



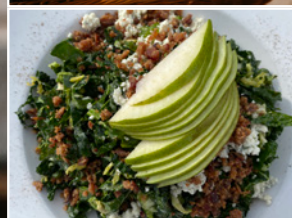
2023

rogue flavor guide

ALWAYS FREE!

Your Southern Oregon
resource for fresh,
local food & drink

- Farmers Markets
- Special Events
- Grocery
& Specialty Stores
- Artisan Foods
- Gardening Groups
- Farms & Ranches
- Restaurants
& Caterers
- Brews, Wine
& Spirits
- Education
& Advocacy
- Coupons Inside!



MEET ME AT DANCIN.

"A perfect wine country experience." ~ HILARIE LARSON



DAY
at
NIGHT



"One of the most innovative producers...in Southern Oregon." ~ FORBES



CHARDONNAY



SYRAH



PORT



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SANGIOVESE



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DANCIN

4477 SOUTH STAGE ROAD, MEDFORD, OREGON | DANCIN.COM | 541.245.1133

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Thanks to these businesses and organizations for making this publication possible



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TravelMedford.org



Specialty Crop Block Grant Program

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Rogue Flavor Guide team**

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Dr. Lanita Witt

1950 – 2022

The 19th annual Rogue Flavor Guide is dedicated to the memory of Dr. Lanita Witt. A longtime Rogue Valley physician, Witt owned and operated Willow-Witt Ranch (see page 72) with her wife, Suzanne Willow, who continues their work. After conserving and restoring their property's ecosystems for nearly 40 years, the couple created a legacy nonprofit, The Crest (see page 69).

ABOVE PHOTO COURTESY OF CHRISTOPHER BRISCOE.

COVER PHOTO COURTESY OF HANNAH BEE PHOTOGRAPHY COLLECTIVE.

INSET PHOTOS COURTESY OF HANNAH BEE PHOTOGRAPHY COLLECTIVE, NEUMAN HOTEL GROUP, FERAL FARMS AND SARAH LEMON.

Key of symbols



Applegate Valley Grown signifies this product was grown and nurtured by local farmers and ranchers with the help of lush soil, Southern Oregon sunlight and pure waters of the Applegate River and its tributaries.



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.



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.



Certified organic farms, products and retailers meet standards of the U.S. Department of Agriculture's National Organic Program.



Demeter Biodynamic certified farms adhere to a comprehensive organic farming method that requires the creation and management of a closed system minimally dependent on imported materials, instead meeting their needs from the farms' own living dynamics.



Salmon-Safe businesses protect riparian areas for fish habitat.



These businesses purchase **clean, renewable energy** through Pacific Power's Blue Sky program or City of Ashland's Solar Pioneer programs, or they generate their own renewable energy on site.



Farmstands 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.



Farmers market icons indicate participation in one or more of the following outdoor farmers markets: Applegate Evening Market, Cave Junction Farmers' Market, Grants Pass Growers Market, Jacksonville Sunday Market, Murphy's Outdoor Market, Rogue Valley Growers & Crafters Market, Talent Artisans & Growers and Williams Farmers Market.



Rogue Valley Farm Tour icons indicate participating locations and businesses in the annual event July 16, 2023 (see page 14).



Rogue Valley Food Trail icons indicate previous or current farms and food businesses featured on the Rogue Valley Food Trail, a publication by Travel Southern Oregon.



Farm to School icon identifies farms and ranches that sell to schools through the Rogue Valley Farm to School program.

For more information, see pages 38-39.

Pull up a chair

We're building a longer table.

Mark your calendar for a workshop, lecture, tour or special food and farm event hosted by Rogue Valley Food System Network and our partners. These happenings mingle members of the public with diverse actors and food system stakeholders. This open invitation is just one facet of the Network's vision for an equitable, regenerative and resilient food system, illustrated in the 19th annual Rogue Flavor Guide.

This comprehensive Guide to fresh, wholesome and sustainably produced foods is rooted in education and building relationships. Using agriculture as a vehicle toward a robust regional economy, our organization continually works to connect producers, consumers and the larger community. Our Guide is an invaluable resource, conveniently at hand — on paper and online — all year.

Browse the events section for celebrations of local folks, foods and flavors. As we gather in greater numbers again, the Network also seeks to nurture conversations with long-term significance for our region.

In early 2023, we spearheaded the relaunch of Jackson and Josephine County Community Food Assessments with our Rogue Valley Food Solutions Summit. This effort will serve as an analysis of the community's food system for the next 10 years, as well as inform an action plan to improve regional food access and contribute to economic and infrastructural improvements.

This and other Network opportunities initiate relationships, forge bonds, identify key gaps and challenges, acknowledge successes and drive the next steps as we examine the state of our food system and write upcoming chapters in the Rogue Flavor story. To ensure our food and farm systems' resilience, we must consider climate adaptation, regenerative practices and learning from first peoples' traditional ecology.

Join our mission by hosting your own gatherings that celebrate local foods, minimize waste, promote sustainability, strengthen community ties and spread the word about Rogue Flavor. Find strategies on Page 48 of this Guide.

And learn how you can get involved at rvfoodsystem.org. Subscribe to the Network's monthly online newsletter for updates.

We express gratitude for the local businesses and individuals who contributed photos to this year's Guide. For more information or to be in next year's Guide, email abigail@rvfoodsystem.org or call 541-973-9446.



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



\$5 Off

Any tasting flight

2310 Voorhies Road, Medford OR
edenvalewines.com • 541-512-2955

Offer expires 12/31/23



Free Gift

With purchase

At various farmers markets

SuncatcherFoodForest.wixsite.com/SuncatcherFoodForest

Offer expires 12/31/23



Naturespirit Herbs
Harvesting from the Wild since 1990

20% Off

Your first order of \$50 or more

naturespiritherbs.com
Use coupon code RFlavor22 at checkout,
or call us at 541-846-7995

Offer expires 3/1/24



10% Off

Any 2 items ordered online

salinitysalts.com

Use discount code RFG10

Offer expires 12/31/23

DIAMOND BAR BEEF



GRASS FED & FINISHED
FROM OUR PASTURE TO YOUR PLATE

15% Off

First order of retail cuts*

Steaks, burger, roasts, jerky,
primal blend, stew meat, etc.

Visit **diamondbarbeef.com** to order now!
Use code RVFSN15.

Offer expires 12/31/23. *Excludes bulk beef purchases.



**SISKIYOU
SEEDS**
15% Off

Various farmers market locations
siskiyouseeds.com • 541-415-0877

Offer expires 12/31/23

**JEFFERSON
FARM KITCHEN**
by Chef Kristen

\$2 Off

Each for in-store items,
up to 10 items!

135 S. Oregon St., Jacksonville OR 97530

chefkristen.com • 541-531-6740

Offer expires 12/31/23.



\$10 Off

Any in-store purchases

190 E. California St., Jacksonville OR 97530

dormousefarm.com • 206-639-0297

Offer expires 12/31/23.

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

Support a local farm by joining its community supported agriculture program, which provides boxes of fresh produce or other farm goods weekly, biweekly or monthly — in different sizes and durations. Signing up in winter and early spring lends financial support when farms need it most. Some deliver while others drop boxes at farmers markets or near your workplace. Ask if your CSA accepts Oregon Trail Cards and WIC packages.

“Our milk CSA helps support the season’s startup costs of running a dairy, but its most important impact is helping to distribute milk on a weekly basis throughout the season. Raw milk has a short shelf life due to the live cultures of enzymes and tastes best when extremely fresh. I love knowing the milk we are jarring up will be picked up by members that same day!”
— Gilly Gifford Short, farmer and co-owner of Rogue Artisan Foods



PHOTOS COURTESY OF ROGUE ARTISAN FOODS



Fry Family Farm

fryfamilyfarm.org

suzi@fryfamilyfarm.org • 541-535-8044

Home delivery or pickup in Ashland, Central Point, Jacksonville, Medford, Phoenix and Talent; pickup in Grants Pass



Josephine County Farm Collective

harvie.farm/farm/jc-farm-collective/signup

jcfarmcollectiveinfo@gmail.com • 530-304-3754

Home/office delivery, multiple pickup locations and flexible payment for food, flowers and animal-sourced fiber produced throughout Southern Oregon; includes weekly farm newsletter and recipes. Customize contents; add or swap items; reschedule or request vacation holds.



Rogue Artisan Foods

rogueartisanfoods.com • 541-708-1565

Milk membership

Weekly on-farm pickup of raw milk

May – October



Rogue Produce

rogueproduce.com

localtolocal@rogueproduce.com • 541-301-3426

Weekly home delivery in Ashland, Central Point, Eagle Point, Gold Hill, Grants Pass, Jacksonville, Medford, Merlin, Phoenix, Rogue River, Shady Cove, Talent and White City



UPROOT Meats

uprootmeats.com

uprootmeats@gmail.com • 408-504-9869

Year-round delivery in Jackson and Josephine counties or on-farm pickup of heritage pork and chicken, starting at \$45 per month. See [instagram.com/uprootmeats](https://www.instagram.com/uprootmeats) for the latest updates and additions to our 2023 CSA boxes.

Farmers Markets



Farmers markets are a beloved tradition in Southern Oregon, where there's a market open every day of the week! Each of the region's markets are as unique as the vendors selling freshly picked produce, plants for your garden, artisan foods and handmade crafts. Many markets honor WIC packages and Farm Direct Nutrition checks; some accept credit, debit and Oregon Trail Cards. Using your Oregon Trail Card at participating markets, you can receive Double Up Food Bucks — a dollar-for-dollar match for any fruit or vegetable purchase.

"It's such an honor to work collaboratively with other farms, ranches and community partners who are dedicated to strengthening the local food system network. Together we accomplish so much more delivering agricultural products that promote economic viability, improve health and protect our environment through devoted stewardship."

— Carrie Juchau, founder of Josephine County Farm Collective and owner of Daily Blessings Farm





Applegate Evening Market

5-8 p.m. • Wednesdays • May 24 – July 26 • 4-7 p.m. in September
8555 Highway 238, Jacksonville OR 97530
applegateeveningmarket.com



Applegate Evening Market is a fun, weekly event to bring farmers and our community together. Join us Wednesday evenings May, June, July and September for an outdoor market at LongSword Vineyard in Ruch. Purchase directly from local farms, wineries, artisans, crafters and food trucks while enjoying live music amid the beautiful backdrop of the Applegate Valley. Family friendly!



Cave Junction Farmers' Market

4-7 p.m. • Fridays • April – October
24100 Redwood Highway, Kerby OR 97531
cjfarmersmarketinfo@gmail.com • 458-229-2067
facebook.com/CJfarmersmarket • instagram.com/cj.farmers.market



Celebrating 10 years! Come join us at the Cave Junction Farmers' Market — “where community grows.” Here you will find locally grown and produced fruits, vegetables, plant starts, eggs, cheese, meat, sauerkraut, honey, pesto, breads, pickled quail eggs, bacon, as well as local alpaca fiber, herbal products, locally made crafts and much more! Weekly live local musicians and special guest performances by RiverStars Performing Arts, an Illinois Valley youth group! Free weekly hands-on, farm-inspired activities for kids! We accept SNAP and DUB, Protein Bucks and FDNF vouchers.



Grants Pass Growers Market

9 a.m. to 1 p.m. • Saturdays • (check website for exact dates)
outdoors • March – October, corner of Fourth and F streets, Grants Pass OR 97526
indoors • November – March, Josephine County Fairgrounds,
1451 Fairgrounds Road, Grants Pass OR 97527
growersmarket.org • 541-816-1144



A Saturday morning tradition for more than 40 years, Grants Pass Growers Market is the premier farmers market in Southern Oregon. The market provides space for our local farmers to offer the community their freshest seasonal produce. Our local food producers and artisans round out the family-friendly atmosphere of the market. There is something for everyone at the Grants Pass Growers Market. Open all year. Winner of the 2020 Oregon Farmers Market Association “Best Urban Market” in Oregon. EBT accepted/Double Up Food Bucks. New Protein Bucks sponsored by AllCare Health.



Jacksonville Sunday Market

9 a.m. to 2 p.m. • Sundays • May 7 – mid-October
206 N. Fifth St., Jacksonville OR 97530
facebook.com/Thejacksonvillesundaymarket

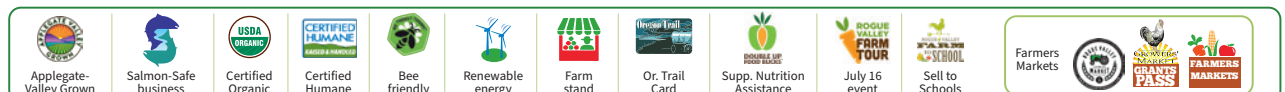
Enjoy local foods, crafts, music and more at the Jacksonville Sunday Market. Our vendors offer an array of organic produce, locally raised beef, fresh fish, herbs, freshly baked bread, cut flowers, jewelry, photography, wood crafts, fabric arts, honey, plants, hot food, sweet treats, coffee and more! Bring the whole family to hear live music and enjoy the historical Jacksonville courthouse and grounds every Sunday — “Sundays Fundays!”



Josephine County Farm Collective

485 Daily Lane, Grants Pass OR 97527
jcfarmcollectiveinfo@gmail.com • 530-304-3754

Josephine County Farm Collective is your source for locally grown food, flowers and animal sourced fiber via an online marketplace and farm share subscription program. Located eight miles west of Grants Pass at Daily Blessings Farm, our local growers' hub offers the flexibility of customizing box contents, delivery frequency, multiple pickup locations, payment options and home/office delivery. We promote agriculture education, regenerative agriculture, biodiversity, pest control integration with livestock and environmental stewardship. Order today at harvie.farm/farm/jc-farm-collective/signup



Murphy's Outdoor Market

9 a.m. to 1 p.m. • Fridays • April – September
6890 Williams Highway, Murphy OR 97527
murphysoutdoormarket.com • 541-862-2244 • murphysoutdoormarket@gmail.com
facebook.com/MurphysOutdoorMarket • instagram.com/murphysoutdoormarket



Murphy's Outdoor Market is from 9 a.m. to 1 p.m. every Friday during the growing season near Hidden Valley Market. You'll find a variety of local goods, from produce and flowers to fresh-baked goods, local beef and chicken to elderberry syrups and soaps. Pick up some organic freeze-dried fruits, herbal tinctures, fresh organic coffee, handmade arts and more! Visit the food trucks and enjoy the grassy area for kids to play. Leashed dogs welcome!

CSA Rogue Produce

year-round, online farmers market
rogueproduce.com • 541-301-3426



We are the Rogue Valley's only online farmers market with year-round home delivery! We work with local farms and producers to bring you the highest quality fresh produce, meats, cheeses, breads, eggs and more. We provide the best of what's local and give you the greatest selection of options for optimum convenience. Order a la carte, and only when you want — there are no commitments! Our mission is to support the smallest of family farms in our region while also giving you access to organic staples produced sustainably.



Rogue Valley Growers & Crafters Market

rvgrowersmarket.com • 541-261-5045

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. You will find the freshest seasonal produce, flowers, plants, cheeses, meats, baked goods, artisan foods and handcrafted items 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 7 – Nov. 21
National Guard Armory, 1420 E. Main St., Ashland OR 97520

Thursdays in Medford

8:30 a.m. to 1:30 p.m. • March 2 – Nov. 16
Hawthorne Park, 99 Hawthorne St., Medford, OR 97504

Saturdays in Ashland

8:30 a.m. to 1 p.m. • May 6 – Oct. 28
Downtown, 100 block of Oak Street Ashland, OR 97520

Indoor winter market

TBD (check website)

Talent Artisans & Growers (Talent Evening Market)

5:30-8:30 p.m. or until dusk • fourth Fridays • May – August
Old Town Park, corner of Main and John streets, Talent OR 97540
talentartisansandgrowers.com



Talent Evening Market is an event designed to provide access to locally grown and prepared foods and locally produced crafts in the spirit of cultivating a healthy, thriving community. This treasured community gathering features artisan crafted goods, prepared foods, fresh organic produce and live music. Check the market's website to confirm this season's dates, times and more details. We look forward to seeing you there.



Williams Farmers Market

4-6:30 p.m. • Mondays • May – October
Sugarloaf Community Association park, 206 Tetherow Road, Williams OR 97544
facebook.com/Williams-Farmers-Market • williamsfarmersmarket@gmail.com



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, handmade clothing, herbal products, wines, organic meats, snacks, music, fun free classes and more.



ASHLAND TUESDAY MARKET

National Guard Armory, 1420 E. Main St
8:30AM-1:30PM March-November

ASHLAND SATURDAY MARKET

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

MEDFORD THURSDAY MARKET

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

For More Market Information
Visit Us
www.rvgrowersmarket.com

Enjoy a unique dining experience
featuring chef-prepared meals made with
Harry & David® gourmet ingredients.

See what's coming up and learn more at
HarryandDavid.com/hosted-dinners

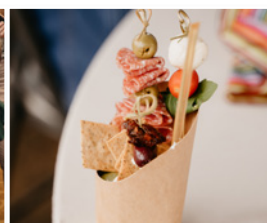
Events



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

"We are committed to collaboration. Through building collaborations or networks, we are able to amplify our voices and learn from others. We are better together! After spending two-plus years doing this work from our desks, I have a renewed passion for gathering people together. There is a magic and unmeasurable impact that comes when we create a meaningful space to come together and connect. The ripples are never-ending"

— Alison Hensley Sexauer, executive director of Rogue Valley Food System Network



Brews, Bluegrass & BBQ

2-8 p.m. • Saturday, June 3, 2023
 RoxyAnn Winery, 3283 Hillcrest Road, Medford OR 97504
rvfoodsystem.org/bbb • 541-973-9446



Tap into the best of the Rogue Valley's food, drink and music at the annual Brews, Bluegrass & BBQ. Rogue Valley Food System Network partners this year with vendors of delicious barbecue, locally brewed beers and ciders and popular bluegrass bands to bring you an evening of food education, celebration and connection. This annual event supports Rogue Valley Food System Network's work and mission to connect people with locally grown food and locally owned businesses. For more information or to volunteer, go to our website.

