

2024  
**rogue**  
**flavor**  
GUIDE

ALWAYS FREE!

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

**Your Southern Oregon  
resource for fresh, local  
food & drink**



# TROON VINEYARD

APPLEGATE VALLEY OREGON



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

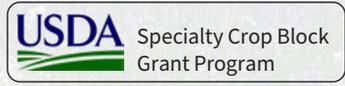
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troonvineyard.com social: @TroonWines 541-846-9900  
Winery: 1475 Kubli Rd., Grants Pass OR 97527  
McMinnville: 620 NE Third St., McMinnville, OR 97128

# Contents

Key of symbols .....	4
Calendar of seasonality .....	6
Community supported agriculture (CSA).....	7
Farmers Markets .....	8-10
Events .....	12-14
Farms & Ranches.....	20-27
Nutrition necessities.....	30
In the kitchen .....	32
Community gardens .....	33
Maps.....	34-37
Know your food/Know your labels .....	38-39
Grocery & Specialty Stores.....	40-46
Celebrate local foods.....	47
Restaurants & Caterers.....	48-51
Artisan Foods .....	52-55
Community compost.....	56
Wise up to water use.....	58
Brews, Wine & Spirits.....	60-62
Education & Advocacy .....	64-67
Restaurants for reusables .....	70
Who we are .....	72-73

Thanks to these businesses and organizations for making this publication possible



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(SEE PAGE 13)

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INSET PHOTOS COURTESY OF  
WILLIAMS FARMERS MARKET  
(SEE PAGE 10)

# 20 years of Flavor



**11 YEARS LATER:** MIA DURST, NOW 15, WITH THE 2013 ROGUE FLAVOR GUIDE SHE WAS ON AS A 4-YEAR-OLD



After 20 trips around the sun, we're still gaining momentum.

Local food has been the vehicle carrying producers, customers and the larger community through the past two decades of Rogue Flavor. All of you who have grown along with us share this 20th anniversary milestone. Rogue Flavor, after all, is more than a brand; it's the belief that together we're better.

Along this journey of building our local food system, we realized our efforts are really building community. In the process of raising local food's profile by tending distribution networks and marketplaces, we're actually tending to producer and consumer relationships.

In the past two years alone, we've spoken with thousands of people about the state of the local food system. These interactions arose from 2023's Rogue Valley Food Solutions Summit, when we relaunched the Jackson and Josephine County Community Food Assessments.

The nitty-gritty around logistics, distribution, farmland access and other issues drew people to the forums we hosted.

Our efforts will culminate in an action plan that identifies gaps and challenges and makes recommendations over the next 10 years for increasing regional food access and improving infrastructure and economic conditions. To ensure our food and farm systems' resilience, we must consider long-term strategies around climate adaptation, regenerative practices and making room for traditional ecological practices. We can learn from those already dedicated to doing this work, including our local indigenous gardens network.

The previous Community Food Assessments a decade ago created our organization, the Rogue Valley Food System Network, which operates under a council of regional stakeholders. RVFSN adopted the Rogue Flavor Guide from its originator, THRIVE, and committed to carrying on its mission. We offer Rogue Flavor all year, on paper and online.

The 20th annual Guide to fresh, wholesome and sustainably produced foods is a testament to how far

we've come — and how far we have to go. Our collective movement's speed, strength and endurance come through our individual strides: farmer, rancher, brewer, vintner, grocer, entrepreneur, restaurateur, educator, shopper and eater.

Learn how you can get involved at [rvfoodsystem.org](http://rvfoodsystem.org). Subscribe to the Network's monthly online newsletter for updates.

We express gratitude for the local businesses and individuals who contributed photos to this year's Guide. For more information or to be in next year's Guide, email [abigail@rvfoodsystem.org](mailto:abigail@rvfoodsystem.org).

**Do you love this Guide?** Keep it in circulation by making a donation at <https://rvfoodsystem.org/donate-now-2>

## KEY OF SYMBOLS



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



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



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



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



**Demeter Biodynamic** certified farms adhere to a comprehensive organic farming method that requires the creation and management of a closed system minimally dependent on

imported materials, instead meeting their needs from the farms' own living dynamics.



**Salmon-Safe** businesses protect riparian areas for fish habitat.



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



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



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



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



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



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



**Farmers market** icons indicate participation in one or more of the following outdoor farmers markets: Applegate Evening Market, Cave Junction Farmers' Market, Grants Pass Growers Market, Jacksonville Sunday Market, Rogue 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.



# \$10 Off

\$25 Annual Membership to the Oregon Pasture Education Network

Reach out to Courtney at FriendsOfFamilyFarmers.org to redeem.

Offer expires 12/31/24.



# 2 tastings for the price of 1

In person only.

1475 Kubli Road, Grants Pass, OR 97527

Offer expires 12/31/24.



# \$5 Off

any purchase over \$10 in the farmstand.

5461 Upton Road, Central Point, OR

Offer expires 12/31/24.



# \$1 Off Signed Copy

By authors Eric and Joy McEwen of "Raising Resilient Bees: Heritage Techniques to Mitigate Mites, Preserve Locally Adapted Genetics, and Grow Your Apiary."

Contact joy@digginlivin.com for use.

Offer expires 12/31/24.



# \$1 Off

Each bottle of hot sauce purchased — no limit.

Must be purchased at Cave Junction Farmers' Market (April-October 2024)

Offer valid only with coupon. Offer expires 12/31/24.



# SISKIYOU SEEDS

# Free Seed Packet

with every order of \$30 or more when using the code "ROGUESEEDS" (one per customer).

siskiyouseeds.com • 541-415-0877

Offer expires 12/31/24.



# \$2 Off

Any item in the Jacksonville store, up to 10 items.

135 S. Oregon St., Jacksonville OR 97530

chefkristen.com • 541-531-6740

Offer expires 12/31/24.



# 10% Off

Your first order of fresh sausage with an in-store purchase. Minimum purchase of 1 pound to receive discount.

135 S. Oregon St., Jacksonville OR 97530

Offer expires 12/31/24.

# Calendar of seasonality

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

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



# Who's your farmer? Join a CSA to find out

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

*“The CSA program is important to Red Buttes Farm because it creates an early revenue flow during the winter months when there are many early expenses like seeds, fertilizers and labor. It also creates a bond between the consumers and the farm through the weekly newsletter, which includes stories, pictures and recipes from the farm. The CSA model also promotes local and sustainable agriculture, reducing the member’s carbon footprint.”*

— Patrick Homa, farmer/owner



 **Fry Family Farm**  
 2184 Ross Lane, Medford OR 97501  
 fryfamilyfarm.org  
 suzi@fryfamilyfarm.org • 541-535-8044  
 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.

 **Josephine County Farm Collective**  
 485 Daily Lane, Grants Pass OR 97527  
 harvie.farm/farm/jc-farm-collective/signup  
 jcfarmcollectiveinfo@gmail.com • 530-304-3754  
 home/office delivery, multiple pickup locations and flexible payment for food, flowers and animal-sourced fiber produced throughout Southern Oregon; includes weekly farm newsletter and recipes. Customize contents; add or swap items; reschedule or request vacation holds.

 **Red Buttes Farm**  
 redbuttesfarm@gmail.com • 608-632-4042  
 instagram.com/redbuttesfarm  
 weekly pickup at Ashland- and Applegate-area locations of boxes filled with a wide array of fruits, vegetables and flowers from May through November. Each box includes a fun newsletter with stories, pictures and recipes from the farm.

 **Rogue Artisan Foods**  
 farm box meat CSA  
 rogueartisanfoods.com • 541-708-1565  
 year-round, monthly pickup of a large or small box of meats, broths, eggs with recipe suggestions and other farm products, including fruits and salsas when available.

 **Rogue Produce**  
 year-round, online farmers market  
 rogueproduce.com • 541-301-3426  
 weekly home delivery in Ashland, Central Point, Eagle Point, Gold Hill, Grants Pass, Jacksonville, Medford, Merlin, Phoenix, Rogue River, Shady Cove, Talent and White City. Economy, omnivore and veggie “bundles” are modeled on traditional CSAs, or order a la carte — there are no commitments!

 **UPROOT Meats**  
 uprootmeats.com  
 uprootmeats@gmail.com • 408-504-9869  
 year-round delivery in Jackson and Josephine counties or on-farm pickup of heritage pork and chicken, starting at \$45 per month. See instagram.com/uprootmeats for the latest updates and additions to our 2024 CSA boxes.



# Farmers Markets

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

*"We're honored to play a role in this community's vibrant expression of local agriculture, arts and business. This small town market embodies what it means to come together and celebrate what Williams has to offer. We couldn't be more proud!"*

— Kyra Eddy, market manager



PHOTOS COURTESY OF WILLIAMS FARMERS MARKET (SEE PAGE 10)



### Applegate Evening Market

Wednesdays • 5-8 p.m. May – July; 4-7 p.m. September  
 location to be announced  
[applegateeveningmarket.com](http://applegateeveningmarket.com)

Applegate Evening Market is a fun, weekly event to bring farmers and our community together. Join us Wednesday evenings in May, June, July and September (no markets in August) for an outdoor market in Ruch, the location to be announced by May. Purchase directly from local farms, artisans, crafters and food trucks while enjoying live music amid the beautiful backdrop of the Applegate Valley. Family-friendly!



### Cave Junction Farmers' Market

4-7 p.m. • Fridays • April – October  
 24100 Redwood Highway, Kerby OR 97531  
[cjfarmersmarket.org](http://cjfarmersmarket.org) • [cjfarmersmarketinfo@gmail.com](mailto:cjfarmersmarketinfo@gmail.com) • 458-229-2067  
[facebook.com/CJfarmersmarket](https://facebook.com/CJfarmersmarket) • [instagram.com/cj.farmers.market](https://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 much more! Weekly live local musicians and special guest performances by RiverStars Performing Arts, an Illinois Valley youth group! Free weekly hands-on, farm-inspired activities for kids and onsite Cultivate Kids Gardens! We accept SNAP, DUF, Protein Bucks and FDNP vouchers.



### Grants Pass Growers Market

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

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



### Jacksonville Sunday Market

9 a.m. to 2 p.m. • Sundays • May 5 – mid-October  
 206 N. Fifth St., Jacksonville OR 97530  
[facebook.com/thejacksonvillesundaymarket](https://facebook.com/thejacksonvillesundaymarket)

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



### Josephine County Farm Collective

485 Daily Lane, Grants Pass OR 97527  
[jcfarmcollectiveinfo@gmail.com](mailto:jcfarmcollectiveinfo@gmail.com) • 530-304-3754

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



# Farmers Markets

## CSA Rogue Produce

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



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



## Rogue Valley Growers & Crafters Market

rvgrowersmarket.com • 541-261-5045

Rogue Valley Growers & Crafters Market — named one of the 10 best farmers markets in the nation by USA Today — boasts 150-plus local growers, crafters and artisan food makers. Our three open-air markets run in Ashland and Medford from March through November. You will find the freshest seasonal produce, flowers, plants, cheeses, meats, baked goods, artisan foods and handcrafted items available within 200 miles of the Rogue Valley. Music, events and fun for the whole family!

### Tuesdays in Ashland

8:30 a.m. to 1:30 p.m. • March 7 – Nov. 21  
ScienceWorks parking lot, 1500 E. Main St., Ashland OR 97520

### Thursdays in Medford

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

### Saturdays in Ashland

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

### Indoor winter market

TBD (check website)



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



## Williams Farmers Market

206 Tetherow Road, Williams OR 97544  
Mondays • 4-6:30 p.m. May – June and September – October; 5-7:30 p.m. July – August  
williamsfarmersmarket@gmail.com  
facebook.com/Williams-Farmers-Market • instagram.com/thewilliamsfarmersmarket

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



**BUILDING COMMUNITY BY SUSTAINING AND ENHANCING THE ENVIRONMENTAL, ECONOMIC, AND SOCIAL VITALITY OF THE APPLGATE VALLEY.**

**JOIN OUR FOOD AND FARM NETWORK TO ENGAGE IN PROJECTS, MAKE CONNECTIONS, AND ENJOY NETWORKING OPPORTUNITIES.**

**VISIT OUR WEBSITE [WWW.AGREATERAPPLGATE.ORG](http://WWW.AGREATERAPPLGATE.ORG)  
OR EMAIL US AT [INFO@AGREATERAPPLGATE.ORG](mailto:INFO@AGREATERAPPLGATE.ORG) TO LEARN MORE.**



A GREATER APPLGATE



@APPLGATEVALLEYOREGON



WEBSITE





**ASHLAND TUESDAY MARKET**  
ScienceWorks Parking Lot, 1500 E. Main St.  
8:30AM - 1:30PM March 7 - Nov 21

**ASHLAND SATURDAY MARKET**  
Downtown Ashland, Oak Street  
8:30AM - 1:00PM May - October

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

For More Market Information  
Visit Us  
[www.rvgrowersmarket.com](http://www.rvgrowersmarket.com)



*get fresh with the locals!*



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

See what's coming up and learn more at [HarryandDavid.com/hosted-dinners](http://HarryandDavid.com/hosted-dinners)



# Events

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

*"Visit the Southern Oregon Lavender Trail and our other events around the valley to find out how to use local lavender in your kitchen, ask about our food handling practices and taste our delicious lavender in homemade treats. Hopefully you will leave with a better sense of connection to the food you eat and the land it comes from."*

— Sue Owen, The English Lavender Farm



### Brews, Bluegrass & BBQ

2-8 p.m. • Saturday, June 1, 2024  
 RoxyAnn Winery, 3283 Hillcrest Road, Medford, OR  
[rvfoodsystem.org/bbb](http://rvfoodsystem.org/bbb) • 541-973-9446



Tap into the best of the Rogue Valley's food, drink and music at our annual one-day fundraising festival! Each year, Rogue Valley Food System Network partners with vendors of delicious barbecue, locally brewed beers and ciders and popular bluegrass bands to bring you an afternoon of food education, celebration and connection. This annual event supports Rogue Valley Food System Network's work and mission to connect people with locally grown food and locally owned businesses. For more information or to volunteer, visit our website.

