashland Food Co-op First Fridays

4-7 p.m. first Fridays of the month • June to October
Co-op courtyard, 237 N. First St., Ashland

These FREE community events celebrate first Fridays June through October in the Co-op courtyard. Experience delicious samples from local vendors, our \$4 community dinner (children 12 and younger eat free!) while supplies last and live music starting at 5 p.m. See more information about our community gatherings at www.ashlandfood.coop/events

Brews, Bluegrass & BBQ

Saturday, June 6, 2020, 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 eighth annual Brews, Bluegrass & 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.

Lavender Festivals

June 19-21 and July 10-12, 10 a.m. to 5 p.m.
The English Lavender Farm, 8040 Thompson Creek Road, Applegate
541-846-0375 • www.englishlavenderfarm.com

The summer lavender experience peaks in two weekend-long lavender festivals at the English Lavender Farm, open Friday through Monday throughout June and July. As horticultural events go, this is a carnival of blazing purple blooms meeting cornflower-blue skies. The first festival, June 19-21, has the advantage of cooler days while the July 10-12 event celebrates the coming harvest. Both feature music, food and invitations to stroll among the lavender, exuding its heady, soothing scent, while live music lilts from barn to field. Complementing our own shop stocked with farm-made products are our local vendor friends offering their uniquely crafted goods.

Events & Classes

Rogue Valley Farm Tour

Sunday, July 19, 2020, 10 a.m. to 3 p.m.

541-552-5460 • www.facebook.com/RogueValleyFarmTour

Meet your local farmers on the Rogue Valley Farm Tour this July! Over 25 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 third annual Rogue Valley Farm Tour. This event is free and open to the public.

Oregon Wine Experience

Aug. 17-23, 2020

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% of the event proceeds, ensuring that children and families treated at Asante receive the finest medical care.

Hive to Table

Aug. 29, 2020

Hanley Farm, 1053 Hanley Road, Central Point

www.beegirl.org/hivetotable

The Bee Girl organization's annual fundraiser is a sweet feast under shade trees at Hanley Farm. The evening includes a multicourse dinner by "farm chef" Kristen Lyon, featuring food from local farmers, ranchers and fishermen with fresh Bee Girl Honey woven through every course. Attendees also will be treated to mead (among other refreshing beverages), live music, a rousing live auction (complete with local Future Farmers of America auctioneer) and a silent auction. This event supports our mission to educate and inspire communities to conserve bees, their flowers and our countryside. See the Bee Girl website for tickets and details.

14th annual Ashland Culinary Festival

Nov. 5-8, 2020

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 chefs 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 Top 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 State University Extension Service classes

Southern Oregon Research & Extension Center, 569 Hanley Road, Central Point

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.

Brine, Brew & Barrel Fermentation Festival

Jan. 22-24, 2021

Inn at the Commons, 200 N. Riverside Ave., Medford OR 97504

www.medfordfermentationfest.com

Brine, Brew & Barrel Fermentation Festival celebrates the multicultural culinary tradition of fermented products including pickles, krauts, kombucha, beer, wine, cider, mead, chocolate, cheese, coffee, sourdough and everything in between. Expect hands-on workshops, demos, tastings from over 40 vendors, Sunday brunch and more.



ROGUE VALLEY FOOD
SYSTEM NETWORK
PRESENTS

BREWS BLUEGRASS & BBQ



RoxyAnn
Winery



JUNE 6TH NOON - 8PM



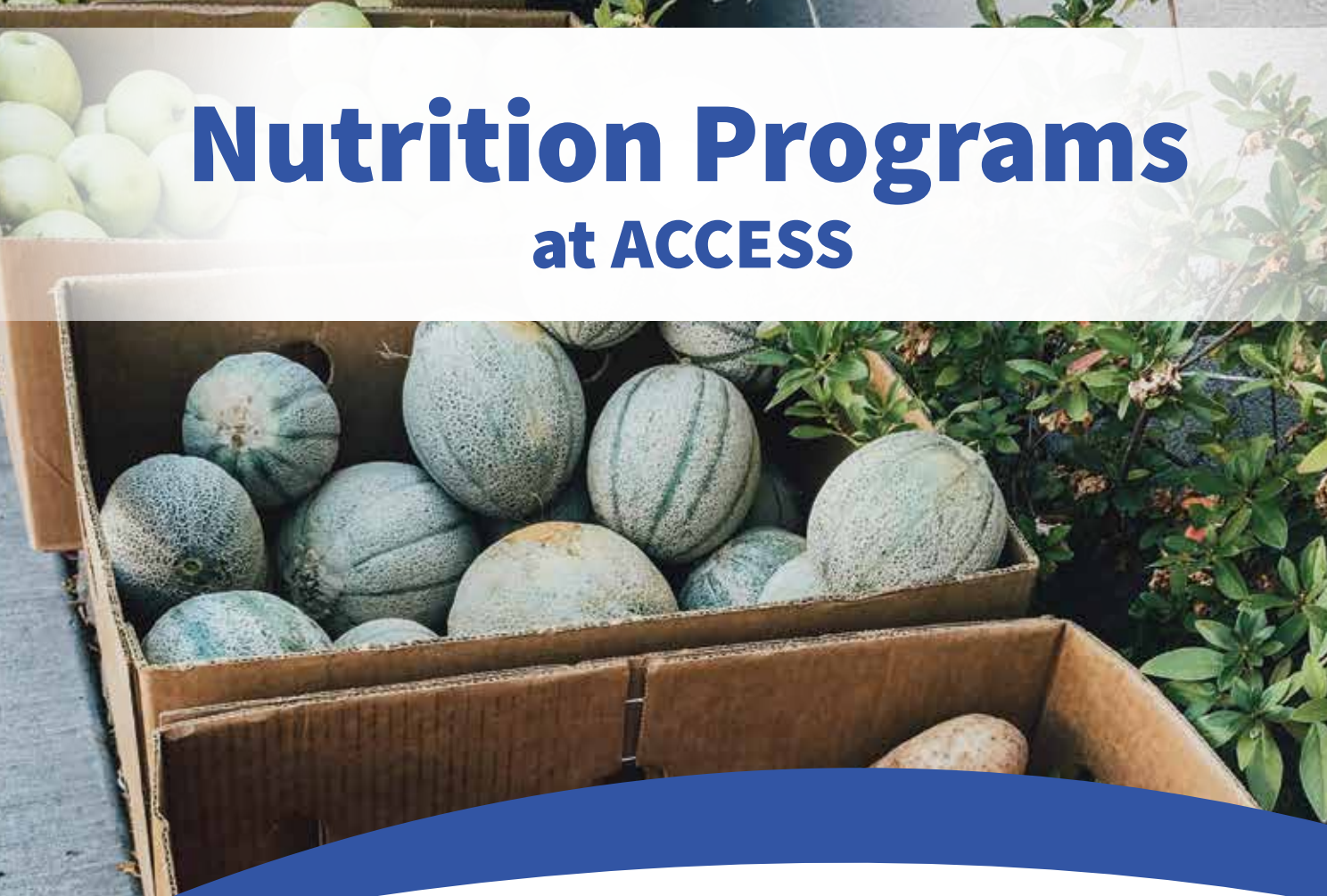
Rogue Valley
Food System
NETWORK
growing our local food system



Get tickets now at
bbb2020.
brownpapertickets.com

Sponsored by
**Medford
Food COOP**

Nutrition Programs at ACCESS



Cooking Skills Education

The Cooking Skills Educational Program teaches basic essential cooking techniques. Participants learn to cook with whole fruit, vegetables and grains preferably Rogue Valley Grown.



