

22ND YEAR | ALWAYS FREE

2026 rogue flavor 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



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BIODYNAMIC®



Regenerative
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Regenerative Organic Gold Certified® Vineyard and Farm

A Wine Enthusiast Magazine
American Winery of the Year 2022
Environmental Advocate of the Year 2025

1475 Kubli Rd., Grants Pass OR 97527
www.troonvineyard.com
541-846-9900

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Thanks to these businesses and organizations for making this publication possible



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PHOTO THIS PAGE COURTESY OF TROON VINEYARD (SEE PAGE 24 & 62)

ON THE COVER: JOE GINET, CO-OWNER OF PLAISANCE RANCH, SERVES ACCOMPANIMENTS TO HIS CERTIFIED ORGANIC WINES (SEE PAGES 23 & 61). PHOTO COURTESY OF TRAVEL SOUTHERN OREGON

TOGETHER, WE ARE CREATING A THRIVING LOCAL FOOD SYSTEM

The Rogue Valley is a beautiful place to call home. Surrounded by the Cascade and Siskiyou mountain ranges, with flowing streams that converge and create rivers like the mighty Rogue — famous for its salmon runs and spectacular scenery — it is a place of ecological and agricultural diversity.

Farms, ranches, vineyards and orchards fill the valleys, and forests cover our mountains. This is home for more than 5,900 producers within the Rogue Valley food system.

Since 2012, the region has seen a 50% increase in the number of producers. While the average farm size is less than 50 acres, and many are closer to 14 acres, their bounty is evident in farmers markets and a number of local grocery stores. It's also illustrated in this guide, produced by Rogue Valley Food System Network and featuring more than 100 food and beverage businesses.

A nonprofit, RVFSN works to get Rogue Valley produce and proteins out to folks living on the edge — financially, geographically or both. Together, hundreds of organizations and businesses locally and statewide collaborate to help feed our community.

In January 2025, RVFSN released the findings of the Rogue Valley Community Food System Assessment, a three-year research project into the state of the local food system. Using the information gathered, a steering committee representing 20-plus organizations developed an action plan for the next five years. The goal of the action plan is the collaborative creation of a truly thriving food system that cares for everyone, including the natural world upon which the food system depends. Serving as the backbone organization, RVFSN coordinates this effort.

The Action Plan has four core goals:

1. Ensure access to healthy food for all (see page 28)
2. Invest in a thriving local food and farm economy (see page 37)
3. Build soil and protect water health (see page 58)
4. Reduce food waste and related solid waste (see page 59)

Each goal has multiple objectives, and each objective has multiple actions — more than 100 actions in all were identified to create the food system that so many envisioned. Four working groups were created, one for each goal area, and all meet regularly to hear what is needed and move actions forward.

Once a year, in January, the entire community (that includes you!) are invited to gather at the Food Solutions Summit, where we reflect back on what has been accomplished and what we want to focus on moving forward. It is a collaborative effort involving farmers and ranchers, grocery stores and restaurants, bakers and makers and educators and stakeholders, all working together to create a thriving food system for all in the Rogue Valley.

We hope you will join us.

**For more information or to be in next year's Guide,
email info@rvfoodsystem.org.**

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.



Regenerative Organic certified farms uphold the highest standard for organic farming, including strict criteria for soil health, animal welfare and social fairness, focusing on land restoration, biodiversity, humane treatment, fair wages and transparency across the supply chain.



Salmon-Safe businesses protect riparian areas for fish habitat.



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



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



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



These farmers and retailers accept **Oregon Trail Card**.



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



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 38-39.

TROON VINEYARD & FARM



2 tasting fees for the price of 1

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

Limit 1 per customer. Expires 12/31/2026



10% off seeds

Use coupon code GROWOPEN10
online at siskiyouseeds.com

Limit 1 per customer. Expires October 2026



Wooldridge Creek
VINEYARD

1 free tasting

with coupon

818 Slagle Creek Road, Grants Pass OR 97527
wcv.farm • 541-846-6364

Limit 1 per customer. Expires 12/31/2026



34 YEARS
Naturespirit Herbs
Harvesting from the Wild since 1990

20% off

your first order of \$50 or more

Use coupon code rflavor26 at check out, online only.
naturespiritherbs.com

Limit 1 per customer. Expires 3/1/27.



Save \$2

on any prepared item from
our On the Go Fresh Kitchen
with any \$10 purchase.

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

Limit 1 per customer. Expires 12/31/2026



\$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 12/31/2026



\$5 off

of a bottle of Vista 222
Estate Wine when purchased
in-person.

222 Missouri Flat Road,
Grants Pass OR 97527
vista222.com

Not combinable with other offers. Limit 3 per customer. Expires 12/31/2026



Free sample

of smoked pork, goat
cheese, rye bread,
fermented cabbage or jam,
with any purchase.

Call 408-420-0095

Limit 1 per customer. Expires 12/31/2026

CALENDAR OF SEASONALITY

Bars indicate peak local availability by month. 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		JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC	
 Apples													 Grapes													
 Apricots													 Greens													
 Asparagus													 Lettuces													
 Beans, Green													 Melons													
 Beets													 Onions													
 Blackberries													 Peaches													
 Blueberries													 Pears													
 Broccoli													 Peas													
 Cabbage													 Peppers													
 Carrots													 Plums													
 Cauliflower													 Potatoes													
 Cherries													 Radishes													
 Corn													 Spinach													
 Cucumbers													 Squash, Summer													
 Eggplant													 Squash, Winter													
 Figs													 Strawberries													
 Filberts													 Tomatoes													
 Garlic													 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, flowers 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.

The Farm at Southern Oregon University

155 Walker Ave., Ashland OR 97520
farm.sou.edu • 541-552-6487



Pickup from 10 a.m. to 3 p.m. Wednesdays, July through September, at this student-led, pesticide-free farm. Offering a 12-week CSA, The Farm at SOU is an education and research farm, where student farmers learn about four-season growing and distribution of produce, host two college courses offered to university students and partner with local nonprofits and K-12 schools for hands-on learning.

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 more than 20 years.

Grebenniki Farm

grebenniki.com • 408-420-0095



Pickup or home delivery (Ashland, Talent and Phoenix only) of biweekly or monthly shares. Choose box contents from our farm products, including pastured pork and goat, eggs, lard, fermented cabbage, goat cheese, rye bread and more. Nestled in majestic oak and madrone forest, just outside of Talent, our small family farm is creating a loving community of plants, animals and people using permaculture principles.



Josephine County Farm Collective

485 Daily Lane, Grants Pass OR 97527
jcf.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.



Le Mera Gardens

2184 Ross Lane, Medford OR 97501
lameraflowerfarm.com • 541-857-8223



Pickup weekly, biweekly or monthly, Tuesday through Friday, April 28 through Oct. 15. Each of our “growers’ choice” buckets contains approximately 35 to 45 certified organic, seasonal fresh stems. For three decades-plus, we have grown the largest, most diversified inventory of seasonal, specialty cut flowers for our community. Sign up online and see our online harvest calendar to learn about seasonal availability.



Port Orford Sustainable Seafood

444 Jackson St., Port Orford OR 97465
posustainableseafood.com • 541-251-1000




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 marketplace. Every Monday, we tell you what’s fresh, and you order what you want, spending your \$100 at once or stretching 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.



Rogue Produce

rogueproduce.com • 541-423-2391

Delivery to your home or drop sites between Grants Pass and Ashland. We source fruits and veggies from your favorite growers throughout Southern Oregon, picking the best of what’s available. Shares sized to suit you (half or full). Need to skip a week? No problem — we will donate (and match) your share to a local charity, or give you store credit for our online farmers market.



“Our CSA membership is more than a farm-to-door business model. It is a family — a community of real people with their stories and all walks of life. Organized delivery options help small sustainable farmers like us to plan accordingly and to manage diverse activities of a large family, as well as our involvement in the cultural life of the Rogue Valley.”

— Natalya Marchuk, co-owner, Grebenniki Farm

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.



"There are some amazing treasures in these booths! I also see youth building a garden. People dancing in the grass. I hear music that inspires me. I see neighbors feeding neighbors, friends and strangers connecting, Illinois Valley building a community and expressing our own unique flavor of culture. It feels kind of magical."

— Alisa Ocean, manager,
Cave Junction Farmers Market





Applegate Evening Market

Wednesdays • 5-8 p.m. • May 20 – Sept. 30, 2026
 The Lindsay Lodge, 15100 Highway 238, Applegate OR 97527
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 lovely riverside Lindsay Lodge. Purchase directly from local farms, artisans, crafters and food trucks while enjoying live music, family-friendly activities and seasonal chef demonstrations amid the beautiful backdrop of the Applegate River.



Cave Junction Farmers Market

Fridays • 4-7 p.m. • April – 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 Double Up Food Buck and Protein Bucks! We also accept Farm Direct Nutrition Program 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 • Nov – 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. Protein Bucks sponsored by AllCare Health.



Jacksonville Sunday Market

Sundays • 9 a.m. to 2 p.m. • May – October
 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 for 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, jcfc.localfoodmarketplace.com/Products
 485 Daily Lane, Grants Pass OR 97527
jcfarmcollectiveinfo@gmail.com • 530-304-3754



Josephine County Farm Collective is your source for locally grown food, flowers and animal-sourced fiber via an online marketplace, farm stand and farm-share subscription program. Located eight miles west of Grants Pass at Daily Blessings Farm, our growers’ hub offers the flexibility of customizing box contents, delivery frequency, multiple pickup locations, payment options and home/office delivery in Jackson and Josephine counties. We offer FREE agriculture education and promote regenerative agriculture, biodiversity and pest control integrated with livestock and environmental stewardship from our producers. Harvest Community Kitchen is now open for rental. Order today at <https://jcfc.localfoodmarketplace.com/Products>



Rogue Produce

rogueproduce.com • 541-423-2391



Rogue Produce offers “a la carte” purchasing of local produce from our online farmers market with delivery direct to your home or to drop sites from Grants Pass to Ashland (and everywhere in between). We source fruits and veggies from your favorite growers throughout Southern Oregon, picking the best of what’s available. Our market also features a wide selection of local meats, seafoods, cheeses, breads, beverages and more! We also offer a seasonal CSA with our farm partners to get you the best of what’s local all year long! Convenient options to match the needs of your household.

