

2025

rogue flavor

21ST YEAR
ALWAYS FREE!

GUIDE

Your
Southern
Oregon
resource
for fresh,
local food &
drink

WHAT'S INSIDE:

- Farmers Markets
- Special Events
- Grocery & Specialty Stores
- Artisan Foods
- Gardening Groups
- Farms & Ranches
- Restaurants, Food Trucks & Caterers
- Wine, Beer & Cider
- Education & Advocacy
- Coupons!

Rogue Valley
Food System
NETWORK

growing our local food system



TROON VINEYARD

APPLEGATE VALLEY OREGON



Oregon's only Demeter Biodynamic® &
Regenerative Organic Certified® Vineyard and Farm
A Wine Enthusiast Magazine American Winery of the Year 2022

troonvineyard.com social: @TroonWines 541-846-9900
Winery: 1475 Kubli Rd., Grants Pass OR 97527
McMinnville: 620 NE Third St., McMinnville, OR 97128

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Thanks to these businesses and organizations for making this publication possible

TROON
VINEYARD 

Medford Food 



TravelMedford.org



G.A.G. CHARITABLE CORP.

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PHOTO THIS PAGE COURTESY OF ROGUE VALLEY
FARM TOUR (SEE PAGE 13)

COVER PHOTO BY STEVEN ADDINGTON

Each small step puts us closer to our goal

Composting. Home gardening. Collecting rainwater. Shopping at growers markets. Buying directly from family farms.

All these small actions, when multiplied in households across Southern Oregon, culminate in big actions.

The State of the Food System Rogue Valley Community Food Assessment Action Plan 2025-2030



We believe we're on the cusp of something big in our local food system. The steps to get there are charted in Rogue Valley Food System Network's Community Action Plan (pages 70-71). More than 2,000 people in our community contributed to this strategic roadmap that will guide our path forward for the next five years, at least.

The 2022-24 Community Food Assessment encouraged Southern Oregonians to share their ideas, challenges and hopes for a food system that is not only accessible and equitable but sustainable and resilient. We

conducted surveys through social media, partner newsletters and community networks.

Then we went directly to where people gather, hosting listening sessions at food pantries, farmers markets, community centers and agricultural businesses. We conducted focused discussions on key topics including food insecurity, emergency preparedness, farm and food work and regional food distribution.

Those conversations culminated in early 2025 at the Rogue Valley Food Systems Summit, which set four goals: (1.) Ensure access to healthy food for all; (2.) Invest in a thriving local food and farm economy; (3.) Build healthy soils and watersheds; and (4.) Reduce food waste and related solid wastes.

How does reaching these goals look? Some outcomes could be immediate and tangible, such as more community gardens; more farmers market locations; more local foods in school meals; more on-farm gleaning to prevent waste; more fresh, wholesome groceries in rural and neighborhood retailers; and more classes and workshops teaching skills that help Southern Oregonians produce and prepare more of their own food.

Other outcomes will arise from long-term, far-reaching planning and policy-making that promotes land use, transportation, economic development and more strategies geared toward growing and strengthening our local food system. Read the entire 2025-30 Community Food Assessment and Action Plan on the RVFSN website, rvfoodsystem.org

And speak up, reach out and get involved! Attend a working group targeting the Action Plan's four goals. Subscribe to RVFSN's monthly online newsletter for updates. Use the Rogue Flavor Guide — our 21st annual — as a resource for determining which small steps you can take in our larger, local movement.

Together, we can harvest the fruits of a thriving local food system today and plant the seeds that nourish generations of tomorrow.

For more information or to be in next year's Guide, email info@rvfoodsystem.org. Do you love this Guide? Keep it in circulation by making a donation at <https://rvfoodsystem.org/donate-now-2>

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 or certified 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.



Seed Farm signifies farms that specialize in growing seeds. Check out the Southern Oregon Seed Growers Association to learn more about locally grown and adapted seeds.



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, Rogue River Growers Market, Rogue Valley Growers & Crafters Market and Williams Farmers Market.



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 36-37



\$10 off

any starter or ingredient kit

Present coupon with in-store purchases only.
316 E. Main St., Talent OR 97540
uferment.com • 541- 690-8001

Limit 1 per customer; Expires 12/31/2025



\$2 off

Any menu item
or free dessert

Various farmers markets or event locations,
in person or at truck.

Limit 1 per customer; Expires 12/31/2025



**1 free
Happy Hour
Appetizer**

1108 E. Main St., Medford OR 97504
decantmedford.com • 760-672-1879

Limit 1 per customer; Expires 12/31/2025



**Buy 1, get 1
half off**

U-Pick Flower Cup

Fill a cup (provided) full of farm fresh flowers
and get one half off.

10561 N. Applegate Road, Grants Pass OR 97527
mamabeesfarm.com • 541-218-8533

Limit 1 per customer; Expires 12/31/2025



**Complimentary 8-oz. regionally
brewed Jun, Kombucha or Root Beer**

With \$32 purchase. In store only.

Takubeh Natural Market & Agricultural Supply
20690 Williams Highway, Williams OR 97544
541-846-0420

Limit 1 per customer; Expires 12/31/2025



\$5 off

Any Edible Education program or
Farm-to-Table event offered by The
Farm Bus Bistro.

Use coupon code ROGUE.SUPPORTER when registering
online at farmbusbistro.com.

Limit 1 per customer; Expires 12/31/2025

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, proteins 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.

“When Oregon-caught seafood is served on Oregon dinner tables, the whole state is better off. It keeps us connected with the ocean that we depend upon. It means supporting the families that live and work in our communities. It also just makes sense — this is the best seafood you can find!”

— fisherman Kean Fleming

The Farm at Southern Oregon University

155 Walker Ave., Ashland OR 97520

farm.sou.edu • 541-552-6487

facebook.com/TheFarmatSOU • instagram.com/thefarmatsou

pickup from 10 a.m. to 5 p.m. Wednesdays July 2 through Sept. 17, 2025, at this student-led organic farm. A center for sustainability, The Farm produces food for the SOU dining hall and Ashland School District. This hub for education, student and faculty research and community outreach inspires a generation of ecologically committed leaders. Support students by signing up for the CSA, joining Friday volunteer days or making a direct donation.

Fry Family Farm

2184 Ross Lane, Medford OR 97501

fryfamilyfarm.org • fryfarmstore@gmail.com • 541-622-8145

home delivery or pickup of farm-grown vegetables and fruits in Ashland, Central Point, Jacksonville, Medford, Phoenix and Talent; pickup in Grants Pass. Founded in 1990, Fry Family Farm has offered a community supported agriculture program for 25 years.

Josephine County Farm Collective

485 Daily Lane, Grants Pass OR 97527

jcfc.localfoodmarketplace.com/Products

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. Customize contents; add or swap items; reschedule or request vacation holds.

Port Orford Sustainable Seafood

444 Jackson St., Port Orford OR 97465

posustainableseafood.com • 541-251-1000

facebook.com/posustainableseafood.com •

instagram.com/posustainableseafood.com

delivery every other month to a pickup point near you. Members commit to buying \$100 or more of Port Orford-caught seafood, then spend that balance on our digital seafood marketplace. Every Monday, we tell you what's fresh in the store. Order when you want, spending your entire \$100 at once, or stretch it out for a year of access to everything our family-owned boats fish for — lingcod, sablefish, rockfish, albacore tuna, chinook salmon, Pacific halibut, Dungeness crab, cabezon, skate ... and MORE. That's how we get as much Oregon-caught seafood into as many Oregon homes as we can!

UPROOT Meats

uprootmeats.com • 408-504-9869

uprootmeats@gmail.com

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 for the latest updates and additions to our 2025 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. Look for companion protein bucks at select markets.

"As we look into the face of uncertainty and unprecedented times, one thing remains clear: Community is crucial, and sharing food is the best way to bring community together."

— Nickole Schulz, executive director,
Rogue Valley Growers & Crafters Market





Applegate Evening Market

Wednesdays • 5-8 p.m. • May to October
The Lindsay Lodge, 15100 Highway 238, Grants Pass OR
applegateeveningmarket.com



Applegate Evening Market is a fun, weekly event to bring farmers and our community together. Join us Wednesday evenings for an outdoor market at The Lindsay Lodge. Purchase directly from local farms, artisans, crafters and food trucks while enjoying live music amid the beautiful backdrop of the Applegate River. Family-friendly!



Cave Junction Farmers Market

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



This summer, 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 more! Weekly live local musicians and special guest performances by local youth RiverStars Performing Arts! Free weekly hands-on, farm-inspired activities for kids at the on-site Cultivate Kids Garden! We accept SNAP and match with DUF and Protein Bucks! We also accept FDNP vouchers.



Grants Pass Growers Market

Saturdays • 9 a.m. to 1 p.m. • (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

Sundays • 9 a.m. to 2 p.m. • May 4 – Oct. 5, 2025
206 N. Fifth St., Jacksonville OR 97530
jacksonville-sunday-market.com

From the freshest produce and artisanal crafts to mouth-watering foods, drinks and wines, the market has something for everyone. Come to the grounds of Jacksonville's historical courthouse with friends and family to taste some summer sun and festivities. We'll be hosting various events and showcasing local artists and their crafts.



Josephine County Farm Collective

online farmers market, <https://jcfc.localfoodmarketplace.com/Products>
485 Daily Lane, Grants Pass OR 97527
jcfcfarmcollectiveinfo@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, farmstand 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 in Jackson and Josephine County. We offer FREE agriculture education and promote regenerative agriculture, biodiversity, pest control integration with livestock and environmental stewardship from our producers. Order today at jcfc.localfoodmarketplace.com/Products



Applegate-Valley Grown



Salmon-Safe business



Certified Organic



Certified Humane



Bee friendly



Renewable energy



Farm stand



Or Trail Card



Supp. Nutrition Assistance



July 14 event



Sell to Schools

Farmers Markets



Rogue River Growers Market

Sundays • 10 a.m. to 2 p.m.

308 E. Main St., Rogue River OR 97537

roguerivergrowersmarket.com • 541-821-9372

facebook.com/roguerivergrowersmarket



Looking for a fun and healthy way to spend your Sundays? Look no further than the Rogue River Growers Market! Rain or shine, we're open every Sunday to provide our community with fresh and delicious produce. Join us and make every Sunday a healthy one! Our mission is to connect local farmers with the people in their own community. By supporting local agriculture, we can reduce our carbon footprint and promote sustainable living. Join us in our effort to bring fresh, healthy produce to our hometown.



Rogue Valley Growers & Crafters Market

rvgrowersmarket.com • 541-841-4723

Rogue Valley Growers & Crafters Market is a cherished community gathering place in Southern Oregon, offering a diverse array of fresh, locally grown produce, artisan foods and handcrafted items. With approximately 150 vendors, the market provides a vibrant shopping experience for both locals and visitors.

Operating from March through November, RVGCM hosts multiple open-air markets each week:

Ashland Tuesday Market:

8:30 a.m. to 1:30 p.m. at ScienceWorks Hands-on Museum, 1500 E. Main St., Ashland

Medford Thursday Market:

8:30 a.m. to 1:30 p.m. at Hawthorne Park, 501 E. Main St., Medford

Ashland Saturday Market:

8:30 a.m. to 1 p.m. in downtown Ashland, 100 Block of Oak Street

In addition to outdoor markets, RVGCM offers its Winter Market in December, providing fresh produce and artisan goods during the holiday season! Recognized by USA Today as one of the nation's top 10 farmers markets, RVGCM is dedicated to supporting local farmers, ranchers, crafters and food producers, fostering a strong and vibrant community.



541-261-5045

info@rvgrowersmarket.com
www.rvgrowersmarket.com



Williams Farmers Market

Mondays • 5-7:30 p.m. May – September; 4-6:30 p.m. in October

206 Tetherow Road, Williams OR 97544

williamsfarmersmarket@gmail.com

facebook.com/Williams-Farmers-Market • instagram.com/thewilliamsfarmersmarket

Williams Farmers Market is a small, sweet market in the heart of Williams on community land. Surrounded by playgrounds, trees and a sports court, this market is a vibrant space for shopping for a wide variety of local goods, as well as engaging with the fun folks of the town. Each market is special and unique with various vendors, musicians and more. Each first Monday of the month, the market hosts a special event for the community with live music, food vendors, games and more! Follow us on social media for updates.



LOCAL FOOD, ARTISANS, MUSIC & CRAFTS

May through October



Williams Farmers Market

Monday Evenings 5-7:30pm

206 Tetherow Rd | Williams



Applegate Evening Market

Wednesday Evenings 5-8pm

15100 Hwy 238 | Applegate Valley



Market Schedule:

Tuesday Ashland Market, 8:30a-1:30p

ScienceWorks, 1500 E. Main St. Ashland
March 4th - November 25th

Thursday Medford Market, 8:30a-1:30p

Hawthorne Park, 501 E. Main St. Medford
March 6th - November 20th

Saturday Ashland Market, 8:30a-1:00p

100 Block of Oak st. in Downtown Ashland
May 3rd - October 25th

Visit our website for more information
rvgrowersmarket.com

REUSABLE TO-GO CONTAINER PROGRAM

**Rogue
TO GO**
eat · return · repeat

Easy as
1-2-3!