### Brine, Brew & Barrel Fermentation Festival

annually in January  
 Ashland Hills Hotel & Suites, 2525 Ashland St., Ashland OR 97520  
[oregonfermentationfest.com](http://oregonfermentationfest.com) • 541-631-2004



Brine, Brew & Barrel Fermentation Festival celebrates the multicultural culinary tradition of fermented products, including pickles, krauts, kombucha, beer, wine, cider, mead, chocolate, cheese, coffee, sourdough and everything in between. Join us on an epic culinary journey of discovery of new and familiar flavors! Enjoy all-day vendors exposition, workshops and demonstrations, activities for the whole family, and unique events including the Friday night Brew Bash, Cider Social and Hot Sauce & Bloody Mary Brunch.

### Oregon Chocolate Festival

annually in March  
 Ashland Hills Hotel & Suites, 2525 Ashland St., Ashland OR 97520  
[oregonchocolatefestival.com](http://oregonchocolatefestival.com) • 541-631-2004



Oregon Chocolate Festival is an annual culinary event dedicated to the art of chocolate making. Chocolate enthusiasts are treated to a variety of fine chocolates and chocolate-inspired products, as well as wine, beer and baked goods showcased by producers from across the West Coast. The 20th annual event in 2024 combines a two-day vendor marketplace, as well as the Sunday Chocolate Brunch and beloved Chocolate Makers Wine Dinner. For more information, see our website.

### Oregon Honey and Mead Festival

10 a.m. to 5 p.m. • Sept. 21, 2024  
 Edenvale Winery, 2310 Voorhies Road, Medford OR 97501



The festival is a family-friendly excursion into flowers, flavor, mead, honey, art, pollinators and science. Learn more on our website, [cascadegirl.org](http://cascadegirl.org) or [oregonhoneyfestival.com](http://oregonhoneyfestival.com), where you also can sign up for a class, a tour or to volunteer!

### Oregon State University Extension Service

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



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

### Rogue Valley Farm Tour

10 a.m. to 3 p.m. • Sunday, July 14, 2024  
[roguevalleyfarmtour.com](http://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.

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

- Sign up for Rogue Valley Food System Network's monthly newsletter at [rvfoodsystem.org/newsletter](http://rvfoodsystem.org/newsletter)
- See our online events calendar at [rvfoodsystem.org/events](http://rvfoodsystem.org/events)

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

### Southern Oregon Lavender Trail

2024 Lavender Festivals

10 a.m. to 5 p.m. • June 21- 23 and July 12-14, 2024

[southernoregonlavendertrail.com](http://southernoregonlavendertrail.com)

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



The summer lavender experience peaks locally in late June and early July, when six local lavender farms celebrate during two weekend-long festivals. The first festival, June 21-23, has the advantage of slightly cooler days while the July 12-14 event celebrates the lavender harvest in all its glory. Both festivals feature live music, food and invitations to stroll among and pick the lavender. Farm-made lavender products complement unique local crafts. For participating farms, see our website. Some of our lavender farms are open on weekends throughout June and July; check websites for hours of operation.

# SOUTHERN OREGON LAVENDER TRAIL

## LAVENDER FESTIVAL WEEKENDS

### JUNE 21-23 & JULY 12-14

# 2024

[southernoregonlavendertrail.com](http://southernoregonlavendertrail.com)



## ASHLAND COMMUNITY COMPOSTING

We cater to:

# Events, Gatherings, Restaurants

We pick up all food scraps (incl. meat & bones)

Contact: [AshlandCoCo@gmail.com](mailto:AshlandCoCo@gmail.com) | [AshlandCommunityComposting.org](http://AshlandCommunityComposting.org)



**Saturday, JUNE 1st** ♦ **2-8:00pm**

Rogue Valley Food System Network presents

**2024 BREWS  
BLUEGRASS  
& BBQ**

RoxyAnn Winery, Medford

Photo credit: Steven Addington Photography

**A fundraiser for:**

Rogue Valley  
Food System  
**NETWORK**



growing our local food system



[roguebbb.org](http://roguebbb.org)

**Sponsored by:**

**Medford  
Food COOP**



# ROGUE VALLEY FARM TOUR



**SAVE THE DATE: JULY 14<sup>TH</sup>**

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

**LEARN MORE: [WWW.ROGUEVALLEYFARMTOUR.COM](http://WWW.ROGUEVALLEYFARMTOUR.COM)**

**Brought to you by:**

**Medford  
Food CO+OP**

Rogue Valley  
Food System  
**NETWORK**  
growing our local food system



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

Locally grown flowers provide forage for pollinators and beautify our region. Choosing a locally grown bouquet avoids the floral industry's environmental impacts of transportation, refrigeration and other forms of energy use. Locally grown blooms more often are free of chemical pesticide and fungicide residues, their petals are more vibrant and aromatic and a bunch is likely to last longer!



*Visit. Play. Create.*

**LAVENDER**  
ALLY FARM

**Find Us:** [LavenderAlly.com](http://LavenderAlly.com)

**Call Us:** (770) 584-9188

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

**Follow Us:**   

**OREGON HONEY AND MEAD FESTIVAL**  
09/21/2024 

**HONEY, MUSIC, ART,**  
NATIVE PLANTS, TASTINGS, SPEAKERS, SCIENCE,  
POLLINATION STATION FOR KIDS, MEAD GARDEN FOR 21+







Sept. 21, 2024 - Edenvale Winery  
2310 Voorhies Rd., Medford  
[www.cascadegirl.org](http://www.cascadegirl.org) ~ 501(c)3 charity

## Southern Oregon Small Farms Connection

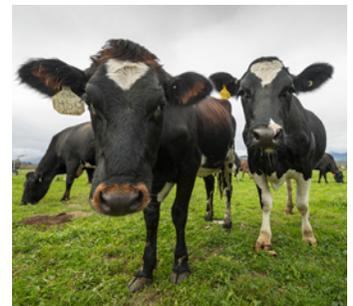
a farmer-to-farmer email listserv



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

Sign up at:  
[tinyurl.com/sofarmers](http://tinyurl.com/sofarmers)





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

Download RVFT Map at [RogueValleyFoodTrail.com](http://RogueValleyFoodTrail.com)



[TravelMedford.org](http://TravelMedford.org)



[SouthernOregon.org](http://SouthernOregon.org)



[TravelOregon.com](http://TravelOregon.com)



HEART OF THE ROGUE™

## UNCORK & EXPLORE

Explore Rogue Valley's wine country and must-see locations. Download the Rogue Valley Wine and Bucket List digital passports to earn points that can be redeemed for prizes at Travel Medford's Downtown Visitor Center.

LEARN



MORE



# HEART OF THE ROGUE FESTIVAL<sup>SM</sup>

# SAVE THE DATE

## OCTOBER 11+12, 2024

@ PEAR BLOSSOM PARK



[HEARTOFTHEROGUEFESTIVAL.COM](http://HEARTOFTHEROGUEFESTIVAL.COM)



# Farms & Ranches

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

*“Starting Itty Bitty Acres, we assumed we might have a challenging time making a name as a regenerative micro-farm in the Rogue Valley. That couldn’t be farther from the truth. The Rogue Valley has kept Itty Bitty Acres busy, constantly reminding us to start from where you are — whether growing in 5-gallon pails in your backyard or taking over the family farm. People rely on the resilience of farmers and their love of every aspect of making things grow — from the seed all the way to the table.”*

— farmers Ryan and Erica Idso-Weisz





### D&B Land and Livestock

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

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



### Daily Blessings Farm

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



Daily Blessings Farm is your local source for pesticide-free strawberries, vegetables, herbs, pasture-raised eggs and cut flowers. Located eight miles west of Grants Pass, this small, peaceful farm is a bee and wildlife haven. We promote regenerative agriculture, biodiversity, pest control integration with livestock and environmental stewardship. Check our website for farm stand hours (April through October), 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. Members enjoy the flexibility of customizing box contents, delivery frequency, multiple pickup locations, payment options and home/office delivery.



### Diamond Bar Beef

P.O. Box 402, Talent OR 97504  
 diamondbarbeef.com • 541-531-6538  
 facebook.com/Dauenhauercattle • instagram.com/diamondbarbeef



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



### Diggin' Livin' Farm & Apiaries

4567 Waldo Road, Cave Junction OR 97523  
 digginlivin.com • 5414155472  
 facebook.com/digginlivin • instagram.com/digginlivin



Diggin' Livin' Farm & Apiaries started in the Illinois Valley in 2003. We opened a natural foods store and cafe on Redwood Highway in 2013, and sold the store in 2022 to focus on our beekeeping endeavors. We have a small farm store in Takilma, where we teach on-site and virtual beekeeping and apitherapy. Eric and Joy co-authored a book, titled "Raising Resilient Bees." We sell products that we grow, raise and handcraft: Natural Nest beekeeping equipment, as well as honey bee colonies, honey, beeswax candles, propolis tincture, jun, Honey Bee Brews, oxymels, salves, garden produce and eggs.



### The English Lavender Farm

8040 Thompson Creek Road, Applegate OR 97530  
 englishlavenderfarm.com • 541-846-0375  
 facebook.com/EnglishLavenderFarm • instagram.com/EnglishLavenderFarm



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

## Did you know?

Southern Oregon's hot, dry summers and abundance of rocky, well-drained soil is ideal for lavender, a drought-tolerant plant native to the Mediterranean

Lavenders fall into three main categories: the shorter, more compact English varieties, the most commonly cultivated Lavandins and the showy Spanish lavenders, used almost exclusively in landscaping décor. Considered sweeter, English lavender oil is preferred for chefs and perfumers while French lavender produces larger quantities of camphoraceous oil.



## The Farm at Southern Oregon University

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

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



## Feral Farm

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

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



## Fry Family Farm

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

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

Sams Valley, Oregon  
507-382-1521  
facebook.com/Itty.Bitty.Acres.Farm • instagram.com/ittybittyacresfarm

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



## Lavender Ally Farm

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

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



## Lazy Acres Farm

Applegate, Oregon  
lazyacresfarm.org • 408-234-5429  
facebook.com/lazyacresfarmoregon • instagram.com/\_lazyacresfarm/

Lazy Acres Farm is a small-scale, organic vegetable farm in the Applegate Valley. The farm was born of our shared passion for farming and sustainable living. Our diverse selection of organically grown seasonal produce includes lettuce mix, carrots, cilantro, basil, green onions, bok choy, kale, head lettuce, parsley, radishes, spinach, squash, sunflowers, and tomatoes. We're proud of the way we grow: pesticide-free, no synthetic chemicals or fertilizers, non-GMO, no-till and regenerative practices. Our produce can be purchased April through November every Saturday at the Grants Pass Growers Market. Follow us on social media for updates!





**LOCAL  
SMALL-FARM  
PRODUCE**



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



**HIGH-QUALITY  
ORCHARD  
GRASS HAY**



**ARTISAN  
FOODS &  
CRAFTS**



**FREE  
U-PICK  
FLOWERS**



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

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



*Salant Family Ranch*



**From our Ranch  
to your table**

**Local, Natural**

**Grain Finished or Grass Finished  
USDA Inspected**

**Angus Cross Beef**

**Pasture raised on our Beef Cattle Ranch**

**in the Applegate Valley**



**Steaks  
Ribs  
Roasts  
Ground Beef**

**Find us at any Farmers Market**

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

**Ruch~Wednesday  
Jacksonville~Sunday**



**Call or email to order  
541.899.8295  
pkosalant@aol.com**



**Salant Family Ranch**  
Ruch, Oregon 97530

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

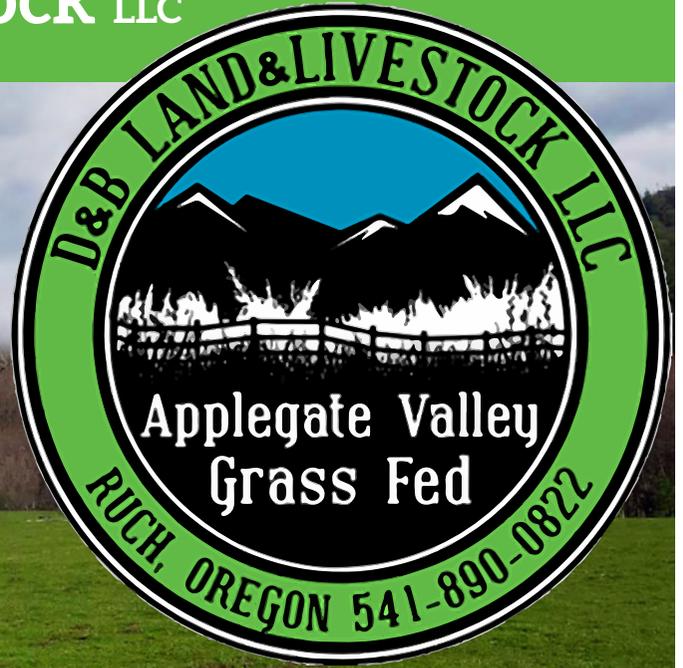
Photo Credit: Diane Choplin

# 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



Supporting local  
farms and  
ranches through  
demonstration, trials,  
and sharing results.