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

In addition to outdoor markets, RVGCM offers a 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

206 Tetherow Road, Williams OR 97544

Mondays • 4:30-7 p.m. • May – October

williamsfarmersmarket@gmail.com

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

The 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. The first Monday of the month, the market hosts a special event for the community with FREE live music. Follow us on social media for u



Applegate Evening Market

Wednesdays • 5–8pm

May 20 – Sept 30, 2026

15100 Hwy 238 | Applegate

A weekly gathering of local growers,
makers, and neighbors.



applegateeveningmarket.com





Grants Pass Growers Market

Your weekly connection to fresh food, local farms, and community.

Outdoor Market returns in March at NW 4th & F Street

Check our website or social media for dates!

Winter Market: Josephine County Fairgrounds

Saturdays • 9 a.m.–1 p.m.

EBT accepted • Double Up Food Bucks available

growersmarket.org • @grants_pass_growers_market



Serving our community for more than 40 years!

Shop the best of Southern Oregon – seasonal produce, flowers, plants, baked goods, meats, handmade foods, and artisan creations. Meet the growers who feed our region and enjoy a welcoming, family-friendly atmosphere.



Market Schedule:

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

ScienceWorks, 1500 E. Main St. Ashland
March 3rd - November 24th

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

Hawthorne Park, 501 E. Main St. Medford
March 5th - November 19th

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

100 Block of Oak st. in Downtown Ashland
May 2nd - October 31st

Visit our website for more information

rvgrowersmarket.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!



"Fermentopia isn't just a festival — it's a flavor-forward adventure into the vibrant world of fermented foods and drinks. Whether you're a seasoned fermenter or just 'kinda curious' about kombucha, kimchi or kraut, Fermentopia offers something for everyone. Discover a symphony of bold flavors and endless nutritional benefits! Meet the passionate artisans behind small-batch cheeses, tangy pickles, gut-loving ferments, natural wines and so much more."

— founder Karolina Lavagnino



Brews, Bluegrass & BBQ

2-8 p.m. • Saturday, June 6, 2026

RoxyAnn Winery, 3283 Hillcrest Road, Medford OR
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 (RVFSN) 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.

Fermentopia

thefermentopia.com

fermentopia.

Fermentopia isn't just a festival — it's a flavor-forward adventure into the vibrant world of fermented foods and drinks. Whether you're a seasoned fermenter or just "kinda curious" about kombucha, kimchi or kraut, Fermentopia offers something for everyone. Discover a symphony of bold flavors and endless nutritional benefits! Meet the passionate artisans behind small-batch cheeses, tangy pickles, gut-loving ferments, natural wines and so much more. Ours is a community gathering like no other.

Oregon Chocolate Festival

annually in March

Ashland Hills Hotel & Suites, 2525 Ashland St., Ashland OR 97520
oregonchocolatefestival.com • 541-631-2004

For one delicious weekend, taste, learn and indulge in all things chocolate — and beyond. Celebrating its 22nd year, the Oregon Chocolate Festival features a two-day marketplace with artisan chocolatiers, vintners and flavor makers from across the West Coast, plus specialty tastings and family-friendly fun. This year's theme, From Bean to Boss: The Power of Chocolate, honors the women shaping chocolate — from cocoa farms to chocolate shops. Enjoy special events, vote for your favorite makers and savor every bite. March 6-8, 2026. For tickets and packages, go to oregonchocolatefestival.com

Oregon Honey and Mead Festival

Noon to 5:30 p.m. • Saturday, Aug. 29, 2026

Edenvale Winery, 2310 Voorhies Road, Medford OR 97501



The festival features honey, mead, live music, flowers, plant sales, pollinator science, tastings, garden experts, demonstrations, art and kids' activities. The festival is brought to you by Cascade Girl, a Southern Oregon nonprofit educating people about agricultural pollinators of the Cascade region and providing hope for the future. All proceeds go to support Bee Heroes America beekeeping and garden classes for veterans, the Cascade Girl apiary, our Pollinators in the Classroom project and our programs for naturalistic Health Education Arts (HEART). See cascadegirl.org

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

Oregon State University 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.

Oregon Honey & Mead Festival

Saturday, August 29, 2026 • 12pm - 5pm

Honey • Tastings • Mead • Pollinators,
Live Music • Kid Stuff • Food & Art

At: Edenvale Winery • 2310 Voorhies Rd., Medford, Oregon

Cascade Girl is a 501(c)3 educating people about pollinators of the cascades
Learn more at www.cascadegirl.org • Tix & info: www.cascadegirl.org
Fundraiser benefits Cascade Girl projects for veterans, kids & the public

EVENTS

Rogue Grown Showcase

September 2026
Rogue Valley, Southern Oregon
rvfoodsystem.org



The Rogue Grown Showcase celebrates the bounty of Southern Oregon's farms, ranches, fisheries, food makers and kitchens. This one-day regional food expo brings together farmers, chefs, buyers, wineries and community to experience what grows here and why it matters. Explore abundant seasonal displays, taste locally made foods and beverages, connect with the people who grow and make your food and discover the flavors that define the Rogue Valley. Join us for a vibrant celebration of place, harvest and connection — and be part of building a thriving local food future.



Rogue Valley Farm Tour

10 a.m. to 3 p.m. • Sunday, July 19, 2026
roguevalleyfarmtour.com



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

Southern Oregon Lavender Trail

2026 Lavender Festivals
9 a.m. to 4 p.m. • June 19- 21 and July 10-12, 2026
southernoregonlavendertrail.com
facebook.com/SouthernOregonLavenderTrail • instagram.com/SouthernOregonLavenderTrail



The summer lavender experience peaks locally in late June and early July, when local lavender farms celebrate the purple bloom! Most are open Friday through Monday, mid-June to mid-July, including two special weekend-long festivals. The first festival, June 19-21, offers slightly cooler days while the July 10-12 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 weekends throughout June and July; check websites for hours.



**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 |



Save the Date

The Rogue Valley's Premier Wine Event

June 12 & 13, 2026 | 📍 Medford, Oregon

Taste wines from over 50 Rogue Valley wineries at one great event.

SAVOR
Southern Oregon

SAVORSOUTHERNOREGON.COM



Medford Food **Coop**

presents the annual



ROGUE VALLEY FARM TOUR



FREE!

*Visit farms and
ranches in Jackson
& Josephine counties*



LEARN MORE



RVFARMTOUR.COM

with support from:



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



Rogue Valley
Food System
NETWORK
growing our local food system



Rogue Valley
Food System
NETWORK
presents our annual fundraiser



**BREWS
BLUEGRASS
& BBQ
2026**

sponsored by:

**Medford
Food Co+op**



roguebbb.org

Saturday, June 6th 2-8 pm at RoxyAnn Winery



Rogue Valley Farm to School gets kids outside, in school gardens and on working farms, to foster a love of nourishing food, agriculture, and the world around them.



www.rvfarm2school.org

Connect With Us!



SOUTHERN OREGON LAVENDER TRAIL LAVENDER FESTIVAL WEEKENDS JUNE 19-21 & JULY 10-12 2026

southernoregonlavendertrail.com



Josephine County Farm Collective
Your One Stop Shop for Locally Grown
Farm Stand and Food Hub

485 Daily Lane, Grants Pass, OR 97527
(530) 304-3754 ~ jcfarmcollective.org

Online Marketplace
Kitchen Rental
Educational Programs

JOSEPHINE COUNTY FARM COLLECTIVE
a registered 501(c)3 nonprofit organization

Nourish Families 🥕 Strengthen Community 🥕 Support Farmers



Helping keep our local communities fed for more than thirty years.

AllCare Health has helped provide more than 1 Million nutritious meals to people in our community in 2025!

Double Up Food Bucks and Protein Match: Provides additional nutritional support to individuals and families accessing SNAP benefits.

The Fresh Start Program: Food supports for individuals reentering our community after incarceration.

Summer Food Box Programs: This program provides food for the Summer Food Box Program for 3 Rivers School District students and families who experience food crisis.

Youth Snack Pack Program: Summer food packs provide healthy, ready-to-eat snack packs across Southern Oregon for ages 1-17 years.

Holiday Food Distribution: Holiday meals for families in need in their own homes.

Meals on Wheels: Provides hot meals to home-bound seniors and disabled persons.

Garden and nutrition education programs: Support for school gardens, and healthy recipe food demonstrations at food pantries.

PLUS:

Warming/Cooling shelter nutritional supports.

Free fruit and vegetable seed programs.

No-cost mobile farmers market program.

Kitchen remodels for organizations that provide free meals.

Free lunch programs.



FARMS & RANCHES



Meet your local farmers and ranchers by purchasing directly from their farm stands, 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!



“The Rogue Valley is rich in flower farms! It wasn't always this way, but over the course of more than 30 years, Le Mera Gardens, the Fry Family Farm and a blossoming myriad of local flower farms have grown a rich flower culture. We offer an abundance of locally grown seasonal flowers, flowers that thrive in our soils and under our skies, flowers to feed your soul, color your festivities and honor an occasion.”

— Joan Thorndike, owner, Le Mera Gardens





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 and heritage hogs. Our livestock are naturally raised without vaccines, chemical de-wormers or antibiotics, and they are out grazing and browsing in pastures and woodlands year-round.



Arpeggio Vineyard at Sunflower Farm of the Rogue Valley

3578 Pioneer Road, Medford OR 97501
541-210-0282 • instagram@arpeggiovineyard



At Arpeggio Vineyard at Sunflower Farm of the Rogue Valley, we believe that our community deserves the finest quality products at a fair price. Farming sustainably and using organic practices, we grow wine grapes, produce U.S. Department of Agriculture certified lamb, maintain educational vegetable, flower and pollinator gardens and host field trips and camps for elementary school students in cooperation with the Farm Bus Bistro.



Blue Collar Berry Farm

1137 Old Highway 99 S., Ashland OR 97520
bluecollarberriypatch.com • 541-708-3622



Our no-spray fruit farm produces pesticide-free and low-intervention, naturally grown berries, tree fruits and handmade, small-batch jams and jellies. Established in Ashland in 1983, our single-family-owned farm is now under its second generation of operation, solely woman-owned and -operated since 2024.