GET STARTED

Purchase a container or token for a **one-time cost of \$10** at any participating eatery

- 1
EAT**
- 2
RETURN**
- 3
REPEAT**

Take away your order or leftovers in a Rogue To Go

Exchange used and rinsed containers for another meal or token

Visit participating eateries and help keep waste out of the landfill!



Follow us @
[roguetogo](https://www.instagram.com/roguetogo)



Learn more
& see current
participating
eateries at

**ROGUE
TOGO
.COM**





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 specialty foods sampling and culinary demonstrations, there's something for every season and every taste!

"In 2024, the Applegate was alive with community, creativity and resilience. From the vibrant Jacksaphine Country Week to the thriving Applegate Evening Market and the beloved Williams Farmers Market, we came together to share food, music and the joy of local connection. With every meal sourced close to home and every handshake at a local event, we reaffirmed our commitment to the farmers who nourish us and the land that makes it all possible."

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



Brews, Bluegrass & BBQ

2-8 p.m. • Saturday, June 7, 2025
 RoxyAnn Winery, 3283 Hillcrest Road, Medford OR 97504
rvfoodsystem.org/bbb • 541-973-9446



Tap into the best flavors the Rogue Valley has to offer at our annual bluegrass festival! Each year, the Rogue Valley Food System Network features delicious local barbecue, locally brewed beverages and toe-tappin' bluegrass music for a memorable afternoon of good food and community celebration. Brews, Bluegrass & BBQ is an annual fundraising event to support RVFSN's work and mission to connect people with locally grown food and locally owned businesses. Learn more and register to volunteer at the event on our website.

Oregon Honey and Mead Festival

11 a.m. to 6 p.m. • Saturday, Sept. 13, 2025
 Edenvale Winery, 2310 Voorhies Road, Medford OR 97501



This benefit festival features honey, mead, pollinator science, tastings, demonstrations, art, live music, kids activities and discussion panels! Brought to you by Cascade Girl, a nonprofit educating people about agricultural pollinators of the Cascade region. All proceeds go to Bee Heroes America beekeeping classes for veterans and pollinators in the classroom programs.

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
extension.oregonstate.edu/sorec • extension.oregonstate.edu/josephine



Oregon State University Extension offers classes on diverse food- and farm-related topics from growing your own food and preserving the harvest or hunt, to starting your own hobby farm and managing your pastures. Classes are offered year-round.

Rogue Valley Farm Tour

10 a.m. to 3 p.m. • Sunday, July 20, 2025
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.

Savor Southern Oregon

June 13-14, 2025
savorsouthernoregon.com

Experience the inaugural Savor Southern Oregon, the Rogue Valley's premier wine event, June 13-14, 2025, at the historical Bigham Knoll Campus. Discover the region's best wines, participate in interactive educational courses and enjoy a vibrant celebration of winemaking in the Rogue Valley. Don't miss this exciting debut of the Rogue Valley's signature wine event!

Southern Oregon Lavender Trail

2025 Lavender Festivals
 10 a.m. to 5 p.m. • June 20-22 and July 11-13, 2025
southernoregonlavendertrail.com
facebook.com/SouthernOregonLavenderTrail • instagram.com/SouthernOregonLavenderTrail



The summer lavender experience peaks locally in late June and early July, when half a dozen or more local lavender farms celebrate during two weekend-long festivals. The first festival, June 20-22, has the advantage of slightly cooler days while the July 11-13 event celebrates the lavender harvest in all its glory. Both festivals feature live music, food and invitations to stroll among and pick the lavender. Farm-made lavender products complement unique local crafts. For participating farms, see our website. Some of our lavender farms are open on weekends throughout June and July; check websites for hours of operation.

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

**SOUTHERN OREGON
LAVENDER TRAIL**
LAVENDER FESTIVAL WEEKENDS
JUNE 20-22 & JULY 11-13
2025

southernoregonlavendertrail.com



Rogue Valley Food System NETWORK



presents our annual fundraiser

BREWS
BLUEGRASS
& BBQ
2025

sponsored by:

**Medford
Food Co-op**



roguebbb.org

Saturday, June 7th @ 2-8 pm





ROGUE VALLEY FARM TOUR



LEARN MORE



RVFARMTOUR.COM

Visit farms and ranches in Jackson & Josephine counties!

Brought to you by:

**Medford
Food Co+op**

Rogue Valley
Food System
NETWORK
growing our local food system



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

OREGON HONEY AND MEAD FESTIVAL

Saturday, September 13, 2025 - 11A to 6P

Honey, Mead, Pollinator Science, Tasting, Demos, Live Music, Kid Stuff, Talks & Art



Cascade Girl is a 501(c)(3) charity educating people about agricultural pollinators of the Cascade region.
Adults \$20 • Kids < 12 free w/ parent • Benefits Bee Heroes America for veterans & Pollinators in the Classroom programs

At: Edenvale Winery
2310 Voorhies Rd., Medford
More at: www.Cascadegirl.Org

With Chasing Keridwyn
Eight Dollar Mountain • Jen Ambrose • Shybo & the Twisted Vines




Southern Oregon Small Farms Connection

a farmer-to-farmer email listserv



- buy & sell goods and supplies
- organize bulk purchasing
- share community ag events

Sign up at:
tinyurl.com/sofarmers



Oregon State University
Extension Service



Rogue Valley Growers and Crafters Market
hosts award-winning artisan food vendors
as part of our vibrant marketplace!

**Stop by our Tuesday Ashland or Thursday
Medford Markets to get a flavor of the
Rogue Valley.**

Tuesday Ashland ScienceWorks + Thursday Medford, Hawthorne Park | 8:30a-1:30p |





PLAN YOUR TASTING ROUTE WITH THE

Rogue Valley Wine Passport

A free digital guide created for wine enthusiasts to explore and enjoy special offers at participating wineries.

Gain access to exclusive benefits, including complimentary tastings, special discounts, and unique experiences at over 40 Southern Oregon wineries and tasting rooms.



savor

SOUTHERN OREGON

—SAVE THE DATE—

**JUNE 13 & 14, 2025
BIGHAM KNOLL CAMPUS**

Discover the region's best wines, participate in interactive educational courses, and enjoy a vibrant celebration of winemaking in the Rogue Valley.

Don't miss this exciting debut of
Rogue Valley's signature wine event!

SAVORSOUTHERNOREGON.COM





Harry & David

Discover Something Delicious

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



©2025, Harry and David, LLC, Medford, OR, DBA Harry & David

Harry & David Country Village

1314 Center Drive, Medford, Oregon 97501

Exit 27 off I-5

Open Daily 9 AM–6 PM

541-864-2278 | [HarryandDavid.com](https://www.HarryandDavid.com)



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!

"Our journey with pastured poultry began as a way to heal and enrich our soils, using chickens to naturally fertilize and rejuvenate the land. Along the way, we discovered an unexpected reward — the most flavorful, high-quality chicken we'd ever tasted. The incredible support and rave reviews from our community have fueled our passion, reminding us why we do what we do: to provide food that's better for the land, the animals and the people who share our table."

— farmer Casey Berg





Applegoat Valley Farm, home of Mama Terra Micro Creamery

applegoatvalley.com • 541-621-9445

facebook.com/mamaterracreamery • instagram.com/applegoatvalley



Our family-operated grade-A goat dairy and creamery is licensed by Oregon Department of Agriculture. Applegoat Valley Farm provided safe, delicious raw goat milk locally for more than a decade before acquiring Mama Terra Micro Creamery in 2024, continuing its legacy of fresh, farmstead chevre cheeses. Operating in the former By George Creamery on the beautiful and expansive Yale Creek Ranch in the Siskiyou Mountain foothills, we raise dairy and meat goats, Dexter cattle, heritage hogs and laying hens. Our livestock are naturally raised without vaccines, chemical dewormers or antibiotics, and are out grazing and browsing in pastures and woodlands year-round.



D&B Land and Livestock

15979 Water Gap Road, Williams OR 97544

db-meat.com • 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, bundle boxes and variety packs. We supply numerous local restaurants and work with local school districts to offer premium local protein options. We are now offering convenient online shopping with multiple pickup locations available!



Daily Blessings Farm

home of Josephine County Farm Collective

485 Daily Lane, Grants Pass OR 97527

dailyblessingsfarm.org • 541-916-6608



Daily Blessings Farm is your local source for pesticide-free U-PICK strawberries and pasture-raised eggs. Located eight miles west of Grants Pass, this small, peaceful farm is a bee and wildlife haven. We promote regenerative agriculture, biodiversity, pest control integration with livestock and environmental stewardship. Check our website for farm stand hours (April through October). We are also the hub for Josephine County Farm Collective, offering locally grown food, flowers and animal-sourced fiber through an online marketplace and farm share program. Customers enjoy the flexibility of customizing box contents, delivery frequency, multiple pickup locations, payment options and home/office delivery.



Dormouse Farm

535 N. Fifth St., Jacksonville OR 97530

dormousefarm.com • 206-639-0297/541-842-2340



Our storefront in downtown Jacksonville has moved. Keeping with our Alice in Wonderland theme, we stock the Wonderland Shoppe with seasonal produce, plant starts, whole chicken, eggs and raw goat milk raised at our residence farm. The Dodo Cafe and Bakery offer self-serve specials, as well as grab-n-go meals. Follow us on Facebook or Instagram and check our website for information about art and sustainable living classes, and event rentals!



Dunbar Farms

2881 Hillcrest Road, Medford OR 97504

dunbarfarms.com • 541-203-0612

facebook.com/dunbarfarmsofmedford/ • instagram.com/dunbarfarmsofmedford/



Dunbar Farms offers wine, live music and organic farm products at our tasting room in Medford. Now serving lunch and dinner.



The English Lavender Farm

8040 Thompson Creek Road, Applegate OR 97530

englishlavenderfarm.com • 541-846-0375

facebook.com/EnglishLavenderFarm • instagram.com/EnglishLavenderFarm



The English Lavender Farm is set in Southern Oregon's beautiful Applegate Valley between the towns of Jacksonville and Grants Pass. We are open June 14 to July 22, from 10 a.m. to 4 p.m. Friday through Monday. We host two summer lavender festivals. Own organically grown English lavender essential oil perfumes a wide range of quality, handmade lavender products, for sale in our gift shop and at local farmers markets. We offer U-pick lavender, lots of classes, wreath-making, paint-and-sip and other lavender crafts. We sell lavender plants, as well as delicious lavender lemonade, ice creams and treats.





The Farm at Southern Oregon University

155 Walker Ave., Ashland OR 97520

farm.sou.edu • 541-552-6487

facebook.com/TheFarmatSOU • instagram.com/thefarmatsou



The Farm at Southern Oregon University is a center for sustainability. The student-led organic farm produces healthy, sustainably harvested food for the SOU dining hall and Ashland School District. 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. Support students by signing up for a 10-week community supported agriculture program July through September, joining the Friday volunteer days or making a direct donation.



Fox Run Farm

3842 W. Main St., Medford OR 97501

541-608-7886 • facebook.com/foxrunfarmin



The farmstand at this working permaculture orchard serves over 60 varieties of heirloom apples, grapes, pears and seasonal fresh produce. We are diversifying into live plants, more berries, fruit and vegetables, as well as herbs and salad greens. Established for more than 60 years, our farm will always offer something new!



Fry Family Farm

2184 Ross Lane, Medford OR 97501

fryfamilyfarm.org • 541-622-8145



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 20 years. We offer many options, including home delivery.



FRY FAMILY FARM
Certified Organic



Itty Bitty Acres Farm

7401 Highway 234, Central Point OR 97502

507-382-1521 • facebook.com/Itty.Bitty.Acres.Farm • instagram.com/ittybittyacresfarm



Itty Bitty Acres Farm provides farm-fresh products through regenerative practices and is a place for educational opportunities that cultivate community. Our family-owned, micro-farm is dedicated to the conservation of our local ecosystems, of which we all have a key part. Through sustainable practices, our farm is committed to fostering food access and products to amplify our local economy. We strive to capture our farm's bounty through food preservation and being a certified apiary. Our farmstand is open from spring to late fall. We can all do our Itty Bitty part to improve our world!



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.



Le Mera Gardens

2184 Ross Lane, Medford OR 97501

lemeraflowerfarm.com • 541-857-8223



Welcome to Le Mera Gardens, Oregon's certified organic flower farm at Fry Family Farm. For 33 years, we have grown the largest and most diversified inventory of spectacular, seasonal, specialty cut flowers for our local community. Le Mera Gardens serves the region's professional florist industry, independent studio designers, all manner of DIY weddings and special occasions, local charities, homes and businesses, one-time buyers, event planners, roadside stands and flower shops. Make an appointment to shop our weekly seasonal flower market on site at Fry Family Farm and visit our online harvest calendar to learn about Le Mera Gardens' seasonal availability.





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

SalantFamilyRanch.com



**Ashland~Tuesday & Saturday
Medford~Thursday**

**Ruch~Wednesday
Jacksonville~ Sunday**

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



**LOCAL
SMALL-FARM
PRODUCE**



**ONE-FARM
BEEF: BRED,
BORN,
FINISHED**



**HIGH-QUALITY
ORCHARD
GRASS HAY**



**ARTISAN
FOODS &
CRAFTS**



**FREE
U-PICK
FLOWERS**



**OPEN YEAR-ROUND
5700 UPTON RD, CENTRAL POINT**

**SNAP ACCEPTED
NONPROFIT 501(C)(3)**

Did you know?