A 501(C)(3)

5700 UPTON RD.  
CENTRAL POINT, OREGON  
RUSTEDGATEFARM.ORG



### Le Mera Gardens

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



Welcome to Le Mera Gardens, Oregon's certified organic flower farm. We are in our 31st season of growing the largest and most diversified inventory of beautiful, seasonal, specialty cut flowers. We farm several fields in Ashland and Medford, extending our flowering season in unheated hoop houses. Le Mera Gardens serves the professional florist industry, independent floral designers, DIY weddings, special events, charities, private homes, one-time orders, small businesses and regional event planners. We host a flower market every Tuesday and Thursday of the flower season at our warehouse on Medford's Ross Lane. Visit our online calendar to see seasonal availability.



### Marvin's Gardens and Cattle Co.

5642 W. Evans Creek Road, Rogue River OR 97537  
 541-661-3286



Marvin's Gardens and Cattle Co. is more than just beef. Located in Rogue River, just five miles from Interstate 5, our veteran, family run farm produces clean meats free from antibiotics, hormones or grains. Our animals are raised on green grass and nothing else. We do not spray herbicides or pesticides on our fields. Our pork is fed only locally sourced feed. We sell only USDA processed cuts, whole halves and quarter beef, pork, lamb or mutton. Our pricing is competitive, and the quality of our products are guaranteed. Order at 541-661-3286. Local delivery available.



### Oshala Farm

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



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



### Plaisance Ranch

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



A working ranch since 1858, Plaisance has been owned and operated since 1979 by the Ginnet family, evolving into a highly diversified operation offering Salmon-Safe, U.S. Department of Agriculture certified organic beef; Oregon Department of Agriculture certified grafted grapevines, wine grapes and fine wines. Our beef and seasonal lamb are ranch-raised and grass-finished on our organic pastures. We know their histories. Sample our award winning, premium quality wines to highlight great meals. Hours are noon to 6 p.m. Wednesday through Monday, March through October; noon to 5 p.m. Friday through Monday, November through February.



### Rogue Artisan Foods

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



Our polyculture farm practices regenerative agriculture and pollinator-friendly interplanting. Animals rotate on pasture that is maintained organically — no chemical fertilizers or herbicides. We raise pigs on pasture, acorns, veggies, fruit, whey and small amounts of organic grains and seeds (no commercial feeds). This rich, red, nutrient-dense meat is great for specialty diets. Our goats browse pasture and forest, and our birds free range. We offer a monthly meat CSA "farm box" throughout the year (see listing on page 7). You also can purchase chicken, goat, pork and duck eggs on our website, at the Growers Market and Whistling Duck Farm.



### Rogue Creamery Dairy and Farmstand

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



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



## Rogue Produce Community Compost

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



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



## Runnymede Farms

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



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



## Rusted Gate Farm

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



Rusted Gate Farm is a nonprofit operation in Central Point. Our mission is to support small farms through experimentation and education. We're proud to keep 1,100 acres of historical farmland in the Rogue Valley and Klamath regions in working agriculture, producing high-quality orchard grass hay, Angus and Wagyu beef, vegetables, fruit and a free U-pick flower garden in the summer months. Our regenerative practices include rotational grazing, cover cropping, closed-loop nutrient cycling and solar electricity. Purchase our food products in our year-round farmstand, visit us online or call for more information. To purchase hay, contact Jace at 530-643-1943.



## Salant Family Ranch

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



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



## Siskiyou Seeds

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



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



## Suncatcher Food Forest

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



We are biodynamic farmers and stewards of the land. In an industry that rewards monoculture, we are passionately dedicated to biodiversity, no-till farming and regenerative agriculture. We have everything from organically grown fruits, vegetables, nuts, orchard-raised chicken eggs, refined sugar-free jams, dried fruit and stoneground, sprouted nut butters. Find our products at the Grants Pass Growers Market and Umpqua Valley Farmers Market, Williams Farmers Market, Wednesday Canyonville Farmers Market and Applegate Evening Market, Gooseberries in Grants Pass, Medford Food Coop, Takubeh in Williams, rogueproduce.com and klamathgrown.org/market. We also ship; please email us and browse our online shop.

**TerraSol Organics**

Williams, Oregon  
 terrasolorganics.com • 541-787-0916



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

**Troon Vineyard 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 The Wine Enthusiast Magazine. During the summer months, our farmstand features biodynamic produce, vinegar and eggs from our farm. Tasting and touring experiences are available daily, 11 a.m. to 5 p.m.

**UPROOT Meats**

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



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

**Whistling Duck Farm 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



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





## *Our Purpose*

Working together with our communities to improve the health and well-being of everyone.

## *Our Vision*

Thriving, inclusive, and equitable communities.

## *Our Values*

Trust • Relationships  
Innovation • Voice



allcare health®

## Building a Better Tomorrow

AllCare Health is a physician-led organization that has been dedicated to strengthening healthcare for Southern Oregon and its people since 1994.

[AllCareHealth.com](http://AllCareHealth.com)



Daily Blessings Farm

## FREE Private Farm Tour

With a \$50 farmstand purchase.

Get up close and see how your food is grown. Sample juicy strawberries, collect eggs, pack a picnic to share in our picnic area and enjoy the quiet on a sunny day. Limit 10 people. Adults and supervised children are welcome.

Advanced reservation required.

485 Daily Lane, Grants Pass OR 97527 • dailyblessingsfarm.org  
530-304-3754

Offer expires 12/31/24.



JOSEPHINE COUNTY FARM COLLECTIVE

## Free Item

With your 2024 full season, weekly, fruit and vegetable subscription.

Your choice of: one large artisan loaf of bread, market bouquet of flowers or 1 pound of grass-fed ground beef. Contact jcfarmcollectiveinfo@gmail.com for use.

Offer expires 12/31/24.



## \$2 Off

Any menu item.

Various farmers markets or event locations

Offer expires 12/31/24



## Complimentary 8-oz. kombucha/ jun on tap

With \$22 purchase. In store only.

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

Offer expires 12/31/24.



## \$1 Off

A bag of microgreens.

ONLY valid at our farmers market booth.  
Limit 1 per customer per purchase.

Grants Pass Growers Market, Rogue Valley Growers and Crafters Market, Medford and Ashland locations.

Offer expires 12/31/24



## \$2 Off

Grilled cheese sandwich

6531 Lower River Road, Grants Pass OR 97526

roguecreamery.com • 541-471-7292

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

Offer expires 12/31/24



## \$5 Off

Any house-made food item

Redeem in our onsite farm store or at the Rogue Valley Grower and Crafter Markets, Medford or Ashland locations.  
1 per customer

Farm Store: 12800 Williams Hwy, Grants Pass, OR 97527

Offer expires 12/31/24.



## BOGO Wine Flight

Limit 1 coupon redemption per two people.

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

Offer expires 12/31/24.



# Nutrition necessities

**F**ood insecurity keeps intensifying for Southern Oregon’s hungriest households. The region’s food bank managers cite inflation, shrinking wages and the localized housing crisis behind the increasing numbers of Jackson and Josephine county residents they serve. Recent government reductions in nutrition benefits also play a role.

“Almost overnight, we welcomed 3,000 new individuals into our emergency food network,” said Josephine Sze, executive director of Josephine County Food Bank, of the March 2023 cutbacks in the government’s emergency Supplemental Nutrition Assistance Program.

One in five residents of Jackson and Josephine counties need emergency food services. The numbers increased in Jackson County by about 30% last year, in Josephine County by 20%.

“We had hoped that need would trend down over the year, but

many factors ... have prevented that,” said Sze.

To bridge the widening gap, ACCESS expanded its number of pantries, adding five last year at fixed and mobile locations in Jackson County. ACCESS now operates 35 pantries, including several aimed at the region’s older residents and nutritional needs specific to seniors.

Josephine County added 10 new partner agencies to its roster of more than 25 unique organizations working together to address hunger. Rural communities in the Illinois Valley, schools and other education establishments were their focus in 2023.

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 33).

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

For help in Jackson County: call 541-779-

6691 or see [accesshelps.org/food-pantry-network](https://accesshelps.org/food-pantry-network) to find your neighborhood pantry.

For help in Josephine County: call 541-479-5556 or see [jocofoodbank.org/pantry-list](https://jocofoodbank.org/pantry-list) to find your neighborhood pantry.

**One-on-one help** — Connect by phone, text or email to a comprehensive resource that provides customized assistance. 211info can help people apply for the Supplemental Nutrition Assistance Program (SNAP/Oregon Trail Card) and other vital ways of accessing food, including Women, Infant and Children (WIC) packages and Farm Direct Nutrition Program checks for seniors.

Working toward long-term, community based solutions to eliminate hunger, 211info also can point the way toward summer meal sites for kids, community

meal sites, farmers markets that match SNAP dollars, nutrition education in the community and resources to help people with low incomes to grow their own food. Dial 2-1-1 directly from your telephone 24 hours a day seven days a week, text your zip code to 898211 or email [help@211info.org](mailto:help@211info.org). See [211info.org](https://211info.org) for more information.

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

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

# THE BEST OF SOUTHERN OREGON



## *Harry & David* FLAGSHIP STORE

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

### **Harry & David Country Village store**

#### **Open Daily**

1314 Center Drive,  
Medford, Oregon 97501

Exit 27 off I-5 • 541-864-2278

**HarryandDavid.com**



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



# In the kitchen

**L**ike artists in their studios, food artisans rely upon specialized spaces to work. Licensed commercial kitchens provide facilities where chefs, bakers, caterers and culinary professionals create new products and incubate new businesses. Contributing to our local food economy and regional flavor, these shared, fully

equipped kitchens are available to rent on flexible, affordable terms. If you rent space in a commercial kitchen or own space not listed here, please email [info@rvfoodsystem.org](mailto:info@rvfoodsystem.org) to be featured on the Rogue Valley Food System Network website and in the 2025 Rogue Flavor Guide.

## Applegate Valley

Emily's Kitchen  
14553 Highway 238,  
Jacksonville OR 97530  
Chef Emily Moore  
[emily@emilyskitchen.com](mailto:emily@emilyskitchen.com)  
206-226-8385

## Central Point

CraterWorks MakerSpace  
419 N. Front St., Central Point OR 97502  
[marketing@craterworks.org](mailto:marketing@craterworks.org)  
541-423-8250

## Grants Pass

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

## Illinois Valley

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

## Medford

Fry Family Farm Kitchen  
2184 Ross Lane,  
Medford OR 97501  
Amber Fry  
[amber@fryfamilyfarm.org](mailto:amber@fryfamilyfarm.org)  
541-622-8154

## Talent

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

## Think like a chef

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

- Before shopping, inventory your refrigerator and cupboards to avoid buying food you already have, note which foods need to be used and plan upcoming meals around them.
- Move foods likely to spoil soon to the front of the refrigerator or an “eat me first” area each week. Label an “eat me first” container to remind your family to use leftovers or other short-lived food.
- Keep a running menu of dishes and their ingredients that your household

already enjoys to make shopping for and preparing meals easier. Decide how many meals you'll eat at home each week — versus from restaurants — before making a shopping list.