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 and pest control integrated 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.



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!

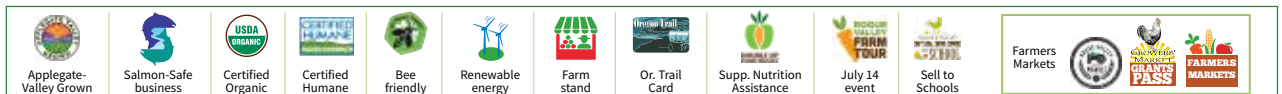


Diamond Bar Beef

diamondbarbeef.com • instagram@diamondbarbeef



Diamond Bar Beef is the purest beef you are ever going to have. Our black angus Dauenhauer cattle are raised on God's green grass from birth to butcher in Southern Oregon. Our operation is organically minded and holistically driven, focused on regenerative agriculture with health beginning in the soil. Rotated on pasture year-round and never receiving vaccines, antibiotics, hormones, fillers or grain, our animals are harvested when they are perfectly finished. We offer wholes, halves, quarters and assorted bundle boxes, processed locally. Visit our website to reserve your beef and browse our inventory. We offer local delivery and pickup options.



FARMS & RANCHES



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 12 to July 20, 10 a.m. to 4 p.m., Friday through Monday. For two summer lavender festivals, we open at 9 a.m. Find organically grown English lavender essential oil perfumes and a wide range of quality, handmade lavender products in our gift shop and at local farmers markets. We offer U-pick lavender, classes, wreath-making, paint-and-sip and other lavender crafting sessions. We sell lavender plants, as well as 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 SOU is a student-run, pesticide-free, local education and research farm. On site, student farmers learn about four-season growing and distribution of produce, host two college courses offered to university students and partner with local nonprofits and K-12 schools for hands-on learning. During the summer, the SOU Farm has a 12-week CSA program that feeds the local community.



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 farm stand 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

lernerflowerfarm.com • 541-857-8223



Welcome to Le Mera Gardens, Oregon's certified organic flower farm, located at Fry Family Farm. For three decades-plus, we have grown the largest, most diversified inventory of spectacular, seasonal, specialty cut flowers for our community. Le Mera Gardens serves the region's professional florist industry, independent designers, wedding planners, DIY weddings and celebrations of every type, local charities, nonprofit organizations, homes, businesses and all who love flowers. Make an appointment to shop from our weekly flower market, shop online at lernerflowerfarm.com and visit our online harvest calendar to learn about Le Mera Gardens' seasonal availability.





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 including one acre of lavender nestled along the scenic Applegate River. We specialize in an array of vibrant, seasonal blooms that guests can pick themselves in our fields. Our charming roadside farm stand is stocked with our handcrafted bouquets, handmade local goods, eggs and more. We host hands-on workshops, inviting guests to connect with flower farming and floral design. Book U-pick, private parties and farm tours through the website. Whether you're seeking a peaceful, outdoor escape or a creative experience, Mama Bees Flower Farm offers something special for everyone.



Naturespirit Herbs

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



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



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. If you would like to order a chicken, visit nunafarms.com or text 541-622-2910.



Oshala Farm

14900 Highway 238, Applegate OR 97527
 oshalafarm.com • 541-846-1120



Oshala Farm is your local source for certified organic, medicinal and culinary bulk herbs, tea blends and value added, herbal farm products. We grow more than 80 herbs that we ship nationwide, starting from 4-ounce bags to larger quantities for wholesale accounts. Local "farm pickup" is an option when you order via our website. You can also find our products at Ashland Food Co-op, Shop'n Kart, Elder Apothecary, Medford Food Co-op, Market of Choice, Hidden Valley and Whistling Duck Farm Store. Sign up for a farm tour via our website on our events page.



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 Ginet 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.



FARMS & RANCHES



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 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 U.S. Department of Agriculture 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 at 530-643-1943.



Salant Family Ranch

5288 Little Applegate Road, Jacksonville OR 97530
541-941-6634 • instagram@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 are ever 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.



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 farm stand features biodynamic produce, vinegar and eggs from our farm. Tasting and touring experiences are available daily, from 11 a.m. to 5 p.m.

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 • db-meat.com





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



Willow-Witt Ranch

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



Tucked behind Ashland's Grizzly Peak, Willow-Witt Ranch is a 445-acre off-grid sanctuary of ancient forests, alpine meadows, wetlands and an organic farm within the Cascade-Siskiyou National Monument. For more than 40 years, this land has been cared for through restoration, off-grid living and sustainable agriculture, supporting a thriving mountain ecosystem. Visit the farm store for fresh raw goat milk, eggs and organic vegetables and flowers. Join a goat hike or "life on the farm" tour, stay overnight in cozy farm-stay lodging or the campground and host weddings, retreats or family reunions in wild beauty. Every visit helps the land thrive.



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

Find us at any Farmers Market

Ashland-Tuesday & Saturday Applegate-Wednesday
Medford-Thursday

Call or email to order
541-941-6634
pksalant@aol.com

Steaks
Ribs
Roasts
Ground Beef






Salant Family Ranch

Ruch, Oregon 97530

"Raising home-grown, natural,
Angus cross beef, directly to your plate"



WHY LOCALLY GROWN FLOWERS MATTER IN THE ROGUE VALLEY

The Rogue Valley is home to more than delicious produce and world-famous fruit. Fresh flowers are one of the spectacularly beautiful crops grown in our region.

Like any crop, cut flowers benefit from the rich soil and moderate climate of the Rogue Valley. Beautifying our landscapes and our tables, they also are vital forage for pollinators in 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 not only supports the local economy and the beauty of our region but also benefits the environment 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. A vibrant, aromatic local bouquet is likely to last longer — and might even cost less!

Want to support local flower growers?

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.



WILLOW-WITT RANCH

Since 1985



STAY IN THE BEAUTY OF THE CASCADES

Willow-Witt Ranch is 445 acres of wetlands, forests, trails, wildlife, a diversified organic farm and exciting accommodations

in the Cascade-Siskiyou National Monument.

Enjoy a memorable stay and experience healthy ecosystems on a ranch committed to land conservation and regeneration,

alternative energy, and sustainable agriculture.

WILLOWWITTRANCH.COM | (541) 890-1998



LA VENDER ALLY FARM

OPEN SAT-SUN JUNE 13-28TH FROM 9AM-4PM
OPEN JULY VIA RESERVATION ONLY

*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!*



OUR MISSION

THROUGH SHARING OUTCOMES OF EXPERIMENTATION WITH
TRADITIONAL, ALTERNATIVE, AND INNOVATIVE FARM PRACTICES,
RUSTED GATE FARM INTENDS TO IDENTIFY A MIX OF INCOME
PRODUCING ACTIVITIES THAT WILL INCREASE AVERAGE FARM INCOME,
PROMOTE ENVIRONMENTAL HEALTH, AND ENABLE LONG TERM FINANCIAL
SECURITY FOR SMALL FARMS.



Stop by and see our Farm Store and experience high-quality locally-grown produce and our USDA beef sold by the cut. Ask to hear our story or sign up for a tour and see Montgomery's Meats' new USDA Hybrid Processing Plant.

contact@
rustedgatefarm.org

A 501(c)(3) Non-Profit



WE ARE WORKING TO ENSURE ACCESS TO HEALTHY FOOD FOR ALL

For all of its abundant agriculture, food insecurity in Southern Oregon is more acute than elsewhere in the state.

More than 11% of Jackson County residents and 13.5% in Josephine County regularly experience uncertainty about where their next meal might come from. Statewide, 9.8% of all Oregonians face this dilemma.

Addressing food insecurity in the Rogue Valley is Goal 1 of the Community Food Assessment Action Plan, an action plan committed to creating a thriving food system for all in the Rogue Valley. 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. The following 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 identify 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. Visit [Neighbors Unite Free Farmers Market](https://neighborsunite.org/neighbors-unite-schedule-and-locations). See roguefoodunites.org/neighbors-unite-schedule-and-locations for more information and locations.

Community supported agriculture: Ask if your favorite local farm offers CSA shares purchased with Oregon Trail Cards or WIC packages.



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after your first order of
\$50 or more, online only

rogueproduce.com

Limit 1 per customer. Expires 12/31/2026



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all tent sites for 2026

all furnished wall tents for 2026

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

Limit 1 per customer. Expires 12/31/2026



\$5 off

any purchase, in person,
at the Growers Market

March – October, corner of Fourth and F streets, Grants
Pass OR 97526

November – March, Josephine County Fairgrounds, 1451
Fairgrounds Road, Grants Pass OR 97527
growersmarket.org • 541-816-1144

Limit 1 per customer. Expires 12/31/2026



20% off

website orders

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oshalafarm.com • 541-846-1120

Cannot be used in conjunction with other discounts. Limit 1 per customer.
Expires 12/31/2026



**Phoenix Dripp
Café**

1 free baked good

with \$10 or greater purchase,
in person

312 N. Main St., suite A, Phoenix OR 97535

Limit 1 per customer. Must present coupon upon purchase. Expires 12/31/2026



1 free 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., Central Point, OR 97502

Limit 1 per customer. Expires 12/31/2026



Free delivery

on your first order through the JCFC
online marketplace at
jcfc.localfoodmarketplace.com/Products

Use Promo Code: JCFC DELIVERY2026 Applicable to your
first order only. Limited to the first 40 households to
redeem the promo code. Must be within our delivery zone
map in Jackson and Josephine County.

Limit 1 per customer. Expires 12/31/2026



IN THE KITCHEN

The growth of artisan foods in the Rogue Valley is astounding — tripling in the past five years! 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. Studies have shown that more kitchens are needed.

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 2027 Rogue Flavor Guide.

Central Point

CraterWorks MakerSpace

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

Grants Pass

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

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

Josephine County Fairgrounds Kitchen

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

Harvest Community Kitchen

(A Josephine County Farm Collective Project)
485 Daily Lane, Grants Pass OR 97527
jcfarmcollective.org/kitchen-rental
530-304-3754

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

REDUCE WASTE

Think like a chef

Of all food wasted in Oregon households, 71% could have been eaten, according to the state Department of Environmental Quality. Wasting food also wastes resources — and money. Because restaurants and food businesses can't afford to put ingredients in the trash, chefs plan their menus to keep waste to a minimum. Home cooks can prevent waste and get maximum value from their food dollars by following chefs' examples and using some of their kitchen strategies:

Before shopping, inventory your refrigerator and cupboards to avoid buying food you already have, note which foods need to be used and plan upcoming meals around them.