Food crops (vegetable and fruits grown primarily for local consumption, not export) represent less than 8% of the total agricultural production in the Rogue Valley, with **grass and forage production** utilizing nearly 50% of the land. Wine and pear production are next in line.

Source: Rogue Valley Community Food Assessment.



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



LAVENDER
ALLY FARM

OPEN JUNE 20-22 & JULY 11-13 FROM 10 AM - 4 PM

Check our website for details about
photography sessions & events!



5734 Pleasant Creek Rd,
Rogue River, OR 97537



(770) 584-9188 & (541) 582-8998



lavenderally.com



Scan for more
information!





Mama Bees Flower Farm

10561 N. Applegate Road, Grants Pass OR 97527

mamabeesfarm.com • 541-218-8533

facebook.com/mamabeesflowerfarm • Instagram.com/mamabeesflowerfarm



Mama Bees Flower Farm is a picturesque, 70-acre cut flower farm nestled along the scenic Applegate River. We specialize in an array of vibrant, seasonal blooms, available for guests to pick themselves in our fields. In addition to fresh flowers, we have a charming roadside farm stand where visitors can purchase our handcrafted bouquets, handmade local goods, eggs and more. Throughout the year, we host hands-on workshops that invite guests to connect with flower farming and floral design. Whether you're seeking a peaceful, outdoor escape or a creative experience, Mama Bees Flower Farm offers something special for everyone.



Nuna Farms

nunafarms.com • 541-622-2910 • instagram.com/nuna_farms



Nestled in Murphy, Oregon, Nuna Farms specializes in raising high-quality, pasture-raised chickens. Our birds are raised on a nutrient-rich, no-spray pasture and fed a non-GMO, corn and soy-free diet. Committed to sustainability and animal welfare, we process our chickens on-site, ensuring the freshest, most nutritious meat for our community. Learn more at nunafarms.com



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 Ginnet 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 histories. 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 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).



RoxyAnn Winery / ROXY Coffee

3283 Hillcrest Road, Medford OR 97504

roxyann.com • 541-776-2315

facebook.com/RoxyAnnWinery • instagram.com/RoxyAnn_Winery



Come to RoxyAnn Winery and ROXY Coffee in East Medford, located at the historical Hillcrest Orchard. Our barn built in 1918 hosts both RoxyAnn Winery’s tasting room and ROXY Coffee’s coffee bar. For four generations, our family has farmed the 250 acres nestled at the base of RoxyAnn Peak. Come early for a cup of artisanal coffee and pastry, then stay for a wine flight and lunch. ROXY Coffee is open from 7 a.m. to 2 p.m. daily, RoxyAnn Winery from noon to 7 p.m. daily.



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 hand-dipped chocolates.



Rusted Gate Farm

5700 Upton Road, Central Point OR 97502

rustedgatefarm.org • 541-423-2391

facebook.com/rustedgatefarm • instagram.com/rustedgatefarm



Rusted Gate Farm is a nonprofit in Central Point. Our mission is supporting small farms through experimentation and education. We proudly keep 1,100 acres of historical farmland in Southern Oregon in working agriculture, producing high-quality orchard grass hay, Angus and Wagyu beef, vegetables, fruit and a U-pick flower garden. In 2024, we helped bring the region's only USDA-certified slaughter facility to the Rogue Valley. Our regenerative practices include rotational grazing, cover cropping, closed-loop nutrient cycling, solar-powered cold storage and our new, net-zero building. Visit our year-round farm store, find us online or call! For hay purchases, call Jace, 530-643-1943.



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.



TerraSol Organics

Williams, Oregon

terrasolorganics.com • 541-787-0916



TerraSol Organics is a small, organic, family farm located in the beautiful Applegate Valley. We focus on organic microgreens, including pea and sunflower shoots. These tender microgreens are grown year-round, and our customers love the long shelf life. We also grow field crops, including salad greens, squash, edible flowers, peppers and other summer crops. Our greens can be found at many local farmers markets, restaurants, grocers and local schools.



Troon Vineyard & Farm

1475 Kubli Road, Grants Pass OR 97527

troonvineyard.com • 541-846-9900



Troon Vineyard is one of only four farms in the world to be Regenerative Organic Gold Certified. We also are the only Oregon farm to be both Demeter Biodynamic and Regenerative Organic Certified. Our commitment to our planet is just as strong as our commitment to naturally crafting exceptional wines, and we have been nominated as "American Winery of the Year" by Wine Enthusiast magazine. During the summer months, our farmstand features biodynamic produce, vinegar and eggs from our farm. Tasting and touring experiences are available daily, from 11 a.m. to 5 p.m.



UPROOT Meats

3152 Siskiyou Blvd., Ashland OR 97520

uprootmeats@gmail.com • 408-504-9869



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 three 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 and Store

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 in the abundant Applegate Valley and have a year-round, on-farm, natural foods store. In addition to 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, freeze-dried goods and beverages. We also create high-CBD hemp products from our own farm-grown hemp. Shop our on-farm store, online store and at the Ashland and Medford farmers markets. Find our fresh produce, fermented foods and seasonings at local natural foods stores.

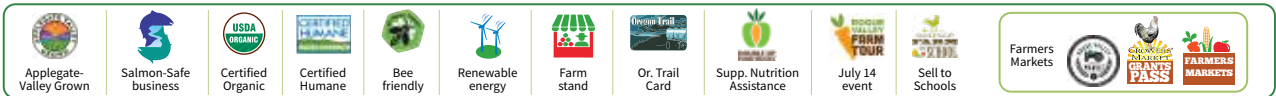


Wild Bee Honey Farm

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. 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



From Farm to Vase: Benefits of Choosing Locally Grown Flowers

Locally and sustainably grown flowers provide forage for pollinators and beautify our region. Because the majority of flowers sold in the United States come from the Southern Hemisphere — and even farther afield — choosing a locally grown bouquet can make a big environmental impact by reducing transportation, refrigeration and other forms of energy use.

Decorating with local blooms keeps chemical pesticides and fungicides used in the mainstream floral industry out of your home. More vibrantly hued and aromatic than flowers shipped long distances, a local bunch is likely to cost less and last longer!

Look for locally grown flowers at farmers markets and select retailers. Ask your locally owned, independent florist if they buy Southern Oregon's bounty of blossoms in season.





Nutrition necessities

Food insecurity in Southern Oregon is more acute than elsewhere in the state. Uncertainties around their next meal is a reality for 11.5% of Jackson County residents and 13.5% in Josephine County, compared with 9.8% of all Oregonians.

These numbers are even more alarming for children in Southern Oregon, where more than 17% of kids in Jackson County and more than 19% in Josephine County experience food insecurity. This statistic exceeds the state average of just over 13% of all kids.

Hunger arises from myriad factors locally and statewide. Food bank managers in Southern Oregon cite inflation, including higher food costs, shrinking wages and the localized housing crisis.

Transportation is another barrier to food access. Seventeen percent of the region's residents live more than 10 miles from a grocery store, and 10% live more than 20 miles away. Time constraints and lack of fresh food options also are cited as challenges in the 2024 Rogue Valley Community Food Assessment.

One in five residents of Jackson and Josephine counties need emergency food services, typically a three- to five-day supply of meals for low-income families. A wide range of ages, demographics and income levels are eligible for nutrition assistance. These resources are key components in our local, regional and statewide food system for anyone struggling to obtain enough food.

Emergency food pantries — More than outlets for packaged, shelf-stable groceries, the region's food pantries also distribute fresh produce, including items grown locally in volunteers' backyards and community gardens in Jackson and Josephine counties (see page 31).

Jackson County's 34 fixed and mobile food pantries, as well as 13 in Josephine County, 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/get-help 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 24 hours a day seven days a week, text your zip code to 898211 (Monday-Friday, 9 a.m. to 5 p.m.) 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 and protein bucks match programs. 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.



10% off seeds

Use coupon code ROGUE SEEDS
online at siskiyouseeds.com

Limit 1 per customer; Expires 12/31/2025



10% off all lodging

Use coupon code RVFSWWR online
at willowwittranch.com/reservations

Limit 1 per customer; Expires 12/31/2025



\$2 off

Any menu item

At Phoodery location only
208 N. Main St., Phoenix OR 97535
trufflepigcraftkitchen.com

Limit 1 per customer; Expires 12/31/2025



1 free single baked good

from our sweets cabinet

Subject to availability at time of visit. Not valid on pre-order or custom orders. Redeem in person at our bakery located at 1254 N. Third St. in Central Point OR 97502.

Limit 1 per customer; Expires 12/31/2025



\$1 off

One farm-made seasoning blend

At store or farmers market location.
12800 Williams Highway, Grants Pass OR 97527
whistlingduckfarm.com • 541-761-6772

Limit 1 per customer; Expires 12/31/2025



In the kitchen

Like artists in their studios, food artisans need 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 2026 Rogue Flavor Guide.

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

Boys & Girls Clubs of the Rogue Valley – Grants Pass Club

203 S.E. Ninth St., Grants Pass OR 97526
 Susan Nettifee at susan.nettifee@begreat4kids.com
 541-479-1923

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:

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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

PHOTOS COURTESY OF WHISTLING DUCK FARM



Grow your own!

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 learning 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 trying to establish 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

Central Point

Don Jones Memorial Park

223 W. Vilas Road
centralpointoregon.gov/parksrec/page/community-gardens • 541-423-1012

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 • 541-476-2373

Rogue Gardeners of Josephine County

roguegardenersofjosephinecounty.com

Medford

First Christian Church

"Come Unity" Garden
 1900 Crater Lake Ave.
mfccor@gmail.com • 541-772-8030
 (Monday-Thursday)

Rogue Valley Christian

Church Community Garden
 1440 S. Oakdale Ave.
 541-773-3144 • denise@rvchristian.com

Union Park Community Garden

501 Plum St.
 Contact Jamar Johnson,
jjjohnson@protonmail.com

Talent

Talent Community Gardens

info@talentgardenclub.com

Talent's Great Green Garden

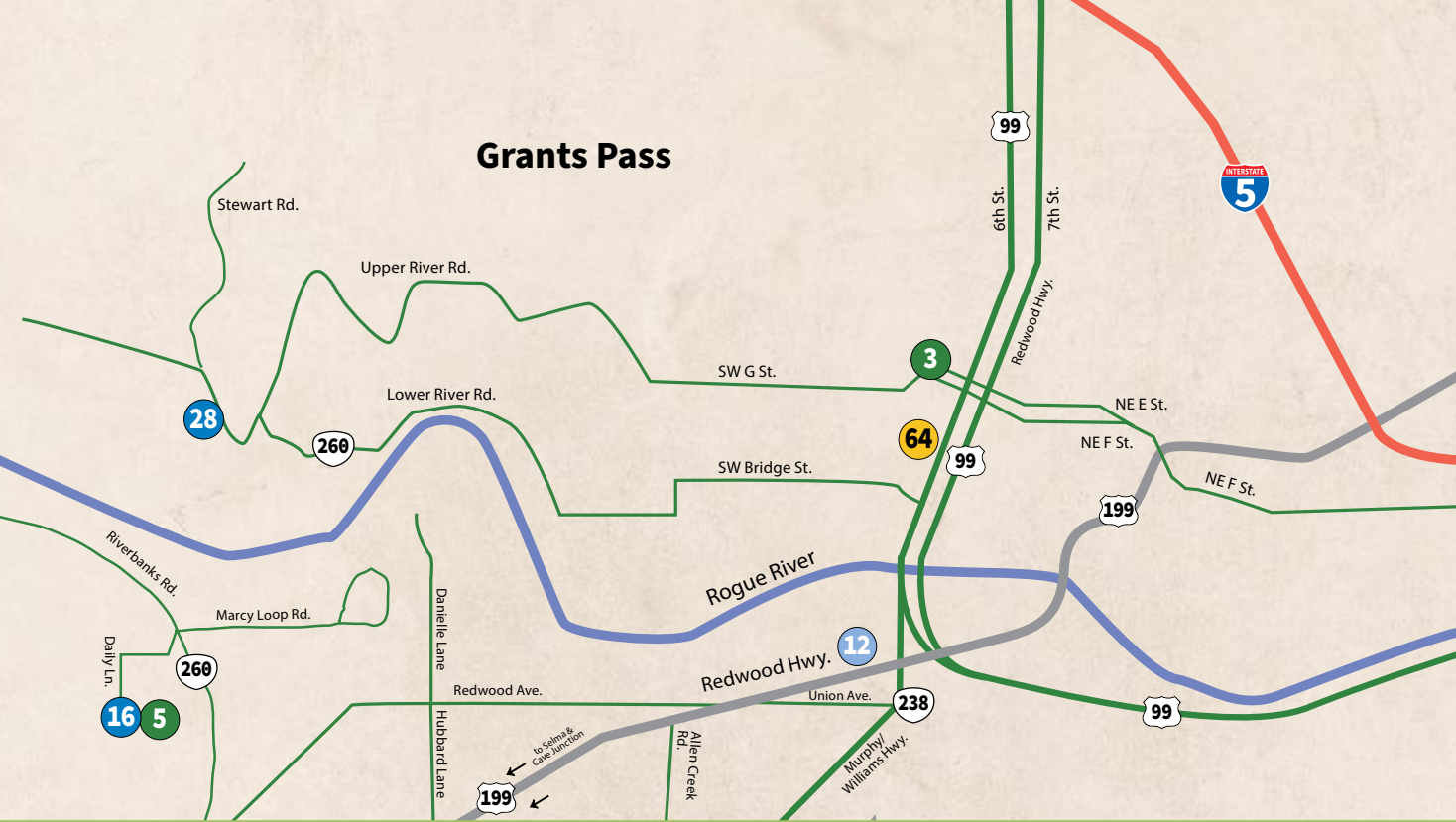
Talent Elementary School,
 307 W. Wagner St.
 541-840-0469

Housing Authority of Jackson County

maintains community gardens for residents of its complexes at Snowberry Brook in Ashland, Scenic Heights and Willow Glen in Central Point, Canterbury Hills, Cherry Creek, Lilac Meadows and Maple Terrace in Medford, Anderson Vista in Talent and Freedom Square in White City. Contact individual complexes for information.