ACCESS Food Share Gardens

These highly productive community gardens help support the nutritional needs of local ACCESS food pantries and partner agencies. Gardens are operated by local community volunteers who plant, maintain and harvest the crops.



Fresh Alliance

The collection and distribution of meat, milk, dairy and other perishable products from community grocery stores. The program reduces food waste by collecting and distributing meat, dairy, and other perishable products from grocery stores to food pantries.



Food Pantry Network

ACCESS provides food to 24 emergency food pantries located throughout Jackson County. These pantries provide a variety of fresh and shelf-stable groceries to low-income families and individuals.



Hablamos Español
Oregon Relay TTY: Dial 711

www.accesshelps.org | (541) 779-6691

ASHLAND FOOD CO-OP &
MEDFORD FOOD CO-OP

PRESENT THE 3RD ANNUAL

ROGUE VALLEY FARM TOUR

Save the
date!

SUNDAY, JULY 19TH, 2020
10AM TO 3PM

Meet your local farmers on the third annual Rogue Valley Farm Tour this July! Discover the abundance of our local food system as you tour, touch and taste your way through farms and ranches around the valley. This fun, family-friendly event is free and open to the public.



**ASHLAND
FOOD CO+OP**

EST. 1972

&

**Medford
Food COOP**

**FARM TOUR
KICK-OFF
PARTY!**

Saturday, July 18th
3-7pm

Fry Family Farm
Farm Store

For more information visit us at



@ROGUEVALLEYFARMTOUR



Photos 1, 4, 5 & 6 by Kari Young of @Meatballssmama. Photos 2 & 3 by Kirk McKenzie

14th annual

Ashland Culinary Festival

November 5th – 8th, 2020

Produced by Travel Ashland

Top Chef Dinner,
Mixology Night and Competition,
Junior Chef and Top Chef Competitions
with vendors to sample
from around Southern Oregon.
Take a culinary class, tour or make it
a fun culinary getaway!



ASHLAND
as you like it

Travelashland.com

Food fundamentals

FOR ANY AGE OR STAGE

PHOTO COURTESY OF TABLE ROCK CSA

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 35).

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.

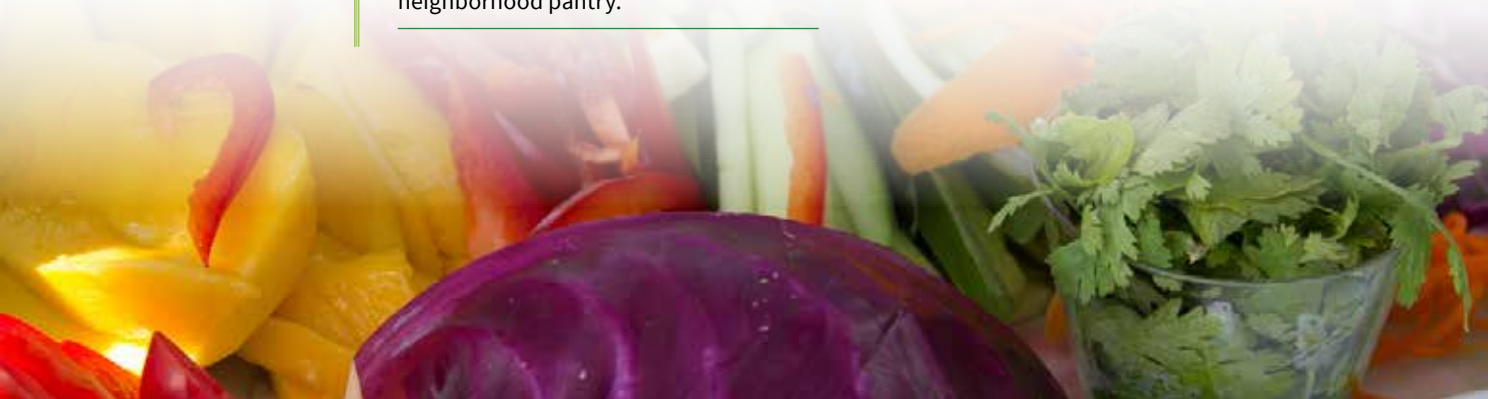
For help in Jackson County: call 541-774-4321 or email info@accesshelps.org.

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 by phone, text or email 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 telephone, 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 Pages 46-47



Farms & Ranches



PHOTOS COURTESY OF ROGUE ARTISAN FOODS

Purchase directly from local farmers at their farm stands, growers market booths or right on their farms. If you can't always make it to farmers markets, consider joining a community-supported agriculture (CSA) program. Many local ranchers offer beef, lamb, pork, bison, goat and poultry. You can purchase a share of an animal raised on Southern Oregon sunshine and grass — all you need is a freezer!

“We invite our customers to come out to the farm to see the animals, ask questions and understand where their animal products come from. A connection to your food is the most empowering thing for taking control of your health and our food system. I think it also makes people think twice before buying factory-farm meat since they have met our animals and know they deserve a good life.”

— Gillian Gifford Short, chef-co-owner, Rogue Artisan Foods





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 spreads 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.



As the Garden Grows

www.asthegardengrows.com



As the Garden Grows is an up-and-coming, small farm owned and operated by Aisha and Kelsey with support from our family and friends. We focus on producing high-quality vegetables and small-batch culinary/medicinal herbs for ourselves and our Rogue Valley community. Customers can find our microgreens at retail partners and our salad greens, along with other seasonal vegetables and herbs, during the market season in Jacksonville and Medford. Farm cards can be purchased for \$20 to \$500 for use at our farmers markets from May to October. See our website for information on purchasing sizes and how farm cards work.



Bigham Farms

9445 Pumice Lane, Central Point, OR 97502
bighamfarmsplants@gmail.com • 541-621-5441

We offer two farm stand locations in Central Point (Pumice Lane, near the Table Rocks), open from 8 a.m. to 8 p.m. March through Christmas, and Bebee Road (August through October), offering a pumpkin patch and weekend events. We specialize in corn, green beans, pickling cucumbers, tomatoes, pumpkins and winter squash. Look for our produce at Ashland (Tuesday), Medford (Thursday) and Grants Pass (Saturday) farmers markets. We take special orders.



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 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% 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.



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, we raise, along with the cows, 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.

D&B Land and Livestock

15979 Water Gap Road, Williams OR 97544
Dblivestock.llc@gmail.com • 541-890-0822

At D&B land and livestock, we offer grass-fed and -finished beef, lamb and goat. We produce a few natural-fed hogs. We offer carcasses by the quarter, half and whole. We also offer a selection of retail cuts (depending on availability). We supply numerous local restaurants and work with local school districts to offer premium local protein options. Hours are 8 a.m. to 5 p.m. Monday through Saturday.



Farms & Ranches



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 honey, oxymel tinctures, Jun kombucha, beeswax candles and propolis tincture. We also host presentations and give talks about bees.