- Specify quantities on your shopping list, noting how many meals can be made with each item to avoid over-buying. 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](http://southernoregonfoodsolutions.org)



# Grow your own/Community Gardens

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

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

website, which offers grants to groups trying to establish new gardens. See [jacksoncountymga.org/community-garden-grants/](http://jacksoncountymga.org/community-garden-grants/)

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



## Ashland

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

Southern Oregon University Ecology and Sustainability Resource Center Garden  
S. Mountain Avenue above Henry Street  
541-552-8512 • [communitygarden@sou.edu](mailto:communitygarden@sou.edu)  
[sou.edu/sustainability-center/community-garden](http://sou.edu/sustainability-center/community-garden)

## Central Point

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

## Eagle Point

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

## Grants Pass

Food Share Garden:  
Josephine County Food Bank  
541-479-5556 • [info@jocofoodbank.org](mailto:info@jocofoodbank.org)  
Options Community Garden  
Southwest G Street  
[ssmall@optionsonline.org](mailto:ssmall@optionsonline.org) • 541-476-2373

Rogue Gardeners of Josephine County  
[roguegardenersofjosephinecounty.com](http://roguegardenersofjosephinecounty.com)

## Medford

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

Rogue Valley Christian Church  
Community Garden  
1440 S. Oakdale Ave.  
541-773-3144 • [denise@rvchristian.com](mailto:denise@rvchristian.com)

Union Park Community Garden  
501 Plum St.  
Contact Jamar Johnson,  
[jjjohnson@protonmail.com](mailto:jjjohnson@protonmail.com)

## Phoenix

Blue Heron Park community garden  
4361 Bear Creek Drive  
Sandra Wine • [sandrajwine@gmail.com](mailto:sandrajwine@gmail.com)  
541-631-1865

## Talent

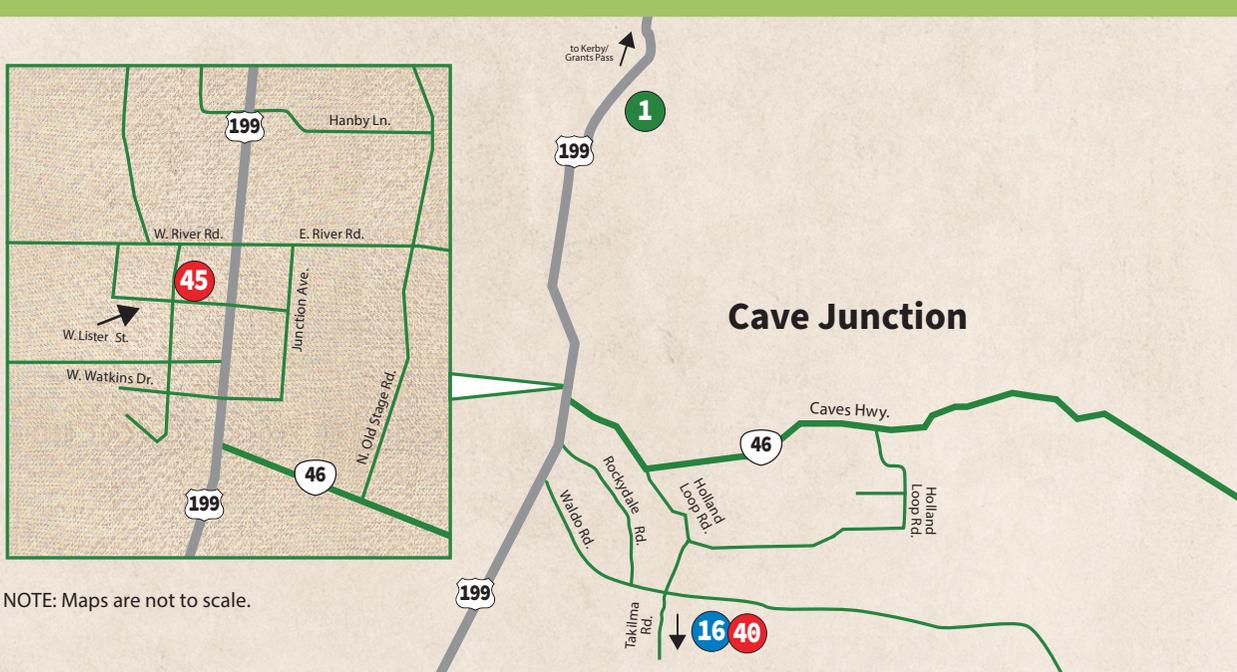
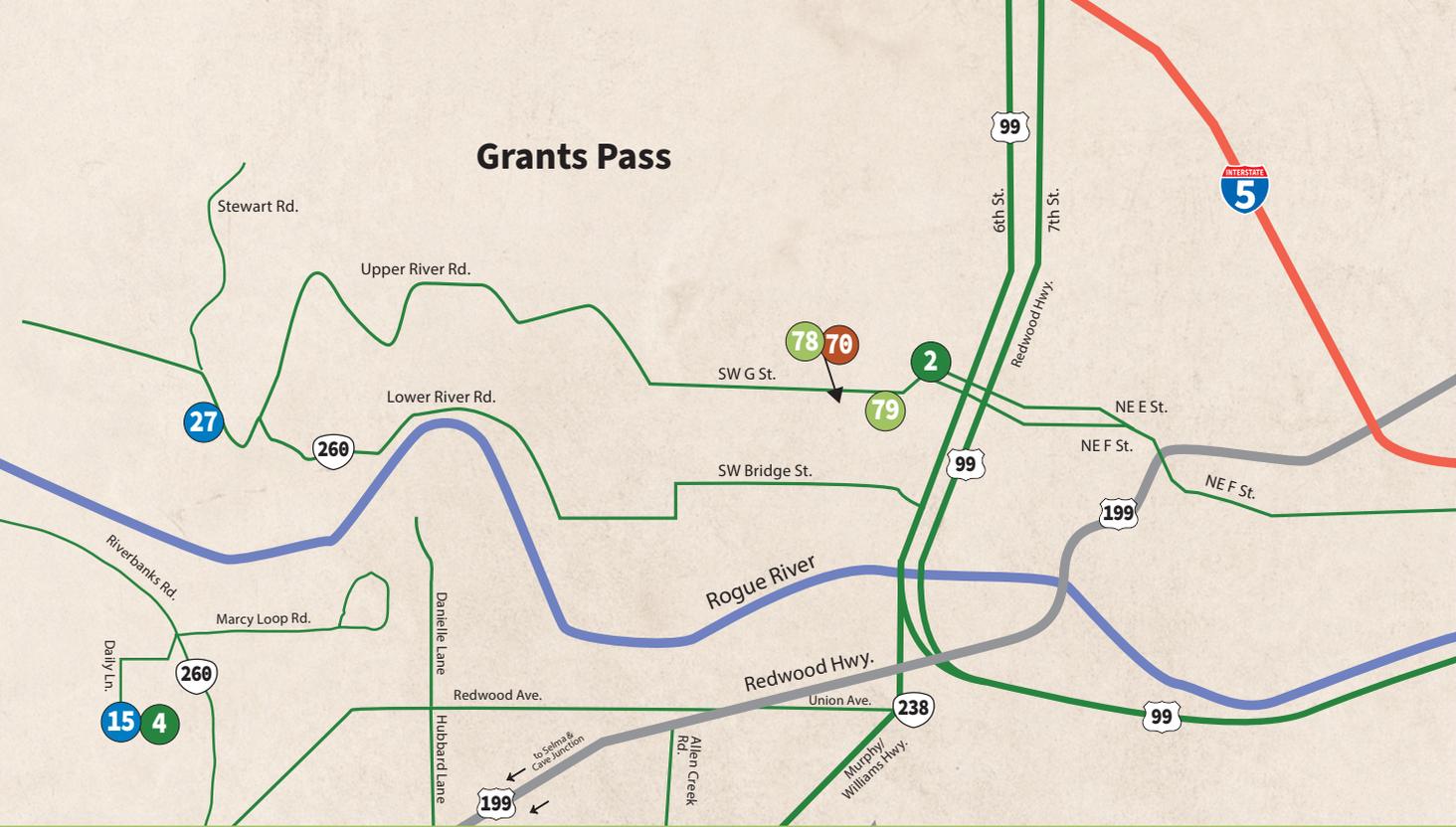
Talent Community Gardens  
[info@talentgardenclub.com](mailto:info@talentgardenclub.com)

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

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

*If you know of other gardens not on this list, please send information to: [info@rvfoodsystem.org](mailto:info@rvfoodsystem.org)*

## Grants Pass



NOTE: Maps are not to scale.

### FARMERS MARKETS

- 1 Cave Junction Farmers Market<sup>^</sup> ..... Pg. 9
- 2 Grants Pass Growers Market<sup>†</sup> ..... Pg. 9
- 4 Josephine County Farm Collectiv<sup>†</sup> ..... Pg. 9

### FARMS & RANCHES

- 15 Daily Blessings Farm<sup>†</sup> ..... Pg. 21
- 16 Diggin' Livin' Farm & Apiaries<sup>^</sup> ..... Pg. 21
- 27 Rogue Creamery Dairy & Farmstand<sup>†</sup> ..... Pg. 25

### GROCERY & SPECIALTY STORES

- 40 Diggin' Livin' Farm & Apiaries<sup>^</sup> ..... Pg. 41
- 45 Peach Rock Market<sup>^</sup> ..... Pg. 42

### ARTISAN FOODS

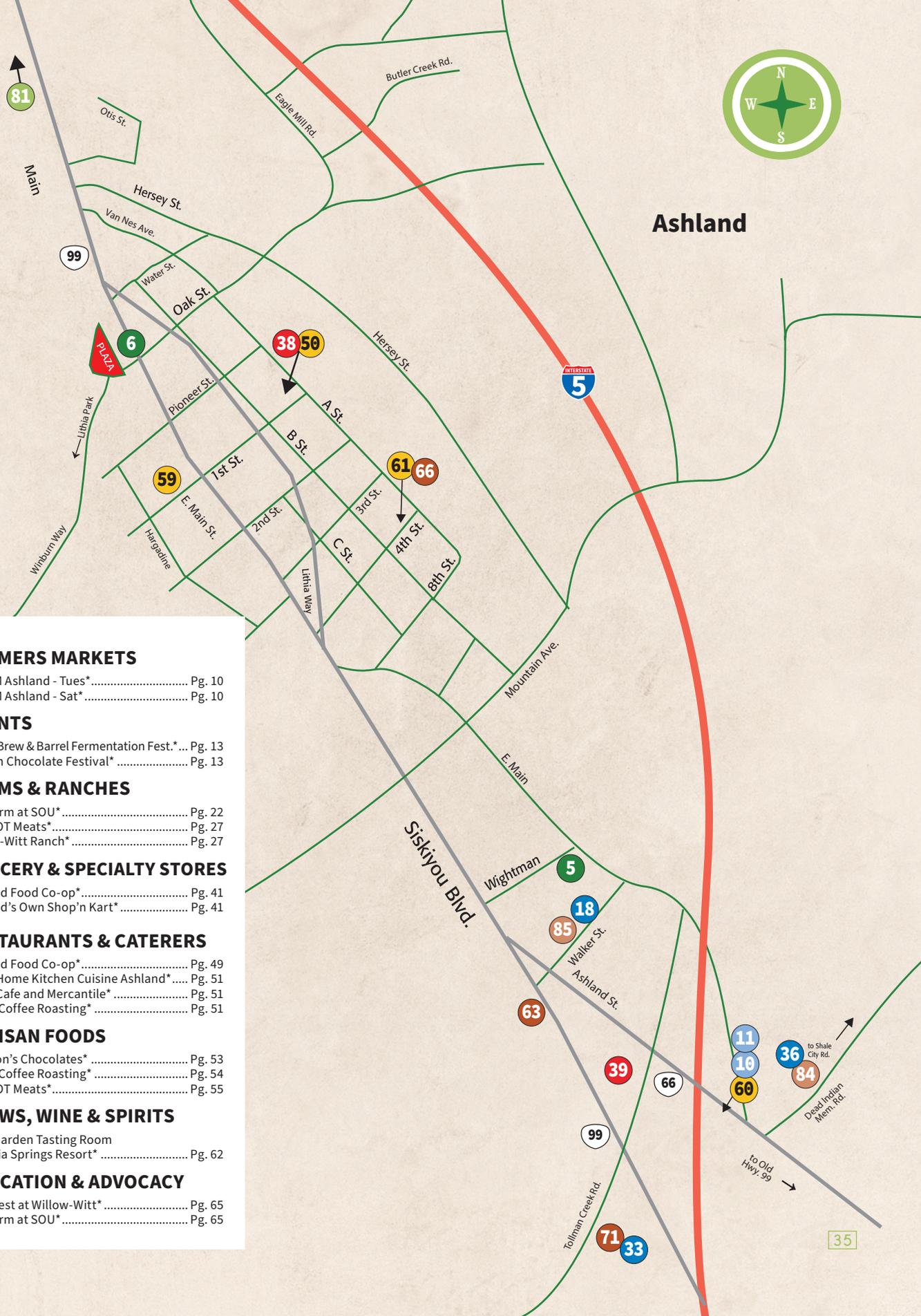
- 70 Rogue Kombucha <sup>†</sup> ..... Pg. 54

### BREWS, WINE & SPIRITS

- 78 Rogue Kombucha<sup>†</sup> ..... Pg. 61
- 79 Steam Distillery<sup>†</sup> ..... Pg. 61



# Ashland



## FARMERS MARKETS

- 5 RVGCM Ashland - Tues\* ..... Pg. 10
- 6 RVGCM Ashland - Sat\* ..... Pg. 10

## EVENTS

- 10 Brine, Brew & Barrel Fermentation Fest.\* ... Pg. 13
- 11 Oregon Chocolate Festival\* ..... Pg. 13

## FARMS & RANCHES

- 18 The Farm at SOU\* ..... Pg. 22
- 33 UPROOT Meats\* ..... Pg. 27
- 36 Willow-Witt Ranch\* ..... Pg. 27

## GROCERY & SPECIALTY STORES

- 38 Ashland Food Co-op\* ..... Pg. 41
- 39 Ashland's Own Shop'n Kart\* ..... Pg. 41