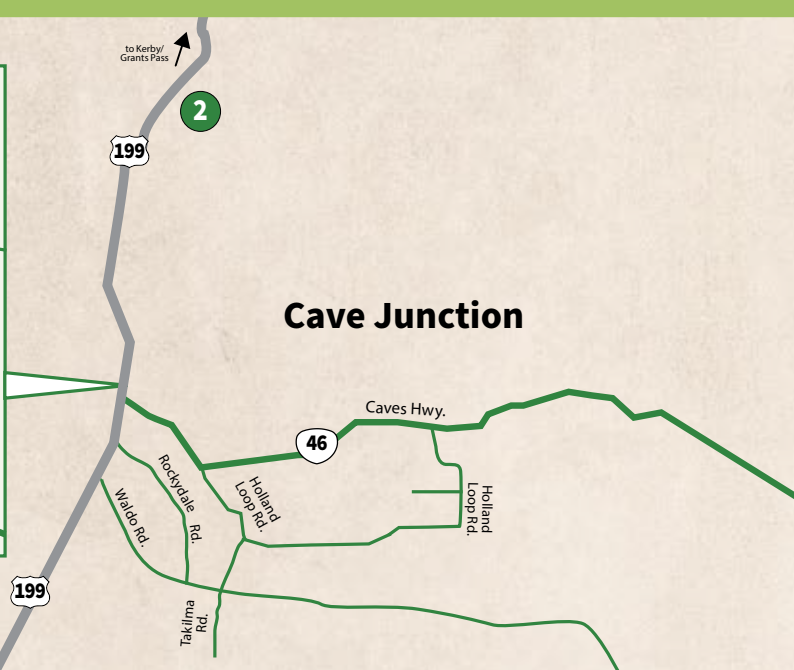
If you know of other gardens not on this list, please send information to: info@rvfoodsystem.org

Grants Pass



NOTE: Maps are not to scale.

Cave Junction



FARMERS MARKETS

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GROCERY & SPECIALTY STORES

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RESTAURANTS, FOOD TRUCKS & CATERERS

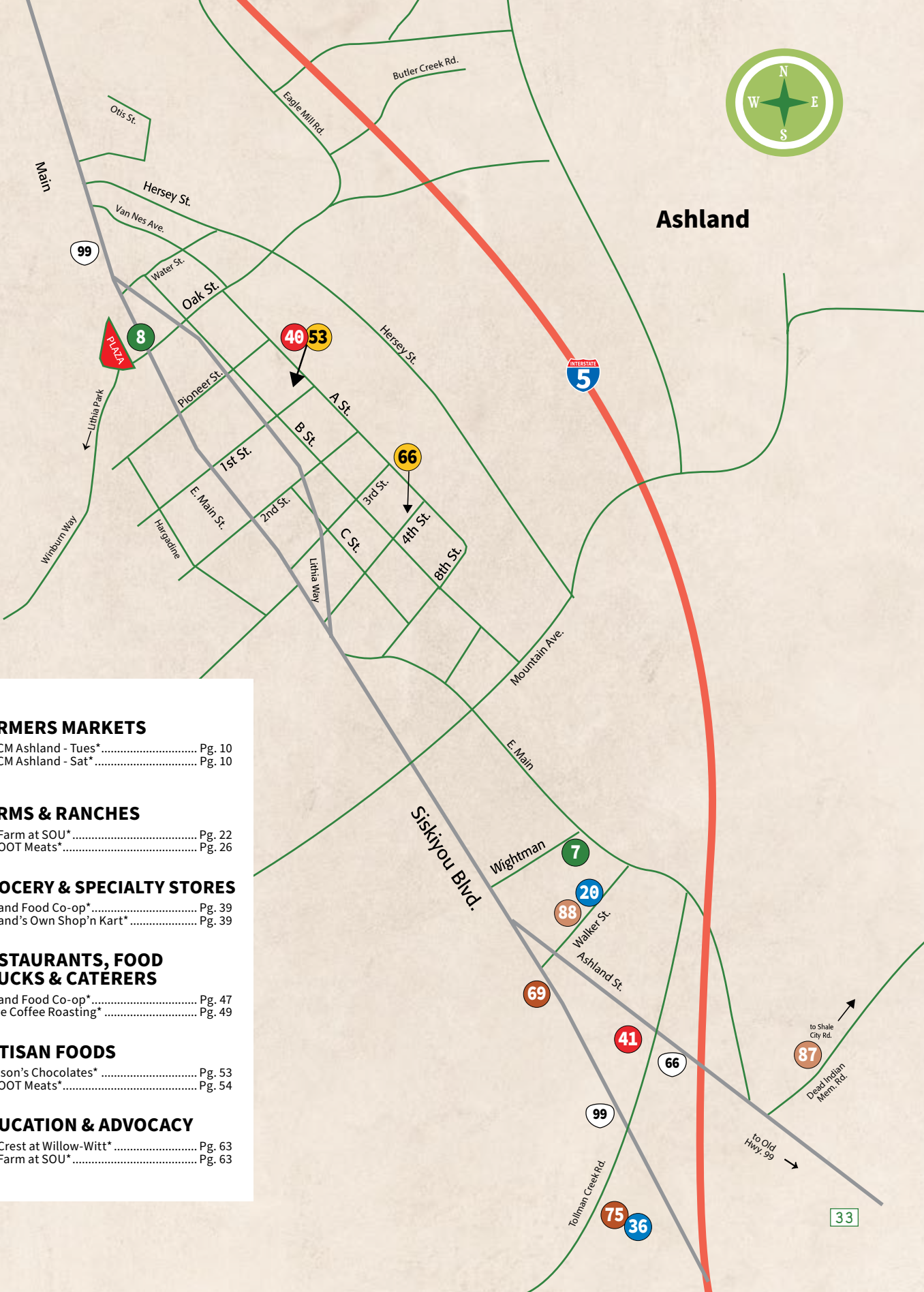
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Search Rogue Valley Food System
Network's comprehensive, interactive,
online map of local food resources at
rvfoodsystem.org/directory

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Know your food | What's in a label?

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



Bee Friendly Farming: A third party-verified option for Pollinator Partnership's certification program that works with farmers to help protect, preserve and promote pollinator health. BFF provides guidelines for farmers and growers to promote pollinator health on their lands. The program also is overseen by a task force of experts from the North American Pollinator Protection Campaign, including scientists and farmers, as it strives to set standards for sustainable farming 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. pollinator.org



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 global 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: Labeling of products produced in the United States that contain genetically engineered (GE) and genetically modified organisms (GMO) has been required since 2022. Yet labels are most likely to read "contains bioengineered food ingredients," inciting consumer groups' and grocers' complaints that companies avoid the term "GMO," which is most familiar to the public. The Non-GMO Project offers independent verification in North America for products made according to best practices for GMO avoidance. However, some foods still remain "high-risk." Seed crops can be cross-pollinated by nearby GMO crops, and GMO animal feed is a factor in the production of milk, meat, eggs and honey. While certified organic production specifies that products are not genetically modified, testing isn't required, nor does enforcement occur for GMO contamination under the National Organic Program. 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 originated 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.



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. Depart-

ment 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



Benefit Corporation: Benefit Corporations for Good awards certification based on a third-party standard, recognizing businesses that, through their attitudes, behaviors, and actions, meet the intent of Benefit Corporations. Utilizing eight standards, Benefit Corporations for Good assesses organizations' social, environmental and business performance based on the 3 Ps: people, planet and profit. benefitcorporationsforgood.com



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.



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!

"We're proud to showcase and support nearly 20 local vendors and makers at The Station. We are fortunate to live and work in this abundant valley"

— owner Elise Higley



Applegate Station Market and Cafe

15095 Highway 238, Jacksonville OR 97530

thestationapplegate.com • 541-702-5030 • instagram.com/thestationmarketandcafe

The Station serves the local community and visitors alike in downtown Applegate. Fuel up your vehicle — and yourself with local organic Noble coffee, tea and local baked goods. It's a place where you can find high-quality, everyday provisions, along with an array of local wine, libations and specialty food. Stop by for a coffee or a new favorite snack and stay awhile, or snag a case of beer and fill up your tank to hit the road.



Ashland Food Co-op

237 N. First St., Ashland OR 97520

ashlandfood.coop • 541-482-2237



Ashland Food Co-op has been connecting our community to healthy, local food for over 50 years. We're proudly owned by over 13,000 friends and neighbors within the community. We place people, principles and the planet before profit — always. Our exceptionally high standards give customers confidence, knowing that we fill our store with healthy products you can trust. Park your pooch, fill your shopping cart, catch up with an old friend, grab a healthy snack, learn something new or just watch the world go by. Everyone is welcome at the Ashland Food Co-op.



Ashland's Own Shop'n Kart

2268 Ashland St., Ashland OR 97520

ashlandshopnkart.com • 541-488-1579



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

Dormouse Farm Shoppe

535 N. Fifth St., Jacksonville OR 97530

dormousefarm.com • 206-639-0297/541-842-2340



Our storefront in downtown Jacksonville has moved. Keeping with our Alice in Wonderland theme, we stock the Wonderland Shoppe with seasonal produce, plant starts, whole chicken, eggs and raw goat milk raised at our residence farm. The Dodo Cafe and Bakery offer self-serve specials, as well as grab-n-go meals. Follow us on Facebook or Instagram and check our website for information about art and sustainable living classes, and event rentals!



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.



FRY FAMILY FARM
Certified Organic

Jefferson Farm Kitchen

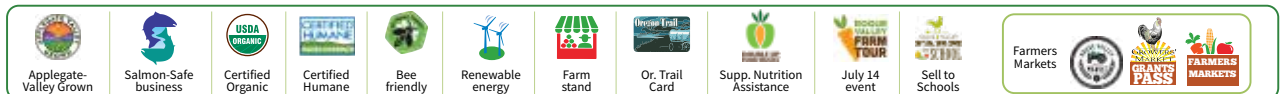
135 S. Oregon St., Jacksonville OR 97530

jeffersonfarmkitchen.com • 541-531-6740



Meals to go and specialty foods have never been so delicious. We offer house-made entrees, side dishes, broths, ferments, cookie and pie doughs, kombucha and more! Are you a busy or new parent? Healing and in recovery? Need healthy, convenient meals? This is your solution! We feature organic, grass-fed meats, local, seasonal produce and gluten-free and vegan options. Preorder and pick up small group meals and party platters at our Jacksonville location. Inquire online for pickup or find us at monthly flash sales in Jacksonville to fill your fridge and freezer with healthy, locally sourced, organic foods — made with love.

JEFFERSON
FARM KITCHEN
WWW.CHEFKRISTEN.COM



La Fuente Farm Collective

140 N. Main St., Phoenix OR 97535
408-504-9869

La Fuente was a family-run carniceria market, owned and operated in Gilroy, California, in the 1950s. Owners originally from Durango, Mexico, butchered whole carcasses, nose to tail, and offered the typical retail array of pork and beef products found in an old-school carniceria. Three generations later, we reclaim our roots with 2025's re-vision: La Fuente Farm Collective. This cut-and-wrap butchery, farmers market and deli features Rogue Valley-grown, nutrient-dense meats, seasonal local fruits, greens, breads, dairy and more. We offer healthy food and accessibility for all with emphasis on Jackson County producers, seven days a week in downtown Phoenix.



Medford Food Co-op

945 S. Riverside Ave., Medford OR 97501
medfordfood.coop • 541-779-2667
facebook.com/MedfordFoodCoop • instagram.com/medfordfoodcoop



Medford Food Co-op is a community-owned grocery store and cafe with a vision to cooperatively nurture a healthy community. We help sustain a thriving local food economy by supporting more than 100 local farms and food producers. Discover organic fruits and vegetables from local farms throughout the growing season, plus a variety of local and regional goods available year-round. Shop and save with budget-friendly Co+op Basics, weekly Fresh Deals, Wellness Wednesdays and bimonthly Co+op Deals. Our friendly staff are happy to assist with all your food-related needs. Everyone is welcome; ownership is optional.

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 pre-order. And pairing events are set to resume at The Oregon Cheese Cave.