Dunbar Farms

2881 Hillcrest Road, Medford OR 97504
www.dunbarfarms.com • 541-414-3363



Come and enjoy our series of fun events, live music and rotating food trucks from 4:30 to 8 p.m. every Friday, May through October. We also host family-centric gatherings once per month on Sundays during the season. See our website and social media for details. We feature an array of food and beverages from local farms and businesses, including our award-winning Rocky Knoll wines. We keep our "Honor Barn" farm stand stocked with our organically grown products and great items from other local farms. Our farm products may be ordered online for pickup or delivery.



The English Lavender Farm

8040 Thompson Creek Road, Applegate OR 97530
www.englishlavenderfarm.com • 541-846-0375

The lavender farm is set in Southern Oregon's beautiful Applegate Valley. We are open in June and July, from 10 a.m. to 4 p.m. Friday through Monday, and celebrate with two lavender festivals each summer. We distill our own organically grown English lavender essential oil and use it to perfume a wide range of handmade lavender products that we sell in our gift shop and at local farmers markets. We offer U-pick lavender in season, wreath-making classes, paint-and-sip classes and lavender plants, as well as delicious lavender ice creams and treats. We would love to welcome you here soon!



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. Stop by our expanded farm stand from 10 a.m. to 6 p.m. mid-July through Oct. 31.



D&B Land & Livestock LLC

Grass fed, all-natural
beef, lamb & goat

By the cut, case or carcass

Call or email Daniel Boyajian
(541) 890-0822 • dblastock.llc@gmail.com





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.



Fry Family Farm

2184 Ross Lane, Medford OR 97501
www.fryfamilyfarm.org • 541-535-8044



Suzi and Steve Fry started farming in the Rogue Valley in 1990. Cultivating a couple of acres in Talent has 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 more than 15 years. We offer many options, including home delivery.



Le Mera Gardens

P.O. Box 1014, Talent OR 97540
www.leremergardens.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!



PLAISANCE RANCH

Working Ranch Since 1858

All our beef animals are ranch raised. We know their history, no antibiotics, no hormones. Beef may be purchased by the whole, half or individual cuts. Thank you for supporting local organic farming.

Joe and Suzi Ginet | P 541.846.7175 | C 541.218.7858 | E joeg@apbb.net
owners

www.plaisanceranch.com



USDA Certified Organic Beef & Hay | ODA Certified Wine Grape Plants
Salmon Safe Certification | Wine Grapes | Fine Wine

Farms & Ranches



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 are never 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, herbal farm products. We grow more than 70 herbs that we ship nationwide, starting from 4-ounce bags to larger quantities for wholesale accounts. Bulk herbs can be ordered on our website. Our teas, spice bottles, herbal vinegar, and other value-added farm products are available locally at Ashland Food Co-op, Shop'n Kart, Medford Food Co-op, Market of Choice, Hidden Valley and Whistling Duck Farm Store.



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 grapevines, 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.



PLAISANCE RANCH
Working Ranch Since 1858

Rock Field Farm

3115 Ross Lane, Central Point OR 97502
www.rockfieldfarm.net • 541-890-4014

We provide your family delicious, convenient and highly nutritious, grass-fed lamb and eggs from pastured chickens and ducks! The foundation of your health is what you eat, so we carefully manage our pastures and animals to maximize soil, plant and animal health. Our customers rave about the taste and quality of our products. Come join our farm family and taste for yourself!



Rogue Artisan Foods

10414 Highway 238, Jacksonville OR 97530
www.rogueartisanfoods.com • 406-250-8884



Our small, sustainable, permaculture farm is in the heart of the Applegate just past Jacksonville. Using holistic methods, we source only local, organic feed. Our pasture is transitioning to silvopasture, and we have planted an exotic orchard and food forest. Our land is maintained organically — no chemical fertilizers or herbicides. Animals live on pasture with daily attention; pigs get belly rubs, and goats get snuggles. We offer on-farm sales of raw milk products, pastured duck eggs and goat meat and whey-, fruit- and vegetable-fed pork. Find our products at Whistling Duck Farm Store, Medford Food Co-op and Food 4 Less.

OUR MEATS ARE GOOD MEDICINE



It's hard to find clean sources of protein and nutrients that are locally sourced and ethically raised. We make it easy to bring good health to your table.

Have you ever considered what your pork should taste like? Our meat is always fresh, with a distinctively rich flavor and unsurpassed texture. Pork raised on cheap fillers such as corn and soy can be bland and tough, but can also be harmful to your health.

Instead of corn and soy fillers, we use locally grown crops like peas, sunflower, pumpkin, flax, chia and sesame seeds, wheat, oats and quinoa. Pork from Uproot Meats is lower in fat and is more nutrient-dense than commercially imported pork. We let our pigs forage and develop naturally on a Southern Oregon hillside, so they enjoy a slower growth cycle and a higher meat-to-fat ratio. You can actually taste the difference.

We feel good about raising healthy and delicious meat, so you can feel good about what you're feeding your family.

FRESH FREE RANGE NUTRIENT-DENSE CHICKEN + HERITAGE PORK

www.uprootmeats.com



**Medford
FoodCoop**



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

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Medford
Food op

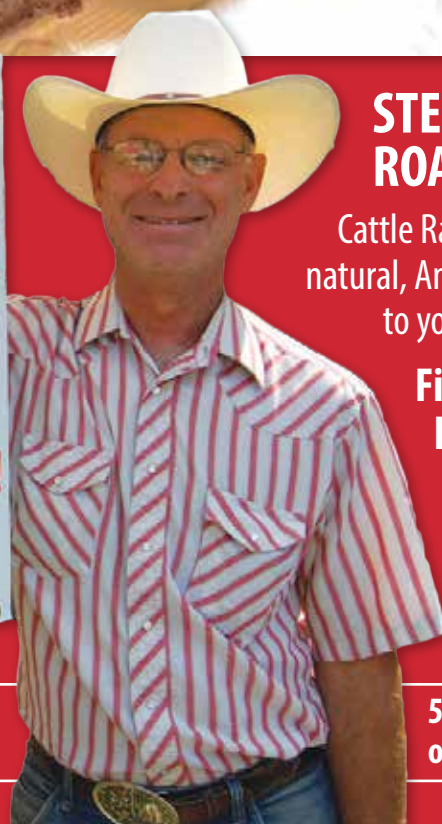
**SALANT
FAMILY
RANCH**

• RUCH, OR. •



**RETAIL
BEEF HERE!**

 Peter & Carly Salant 
(541) 899-8295



**STEAKS • RIBS
ROASTS • GROUND BEEF**

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

**Find us at the
Famers Market!**

- Ashland - Tuesday
- Medford - Thursday
- Jacksonville - Sunday

Or call or email to order

541-899-8295
or pksalant@aol.com

Farms & Ranches



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.



Seven Oaks Farm

5504 Rogue Valley Highway, Central Point OR 97502
www.7oaksfarmmarket.com • 541-664-2060



Seven Oaks Farm has been providing quality produce in the Rogue Valley since 1928. We are known for our delicious sweet corn, yummy tomatoes and sweet melons. We are seasonal, starting in late July and running through September.