## RESTAURANTS & CATERERS

- 50 Ashland Food Co-op\* ..... Pg. 49
- 59 Larks Home Kitchen Cuisine Ashland\* ..... Pg. 51
- 60 LUNA Cafe and Mercantile\* ..... Pg. 51
- 61 Noble Coffee Roasting\* ..... Pg. 51

## ARTISAN FOODS

- 63 Branson's Chocolates\* ..... Pg. 53
- 66 Noble Coffee Roasting\* ..... Pg. 54
- 71 UPROOT Meats\* ..... Pg. 55

## BREWS, WINE & SPIRITS

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

## EDUCATION & ADVOCACY

- 84 The Crest at Willow-Witt\* ..... Pg. 65
- 85 The Farm at SOU\* ..... Pg. 65



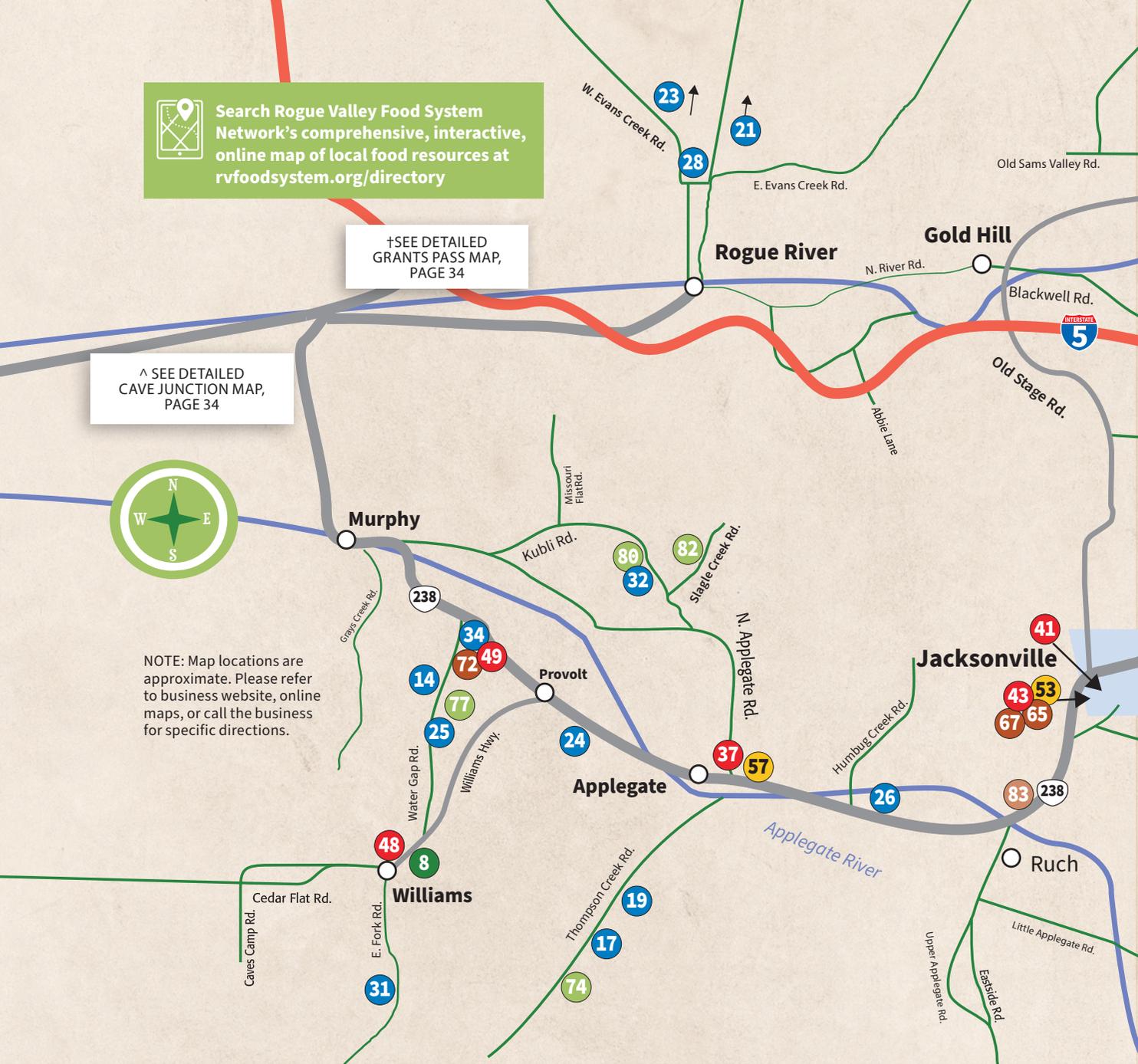
Search Rogue Valley Food System Network's comprehensive, interactive, online map of local food resources at [rvfoodsystem.org/directory](http://rvfoodsystem.org/directory)

†SEE DETAILED GRANTS PASS MAP, PAGE 34

^ SEE DETAILED CAVE JUNCTION MAP, PAGE 34



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



## FARMERS MARKETS

- 1 Cave Junction Farmers Market<sup>^</sup> ..... Pg. 9
- 2 Grants Pass Growers Market<sup>†</sup> ..... Pg. 9
- 3 Jacksonville Sunday Market ..... Pg. 9
- 4 Josephine County Farm Collective<sup>†</sup> ..... Pg. 9
- 5 RVGCM Ashland - Tues\* ..... Pg. 10
- 6 RVGCM Ashland - Sat\* ..... Pg. 10
- 7 RVGCM Medford - Thurs ..... Pg. 10
- 8 Williams Farmers Market ..... Pg. 10

## EVENTS

- 9 Brews, Bluegrass & BBQ ..... Pg. 13
- 10 Brine, Brew & Barrel Fermentation Fest.\* ..... Pg. 13
- 11 Oregon Chocolate Festival\* ..... Pg. 13
- 12 OSU Extension Service ..... Pg. 13
- 13 Oregon Honey and Mead Festival ..... Pg. 13

## FARMS & RANCHES

- 14 D&B Land and Livestock ..... Pg. 21
- 15 Daily Blessings Farm<sup>†</sup> ..... Pg. 21
- 16 Diggin' Livin' Farm & Apiaries<sup>^</sup> ..... Pg. 21
- 17 The English Lavender Farm ..... Pg. 21
- 18 The Farm at SOU\* ..... Pg. 22
- 19 Feral Farms ..... Pg. 22
- 20 Fry Family Farm ..... Pg. 22
- 21 Lavender Ally Farm ..... Pg. 22
- 22 Le Mera Gardens ..... Pg. 25
- 23 Marvin's Gardens and Cattle Co. .... Pg. 25
- 24 Oshala Farm ..... Pg. 25
- 25 Plaisance Ranch ..... Pg. 25
- 26 Rogue Artisan Foods ..... Pg. 25
- 27 Rogue Creamery Dairy & Farmstand<sup>†</sup> ..... Pg. 25
- 28 Runnymede Farms ..... Pg. 26
- 29 Rusted Gate Farm ..... Pg. 26

- 30 Salant Family Ranch ..... Pg. 26
- 31 Siskiyou Seeds ..... Pg. 26
- 32 Troon Vineyard and Farm ..... Pg. 27
- 33 UPROOT Meats\* ..... Pg. 27
- 34 Whistling Duck Farm ..... Pg. 27
- 35 Wild Bee Honey Farm ..... Pg. 27
- 36 Willow-Witt Ranch\* ..... Pg. 27

## GROCERY & SPECIALTY STORES

- 37 Applegate Station Market and Café ..... Pg. 41
- 38 Ashland Food Co-op\* ..... Pg. 41
- 39 Ashland's Own Shop'n Kart\* ..... Pg. 41
- 40 Diggin' Livin' Farm & Apiaries<sup>^</sup> ..... Pg. 41
- 41 Dormouse Farm LLC ..... Pg. 41
- 42 The Farm Store at Fry Family Farm ..... Pg. 41
- 43 Jefferson Farm Kitchen and Chef Kristen Catering ..... Pg. 42
- 44 Medford Food Co-op ..... Pg. 42



Where to find  
**rogue  
 flavor**  
 Rogue Valley  
 Food System  
**NETWORK**  
 growing our local food system

- 45 Peach Rock Market<sup>A</sup>..... Pg. 42
- 46 Rogue Creamery Cheese Shop..... Pg. 42
- 47 Rusted Gate Farm Stand..... Pg. 46
- 48 Takubeh Nat'l Market/Ag. Supply ..... Pg. 46
- 49 Whistling Duck Farm Store..... Pg. 46

**RESTAURANTS & CATERERS**

- 50 Ashland Food Co-op\*..... Pg. 49
- 51 Buttercloud Bakery & Cafe..... Pg. 49
- 52 The Cafe at Medford Food Co-op..... Pg. 49
- 53 Chef Kristen Catering..... Pg. 49
- 54 Clyde's Corner..... Pg. 49
- 55 Common Block Brewing Company..... Pg. 50
- 56 Coquette Bakery..... Pg. 50
- 57 Emily's Kitchen..... Pg. 50
- 58 Hen & Flour..... Pg. 50
- 59 Larks Home Kitchen Cuisine Ashland\*..... Pg. 51
- 60 LUNA Cafe and Mercantile\*..... Pg. 51

- 61 Noble Coffee Roasting\*..... Pg. 51
- 62 Siano's Karibbean Cookhouse Food Truck... Pg. 51

**ARTISAN FOODS**

- 63 Branson's Chocolates\*..... Pg. 53
- 64 Coquette Bakery..... Pg. 53
- 65 Jefferson Farm Kitchen..... Pg. 53
- 66 Noble Coffee Roasting\*..... Pg. 54
- 67 Red House Sausage..... Pg. 54
- 68 Rise Up! Artisan Bread..... Pg. 54
- 69 Rogue Creamery Cheese Shop..... Pg. 54
- 70 Rogue Kombucha †..... Pg. 54
- 71 UPROOT Meats\*..... Pg. 55
- 72 Whistling Duck Farm..... Pg. 55
- 73 Wild Bee Honey Farm..... Pg. 55

**BREWS, WINE & SPIRITS**

- 74 Apple Outlaw..... Pg. 61
- 75 Common Block Brewing Company..... Pg. 61

- 76 EdenVale Winery..... Pg. 61
- 77 Plaisance Ranch..... Pg. 61
- 78 Rogue Kombucha †..... Pg. 61
- 79 Steam Distillery †..... Pg. 61
- 80 Troon Vineyard and Farm..... Pg. 62
- 81 Wine Garden Tasting Room at Lithia Springs Resort\*..... Pg. 62
- 82 Wooldridge Creek Vineyard & Crushpad Creamery..... Pg. 62

**EDUCATION & ADVOCACY**

- 83 A Greater Applegate..... Pg. 65
- 84 The Crest at Willow-Witt\*..... Pg. 65
- 85 The Farm at SOU\*..... Pg. 65
- 86 OSU Extension Small Farms..... Pg. 66
- 87 Rusted Gate Farm..... Pg. 67

\*SEE DETAILED ASHLAND MAP, PAGE 35



# Know your food | what's in a label?

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

## Independently verified labels



**Bee Friendly Farming:** A new third-party verified option was available for this initiative beginning in 2023. Pollinator Partnership worked closely with farmers and other stakeholders to meet sustainable sourcing requirements from global brands and retailers. Pollinator Partnership previously offered self-certification for addressing the issue of declining bee populations by providing adequate forage, water and habitat for nesting and mating, as well as practicing integrated pest management to reduce or eliminate the use of chemicals. [pollinator.org](http://pollinator.org)



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



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



**LIVE:** LIVE certification limits the amount of pesticides, fertilizers, water, chemicals and fuel used in vineyard and

winery production. It encourages farming practices that promote and maintain high biological diversity in the whole vineyard and responsible stewardship of soil health and fertility. Vineyards meeting this standard also meet the Salmon-Safe certification. [livecertified.org](http://livecertified.org)



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

## Feel-good buying (but not independently certified)

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



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



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

*"At the Rusted Gate Farm Stand, you'll find fresh, locally grown produce and proteins and a diverse selection of products hand-created by small, local businesses. Fruits and vegetables harvested in season at the peak of ripeness, within a few miles of your table, are packed with flavor and nutrients. Our happy cattle produce tender, nourishing one-farm beef, bred, born and raised on our pastures. In a world where so much of our food supply has murky origins, we take great pleasure in supplying our community with low-input, high-quality products that contribute to our local economy and environmental health."*

— Anna Stevens, farmstand manager



PHOTOS COURTESY OF ROGUE VALLEY FARM TOUR

### Applegate Station Market and Cafe

15095 Highway 238, Jacksonville OR 97530  
 applegatestation.com • 541-702-5030 • instagram.com/thestationmarketandcafe

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



### Ashland Food Co-op

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



From our food-buying club beginnings to our status as Southern Oregon's first and only Certified Organic Retailer, over 13,000 members strong, Ashland Food Co-op has connected our community to healthy, local food for decades. We're more than a grocery store; we're at the center of a movement. We place people, principles and the planet before profit — always. Our standards give customers confidence in healthy products they can trust. Park your pooch, fill your cart, catch up with a friend, grab a healthy snack, learn something or just watch the world go by. Everyone is welcome at Ashland Food Co-op.