Peach Rock Market

143 S. Redwood Highway, Cave Junction OR 97523
peachrockmarket.com • 458-592-0000

Peach Rock Market is a one stop shop — your local health food store and Painted Rooster bakery and cafe. We provide a vital link in the social fabric of the greater Southern Oregon region. Providing a unique shopping experience, we are conveniently located on Redwood Highway, in Cave Junction. We are an easy stop on your way to or from the coast.



Shop'n Kart

Your locally owned independent grocery
serving the Rogue Valley since 1988

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

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



FRESH * HEALTHY * LOCAL

Support Your Southern Oregon
Farmers and Purveyors, at
the Ashland Food Co-op!

OPEN DAILY 7AM TO 9PM

237 N. 1ST ST,
Ashland, OR 97520

(541) 482 - 2237

www.ashlandfood.coop





**Medford
Food COOP**

— AND —

The Café



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





Wine country

Did you know the Southern Oregon American Viticultural Area (AVA) has up to 170 different microclimates? This is due to the convergence of the Klamath, Cascade and Coastal mountain ranges. This diversity allows for both cool and warm climate varietals, ranging from pinot noir to syrah, to thrive.

Southern Oregon experiences one of the widest growing season diurnal temperature swings in the world, helping to preserve grapes' acidity and complexity in an otherwise warm climate. Additionally, there are many cool micro-climates within its varied hillsides and valleys that enable Southern Oregon to successfully grow both cool- and warm-climate varieties.

Stretching 125 miles south of Eugene to the California border, bounded by the Cascade Mountain Range to the east and the Coast Range to the west, the Southern Oregon Wine AVA encompasses the Applegate Valley, Elkton Oregon, Red Hill Douglas County, Rogue Valley and Umpqua Valley appellations.

The region has the oldest history of grape-growing in the state. It dates back to 1852 with an early settler named Peter Britt, who operated a winery in Jacksonville called Valley View Winery. The Southern Oregon appellation became official in 2004.

— Source: Oregon Wine Board

Grocery & Specialty Stores



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).



Rogue Natural Foods

540 Clover Lane, Ashland OR 97520
roguenaturalfoods.com • 541-201-0985 • facebook.com/roguenaturalfoods

Rogue Natural Foods is a 20-year-old family-owned distribution company located in the Rogue Valley. Our mission is "to be an integral partner in our region's food system." We strive to be the crucial link between the grocery market and local/regional producers and manufacturers. Additionally, we support independent, natural and organic suppliers from outside the area to fund our operation and keep the wheels moving around. When you support RNF, you are supporting the work we do to maintain the crucial link of distribution in the food system.



Rusted Gate Farm

5700 Upton Road, Central Point OR 97502
rustedgatefarm.org • 541-423-2391
facebook.com/rustedgatefarm • instagram.com/rustedgatefarm



Rusted Gate Farm operates a year-round farm store just minutes from downtown Central Point. Featuring fresh, local produce and our own USDA-certified beef, we also carry eggs, honey and a variety of baked goods, jams, seasonings, flower and vegetable starts and artisan housewares, including soaps and houseplants. We are pleased to provide high-quality products from small Southern Oregon businesses. Our produce is no-spray (much of it organic), and our Angus and Wagyu beef, available grass- or grain-finished, is antibiotic- and hormone-free. We accept SNAP and Farm Direct coupons. Open Tuesday – Saturday, 10 a.m. to 5:30 p.m.



Takubeh Natural Market & Farm Supply

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



Situated at the heart of Williams is Takubeh natural market and farm supply, where you'll find almost anything under the sun for your family, home and farm. Takubeh reflects the local vitality and cornucopia of cottage enterprises in the Williams Valley. We offer fresh, organic, nourishing provisions, locally produced gifts, vitamins, herbal supplements, organic feed, rice straw and high-quality pet food. Have a plant question or need some guidance on soil-making or compost tea? Stop in or give us a call. Our team is caring, knowledgeable and are happy to help! Takubeh: family-managed and community-operated since 2008.



Whistling Duck Farm and 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, freeze-dried goods and beverages. We also create high-CBD hemp products from our own farm-grown hemp and local honey. Visit our farm store in the Applegate Valley year-round as well as our online store. Our farm store also carries local and regional foods and crafts, including cheeses, meats and wild-caught fish, so you can shop local 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.



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 in Ashland and Talent.

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.

Inspired by Cheryl Boerger’s community initiative, “Plates for People and the Planet” in Mount Shasta, California, Lend Me a Plate advances the zero-waste goal of replacing disposables with durables!

Lend Me a Plate comes at no cost to borrowers who are residents of Ashland and Talent, although donations are welcome to replace lost or broken items. See somra.org for more information about borrowing, donating and volunteering, as well as hours for pickup and return.



Restaurants, Food Trucks & 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.

"With a combined restaurant experience of over 25 years — including job roles from dishwasher to management at high-volume, fine-dining restaurants — we decided to move back home to the Rogue Valley and take a shot at opening our own restaurant. We love creativity, food, wine, cocktails and people. The goal of Clyde's is to bring a high standard of quality and service in a laid-back, casual atmosphere. The mix of bringing all that together is incredibly rewarding, exhausting and 100% worth it."

— Clyde's Corner owners Rafa and Janai Gonzales



PHOTOS COURTESY OF CLYDE'S CORNER (SEE PAGE 47)



Ashland Food Co-op

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



Ashland Food Co-op Kitchen and Bakery offers from-scratch breakfast, lunch and dinner utilizing local, organic and seasonal produce. We have a tasteful cold bar, hearty hot bar and five rotating, wholesome soups to enjoy here or packed to go! Grab-and-go options including tasty burritos, sandwiches, salads and wraps! Stop by the counter for made-to-order espresso drinks, tea, fresh juices and nourishing smoothies. The Co-op Kitchen can cater holiday events, or any event where quality food is desired. Check out our everyday catering menu at ashlandfood.coop/catering-menu, give us a call at 541-482-2237 or stop by the information desk.



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



Ceremony: Bench & Larder

210 N. Pacific Highway, Talent OR 97540
ceremonyoregon.com • 541-200-4252 • instagram.com/ceremony.oregon

An inclusive bakery and cafe serving from-scratch bagels, seasonal pies and a rotating selection of soups, salads, sandwiches and more with locally sourced ingredients in Talent.



Chef Kristen Catering

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

Bringing the Rogue Valley's best to your special event or business gathering, Chef Kristen Catering 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.



Clyde's Corner

4495 S. Pacific Highway Suite 580, Phoenix OR 97535
clydescornerphoenix.com • 541-897-0625 • instagram.com/clydescornerphx

Passionate about food, Southern Oregon natives Rafael and Janai Gonzales returned home to open Clyde's Corner. Focused on wood-fired pizza, head chef Jessy Peters prepares seasonally driven food from scratch, including sandwiches with bread baked in house, salads, small plates and more. Inside is a wide array of seating, pinball machines, coffee, rotating beer taps, craft cocktails and organic and biodynamic wines from the Pacific Northwest and Europe. Accessible from the Bear Creek Greenway is a dog-friendly patio with plenty of seating, sun, shade and fire pits made from claw-foot bathtubs. Open 11 a.m. to close, Wednesday through Sunday.



Common Block Brewing Company

315 E. Fifth St., Medford OR 97501
1320 Main St., Klamath Falls OR 97601
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 made-on-site beers, Common Block pours Pacific Northwest wines, ciders and kombucha on tap. All ages are welcome with ample seating indoors and outdoors year-round. Play a game of cornhole or belly up to the bar and get a taste of locally inspired "Blocktails" and specials. Open from 11 a.m. to 9 p.m. every day.



Coquette Bakery

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

Coquette Bakery is a European-style bakery cafe. We offer laminated pastry, cakes, tarts, cookies and sourdough bread. We have indoor and outdoor seating. Lunch items include panini, locally sourced salads and soups. Coffee and espresso drinks feature organic, locally roasted coffee from Hilltop Coffee. Come find us at the "artisan corridor" in Central Point.



Restaurants, Food Trucks & Caterers



Cowhorn Kitchen & Wine

130 N. Fifth St., Jacksonville OR 97530
cowhornkitchen.com • 805-452-9423 • instagram.com/cowhornkitchen

Cowhorn Kitchen & Wine is where dishes meet our wines' essence. Just miles from our biodynamic vineyard and garden, this intimate restaurant showcases the love behind our family estate wines and seasonal, soul-warming dishes. Our focus on food sustainability means many ingredients come straight from the Cowhorn Vineyard garden, reflecting our commitment to fresh, local and organic produce. Live-fire dinners, riverside barbecues and pasta nights at The Overlook enchant guests from near and far. Enjoy elevated, rustic fare alongside wines from Cowhorn, Johan Vineyards and more. Join us in the Applegate Valley and savor our little slice of heaven.



Decant

1108 E. Main St., Medford OR 97504
decantmedford.com • 760-672-1879
facebook.com/decantmedford • instagram.com/decant.medford

We believe in a clean, natural and organic lifestyle, mirroring that of the Old World, where people eat only local foods. Most of our ingredients are certified organic, and we source from local farmers to promote sustainability, making Decant Medford's best fine-dining restaurant. We showcase Southern Oregon's fertility and amazing bounty from local farmers. We're excited to share our wine and food knowledge with Southern Oregon. We want to educate anyone willing to learn about wines of the world, as well as how they compare with local wines. We strive to constantly create new menu items and wine pairings.



The Farm Bus Bistro

3578 Pioneer Road, Medford OR 97501
farmbusbistro.com • 541-973-8650
facebook.com/farmbusbistro • instagram.com/farmbusbistro

The Farm Bus Bistro invites you to join our vibrant community of "grateful green eaters"! Flora, the Farm Bus, is a mobile educational kitchen and greenhouse that provides farm-to-table food from our very own kitchen garden, as well as unique opportunities for edible education. She's also at the heart of family-friendly events at our home — Sunflower Farm and Arpeggio Vineyard on Pioneer Road. Check out our website to learn more about classes, camps, catering, community events, custom parties and more! Come be nourished and inspired!



Gourmet Vegetarian Events and Catering

geevegdee@gmail.com • 307-690-7584 • gourmetvegetariandee.weebly.com

Gourmet Vegetarian purchases directly from local farms and producers to prepare event menus rooted in our region's seasons. We are dedicated to supporting small farms, serving almost exclusively local ingredients and handling any dietary restrictions with ease. Locally raised meat, poultry and dairy highlight once-in-a-lifetime menus customized to your desired dishes, guests, location and time of year. We use high-quality whole foods and avoid highly refined and processed ingredients. Our professional experience and service enhance your event, making for culinary memories your guests will treasure. Nonalcoholic beverage and/or wine pairing available. Flexible pricing. Contact Chef Dee for booking.



Grip N Grub Food Truck

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

Grip N Grub Food Truck specializes in handcrafted sandwiches, soups and salads. 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 specials like the chipotle adobo beef lengua sandwich and roasted tomato soup. GNG offers mobile catering, private parties and event bookings, but you can find us regularly at farmers markets around the Rogue Valley.



Latigo Community Supper Club

lcsupperclub.com • 858-229-3321
instagram.com/lcsupperclub

Latigo Community Supper Club (LCSC) throws farm-to-fork-inspired dinner parties. A collaboration of Williams local farmers, chefs and designers, we value quality meals in intimate settings to celebrate seasonal harvests and our wonderful community. Highlighting produce grown by Latigo Farm, artfully curated into delicious meals and magical displays by our passionate team, our events are the perfect place to connect with friends and honor the freshest foods of our valley. Join us for dinner! Follow us on social media or check our website for upcoming events.





Restaurants, Food Trucks & Caterers

Lou's Loafs LLC

1254 N. Third St., Central Point OR 97502

lousloafs.com • 541-292-2867

facebook.com/lousloafs • [Instagram.com/lousloafs](https://instagram.com/lousloafs)

Welcome to Lou's Loafs, a women-led oasis of taste nestled in the neighborhood of Central Point. Our sourdough-based bakery delights locals and travelers alike with artisanal bread, heavenly pastries and nourishing breakfast and lunch options. At Lou's Loafs, inclusivity and community is our cornerstone — we warmly welcome everyone to savor our creations.



Ma Mosa's

118 N.W. E St., Grants Pass OR 97526

mamosas.com • 541-479-0236



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.



Medford Food Co-op

945 S. Riverside Ave., Medford OR 97501

medfordfood.coop • 541-779-2667

facebook.com/MedfordFoodCoop • instagram.com/medfordfoodcoop



Medford Food Co-op is a community-owned grocery store and cafe with a vision to cooperatively nurture a healthy community. We help sustain a thriving local food economy by supporting more than 100 local farms and food producers. Discover organic fruits and vegetables from local farms throughout the growing season, plus a variety of local and regional goods available year-round. Shop and save with budget-friendly Co-op Basics, weekly Fresh Deals, Wellness Wednesdays and bimonthly Co-op Deals. Our friendly staff are happy to assist with all your food-related needs. Everyone is welcome; ownership is optional.



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.



TRUFFLEPIG — CRAFT KITCHEN —

Locally Inspired Kitchen Specializing
in Chef Driven Seasonal Cuisine.