UPROOT Meats

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



We are a certified humane-approved, female-owned and -operated, small farm that produces a limited supply of year-round, fresh acorn-finished heritage pork and seasonal chicken. Our solar-powered, sustainable enterprise is located three miles south of downtown Ashland. Our pigs and chickens are slow-grown on 10 acres of seasonally rotated oak-meadow hillside on a diet consisting of no corn or soy that is GMO-free. Our nutrient-dense, free-range meats are available for retail purchase year-round at Rogue Valley Growers & Crafters markets. Limited availability for 2020 CSA memberships start at \$60 month per month.



Willow-Witt Ranch

658 Shale City Road, Ashland OR 97520
www.willowwittranch.com • 541-890-1998



In a valley just above Ashland, Willow-Witt Ranch brims with wildlife, healthy wetlands and forests, hiking trails and a diversified, organic farm. Purchase our certified organic vegetables, goat milk herdshare, eggs, goat or pork meat and sausages at the on-farm store and Ashland and Medford farmers markets. We host music events, "Pastured Dinners," weddings and summer camps for all ages 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.



Shop'n Kart

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

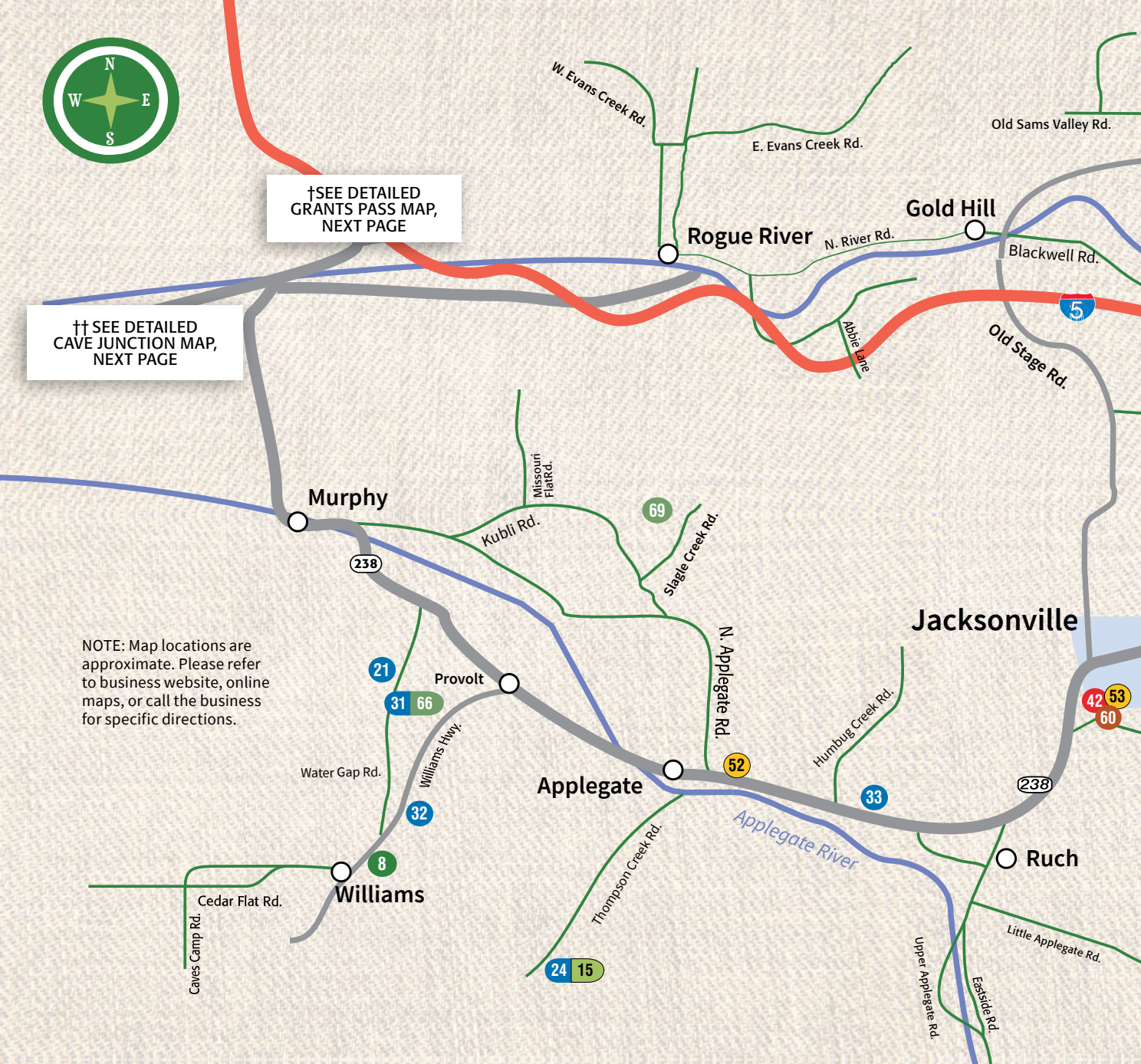




†SEE DETAILED GRANTS PASS MAP, NEXT PAGE

††SEE DETAILED CAVE JUNCTION MAP, NEXT PAGE

NOTE: Map locations are approximate. Please refer to business website, online maps, or call the business for specific directions.



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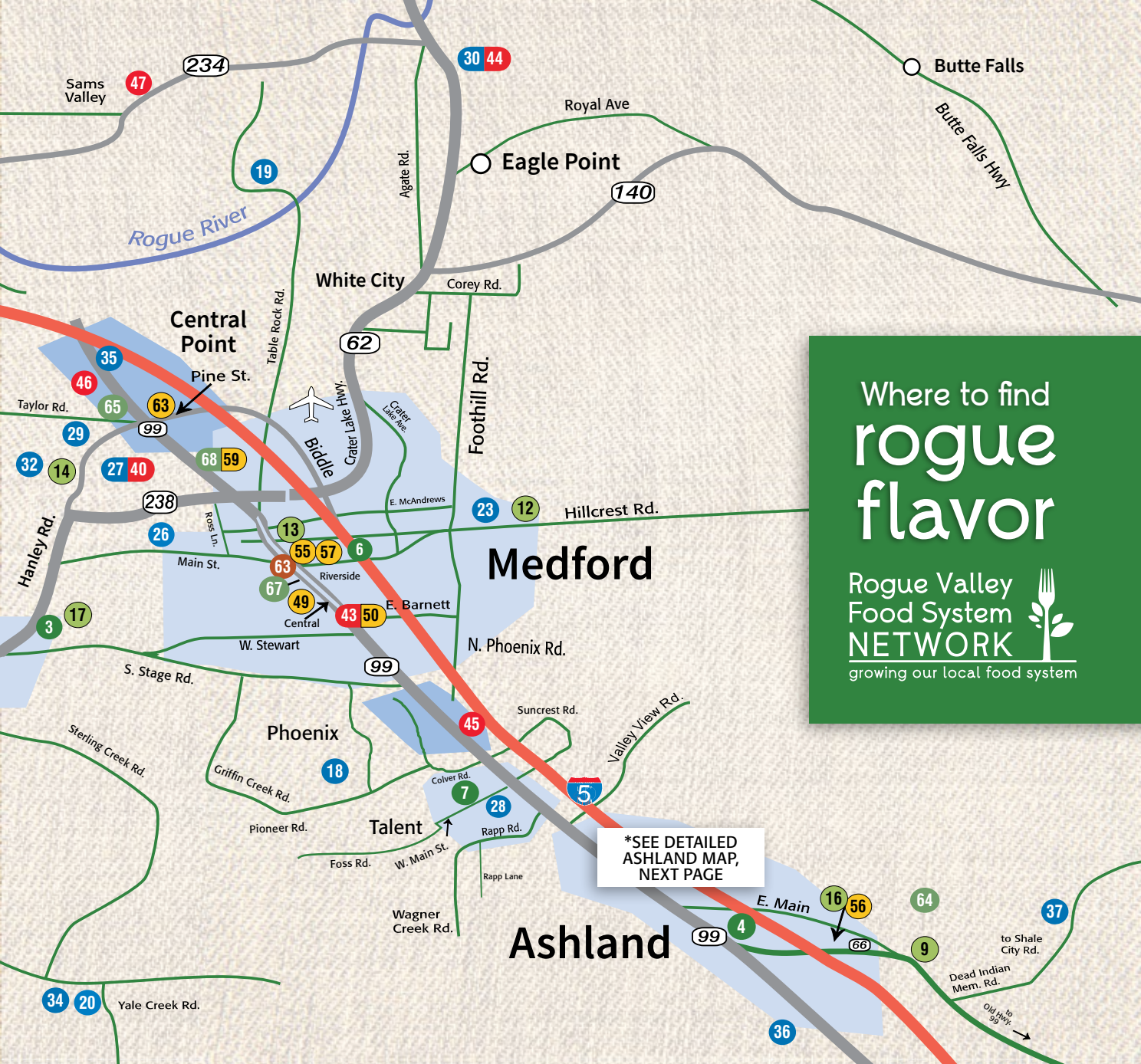
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Where to find
**rogue
flavor**