### Ashland's Own Shop'n Kart

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



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



### Diggin' Livin' Farm & Apiaries

4567 Waldo Road, Cave Junction OR 97523  
 digginlivin.com • 541-415-5472  
 facebook.com/digginlivin • instagram.com/digginlivin



Diggin' Livin' Farm & Apiaries started in the Illinois Valley in 2003. We opened a natural foods store and cafe on Redwood Highway in 2013, and sold the store in 2022 to focus on our beekeeping endeavors. We have a small farm store in Takilma, where we teach on-site and virtual beekeeping and apitherapy. Eric and Joy co-authored a book, titled "Raising Resilient Bees." We sell products that we grow, raise and handcraft: Natural Nest beekeeping equipment, as well as honey bee colonies, honey, beeswax candles, propolis tincture, jun, Honey Bee Brews, oxymels, salves, garden produce and eggs.



### Dormouse Farm

525 Bigham Knoll, Jacksonville OR 97530  
 dormousefarm.com • 206-639-0297/541-842-2340



Our storefront in downtown Jacksonville has moved to the historical schoolhouse on Bigham Knoll, just two blocks away with lots of convenient parking. Keeping our Alice in Wonderland theme, we stock the Wonderland Shoppe with seasonal produce, plant starts, whole chicken, eggs and raw goat milk raised at the campus garden and our residence farm. The Dodo Cafe and Bakery offer self-serve specials for dining in the Tortoise Lounge or on outdoor patios, as well as grab-n-go meals. Follow us on Facebook or Instagram and check our website for information about art and sustainable living classes, and event rentals!



### The Farm Store at Fry Family Farm

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



FRY FAMILY FARM  
 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.



## Grocery & Specialty Stores



### Jefferson Farm Kitchen

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

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



### Medford Food Co-op

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

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



### Peach Rock Market

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

Peach Rock Market is a collaborative effort of local farmers and small businesses. We provide a vital link in the social fabric of the greater Southern Oregon region. Offering an eclectic selection of locally created items including groceries and handmade products. Providing a unique shopping experience, we are conveniently located just off Redwood Highway. We are a great 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).



# 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](http://www.ashlandshopnkart.com)



**ASHLAND  
FOOD CO+OP**

EST. 1972

**GOOD FOOD  
GOOD MOOD**

**YOUR NATURAL FOOD STORE  
LOCALLY OWNED  
BY OVER 13,000  
FRIENDS AND NEIGHBORS!**

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237 N. 1ST ST,  
ASHLAND, OR  
97520  
(541) 482 - 2237**

**WWW.ASHLANDFOOD.COOP**





EAT·BUY·LOVE  
**LOCAL**



**Medford  
Food Co-op**

— AND —

*The Café*

945 S Riverside Ave • (541)779-2667 • [medfordfood.coop](http://medfordfood.coop)



WE ARE PASTURE-BASED AGRICULTURE

TOGETHER



There is a place for everyone in OPN!

### EATERS

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

### FARMERS & RANCHERS

*Apply to join OPN!* Make better meat and join our pasture-based farm community.

### LEARNERS

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



### ADVISORY COMMITTEE

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

SUPPORT LOCAL FOOD AT

[OregonPastureNetwork.org](http://OregonPastureNetwork.org)

OPN is a program of Friends of Family Farmers



## Rusted Gate Farm

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



Rusted Gate Farm operates a year-round farm stand 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, vegetable starts and artisan housewares, including soaps and houseplants. We are pleased to provide high-quality products from small local businesses. Our produce is no-spray (much of it organic), and our beef, available grass- or grain-finished, is antibiotic- and hormone-free. We accept SNAP and Farm Direct coupons. Open Tuesday-Friday 10 a.m. to 5:30 p.m., Saturday 10 a.m. to 4 p.m.



## Takubeh Natural Market & Farm Supply

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



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



## Whistling Duck Farm and Store

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



Our Family Farm has provided certified organic produce to Southern Oregon since 1991. Our kitchen creates prepared foods, artisan seasonings and a diverse line of fermented vegetables, sauces, dressings, freeze-dried goods and beverages. We also create high-CBD hemp products from our own farm-grown hemp and local honey. Visit our Farm Store in the Applegate Valley year-round, as well as our online store. Our Farm Store also carries local and regional foods and crafts, including cheeses, meats and wild-caught fish, so you can shop local in one locale!



## Why buy local?

### Taste the difference in FRESH, LOCAL QUALITY ...

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

PHOTO COURTESY OF ROGUE VALLEY FARM TO SCHOOL (SEE PAGE 67)



## Add local foods to your next celebration

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

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

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

For small, casual events, discuss sources of local ingredients during mealtime

conversations. If each guest prepared a dish, including from a home garden or backyard fruit tree, express gratitude for sharing their bounty.

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

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

Toot your horn! Announce the local focus on the invitation, menu or in guests’



event packets. And during the event, verbally thank everyone who helped to make it a success by contributing excellent service, hard work and willingness to make your vision a reality.

## Lend Me a Plate, a Zero Waste Project

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

The volunteer-run service — managed by Southern Oregon Master Recyclers in Action — can provide 100 or more matching place settings, including plates, cups, glasses, flatware, linens and more.

Browse the selection online and create an account for borrowing at [somra.org/lend-me-a-plate/](https://somra.org/lend-me-a-plate/)

After the reservation is made, pick up the order on a designated day and time at Ashland Recycling Center, 220 Water St. When done, return the clean items to the facility by the designated date.

Inspired by Cheryl Boerger’s community

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

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

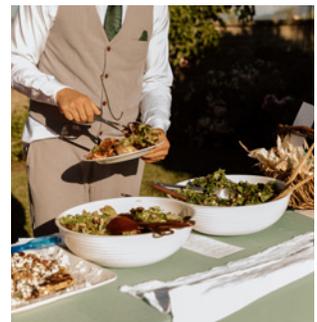


# Restaurants & Caterers

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

*"I was raised on a small dairy farm ... and my elders encouraged me to cook and be independent. So cooking directly from farms is my lifestyle. Moving to Southern Oregon was a real treat because the organic and regenerative farming community is so strong. Farmers face so many challenges, and I relish putting money in their pockets, rather than enriching foodstuff corporations who are not reciprocal to our community. It makes my job easier because I am just highlighting fresh, distinct flavors. I receive many compliments from people I cook for, and it is farmers who are my secret weapon."*

— Chef Deanna Water-Senf





## Ashland Food Co-op

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



From our food-buying club beginnings to our status as Southern Oregon's first and only Certified Organic Retailer, over 13,000 members strong, Ashland Food Co-op has connected our community to healthy, local food for decades. We're more than a grocery store; we're at the center of a movement. We place people, principles and the planet before profit — always. Our standards give customers confidence in healthy products they can trust. Park your pooch, fill your cart, catch up with a friend, grab a healthy snack, learn something or just watch the world go by. Everyone is welcome at Ashland Food Co-op.



## Buttercloud Bakery & Cafe

315 S. Front St., Medford OR 97501  
buttercloudbakery.com • 541-973-2336

Buttercloud Bakery & Cafe serves made-from-scratch food and baked goods using real ingredients. Our menu features a variety of hearty, healthy options, including biscuit sandwiches, housemade black pepper-bacon gravy, veggie hash and a fresh kale-avocado breakfast salad. Our biscuits, scones, sticky buns, cookies and desserts are made in house, and the selection rotates seasonally. Beverages range from espresso and French press coffee to craft beers, mimosas, Bloody Marys, local sodas and housemade chai. See our full menu of good eats and tasty treats at buttercloudbakery.com



## The 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 free from additives and preservatives, and we source from local and sustainable sources whenever possible. Enjoy a bite to eat in our dining room or our outdoor seating area — or grab your food to go. Nourish your family with real food: Discover healthy, organic options for busy schedules in the Café.

**Medford Food Co-op**

— AND —

*The Café*



## Chef Kristen Catering

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



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

**JEFFERSON FARM KITCHEN**  
WWW.CHEFKRISTEN.COM

## Clyde's Corner

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

Passionate about pizza, Southern Oregon natives Rafael and Janai Gonzales returned home to open Clyde's Corner. Easily accessible from the Bear Creek Greenway, Clyde's Corner offers a unique Southern Oregon experience. Inside, customers will find a wide array of seating, pinball machines, coffee, rotating beer taps, craft cocktails and wines from Europe and the Pacific Northwest. Outside the restaurant is a dog-friendly patio and the food cart, where chef Leo Levich prepares sourdough from scratch and finely crafts each pie, plus newly added sandwiches. Stop by from 11 a.m. to 8/8:30 p.m. Wednesday through Sunday.



## Did you know?

Of all food waste thrown away by Oregon households, 71% could have been eaten (i.e., not bones, shells, peels, etc.). And there were no significant differences in the amounts of wasted food generated among demographic groups, such as household size or type, urban or rural or income level. The top three reasons households cited for throwing away food were: 1) food is moldy or spoiled, 2) household members didn't like or were tired of eating a food and 3) food was not good as leftovers.

Source: Oregon Department of Environmental Quality





## Common Block Brewing Company

15 E. Fifth St., Medford OR 97501  
1320 Main St., Klamath Falls OR 97601  
541-326-2277 • commonblockbrewing.com

Common Block Brewing Company serves lunch, dinner, drinks, dessert and everything in between. In addition to a rotating selection of made-on-site beers, Common Block pours Pacific Northwest brews, wine, cider and kombucha on tap. All ages will find ample seating indoors, as well outside around the fire pit or under the large heated tent. Play a round of cornhole or belly up to the bar and enjoy entertainment and events at Pear Blossom Park across the street. Open 11 a.m. to 9 p.m. every day.



## 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 soup. Coffee and espresso drinks feature organic, locally roasted coffee from Hilltop Coffee. Come find us at the Artisan Corridor in Central Point.



## Emily's Kitchen

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

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



## Gourmet Vegetarian Events and Catering

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

Chef Dee features 75-95% Rogue Valley- and Oregon-grown ingredients in her fresh, funky menus. Enhance your special outdoor event with our region's flavors and customize any menu to your tastes with seasonality. Locally raised, ethically produced meats, eggs and dairy are now included. From a casual picnic to a fireside, multicourse meal, there is a catering package to suit your budget or ambiance. Chef Dee's journey from farming to fine dining, large parties, yoga retreats and everything in between has shaped her catering for luxury tastes, special diets and allergies — with ease. Check out our website and contact Chef Dee.



## 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.



## Hen & Flour

141 S. Central Ave., Medford OR 97501  
541-499-0803 • instagram.com/henandflour/  
facebook.com/p/Hen-Flour-61551202474999/

Hen & Flour is a fast-casual dining restaurant, in downtown Medford, serving fried chicken and Creole-inspired dishes. Our menu features crispy, bone-in fried chicken with your choice of house-made sides: coleslaw, collard greens, macaroni and cheese, red beans and rice and hush puppies. We also feature a fried chicken sandwich dressed with a sweet/spicy barbecue sauce, house remoulade and coleslaw. We periodically rotate such specials as gumbo and beignets, and we have a selection of both alcoholic and nonalcoholic beverages. Our mission: simple menu, flavorful food, delightful experience.





## Hilltop Coffee

various farmers market locations and events  
hilltopcoffee.com

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



## Larks Home Kitchen Cuisine

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

Almost two decades ago, Larks pioneered the farm-to-table concept in the Rogue Valley. Continuing this culinary tradition, Larks' team showcases the best of this region's seasonal bounty, offering dishes that excite and surprise with freshness, flavors and creativity. Whether you are looking for a fine dining experience or a casual bite to eat, Larks' executive chef, Franco Console, invites you to explore his seasonally inspired menus paired beautifully with award-winning Oregon wines. Enjoy dining in, outdoor dining, to-go and hotel room service.



## LUNA Cafe and Mercantile

2525 Ashland St., Ashland OR 97520  
lunacafeashland.com • 541-482-3372

Luna Cafe and Mercantile is a farm-to-counter eatery inside Ashland Hills Hotel & Suites. This Oregon-centric restaurant offers food from scratch, focusing on farm-fresh and local. A hip throwback to the '70s, Luna specializes in burgers, sandwiches, gourmet pizzas, delightful salads, vegetarian options, artisan coffees, housemade pastries, craft beers, cocktails and the best local wines. Take in the town's best views on the deck overlooking Ashland's beautiful hills, or under the gazebo and umbrellas on the pet-friendly patio. Enjoy a cocktail at the bar or at retro, rattan settees and tables. Order for dining in, carrying out or hotel room service.