Brine, Brew & Barrel Fermentation Festival

Jan. 12-14, 2024
 Ashland Hills Hotel & Suites, 2525 Ashland St., Ashland OR 97520
oregonfermentationfest.com • 541-631-2004



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. Join us on an epic culinary journey of discovery of new and familiar flavors! Enjoy all-day vendors exposition, workshops and demonstrations, activities for the whole family and unique events, including the Friday night BrewBash and Hot Sauce Sunday Brunch.

Community Food Solutions Summit

9 a.m. to 4:30 p.m. • Thursday, March 16, 2023
 Southern Oregon Research & Extension Center, 429 Hanley Road, Central Point OR 97502



Join Rogue Valley Food System Network for an exciting day of building relationships, networking, identifying key gaps and challenges, celebrating successes and identifying next steps as we tell the story of the state of the Rogue Valley Food System. This effort will serve as an analysis of the community's food system for the next 10 years, as well as inform an action plan to improve regional food access and contribute to economic and infrastructural improvements. All are welcome: farmers, ranchers, grocers, food entrepreneurs and eaters! Tickets are \$45, or \$40 for Network members, and include lunch and dinner.

DANCIN Vineyards Live Music Series

5-7 p.m. Fridays, March – December; 5-7 p.m. Wednesdays, May – October
 4477 S. Stage Road, Medford OR 97501
dancin.com • 541-245-1133



Sip to the sounds of the Rogue Valley's favorite musical artists, including David Cahalan, Jeff Kloetzel, Giantess, Danielle Kelly & Paul Turnipseed, David Pinsky & Phil Newton and more while enjoying our tableside service of award-winning wines and delicious food! Check dancin.com/live-music for performance dates and details and to make reservations.

DANCIN Vineyards Memorial Day Salmon Bake

Monday, May 29, 2023
 4477 S. Stage Road, Medford OR 97501
dancin.com • 541-245-1133



Join us at DANCIN on Memorial Day for our 11th anniversary earth-oven Salmon Bake. Watch as the culinary team cooks salmon on stakes over the in-ground fire pit at the edge of the DANCIN Terrace. The fixed menu includes a curated pairing of estate wines with each of several courses and live music. See the menu, pricing and link to reservations at dancin.com/Salmon-Bake

Heart of the Rogue Festival

4-8 p.m. Oct. 13, 11 a.m. to 4 p.m. Oct. 14, 2023
 Pear Blossom Park, 204 N. Bartlett St., Medford OR 97501
heartoftheroguefestival.com • 541-608-8530



Discover the Rogue Valley with this immersive event — free and open to the public — in downtown Medford. Sip award-winning wines, enjoy artisan bites and browse locally crafted offerings all while listening to live music. Celebrate the Heart of the Rogue with us at this vibrant, two-day celebration Oct. 13 and 14, 2023!

Oregon Chocolate Festival

annually in March

Ashland Hills Hotel & Suites, 2525 Ashland St., Ashland OR 97520

oregonchocolatefestival.com • 541-631-2004



Oregon Chocolate Festival is an annual culinary event dedicated to the art of chocolate making. Chocolate enthusiasts are treated to a variety of fine chocolates and chocolate-inspired products, as well as wine, beer and baked goods showcased by producers from across the West Coast. The 2023 event combined a two-day vendor expo, as well as the Sunday Chocolate Brunch and beloved Chocolate Makers Wine Dinner. For more information, see our website.

Oregon Honey (& Mead!) Festival

June 30 and July 1, 2023

oregonhoneyfestival.com



Watch and listen for announcements about the Oregon Honey (& Mead!) Festival, a local, family-friendly excursion into the science and joy of tasting! Find out more on our website or cascadegirl.org. Read more about Cascade Girl in this guide's Education & Advocacy section.

Oregon State University Extension Service

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

Josephine County Extension Service • 215 Ringuette St., Grants Pass

541-776-7371 • 541-476-6613

<https://extension.oregonstate.edu/sorec> • <https://extension.oregonstate.edu/josephine>



Oregon State University

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.

Rogue Valley Farm Tour

10 a.m. to 3 p.m. • Sunday, July 16, 2023

roguevalleyfarmtour.com



Meet your local farmers on the Rogue Valley Farm Tour this July! Local farms, ranches and vineyards invite you to step behind the scenes, meet the makers, taste artisanal foods and explore a vast array of local goods. Discover the abundance of our local food system on the annual Rogue Valley Farm Tour. This event is free and open to the public.



Southern Oregon Lavender Trail

2023 Lavender Festivals

10 a.m. to 5 p.m. • June 23- 25 and July 14-16, 2023

southernoregonlavendertrail.com • facebook.com/SouthernOregonLavenderTrail



The summer lavender experience peaks locally in two weekend-long festivals. As horticultural events go this is a carnival of blazing purple blooms meeting cornflower blue skies. The first festival, June 23-25, has the advantage of cooler days while the July 14-16 event celebrates the coming harvest. Both festivals feature music, food and invitations to stroll among the lavender, exuding its heady, soothing scent. Farm-made lavender products complement unique crafts from other vendors. For participating farms, see our website. Local lavender farms additionally are open Fridays through Mondays, June through August. Check websites for hours of operation.

Talent Harvest Festival

10 a.m. to 4 p.m. • Sept. 30, 2023

cityoftalent.org • 541-535-1566 • harvestfestival@cityoftalent.org



Join us in Talent for the longest running harvest festival in Southern Oregon! The City of Talent invites you to the 51st Talent Harvest Festival Sept. 30, 2023. The festival kicks off with the Harvest Festival Run at 8 a.m., preceding an afternoon of music, food and good old-fashioned family fun in various locations around town! For more information, see cityoftalent.org, where you'll find information about the festival, a schedule of events and applications for parade and vendor booths. See you there!

Connect with local food and farming news and events online, year round!

- Sign up for Rogue Valley Food System Network's monthly newsletter at rvfoodsystem.org/newsletter
- See our online events calendar at rvfoodsystem.org/events

Have news or an event to share? Get in touch to be featured on our website, newsletter and social media! Submit your information through our website or email news@rvfoodsystem.org

Saturday, JUNE 3rd

rvfoodsystem.org/bbb

RoxyAnn Winery, Medford



photos by Hannah Bee Photography Collective & Steven Addington

A fundraiser for:

Rogue Valley
Food System
NETWORK
growing our local food system



Sponsored by:

Medford
Food 

Cascade Girl



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

**Oregon Honey & Mead Festival
Save the Date! June 30 & July 1, 2023**

**www.oregonhoneyfestival.com
www.cascadegirl.org**



Visit. Play. Create.

LA VENDER
ALLY FARM

Find Us: LavenderAlly.com

Call Us: (770) 584-9188

Visit Us: 5734 Pleasant Creek Rd
Rogue River, OR 97537

Follow Us:   



southernoregonlavendertrail.com

So much to do. One place to do it all.



ROGUE VALLEY
BUCKET LIST

○ Crater Lake

○ Rogue River

○ Table Rocks

○ Wine Country

○ Roxy Ann Peak

○ Rogue Creamery

○ Harry & David

○ Shakespeare Festival

○ The Vortex

○ Union Creek

○ Jet Boats

○ Britt Festival

○ Mill Creek Falls

○ Craft Breweries

○ Lavender Fields

○ Farmers Market

○ Downtown Medford

○ Craterian Theater

○ Pint Rider

○ Lake of the Woods

○ Ziplining

TRAVELMEDFORD.ORG | @TRAVELMEDFORD



HEART OF THE
ROGUE
FESTIVAL

MUSIC

FOOD

DRINK

ART

OCTOBER 13+14, 2023

CALL FOR VENDORS!

The Heart of the Rogue Festival is a confluence of all the Rogue Valley is through our community of artists, musicians, makers, growers, and experiences.

HEARTOFTHEROGUEFESTIVAL.COM





One of Oregon's most famous agriculture valleys now has its own Food Trail. Highlighting the amazing diversity of our food and beverage artisans, the Rogue Valley Food Trail features 51 businesses on three different itineraries: Famous Food, Healthy Living and Family Farms. Look for the signs at your favorite food spots from Grants Pass to Ashland.

Download RVFT Map at RogueValleyFoodTrail.com



TravelMedford.org



SouthernOregon.org



TravelOregon.com



ROGUE VALLEY FARM TOUR



SAVE THE DATE: JULY 16TH



**Experience unique visits to farms and
ranches in Jackson & Josephine counties!**

LEARN MORE: WWW.ROGUEVALLEYFARMTOUR.COM

Brought to you by:

**Medford
Food co+op**

Rogue Valley
Food System
NETWORK
growing our local food system



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

Farms & Ranches



Meet your local farmers and ranchers by purchasing directly from their farmstands, growers market booths or right on their properties. 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, goat and poultry subscriptions. You can purchase a share of an animal raised on Southern Oregon sunshine and grass — all you need is a freezer!

"Slow Flowers — like Slow Food — honor crops grown on our Oregon land, reflecting rich agriculture, seasonal diversity and the farmers who bring our flowers and food to life. Le Mera Gardens owes its longevity to our community of progressive regional florists and studio designers and to the myriad flower lovers who consciously choose farm-direct, in-season, fresh flowers. Their choice dramatically reduces our community's reliance on fuel and transportation — and ensures a vibrant agricultural landscape and marketplace."

— Joan Thorndike, farmer and owner of Le Mera Gardens





Applegate River Lavender Farm

375 Hamilton Road, Jacksonville OR 97530
 applegaterriverlavender.com • 541-702-2250
 facebook.com/ApplegateRiverLavender • instagram.com/applegaterriverlavender/



Experience spectacular Applegate Valley views while surrounded by seven varieties of culinary and aromatic lavender (purple, pink and white). Only 15 minutes from Jacksonville, the farm is open most weekends, from 10 a.m. to 3 p.m Friday through Sunday, starting June 16 through early August. Please verify hours on our website before visiting. Farm attractions include U-pick lavender, artisan-made lavender products, lavender essential oil distilled on the farm, delicious lavender treats, lavender-related classes and shady places to relax, from the picturesque barn and many trees to the big awning equipped with a mister for hot summer days.



APPLEGATE RIVER
— LAVENDER FARM —



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.



Daily Blessings Farm

home of Josephine County Farm Collective
 485 Daily Lane, Grants Pass OR 97527
 dailyblessingsfarm.org • 530-304-3754



Daily Blessings Farm is your local source for organically grown strawberries, vegetables, herbs, eggs and cut flowers. Located eight miles west of Grants Pass, this small, peaceful farm is a bee and wildlife haven and hub for the Josephine County Farm Collective, offering food, flowers and animal sourced fiber through an online marketplace and farm share program. Members enjoy the flexibility of customizing box contents, delivery frequency, multiple pickup locations, payment options and home/office delivery. We promote regenerative agriculture, biodiversity, pest control integration with livestock and environmental stewardship. Visit the farmstand 4-7 p.m. Tuesdays, April through October.



Diamond Bar Beef

P.O. Box 402, Talent OR 97540
 diamondbarbeef.com • 541-531-6538
 facebook.com/Dauenhauercattle • instagram.com/diamondbarbeef

Diamond Bar Beef is fed and finished on God's green grass from birth to butcher in Southern Oregon. Our animals rotate on pasture and never receive antibiotics, hormones or grain. We are a husband and wife team focusing on regenerative agriculture and raising consistent high-quality beef products. We offer wholes, halves, quarters and individual cuts for purchase, processed locally and USDA approved. Go to our website to reserve and order steaks, hamburger, roasts, stew meat, primal blend, pepperoni sticks, marrow bones and more. Choose local delivery Thursdays or pick up orders at Fry Family Farm Store Monday and Friday mornings.

DIAMOND BAR BEEF



GRASS FED & FINISHED
FROM OUR PASTURE TO YOUR PLATE



Dormouse Farm LLC

190 E. California St. Jacksonville, OR 97530
 dormousefarm.com • 206-639-0297



We are a farming family focused on regenerative practices. David, Cindy and daughter Morgan have nearly 20 years' experience raising produce and livestock. We are developing our 10-acre farm in the hills east of Jacksonville and revitalizing our forest. We offer organically grown vegetables, herbs and cut flowers; eggs from our organically raised heritage breeds; on-farm processed whole chicken and duck from free-range flocks; and raw goat milk. We also produce bread and other baked goods, shrubs, teas, preserves, hot pepper sauces and dried herbs and peppers. Morgan's paintings, cards and comics depicting farm life are available in our store.





The English Lavender Farm

8040 Thompson Creek Road, Applegate OR 97530
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 for sale 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!



The Farm at Southern Oregon University

155 Walker Ave., Ashland OR 97520
thefarm@sou.edu • 541-552-6396



The Farm at Southern Oregon University is a center for sustainability. The student-led organic farm produces healthy, sustainably harvested food for the SOU community. It is a hub for education, student and faculty research and community outreach to the Rogue Valley. Projects on The Farm inspire a generation of ecologically committed leaders who promote a vision of living and working sustainably in community and on the land. Community members can support students by purchasing food at our on-campus farmstand Thursday afternoons during the growing season or by making a direct donation.



Feral Farms

4441 Thompson Creek Road, Applegate OR 97530
feralfarms4@gmail.com • instagram.com/feralfarm4



We operate an honor-system farmstand on Thompson Creek Road that offers locally grown, organic seed packets and healthy, robust garden starts from March through September. Woman-run, diversified and certified organic, Feral Farm in the Applegate is dedicated to increasing the availability of open-pollinated, heirloom, rare and organic-adapted seed varieties, as well as heirloom garlic. We also strive to pass along vital seed-saving skills to aspiring farmers and gardeners and Rogue Farm Corps interns.



Fry Family Farm

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



FRY FAMILY FARM
Certified Organic

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 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.



Latigo Farm

Williams, Oregon
instagram.com/latigofarm



Nestled in a cozy corner of the Williams Valley lies Latigo Farm, a cute little market garden of about 2 acres. Surrounded by birds, flowers, trees, creeks, bees and friends, we tend our fields and bring the freshest vegetables to local farmers markets in both Williams and Medford. The ongoing support of our market shoppers has allowed us to fulfill our greatest dreams of growing beautiful, colorful and nutritious vegetables for the Rogue Valley over the years. Keep an eye out for this vibrant stand next time you visit the farmers market!




Lavender Ally Farm

5734 Pleasant Creek Road, Rogue River OR 97537
lavenderally.com • 770-584-9188



Lavender flowers are known for their beauty, charm, grace, calm, resilience and elegance. They instill spiritual connection and appreciation for nature's magnificence. Inspired by the memories of my mother and her love, I have created "Lavender Ally Farm" in Rogue River, Oregon. This is a peaceful place to begin a masterpiece for all to enjoy. Come and see the beauty and enjoy the 13 varieties of lavender we offer.

Selling Local Beef.

Ranch-born and raised, our  beef is all natural and pasture-raised. We offer both grass and grain finished beef for you to choose from.

Shop online or at our Farm Stand
5461 Upton Rd, Central Point OR.

Trials • Demonstrations • Education

Rusted Gate Farm is committed to experimentation with traditional, alternative, and innovative farm and ranch practices to support the long-term viability of the agricultural community.

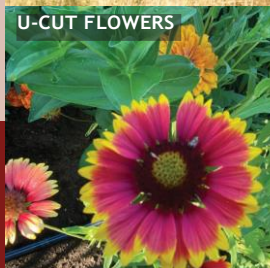
Sales at (541) 423-2391

www.rustedgatefarm.com

A nonprofit 501c3 organization



QUALITY BEEF



U-CUT FLOWERS



E-TRACTOR TRIAL



HAY FOR SALE



Salant Family Ranch



From our Ranch to your table

Local, Natural

Grain Finished or Grass Finished

USDA Inspected

Angus Cross Beef

Pasture raised on our Beef Cattle Ranch

in the Applegate Valley



Steaks
Ribs
Roasts
Ground Beef

Find us at any Farmers Market

Ashland~Tuesday & Saturday
Medford~Thursday

Ruch~Wednesday
Jacksonville~ Sunday

SalantFamilyRanch.com



Call or email to order
541.899.8295
pksalant@aol.com

Salant Family Ranch
Ruch, Oregon 97530
"Raising home-grown, natural,
Angus cross beef, directly to your plate"





Photo Credit: Diane Choplin

Did you know?

Cattle and calves — valued at nearly \$588 million — are Oregon's second-ranked agricultural commodity followed by hay and milk, according to the state department of agriculture's most recent statistics. Only greenhouse and nursery stock have a higher production value, which ranks third nationally.

Source: nass.usda.gov



DIAMOND BAR BEEF

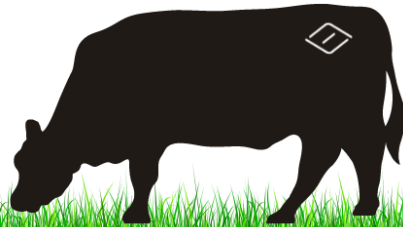


GRASS-FED & FINISHED

NO GRAIN NO ANTIBIOTICS NO HORMONES



FROM OUR
PASTURE TO
YOUR PLATE



WHOLE, HALVES,
QUARTERS &
INDIVIDUAL CUTS

LOCAL DELIVERY OR
PICK UP AVAILABLE



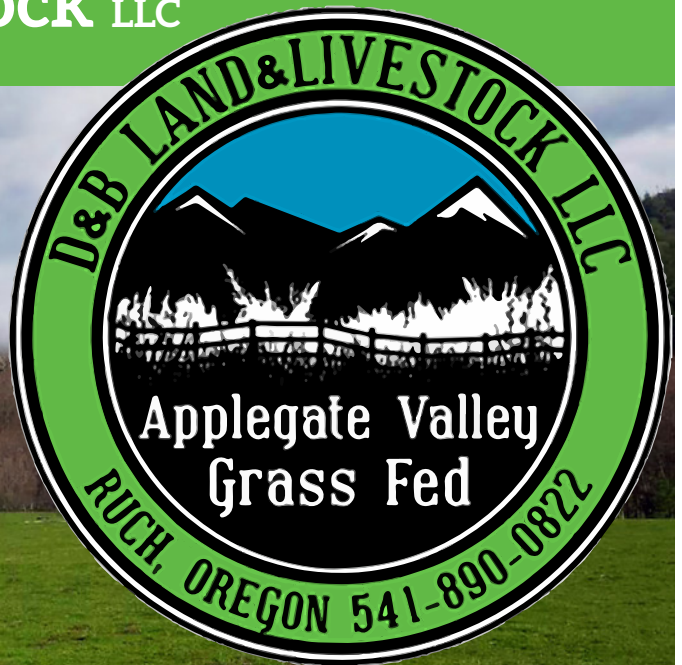
PRODUCED BY DAUENHAUER CATTLE  541.531.6538  DIAMONDBARBEEF.COM

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
dblivestock.llc@gmail.com





Le Mera Gardens

2184 Ross Lane, Medford OR 97501
P.O. Box 1014, Talent OR 97540
lemeraflowerfarm.com • 541-857-8223



Welcome to Le Mera Gardens, Oregon's certified organic flower farm! We have 30 years of experience growing 150-plus varieties of certified organic, seasonal, specialty cut flowers. Our 10 acres on two farm sites also produces dried flowers, foliage, branches, ornamental herbs and berries. Le Mera Gardens provides flowers in bulk for every style of do-it-yourself wedding, special event, home and business, providing wholesale flowers for regional florists, professional studio designers and event planners throughout the region. Our flower market is open by appointment every Tuesday and Thursday during the flower season on our parent property, Fry Family Farm.