*Located at the
Phoodery*

Thursday-Monday 11am- 9pm,
10pm on Friday & Saturday
Closed Tuesday & Wednesday

208 N Main St Phoenix OR, 97535
www.trufflepigcraftkitchen.com

trufflepigcraftkitchen@gmail.com
Check us out on Facebook & Instagram



"Crafting Culinary Memories"

Restaurants, Food Trucks & Caterers



RoxyAnn Winery / ROXY Coffee

3283 Hillcrest Road, Medford OR 97504

roxyann.com • 541-776-2315

facebook.com/RoxyAnnWinery • instagram.com/RoxyAnn_Winery

Come to RoxyAnn Winery and ROXY Coffee in East Medford, located at the historical Hillcrest Orchard. Our barn built in 1918 hosts both RoxyAnn Winery's tasting room and ROXY Coffee's coffee bar. For four generations, our family has farmed the 250 acres nestled at the base of RoxyAnn Peak. Come early for a cup of artisanal coffee and pastry, then stay for a wine flight and lunch. ROXY Coffee is open from 7 a.m. to 2 p.m. daily, RoxyAnn Winery from noon to 7 p.m. daily.

ROXYANN
WINERY



Truffle Pig Craft Kitchen

208 N. Main St., Phoenix OR 97535

trufflepigcraftkitchen@gmail.com • 541-324-3033

facebook.com/TheTrufflePigCraftKitchen • instagram.com/trufflepigcraftkitchen/

Truffle Pig Craft Kitchen started in 2018 by Skyler Golden and Shawna Williams, a brother-sister team. Over the past six years, the duo has served up locally sourced and chef-driven cuisine via their food truck, wine dinners and an array of elevated catering offerings. Our mission is to "craft culinary memories" by offering handcrafted, locally sourced and globally inspired cuisine, with outstanding service and a welcoming atmosphere. Located at The Phoodery in Phoenix. Indulge in a culinary adventure! Open Thursday through Monday.

TRUFFLE PIG
CRAFT KITCHEN
Crafting Culinary
Memories

Wilder Cooking

wildercooking.com • instagram@wilder.cooking

Wilder Cooking is the brainchild of two graduates of Culinary Institute of America. The couple made the move to Southern Oregon in 2019 after their daughter was born to be closer to family. The food truck focuses on full-utilization cooking and sourcing and supporting as many local farms as possible. The food truck is mobile all over the valley — the best way to see where we are is through Instagram or on the website!



Ma Mosa's is a from-scratch kitchen, providing the bounty from our valley with food you can feel good about eating

Located in historic Grants Pass
118 NW E St Grants Pass, OR 97526
541-479-0236

Explore our menu at mamosas.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.

ADVISORY COMMITTEE

The OPN is seeking a member for our Advisory Committee from Southern Oregon (with 5+ years rotational grazing experience) to help with site visits and program advice, particularly for Rogue Valley producers. A quarterly stipend is provided. [Email *opn@friendsoffamilyfarmers.org*](mailto:opn@friendsoffamilyfarmers.org)

SUPPORT LOCAL FOOD AT
OregonPastureNetwork.org

OPN is a program of Friends of Family Farmers

Artisan Foods



Southern Oregon boasts an abundance of cheeses, cured meats, preserves, ferments, condiments, honey, breads, sweets and ready-to-eat treats. 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 tough on many levels to sustain a small, family-operated dairy farm. We do it for the love of the animals, the land and our community. It's important to me to be a part of producing real-food options within our community. Choosing to buy local products helps our Rogue Valley food system to be strong and resilient!"

— Sarah Kucera, owner/operator, Mama Terra Micro Creamery & Applegoat Valley Farm





Branson's Chocolates

1662 Siskiyou Blvd., Ashland OR 97520
bransonschocolates.com • 5414887493
facebook.com/bransonschocolates • instagram.com/bransonschocolates



At Branson's Chocolates, everything is handmade in small batches, from our traditional items to our signature creations. We use local and natural products and chocolate from France, Switzerland, Belgium and Ashland. Our chocolates are gluten-free, and we offer dairy- and sugar-free options, along with 62%, 70% and 82% dark chocolate. Beyond our retail store, we sell wholesale and custom-label chocolates for businesses and events. Come on in, smell the caramel cooking, watch us dip and wrap your favorites and buy some delicious chocolate. We are your "everyday indulgence."



Coquette Bakery

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



Coquette Bakery is a European-style bakery cafe. We offer laminated pastry, cakes, tarts, cookies and sourdough bread. We have indoor and outdoor seating. Lunch items include panini, locally sourced salads and soups. Coffee and espresso drinks feature organic, locally roasted coffee from Hilltop Coffee. Come find us at the "artisan corridor" in Central Point.



Farm and Flour

17 Sterling Creek Road, Jacksonville OR 97530
541-899-1764 • facebook.com/farmandflourjville • instagram.com/farm.and.flour



Farm and Flour is a local farmstand and cottage bakery in Jacksonville, Oregon. We have fresh sourdough daily (flavors rotate weekly), a variety of baked goods and sourdough cinnamon rolls on the weekends!



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, broths, ferments, cookie and pie doughs, kombucha and more! Are you a busy or new parent? Healing and in recovery? Need healthy, convenient meals? This is your solution! We feature organic, grass-fed meats, local, seasonal produce and gluten-free and vegan options. Preorder and pick up small group meals and party platters at our Jacksonville location. Inquire online for pickup or find us at monthly flash sales in Jacksonville to fill your fridge and freezer with healthy, locally sourced, organic foods — made with love.



Mama Terra Micro Creamery at Applegoat Valley Farm

applegoatvalley.com • 541-621-9445
facebook.com/mamaterracreamery • instagram.com/applegoatvalley



Our family-operated grade-A goat dairy and creamery is licensed by Oregon Department of Agriculture. Applegoat Valley Farm provided safe, delicious raw goat milk locally for more than a decade before acquiring Mama Terra Micro Creamery in 2024, continuing its legacy of fresh, farmstead chevre cheeses. Operating in the former By George Creamery on the beautiful and expansive Yale Creek Ranch in the Siskiyou Mountain foothills, we raise dairy and meat goats, Dexter cattle, heritage hogs and laying hens. Our livestock are naturally raised without vaccines, chemical dewormers or antibiotics, and are out grazing and browsing in pastures and woodlands year-round.

The Oregon Cheese Cave

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



The Oregon Cheese Cave is a specialty cheese retail shop, offering world cheeses, accompaniments, and a small bottleshop in the heart of the Rogue Valley in Phoenix, Oregon. Custom platters, cheese club and pairing classes also are available. Unit shared with two other businesses — coffee, pastries and cheese, anyone? Open from 11 a.m. to 5 p.m. Tuesday through Sunday.





Rise Up! Artisan Bread

Applegate, Oregon
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 15 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).



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 three 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 our family farm in our prepared foods, artisan seasonings, freeze-dried goods and a diverse line of fermented vegetables, sauces, dressings and beverages. We also create high-CBD hemp products from our own farm-grown hemp and local honey. These and more are available year-round at our farm store in the Applegate Valley. Local and regional foods and crafts — including cheeses, meats and wild-caught fish — complement our house-made products and farm-grown goods, so you can shop local in one locale! Shop our website, visit us at Rogue Valley farmers markets and find our fermented foods and seasonings at local natural foods stores.



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. 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



Wooldridge Creek Vineyard & Crushpad Creamery

818 Slagle Creek Road, Grants Pass OR 97527
wcv.farm • 541-846-6364
facebook.com/wooldridgecreek • instagram.com/wooldridgecreek



Wooldridge Creek Vineyard & Crushpad Creamery is proud to be Oregon's first combined vineyard, winery and creamery. The on-site tasting room is nestled into the hillsides near the Applegate River. The sustainably designed winery offers unparalleled mountain and valley views in a relaxed and unassuming atmosphere — the perfect spot to gather with friends to experience a variety of world-class wines, artisan cheeses made from local organic dairy and house-made ferments. Enjoy a tasting flight, glass or bottle of wonderful wine, along with a cheese plate or a chef's plate that features all the fantastic food offerings.

A Rogue Valley Local Food Collaborative

LA FUENTE FARM COLLECTIVE

Whole Animal Butchery.
Nutrient Dense Broths.
House-made Sausages.
Fresh + Smoked Bites.
Cut + Wrap Precision.

Every Day

Heritage Meat Deli + Retail Market.
Seasonal Local Fresh Produce + More.
Cold-pressed Juice + Smoothie Bar.
Lard Fattened Keto Sweets.
Wholesale + CSA subscriptions.

8:00 AM - 8:00PM

140 N Main Street Phoenix Oregon

lafuentefarmcollective.com

408.504.9869

Community compost

Many people don't realize how vast, diverse and complex our food system is — and also how inefficient it is. There are many ways to make the food system more efficient, but it takes the efforts of many people.

According to the USDA, agriculture, food and related industries contribute 5.4% to U.S. gross domestic product and provide 10.4% of U.S. employment. Americans' expenditures on food amount to approximately 13% of household budgets, on average.

Also according to the USDA, 30-40% of the food supply goes unused or wasted. That food waste is a big problem.

The process of growing food that goes unused actually wastes water, labor, production and transportation energy. And when it ends up in landfills to rot, it generates methane gas, which is much more potent than CO₂ as a greenhouse gas in the short term. Municipalities and states are looking to reduce food waste to decrease greenhouse gas emissions and to extend the life of their landfills. And when food waste goes down the garbage disposal, it taxes our water treatment systems and impairs water quality.

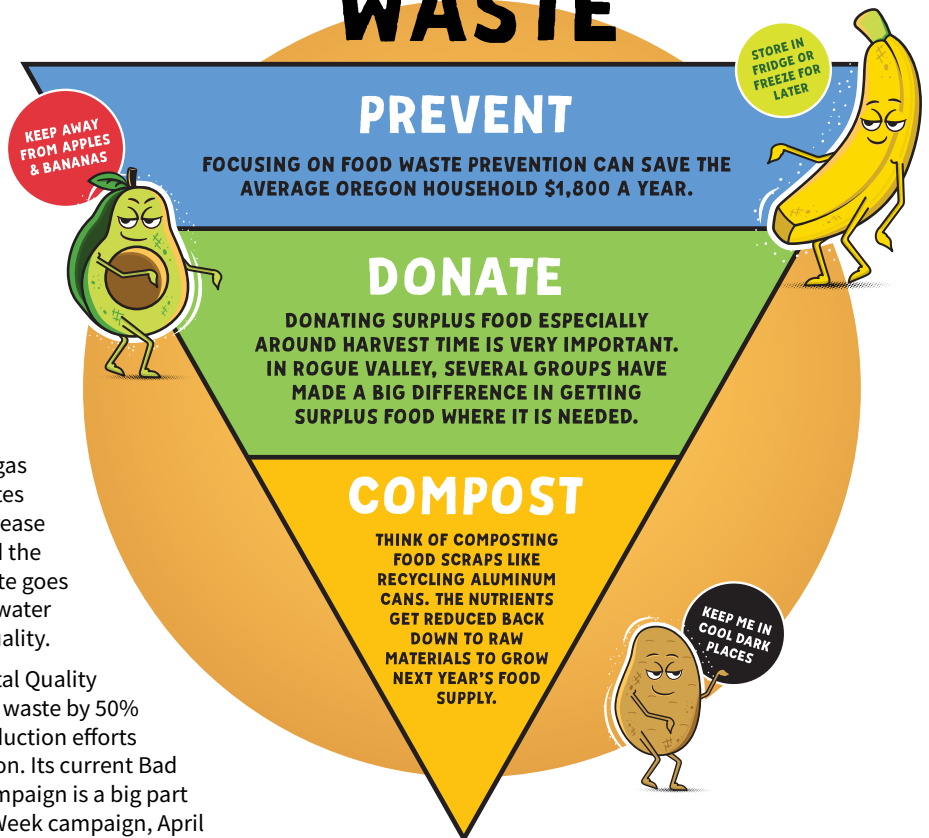
The Oregon Department of Environmental Quality (DEQ) has a stated goal of reducing food waste by 50% by 2030. It has supported food waste reduction efforts in the major metropolitan areas of Oregon. Its current Bad Apple – Don't Let Good Food Go Bad Campaign is a big part of the National Food Waste Prevention Week campaign, April 7-13, 2025. See foodwastepreventionweek.com

This focus on making our food system less wasteful presents local opportunities: community engagement, education, soil regeneration and jobs! The well-known waste management inverted pyramid hierarchy has been modified for food waste — with the most effective way to reduce waste at the top.

Not everyone has the inclination or resources to compost where they live, which is the most sustainable solution. And composting has to be done correctly; otherwise it will attract critters like rats, raccoons or bears.

The Community Compost Coalition is expanding composting activity in the Rogue Valley. The Coalition's model is to collect food scraps from urban areas, either through subscriber curbside pickups or from designated drop sites, and

Food WASTE



transport them to local farms where they will be used to create compost and grow more food.

Go to southernoregonfoodsolutions.org/compost/ to learn more about composting at home, setting up a three-compartment bin, worm composting and subscribing for local compost pickup. Follow links at southernoregonfoodsolutions.org/act/ for donating food to organizations who distribute it and funds toward establishing compost pickup sites.

Creating compost requires air, water, carbon and nitrogen. And creating community compost requires community support!