## Noble Coffee Roasting

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

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



## Siano's Karibbean Cookhouse Food Truck

266 N. Ross Lane, Medford OR 97501  
sianoskaribbeancookhouse@gmail.com • instagram.com/Sianos\_Karibbean\_Cookhouse

Siano's Karibbean Cookhouse is a fusion of Latin and Caribbean cuisines made authentically with a unique blend of herbs and spices grown in the Rogue Valley. Our meats and seafood also are sourced locally. With dishes like jerk chicken, Creole shrimp, pepper steak and oxtails, plus vegetarian, vegan and many more options, our divine purpose is to serve everyone. Every customer is important to us!! Come and see us at 266 N. Ross Lane, next to J.B. Steel, or visit us on Instagram and Facebook. For catering inquiries, please contact us at sianoskaribbeancookhouse@gmail.com



## Did you know?

Did you know commercial morel mushroom harvesters practice a form of "farming"? It consists of harvesting only large morels and returning in a few days to harvest the others after they have grown more. Less effort is required to harvest a pound of 3-inch-tall morels than to harvest a pound of 1-inch-tall morels, so this practice is economically effective if the patch is not too distant to revisit and if others don't find and harvest the patch in the interim. Wild-collected morels likely will have a value premium in markets for many years to come, and morel hunting is fun for hobbyists too.

Source: "Ecology and Management of Morels Harvested from the Forests of Western North America," published in 2007 by USDA.





# Artisan Foods

Southern Oregon boasts an abundance of cheeses, cured meats, preserves, ferments, condiments, 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.

*“The story behind our protein source is why I raise meat: to deepen the connection. Connection to the animal, to the land, to the people. And connection to the work it takes to produce the highest quality, nutrient dense and sustainable protein.”*

— Krista Vegter, UPROOT Meats founder and “meat nerd”





## Branson's Chocolates

1662 Siskiyou Blvd., Ashland OR  
 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 soup. Coffee and espresso drinks featuring organic, locally roasted coffee from Hilltop Coffee. Come find us at the Artisan Corridor in Central Point.

## Higher Power Raw Foods

higherpower.biz • 541-944-9801



**HIGHER POWER**  
 MINDFUL RAW FOODS

Our vision of bringing whole, raw, organic food to our community became reality in 2005 when Higher Power was established. Because our lifestyle was in alignment with our core company values, it was a no-brainer. Our passion is creating products that are palate-pleasing for young and old alike. Organic, vegan, keto, raw, paleo, sprouted, gluten-free cookies and crackers, bars, chips, dips and pies — we cover most of the bases. We attend four farmers markets per week and are in Rogue Valley stores. We take great care in providing the "cleanest," whole foods available in small, handcrafted batches to ensure freshness.



## Hilltop Coffee

various farmers market locations and events  
 hilltopcoffee.com



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



## Jefferson Farm Kitchen

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



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



## Mido's Miso

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



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





## Noble Coffee Roasting

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

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



## Off That Sauce

541-945-8300  
facebook.com/offthatsauce • instagram.com/offthatsauce

Off That Sauce is a family business that produces fantastic, flavorful hot sauces and jellies. We grow all the peppers and onions used to make amazing hot sauces that folks are raving about. We offer four diverse, tantalizing sauces: Smokey Verde, Phaalicious Curry, Jamaican Me Crazy and Smokey Rojo. We also offer a mild jalapeno jelly and a zestier red jalapeno jelly. Freshly picked peppers, such as Anaheim, Poblano, Bell, Cayenne, Cherry Hots, Jamaican Scotch Bonnets, also are available from our gardens during September and October. Visit our booth at the Cave Junction Farmers' Market and try a free sample!



## Red House Sausage

135 S. Oregon St., Jacksonville OR 97530  
redhousesausage.com • 530-448-2824  
instagram.com/redhousesausage

Inspired by music, Red House Sausage handcrafts fresh artisan sausage with flavors ranging from classic to unique, like red wine Italian, bratwurst, Thai red curry and coffee BBQ. Our meat is sourced from Oregon and the Pacific Northwest, and we use ingredients including cheese and organic produce from around the Rogue Valley. Look for our fun, seasonal varieties all year long! We make and sell our fresh sausage at Jefferson Farm Kitchen in Jacksonville and serve them ready-to-eat at the Rogue Valley Growers & Crafters Market. Red House Sausage — the link between food and music!



## Rise Up! Artisan Bread

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

With a dedicated and skilled staff paid above a living wage, we make fabulous bread and pastries for the Rogue Valley. We minimize plastic waste and use renewable resources for our power and production. We've been in business 15 years now, and our products fly off the shelves because of our customers' devotion to healthfully, locally and ethically made food. Thank you Rogue Valley for all your years of support and bread eating!



## Rogue Creamery Cheese Shop

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

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



## Rogue Kombucha

551 S.W. G St., Grants Pass OR 97526  
roguekombucha.com • 541-450-9141  
facebook.com/roguekombucha • instagram.com/roguekombucha/

Cultivating Change From Within — Southern Oregon's Rogue Kombucha is local to the Pacific Northwest. Our family's kombucha is brewed using the finest organic ingredients. Supporting our local bioregion, we use intentional herbal blends, teas and whole fruit flavors. Rogue Kombucha is never made from concentrates, which makes it a deliciously refreshing, healthy-for-you, soda alternative. We are turning soda drinkers into kombucha lovers. Rogue Kombucha brews small batch, craft kombucha that is never filtered — and always living. Check our website for where to find us and which flavors are in season.





**TerraSol Organics**

Williams, Oregon  
 terrasolorganics.com • 541-787-0916

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



**UPROOT Meats**

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

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



**Whistling Duck Farm**

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

Taste 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



**Why buy local?**

Support for local and sustainable farms and food businesses preserves the unique character of our region, ensures the longevity of our small farmers and business owners and conserves energy and resources by shortening the distance from farm to plate. You can put more money in the local economy by buying fresh, local food that's good for you, good for farmers and good for the environment.

PHOTO COURTESY OF WILLIAMS FARMERS MARKET (SEE PAGE 10)

# Community compost

Many people don't realize how vast, diverse and complex our food system is — and also how inefficient it is. There are ways to make the food system more efficient, just like there are ways to make a household more energy efficient. Because all humans and livestock eat, many hands are needed to make improvements.

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

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

The process of growing food that goes unused actually wastes water, labor, production and transportation energy. And when it ends up in landfills to rot, it generates methane gas, which is much more potent than CO<sub>2</sub> as a greenhouse gas in the short term. Municipalities and states are looking to reduce food waste to decrease greenhouse gas emissions and to extend the life of their landfills. And when food waste goes down the garbage disposal, it taxes our water treatment systems and impairs water quality.

## Food WASTE

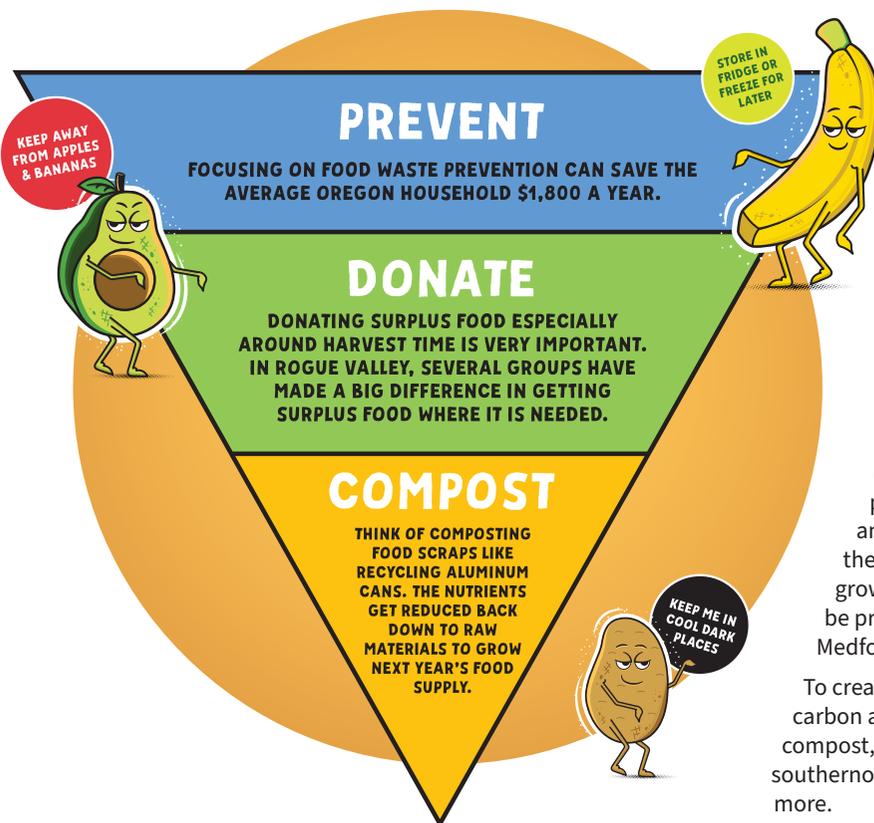
The Oregon Department of Environmental Quality (DEQ) has a stated goal of reducing food waste by 50% by 2030. It has supported food waste reduction efforts in the major metropolitan areas of Oregon. Its current Bad Apple – Don't Let Good Food Go Bad Campaign is a big part of the National Food Waste Prevention Week campaign, April 1-7, 2024.

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

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

The Community Compost Coalition is expanding composting activity in the Rogue Valley. The Coalition's model is to collect food scraps from urban areas, either through subscriber curbside pickups or from designated drop sites, and transport them to local farms where they will be used to create compost and grow more food. In 2024, the Coalition will be providing a drop site service at Thursday's Medford farmers market. Stay tuned!

To create compost, you need air, water, carbon and nitrogen. And to create community compost, you need community support! Go to [southernoregonfoodsolutions.org/act/](https://southernoregonfoodsolutions.org/act/) to learn more.





# OUR MEATS ARE GOOD MEDICINE

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

### *Unbeatable Value*

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

### *Peace of Mind*

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

### *High-Quality Meats*

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



NON-GMO



NO HORMONES



NO ANTIBIOTICS



CORN & SOY FREE



FREE-RANGE



HERITAGE



SLOW GROWN

[www.uprootmeats.com](http://www.uprootmeats.com)





# Wise up to water use

**A**bove-average precipitation in late fall and winter couldn't banish Southern Oregon's 2023 water woes. Water scarcity warns farmers, ranchers and anyone who irrigates to prepare for increasingly erratic conditions.

The region's precipitation was below normal for the most recent water year, which ends Sept. 30. While precipitation in some mountainous areas was slightly above normal, the valleys generally saw levels below normal, including 20% less in Medford.

Precipitation in Jackson County has been below average in four of the past five water years, ending in 2022. Reservoirs ended the most recent irrigation season with levels just at — or far below — half capacity. The most depleted, Emigrant, Howard Prairie and Hyatt lakes near Ashland were just 13%, 34% and 40% full, respectively, according to the U.S. Bureau of Reclamation.

Improved levels from previous years allowed Talent Irrigation District to deliver water until Sept. 15, 2023, after shutting down in July — the shortest seasons on record — the previous two years. Farmers could continue irrigating pears, grapes and other major crops as they ripened for fall 2023's harvest.

But Jackson County officially had declared a drought emergency in June 2023 — the fourth consecutive

declaration by Oregon's governor over the past four summers. Since the new millennium, drought was declared in 2001, 2002, 2010, 2014 and 2015.

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

Water-wise commercial and residential irrigation systems are critical to preserving the region's agricultural heritage and ensuring its future. Consider adopting these consumer strategies for low-water green spaces and conserving this precious resource:

- 🌱 Plant fire-resistant and drought-hardy plants.
- 🌱 Use season extenders to protect plants during weather extremes.
- 🌱 Buy locally grown plants and seeds (or grow plants from seed and save seeds).
- 🌱 Install rainwater harvest systems to supplement outdoor water needs, including for gardens. Rainwater harvest tanks also provide supplemental water for fire protection.

- 🌱 Avoid products made from fossil fuels and other nonrenewable resources.
- 🌱 Store carbon in the soil by composting and mulching.
- 🌱 Replace water-thirsty grass with eco-lawn mixtures.
- 🌱 Use a mulching blade on lawnmowers to keep grass a little taller, which encourages grass roots to extend deeper into the soil.
- 🌱 For lawns, Jackson Soil and Water Conservation District additionally recommends watering more efficiently, if not replacing them with drought-tolerant species. At least 30-50% of residential water is used on lawns, which typically are overwatered and not always adjusted for weather conditions, said Kora Mousseaux, the district's community water resource conservationist.

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



# Southern Oregon Wine Country

**D**id 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 grapegrowing 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



# Brews, Wine & Spirits

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

*“With a shared dream of cultivating a unique cider experience, we are injecting new life into Apple Outlaw. Our commitment to quality craftsmanship and a sustainable approach is poised to make waves in the cider industry. Having recently purchased the orchards, we consider ourselves not just owners but the custodians of a legacy.”*

— Jonathan Amorim and Simone Jacinto



PHOTOS COURTESY OF APPLE OUTLAW AND WILLIAMS FARMERS MARKET (SEE PAGE 10)

### Apple Outlaw

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

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



### Common Block Brewing Company

15 E. Fifth St., Medford OR 97501  
1320 Main St., Klamath Falls OR 97601  
commonblockbrewing.com • 541-326-2277

Common Block Brewing Company serves lunch, dinner, drinks, dessert and everything in between. In addition to a rotating selection of made-on-site beers, Common Block pours Pacific Northwest brews, wine, cider and kombucha on tap. All ages will find ample seating indoors, as well outside around the fire pit or under the large heated tent. Play a round of cornhole or belly up to the bar and enjoy entertainment and events at Pear Blossom Park across the street. Open 11 a.m. to 9 p.m. every day.