Naturespirit Herbs

P.O. Box 150, Williams OR 97544
naturespiritherbs.com • 541-846-7995



Naturespirit Herbs
Harvesting from the Wild since 1990

Naturespirit Herbs is your local source for edible and medicinal wild seaweeds, herbs and fungi. We offer a complete line of wild-harvested sea vegetables, seaweed powders, seaweed capsules, wildcrafted herbs and herbal extract formulas. We harvest everything in a respectful, ecologically sound way while striving to provide the highest possible quality. Take a look at our website and call us if you have any questions! Local delivery may be available.



Oregon Rogue Farms

Selma, Oregon
oregonroguefarms.com • 541-450-2941

Oregon Rogue Farms is an all-natural family farm in the Illinois Valley, established in 2018. Our farm raises artisan beef, pork and eggs using sustainable and humane principles. We offer whole, half and quarter shares of pasture-raised, grass-fed, grain-finished beef; whole and half shares of Duroc cross hogs; as well as selected cuts and free-range eggs. Our products are available at the Cave Junction Farmers' Market and Grants Pass Growers Market, as well as on our website, oregonroguefarms.com. Woman-owned, disabled- and woman-operated. Local delivery available.



Oshala Farm

14900 Highway 238, Applegate OR 97527
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 80 herbs that we ship nationwide, starting from 4-ounce bags to larger quantities for wholesale accounts. Local "farm pickup" is an option when you order via our website. You can also find our products at Ashland Food Co-op, Shop'n Kart, Elder Apothecary, Medford Food Co-op, Market of Choice, Hidden Valley and Whistling Duck Farm Store. Sign up for a farm tour via our website on our events page.



Peach Rock Farm

11989 Williams Highway, Grants Pass OR 97527
peachrockmarket.com • 541-415-8205



Peach Rock Farm is nestled along the Applegate River, equidistant to Williams, Applegate and Murphy. Our beautiful, centralized location features many varieties of tree fruit, summer garden staples and an abundance of flowers. Our family has been enjoying our farm for six years and looks forward to many more, with a goal to be self-sustained and keep all resources local to the Southern Oregon region. You may find our booth rotating through farmers markets in Williams, Cave Junction and Medford. You can also find us at our new farm store in Cave Junction.



Plaisance Ranch

16955 Water Gap Road, Williams OR 97544
plaisanceranch.com • 541-846-7175



A working ranch since 1858, Plaisance has been owned and operated since 1979 by the Ginett family, evolving 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. Our beef and seasonal lamb are ranch raised and grass finished on our organic pastures. We know their history. Sample our award winning, premium quality wines to highlight great meals. Hours are noon to 6 p.m. Wednesday through Monday, March through October; noon to 5 p.m. Friday through Monday, November through February.





Rogue Artisan Foods

10414 Highway 238, Jacksonville OR 97530
 rogueartisanfoods.com • 541-708-1565



Our polyculture farm practices regenerative agriculture and pollinator friendly interplanting. Animals rotate on pasture that is transitioning to silvopasture. Our land is maintained organically — no chemical fertilizers or herbicides. We raise pigs on pasture, acorns, veggies, fruit, whey and small amounts of sprouted, organic grains and seeds (no commercial feeds). This rich, red, nutrient-dense meat is great for specialty diets. Our goats browse pasture and forest, and our birds free range. We offer a milk membership and on-farm sales of raw milk. Purchase chicken, goat, pork and duck eggs on our website, at the Growers Market and Whistling Duck Farm.



Rogue Creamery Dairy and Farmstand

6531 Lower River Road, Grants Pass OR 97526
 roguecreamery.com • 541-471-7292



On the banks of the Rogue River outside Grants Pass, Rogue Creamery Dairy sets the standard for organic and sustainable dairy farming. Witness what many locals call the “cow spa.” In the “cow palace,” observe massagers and Charlie and Matilda — the farm’s two robotic milkers — keeping the herd happy and healthy as cows are milked whenever they choose. Visit the farmstand for world famous, handmade Rogue Creamery cheeses, grilled cheese sandwiches, organic snacks and ice cream (available seasonally). Call for business hours and tour times. Plus: Check out our Central Point cheese shop (details in the Grocery & Specialty Stores section).

Rogue Produce Community Compost

year-round, food scrap pickup
 rogueproduce.com • 541-301-3426



Community Compost provides the solution for what to do with your household compostable food scraps! We offer a weekly pickup of your kitchen scraps, and we donate this resource to local farms to utilize in their composting operations. Divert the valuable resource of your food scraps from the landfill and get them to your favorite local farms for soil health and yummy crops!



Runnymede Farms

1831 W. Evans Creek Road, Rogue River OR 97537
 facebook.com/runnymedefarmoregon • instagram.com/runnymede.farm



Runnymede Farm is a diverse, biointensive farm located in the beautiful Evans Valley of Southern Oregon, just outside the town of Rogue River. The farm uses intuitive, intensive, chemical-free, uncertified organic practices — borrowing from biodynamic, French intensive and standard organic practices — to produce a wide variety of crops on their 10 acres, including vegetables, fruit, berries, cut flowers, nursery plants, eggs, cow and goat milk. We also produce a variety of value-added products, such as dried fruit, jams, garlic braids and ferments.



Rusted Gate Farm

5461 Upton Road, Central Point Oregon 97502
 rustedgatefarm.org • 541-423-2391



Rusted Gate Farm is pleased to join our valley’s local producers in offering high-quality grass-fed beef to Southern Oregon. Located in Central Point, we sell ranch-born and -raised beef animals by the half or whole carcass. The herd grazes on our 650 acres of meadow grass adjacent to Upper Klamath Lake, our in-town open pastures with local, native grasses and, in winter, our own grass hay. Customers can choose grass finished or grain finished. Our diversified operation also includes a U-pick flower garden, as well as our farmstand that carries our locally grown produce and USDA beef.



Salant Family Ranch

5288 Little Applegate Road, Jacksonville OR 97530
 541-899-8295 • facebook.com/SalantFamilyRanch



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.



Siskiyou Seeds

3220 East Fork Road, Williams OR 97544
siskiyouseeds.com • 541-415-0877



Siskiyou Seeds is a bioregional seed hub that stewards organic, open-pollinated, heirloom seeds adapted to produce in the Pacific Northwest. We grow half of the seeds on our home farm in southwest Oregon, sourcing the remainder from our network of small organic farms in the Pacific Northwest. We strive to bring you high-quality, vigorous, unique varieties of vegetables, flowers, herbs and grains that are well adapted to organic gardens, homesteads and small farms. Thank you for your interest in supporting this seed work that we hold sacred and necessary for these times and the collective benefit of humanity.

Suncatcher Food Forest

Azalea, Oregon

suncatcherfoodforest@gmail.com • instagram.com/SuncatcherFoodForest
https://SuncatcherFoodForest.wixsite.com/SuncatcherFoodForest



We are biodynamic farmers and stewards of the land. In an industry that rewards monoculture, we are dedicated to organic biodiversity, no-till farming, regenerative agriculture and hosting cob building workshops. We have everything from organically grown vegetables and fruits, eggs, refined sugar-free jams, dried fruit and stoneground, sprouted nut butters. We make raw cakes, superfood chocolate, energy bars and anything else your heart can dream up. Find our products at the Saturday Grants Pass Growers Market, Monday Williams Farmers Market, Wednesday Applegate Evening Market, Supernatural Chocolate Co. in Grants Pass, Takubeh in Williams and through rogueproduce.com. We also ship — send us an email!



TerraSol Organics

18828 Williams Highway, Williams OR 97544
terrasolorganics.com • 541-787-0916



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

UPROOT Meats

3152 Siskiyou Blvd., Ashland OR 97520

uprootmeats.com • 408-504-9869 • uprootmeats@gmail.com



Uproot Meats is a female-owned and -operated family farm producing fresh, acorn-finished heritage pork and pasture-raised chicken. Our solar-powered, sustainable enterprise is located 3 miles south of downtown Ashland. Our pigs and chickens are slow-grown on 10 acres of seasonally rotated oak meadow hillside and on a diet consisting of no corn or soy that's GMO-free. Our nutrient-dense, free-range meats are available for retail purchase year-round. Memberships start at \$45 per month.



Whistling Duck Farm

12800 Williams Highway, Grants Pass OR 97527
whistlingduckfarm.com • 541-761-6772



Our family farm has grown certified organic foods in Southern Oregon since 1991. We are located in the abundant Applegate Valley and have a year-round, on-farm natural foods store. In addition to our fresh produce, we also grow gourmet seed garlic and shallots. Our kitchen creates prepared foods, artisan seasonings and a diverse line of fermented vegetables, sauces, dressings and beverages. We also create high-CBD hemp products from our own farm-grown hemp. Shop our on-farm store and purchase gift cards through our website.

Willow-Witt Ranch

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



In a valley behind Ashland's Grizzly Peak, Willow-Witt Ranch encompasses 445 acres of wetlands, forests, trails and a diversified farm in the Cascade-Siskiyou National Monument. The Meadow House hosts farm stays and retreats. Stay at the campground, equipped with a full cookhouse and bathhouse, book a luxury wall tent or host your wedding here! A dedicated natural burial ground overlooks the serene meadow at Willow-Witt Ranch. (See The Crest in the Education & Advocacy section.)

Wild River Brewing & Pizza Co.

- Family-friendly microbrewery
- Locally sourced ingredients
- From-scratch recipes
- Wide variety of dishes



Three locations:

2684 N. Pacific Highway, Medford • 541-773-7487

595 N.E. E St., Grants Pass • 541-471-7487

249 N. Redwood Highway, Cave Junction • 541-592-3556

www.wildriverbrewing.com

2023 BIODYNAMIC CONFERENCE November 8 - 12 Westminster, CO

Join us this fall at the beautiful Westin hotel near Boulder, Colorado, for the launch of the US celebration of 100 years of Biodynamic agriculture, with inspiring speakers, workshops, hands-on opportunities, tastings, exhibits, community-building opportunities, and so much more!



biodynamicdemeteralliance.org/2023

Biodynamic Demeter Alliance PO Box 557 East Troy, WI 53120
info@biodynamics.com | (262) 649-9212 x1



\$10 Gift Card

With a \$40 purchase

We accept SNAP, Oregon Trail cards, WIC and Senior Farm
Direct Nutrition program checks too!
485 Daily Lane, Grants Pass OR 97527
dailyblessingsfarm.org | 530-304-3754

Purchase must take place during a single visit. One time per customer please. Coupon must be from original publication only. No photocopies accepted. Offer expires 11/1/23.



JOSEPHINE COUNTY FARM COLLECTIVE

Refer a friend and Get \$25

Earn a \$25 credit for every friend you refer to our seasonal farm share subscription, and they'll get a \$25 credit once they complete their order too. It's a win-win!
harvie.farm/farm/jc-farm-collective/signup

Offer expires 12/31/23



\$2 Off

Any Classic Breakfast Sandwich

Various farmers markets or event locations

Offer expires 12/31/23



APPLEGATE RIVER
— LAVENDER FARM —

\$5 Off

of a \$25 purchase
with coupon

375 Hamilton Road, Jacksonville OR 97530
applegateriverlavender.com • 541-702-2250

Offer expires 12/31/23



Locals Discount:

15% Off

oshalafarm.com

Use code RVLOCAL at checkout. One time use only. Cannot be combined with any other discount

Offer expires 12/31/23



\$2 Off

Grilled cheese sandwich

6531 Lower River Road, Grants Pass OR 97526

roguecreamery.com • 541-471-7292

Limit 1 redemption per customer. Only valid at the Rogue Creamery Dairy & Farm Stand.

Offer expires 12/31/23



\$20 Off

Your purchase of 1 full bucket of
seasonal specialty cut flowers
@ \$120 each!

2184 Ross Lane, Medford OR 97540
lameraflowerfarm.com • 541-857-8223

Redeemable May 1 through Oct. 1, 2023



\$2 Off

Any cafe order in store

143 S. Redwood Highway
Cave Junction OR 97523

Expires 12/31/23

Nutrition necessities

Rigors of the coronavirus pandemic may be easing across the country and globe. But food insecurity has only intensified for Southern Oregon's hungriest households.

Visits to food pantries in Jackson County increased by approximately 60% in 2022, according to the nonprofit ACCESS. Although its spike wasn't as high, Josephine County Food Bank served thousands of additional clients last year, equating to about one in five county residents each month. The rise coincides with higher food prices for all Americans, driven by shortages of workers and supplies, higher labor costs and transportation woes.

To bridge the widening gap, ACCESS expanded services, including the number of pantries at fixed and mobile locations. Nearly 30 pantries now serve the community, up from 18 at the height of the pandemic. Among those are six pantries aimed at serving the region's older residents, a new focus in 2022 to address nutritional needs specific to seniors.

A wide range of ages, demographics and income levels are eligible for nutrition assistance. The following resources are key components in our local, regional and statewide food system for anyone struggling to obtain enough food.

PHOTOS COURTESY OF WILLOW-WITT RANCH (TOP; SEE PAGE 27) AND HANNAH BEE PHOTOGRAPHY COLLECTIVE (RIGHT)

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 Jackson and Josephine counties (see page 33).

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 during designated 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 541-779-6691 or see accesshelps.org/food-pantry-network to find your neighborhood pantry.

For help in Josephine County: call 541-479-5556 or see jocofoodbank.org/pantry-list 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. See 211info.org for more information.

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 66-67.





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

Recognized as a Best
For The World™ B Corp.



Grants Pass

1701 NE 7th Street
Grants Pass, OR 97526
Tel (541) 471-4106

Medford

100 East Main Street, Suite B
Medford, OR 97501
Tel (541) 734-5520

In the kitchen

Like artists in their studios, food artisans rely upon specialized spaces to work. Licensed commercial kitchens provide facilities where chefs, bakers, caterers and culinary professionals create new products and incubate new businesses. Contributing to our local food economy and regional flavor, these shared, fully equipped kitchens are available to rent on flexible, affordable terms. If you rent space in a commercial kitchen or own space not listed here, please email info@rvfoodsystem.org to be featured on the Rogue Valley Food System Network website and in the 2024 Rogue Flavor Guide.



Applegate Valley

Emily's Kitchen
14553 Highway 238,
Jacksonville OR 97530
Chef Emily Moore
emily@emilyskitchen.com
206-226-8385

Central Point

CraterWorks MakerSpace
419 N. Front St.,
Central Point OR 97502
marketing@craterworks.org
541-423-8250

Grants Pass

Josephine County
Fairgrounds Kitchen
1451 Fairgrounds Road,
Grants Pass OR 97527
josephinecountyfairgrounds.com/p/facility-rentals
fairgrounds@co.josephine.or.us
541-476-3215

Illinois Valley

Boys & Girls Clubs of the Rogue Valley
— Kerby Belt Building
24353 Redwood Highway,
Kerby OR 97531
Jenna Larkin, unit director
jennal@begreat4kids.com
541-244-8490

Medford

Fry Family Farm Kitchen
2184 Ross Lane,
Medford OR 97501
Amber Fry
amber@fryfamilyfarm.org
541-622-8154

Talent

Ray's Food Place commercial kitchen
215 E. Wagner St.,
Talent OR 97540
541-535-2613

Think like a chef

Home cooks can prevent waste and get maximum value out of their food dollars with these strategies:

- Before shopping, inventory your refrigerator and cupboards to avoid buying food you already have, note which foods need to be used and plan upcoming meals around them.
- Move foods likely to spoil soon to the front of the refrigerator or an "eat me first" area each week. Label an "eat me first" container to remind your family to use leftovers or other short-lived food.
- Keep a running menu of dishes and their ingredients that your household already enjoys to make shopping for and preparing meals easier. Decide how many meals you'll eat at home each week — versus from restaurants — before making a shopping list.
- Specify quantities on your shopping list, noting how many meals can be made with each item to avoid overbuying. For example: salad greens — enough for two lunches.
- Choose whole foods and raw ingredients, which typically are many times less expensive than processed foods. Buying from grocers' bulk sections eliminates excess packaging, an environmentally sound practice that often saves you money. Consider shopping with a friend and divvying up value packs of perishables, such as meat and dairy.
- Shop with the seasons and preserve any excess. Vegetables and fruits likely are less expensive purchased in season, when they're also packed with more flavor and nutrition. Home canning is an investment of time that can save money and furnish locally grown foods all year. Freezing meats, produce, bread and prepared foods also extends their season and encourages purchasing at the most affordable prices.
- Save vegetable tops and trimmings — even bones and fish heads — to simmer for stock. Just add water for a free flavoring for soups, stews and a variety of dishes. Save scraps in gallon-size resealable bags in the freezer until there's enough to make a batch.

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

Grow your own

Community Gardens

Community gardens are shared plots of land where people gather to cultivate produce and flowers. Anyone without space to garden can grow food in community gardens, which beautify neighborhoods, reduce hunger, promote education and encourage collaboration.