Wise up to water use



Aspectacular winter snowpack atop 2024's normal depth buoyed the outlook for reservoir levels and irrigation season. But such dramatic weather events, climatologists warn, underscore climate change — meaning consumer conservation of water should be in the long-term forecast.

Oregon's snowpack was 163% of normal Jan. 1, 2025, the healthiest since at least 2011, according to reports by the Capital Press in Salem. In the Rogue and Umpqua basins, the level was 197% of normal. Snow prevailed at higher elevations however, with more precipitation statewide falling as rain. Those conditions don't do as much to refresh river levels and stream flows into summer months.

Total precipitation in the Rogue-Illinois River Basins by February 2025 was reported at 111% of normal for the water year that started Oct. 1, 2024, according to the Northwest River Forecast Center. But in the preceding five years, precipitation

levels ranged from 56% to 88% of normal.

While some reservoirs, including Applegate Lake, were nearly full in late winter 2025, reservoirs near Ashland — Emigrant, Hyatt and Howard Prairie and lakes — were 49%, 54% and 51% full, respectively, according to the U.S. Bureau of Reclamation.

Major fluctuations in precipitation, snowpack and water levels warn farmers, ranchers and anyone who irrigates to prepare for increasingly erratic conditions, including the likelihood of drought. Our region and others nationwide also are bracing for more wildfires, periods of extreme summer heat, rapid temperature changes and aberrant freezing and snow patterns, particularly early and late in the cold-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 low-water 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.



Wine, Beer & Cider

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

"Sourcing locally is important because it fosters a deeper connection to the land, empowering our restaurant team to share the story of craftsmanship, sustainability and care behind each dish and drink. For our customers, it means enjoying an authentic, holistic experience where food and wine are intimately tied to the local terroir while supporting a thriving, sustainable local economy and community."

— Mini Banks Byers, owner, Cowhorn Kitchen & Wine



PHOTOS COURTESY OF COWHORN KITCHEN & WINE



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.



Common Block Brewing Company

315 E. Fifth St., Medford OR 97501
1320 Main St., Klamath Falls OR 97601
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 made-on-site beers, Common Block pours Pacific Northwest wines, ciders and kombucha on tap. All ages are welcome with ample seating indoors and outdoors year-round. Play a game of cornhole or belly up to the bar and get a taste of locally inspired “blocktails” and specials. Open from 11 a.m. to 9 p.m. every day.



Cowhorn Kitchen & Wine

130 N. Fifth St., Jacksonville OR 97530
cowhornkitchen.com • 805-452-9423 • instagram.com/cowhornkitchen

Cowhorn Kitchen & Wine is where dishes meet our wines’ essence. Just miles from our biodynamic vineyard and garden, this intimate restaurant showcases the love behind our family estate wines and seasonal, soul-warming dishes. Our focus on food sustainability means many ingredients come straight from the Cowhorn Vineyard garden, reflecting our commitment to fresh, local and organic produce. Live-fire dinners, riverside barbecues and pasta nights at The Overlook enchant guests from near and far. Enjoy elevated, rustic fare alongside wines from Cowhorn, Johan Vineyards and more. Join us in the Applegate Valley and savor our little slice of heaven.



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 histories. 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.



RoxyAnn Winery / ROXY Coffee

3283 Hillcrest Road, Medford OR 97504
roxyann.com • 541-776-2315
facebook.com/RoxyAnnWinery • instagram.com/RoxyAnn_Winery

Come to RoxyAnn Winery and ROXY Coffee in East Medford, located at the historical Hillcrest Orchard. Our barn built in 1918 hosts both RoxyAnn Winery’s tasting room and ROXY Coffee’s coffee bar. For four generations, our family has farmed the 250 acres nestled at the base of RoxyAnn Peak. Come early for a cup of artisan coffee and pastry, then stay for a wine flight and lunch. ROXY Coffee is open from 7 a.m. to 2 p.m. daily, RoxyAnn Winery from noon to 7 p.m. daily.



Troon Vineyard & Farm

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

Troon Vineyard is one of only four farms in the world to be Regenerative Organic Gold Certified. We also are the only Oregon farm to be both Demeter Biodynamic and Regenerative Organic Certified. Our commitment to our planet is just as strong as our commitment to naturally crafting exceptional wines, and we have been nominated as “American Winery of the Year” by Wine Enthusiast magazine. During the summer months, our farmstand features biodynamic produce, vinegar and eggs from our farm. Tasting and touring experiences are available daily, from 11 a.m. to 5 p.m.





Wooldridge Creek Vineyard & Crushpad Creamery

818 Slagle Creek Road, Grants Pass OR 97527

wcv.farm • 541-846-6364

facebook.com/wooldridgecreek • instagram.com/wooldridgecreek



Wooldridge Creek Vineyard & Crushpad Creamery is proud to be Oregon's first combined vineyard, winery and creamery. The on-site tasting room is nestled into the hillsides near the Applegate River. The sustainably designed winery offers unparalleled mountain and valley views in a relaxed and unassuming atmosphere — the perfect spot to gather with friends to experience a variety of world-class wines, artisanal cheeses made from local organic dairy and house-made ferments. Enjoy a tasting flight, glass or bottle of wonderful wine, along with a cheese plate or a chef's plate that features all the fantastic food offerings.



U Ferment
est. 2022
Supply Store

Do-It-Yourself Fermented Food & Beverage

Classes Available

316 E Main St | Downtown Talent

Oregon hops

Did you know that Oregon is the country's third-largest producer of hops — constituting 13% of the U.S. supply — after Washington and Idaho? The crop ranks 16th among Oregon's top 20 cultural commodities and is valued at just over \$85 million annually. The Pacific Northwest produces nearly the entire U.S. hops supply and more than 30% of the world's supply.

Hops production in Oregon covers nearly 8,000 acres, almost exclusively in the Willamette Valley, where both the topography and climate are similar to that of Germany's hop-growing regions — both are located on the 45th parallel. The hop plant is native to Europe,

Asia and North America. The first cultivation of hops in 736 A.D. can be traced to South Central Europe, in the present-day areas of Bohemia, Slovenia and Bavaria. The hop plant's flowers resemble pinecones in structure and shape, but the hop cone is smaller in size with delicate petals. A ripe cone is golden-green in color with bright yellow resin glands near its core. In addition to providing beer's pleasant bitter flavor and aroma, hops enhance its clarity and foam stability while acting as a natural preservative.

— Source: Oregon Agricultural Statistics June 2024 and oregonhops.org

PHOTO COURTESY OF ROGUE VALLEY FARM TOUR



APPLE OUTLAW

HAND CRAFTED CIDER

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.

appleoutlaw.com •   



9530 THOMPSON CREEK ROAD, APPLEGATE, OR 97530 • 541-846-7109



Education & Advocacy

Reducing waste, promoting biodiversity, conserving land for agricultural use, training the next generation of farmers and connecting the community to its food sources — these are just a few of the missions nonprofit organizations are pursuing 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!

“Whether you have a passion for sustainable gardening, a knack for teaching or simply a desire to make a meaningful impact, we invite you to be part of our journey.”

— Kristin Meier, manager,
Raptor Creek Farm



A Greater Applegate

7380 Highway 238, Jacksonville OR 97530
agreaterapplegate.org • 541-702-2108

A Greater Applegate is creating a culture of community-building in the Applegate Valley. We do this by making local connections, facilitating community-led action and increasing our collective capacity to sustain and enhance the environmental, social and economic vitality of the Applegate Valley. We encourage residents and businesses to participate in our networking and educational events, to join a working group or community action team or to bring neighbors together. A Greater Applegate is a place where community values, community vision and community voices lead to community action.



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 750 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 out making deliveries, volunteer opportunities abound for helping to feed the community! See our website or give us a call to learn more about volunteer opportunities or to find current pantry locations.



Cascade Girl

Phoenix, Oregon
cascadegirl.org

Cascade Girl Organization is a nonprofit whose mission is survival of food-system pollinators. We teach "Bee Heroes America" through the Department of Veterans Affairs and welcome school requests for our "Bees in the Classroom" curriculum. We also provide the "Pathways to Mindful Beekeeping" course to tap into healing experiences. Cascade Girl has apiaries in Central Point, Grants Pass, Eagle Point and Ashland, hosting adult beekeeping courses through Rogue Community College. A 2022 and 2023 Good Food Awards winner in the artisan honey category, we present honey tasting experiences to educate others about this gift from the bees!



Community Compost Coalition

southernoregonfoodsolutions.org • 541-625-4006

Food down garbage disposals or into local landfills causes problems. With your help — and food scraps — the Community Compost Coalition can turn the problem of uneaten food into positive action! Our collection and transport service delivers food scraps to local farms for their composting. We can collect from hotels, restaurants, schools, hospitals, neighborhoods, senior living communities or community events. We offer best-practices consulting for composting and educational opportunities to shift public perceptions about food waste. Rogue Produce/Community Compost, Ashland Community Composting and Southern Oregon Food Solutions have banded together to collect food scraps from Ashland, Talent, Phoenix and Medford.



The Crest at Willow-Witt

658 Shale City Road, Ashland OR 97520
thecrestatwillowwitt.org • 541-625-9065

The Crest, named for its location at the meeting point of three watersheds, is an educational nonprofit dedicated to connecting people with farm, forest, water and each other. Based at Willow-Witt Ranch, within the Cascade-Siskiyou National Monument near Ashland, we provide outdoor school, summer camps, school day-trips, community programs and restoration volunteer opportunities. Through hands-on learning experiences, participants explore earth-honoring agriculture, wetland restoration, forest ecosystems and more. Our goal is to create an accepting and inclusive space with a culture of trauma-informed learning that supports diverse communities. Follow us on social media, visit our website and subscribe to our newsletter.



The Farm at Southern Oregon University

155 Walker Ave., Ashland OR 97520
farm.sou.edu • 541-552-6487
facebook.com/TheFarmatSOU • instagram.com/thefarmatsou

The Farm at Southern Oregon University is a center for sustainability. The student-led organic farm produces healthy, sustainably harvested food for the SOU dining hall and Ashland School District. 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. Support students by signing up for a 10-week CSA program July through September, joining the Friday volunteer days or making a direct donation.



Medford Food Project

P.O. Box 8723, Medford OR 97501
medfordfoodproject.com • 541.210.8288



Medford Food Project is a community-driven initiative aimed at combating hunger and supporting local food banks in the greater Medford area. Participants in the project are provided with a green reusable bag, which they fill with nonperishable food items. Once every two months, volunteers pick up the bags from participants' doorsteps and deliver them to partnering food banks. This simple yet impactful model enables residents to contribute to the fight against hunger in their community on an ongoing, year-round basis. Medford Food Project not only addresses immediate food needs but also fosters a sense of caring and compassion among neighbors.

Oregon DEQ Materials Management

oregon.gov/deq/mm



DEQ Materials Management is a state government program working toward creating a future where people in Oregon produce and use materials responsibly, conserve resources, protect the environment and live well. DEQ looks at the impacts of materials across their entire lifecycle, from raw materials extraction through end-of-life disposal. This holistic life-cycle approach allows DEQ to focus on those stages in the life of a material where the impact is highest. Sustainable Food Systems has been identified as a priority for Oregon because of the high combined environmental burdens of food production, distribution, refrigeration, preparation and final disposal.

Oregon Pasture Network

oregonpasturenetwork.org • 503-581-7124



Discover the excellence of Oregon's pasture-raised meat and animal products with the Oregon Pasture Network, your go-to resource for better meat. Navigate through our Pastured Producer Guide to locate producers in the Rogue Valley and throughout the state. Whether you're in search of top-notch pastured meat, dairy or fiber products in your vicinity, explore our comprehensive Pastured Producer Guide at oregonpasturenetwork.org.

Oregon State University Extension Small Farms

Southern Oregon Research & Extension Center, 569 Hanley Road, Central Point
extension.oregonstate.edu/sorec/small-farms • 541-776-7371



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
facebook.com/ourfamilyfarmscoalition • instagram.com/ourfamilyfarms



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. We host an annual Save Our Seeds Day Celebration. Learn more on our website.



Pollinator Project Rogue Valley

pollinatorprojectroguevalley.org • 458-214-0508 • pollinator@pollinatorprojectroguevalley.org
facebook.com/PollinatorProject • instagram.com/pollinatorprojectroguevalley



Pollinator Project Rogue Valley is a volunteer-led nonprofit passionate about restoring the health of our native pollinators and native plant communities. Our educational programs and interactive activities inspire people to create, protect and steward native pollinators and their habitats for our food systems and ecosystems. The Pollination Place, our office and retail shop in downtown Phoenix, is an educational center, demonstration native plant garden and native plant nursery. Our programs serve youth in schools and other educational venues, adults interested in planting pollinator gardens in their yards and those wishing to purchase native plants and seeds.



Raptor Creek Farm at Josephine County Food Bank

jocofoobank.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 Food Unites

roguefoodunites.org • 503-887-2541
facebook.com/roguefoodunitesoregon • instagram.com/roguefoodunites

Rogue Food Unites is a Rogue Valley-based nonprofit that coordinates with local food businesses to expand access to organic, nutritious food in our community. RFU's current programming includes statewide emergency feeding during state-declared disasters; the Neighbors Unite: No Cost, No Barrier Farmers' Market; and RFU's Food Truck, which contracts with local organizations for events. Rogue Food Unites strengthens local economies, preserves jobs, addresses food insecurity and fosters resilience through community building, all while fulfilling the fundamental human right for food.