Rogue Valley
Food System
NETWORK 

growing our local food system

*SEE DETAILED
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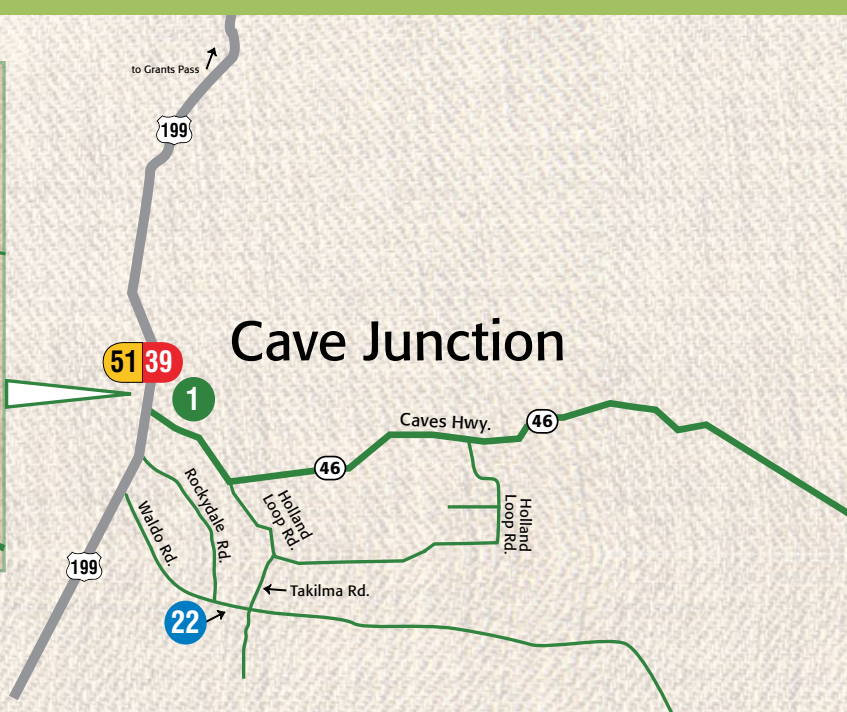
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Grants Pass



NOTE: Maps are not to scale.



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Ashland



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Know Your Food

WHAT'S IN A LABEL?

PHOTO COURTESY OF ROGUE VALLEY FARM TO SCHOOL

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:

Independently 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



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 and www.fairtradecertified.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



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



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

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

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



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

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.

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



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.

A Greater Applegate is where community values, community vision, and community voices lead to community action in the Applegate Valley!

Go to agreaterapplegate.org to learn about our business and nonprofit offerings and our neighborhood listening sessions, or check out our free community-driven website at applegateconnect.org.



Visit us in Sunshine Plaza, Ruch * Office Hours Monday - Friday 11-4
Phone: (541) 702-2108 * Email: info@agreaterapplegate.org



Waste not...

USE THESE STRATEGIES TO MAXIMIZE YOUR FOOD DOLLAR:

PHOTO COURTESY OF ANGEL FARMS

Did you know that the average American **wastes 245 pounds of edible food** each year? The average American family of four **spends \$1,600 per year** on food that ends up in the trash. In fact, **40% of food in American goes to waste.**

Start thinking like a food-waste warrior with these strategies:

1. **Organize your fridge and keep it organized**
2. **Make a weekly menu plan with room for a leftovers night**
3. **Shop your fridge, freezer and pantry before going to the store**
4. **Designate and use an “eat first” basket**
5. **Buy ugly produce**
6. **Pledge to waste less food**
7. **Spread the word to friends and family**

Find more tips for being a zero-waste hero on the **Southern Oregon Food Solutions** website, www.southernoregonfoodsolutions.org

Community Compost provides weekly pickup of your kitchen scraps and donates them to local farms for composting. Provided by Rogue Produce, the service comes with a coupon book containing approximately \$125 in savings at local businesses to offset your cost of participating in this resource-management service. Call 541-301-3426 to sign up, or see www.rogueproduce.com/community-compost

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 14 for 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, see Page 16.



Grow your own!

COMMUNITY GARDENS

PHOTOS COURTESY OF ACCESS

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/>

ACCESS Food Share Gardens

freshaccess@accesshelps.org
541-779-6691, ext. 309

Grow food for the hungry; multiple locations across Jackson County:

1. Medford Food Share Garden: 1440 S. Oakdale Ave., Medford (Rogue Valley Christian Church).
2. Central Point Food Share Garden: 456 W. Pine St., Central Point (First Presbyterian Church of Central Point).
3. Grange Co-op Food Share Garden: Corner of First and Ash streets, Central Point (Behind Grange Co-op).
4. Gold Hill Food Share Garden: 9713 Old Stage Road, Gold Hill (Moose Lodge #178).
5. Rogue River Food Share Garden: 270 W. Evans Creek Road, Rogue River (New Beginnings Christian Church).