Several community gardens locally are open for participation and listed on the Rogue Valley Community Gardening Network

website, which offers grants to groups establishing new gardens. See jacksoncountymga.org/community-garden-grants/

Food Share Gardens grow food for the hungry in several locations across Jackson and Josephine counties. Other community gardens may charge annual fees for space rental and water usage.

Contact these organizations for more information.

Ashland

Ashland Parks & Recreation
community gardens
Call North Mountain Park Nature Center,
541-488-6606, for availability
1. Garden Way Park, 1620 Clark St.
2. Clay Street Park, 491 Clay St.
3. Ashland Creek Park, 27 E. Hersey St.
4. Scenic Park, 603 Scenic Drive

The Farm at Southern Oregon University
Walker Street across from Ashland Middle School
thefarm@sou.edu • 541-552-6396

Southern Oregon University Ecology and
Sustainability Resource Center Garden
South Mountain Ave. above Henry Street
541-552-8512
communitygarden@sou.edu
sou.edu/sustainability-center/community-garden

Central Point

Don Jones Memorial Park
223 W. Vilas Road
[centralpointoregon.gov/parksrec/page/
community-gardens](http://centralpointoregon.gov/parksrec/page/community-gardens) • 541-423-1012

Food Share: First Presbyterian Church
of Central Point
456 W. Pine St.
541-664-1828

Eagle Point

Creekside Park Community Garden
711 N. Royal Ave.
Call City Hall, 541-826-4212, for availability

Grants Pass

Food Share Garden:
Josephine County Food Bank
541-479-5556 • info@jocofoodbank.org

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

Medford

First Christian Church
“Come Unity” Garden
1900 Crater Lake Ave.
mfccor@gmail.com • 541-772-8030
(Monday-Thursday)

St. Mark's and Family Nurturing Center
community garden
Fifth and Ivy streets
info@familynurturingcenter.org
541-779-5242

Union Park Community Garden
501 Plum St.
Contact Jamar Johnson,
jjjohnson@protonmail.com

Phoenix

Blue Heron Park community
garden
4361 Bear Creek Drive
Sandra Wine
sandrajwine@gmail.com
541-631-1865

Rogue River

Food Share Garden: New
Beginnings Christian Center
270 W. Evans Creek Road
541-582-0563

Talent

Talent Community Gardens
Call Sharon Anderson,
541-535-9055,
for availability
info@talentgardenclub.com

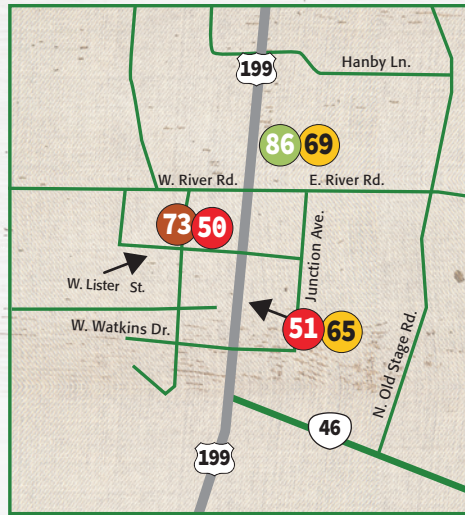
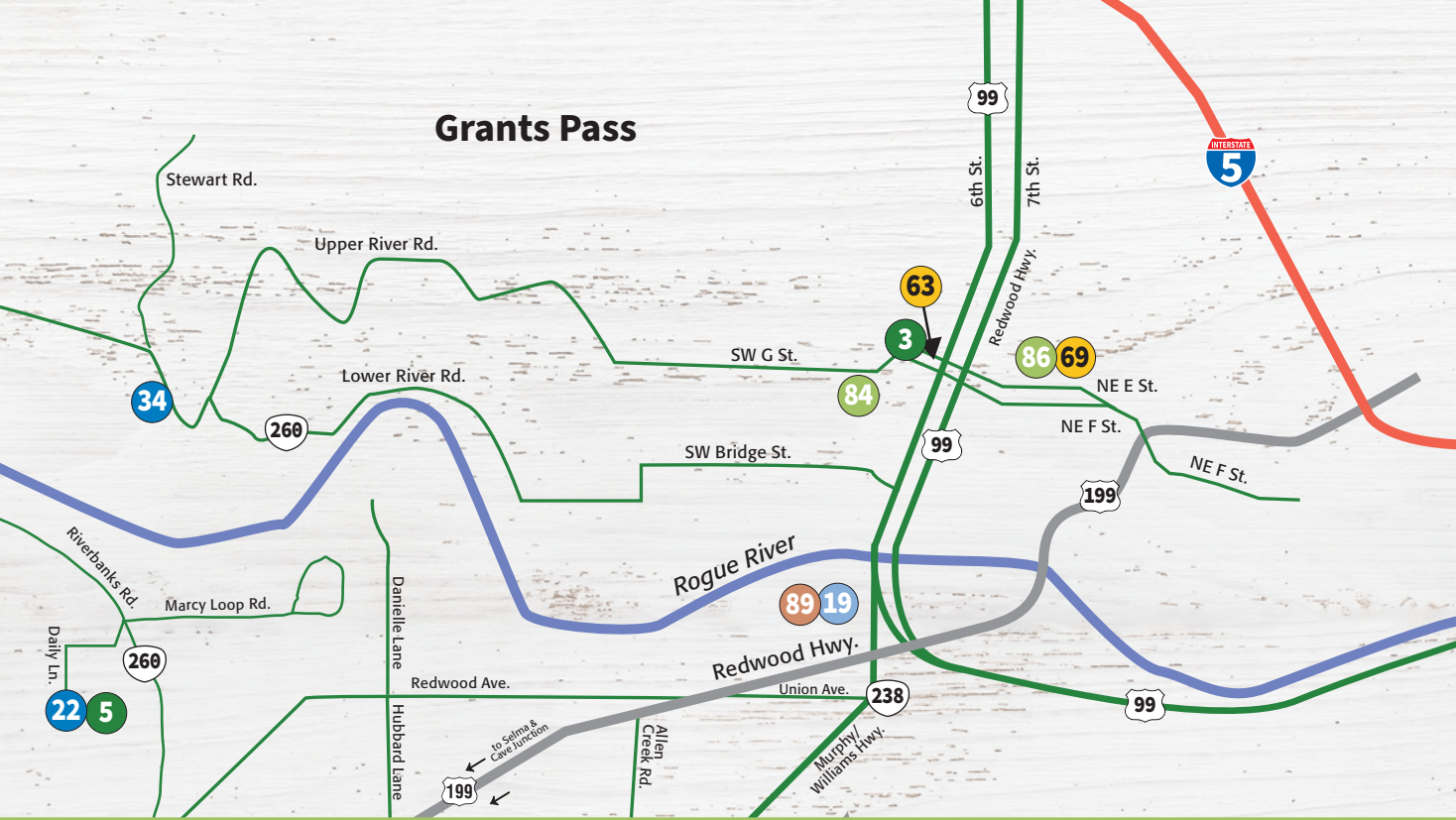
Talent's Great Green Garden
Talent Elementary School,
307 W. Wagner St.
541-840-0469



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

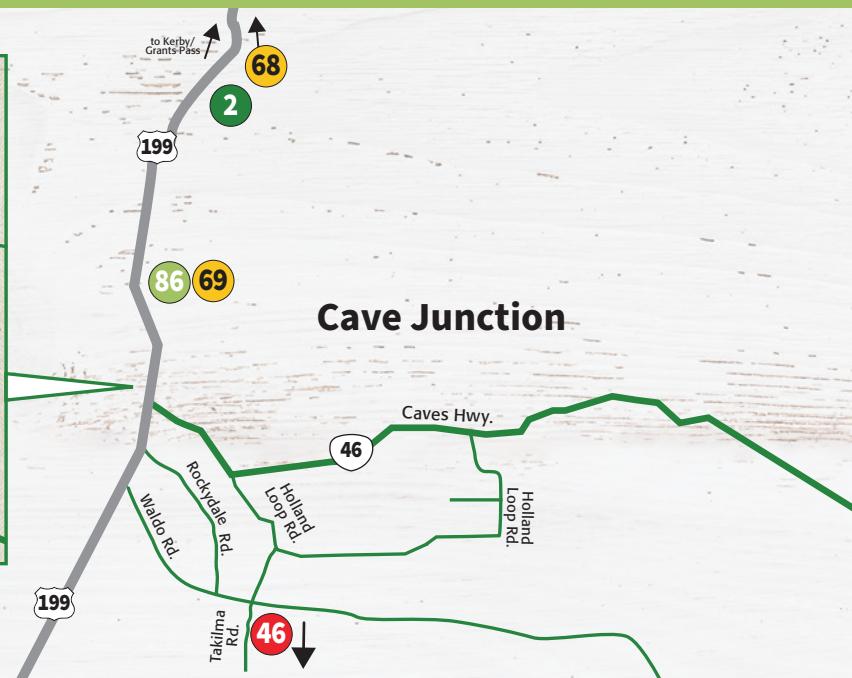
PHOTOS COURTESY OF JOSEPHINE
COUNTY FOOD BANK (SEE PAGE 58)

Grants Pass



NOTE: Maps are not to scale.

Cave Junction



FARMERS MARKETS

- 2 Cave Junction Farmers Market[^] Pg. 9
- 3 Grants Pass Growers Market[†] Pg. 9
- 5 Josephine County Farm Collective[†] Pg. 9

EVENTS

- 19 OSU Extension Service[†] Pg. 14

FARMS & RANCHES

- 22 Daily Blessings Farm[†] Pg. 21
- 34 Rogue Creamery Dairy & Farmstand[†] Pg. 26

GROCERY & SPECIALTY STORES

- 46 Frog Farm[^] Pg. 41
- 50 Peach Rock Market[^] Pg. 42
- 51 Pine Portal Cafe and Market[^] Pg. 42

RESTAURANTS & CATERERS

- 63 Ma Mosa's[†] Pg. 52
- 65 Pine Portal Cafe and Market[^] Pg. 53

- 68 Sugar Pine Dine[^] Pg. 53
- 69 Wild River Brewing^{†^} Pg. 53

ARTISAN FOODS

- 73 Salinity Finishing Salt[^] Pg. 56

BREWS, WINE & SPIRITS

- 84 Steam Distillery[†] Pg. 62
- 86 Wild River Brewing^{†^} Pg. 62

EDUCATION & ADVOCACY

- 89 OSU Extension Small Farms[†] Pg. 70



Ashland

FARMERS MARKETS

- 7 RVGCM Ashland - Tues* Pg. 10
- 8 RVGCM Ashland - Sat* Pg. 10

EVENTS

- 13 Brine, Brew & Barrel Fermentation Fest.*..Pg. 13
- 18 Oregon Chocolate Festival* Pg. 14

FARMS & RANCHES

- 25 The Farm at SOU* Pg. 22
- 39 UPROOT Meats* Pg. 27
- 41 Willow-Witt Ranch* Pg. 27

GROCERY & SPECIALTY STORES

- 42 Ashland Food Co-op* Pg. 41
- 43 Ashland's Own Shop'n Kart* Pg. 41

RESTAURANTS & CATERERS

- 55 Ashland Food Co-op* Pg. 51
- 61 Larks Home Kitchen Cuisine Ashland* Pg. 52
- 62 LUNA Cafe and Mercantile* Pg. 52
- 64 Noble Coffee Roasting* Pg. 53

ARTISAN FOODS

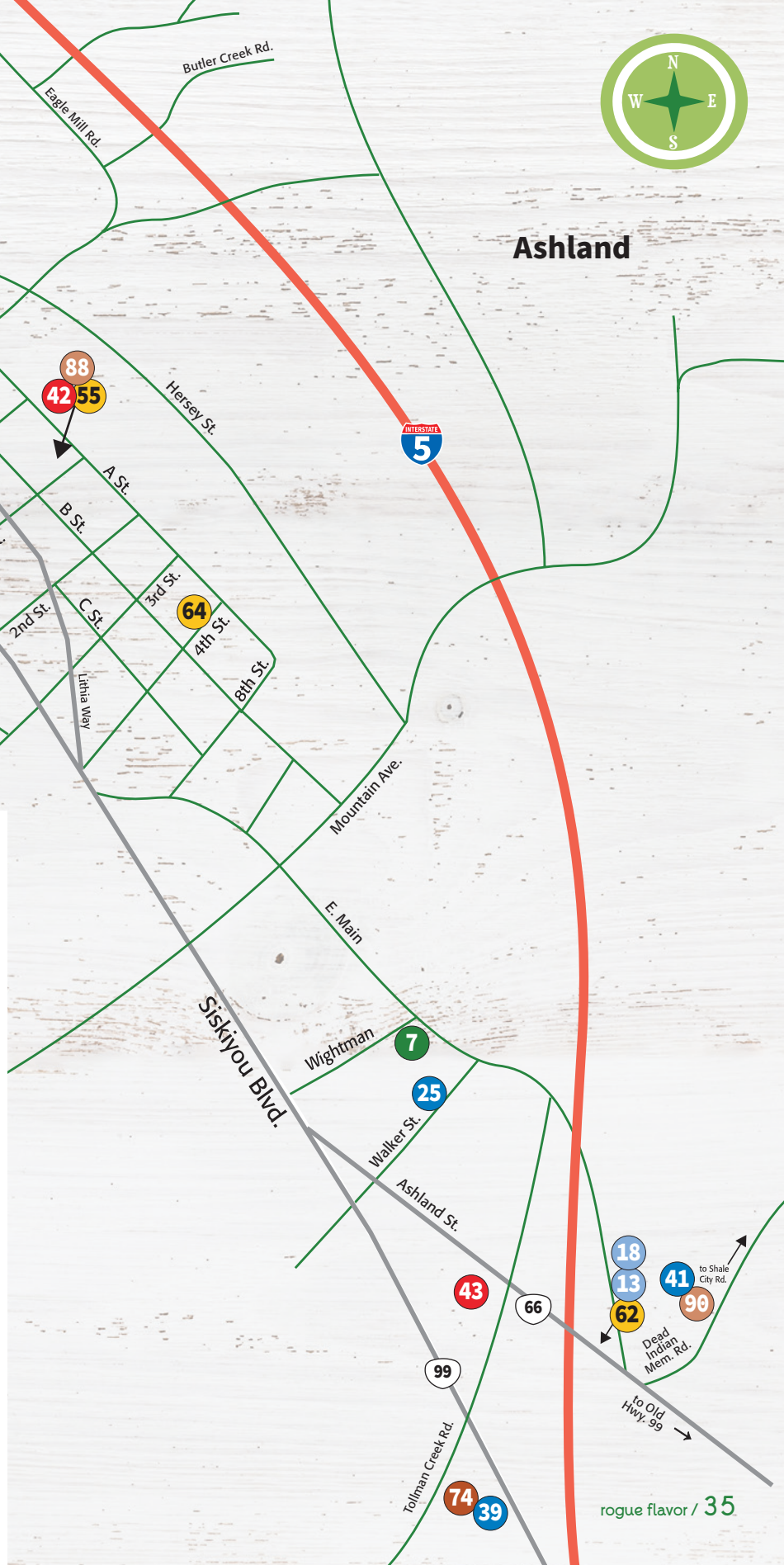
- 74 UPROOT Meats* Pg. 56

BREWS, WINE & SPIRITS

- 87 Wine Garden Tasting Room
at Lithia Springs Resort* Pg. 62

EDUCATION & ADVOCACY

- 88 Ash. Food Co-op Community Classroom*... Pg. 69
- 90 The Crest at Willow-Witt* Pg. 69





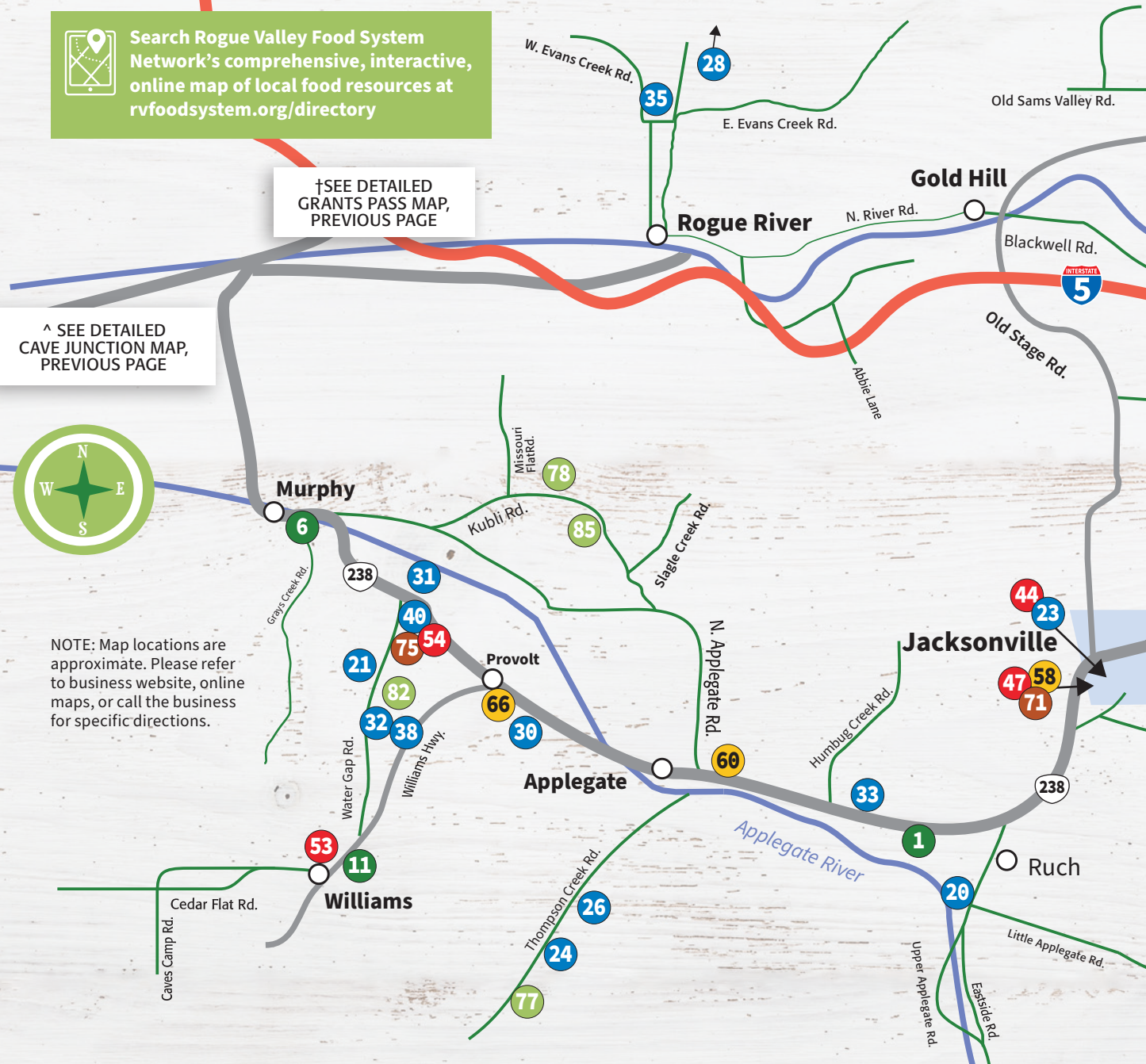
Search Rogue Valley Food System Network's comprehensive, interactive, online map of local food resources at rvfoodsystem.org/directory