Move foods likely to spoil soon to the

front of the refrigerator or an "eat me first" area each week. Label an "eat me first" container to remind your family to use leftovers or other short-lived food.

Keep a running menu of dishes and their ingredients that your household already enjoys to make shopping for and preparing meals easier. Decide how many meals you'll eat at home each week — versus from restaurants — before making a shopping list.

Specify quantities on your shopping list, noting how many meals can be made with each item to avoid overbuying. For example: salad greens — enough for two lunches.

Choose whole foods and raw ingredients, which typically are many times less expensive than processed foods. Buying from grocers' bulk sections eliminates excess packaging, an environmentally sound practice that often saves you money. Consider shopping with a friend and divvying

up value packs of perishables, such as meat and dairy.

Shop with the seasons and preserve any excess. Vegetables and fruits likely are less expensive purchased in season, when they're also packed with more flavor and nutrition. Home canning is an investment of time that can save money and furnish locally grown foods all year. Freezing meats, produce, bread and prepared foods also extends their season and encourages purchasing at the most affordable prices.

Save vegetable tops and trimmings — even bones and fish heads — to simmer for stock. Just add water for a free flavoring for soups, stews and a variety of dishes. Save scraps in gallon-size resealable bags in the freezer until there's enough to make a batch.

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

PHOTO BY STEPHANIE RYDEN



GROWING GARDENS

A number of organizations in Southern Oregon support and help to grow community gardens — shared plots of land, often owned by cities or towns. Sometimes owned by individuals who donate space to support growing food, a community garden is a way for folks without room to garden at home to grow their own produce, cultivate self-sufficiency and beautify their lives. Community gardens are a key part of ensuring access to healthy food for all, by helping to reduce hunger, promote learning and encourage collaboration.

Looking for a community garden, or have a hankering to

try growing your own food? 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 folks in need 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

Ashland Rotary Club

175 Neil Creek Road
ashlandrotary.org
julidichiro@gmail.com

Cave Junction

Cultivate Kids Community Gardens

cjfarmersmarketinfo@gmail.com

Central Point

Don Jones Memorial Park

223 W. Vilas Road
541-423-1012

centralpointoregon.gov/parksrec/page/community-gardens

Eagle Point

Creekside Park Community Garden

711 N. Royal Ave.
Call City Hall, 541-826-4212, for availability

Gold Hill

Great Maggie’s community garden

14775 Highway 234
Call Tammy Wilkinson, 541-531-7238
Sign up at
candogoldhill.org/communitygarden

Grants Pass

Food Share Garden: Josephine County Food Bank

541-479-5556
farmmanager@jocofoodbank.org

Options Community Garden

Southwest G Street
541-476-2373
ssmall@optionsonline.org

Rogue Gardeners of Josephine County

roguegardenersofjosephinecounty.com

Medford

First Christian Church “Come Unity” Garden

1900 Crater Lake Ave.
541-772-8030 (Monday-Thursday)
mfccor@gmail.com

Rogue Valley Christian Church Community Garden

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

Union Park Community Garden

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

Phoenix

Blue Heron Park

4361 Bear Creek Drive

Talent

Talent Community Gardens

info@talentgardenclub.com

Talent’s Great Green Garden

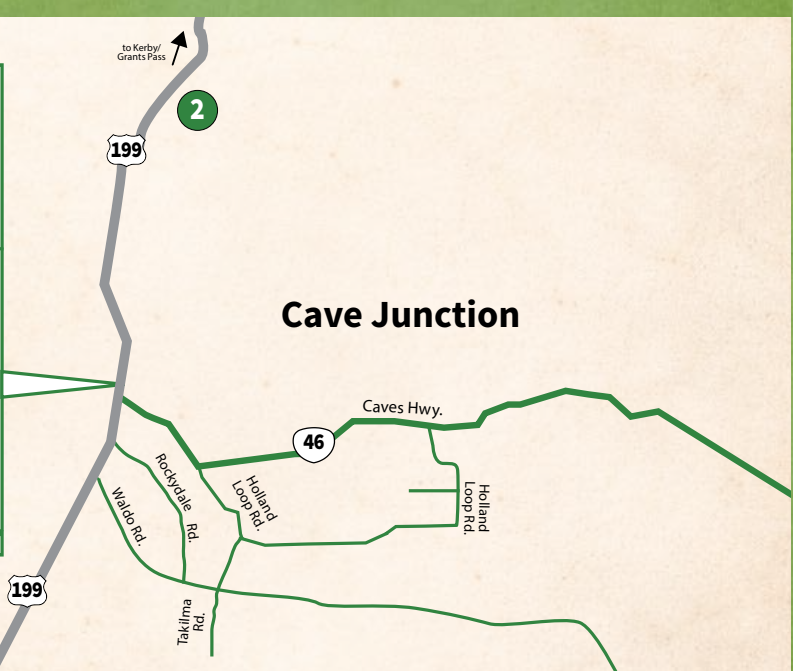
Talent Elementary School,
307 W. Wagner St.
541-840-0469

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

Grants Pass



Cave Junction



NOTE: Maps are not to scale.

FARMERS MARKETS

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Ashland



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EDUCATION & ADVOCACY

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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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^ SEE DETAILED CAVE JUNCTION MAP, PAGE 32



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



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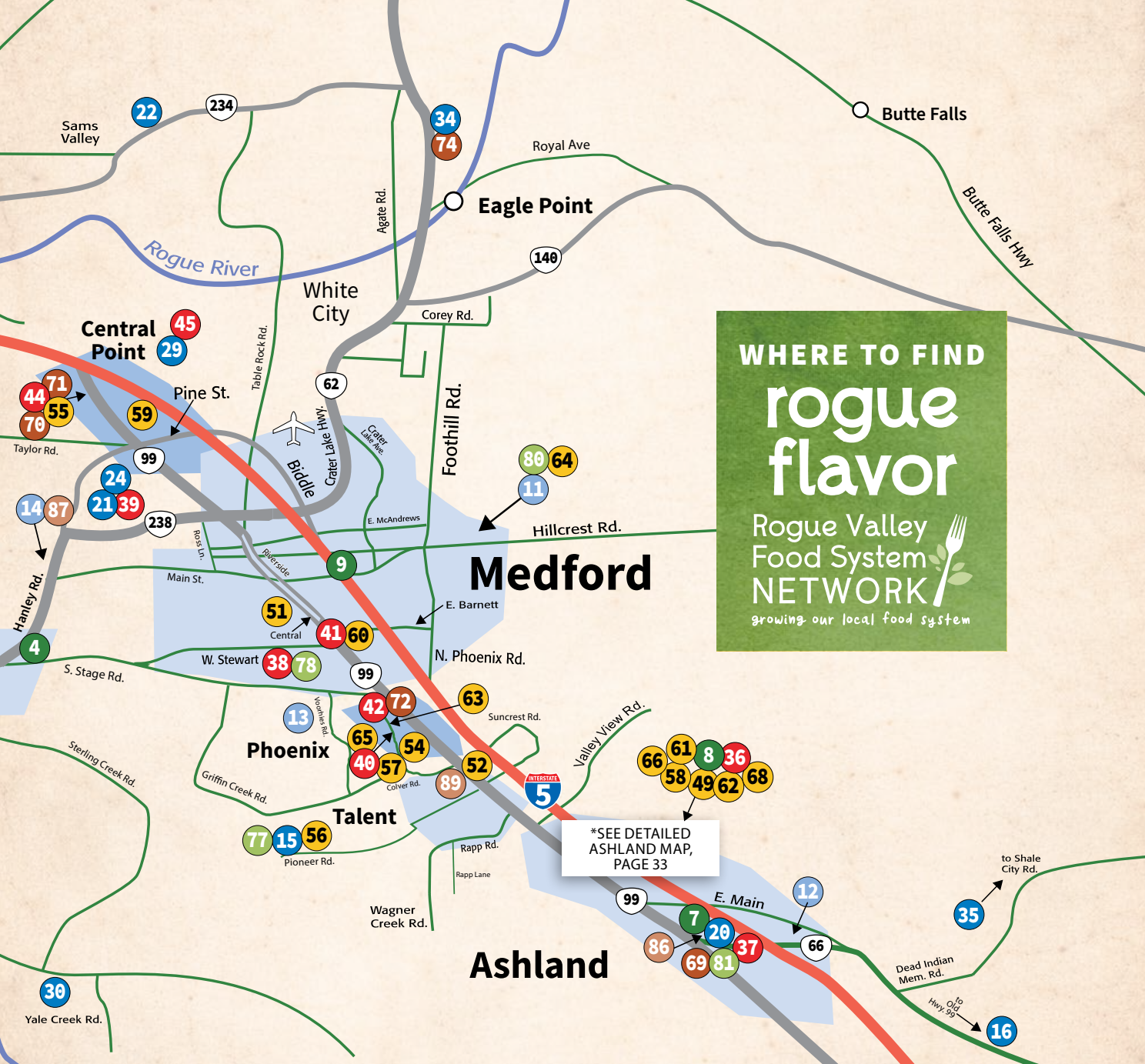
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WHERE TO FIND
**rogue
 flavor**
 Rogue Valley
 Food System
NETWORK
 growing our local food system

*SEE DETAILED
 ASHLAND MAP,
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FRESH * HEALTHY * LOCAL

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Farmers and Purveyors, at
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237 N. 1ST ST,

Ashland, OR 97520

(541) 482 - 2237

www.ashlandfood.coop   

FIND OUR NEWSLETTER HERE





CELEBRATING WITH LOCALLY GROWN PRODUCTS INVESTS IN A THRIVING FOOD AND FARM ECONOMY

Whether it's a bottle of wine for toasting an anniversary or a business lunch that needs some extra panache, adding Rogue Valley grown food takes every celebration up a notch.