Ashland

City of Ashland Community Gardens
541-488-6606

ECOS Community Garden at Southern Oregon University
communitygarden@sou.edu; sign up for plots online at <https://form.jotform.com/83547403788165>

Southern Oregon University Student Apartments & Family Housing Gardens (residents only)
housing@sou.edu; hawkse@sou.edu
541-552-6371

If you know of other gardens not on this list, please send information to: coordinator@rvfoodsystem.org

Central Point

Hanley Farm and Don Jones Memorial Park
www.centralpointoregon.gov/parksrec/page/community-gardens
541-664-3321, ext. 130

Eagle Point

Eagle Point Community Garden
hs@flowerseaglepoint.com
541-826-2536

Grants Pass

G Street Community Garden
ssmall@optionsonline.org
541-244-4138

Medford

St. Mark's and Family Nurturing Center Community Garden
info@familynurturingcenter.org
541-779-5242

First Christian Church
"Come Unity" Garden
mfccor@gmail.com
541-772-8030 (Monday-Thursday)

Phoenix

Blue Heron Park Community Garden
Sandy Wine
sandrajwine@gmail.com
541-631-1865

Talent

Talent's Great Green Garden
541-840-0469

Grocery & Specialty Stores



PHOTOS BY JEAN-FRANÇOIS DURAND

Locally grown produce, meats and specialty products made in Southern Oregon are available at stores and farm stands throughout the region. If you don't see your favorite local goods at your neighborhood store, ask the manager to carry them. Visit these retailers and tell them the Rogue Flavor Guide brought you!

"I am the only shop to carry ALL local creameries' cheeses and provide cheese for five local restaurants and pubs. The Oregon Cheese Cave co-hosts cross-promotional events with many other local, small businesses, building a huge supportive network of small-businesswomen."

— Melodie Picard, owner, The Oregon Cheese Cave





Ashland Food Co-op

237 N. First St., Ashland OR 97520
www.ashlandfood.coop • 541-482-2237

Southern Oregon's only certified organic grocer is proud to be community-owned since 1972. We love our local producers and farmers and take pride in showcasing their products, along with a resourceful bulk section, Co-op Basics that provide savings on everyday staples, a wellness section, our own affordable private-label, artisan meats and cheeses and delicious wines and beers from our region and abroad. The Co-op is your one-stop shop for nutritious foods that are locally produced, organically grown and ecologically sound. Everyone is welcome to shop here and save!



Ashland's Own Shop'n Kart

2268 Ashland St., Ashland OR 97520
www.ashlandshopnkart.com • 541-488-1579

Offering a wide selection of natural foods, we carry locally made products in nearly every grocery category. From wines and chocolates, to produce and frozen foods, we have been locally owned and operated for over 30 years here in the Rogue Valley.



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, plus goodies galore! Browse our handmade beeswax candles and everything you need to start beekeeping, including our custom beehives.



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, sauces, 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 from 8:30 a.m. to 6:30 p.m. Monday through Saturday and from 10 a.m. to 5 p.m. Sunday.

Heaven Scent Flowers & Gifts

11146 Highway 62, Eagle Point OR 97524
www.flowerseaglepoint.com • 541-826-2536

A great selection of organic and local flowers awaits at our local flower shop, delivering custom flowers and gift bouquets for events daily to Eagle Point, Medford, White City, Shady Cove, Trail, Ashland, Jacksonville and Butte Falls.

Jefferson Farm Kitchen

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

Meal support is here! Our organic, local entrees, side dishes, healing broths, ferments and more are made with love for your dinner table. If you have a busy lifestyle, healing or recovery diet, are a new parent or just don't want to cook, you will love this service. Find weekly specials online for pickup in Jacksonville or delivery to locations throughout the Rogue Valley. Our Jacksonville store features gluten-free, vegan and meaty options for healthy lunches or take-home dinners, and such local products as Rise Up! bread, Bee Girl honey, Uber Herbal teas, Sherry's Pasta, Salant beef and sustainable seafood.

Grocery & Specialty Stores



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 prepared meals 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.

The Oregon Cheese Cave

510 N. Main St., Phoenix OR 97535
www.facebook.com/oregoncheesecave • 415-847-9629

We bring a world of cheese to the heart of Southern Oregon. Our specialty cheese shop has an Oregon focus and global accompaniments — in both wedges and sides — for the perfect cheese platters, cheese courses and nibbles of cheese, many locally made. We also stock wine, beer and cider for pairing. Learn more about pairing cheese with your favorite beverages at our classes and special events. Melodie will find the cheese for you!



**ASHLAND
FOOD CO+OP**
EST. 1972

**WE LOVE OUR LOCAL
PRODUCERS AND FARMERS!**

**EVERYBODY'S
WELCOME
AT OUR
CO+OP**

Community owned Grocery - Kitchen - Bakery

Open daily 7AM to 9PM

237 N. First St., Ashland, OR • (541)482-2237 • www.ashlandfood.coop

Grocery & Specialty Stores



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 leader in the world of artisan cheese. Its certified organic blue and cheddar cheeses are handmade using grass-based cow's milk and time-honored techniques. Rogue Creamery has won dozens of national and international awards for quality, innovation and sustainability, including the industry's highest honor: World Champion Cheese at the 2019/2020 World Cheese Awards, bestowed on our seasonal Rogue River Blue Cheese. The historic 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.

Rogue Meats

4865 Highway 234, White City OR 97503
www.facebook.com/RogueMeats • 541-826-0400



More than 20 flavors of jerky, hot dogs and bratwursts, house-cured cold cuts, old-fashioned ham and bacon and grass-fed meats complement Rogue Meats' custom cut-and-wrap service. Farm-direct sales are a staple of Rogue Meats, which offers a gamut of handcrafted 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 Saturday.

Why buy local?

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.

Rogue Meats

Jerky and Smoked Meats

- 20 flavors of jerky
- 9 flavors of hot dogs
- House-smoked deli meats
- Nitrate-free bacon
- Grass-fed beef, bison, elk and venison
- Proud supporter of Box R Beef

Located In Sams Valley Inside Rainey's Corner Complex
4865 Hwy 234, White City OR 97503 • 541-826-0400

Restaurants & Caterers



PHOTOS COURTESY OF JEFFERSON FARM KITCHEN



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 — straight from the farm, in season. Don't forget to tell restaurant and catering staff that you found them in the Rogue Flavor Guide.

“Jefferson Farm Kitchen is a liaison between local farms and food businesses and our customers. We love to support small farms who might not have enough regularity to sell at market or to a grocery store but have enough to supply our seasonally rotating menu to become value-added meals, ferments and more! We also love hosting other local products, including Uber Herbal teas, Bee Girl honey and Rise Up! bread, to name a few. It gives our food-warrior friends a chance to expand their market, and my customers love having a place in Jacksonville to get the best local treasures. It makes spending money feel really good when we know it is all feeding back into our community.”

— Kristen Lyon, chef-owner, Jefferson Farm Kitchen

Ashland Food Co-op

237 N. First St., Ashland OR 97520
www.ashlandfood.coop • 541-482-2237

Ashland Food Co-op's kitchen and bakery offer a delicious assortment for breakfast, lunch, dinner and everything in between, featuring organic, local and seasonal ingredients. We have a robust cold bar, hot bar and five rotating soups to enjoy here at the store or packed to go. In a hurry? Grab-and-go sandwiches, wraps and take-and-bake pizzas await in the deli cooler. Stop by the counter for made-to-order espresso drinks, fresh juices, smoothies, tacos, burritos and more. We have wheat-free and vegan options, as well as catering services.



Buttercloud Bakery & Cafe

315 S. Front St., Medford OR 97501
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, Bloody Marys, local sodas and house-made chai. See our full menu of good eats and tasty treats at www.buttercloudbakery.com.