↑ SEE DETAILED GRANTS PASS MAP, PREVIOUS PAGE

^ SEE DETAILED CAVE JUNCTION MAP, PREVIOUS PAGE



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



FARMERS MARKETS

- 1 Applegate Evening Market Pg. 9
- 2 Cave Junction Farmers Market[^] Pg. 9
- 3 Grants Pass Growers Market[†] Pg. 9
- 4 Jacksonville Sunday Market Pg. 9
- 5 Josephine County Farm Collective[†] Pg. 9
- 6 Murphy's Outdoor Market Pg. 10
- 7 RVGCM Ashland - Tues* Pg. 10
- 8 RVGCM Ashland - Sat* Pg. 10
- 9 RVGCM Medford - Thurs Pg. 10
- 10 Talent Artisans & Growers Pg. 10
- 11 Williams Farmers Market Pg. 10

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- 12 Brews, Bluegrass & BBQ Pg. 13
- 13 Brine, Brew & Barrel Fermentation Fest.* Pg. 13
- 14 Community Food Solutions Summit Pg. 13
- 15 DANCIN Vineyards Live Music Series Pg. 13
- 16 DANCIN Vineyards Mem. Day Salmon Bake Pg. 13
- 17 Heart of the Rogue Festival Pg. 13
- 18 Oregon Chocolate Festival* Pg. 14
- 19 OSU Extension Service[†] Pg. 14

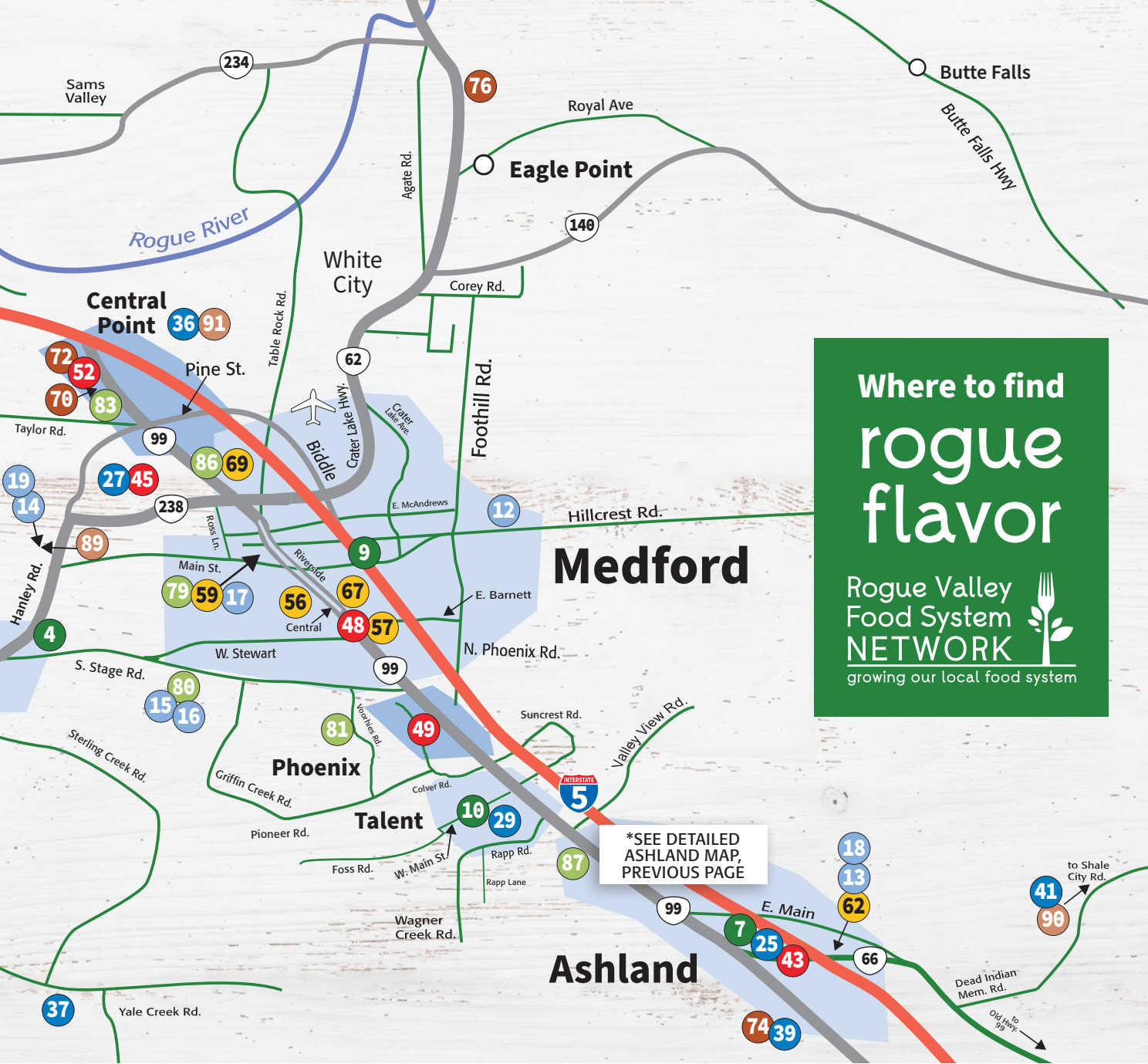
FARMS & RANCHES

- 20 Applegate River Lavender Farm Pg. 21
- 21 D&B Land and Livestock Pg. 21
- 22 Daily Blessings Farm[†] Pg. 21
- 23 Dormouse Farm LLC Pg. 21
- 24 The English Lavender Farm Pg. 22
- 25 The Farm at SOU* Pg. 22
- 26 Feral Farms Pg. 22
- 27 Fry Family Farm Pg. 22
- 28 Lavender Ally Farm Pg. 22
- 29 Le Mera Gardens Pg. 25

- 30 Oshala Farm Pg. 25
- 31 Peach Rock Farm Pg. 25
- 32 Plaisance Ranch Pg. 25
- 33 Rogue Artisan Foods Pg. 26
- 34 Rogue Creamery Dairy & Farmstand[†] Pg. 26
- 35 Runnymede Farms Pg. 26
- 36 Rusted Gate Farm Pg. 26
- 37 Salant Family Ranch Pg. 26
- 38 TerraSol Organics Pg. 27
- 39 UPROOT Meats* Pg. 27
- 40 Whistling Duck Farm Pg. 27
- 41 Willow-Witt Ranch* Pg. 27

GROCERY & SPECIALTY STORES

- 42 Ashland Food Co-op* Pg. 41
- 43 Ashland's Own Shop'n Kart* Pg. 41
- 44 Dormouse Farm LLC Pg. 41
- 45 The Farm Store at Fry Family Farm Pg. 41
- 46 Frog Farm[^] Pg. 41
- 47 Jefferson Farm Kitchen Pg. 42
- 48 Medford Food Co-op Pg. 42
- 49 The Oregon Cheese Cave Pg. 42



50 Peach Rock Market [^]	Pg. 42
51 Pine Portal Cafe and Market [^]	Pg. 42
52 Rogue Creamery Cheese Shop.....	Pg. 42
53 Takubeh Natural Market/Ag. Supply.....	Pg. 45
54 Whistling Duck Farm Store.....	Pg. 45

● RESTAURANTS & CATERERS

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56 Buttercloud Bakery & Cafe.....	Pg. 51
57 The Cafe at Medford Food Co-op.....	Pg. 51
58 Chef Kristen Catering.....	Pg. 51
59 Common Block Brewing Company.....	Pg. 51
60 Emily's Kitchen.....	Pg. 52
61 Larks Home Kitchen Cuisine Ashland*.....	Pg. 52
62 LUNA Cafe and Mercantile*.....	Pg. 52
63 Ma Mosa's [!]	Pg. 52
64 Noble Coffee Roasting*.....	Pg. 53
65 Pine Portal Cafe and Market [^]	Pg. 53
66 Provolt Country Store and Deli Inc.....	Pg. 53
67 Siano's Karibbean Cookhouse Food Truck.....	Pg. 53
68 Sugar Pine Dine [^]	Pg. 53
69 Wild River Brewing [!]	Pg. 53

● ARTISAN FOODS

70 Coquette Bakery.....	Pg. 55
71 Jefferson Farm Kitchen.....	Pg. 55
72 Rogue Creamery Cheese Shop.....	Pg. 56
73 Salinity Finishing Salt [^]	Pg. 56
74 UPROOT Meats*.....	Pg. 56
75 Whistling Duck Farm.....	Pg. 56
76 Wild Bee Honey Farm.....	Pg. 56

● BREWS, WINE & SPIRITS

77 Apple Outlaw.....	Pg. 61
78 Blossom Barn Cidery.....	Pg. 61
79 Common Block Brewing Company.....	Pg. 61
80 DANCIN Vineyards.....	Pg. 61
81 EdenVale Winery.....	Pg. 61
82 Plaisance Ranch.....	Pg. 62
83 The Rogue Grape.....	Pg. 62
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85 Troon Vineyard and Farm.....	Pg. 62
86 Wild River Brewing [!]	Pg. 62
87 Wine Garden Tasting Room at Lithia Springs Resort*.....	Pg. 62

● EDUCATION & ADVOCACY

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Know your food | what's in a label?

PHOTO COURTESY OF HANNAH BEE PHOTOGRAPHY COLLECTIVE

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

Independently verified labels



Biodynamic: A registered trademark of and certified by Demeter Association, Biodynamic farms adhere to a comprehensive organic farming method that requires the creation and management of a closed system minimally dependent on imported materials, instead meeting their needs from the farms' own living dynamics. The program prohibits synthetic chemical fertilizers, pesticides, herbicides and fungicides but goes much further to promote reliance on natural cycles. demeter-usa.org



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 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. organicconsumers.org



Certified Humane: This program assures consumers that producers meet the organization's animal care standards and North American Meat Institute standards and apply them to farm animals, from birth through slaughter. These criteria include feeding animals diets of quality feed, without antibiotics or growth hormones; allowing animals to be free to do what comes naturally; and never keeping animals in cages, crates, or tie stalls. Additionally, Certified Humane defines space requirements and outdoor durations for its free-range and pastured-raised poultry. certifiedhumane.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. fairtrade.net and fairtradecertified.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 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 products are not genetically modified. nongmoproject.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. livecertified.org




Salmon-Safe: Salmon-Safe certification means the land where the product was produced has met 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. salmonsafe.org

Feel-good buying (but not independently certified)

The following labels depend on farmer and processor information to support claims 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. pollinator.org 



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. cnfgrowing.org 

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

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 producers if animals were fed grain or confined to feed lots. eatwild.com 

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 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 "access to the outdoors" an adequate qualifier for free range. For beef, the use of the label is completely unregulated and unstandardized.


Business sustainability




B Corporation: These companies balance profit with purpose toward collective action to address society's critical challenges. The nonprofit B Lab creates standards, policies, tools

and programs that shift the behavior, culture and structural underpinnings of capitalism. Certified businesses meet high standards of social and environmental performance, accountability and transparency. bcorporation.net 



Green Business: Certified by the nonprofit Green America, these businesses are environmentally responsible in the way they source and manufacture products and run their operations and facilities; socially equitable and committed to extraordinary practices that benefit the wellbeing of workers, customers, suppliers and the greater community; and accountable for their work by continually improving and tracking their progress and operating with radical transparency in every facet of their business. greenamerica.org 



Oregon Benefit Companies: Registered with the state, these companies 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. Numerous certifying organizations meet the legal requirements, and several are listed on the Oregon Secretary of State's website. sos.oregon.gov/business/pages/benefit-company.aspx 



Renewable energy programs: Businesses, farms and homes in the Rogue Valley can purchase clean, renewable energy through Pacific Power's Blue Sky program and City of Ashland's Solar Pioneer programs. Participants can offset some or all of their electricity consumption while guaranteeing 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.

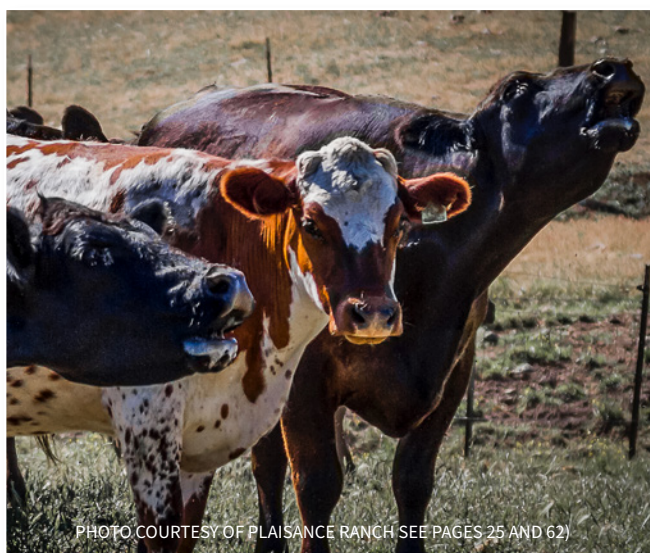


PHOTO COURTESY OF PLAISANCE RANCH SEE PAGES 25 AND 62

Grocery & Specialty Stores

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

"Bringing the farm to town, Dormouse Farm store offers the freshest, organically raised ingredients and specialty foods year-round for a true locavore shopping experience. Over 300 varieties of seasonal vegetables, culinary and medicinal herbs and cut flowers arrive daily, traveling just two miles! Enjoy raw goat milk, eggs and whole, on-farm-processed chicken and duck, as well as baked goods and preserves from the farm kitchen — the best of what the Rogue Valley has to offer."

— Cindy Kreppy (foreground), farmer and co-owner of Dormouse Farm





Ashland Food Co-op

237 N. First St., Ashland OR 97520
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 are honored to carry their products, along with a resourceful bulk, Co-op Basics that provides savings on everyday staples, a wellness section with our own affordable Co-op brand supplements, artisan meats and cheeses and delicious wines and beers, from this 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
ashlandshopnkaart.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 more than 30 years here in the Rogue Valley.



Dormouse Farm LLC

190 E. California St. Jacksonville, OR 97530
dormousefarm.com • 206-639-0297



Conveniently located in historical Jacksonville, our store brings the farm to you. Cindy, David and daughter Morgan farm in the hills just east of Jacksonville. In addition to our organically grown vegetables, herbs, cut flowers, plant starts and eggs, we offer breads and other baked goods, shrubs, teas, preserves, hot pepper sauces, dried herbs and peppers and other producers' goods. Farm share members can pick up whole chicken, duck and raw goat milk. Looking for a selection of edibles for a picnic, event or road trip? Try one of our Britt Baskets! Morgan's paintings, cards and comics depict farm life.



The Farm Store at Fry Family Farm

2184 Ross Lane, Medford OR 97501
fryfamilyfarm.org • 541-622-8154



Fry Family Farm operates 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.



Frog Farm

9044 Takilma Road, Cave Junction OR 97523
https://siskiyou-herbs.square.site • facebook.com/FrogFarm
sisqdeb@gmail.com • 541-415-9386

Frog Farm is a solar-irrigated permaculture-style farm located nine miles southeast of Cave Junction, in the Illinois Valley. We tend orchards (food forests) with fruit and nut trees, medicinal herbs, berries and vegetables, interwoven to promote biodiversity. Visit our farm store for goat dairy, eggs, jams and preserves; seasonal produce, baked goods, tea blends, salves, tinctures and other herbals; seeds, related books/games and other products. Custom herbal formulas available. The store is open daily 9:30 a.m. to 5:30 p.m. We participate in the Farm Direct Nutrition Program (\$4 coupons for fresh produce/herbs).



Did you know?

Sweet corn is Oregon's most cultivated vegetable by acreage — nearly 26,000 acres, according to the state department of agriculture's most recent statistics. But onions, which rank second to sweet corn in acreage, are the most lucrative vegetable with a market value of nearly \$119 million, compared with sweet corn's \$41 million. Source: nass.usda.gov





Jefferson Farm Kitchen

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



Meals to go and specialty foods have never been so delicious. We offer house-made entrees, side dishes, healing broths, ferments, cookie and pie doughs, kombucha and more! If you are a busy or new parent, healing and in recovery or need healthy, convenient meals, this is your solution. We feature organic, grass-fed meats, local, seasonal produce and gluten-free and vegan options. Our chicken potpies are the valley's best! Pick up in Jacksonville or preorder online to fill your fridge and freezer with healthy, locally sourced, organic foods — made with love. Check our website for store hours, catering services and more!



Medford Food Co-op

945 S. Riverside Ave., Medford OR 97501
medfordfood.coop • 541-779-2667



Medford Food Co-op is a local, community-owned grocery store and café. We help sustain a thriving local food economy by supporting over 100 local farms and food producers. Find organic produce from local farms during the growing season, as well as a variety of local and regional products throughout the store year-round. Discover multiple ways to shop and save: everyday budget-friendly Co+op Basics, weekly Fresh Deals, bimonthly Co+op Deals and savings every Wellness Wednesday. Everyone is welcome to shop or enjoy delicious meals in our café, and our friendly staff will happily assist with all your food-related needs.