Rogue To Go

roguetogo.com

Rogue To Go offers reusable takeout containers so you can enjoy your favorite meals on the go without the waste! Find us on Instagram @roguetogo or visit roguetogo.com to learn more and see where Rogue To Go is offered!



Rogue Valley Farm to School

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

Rogue Valley Farm to School connects children to their local food system through hands-on farm and garden education and by increasing local foods in school meals. Our partnerships foster 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. Serving as the regional hub for Oregon food purchasing and school garden education, we support others doing similar work by hosting trainings and gatherings and influencing best practices and policies for the farm-to-school movement. We cultivate healthy kids, environmental stewardship and the local economy.



Travel Southern Oregon

southernoregon.org • 541-708-1994

Travel Southern Oregon serves as the designated Regional Destination Management Organization for the five counties — Jackson, Josephine, Douglas, Klamath and Lake — composing Southern Oregon. We work with industry partners across the region to highlight our regional assets and collaboratively create excellent visitor experiences. TSO has partnered with Rogue Valley Food System Network to develop and grow one of our primary culinary travel assets in the Rogue Valley: the Rogue Valley Food Trail. Featuring more than 50 local businesses engaged in agriculture or supporting agritourism, RVFT is a year-round draw for visitors and locals driving economic impact for our agritourism partners.



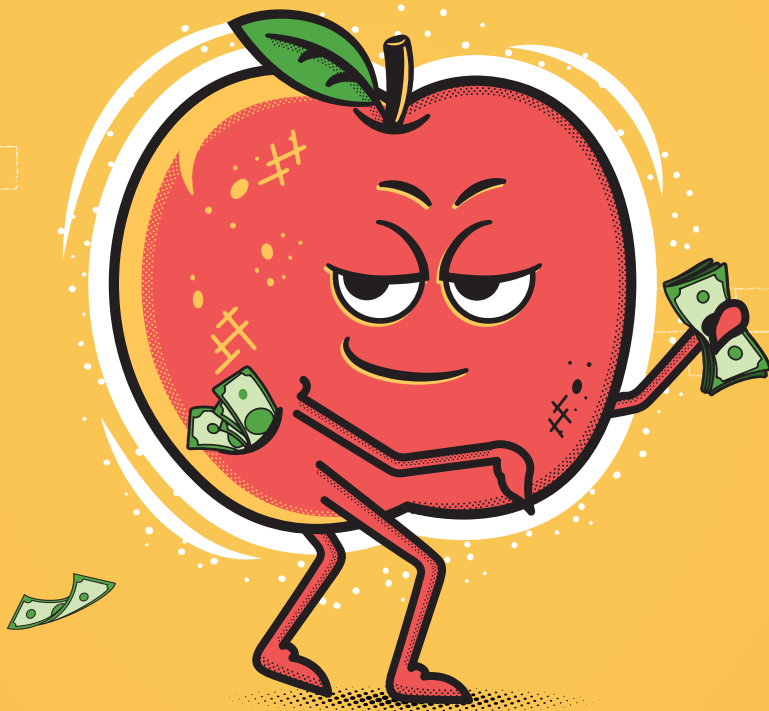
U Ferment

316 E. Main St., Talent OR 97540
uferment.com • 541-690-8001
facebook.com/uferment • instagram.com/u_ferment

U Ferment is a full-service, do-it-yourself, fermented food and beverage supply store. In addition to beer, mead, wine and cider, we also offer supplies for making cheese and yogurt, kombucha and kefir, sauerkraut and kimchi, coffee roasting and more. Classes and rental equipment also are available.



DON'T LET *Good Food* GO BAD!



KEEP IT
FRESHER,
LONGER

Hi, I'm a bad apple, and I can cost you real money. Spoiled food like me costs each household here in Oregon over **\$1,600** a year on average.

Learn More at: DontLetGoodFoodGoBad.org

SUPPORTED BY THE OREGON DEPARTMENT
OF ENVIRONMENTAL QUALITY



Did you know?

Since 2012, the Rogue Valley has seen a 50% increase in the number of producers, compared to the state of Oregon as a whole, which witnessed a more modest 19% growth during the same period.

Source: Rogue Valley Community Food Assessment



RAPTOR CREEK FARM & THE JOSEPHINE COUNTY FOOD BANK

HELP US BUY A SCHOOL GREENHOUSE

WE ARE RAISING \$5,000 TO START A GARDEN AT LINCOLN SAVAGE MIDDLE SCHOOL INCLUDING A GREENHOUSE & RAISED BEDS FOR THEIR CULINARY FARM TO TABLE CLASS

541-479-5556
JOIN OUR MISSION EVERY SCHOOL NEEDS A GARDEN!



The Rogue Valley Growers and Crafters Market hosts engaging educational events as part of our vibrant marketplace! Offering cooking demonstrations, produce sampling including the annual great tomato tasting, plus booth tours and discussions with local growers and producers.



Market Schedule:

Tuesday Ashland Market, 8:30a-1:30p

ScienceWorks, 1500 E. Main St. Ashland
March 4th - November 25th

Thursday Medford Market, 8:30a-1:30p

Hawthorne Park, 501 E. Main St. Medford
March 6th - November 20th

Saturday Ashland Market, 8:30a-1:00p

100 Block of Oak st. in Downtown Ashland
May 3rd - October 25th

Visit our website to learn more about free educational offerings in our markets!

rvgrowersmarket.com



Nutrition Programs

Food Pantry Network

ACCESS provides food to more than 30 food pantries throughout Jackson County, including our Healthy Mobile Pantries, which focus on rural areas. These pantries provide a variety of fresh and shelf-stable groceries for low-income families and individuals. Each food box contains a 3 to 5-day supply of meals.

Senior Focused Pantries

These pantries focus on providing food that best serves low-income seniors in Jackson County. Food boxes are distributed every month and contain foods that are more sensitive to the dietary needs of seniors, such as low-sodium, sugar-free, and high fiber.

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 750 Jackson County students to over 30 schools in Medford, Phoenix-Talent, Eagle Point, Butte Falls, Prospect, Central Point, Rogue River, 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



Restaurants for reusables

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 12 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 39 and 47), Burrito Republic, Buttercloud Bakery & Cafe (see listing on page 47) Common Block Brewing Company (see listings on pages 47 and 59), Falafel Republic, Kobe, Mason's on Main, Razi Authentic Burmese Kitchen, Rogue Valley Roasting Company, Simple Cafe, Skout Taphouse & Provisions and Vida Baking Co.

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

PHOTO COURTESY OF ROGUE TO GO (SEE PAGE 65)

COMMUNITY Compost

COALITION

- Collection & transport of food scraps
- Helping local farms build soil health
- Educational opportunities
- Compost consulting



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)



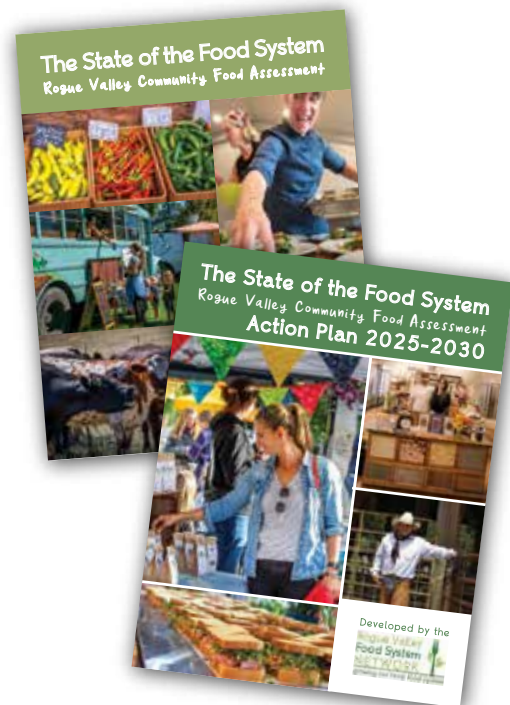
Building a Resilient Food System for the Rogue Valley



The Rogue Valley Community Food Assessment & Action Plan

Our food system is the heartbeat of our community. From farmers and ranchers to families and neighbors, everyone plays a role in creating a food system that's equitable, sustainable, and resilient. The Rogue Valley Community Food Assessment (CFA) and Action Plan are here to guide us toward that vision.

This comprehensive plan, shaped by input from over 2,000 community members, outlines the steps needed to strengthen our local food system. Together, we can build a thriving food system that nourishes us today and supports future generations.





Rogue Valley
Food System
NETWORK
growing our local food system

rvfoodsystem.org



Four Goals to Build a Thriving Food System

1. **Ensure Access to Healthy Food For All**

Ensure access to healthy, affordable food for everyone in the Rogue Valley.

2. **Invest in a Thriving Local Food and Farm Economy**

Strengthen our local farm and food economy to support producers and businesses.

3. **Build Healthy Soils and Watersheds**

Promote sustainable practices to safeguard soil, water, and biodiversity.

4. **Reduce Food Waste and Related Solid Wastes**

Prevent wasted food, increase access to composting, and educate about food waste impacts.

Get Involved!

Want to learn more about what's happening and how you can make an impact? Visit **www.rvfoodsystem.org** to explore the Community Food Assessment and Action Plan.



Discover how the plan addresses food system challenges.

Engage with action steps and find ways to participate.

Donate to support this important work and invest in the future of our food system.

Your Support Matters

Every dollar makes a difference. Your contribution directly supports programs that reduce hunger, build food security, and strengthen local agriculture. Give today! Visit **www.rvfoodsystem.org/donate**.

Together, we can ensure that everyone in the Rogue Valley has access to fresh, local, and healthy food.

Let's Grow Together

Join us in creating a thriving food system that benefits everyone. Learn. Engage. Donate.

Rogue Valley Food System NETWORK

growing our local food system



RVFSN Events

- 🌱 **Public presentations:** We host events and invite speakers to present on the challenges and opportunities in the local food system.
- 🌱 **Working groups:** We facilitate focused working groups among council members, partners and community members addressing food-system challenges.
- 🌱 **Listening sessions:** We hold sessions for farmers, ranchers, restaurateurs, bakers, chefs and other food producers and purveyors to identify gaps and needs.
- 🌱 **Brews, Bluegrass and BBQ:** This annual event brings together the best of the Rogue Valley's craft brewers and artisan foods in a down-on-the-farm celebration of our local flavor.
- 🌱 **Rogue Valley Farm Tour:** We sponsor this annual event co-hosted by Ashland and Medford Food Co-ops.
- 🌱 Support **local farmers markets** in increasing awareness and access, through programs like SNAP and Double-Up Food Bucks.

Our Mission

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

What We Do Is Build Community

Who are we? We are your neighbors, your friends and your partner in creating a more resilient, ecologically sound, and economically viable food system for the Rogue Valley. We sincerely look forward to partnering with you in the coming years as we work to implement the Rogue Valley Community Food Action Plan.

The Rogue Valley Food System Network Council comprises up to 15 members, each representing different sectors of the food system, from production to waste. The board includes everyone from farmers to chefs to executive directors of nonprofits in the education and food access sectors. We work with our members in cross-sector collaboration to share resources, strengths and knowledge for collective action to improve our food system.

RVFSN Resources

rvfoodsystem.org: We are continuing to develop a comprehensive website with food-system resources, including our newly improved local food directory and a calendar of food and farm events.

Local Wholesale List: Check out our seasonal wholesale list of available food and farm products for restaurants and other food businesses at rvfoodsystem.org/wholesale.

Rogue Valley Food and Farming Newsletter: Sign up for our monthly newsletter for info on classes, community events, resources for farmers and ranchers, job opportunities and more! Sign up at rvfoodsystem.org/newsletter.

Rogue Flavor Guide: This annual publication highlights what makes the Rogue Valley unique — the local farms, food businesses and organizations that create the distinctive, local flavor of our community.

What Is a Food System?



“The world doesn’t change one person at a time. It changes as networks of relationships form among people who discover they share a common cause and a vision of what’s possible rather than worry about critical mass. Our work is to foster critical connections. “

— Margaret Wheatley, *The Berkana Institute*

Learn more online at:
rvfoodsystem.org



rvfoodsystem.org   [rvfoodsystem](https://www.instagram.com/rvfoodsystem)



- Largest Meat Counter in Southern Oregon
- Growler Bar with over 50 Taps
- Fresh Seafood Delivered Daily
- Local-made and Fresh Baked Goods & Desserts
- Organic and Conventional Produce
- Sandwiches Made Fresh From Our Deli Kitchen

Visit www.cartwrightsmarket.com for more information



- Open for Breakfast, Lunch and Dinner
- Chef-Created Weekly Specials
- Wide Variety of Northwest-Inspired, Big-Flavored Favorites



- Seasonal, Locally-Sourced Ingredients
- Indoor & Outdoor Seating
- Scenic Views of the Rogue River
- Riverfront Dining at its Best!

ROGUE CREAMERY®

MAKING MOO MAGIC SINCE 1933

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



FAMOUS FOOD HEALTHY LIVING & FAMILY FARMS

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 over 50 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



TravelOregon.com