From distinctive beverages, to world-class cheeses, pears with a global reputation or the best carrots you have ever eaten, Rogue Valley products are exceptional in their quality and the care with which they are grown.

More than 75% of Rogue Valley producers surveyed for the Community Food Assessment are implementing regenerative practices for raising their proteins and produce. Creating value-added products (condiments, beverages, cheeses and ferments, to name a few) has grown by leaps and bounds in the Rogue Valley — more than any place else in the state!

What's the secret sauce? It's the combination of high-quality ingredients, great soil and a community of residents and tourists who love to support the local economy.

You are a part of that picture. By purchasing Rogue Valley products, you not only make an enjoyable gathering or meal even better, you are investing in the local economy, keeping our dollars here and creating a virtuous cycle of investing in healthy soil and healthy food, so we can grow more healthy food and build more beautiful soil.

Want some tips on how to source locally for your next event?

- 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 the mealtime. 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.



KNOW YOUR FOOD WHAT'S IN A LABEL?

In a world awash in marketing claims, it can be hard to know if the food you purchase aligns with your values and health needs.

Labels independently verified by a third party offer assurance that you are buying a product that truly represents what it claims to be.

To help you make informed choices, we have compiled the following list of independently verified labels and detailed what they stand for:



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 USA in the United States, Biodynamic farms adhere to a comprehensive organic farming method that requires the creation and management of a whole farm, closed system minimally dependent on imported materials, with the goal of 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 are avoiding 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



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



Real Organic Project: The Real Organic Project (ROP) seal adds additional layers of commitment to the U.S. Department of Agriculture organic certification, ensuring farms truly mimic natural systems, promoting soil-based growing and high animal welfare standards, providing an extra level of trust for consumers wanting the most authentic organic products. realorganicproject.org



Regenerative Organic: Regenerative Organic certification signifies the highest standard for organic farming, augmenting U.S. Department of Agriculture's organic rules with strict criteria for soil health, animal welfare and social fairness, focusing on land restoration, biodiversity, humane treatment, fair wages and transparency across the supply chain. Bronze, silver and gold levels indicate increasing compliance. regenorganic.org

The following labels depend on farmer and processor information to support claims that the food products comply 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. cngfarming.org

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

Pastured or grass finished: Grass finished refers to meat products from cattle, bison, goats and sheep that have eaten nothing but their mother's milk and fresh grass or grass-type hay from their birth. Many products continue to be marketed as "grass fed," when grass is only a small part of the animals' diets. Ask producers if animals were fed grain or confined to feed lots. eatwild.com

Ask questions about ...

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

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

Business sustainability



B Corporation: These companies balance profit with purpose toward collective action to address society's critical challenges. The nonprofit B Lab creates standards, policies, tools and programs that shift the behavior, culture and structural underpinnings of capitalism. Certified businesses meet high standards of social and environmental performance, accountability and transparency. bcorporation.net



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 are a retail shop where our community can find the cuts of meat their ancestors prepared and preserve this passed-down knowledge to their children. A place where affordability, nutrient-dense food, culture and tradition come together and taste buds dance again. La Fuente allows farmers to sell their meat directly with the highest profit and lowest input. It's a game changer for producers."

— Krista Vegter, owner, La Fuente Market





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 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.



Cartwright's Market

825 Union Ave., Grants Pass OR 97527 • 745 Stewart Ave., Medford OR 97501
cartwrightsmarket.com



The story of Cartwright's Market is one of passion, dedication and a commitment to quality. Cartwright's Market is a leading market for fresh meat, produce and specialty foods located in Grants Pass and Medford. At Cartwright's, quality is at the heart of everything we do. From our hand-cut meats and house-made deli selections to our locally sourced produce, every product reflects our dedication to excellence. But our mission extends beyond food; we are proud to support local farmers, artisans and businesses, strengthening the Southern Oregon community we call home.



The Farm Store at Fry Family Farm

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



FRY FAMILY FARM
Certified Organic

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.



La Fuente Market

140 N. Main St., Phoenix OR 97535
lafuentemarket.com • 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.

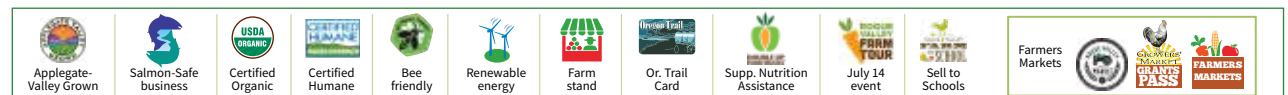


Medford Food Co-op

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



Medford Food Co-op is a community-owned grocery store and café with a vision to cooperatively nurture a healthy community. MFC is cultivating a thriving local food economy and a vibrant, inclusive community with support for local businesses and nonprofit organizations. Discover organic fruits and vegetables from local farms throughout the growing season, along with 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.



GROCERY & SPECIALTY STORES

The Oregon Cheese Cave

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

The Oregon Cheese Cave, established in 2018, is a specialty cheese shop offering freshly cut and pre-packaged cheeses from all over the world, as well as locally made accompaniments and a little bottle shop. Special features are custom platters and fun cheese-centric events.



Peach Rock Market

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

Peach Rock Market is a one-stop shop! 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.



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 Produce

rogueproduce.com • 541-301-3426

Rogue Produce offers "a la carte" purchasing of local produce from our online farmers market and a traditional CSA. Delivery is available direct to your home, as well as free to drop sites in Grants Pass, Rogue River, Eagle Point, Jacksonville, Medford, Phoenix, Central Point and Ashland. We sell only the highest quality fruits, vegetables, meats, cheeses, breads and other food products from local farms and small businesses. We also operate "Community Compost," bringing food scraps from homes and businesses to local farmers who need them. We go the distance and travel "full circle" for local farmers and our customers.



DID YOU KNOW?

U.S. consumers spent an average of 4.9% of their disposable personal incomes on groceries in 2024 (down from 5% in 2023). In affluent countries, such as the U.S. and United Kingdom, the share of household spending on food for preparing and eating at home is less than 10 percent whereas low-income countries allocate greater portions of their per capita income to food, as much as 60% in Nigeria. — Source: USDA Economic Research Service



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



MADE DAILY IN-HOUSE

Fresh, made-to-order deli sandwiches made with our finest specialty meats and cheeses

Chef-inspired entrees available in our Grab & Go section

FRESH FOOD & QUALITY

Largest meat counter in Southern Oregon

Fresh daily seafood

Baked goods made daily from scratch

SIPS & HARVEST

50+ rotating taps at our growler bar for endless, exciting pours

Fresh organic & conventional produce stocked daily



cartwrightsmarket.com



(541) 479-0321



@cartwrights_market



Breathtaking views of the Rogue River

Signature Northwest-inspired cuisine

Premium, locally sourced ingredients

Elegant indoor & scenic outdoor seating



www.taprock.com



(541) 955-5998



@taprock_nwgrill

GROCERY & SPECIALTY STORES



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



Takubeh Natural Food Market & Garden Supply, at the heart of Williams, offers an array of healthy goods for your family, home, farm and garden. Takubeh reflects the local vitality and cornucopia of cottage enterprises in the Williams Valley — fresh, organic, regional and local produce and nourishing provisions. We also have locally created gifts and cards, consciously curated home essentials, body care, vitality herbals, supplements and homeopathic remedies, as well as, organic livestock feeds, high-quality pet food and rice straw. Our team is caring, knowledgeable and happy to help! Stop in for something delicious from Takubeh's On-the-Go Fresh Kitchen.



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!

Give us your moldy, your smelly, your melon rinds
 yearning to decompose;
 the wretched refuse of your households.
 Send those coffee grounds, eggshells and that gourd,
 We lift our bins so that soil can be restored!

We will grow with your support!



**ASHLAND
 COMMUNITY
 COMPOSTING**

COMMUNITY
 Compost

COALITION



SOUTHERN OREGON
 FOOD SOLUTIONS



ROGUE
 PRODUCE



EAT · BUY · LOVE

LOCAL

Medford
Food **COOP**

—
A
N
D
—

The Café


Explore gorgeous organic produce, discover a variety of local & regional foods, shop your favorite natural & organic brands, grab delicious meals on the go, and enjoy weekly deals to fit your budget – ***all at your local community-owned food co-op.***

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



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.

"We are an inclusive bakery and cafe inspired by East Coast Jewish delis and West Coast farm-to-table movements, founded in Talent by the owners of Cerberus Coffee. Try our from-scratch bagels, pastry and a rotating selection of soups, sandwiches and more with hyper-seasonal and locally sourced ingredients in a casual counter-service community space."

— Cody Gordon, Ceremony owner





Apple Outlaw Taproom

15090 Highway 238, Jacksonville OR 97530
appleoutlaw.com • 541-846-1666

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.



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.



Black Barn Kitchen & Deli

525 Bigham Knoll Drive, Jacksonville OR 97530
blackbarnfarmoregon.com • 541-899-1000

Black Barn Kitchen and Deli is a farm-driven restaurant and deli at the historical Bigham Knoll Campus in Jacksonville. We serve elevated comfort food sourced locally as much as possible and inspired by the flavors of Southern Oregon. Enjoy brunch, dinner, handcrafted sandwiches, fresh salads and house-made sides and desserts. We cater small gatherings and large events with menus rooted in fresh, local flavors. Centered on honest food and community, we bring people together over comforting, memorable meals. Whether it's a sit-down meal, quick deli pickup or event catering, we offer a true taste of Oregon in every bite.



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, Oregon.



Chef Kristen Catering

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

Bringing the best of the Rogue Valley to your special event or business gathering, Chef Kristen Catering highlights local farms' peak-season ingredients. We specialize in off-site catering to create the perfect farm-to-table events 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.



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.



RESTAURANTS, FOOD TRUCKS & CATERERS



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.



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!



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.



TASTE THE DIFFERENCE

LA FUENTE MARKET 

LOCAL FOOD HUB | BUTCHERY | TAPS + EATS

Expanding access to local Rogue grown & raised food while honoring the farmers, ranchers, and food artisans who make it all possible.