The Oregon Cheese Cave

312 N. Main St., Phoenix OR 97535
roguecheesequeen@gmail.com • 541-897-4450



Still in Phoenix, Oregon — down the same sidewalk — Mélodie has opened a bigger retail specialty cheese shop! We have more cheese, more locally made accompaniments, a whole cheese cave, a li'l bottle shop and even a cheese lounge to hang out in. Custom cheese platters still are available by preorder. And pairing events are set to resume at The Oregon Cheese Cave.



Peach Rock Market

200 B Lister St., Cave Junction OR 97523
peachrockmarket.com • 458-592-0000



Peach Rock Market is an extension of Peach Rock Farm. With a focus on farm-fresh and health-conscious food and produce, highlighting gluten- and dairy-free options, we also host handmade items and are proud of our local small business representation. Located just off Highway 199, we are an easy stop on your way to or from the coast and a great go-to for a unique shopping experience. Open Wednesday through Saturday, we are your local goods collective.



Pine Portal Cafe and Market

143 S. Redwood Highway, Cave Junction OR 97523



Pine Portal Cafe and Market is a mindful living haven on the beautiful Redwood Highway. Our decadent cafe offerings feature organic produce and ingredients, grass-fed and pastured meats, naturally fermented sourdough bread baked fresh in town, housemade sauces and krauts, all-fruit smoothies, honey-based house espresso drinks and an artisan ice cream case, if you're looking for a scoop of something sweet! Browse an array of nourishing provisions to fuel the day's adventure. And, of course, we feature unique refreshments and libations. Stop by and stay a while or make a quick pit stop as you move through your day!



Rogue Creamery Cheese Shop

311 N. Front St., Central Point OR 97502
roguecreamery.com • 541-200-2353



Inspired by a sense of place for the past 90 years, Rogue Creamery evokes the beauty and flavors of Southern Oregon's Rogue River Valley in the world's finest organic, handcrafted cheeses, including Rogue River Blue. This distinctive blue cheese was World Champion Cheese at the 2019/20 World Cheese Awards in Bergamo, Italy — a first for an American-made cheese. Visit our historical Central Point cheese shop for local and imported cheeses, picnic and party provisions, wine and beer and our famous solar-powered grilled cheese sandwich. Plus: Visit our Grants Pass dairy farm and farmstand (details in the Farm & Ranch section).



EAT·BUY·LOVE
LOCAL



We source local goods from within 100 miles.



**Medford
Food Coop**

— AND —

The Café



*Delicious organic options
made to order and ready to grab and go.*



945 S Riverside Ave • (541) 779-2667 • medfordfood.coop





CERTIFIED ORGANIC RETAILER
everyone is welcome

Community Owned
GROCERY, KITCHEN & BAKERY

LOCAL PRODUCTS - ARTISAN MEATS AND CHEESES
WINES AND BEERS

AFFORDABLE CO-OP BASICS - BULK - WELLNESS

237 N. FIRST ST. ASHLAND • (541) 482-2237

ASHLANDFOOD.COOP



Takubeh Natural Market & Agricultural Supply

20690 Williams Highway, Williams OR 97544
takubeh.com • 541-846-0420



Situated at the heart of Williams is Takubeh Natural Market & Agricultural Supply, where you'll find almost anything under the sun for your family, home and farm. Family-owned and community-operated since 2008, Takubeh reflects the local vitality and cornucopia of cottage enterprises in the Williams Valley. Team Takubeh is caring and knowledgeable: Looking for an herb or supplement; have a plant question or need some guidance on soil-making or compost tea? Stop in or give us a call. We are happy to help!



Whistling Duck Farm Store

12800 Williams Highway, Grants Pass OR 97527
whistlingduckfarm.com • 541-761-6772



Our family farm has provided certified organic produce to Southern Oregon since 1991. Our kitchen creates prepared foods, artisan seasonings and a diverse line of fermented vegetables, sauces, dressings and beverages. We also create high-CBD hemp products from our own farm-grown hemp. Visit our on-farm natural foods store in the Applegate Valley year-round. Gift cards can be purchased on our website. Find our fermented foods at other natural grocers. Our store also carries local and regional foods and crafts, including cheeses, meats and wild-caught fish, so you can shop local all in one locale!

Why buy local?

Taste the difference in FRESH, LOCAL QUALITY ...

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.

PHOTO OF JEFFERSON FARM KITCHEN (SEE PAGE 42)

Shop'n Kari

**Your locally owned independent grocery
serving the Rogue Valley since 1988**

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

Open 7am - midnight, every day
2268 Ashland St., Ashland • (541) 488-1579
www.ashlandshopnkart.com



THE BEST OF SOUTHERN OREGON



Harry & David FLAGSHIP STORE

Complete your Rogue Valley trip with a visit to the Harry & David flagship store. Come in to find delicious gourmet foods, sweets, and snacks, discover new and unique fine wines, and even create a custom gift basket.

Harry & David Country Village store

Open Daily

1314 Center Drive,
Medford, Oregon 97501

Exit 27 off I-5 • 541-864-2278

HarryandDavid.com



Harry & David is a DBA of Harry and David, LLC.



How green is your takeout? A group of forward-thinking Rogue Valley restaurants make it easy to order food to go with minimal impact on the environment.

Rogue To Go is offered for takeout and delivery at 10 local restaurants, and their ranks are growing. This volunteer-run organization started in January 2020 as an Ashland pilot program under a grant from Oregon Department of Environmental Quality and expanded to Medford in 2021.

Participating restaurants are Ashland Food Co-op (see listings on pages 41, 51 and 69), Burrito Republic, Buttercloud Bakery & Cafe (see listing on page 51) Common Block Brewing Company (see listings on pages 51 and 61), Falafel Republic, Kobe, Pie + Vine, Razi Authentic Burmese Kitchen, Simple Cafe and Skout Taphouse & Provisions.

Rogue To Go's flagship green containers are made from BPA-free plastic that can be melted down and reformed into other recycled materials products. The containers are manufactured in the United States.

Customers get started by paying a one-time \$10 fee. They receive one durable plastic container they can return to any participating restaurant in exchange for a clean one. All containers are commercially sanitized between uses, in compliance with Jackson County public health guidelines. If restaurant customers don't want a clean container when they return a previously used one, they can take a token reimbursable later for a container from a participating restaurant.

Some restaurants' online ordering systems allow customers to buy into Rogue To Go. Customers also can call participating restaurants and request their order in Rogue To Go containers. See roguetogo.com



Free Bottle of Fruit Wine!

When you join Frog Farm Club (membership \$20)

9044 Takilma Road, Cave Junction OR 97523

<https://siskiyou-herbs.square.site> • 541-415-9386

Offer expires 12/31/23



15% Off

3 or more pounds of salmon with a presenting coupon

Varies farmers market locations

callistinfisheries.com • 208-315-1128

Expires: 12/31/23



1/2 Off

Your first purchase of one half gallon of Raw Goat Milk. Use coupon code "firstmilk"

10414 Highway 238, Jacksonville OR 97530

rogueartisanfoods.com • 541-708-1565

First time customers only. Only valid thru the website. Limited quantities available. Offer expires 12/31/23



Buy 1 large plate, get 1

50% Off

with purchase of 2 large drinks

• Jerk Chicken • Pepper Steak
• Shrimp opt. • Vegan opt.

ONLY

Various farmers market locations and events

812 S. Riverside Ave. Medford OR 97501

sianoskaribbeancookhouse@gmail.com

Expires 12/31/23



Add locally grown foods to your next celebration!

Setting the table can set the stage for a local foods extravaganza. Pick your backdrop — potluck or barbecue, birthday party or milestone event, casual wedding or formal gala — and cast local foods in key roles. These and other special occasions will shine even brighter under localism's spotlight. Emphasize your efforts and earn participants' appreciation with these tips:

How do you want to define local — 50 miles, regional or statewide?

Plan the menu by starting with ingredients in season, using the Rogue Flavor Guide and calendar of seasonality to find them. A locally grown salad mix, cheese, wine or beer are easy additions to any meal, and they're usually available any time of year.

For small, casual events, discuss sources of local ingredients during mealtime conversations. If each guest prepared a dish, including from a home garden or backyard fruit tree, express gratitude for sharing their bounty.

When picking a location for a large event, communicate with staff about your desire to serve local foods and confirm their willingness and ability to uphold that ethic. Sometimes it's easier to find a caterer who will source a local menu, but that requires a location where you can bring in your own food. Choose reusable, recyclable or compostable service items whenever possible.

Ask the chef to describe each course and list the farms who provided ingredients. If serving a buffet, place small table tents listing the producers who contributed to each dish.

Toot your horn! Announce the local focus on the invitation, menu or in guests' event packets. And during the event, verbally thank everyone who helped to make it a success by contributing excellent service, hard work and willingness to make your vision a reality.

Lend Me a Plate, a Zero Waste Project

An innovative community lending library, Lend Me a Plate offers durable tableware for personal and professional events from Ashland to Medford.

The volunteer-run service — managed by Southern Oregon Master Recyclers in Action — can provide 100 or more matching place settings, including plates, cups, glasses, flatware, linens and more. Browse the selection online and create an account for borrowing at somra.org/lend-me-a-plate/

After the reservation is made, pick up the order on a designated day and time at Ashland Recycling Center, 220 Water St. When done, return the clean items to the facility by the designated date. This process advances the zero-waste goal of replacing disposables with durables!

Lend Me a Plate comes at no cost to borrowers, although donations are welcome to replace lost or broken items. See somra.org for more information about borrowing, donating and volunteering.

PHOTOS
COURTESY
OF EDENVALE
WINERY (TOP;
SEE PAGE 61)
AND CHEF
KRISTEN
CATERING
(RIGHT)





Farm-to-Table *Catering* CHEF KRISTEN



Weddings • Corporate Events • Family Gatherings



Chef Kristen brings one of a kind *farm-to-table* dining experiences with exceptional service and care.

Highlighting the best of Southern Oregon, we bring the brightest flavors, a professional attitude, and smiles for miles. We make hosting a catered event fun and easy for you and your guests.

Learn more at www.chefkristen.com



Restaurants & Caterers

Enjoy a memorable meal that supports local, family farmers at the same time! A growing number of restaurants and caterers understand the best cuisine begins with buying the best produce and other goods — straight from the farm. Don't forget to tell food service staff you found them in the Rogue Flavor Guide.

"Teaming up with other Rogue Valley producers and businesses means we get to bring in fresh products and help promote one another. So we all play a part in a robust local food system."

— Alex Amarotico, co-owner of
Common Block Brewing Company





Ashland Food Co-op Kitchen & Bakery

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



Ashland Food Co-op's Kitchen & Bakery offers 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 or pack to go. In a hurry? Grab-and-go sandwiches, wraps and more will be waiting for you in the kitchen cooler. Stop by the counter for made-to-order espresso drinks, fresh juices, smoothies and more. Ask about wheat-free and vegan options, as well as catering services.



Buttercloud Bakery & Cafe

315 S. Front St., Medford OR 97501
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, housemade 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 housemade chai. See our full menu of good eats and tasty treats at buttercloudbakery.com



The Cafe at Medford Food Co-op

945 S. Riverside Ave., Medford OR 97501
medfordfood.coop/cafe • 541-646-3686



The Cafe at Medford Food Co-op offers fresh, delicious, wholesome meals from housemade hot soups to custom sandwiches, hearty made-to-order salads, breakfast choices and smoothies made with organic ingredients. We emphasize minimally processed, organically grown whole foods free from additives and preservatives, and we source from local and sustainable sources whenever possible. Enjoy a bite to eat in our dining room or outdoor seating area — or grab your food to go. Nourish your family with real food: Discover healthy, organic options for busy schedules in the Cafe.



Chef Kristen Catering

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



Bringing the Rogue Valley's best to your special event or business gathering, Jefferson Farm Kitchen highlights local farms' freshest, peak-season ingredients. We specialize in off-site catering to create the perfect farm-to-table-style event at your favorite Southern Oregon venue! Choose packages to match your budget and theme, with opportunities to curate the menu with Chef Kristen just the way you like it! Let Chef Kristen and her amazing team take care of you and help make your event fun and unique, featuring the best of Southern Oregon. See our website for details.



Common Block Brewing Company

15 E. Fifth St., Medford OR 97501
commonblockbrewing.com • 541-326-2277



Common Block Brewing Company serves lunch, dinner, drinks, dessert and everything in between. In addition to a rotating selection of 10 beers made on site, Common Block serves Pacific Northwest brews, wine and kombucha on tap! The all-ages restaurant highlights local purveyors through its Local is Love program, creating dishes and beverages highlighting the flavors of our region. Pull up a chair under the large outdoor tent, play a round of cornhole or belly up to the bar and enjoy entertainment and events at Pear Blossom Park across the street. Open 11 a.m. to 9 p.m. every day.

Did you know?

Oregon ranks third nationwide in hops cultivation, producing 12% of the country's total, according to the state department of agriculture's most recent statistics. Oregon's 7,100 acres of hops cultivated in 2020 were valued at \$74 million. Source: nass.usda.gov





Emily's Kitchen

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

Emily's Kitchen is Emily Moore's catering, culinary education and consultation company. French-trained, Emily has won numerous awards and accolades for her stunning cuisine as executive chef at restaurants in Seattle, Portland, La Jolla, California, and Sun Valley, Idaho. Named one of the Pacific Northwest's top 10 chefs by Bon Appetit magazine, she garnered the first four-star review from the Seattle Times and, in 2013, was named one of the "Best Chefs America" by her culinary peers. Now based on her Applegate farm, Emily is eager to create memorable menus that fit your budget and delight you and your guests!



Grip N Grub Food Truck

various farmers market locations
thegripngrubtruck@gmail.com • facebook.com/gripngrub • instagram.com/thegripngrubtruck

Grip N Grub Food Truck serves breakfast sandwiches and breakfast on the go. We source our eggs, meat and produce locally from farmers and ranchers around the Rogue Valley. Those fresh, delicious ingredients come together on our homemade bread, baked fresh daily. Grab a classic bacon, egg and cheese or try one of our seasonal options like the sun-dried tomato pesto, bacon and egg. GNG offers mobile catering, private parties and event bookings, but you can find us regularly at farmers markets around the Rogue Valley.



Hilltop Coffee

various farmers market locations and events
hilltopcoffee.com

Hilltop Coffee is a boutique coffee roaster specializing in the finest seasonal coffee varietals and unique blends from the world's most respected growing regions. Roasted in 5-pound batches, Hilltop Coffee is unmatched in quality. "Nothing tops Hilltop." The Hilltop Coffee Carriage is one of our full-service mobile espresso carts, available for weddings, private parties and all events. From freshly brewed coffee to frappes to steaming mochas to iced cold brew, the Hilltop Coffee Carriage has it all.



Larks Home Kitchen Cuisine

212 E. Main St., Ashland OR 97520
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. Enjoy dining in, outdoor dining, to-go and hotel room service.



LUNA Cafe and Mercantile

2525 Ashland St., Ashland OR 97520
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 from scratch, focusing on farm-fresh and local. A hip throwback to the '70s, Luna specializes in burgers, sandwiches, gourmet pizzas, delightful salads, vegetarian options, artisan coffees, housemade pastries, craft beers, cocktails and the best local wines. Take in the town's best views on the deck overlooking Ashland's beautiful hills, or under the gazebo and umbrellas on the pet-friendly patio. Enjoy a cocktail at the bar or at retro, rattan settees and tables. Order for dining in, carrying out or hotel room service.



Ma Mosa's

118 N.W. E St., Grants Pass OR 97526
mamosas.com • 541-479-0236 • yum@mamosas.com

Ma Mosa's is a from-scratch kitchen, providing our valley's bounty that you can feel good about eating. Located downtown in a historical brick building, our little spot has lots of charm. Enjoy seasonal outdoor seating and the "regulars bar," where you can interact with chefs in our open kitchen. Private event space is available, as well as drop catering. Our menu of classic favorites showcases seasonal, exotic selections as daily specials. Local, natural, organic or non-GMO — if local farmers have it, we go there first. Otherwise, we source food with as much detail and love as we give preparing it.





Noble Coffee Roasting

281 Fourth St., Ashland OR 97520
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 paid fairly. 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, our business doesn't reflect just our opinions — the judges have spoken. Our devotion to coffee is something you'll recognize, too — after your first sip, we're sure you'll keep coming back for more.



Pine Portal Cafe and Market

143 S. Redwood Highway, Cave Junction OR 97523

Pine Portal Cafe and Market is a mindful living haven on the beautiful Redwood Highway. Experience our decadent cafe offerings featuring organic produce and ingredients, grass-fed and pastured meats, naturally fermented sourdough bread baked fresh in town, housemade sauces and krauts, all-fruit smoothies, honey-based house espresso drinks and an artisanal ice cream case, if you're looking for a scoop of something sweet! Browse through nourishing provisions to fuel the day's adventure. And, of course, we feature a unique collection of refreshments and libations. Stop and stay awhile or make a quick pit stop as you move through your day!



Provolt Country Store and Deli Inc.

14299 Highway 238, Grants Pass OR 97527
541-846-6286 • facebook.com/ProvoltCountryStoreAndDeli • instagram.com/provoltcountrystoreanddeli

About 15 miles from Grants Pass, where Highway 238 and Williams Highway diverge, sits Provolt Country Store and Deli. Our 148-year-old building invites you to sit down for a bite or grab something for the road. Breakfast sandwiches are served daily, from 7 a.m. until they are gone. Fine house-made pastries are baked fresh daily. We have grab-and-go sandwiches, panini on our own sourdough focaccia, soups, burgers, pizzas on our hand-tossed dough, cookies, cupcakes and the West's best carrot cake! We carry beer (also on tap), wines (many local), locally handmade gifts and staples expected of a country store.