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, build-your-own salads and enticing entrees. We pledge to always produce great-tasting food, using local, organic and sustainable ingredients whenever possible to make nutritious, health-conscious and allergen-aware dishes. We emphasize minimally processed, organically grown, whole foods, free from additives and preservatives. Nourish your family with real food. Find healthy, organic options for busy schedules in the Cafe, from 7 a.m. to 7 p.m. daily. Enjoy a bite to eat in our dining room and outdoor seating area, or grab your food to go.



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!



Emily's Kitchen

14553 Highway 238, Applegate OR 97530
www.emilyskitchen.com • emily@emilyskitchen.com • 206-226-8385

At Emily's Kitchen, chef Emily Moore offers catering, cooking classes and product development on the site of her farm in the Applegate Valley. Chef Moore's vast knowledge and experience are available to you for your next event, cooking class or culinary adventure! Hours are 8 a.m. to 8 p.m. Monday through Saturday or by appointment.



Jefferson Farm Kitchen

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

Want the Rogue Valley's best at your special event or business gathering? Jefferson Farm Kitchen brings local farms' most seasonal, freshest ingredients to all of our menus, including catering at our space or your venue of choice! Our high ceiling and wood flooring creates a beautiful setting for workshops, intimate gatherings, private dinners, work celebrations and more. Come in Wednesday through Friday to sample salads, soups, specials, panini, quiche and baked goods. We have housemade kombucha, ferments and treats for every diet. Ask about venue pricing; browse catering packages on our website. Let us make your event fun and unique!

Restaurants & Caterers

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 Kitchen & Cocktails

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, accompanied by live music, and perfectly paired with a casual bite during the happy hour 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, Executive Chef Billy Buscher 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.

Melange Eatery

406 E. Main St. (downstairs), Medford OR 97501
www.melangeeatery.com • 541-500-1063

Melange Eatery's chef has over 30 years of experience masterminding fabulous food that doesn't compromise quality, flavor or presentation. Melange is a 100% plant-based eatery that uses fresh — mostly locally grown — ingredients, as many organic as possible. Melange specializes in gourmet food at reasonable prices. Vegan desserts and baked goods complement our grab-and-go case full of delicacies.



Truffle Pig Craft Kitchen

Medford, Ore.
541-324-3033 • <https://www.facebook.com/TheTrufflePigCraftKitchen>

Truffle Pig Craft Kitchen is a locally inspired pop-up specializing in chef-driven, 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

The second tasting room of Wooldridge Creek Winery — and our first foray into defining Southern Oregon wine-country cuisine — Vinfarm is a restaurant dedicated to making everything we serve from scratch. Here, you will find dishes featuring our house-made cheeses and charcuterie, freshly baked bread for sandwiches, a number of vegetable and fruit ferments from locally grown products, along with a wide variety of other options, perfect for any occasion. Join us for Happy Hour, our nightly prix-fixe menu or Sunday brunch. We know you'll love it.



Wild River Brewing

2684 N. Pacific Highway, Medford OR 97501
www.wildriverbrewing.com • 541-773-7487

Please see listing on Page 50



Add locally grown foods to your next celebration!

PHOTOS BY BEYOND THE GATES PHOTOGRAPHY AND KRISTEN LYON

Whether it's an intimate dinner party, a backyard barbecue or a wedding feast for 200 guests, local food can headline your next event. Emphasize your efforts and earn your guests' appreciation with these tips:

- How do you want to define local — 50 miles, regional or statewide?
- Plan your menu by starting with ingredients in season, using the Rogue Flavor Guide and calendar of seasonality to find them. Then get creative! A locally grown salad mix, cheese, wine or beer are easy additions to your meal, 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! Announce the local focus on the menu or in guests' event packets. 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 to make it a success by acknowledging their excellent service, hard work and willingness to make your goals a reality.

Lend Me a Plate, a Zero Waste Project

An innovative community lending library, Lend Me a Plate offers durable tableware suitable for parties and events. The volunteer-run service — managed by Southern

Oregon Master Recyclers in Action — can provide up to 100 matching place settings including plates, cups, glasses, silverware, linens and more. Browse the selection online and make a request using the electronic form at www.somra.org/lend-me-a-plate/

After the reservation is made, you pick up the order at a designated time at Ashland Recycling Center, located at 220 Water St., Ashland. When done, you return the clean items to the facility during regular business hours.

Lend Me a Plate comes at no cost to the borrower, with the zero-waste goal of replacing disposables with durables! See www.somra.org for more information about borrowing, donating and volunteering.



Artisan Foods



PHOTOS COURTESY OF VALHALLA ORGANICS

Southern Oregon is bursting with delicious cheeses, preserves, breads, sweets and other ready-to-eat treats. Whether they are made from local ingredients or handcrafted locally, these foods and beverages contribute to our local flavor and our local economy.

“Our products induce nostalgia for the ‘good old days’ of homegrown whole food, picked fresh from the garden. Elders remember how the world once was, and they are encouraged to meet young farmers who are embracing the old ways. Younger people experience a longing for a world they have never known when they taste our goodies and learn about our farm. Exposing the next generation to the farming and preserving traditions of our ancestors is the path to rebuild a sustainable food system and a healthier future.”

— Ruby Reid, co-owner, Valhalla Organics





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.

Jefferson Farm Kitchen

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

We are your one-stop shop for value-added, local food products! In house, we make our own lacto-fermented veggies and krauts, beet kvass, kombucha, bone broths, gluten-free and wheat pastry pie crusts, pizza dough, gluten-free and grain-free crackers and prepared meals. We also feature homemade gluten-free and vegan baked goods! Find local treasures from Rise Up! bread, Uber Herbal tea, Bee Girl honey, Sherry's Pasta, Salant Family Ranch, Port Orford Sustainable Seafood, Well Earth Goods (zero plastic!), Dogg-Eaze CBD dog treats and MORE! Our Jacksonville shop is open 1-5 p.m. Monday and from 11 a.m. to 5 p.m. Tuesday through Friday.



Noble Coffee Roasting

281 Fourth St., Ashland OR 97520
www.noblecoffeeroasting.com • 541-488-3288

Noble Coffee Roasting was founded to source, roast and brew the highest-quality coffee while making the world a better place. Don't just take our word for it. Our coffees are third-party certified as organically grown by dedicated producers who we pay fairly. These beans are handled by passionate roasters and skilled baristas, who bring out the coffee's highest potential. And as the Pacific Northwest's most award-winning roaster, Noble gains its reputation from more than our opinions — the judges have spoken. Our devotion to coffee is something you'll detect, too — after your first sip, you'll keep coming back for more.



Oak Leaf Creamery

795 Stewart Road, Grants Pass OR 97526
541-660-7422

Our artisan cheese "craftory" uses raw goat milk and our own thistle (artichoke) rennet. For more than 10 years, we have sourced raw goat milk from a small dairy in Applegate and participated in farmers markets around Southern Oregon. Our cheeses are sold in stores from Ashland to Seattle. We craft unique, vegetarian cheeses using an ancient process recorded during Roman history: "cheese made with thistle," from our own artichoke plants.



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 Southern Oregon's Little Applegate Valley. 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% healthy, natural and often organic ingredients with 0% chemical preservatives. Enjoy!



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 become acquainted with local farms, seasonal fruits, coffee roasters, bakers, beekeepers and even crafters. This creates a 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.