La Fuente Market is a community-driven retail food hub, butcher, taproom, and eatery featuring Pistola's Kitchen, celebrating heritage and the nutrient-rich, bold local flavors of the Rogue Valley. Known for its nose-to-tail butchery, the market offers retail space for Rogue Valley food producers, ODA cut-and-wrap services—including wild game processing—a value-added smokehouse, in-house lard rendering, bone broth, and nutrient-dense sausage made through whole-carcass breakdowns, alongside local, seasonal eats made with love.

From fresh, hand-pressed local corn tortillas, salsa, carnitas, chicharrones, and chorizo to burgers, salads, and craft brews, La Fuente is a place to gather, eat well, and enjoy an affordable, nutrient-dense, Southern Oregon-produced, flavor-packed, sustainable meal. Offering pick-up, dine-in, delivery, and private event catering, La Fuente Market brings people together through food, culture, and community.

408.504.9869
127 N PHOENIX RD
12PM - 8PM DAILY
WEEKENDS LATE
LAFUENTEMARKET.COM

#EATSEASONAL #EATROGUE #EATPISTOLAS

La Fuente Market

140 N. Main St., Phoenix OR 97535
lafuentemarket.com • 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.



LARKS Restaurant

212 E. Main St., Ashland OR 97520
larksashland.com • 541-488-5558



Over two decades ago, LARKS helped to pioneer the Rogue Valley's farm-to-table movement. Today, the tradition continues with seasonally driven menus that celebrate Southern Oregon's farms, ranches, orchards and coast. Created by Executive Chef Franco Console, dishes balance comfort and creativity — featuring regional bounty, fresh seafood, vibrant vegetarian fare and desserts that change with the seasons. A four-time Wine Spectator Award of Excellence winner, LARKS pairs its cuisine with Oregon wines, craft beers and local spirits. Enjoy the warmly lit dining room, historic 1920s bar or seasonal sidewalk dining in the heart of downtown at the iconic Ashland Springs Hotel.

Lou's Loafs LLC

1254 N. Third St., Central Point OR 97502
lousloafs.com • 541-727-7275
facebook.com/lousloafs • 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.



The Café at Medford Food Co-op

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



The Café at Medford Food Co-op offers fresh, delicious, wholesome meals from housemade hot soups to custom sandwiches, hearty made-to-order salads, breakfast choices and smoothies made with organic ingredients. We emphasize minimally processed, organically grown whole foods, and we source from local businesses like Griffin Creek Coffee Roasters, Herb Pharm and Rise Up Artisan Bread. Enjoy a bite to eat in our dining room or outdoor seating area — or grab your food to go! Discover healthy, organic options for busy schedules in the Café.



Neuman Hotel Group Catering

212 E. Main St., Ashland OR 97520
cassandra.cole@neumanhotelgroup.com • 541-631-2006



Neuman Hotel Group Catering delivers thoughtfully crafted cuisine inspired by Oregon's farms, orchards, creameries and wineries. Led by Executive Chef Franco Console of LARKS Restaurant, the culinary team creates fresh, seasonal menus that highlight local ingredients and bold regional flavors. Catering services are fully customizable for gatherings of all sizes, from intimate events to large-scale celebrations and corporate functions. Off-site catering is available at venues throughout Southern Oregon, supported by experienced chefs and professionally trained banquet staff. With attentive service, refined presentation and meticulous attention to detail, every event is executed seamlessly and leaves a lasting impression.

Noble Coffee Roasting

281 Fourth St., Ashland OR 97520
noblecoffee.roasting.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.

RESTAURANTS, FOOD TRUCKS & CATERERS

Phoenix Dripp Cafe

312 N. Main St., suite A, Phoenix OR 97535

A fully plant-based cafe serving locally roasted Griffin Creek coffees, fresh-baked goods and incredible, joy-inducing sandwiches. Committed to using quality ingredients and selling products from other small, local businesses. Gluten-free options available.



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.



Side Yard Farm & Kitchen

180 N. Main St. #102B, Phoenix OR 97535

sideyardfarmandkitchen.com • instagram@sideyardfarm_roguevalley

For the past 17 years, Side Yard Farm & Kitchen has been a cornerstone of Portland's food community, known for its seed-to-plate meals, immersive food experiences and community events in the middle of a thriving one-acre urban farm. Farmer, chef and owner Stacey Givens has planted new roots in Phoenix, Oregon, opening a dining and event kitchen. Givens' dining room offers communal seating and family-style service where guests wine, dine and connect with their neighbors. Veggies, fruit, flowers and herbs are all grown at the family farm a couple miles up the road and out front in the little "Side Yard."



Slow Burn

10 Water St., Ashland OR 97520

slowburnfood.com

Slow Burn is an Ashland-based barbecue restaurant and packaged goods company serving smoked meats, handmade sauces and more throughout the Rogue Valley. Come eat at 10 Water St. and find our sauces at local grocery stores.



Taprock NW Grill

971 S.E. Sixth St., Grants Pass OR 97527

taprock.com • 541-955-5998

Taprock NW Grill is proud to join the Cartwright's family: longtime Southern Oregon locals dedicated to quality and community. The same commitment to honest ingredients and local flavors is on every plate at Taprock. From Pacific Northwest seafood to premium meats and farm-fresh produce, the menu is a celebration of Southern Oregon. Taprock will always be a place to gather, unwind and enjoy our region's best. We're committed to supporting local farmers, makers and the community that's made us who we are. Find good food, good company and the view that started it all, right here on the Rogue.



Zi Spice

376 E. Main St., Ashland OR 97520

zispice.com

Zi Spice is a vibrant, artisanal, gluten-free café rooted in community, flavor and craft. Every dish, drink and chocolate is made with organic, locally sourced ingredients, layered with bold spices, fragrant herbs and soulful intention.

Warm, welcoming and creative — where seasonal produce shines, textures matter and every bite is handcrafted with care — Zi Spice blends ancestral techniques with modern taste, offering a nurturing, inclusive and beautifully expressive experience.

Thoughtful, ethical and sustainable, it is a place that celebrates joy, curiosity and nourishment through food that is flavorful, comforting, radiant and unforgettable.



DID YOU KNOW?

Indigenous foods such as salmon, acorns, camas, game animals and berries

were historically plentiful in the Rogue Valley. And Manzanita produces berries traditionally used by Indigenous people as a sugar or sweetener. Fresh or dried berries can be boiled in water to create a refreshing cider, a food practice shared by several tribes in the Pacific Northwest. Managing resources and partnering with Indigenous leaders and communities to support their vision of restoring indigenous foodways is an important part of natural resource management in the region and fundamental to creating a resilient, thriving, equitable food system.



SIP LOCAL

Coffee may be grown in far-off locales, but buying locally roasted beans imparts many of the benefits of buying other locally produced foods. Your cup not only brims with fresh taste and tantalizing aroma, but makes a broader impact on the Southern Oregon — and global — economies. While roasting coffee creates jobs in our region and reduces the consumer's

carbon footprint, the social and ethical implications are far-reaching, from supporting organic, fair trade and sustainable agriculture in developing countries to directly sourcing the finest beans for fair prices from small family farms and cooperatives. When you purchase single-origin and small-batch coffees from local businesses, you explore a world of flavor!



FRESH, ORGANIC,

handcrafted.
THAT'S NOBLE COFFEE

THE PNW'S MOST AWARD-WINNING COFFEE ROASTER
WITH 14 FINALIST & 8 WINNERS IN THE GOOD FOOD AWARDS,
9 COFFEES SCORED 90+ POINTS BY COFFEE REVIEW,
AND FOOD & WINE'S MAGAZINE'S BEST COFFEE IN OREGON IN 2018 AND 2022

NOBLE COFFEE ROASTING | 281 FOURTH STREET | ASHLAND, OREGON



998 2
BLACK BARN
KITCHEN & DELI
AT THE
SCHOOL HOUSE
JACKSONVILLE, OR

• RESTAURANT • DELI •
• PRIVATE DINING •
• CATERING •
• EVENT SPACES •

525 BIGHAM KNOLL DR,
JACKSONVILLE OR 97530

(541) 899 - 1000

A Taste of LARKS,
Anywhere You
Celebrate!

Request Your Custom
Catering Menu.
541-631-2006

AshlandSpringsHotel.com
212 E. Main St. Ashland



LARKS
HOME KITCHEN CUISINE

Savor The Oregon Story.

4-time Wine Spectator Award of Excellence Winner.



APPLE OUTLAW TAPROOM



DISCOVER YOUR NEW FAVORITE SPOT



Handcrafted hard cider
and local beer on tap



Wood-fired pizza, wings,
and fresh salads



Live music on select days



Weekend brunch with
seasonal specials



Family and pet friendly



Dine-in or call to order to-go



📍 15090 OR-238, Jacksonville, OR

☎ +1 (541) 846-1666

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.



"Our farm kitchen goods take our fresh harvest next-level. With our ferments, freeze-dried products, seasoning blends and grab-and-go foods, our goal is to maximize the harvest and create unique, healthy and flavorful options for great snacks and delicious meals."

— Mary Alionis, co-owner, Whistling Duck Farm



ASSORTED HOUSE-MADE KVAS





Branson's Chocolates

1662 Siskiyou Blvd., Ashland OR 97520
 bransonschocolates.com • 541-488-7493
 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.



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 and heritage hogs. Our livestock are naturally raised without vaccines, chemical de-wormers or antibiotics, and they are out grazing and browsing in pastures and woodlands year-round.



Naturespirit Herbs

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



Naturespirit Herbs
 Harvesting from the Wild since 1990

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

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 17 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! To find locations for bread and pastries, visit our website.

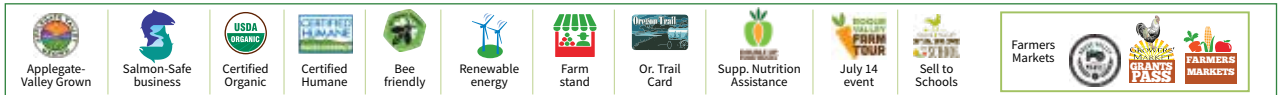


Rogue Creamery Cheese Shop

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).



ARTISAN FOODS

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.



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, 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.

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

PHOTO COURTESY OF TRAVEL SOUTHERN OREGON



IT TAKES A VILLAGE

It takes farmers and ranchers, store owners and winemakers, farmhands and truck drivers, health care providers and government agencies. Schools, teachers, hospitals, tourists and restaurant owners, chefs and brewmasters. Artists, marketing experts, nonprofits and community leaders. The list goes on and on.