Siano's Karibbean Cookhouse Food Truck

812 S. Riverside Ave. Medford, OR 97501
sianoskaribbeancookhouse@gmail.com • instagram.com/Sianos_Karibbean_Cookhouse

Siano's Karibbean Cookhouse is a fusion of Latin and Caribbean cuisines made authentically with a unique blend of herbs and spices grown in the Rogue Valley. Our meats and seafood also are sourced locally. With dishes like jerk chicken, Creole shrimp, pepper steak, oxtails, vegetarian, vegan and many more options, our divine purpose is to serve everyone. Every customer is important to us!! Come and see us at 812 S. Riverside Ave. (between Miller Paint and Dutch Bros.), or visit us on Instagram and Facebook. For catering inquiries, please contact us at sianoskaribbeancookhouse@gmail.com



Sugar Pine Dine

23790 Redwood Highway, Kerby OR 97531
instagram.com/sugarpinedine

Located in Kerby, Sugar Pine Dine is a must-stop on your way through the Illinois Valley! Open Friday through Sunday, we offer farm-fresh, delicious picnic fare. Choose bulk salads, meats and cheeses from our deli case, or order one of our signature sandwiches on housemade bread. Let us help you curate the perfect picnic for your adventure! Check out our website for special events and catering options. Grand Opening Memorial Day weekend 2023!



Wild River Brewing

2684 N. Pacific Highway, Medford OR 97501 • 541-773-7487
595 N.E. E St., Grants Pass OR 97526 • 541-471-7487
249 N. Redwood Highway, Cave Junction OR 97523 • 541-592-3556
wildriverbrewing.com

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



Artisan Foods



Southern Oregon boasts an abundance of cheeses, preserves, ferments, spice blends, breads, sweets, ready-to-eat treats and even wild-harvested ocean delicacies. Whether they are made from local ingredients or handcrafted in our communities, these foods and beverages contribute to our region's unique flavor and economy.

"It's mesmerizing that miso has been made, fermented, eaten, then repeated over more than thousands of years. Midori is from Japan, where she grew up eating fermented foods such as miso, soy sauce, amazake and pickles in everyday life. Southern Oregon's first miso company, Mido's Miso is one of her passions — a way to share her heritage and healthy food in this community."

— Midori Uehara





Callistini Fisheries

various farmers market locations
callistinifisheries.com • 208-315-1128
instagram.com/callistinifisheries • callistinifisheries@gmail.com

Callistini Fisheries is a local, woman-owned, small business specializing in superior sushi-grade, hook-and-line, wild-caught seafood from southeast Alaska. We catch the seafood you are eating and are proud to provide the utmost integrity and sustainability with our seafood. Come get our products at local farmers markets, artisan grocery stores and in a few local restaurants — just ask for us by name! We also deliver, so give us a call or shoot us an email!



Coquette Bakery

245A Front St., Central Point OR 97502
gogetcoquette.com • 541-727-0330

Coquette Bakery is a European-style bakery cafe focusing on locally sourced ingredients. Come find us at the Artisan Corridor in Central Point, next to Rogue Creamery. We have indoor and outdoor seating, as well as takeout. See our website for details.



Jefferson Farm Kitchen

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

Meals to go and specialty foods have never been so delicious. We offer house-made entrees, side dishes, healing broths, ferments, cookie and pie doughs, kombucha and more! If you are a busy or new parent, healing and in recovery or need healthy, convenient meals, this is your solution. We feature organic, grass-fed meats, local, seasonal produce and gluten-free and vegan options. Our chicken potpies are the valley's best! Pick up in Jacksonville or preorder online to fill your fridge and freezer with healthy, locally sourced, organic foods — made with love. Check our website for store hours, catering services and more!



Joey's Hot Sauce

joeyshotsauce.com • 917-251-6991 • joeyshotsauce@gmail.com

If you've seen the man or spotted the label of his smiling face with thick, black glasses, you probably know Joey's Hot Sauce. More than hot sauce, Joey's is a love story. This homemade creation sprang from love for his wife, Lisa, who wanted an organic hot sauce without sugar or artificial sweeteners. Locally sourced when possible, made with all-organic ingredients, it's got heat and depth of flavor that balances integrity and deliciousness. Purchase at Market of Choice, Ashland and Medford food co-ops, Shop'n Kart, Cartwright's, Sunshine Natural Foods, Rogue Creamery and Cherry Street Meats. Online shopping and shipping available.



Mido's Miso

midosmiso.com • 541-916-2441 • instagram.com/midosmiso

Mido's Miso is Southern Oregon's first and only miso company. Truly handcrafted, our product uses traditional Japanese techniques. We grow our miso starter culture, koji rice, then mix in beans and salt to ferment for six months to over a year. Mido's signature Chickpea Miso contains Oregon-grown beans, and all Mido's Misos are made with high-quality organic ingredients. Purchase at Market of Choice, Ashland Food Coop, Shop'n Kart, Medford Food Co-op, Cartwright's in Medford, Sunshine Natural Foods, Whistling Duck Farm, Loam + Black, Peach Rock Market and occasionally at farmers markets. Online shopping and shipping is available during the cool season.



Naturespirit Herbs

P.O. Box 150, Williams OR 97544
naturespiritherbs.com • 541-846-7995

Naturespirit Herbs is your local source for edible and medicinal wild seaweeds, herbs and fungi. We offer a complete line of wild-harvested sea vegetables, seaweed powders, seaweed capsules, wildcrafted herbs and herbal extract formulas. We harvest everything in a respectful, ecologically sound way while striving to provide the highest possible quality. Take a look at our website and call us if you have any questions! Local delivery may be available.



Naturespirit Herbs
Harvesting from the Wild since 1990





Paulazzo Pasticceria

7350 Highway 238, Jacksonville OR 97530
paulazzopasticceria.com • 541-646-4294



Paulazzo Pasticceria is an artisan bakery specializing in gluten-free, dairy-free and refined sugar-free cakes, cupcakes and baked delights with paleo, vegan and keto options. We are found at farmers markets across the valley, as well as several stores between Ashland and Grants Pass. Please see our website for more information.



Rise Up! Artisan Bread

3000 Yale Creek Road, Jacksonville OR 97530
riseupartisanbread.com • 541-899-3472



With a dedicated and skilled staff paid above a living wage, we make fabulous bread and pastries for the Rogue Valley. We minimize plastic waste and use renewable resources for our power and production. We've been in business 14 years now, and our products fly off the shelves because of our customers' devotion to healthfully, locally and ethically made food. Thank you Rogue Valley for all your years of support and bread eating!



Rogue Creamery Cheese Shop

311 N. Front St., Central Point OR 97502
roguecreamery.com • 541-200-2353



Inspired by a sense of place for the past 90 years, Rogue Creamery evokes the beauty and flavors of Southern Oregon's Rogue River Valley in the world's finest organic, handcrafted cheeses, including Rogue River Blue. This distinctive blue cheese was World Champion Cheese at the 2019/20 World Cheese Awards in Bergamo, Italy — a first for an American-made cheese. Visit our historical Central Point cheese shop for local and imported cheeses, picnic and party provisions, wine and beer and our famous solar-powered grilled cheese sandwich. Plus: Visit our Grants Pass dairy farm and farmstand (details in the Farm & Ranch section).



Salinity Finishing Salt

200 Lister St., Cave Junction OR 97523
salinitysalts.com • salinitysaltsllc.faire.com



Salinity Finishing Salt is made from the world's finest gray sea salt, "sel gris," and sustainable, organic herbs and spices from local farms and sustainable farms from all over the world. With 17 different infusions, there is bound to be one that you can not live without! Salinity Finishing Salt is available in Josephine and Jackson county fine retail establishments, and in many specialty stores across the nation.



UPROOT Meats

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

Uproot Meats is a female-owned and -operated family farm producing fresh, acorn-finished heritage pork and pasture-raised chicken. Our solar-powered, sustainable enterprise is located 3 miles south of downtown Ashland. Our pigs and chickens are slow-grown on 10 acres of seasonally rotated oak meadow hillside and on a diet consisting of no corn or soy that's GMO-free. Our nutrient-dense, free-range meats are available for retail purchase year-round. Memberships start at \$45 per month.



Whistling Duck Farm

12800 Williams Highway, Grants Pass OR 97527
whistlingduckfarm.com • 541-761-6772



Taste the flavor of a family farm in our own prepared foods, artisan seasonings and a diverse line of fermented vegetables, sauces, dressings and beverages. These and more are available year-round at our Applegate farm store. Purchase gift cards on our website. We create high-CBD hemp products from our own farm-grown hemp, and our fermented foods are stocked at the region's other natural grocers. Local and regional foods and crafts — including cheeses, meats and wild-caught fish — complement our housemade products and farm-grown goods, so you shop local all in one locale!



Wild Bee Honey Farm

14370 Highway 62, Eagle Point OR 97524
wildbeehoneyfarm.com • 541-826-7621 (texts welcomed)



Wild Bee Honey Farm has been owned by the Curtis Family in the same location since 1966! We feature local raw honey from our own hives, unique pure beeswax candles poured right here on the farm and live honeybees and beekeeping supplies (in season). The time-honored self-serve concept is being revisited with a 21st-century spin! Paypal, Venmo, Zelle and cash (exact change) accepted. No checks. Open daily. We also ship honey throughout the country and beeswax candles, year-round, round the world. See our website and peaceblossomcandles.com





OUR MEATS ARE GOOD MEDICINE

Take the guesswork out of mealtime with clean,
nutrient-dense meat delivered to your door.

Unbeatable Value

Our pigs and chickens forage and develop naturally on a Southern Oregon hillside, so they enjoy a slower growth cycle.

Peace of Mind

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

High-Quality Meats

Our animals are free-range and enjoy seasonal local crops in addition to a year-round diet of healthy nutrient dense seeds and carefully selected grains.



NON-GMO



NO HORMONES



NO ANTIBIOTICS



CORN & SOY FREE



FREE-RANGE



HERITAGE



SLOW GROWN

www.uprootmeats.com





Helping in times of need.

Volunteers Needed

*Join our volunteer community
and make a difference today!*

Food Pantry Network

Raptor Creek Farm

Community Gardens

Adult & Youth Education Programs



Volunteer Here

Thank you for your support!

541.479.5556

www.jocofoodbank.org

P.O. Box 250

Grants Pass, OR 97528

Josephine
County
Food Bank



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.



Nutrition Programs

ACCESS Mobile Pantries

The ACCESS Healthy Mobile Pantry provides food options that are more suitable for people with specific dietary needs and the Free Mobile Market provides food access to various locations around Jackson County, with a focus on rural areas.

Food Pantry Network

ACCESS provides food to more than 30 emergency food pantries throughout Jackson County. These pantries provide a variety of fresh and shelf-stable groceries for low-income families and individuals. Each food box contains a 3-5 day supply of meals.

Rogue Powerpack Program

The ACCESS Rogue Powerpack Program provides bags of nutritious, child-friendly food to elementary school children who are receiving free breakfast or lunch at school during the week, but may lack adequate food at home over the weekend.

The Powerpack Program provides food for more than 400 Jackson County students to over 15 schools in Medford, Phoenix-Talent, Eagle Point, Central Point, and Ashland.

Want to get involved in one of these
ACCESS programs?

Contact volunteer@accesshelps.org

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

Hablamos Español | Oregon Relay TTY: Dial 711

ACCESS is an equal opportunity provider

Wise up to water use

PHOTOS COURTESY OF ROGUE ARTISAN FOODS (TOP; SEE PAGE 26) AND FRY FAMILY FARM (BOTTOM; SEE PAGE 22)

A wet start to Southern Oregon's water year may have buoyed residents' hopes but couldn't banish the region's water woes. Water scarcity warns farmers, ranchers and anyone who irrigates to prepare for increasingly erratic conditions.

After the shortest irrigation season on record beleaguered the agricultural community in 2021, water supplies were shut off more than a month early in 2022 as pears, grapes and other major crops ripened for harvest. Jackson County reservoirs ended the 2022 season with levels just at — or far below — half capacity. The most depleted, Emigrant, Howard Prairie and Hyatt lakes near Ashland were just 7%, 6% and 2% full, respectively, according to the U.S. Bureau of Reclamation. Those levels barely

budged even in the wake of a major wet-weather system that struck the region in December 2022.

Extended droughts that lead to water shortages are setting off alarm bells across the West. Our region and others nationwide also are bracing for more wildfires, periods of extreme summer heat, continued erratic weather patterns with rapid temperature changes and aberrant freezing and snow patterns, particularly early and late in the cool-weather season.

Water-wise commercial and residential irrigation systems are critical to preserving the region's agricultural heritage and ensuring its future.

Consider adopting these consumer strategies for water-savvy green spaces and conserving this precious resource:

- ❏ Plant fire-resistant and drought-hardy plants.
- ❏ Use season extenders to protect plants during weather extremes.
- ❏ Buy locally grown plants and seeds (or grow plants from seed and save seeds).
- ❏ Install rainwater harvest systems to supplement outdoor water needs, including for gardens. Rainwater harvest tanks also provide supplemental water for fire protection.
- ❏ Avoid products made from fossil fuels and other nonrenewable resources.
- ❏ Store carbon in the soil by composting and mulching.
- ❏ Replace water-thirsty grass with eco-lawn mixtures.
- ❏ Use a mulching blade on lawnmowers to keep grass a little taller, which encourages grass roots to extend deeper into the soil.



- ❏ For lawns, Jackson Soil and Water Conservation District additionally recommends watering more efficiently, if not replacing them with drought-tolerant species. At least 30-50% of residential water is used on lawns, which typically are overwatered and not always adjusted for weather conditions, said Kora Mousseaux, the district's community water resource conservationist.

Find tips for water-wise landscaping and conservation inside the home on the commission's website, jswcd.org, as well as Medford Water Commission's website, medfordwater.org. The agencies' resources include factsheets, handbooks, guides for leak detection, information about rebates and plans for rainwater harvest systems.

Brews, Wine & Spirits



Globally and nationally renowned wines and high-quality craft ciders, beers and spirits 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.

"Together we celebrate the Rogue Valley terroir and community in a glass! The bounty of our unique ancient soils combine with the art and science of fermentation to deliver extraordinary libations. The synergy between craft beverage makers and farmers shows in both the world-class drinks and the trees, vines and other crops that make our valley such a great place to live, work and play."

— Jeremy Hall, co-owner of Blossom Barn Cidery





Apple Outlaw

9530 Thompson Creek Road, Applegate OR 97530
appleoutlaw.com • 541-846-7109

Apple Outlaw is a company dedicated to producing high-quality, handcrafted ciders from the finest, locally sourced ingredients. Our ciders and fruit wines are fermented and bottled with care, resulting in a unique taste that can only be found in our products. With a focus on sustainability and quality, we take great pride in our ciders and the communities that enjoy them. We believe life is too short to drink anything but the best, which is why we put our hearts and souls into every drop of Apple Outlaw cider.



APPLE OUTLAW



Blossom Barn Cidery

950 Kubli Road, Grants Pass OR 97527
noon to 5 p.m. • Friday – Sunday • March – December
blossombarncidery.com • 541-514-2347 • instagram.com/blossombarncidery

Blossom Barn Cidery produces hard cider from Rogue and Applegate Valley pears. We offer our ciders on tap and in cans and bottles at your favorite cider outlets, as well as at the Medford and Grants Pass farmers markets and at our on-farm tasting room. We want you to fall in love with our simply fantastic hard ciders.



**BLOSSOM
BARN**
-CIDERY-



Common Block Brewing Company

15 E. Fifth St., Medford OR 97501
commonblockbrewing.com • 541-326-2277

Common Block Brewing Company serves lunch, dinner, drinks, dessert and everything in between. In addition to a rotating selection of 10 beers made on site, Common Block serves Pacific Northwest brews, wine and kombucha on tap! The all-ages restaurant highlights local purveyors through its Local is Love program, creating dishes and beverages highlighting the flavors of our region. Pull up a chair under the large outdoor tent, play a round of cornhole or belly up to the bar and enjoy entertainment and events at Pear Blossom Park across the street. Open 11 a.m. to 9 p.m. every day.

**COMMON
BLOCK
BREWING
COMPANY**



DANCIN Vineyards

4477 S. Stage Road, Medford OR 97501
dancin.com • 541-245-1133

DANCIN is a love story: a marriage of science and art, simple fare with delicious wine and the sincere passion of Dan and Cindy. Family-owned, our winery produces food-friendly Pinot Noir, Chardonnay, Barbera, Nebbiolo, Sangiovese, Syrah, Zinfandel and Port near historical Jacksonville. Minutes from Ashland and Medford, savor views of the Table Rocks and Mount McLoughlin with award-winning, estate-grown wines, wood-fired pizzas and more served tableside, noon to 7 p.m. Thursday through Sunday. Additional hours are 4-7 p.m. Wednesday, May through October. See our website for more information and to make reservations.



DANCIN
TASTE THE PLACE



EdenVale Winery

2310 Voorhies Road, Medford OR 97501
edenvalewines.com • 541-512-2955

One of the Rogue Valley's premier wineries, we are located in the heart of Southern Oregon's agricultural lands. We make handcrafted wines that express the soils of the region, as well as ciders from our estate-grown heritage pear orchard. We barrel- and bottle-age our wines before release, so you know you are tasting wines at their best. Our tasting room offers wines and ciders by the flight or glass, along with a wide range of food, including housemade and garden-grown options. Enjoy walking our beautiful grounds and slip into the past with the historical backdrop and regional views. Open daily.



Peter William Vineyard

Medford, Oregon
peterwilliamvineyard.com • 541-301-6778

Peter William vineyard overlooks the Rogue Valley. Owner Dr. Peter William Adesman is a full-time physician and longtime wine collector who dreamed of producing his own wines. Peter and wife Dr. Robin Miller planted 10 acres of grapes in 2013 on the hillside below their home. South-facing, it is ideal for red grapes, including Grenache, Tempranillo, Malbec and Syrah, which won double gold at the 2022 Oregon Wine Experience. Our red blend won best in class at 2021's OWE. Our Chardonnay won double gold at 2023's McMinnville Food & Wine Classic. Purchase on our website and at fine retailers and restaurants.