Valhalla Organics

www.valhallaorganics.org • 541-708-1279

We are a Certified Naturally Grown family farm in Southern Oregon. We grow and produce healthy, delicious, farm-to-table honey, pickles and preserves. Our solar-powered farm and apiary (honeybee hives) are designed to be radically sustainable; our projects enhance the natural environment where we farm and keep bees, rather than extracting resources and detracting from the land's value. Our production, sales, marketing, shipping and business practices reflect sustainable values typically absent in the industrial food chain. Through education and outreach, we share organic farming and beekeeping methods with the larger community to enhance the development of regenerative agriculture and apiculture.



YOU DO A LOT



wic IS HERE TO HELP!

WIC is a public health nutrition program serving Oregon families. Even if you do not qualify for SNAP or the Oregon Health Plan (OHP), you may be eligible for WIC. Check online at healthoregon.org/wic.

TO SUPPORT YOU, WE OFFER:

- Pregnancy & breastfeeding guidance
- Wholesome foods
- Nutrition-focused counseling
- Free health screenings
- Connections to resources

WIC is all about healthy babies, kids, and families. If you are pregnant, breastfeeding, or have a child under 5, WIC could be for you!



DID YOU KNOW?

If you are a dad, grandparent, foster parent, or legal guardian of a child under 5, you can apply. WIC gives you the information, tools, and support to be the caregiver you want to be.

FIND OUT MORE!

- ➔ Call 211
- ➔ Text HEALTH to 898211
- ➔ Visit healthoregon.org/wic, fill out our WIC Interest Form and we'll be in touch!



If you need this information in large print or in an alternative format, please call 971-673-0040 or TTY 800-735-2900.

This institution is an equal opportunity provider.



Wine & Beer

PHOTOS COURTESY OF THE ROGUE GRAPE

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 and at restaurants, remember to mention that you found them in the Rogue Flavor Guide.

“The Rogue Grape is passionate about supporting local wineries. Our employees are ambassadors of Southern Oregon wines, as our menu showcases the finest wines from our region. Our goal is to expose our community to the many beautiful wines crafted right here in Southern Oregon. We are a small, local business focused on supporting small, local wineries and, in turn, the farmers who grow the grapes and all the local winemaking staff who put their love and hard work into the wines we sell. When you purchase a wine at The Rogue Grape, you support our community members, in addition to my little family.”

—Natasha Hopkins, owner, The Rogue Grape





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 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.



Your time. Your wine. *Indulge.*

Ledger David

"Ledger David Cellars... the most exciting, memorable, engrossing, game-changing... wine in years."
—THE POUR FOOL, (NEARLY) SPEECHLESS IN SEATTLE, JULY 2017

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LedgerDavid.com



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  @theroguegrape

Wine & Beer

The Rogue Grape

36 S. Central Ave., Medford OR 97501
www.theroguegrape.com
541-622-8622



At The Rogue Grape, we proudly showcase many of the finest wines in Southern Oregon. Locally crafted wines paired with artisan foods and desserts in a convenient downtown location makes The Rogue Grape a great spot to enjoy live music, rotating art, delicious food and conversation. New friends await at The Rogue Grape. Open from noon to 9 p.m. Monday through Wednesday, from noon to 11 p.m. Thursday through Saturday.



Wild River Brewing

2684 N. Pacific Highway, Medford OR 97501
www.wildriverbrewing.com • 541-773-7487

Fresh, eclectic microbrews created by our in-house brew masters complement our handcrafted menu items. 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, unique offerings and love of local ingredients. 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. Join us for lunch, dinner or just a pint.



Wooldridge Creek

818 Slagle Creek Road,
Grants Pass OR 97527
www.wcwinery.com
541-846-6364



Wooldridge Creek
VIN FARM

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.

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

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Our curriculum is taught by a diverse community of farmers, ranchers and food system experts.



PLANNING

We work to ensure existing farmland and businesses are transferred into the hands of new farmers.



ROGUE FARM CORPS

SUPPORT OUR WORK.

RFC is a national leader in on-farm education and farm succession planning. Learn more about our work and donate at:

www.roguefarmcorps.org

Nonprofits



PHOTOS COURTESY OF ROGUE VALLEY FARM TO SCHOOL

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.

“Rogue Valley Farm to School is dedicated to cultivating healthy children, a healthy planet and thriving, happy farmers. We do this by partnering with schools to build a culture of health: providing weekly garden education programs, monthly Tasting Tables and Harvest Meal Farm Field Trips. Integral to our mission is connecting schools to farms to include more locally grown produce in school meals. Together with school administrators, nutrition directors, teachers, farmers, parents and the community, Rogue Valley Farm to School is helping to create a more inclusive, equitable and local food system that honors the diversity and cultures of our region.”

— Sheila Foster, executive director, Rogue Valley Farm to School



The Bee Girl Organization

www.beegirl.org • 541-708-1127

The Bee Girl organization is a nonprofit with a mission to educate and inspire communities to conserve bees, their flowers and our countryside. The organization, founded by Sarah Red-Laird, aims to conserve our bees by teaching people — especially kids — bees' significance in our daily lives. We have unique and important partnerships with universities, farmers, ranchers and business leaders to collaborate on research and education projects around soil health and bee habitat. Sarah and The Bee Girl team engage with communities across the nation — and the globe — spreading knowledge and bringing a sense of wonder from the hive to the people.

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 local 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 School Garden Network, RVF2S 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.



Our mission is to educate and inspire communities to conserve bees, their flowers, and our countryside.

We envision a future where kids frolic in pastures of flowers, buzzing with bees, alongside profitable family farmers and ranchers. Through our research projects and education programs we are regenerating soil, bees, and communities.

www.beegirl.org    @sarahbeegirl
#loveyourbees

Who We Are



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.

The Rogue Valley Food System Network is a nonprofit organization comprising a board of directors and a 15-member council that represents various organizations in Jackson and Josephine counties working in different sectors of the local food system to bring a broad and holistic perspective to any issue within the network's scope. Find more information at www.rvfoodsystem.org

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:** Our comprehensive website connects users to food-system resources, a calendar of food and farm events, searchable directory and interactive map.

- **Rogue Flavor Guide:** In its 16th 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: www.instagram.com/rvfoodsystem



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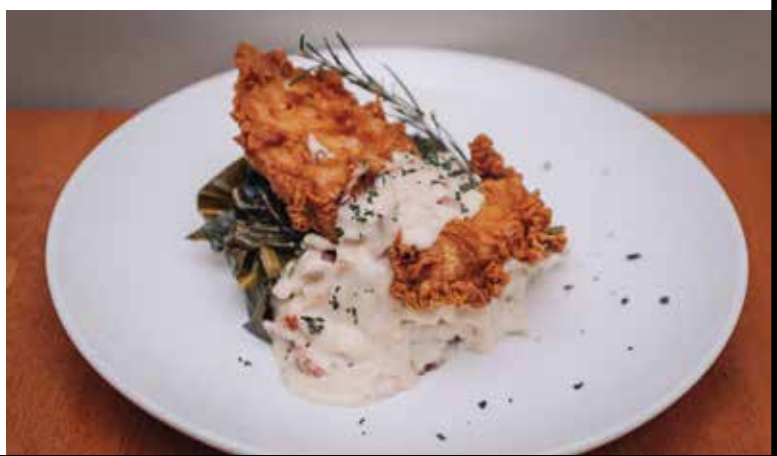
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