We are all part of creating a thriving food system.



Feed the Valley • Fuel the Farmers • Nourish Us All

Rogue Valley
Food System
NETWORK
growing our local food system

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

**Donate
Today**





YOU CAN HELP BUILD SOIL AND SAFEGUARD WATER

Winter snowfall in 2024 and 2025 buoyed reservoir levels and the outlook for irrigation that sustains Rogue Valley farms and ranches. But major fluctuations in precipitation, snowpack and water levels over recent years are sounding the alarm — warning farmers, ranchers and anyone who irrigates to prepare for increasingly erratic conditions, including the likelihood of drought.

Our region's natural beauty, as well as the success of the food system, all rely on caring for the Rogue Valley's water, soil and the natural environment. Goal 3 of the Community Food Assessment Action Plan focuses on building soil and protecting watersheds — ensuring the celebrated terroir that makes the Rogue Valley a fantastic place to grow food.

Rogue Valley farmers and ranchers understand the connection between caring for the environment and creating a vibrant food system more than anyone. More than 75% surveyed for the CFA expressed their commitment to regenerative growing practices, and their desire to learn more. Read more on pages 38-39 about some of the third-party certifications that demonstrate local farmers' and ranchers' commitment to healthy soil, water and local ecosystems.

YOU can also make a commitment to promoting local watershed and soil health by practicing these strategies for drought-tolerant green spaces, soil preparations and conserving our precious water:

- 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.



COMPOSTING IS KEY

The statistics around food waste can be astounding — nearly 38% of all the food grown and imported in the United States is thrown away.

Combine that statistic with the fact that 26% of respondents to the Rogue Valley Community Food Assessment survey said they sometimes (20%) or often (6%) ran out of food and didn't have enough money for more.

It's clear that reducing food waste in the Rogue Valley needs to involve addressing food insecurity, as well as preventing food from entering the landfill. The Rogue Valley Community Food Assessment highlighted key needs and opportunities voiced by the community when it comes to reducing food waste:

Keep compost local and connect with local farms:

Community members are passionate about local composting, connecting with local farms and increasing education and awareness about sustainable food waste management through neighborhood collaborations.

Challenges in scaling up: Businesses working to scale up regional composting models in the Rogue Valley face significant regulatory and funding barriers. Scaling residential food scraps pickup programs face several challenges, including high collection fees for residents, the need to ensure that compost remains local and the difficulty of achieving large-scale, opt-in participation.

Infrastructure and technology needed to scale up:

Accurately measuring and tracking food-waste reduction and management strategies isn't easy. It requires funding,

people, infrastructure and technology, all of which are currently limited.

Collaboration needed: Addressing all of these barriers will require collaborative efforts to balance resident affordability, regulatory compliance and the scalability of collection infrastructure.

The U.S. Environmental Protection Agency prioritizes actions that prevent and divert wasted food from disposal. The most preferred pathways — prevent wasted food, donate and upcycle food — offer the most benefits to the environment and to a circular economy. These “top” pathways prioritize using food for its intended purpose: to nourish people. The least preferred pathways — landfilling, incineration and sending food down the drain — have the largest environmental impacts and have limited potential for circularity.

The Rogue Valley CFA Action Plan proposes solutions that first focus on reducing the amount of food waste we generate, then prioritize feeding people food that is safe and nutritious and composting any food waste that remains.

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.

WINE, BEER & CIDER



Globally and nationally renowned wines and high-quality craft ciders and beers are created right here in Southern Oregon. Enjoy sampling the many varieties and flavors offered by these businesses. As you're sipping in their tasting rooms and at restaurants, remember to mention that you found them in the Rogue Flavor Guide.





Apple Outlaw

15090 Highway 238, Jacksonville OR 97530
appleoutlaw.com • 541-846-1666

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.



Arpeggio Vineyard at Sunflower Farm of the Rogue Valley

3578 Pioneer Road, Medford OR 97501
541-210-0282 • instagram@arpeggiovineyard

At Arpeggio Vineyard at Sunflower Farm of the Rogue Valley, we believe that our community deserves the finest quality products at a fair price. Farming sustainably and using organic practices, we grow wine grapes, produce U.S. Department of Agriculture certified lamb, maintain educational vegetable, flower and pollinator gardens and host field trips and camps for elementary school students in cooperation with the Farm Bus Bistro.



Cartwright's Market

825 Union Ave., Grants Pass OR 97527 • 745 Stewart Ave., Medford OR 97501
cartwrightsmarket.com

The story of Cartwright's Market is one of passion, dedication and a commitment to quality. Alongside fresh meat, produce and specialty foods in Grants Pass and Medford, Cartwright's extensive beer and wine collections are curated with care. Bring your growlers to our Medford location, which boasts 60-plus rotating taps! Whether you're in the mood for a crisp local cider, a bold regional red or something new on draft, our knowledgeable staff can help you find just the right fit. From everyday favorites to special-occasion picks, Southern Oregon's largest selection of local wines and packaged beer is here at Cartwright's!



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 Ginot 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

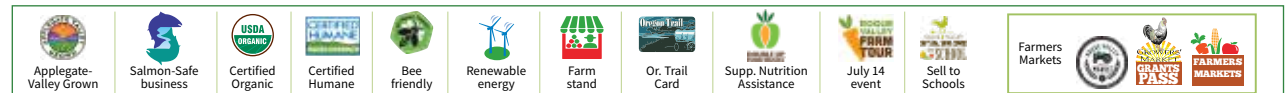
Come to RoxyAnn Winery and ROXY Coffee in East Medford, located at the historical Hillcrest Orchard. Our barn built in 1918 hosts both RoxyAnn Winery's tasting room and ROXY Coffee's coffee bar. For four generations, our family has farmed the 250 acres nestled at the base of RoxyAnn Peak. Come early for a cup of 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.



Terrene Winery & Cidery

1713 Siskiyou Blvd., Ashland OR 97520
terrenewines.com • 541-660-5755
facebook.com/terrene.cider.wine • instagram.com/terrene.cider.wine

Terrene Winery and Cidery is located in lovely Ashland, Oregon. We create wines and fine ciders that aim to feature each varietal's unique characteristics and exceptional esters. We have 60 cider-specific apples planted at our small farm in the Applegate and source other fruit from local vineyards and orchards with conscientious and sustainable growing practices. Our expertise is sparkling wines, fine ciders and co-ferments inspired by European and ancestral methods.



WINE, BEER & CIDER



Troon Vineyard and 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 farm stand features biodynamic produce, vinegar and eggs from our farm. Tasting and touring experiences are available daily, from 11 a.m. to 5 p.m.

TROON VINEYARD & FARM



Vista 222

222 Missouri Flat Road, Grants Pass OR 97527
vista222.com

Vista 222 is an event venue located amid a gorgeous 70-acre vineyard in the heart of Southern Oregon’s Applegate Valley. It features indoor and outdoor event spaces, ample parking and on-site staff to support setup and hosting. The flowing layout and covered areas make it easy to host weddings, private events and corporate gatherings year-round. Give your event a view to remember!



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.



DID YOU KNOW?

Oregon is the country’s third-largest producer of hops — constituting 10% of the U.S. supply — after Washington and Idaho? The crop ranks 18th among Oregon’s top 20 cultural commodities and is valued at just over \$65 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 6,600 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.



— Source: Oregon Agricultural Statistics April 2025 and oregonhops.org

U Ferment
est. 2022
Supply Store

Classes Available

Do-It-Yourself Fermented Food & Beverage

316 E Main St | Downtown Talent



Give Your Event A View To Remember

Vista 222

Surrounded by rolling vineyards and panoramic mountain views of the beautiful Applegate Valley, Vista 222 was designed with one purpose in mind: to create space for unforgettable moments.



www.vista222.com



+541-450-9422



admin@vista222.com



222 Missouri Flat Rd. | Grants Pass, OR 97527

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!



“Rogue Food Unites began amid the dual disasters of the 2020 Southern Oregon wildfires and a pandemic. It continues to this day — and beyond — to use food to heal individuals and communities during times of crisis. Food is the first step, and RFU supports building resilience and helping to ensure food security and sovereignty in Oregon. RFU’s Food Education program is working with our community to increase their confidence in utilizing the produce they bring home through our free, thrice-weekly Neighbor’s Unite market program.”

— Amber Ferguson, executive director



A Greater Applegate

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



A Greater Applegate is the rural community-building organization 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 to bring neighbors together to achieve small, localized projects. 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 is a Southern Oregon nonprofit educating people about agricultural pollinators of the Cascade region and providing hope for the future. Our projects include Bee Heroes America in which we teach gardening and beekeeping skills for veterans in Southern Oregon, Pollinators in the Classroom for kids in Jackson and Josephine counties, apiary classes at Rogue Valley Community College and Shooting Star Nursery and our project for naturalistic Health Education Arts (HEART). See more at cascadegirl.org

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 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 SOU is a student-run, pesticide-free, local education and research farm. On site, student farmers learn about four season growing and distributing of produce, host two college courses offered to university students and partner with local nonprofits and K-12 schools for hands-on learning. During the summer, the SOU Farm has a 12-week CSA program that feeds the local community.

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.

EDUCATION & ADVOCACY

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 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. OFC 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.



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.



DID YOU KNOW?

Honey's use by humans as food, medicine and for other other purposes spans the globe and predates recorded history. An 8,000-year-old cave painting in Spain depicts honey harvesting.





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 35 partner agencies, including 13 school pantries, to feed over 28,000 people a month in Josephine County. 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 Food Unites

roguefoodunites.org • 503-887-2541

facebook.com/roguefoodunitesoregon • instagram.com/roguefoodunites

Rogue Food Unites is a nonprofit that coordinates with local businesses to expand access to organic, nutritious food in our community while supporting the fundamental right for food. RFU’s current programming includes statewide emergency feeding during state-declared disasters; the Neighbors Unite: No Cost, No Barrier, Mobile Farmers’ Market; and disaster case management in continuing to provide support to those that were impacted by the 2020 fires. Rogue Food Unites strengthens local economies, preserves jobs, supports strengthening food security and fosters resilience through community building.



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.