Plaisance Ranch

16955 Water Gap Road, Williams OR 97544
plaisanceranch.com • 541-846-7175



A working ranch since 1858, Plaisance has been owned and operated since 1979 by the Ginett family, evolving 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. Our beef and seasonal lamb are ranch raised and grass finished on our organic pastures. We know their history. Sample our award-winning, premium quality wines to highlight great meals. 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

The Rogue Grape

245 N. Front St., Central Point OR 97502
theroguegrape.com • 541-324-1447

The Rogue Grape proudly offers locally crafted wine, beer and cider from Southern Oregon AVA. We believe wine is the pride of our region and know the importance of supporting local farmers and winemakers. We bring the best wines from our region to our little wine shop in Central Point's Artisan Corridor for your enjoyment. Enjoy a glass or bottle on our shaded patio, warmed with fire pits in cooler weather. Let us bring the wine trail to you!



Steam Distillery

505 S.W. G St., Grants Pass OR 97526
steam-distillery.com • 541-236-4459

Steam Distillery is located in the heart of downtown Grants Pass, offering a small craft distillery, bar and restaurant. Join us for a distillery tour or stay to unwind with one of our specialty craft cocktails. The steampunk-inspired decor and exceptional service staff have revived our historical building, constructed in 1886, the original home of Grants Pass' first brewery, Rogue Brewing.



Troon Vineyard and Farm

1475 Kubli Road, Grants Pass OR 97527
troonvineyard.com • 541-846-9900

Troon Vineyard is the second winery in the world and the first in Oregon to become Regenerative Organic Certified. This is in addition to being one of only 13 wineries in Oregon to be certified Demeter Biodynamic. Our commitment to our planet is just as strong as our commitment to naturally crafting exceptional wines, which have been featured in The New York Times, Washington Post and wine guides in England, France and Italy. During the summer months, our farmstand features biodynamic produce and eggs from our farm. Tasting experiences are available daily, 11 a.m. to 5 p.m.

TROON VINEYARD



Wild River Brewing

2684 N. Pacific Highway, Medford OR 97501 • 541-773-7487
595 N.E. E St., Grants Pass OR 97526 • 541-471-7487
249 N. Redwood Highway, Cave Junction OR 97523 • 541-592-3556
wildriverbrewing.com

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 housemade 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.



Wine Garden Tasting Room at Lithia Springs Resort

2165 W. Jackson Road, Ashland OR 97520
lithiaspringsresort.com/wine • 800-482-7128

Intimate tasting experiences showcasing sustainably grown vintages await at Lithia Springs Resort's Wine Garden Tasting Room. Four nationally acclaimed wineries — Cowhorn Vineyard & Garden, Plaisance Ranch, Quady North Winery and Troon Vineyard — are partners with Neuman Hotel Group's spa-themed getaway resort. Sample select Biodynamic and Rhone-style wines with 90-plus ratings. Soothe your senses in the covered garden patio or explore the resort grounds, including 4 acres of lush gardens with courtyard, aspen meadow, fountains, gazebo, koi pond and vine-twined pergolas. Refresh with complimentary sips of Lithia Springs mineral drinking water. Open 4-8 p.m. Thursday through Sunday. Call for reservations.



NEUMAN
HOTEL GROUP

Live your
best life with
wines from
Peter
William
Vineyard



*Scan to learn more about the
Peter William Wine Club*





EDENVALE WINERY

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Orchards and Voorhies Mansion grounds

Premium wines and ciders
Historic Oregon Farm



2310 Voorhies Road, Medford Oregon
www.edenvalleyorchards.com



WE ARE
**PASTURE
BASED
AGRICULTURE**

...together

There is a place for everyone in OPN!

EATERS : Fill your freezer with a whole, half or quarter animal share and use our searchable guide.

FARMERS & RANCHERS : Apply to Join OPN! Make better meat and join our pasture based farm community!

LEARNERS : Access the Oregon Pasture Education Network Group (OPEN Group). Get access to our library of education, marketing and technical resources, and build a thriving farm business.

MENTORSHIP PROGRAM :
Learn from Oregon's best
in our year-round mentorship
program to grow your
business, acquire
certifications or improve
your grazing and pasture
practices!

Support local food at
oregonpasturenetwork.org

OPN IS A PROGRAM OF FRIENDS OF FAMILY FARMERS



MY BROTHER'S FARM Pastured Bison in Creswell, OR

TROON

VINEYARD

APPLEGATE VALLEY
OREGON



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Regenerative
Organic
Certified™

*Oregon's first Regenerative
Organic Certified™ winery*

**BIODYNAMIC & ORGANIC AGRICULTURE
CRITICALLY ACCLAIMED NATURAL WINES**

troonvineyard.com

Social: @TroonWines 541-846-9900

Winery: 1475 Kubli Rd., Grants Pass, OR

McMinnville: 620 NE Third St., McMinnville, OR

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!

- ➔ Jackson County text JCWIC to 85511
- ➔ Josephine County text JOCWIC to 85511
- ➔ 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.

57-400 (9/2019)

Education & Advocacy

Conserving land for agricultural use, training the next generation of farmers and connecting the community to its food sources are just a few of the missions these groups and individuals pursue to preserve Southern Oregon's way of life. Get in touch with these educators and advocates who work to strengthen our local food system — and find out how you can help make a difference.

"Raptor Creek Farm is our way of building community resilience: We grow healthy food, AND we have a platform to engage community members about how to reduce food waste, how health outcomes are tied to diet and why supporting local agriculture is essential. While our warehouse allows us to physically repurpose food and support our community, Raptor Creek Farm makes it click in people's hearts."

— Josephine Sze, executive director of Josephine County Food Bank



ACCESS Food Bank

accesshelps.org • 541-779-6691

ACCESS Food Bank serves over 40,000 food insecure people in Jackson County each year through its network of 30-plus food pantries and 15-plus partner agencies. Other programs include a backpack program, which provides weekend food options to over 450 students during the school year, and a senior food box program. Whether it's at a pantry loading food, in the warehouse packing backpacks or while making deliveries, volunteer opportunities abound for helping to feed the community! See our website to learn more about operations or find current pantry locations, or give us a call to hear about ways to help.



Ashland Food Co-op Community Classroom

237 N. First St., Ashland OR 97520

ashlandfood.coop/events • 541-482-2237



The Community Classroom is back with Wellness Wednesday presentations and hands-on cooking classes! Cultivate your curiosity and nourish your mind, body and spirit. See upcoming topics and more classroom happenings at ashlandfood.coop/events



Bee Girl Organization

beegirl.org • 541-708-1127

BGO, the Bee Girl organization, is a grassroots nonprofit centered on bee habitat conservation through research, regeneration and education. Founder Sarah Red-Laird aims to conserve bees by teaching people — especially kids — about bees' significance in our daily lives. We have unique, important partnerships for 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. See our website and follow @sarahbeegirl on social media to learn about our programs and fundraising events.



Bee Girl
Organization



Biodynamic Demeter Alliance

biodynamicdemeteralliance.org

262-649-9212 • info@biodynamicdemeteralliance.org



Biodynamic Demeter Alliance is a national nonprofit organization representing nearly 300 Biodynamic Demeter certified farmers, processors and traders in the United States. Our mission is to heal people and the planet through agriculture by advancing the adoption of Biodynamic practices and to support a thriving network of Biodynamic growers, distributors and supporters. Our vision is to create a fair and equitable agricultural system that nourishes and supports the wellbeing and development of communities spiritually, environmentally and economically.



Cascade Girl

Phoenix, Oregon

cascadegirl.org

Cascade Girl Organization is a nonprofit whose mission is the survival of bees and all food system pollinators. Our bees' honey earned a 2022 Good Food Award. We started as a Veterans Affairs program educating about bees, beekeeping and agriculture. Local schoolchildren are eligible for our classes, and we teach adult courses through Rogue Community College and Southern Oregon University's Farm Program. Visit one of our favorite hives on the Rogue Farm Tour. Watch and listen for announcements about Oregon Honey (& Mead!) Festival, a family-friendly excursion into science and flavor! Learn more on our website and at oregonhoneyfestival.com

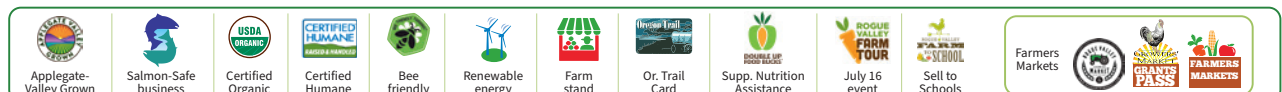


The Crest at Willow-Witt

658 Shale City Road, Ashland OR 97520

thecrestatwillowwitt.org • 541-890-1998

The Crest, named for its location at the crest of three watersheds, is an educational nonprofit that connects people to farm, forest, water and each other through outdoor school, summer camp programs and restoration volunteer opportunities. Based at Willow-Witt Ranch near Ashland in the Cascade-Siskiyou National Monument, The Crest provides hands-on learning experiences in earth-honoring agriculture, wetland restoration, forest ecosystems and more. We strive to best support our community of learners by being an accepting place with a culture of trauma-informed learning.



Oregon Pasture Network

oregonpasturenetwork.org • 503-581-7124

Oregon Pasture Network is the premier resource for Oregon's finest pasture raised meat and animal products. Use our Pastured Product Guide to find producers in the Rogue Valley and across the state. Whether you're looking for pastured meat and dairy products or fiber products near you, search our pastured product guide at oregonpasturenetwork.org. We support small, independent farmers and ranchers that sustain local food systems, and you can, too! To make a donation that directly supports our efforts to provide education and technical resources to our members, celebrate our farmers and their livestock by checking out oregonpasturenetwork.org/cards



Oregon State University Extension Small Farms

Southern Oregon Research & Extension Center, 569 Hanley Road, Central Point
215 Ringuette St., Grants Pass
541-776-7371 • 541-476-6613
extension.oregonstate.edu/sorec/small-farms



Beginning farmers and ranchers, homesteaders and commercial producers can access educational programs and resources on a range of topics. Our goal is to improve the economic and environmental sustainability of small farms by employing appropriate scale production and marketing techniques. The program works toward improving small farm horticultural production and small-scale livestock, poultry and forage production. Specialty, organic, pasture-raised and niche crop production is emphasized. Join our mailing list and small farms listserv to find the latest class offerings.

Our Family Farms

ourfamilyfarms.org • contact@ourfamilyfarms.org

Our Family Farms envisions a thriving, sustainable food and agricultural system with seed diversity and farmable land for generations to come. We defend the Jackson County GMO-Free Seed Sanctuary created in 2014, support farmers and educate policymakers and the community at large about regenerative agriculture. We are committed to protecting traditional GMO-free seeds and the farmers growing them by creating GMO-free seed sanctuaries. Learn more on our website.



Raptor Creek Farm at Josephine County Food Bank

jocofoodbank.org • 541-479-5556

Josephine County Food Bank operates a 5-acre vegetable farm, in addition to its warehouse, and distributes food to 25 partner agencies to feed over 15,000 people a month. The food bank provides a free outdoor youth garden program, healthy cooking demonstrations and a community garden. From sorting food for distribution to harvesting spinach on the farm, volunteers are the cornerstone of the food bank. Call to hear about educational events and volunteer opportunities and to receive an up-to-date food pantry list. Together we can end hunger in Josephine County "because no one should be hungry!"



Rogue Farm Corps

P.O. Box 86024, Portland OR 97286
roguefarmcorps.org • 541-588-3550

Working to train and equip the next generation of farmers and ranchers, we envision a world in which land is deeply valued; power is equitably shared; and farms, ranches and the people who work them flourish. Our apprenticeship program and regenerative farming fellowship combine classroom and field-based learning with immersive, hands-on training on a diverse network of farms. RFC trains participants to be responsible land stewards, equipped to help build a more just, equitable and Earth-sustaining food system, in addition to being successful farmers. Our Future Farms Program helps beginning farmers across Oregon with land access and business development support.



Rogue Valley Farm to School

P.O. Box 898, Ashland OR 97520
rvfarm2school.org • 541-418-4315

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. Our partnerships with schools throughout the region build a culture of health that supports a more equitable food system, honoring the diversity of our community and supporting access to fresh, healthy food for all children. We also work through the Oregon Farm to School and School Garden Network, serving as the regional hub for Oregon food purchasing and school garden education, influencing best practices in the farm-to-school movement, funding initiatives, policies, gatherings and more.





Rusted Gate Farm

5461 Upton Road, Central Point OR 97502
rustedgatefarm.org • 541-423-2391



Rusted Gate Farm is committed to supporting local farms and ranches by experimenting with traditional, alternative and innovative practices to identify methods of increasing net farm income while seeking the highest level of land and animal stewardship and long-term financial security for the agricultural community.

Southern Oregon Food Solutions

southernoregonfoodsolutions.org • 541-625-4006



Southern Oregon Food Solutions works to minimize food waste in order to reduce greenhouse gas emissions. We do this through education and promotion of both community efforts and local, sustainably grown foods. By closing the gaps in our food cycle, we'll be able to adapt, stay strong and be a supportive, resilient, sustainable community. Visit our website to sign up for our quarterly newsletter and to find out more about the impact of food waste and what is being done to address the issue.

Southern Oregon Seed Growers Association

various farm locations across the Rogue Valley
sosga.wordpress.com



Southern Oregon Seed Growers Association (SOSGA) is a nonprofit association and collaborative group of Southern Oregon seed growers, interested farmers and home gardeners. We encourage farmers and gardeners across the region to purchase and grow locally adapted seeds. The SOSGA website contains contact information for regional seed growers and what types of seeds they cultivate. SOSGA supports annual Seed Swaps, mentoring, farm tours and ongoing education. Our local food system starts with local seeds!

Did you know?

More students in Jackson and Josephine counties — 61% and 74%, respectively — qualify for free and reduced-price lunches than students statewide, where half of all

students qualify. And more children in Jackson and Josephine counties — 17.5% and 21.5%, respectively — are considered food insecure compared with nearly 15% of children statewide, according to the Oregon Hunger Task Force. Source: oregonhungertaskforce.org




A GREATER APPEGATE

Building community by sustaining and enhancing the environmental, economic and social vitality of the Applegate Valley.

Join the Food and Farm Working Group to engage in projects and networking opportunities.

Visit our website www.agreaterapplegate.org or email us at info@agreaterapplegate.org to learn more.

A Greater Applegate

@applegatevalleyoregon

Website



Cultivating Connection to Farm, Forest, Water and Each Other

Willow-Witt Ranch is a 445-acre gem in the Cascade-Siskiyou National Monument near Ashland, Oregon. Owners Suzanne Willow and Lanita Witt have restored working forests, wetlands and a small organic farm and built inviting farm stay accommodations, including houses and an ADA-accessible campground.

Come stay, play, hike and experience nature on a ranch committed to land conservation and regeneration, alternative energy and sustainable agriculture.

WILLOWWITTRANCH.COM | (541) 890-1998

Rogue Valley Farm to School is a small nonprofit with a big mission: to inspire an understanding of local agriculture that improves the economy and environment of our community and the health of its members.



www.rvfarm2school.org

We foster excitement, joy and curiosity in children as they learn about our food system through hands-on farm and garden programs, and by increasing local foods in school meals.



Sign up for our newsletter!



facebook.com/rvfarm2school



[@rvfarm2school](https://instagram.com/rvfarm2school)

Food and Water are Gifts of Nature.
How many years has this planet been able to feed itself?
It will take years to get our living systems back in balance.



Be a part of that effort.

<https://southernoregonfoodsolutions.org/>

Who We Are:

Rogue Valley Food System NETWORK

- The organization behind the annual *Rogue Flavor Guide*!
- An expanding network of food and farming businesses and organizations in Southern Oregon.
- A nonprofit comprising a board of directors and a 18-member council, members of which represent various sectors of the local food system in Jackson and Josephine counties.
- The organizer of *Brews, Bluegrass & BBQ* (June 3, 2023. See page 13 for more info!) and co-organizer of the annual *Rogue Farm Tour* (July 16, 2023. See page 14 to learn more!)
- Collaborators on the *2023 Community Food Assessment*, which will identify assets and gaps in our food systems of Jackson & Josephine Counties.
- A creator of resources for eaters and producers: Visit our website for an events calendar and local food directory, sign up for our monthly newsletter and use your *Rogue Flavor Guide* as a tool.

Our Mission

The Rogue Valley Food System Network fosters connections to promote equitable food access, ecologically sound agricultural practices and economic vitality.



rvfoodsystem.org

fb @rvfoodsystem

What is a food system?



2022: The Year in Review

2022 was a year that called us into deeper collaboration. A year that offered us the opportunity to take into account all that we have learned, and to put those lessons into action.

This year, RVFSN staff, council and extended Network partners continued to develop the foundational relationships needed to build a resilient, ecologically sound and economically viable food system.

We hired our first staff positions ever. We partnered with the Oregon Food Bank to bring RARE Americorps member Ella Burke on board to help execute the Community Food Assessment and built out a robust steering committee to guide the process. We deepened how we incorporate diversity, equity and inclusion lenses into all that we do through an equity assessment. We launched an *Anti-Racist and Decolonial Agriculture Speaker Series*. We implemented several new resources for farmers, producers and chefs, including the *Rogue Grown Wholesale List*. And, of course, we published the 19th annual *Rogue Flavor Guide* and brought back our popular fundraiser, *Brews, Bluegrass and BBQ*.

The “we” I refer to is you, the Network and all of us who support our local food and farm systems. It takes a village to feed a village. We look forward to continued partnerships and action towards building a brighter food future, for all.

Alison and the RVFSN Team

ROGUE CREAMERY®

CHEESE AS A FORCE FOR GOOD

GET A
MOOOVE
ON

AND
VISIT US
FOR

Award-
Winning
CHEESE



handmade
with

Love in

**Southern
OREGON**



CHECK OUT OUR
NEAREST LOCATION
FOR FAR-OUT FLAVOR!



CHEESE SHOP

311 N. Front Street
Central Point, Oregon
(541) 200-2353

DAIRY FARM AND FARMSTAND

6531 Lower River Road
Grants Pass, Oregon
(541) 471-7292



ROGUECREAMERY.COM



EXPERIENCE

The Oregon Story

Locally Sourced & Inspired Cuisine at
LARKS & LUNA Café

Biodynamic Wine Tasting in the Wine
Garden at Lithia Springs Resort

Relaxed Atmosphere

Located in picturesque Ashland

NeumanHotelGroup.com



LARKS
HOME KITCHEN CUISINE

Luna
CAFÉ + MERCANTILE

**LITHIA SPRINGS
RESORT**
& Wine Garden