Southern Oregon Innovation Hub

218 N.E. G St., Grants Pass OR 97527

southernoregoninnovationhub.org

Southern Oregon Innovation Hub creates a connection and support so that rural entrepreneurs can start, grow, and thrive. We provide workshops, one-on-one mentorship, coaching, resources and business guidance tailored to technology, food, beverage and product-based ventures. Through events like 1 Million Cups, pitch competitions and our “Grind” pop-ups, we help founders connect, ideate and access capital. Our co-shared kitchen space and technical assistance workshops offer practical resources for underserved and emerging entrepreneurs who don’t always see themselves in traditional business environments. SOIH builds networks and nurtures a collaborative ecosystem that strengthens economic resilience across Southern Oregon.



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

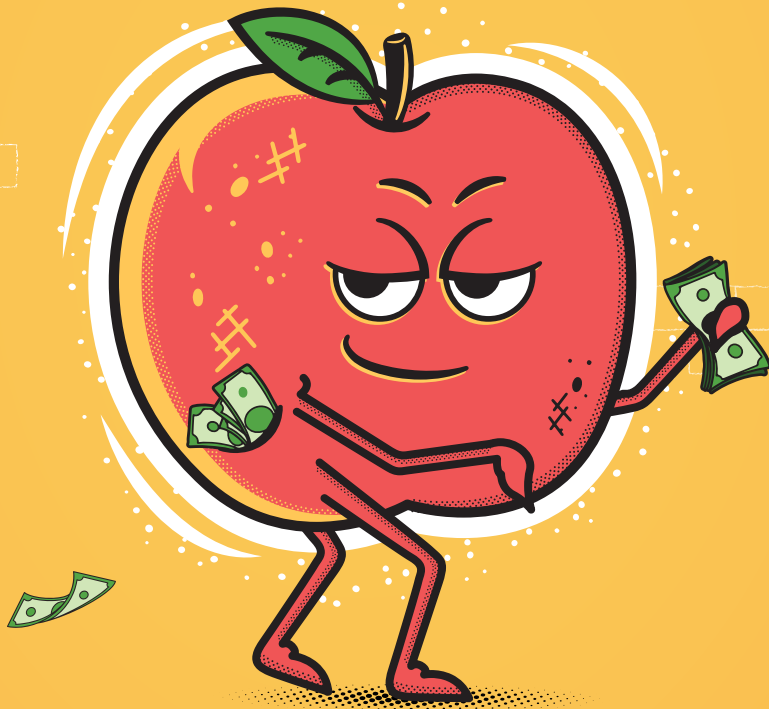
uferment.com • 541-690-8001

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





SEEKING FARMLAND?

Oregon Farm Link's *Navigate Program* offers 1-on-1 land access assistance for beginning or expanding farmers ready to take the next steps toward finding farmland.

We facilitate connections between farmers & ranchers seeking farmland with land holders to help grow the next generation of Oregon's independent farmers and protect precious farmland.



Being accepted into the Navigate program marked the turning point for me – where my research phase ended and the true start of my land search began.

- NAVIGATE PARTICIPANT

Ready to take the next step?

Contact an OFL Navigator at farmlink@friendsoffamilyfarmers.org

Are you a landholder wanting to connect with farmers?
Visit www.oregonfarmlink.org to list your land.

Oregon Farm Link is a program of Friends of Family Farmers



Scan to visit our website





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 800 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 41 and 49), Burrito Republic, Buttercloud Bakery & Cafe (see listing on page 49) Common Block Brewing Company, Falafel Republic, Kobe, Mason's on Main, 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 and listing on page 67.

PHOTO COURTESY OF ROGUE TO GO



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 3rd - November 24th

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

Hawthorne Park, 501 E. Main St. Medford
March 5th - November 19th

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

100 Block of Oak st. in Downtown Ashland
May 2nd - October 31st

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

rvgrowersmarket.com

**REUSABLE TO-GO
CONTAINER PROGRAM**

Easy as
1-2-3!



**Rogue
TO GO**
eat • return • repeat

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

- 1**
EAT
Take away your order or leftovers in a Rogue To Go
- 2**
RETURN
Exchange used and rinsed containers for another meal or token
- 3**
REPEAT
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**





Meet Your Rogue Valley Food System Network Council

The Rogue Valley Food System Network is led by a council of nearly 20 organizations, all working together to create a thriving food system in the Rogue Valley.

Please consider supporting these organizations in addition to the Rogue Valley Food System Network — **we are all in this together!**



ACCESS

ACCESS works to build healthy, stable communities by providing food, shelter, education, and support services to people in need across Jackson County. Through food access programs, emergency assistance, and long-term pathways to stability, ACCESS ensures that individuals and families have what they need to weather hardship and move toward a more secure future.



Chef Kristen

Chef Kristen began with a humble mission: to provide high-quality, farm to table meals to the Rogue Valley. The first version of her food service started as a personal chef, cooking meal packages in clients' homes. Though rewarding to feed a few families very well, Kristen wanted to increase her reach to more households and individuals at a more accessible price point. That is when Jefferson Farm Kitchen was born. After creating a beautiful storefront and kitchen in downtown Jacksonville, Chef Kristen is expanding her catering to include education programs as well as delicious food!



Cultivate Oregon

Cultivate Oregon is a woman-led organization of farmers and educators focusing on regenerative agriculture issues and building local seed and food system resiliency. Through education and advocacy, Cultivate Oregon is growing a diverse and equitable food system that promotes biodiversity, pollinator and soil health, heritage seeds, and resource conservation.



Family Nurturing Center

Empowers families, safeguards children, and nurtures resilience through compassionate support, trauma-informed care, and essential resources – ensuring every child grows up in a safe, loving and stable home.



Jackson Soil and Water Conservation District

Jackson Soil and Water Conservation District (JSWCD) is a local, non-regulatory organization dedicated to helping people care for the natural resources that sustain our communities. Their mission is to conserve, protect, and enhance natural resources for the economic, environmental, and quality of life benefits for the residents of Jackson County. Their staff provides technical assistance, education, and resources to support healthy soils, clean water, resilient forests, and productive farms and ranches across Jackson County.





Josephine County Farm Collective

The Josephine County Farm Collective connects our community with access to local agricultural products and educational opportunities while strengthening the economic viability of producers. They are committed to a future where everyone in Southern Oregon has access to locally grown fresh, healthy food, flowers and fiber by empowering a network of producers and consumers with education, collaboration and advocacy, to foster growth, connection and economic vitality.



Josephine County Food Bank

The Josephine County Food Bank responds to the root causes of hunger and supports our community by striving to nourish, restore dignity, provide health, and champion community. Their mission is to lead the effort to eliminate hunger by empowering our community... because no one should be hungry!



Rogue Food Unites

This organization uses food to heal individuals and communities during times of crisis. Rogue Food Unites coordinates with locally-invested food businesses to provide fresh, nutritious, and shelf-stable ingredients, assembled and delivered to our communities. While meeting the fundamental human right to food, RFU strengthens local economies: fostering collaboration, preserving jobs for residents, building resilience, and ensuring food security and sovereignty in Oregon.



Medford Food Coop

Medford Food Co-op exists to cultivate a thriving local food economy, and a vibrant, inclusive community. They feature organic produce from local farms throughout the growing season, and offer a variety of local and regional products throughout the store year-round. Discover affordable organic and natural products in their Co+op Basics program, as well as weekly Fresh Deals and bimonthly Co+op Deals for even greater savings.



Medford Food Project

A simple system that really works: Every two months – on the second Saturday of every even month – the Food Project neighborhood coordinators pick up bags of healthy, nonperishable food neighbors have left outside their front doors. They leave empty green bags for the next time, and take all of the food to local food banks. It's that easy!



Oshala Farm

Oshala Farm considers it an honor to grow herbs that support community health. Oshala is a certified organic farm that uses regenerative, sustainable cultivation practices. They are stewards of the land farming with generations to come in mind.



Our Family Farms

Our Family Farms defends the Jackson County GMO Free Seed Sanctuary created in 2014, supports farmers, and educates policy makers and the community at large about regenerative agriculture, organic practices, and soil health. They envision a thriving, sustainable food and agricultural system with seed diversity and farmable land for generations to come.



OSU Extension

Small farms program: Their mission is to advance sustainable agriculture, community food systems, and economic progress for Oregon's small farmers and ranchers and provide a leading-edge experience for students.



Oregon Farm Corps

Oregon Farm Corps is training the next generation of farmers and ranchers. Their training programs offer hands-on experience on a diverse network of small to mid-size sustainable farms in Oregon. We provide real world opportunities for beginners and advanced students of agriculture.



Rogue Valley Farm to School

Rogue Valley Farm to School educates children about our food system through hands-on farm and garden programs, and by increasing local foods in school meals. They inspire an appreciation of local agriculture that improves the economy and environment of the community and the health of its members.



Rusted Gate Farm

A nonprofit farm located in the Rogue River Valley of Southern Oregon. They are dedicated to supporting small farms through demonstration, trials and innovation.



Southern Oregon Seed Growers

Southern Oregon Seed Growers Association's mission is to support the growing of high quality commercial seed crops in our local region, to train the seed growers of the future and to educate the public on seed production issues.



St Vincent De Paul

The Society of St. Vincent de Paul was founded in France in 1883 to help the poor and destitute of Paris. The Rogue Valley District Council was established in 1982 to serve the poor and needy in Jackson County. The all-volunteer staff serve all who come regardless of race, creed, religion or ethnic origin. They are committed to ensuring that the poor and needy of Jackson County have a safety net of support and encouragement. Over 229 part-time volunteers provide all staffing and services, providing almost 71,500 volunteer hours in 2024.



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)

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One of Oregon's most celebrated agricultural valleys invites you to taste your way through the region. The Rogue Valley Food Trail showcases the incredible diversity of local farms, makers, restaurants, wineries, breweries, and artisan producers that define Southern Oregon's food scene. With 50+ stops across three curated itineraries—Famous Food, Healthy Living, and Family Farms—it's easy to explore flavors from field to fork. Watch for Rogue Valley Food Trail signs at participating locations from Grants Pass to Ashland, and plan your journey by downloading the map at RogueValleyFoodTrail.com.



TravelOregon.com