### EdenVale Winery

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

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



### Plaisance Ranch

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

A working ranch since 1858, Plaisance has been owned and operated since 1979 by the Ginnet family, evolving into a highly diversified operation offering Salmon-Safe, U.S. Department of Agriculture certified organic beef; Oregon Department of Agriculture certified grafted grapevines, wine grapes and fine wines. Our beef and seasonal lamb are ranch raised and grass finished on our organic pastures. We know their history. Sample our award-winning, premium quality wines to highlight great meals. Hours are noon to 6 p.m. Wednesday through Monday, March through October; noon to 5 p.m. Friday through Monday, November through February.



### Rogue Kombucha

551 S.W. G St., Grants Pass OR 97526  
roguekombucha.com • 541-450-9141  
facebook.com/roguekombucha • instagram.com/roguekombucha/

Cultivating change from within, Southern Oregon's Rogue Kombucha is local to the Pacific Northwest. Our family's kombucha is brewed using the finest organic ingredients. Supporting our local bioregion, we use intentional herbal blends, teas and whole fruit flavors. Rogue Kombucha is never made from concentrates, which makes it a deliciously refreshing, healthy-for-you, soda alternative. We are turning soda drinkers into kombucha lovers. Rogue Kombucha brews small batch, craft kombucha that is never filtered — and always living. Check our website for where to find us and which flavors are in season.



### Steam Distillery

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

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





# EDENVALE WINERY

Located on the historic Eden Valley Orchards and Voorhies Mansion grounds

Premium wines and ciders  
Historic Oregon Farm



2310 Voorhies Road, Medford Oregon  
[www.edenvalleyorchards.com](http://www.edenvalleyorchards.com)



## Troon Vineyard & Farm

1475 Kubli Road,  
Grants Pass OR 97527  
[troonvineyard.com](http://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 The Wine Enthusiast Magazine. During the summer months, our farmstand features biodynamic produce, vinegar and eggs from our farm. Tasting and touring experiences are available daily, 11 a.m. to 5 p.m.

## Wine Garden Tasting Room at Lithia Springs Resort

2165 W. Jackson Road, Ashland OR 97520  
[lithiaspringsresort.com/wine](http://lithiaspringsresort.com/wine) • 800-482-7128

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



## Wooldridge Creek Vineyard & Crushpad Creamery

818 Slagle Creek Road, Grants Pass OR 97527  
wcv.farm • 541-846-6364  
[facebook.com/wooldridgecreek](https://facebook.com/wooldridgecreek)  
[instagram.com/wooldridgecreek](https://instagram.com/wooldridgecreek)



Wooldridge Creek VINEYARD

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.



# APPLE OUTLAW

## HAND CRAFTED CIDER

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



[appleoutlaw.com](http://appleoutlaw.com) •   



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



# Education & Advocacy

Reducing waste, promoting biodiversity, conserving land for agricultural use, training the next generation of farmers and connecting the community to its food sources — these are just a few of the missions nonprofit organizations are pursuing to preserve Southern Oregon’s way of life. Get in touch with these educators and advocates who work to strengthen our local food system. And find out how you can help make a difference!

*Pollinator Project Rogue Valley offers educational programs and interactive activities to inspire people to create, protect and steward native pollinators and their habitats for our food systems and ecosystems. Because the more we know about the native pollinators and native plants — that are in fact essential components for our Southern Oregon ecosystems and food systems — the easier it will be for our society to make decisions that will benefit us now and into the future.”*

— Kristina Lefever, president



### A Greater Applegate

7380 Highway 238, Jacksonville OR 97530 • P.O. Box 335, Jacksonville OR 97530  
 agreaterapplegate.org • 541-702-2108



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

### ACCESS Food Bank

accesshelps.org • 541-779-6691



ACCESS Food Bank serves over 40,000 food insecure people in Jackson County each year through its network of 30-plus food pantries and 15-plus partner agencies. Other programs include a backpack program, which provides weekend food options to over 550 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.

### Biodynamic Demeter Alliance

biodynamicdemeteralliance.org  
 262-649-9212 • info@biodynamicdemeteralliance.org



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

### Cascade Girl

Phoenix, Oregon  
 cascadegirl.org



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

### The Crest at Willow-Witt

658 Shale City Road, Ashland OR 97520  
 thecrestatwillowwitt.org • 541-890-1998



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

### The Farm at Southern Oregon University

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



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



## Medford Food Project

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



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

## Oregon DEQ Materials Management

oregon.gov/deq/mm

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



## Oregon Pasture Network

oregonpasturenetwork.org • 503-581-7124

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



## Oregon State University Extension Small Farms

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



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

## Our Family Farms

ourfamilyfarms.org • [contact@ourfamilyfarms.org](mailto:contact@ourfamilyfarms.org)

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



## Pollinator Project Rogue Valley

[pollinatorprojectroguvalley.org](http://pollinatorprojectroguvalley.org) • 458-214-0508 • [pollinatorprojectroguvalley@gmail.com](mailto:pollinatorprojectroguvalley@gmail.com)  
[facebook.com/PollinatorProject](https://facebook.com/PollinatorProject) • [instagram.com/pollinatorprojectroguvalley](https://instagram.com/pollinatorprojectroguvalley)

Pollinator Project Rogue Valley is a volunteer-led nonprofit focused on restoring the health of our native pollinators and native plant communities. We offer educational programs and interactive activities to 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, serves as a small educational center, demonstration native plant garden and propagation nursery. Our programs serve youth in schools and other educational venues, adults interested in planting pollinator gardens in their yards; and those who wish to purchase native plants and seeds.



## Rogue Farm Corps

P.O. Box 86024, Portland OR 97286  
[roguefarmcorps.org](http://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



ROGUE FARM CORPS

field-based learning with immersive, hands-on training on a diverse network of farms. RFC trains participants to be responsible land stewards, equipped to help build a more just, equitable and Earth-sustaining food system, in addition to being successful farmers. Our Future Farms Program helps beginning farmers across Oregon with land access and business development support.

**Rogue Food Unites**

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



Rogue Food Unites 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 for food, Rogue Food Unites strengthens local economies: fostering collaboration, preserving jobs for residents, building resilience and ensuring food security and sovereignty in Oregon.

**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.



**Rusted Gate Farm**

5700 Upton Road, Central Point Oregon 97502  
rustedgatefarm.org • 541-423-2391



We use traditional, alternative and innovative farm and ranch practices on our own 1,100 acres to find ways of increasing farm revenue using environmentally and economically sustainable practices. Our mission-driven purpose is to contribute to maintaining a viable agricultural landscape and support the longevity of Southern Oregon's farm and ranch legacy.

**Southern Oregon Food Solutions**

southernoregonfoodsolutions.org • 541-625-4006



Southern Oregon Food Solutions works to minimize food waste because it's a drag on our environment and our economy, and because food and water should both be treated as the precious resources they are. We do this through outreach to support the local Community Compost Coalition and by helping to close the gaps in our food cycle. Visit our website to sign up for our quarterly newsletter and to find out more about the impact of food waste and what is being done to address the issue. We are striving to be part of a strong, supportive, resilient, sustainable community.

**Southern Oregon Seed Growers Association**

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



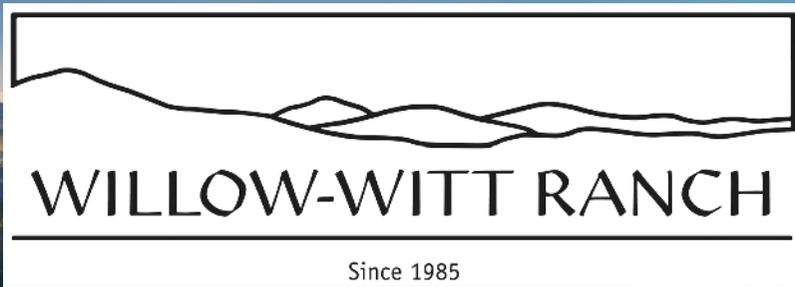
Southern Oregon Seed Growers Association (SOSGA) is a nonprofit association and collaborative group of Southern Oregon seed growers, interested farmers and home gardeners. We encourage farmers and gardeners across the region to purchase and grow locally adapted seeds. The SOSGA website contains contact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

**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 — comprising 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.



## 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](http://WILLOWWITTRANCH.COM) | (541) 890-1998



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# Nutrition Programs

## ACCESS Mobile Pantries

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

## Food Pantry Network

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

## Rogue Powerpack Program

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

The Powerpack Program provides food for more than 550 Jackson County students to over 20 schools in Medford, Phoenix-Talent, Eagle Point, Butte Falls, Prospect, Central Point, and Ashland.

Want to get involved in one of these ACCESS programs?

Contact [volunteer@accesshelps.org](mailto:volunteer@accesshelps.org)

[www.accesshelps.org](http://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 11 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 (see listings on pages 50 and 61), Falafel Republic, Kobe, Pie + Vine, Razi Authentic Burmese Kitchen, 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](http://roguetogo.com)

PHOTO COURTESY OF ROGUE TO GO (SEE PAGE 67)

# COMMUNITY Compost

**Wasted food down the garbage disposal or into the local landfill causes problems. With your help, and your food scraps, Community Compost can turn the problem of uneaten food into positive action!**

**Our collection and transport service delivers food scraps to local farms for their composting activity. We can collect from hotels, restaurants, schools, hospitals, neighborhoods or community events.**



**ASHLAND  
COMMUNITY  
COMPOSTING**

[ashlandcommunitycomposting.org](http://ashlandcommunitycomposting.org)



[rogueproduce.com/community-compost](http://rogueproduce.com/community-compost)



[southernoregonfoodsolutions.org/act](http://southernoregonfoodsolutions.org/act)

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



[www.rvfarm2school.org](http://www.rvfarm2school.org)

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



Sign up for our newsletter!



[facebook.com/rvfarm2school](https://facebook.com/rvfarm2school)



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

# Rogue Valley Food System NETWORK

growing our local food system

## Our Mission

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

## What We Do Is Build Community

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

“ The 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

## What is a Food System?



## In the Works: The 2024 Community Food Assessment

RVFSN, along with many community partners, are collecting and evaluating information to identify current assets and gaps in the Rogue Valley food system, with a focus on food access, food as medicine, community outreach, education, market and production growth and climate resilient farming.

This assessment will inform a food action plan, contributing to economic and infrastructural improvements for the region over the next ten years. Its purpose is to sustain the work of building resilient and economically viable food systems by initiating collaboration between municipal government, local agencies, educational institutions, businesses, hospitals, producers and local residents. The final assessment and Food Action Plan will be accessible and usable to all.

Jackson and Josephine counties completed their last community food assessments in 2013 and 2012, respectively. While significant progress has been made to strengthen the local food system, the region has also seen dramatic shifts to its environment, local food systems, demographics and stakeholder organizations.

The Steering Committee has been meeting for the last two years doing the groundwork of seeking funding, building relationships and aggregating currently known information and data. The only thing missing is you! If you are working in any aspect of the food system and want to get involved in this process or learn more, please visit [rvfoodsystem.org/cfa](https://rvfoodsystem.org/cfa) or email [q@rvfoodsystem.org](mailto:q@rvfoodsystem.org).

# Fostering Connections and Building the Network

The Rogue Valley Food System Network collaborates with many local and regional partners in an effort to help connect people and programs with our Southern Oregon food and farm system players to amplify efforts in promoting resilient and equitable food systems.

We partner with the **Oregon Community Food System Network**, a statewide network of 80 organizations that manages several working groups statewide including: *Farming for the Future*, the **Oregon Food Hub Network** and is most recently engaged in the **Northwest Rocky Mountain Regional Food Business Center**. Through local place-based initiatives like the **Applegate Valley Food and Farm Network** in partnership with **A Greater Applegate**, we are actively supporting community-driven food systems transformation. Through our coordination efforts of the **Southern Oregon Food Alliance**, a partnership with key food-focused organizations in Coos, Curry, Jackson, Josephine, Douglas and Klamath counties, we are learning what is working in other counties and collaborating on solutions to challenges we all share.

This year, we are working with several project specific partnerships with **Friends of Family Farmers**, such as the **Capital Assistance for Local Farmers (CALF)** work, through which we will work to identify key gaps in local farmers abilities to access capital and technical assistance resources.

In 2023, we were able to support two local initiatives through fiscal sponsorship, the **Josephine County Farm Collective** and the **Community Compost Project**.

A few other projects and collaboratives we are actively tracking and sharing resources and outcomes from include **The Oregon Farm to Institution Collaborative**, **Oregon Pasture Network's** expansion to Southern Oregon, **Seafood to Schools** and more.

## RVFSN Events

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

## RVFSN Resources

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

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

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

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

Learn more online at:

[rvfoodsystem.org](https://rvfoodsystem.org)



[rvfoodsystem.org](https://rvfoodsystem.org)   [rvfoodsystem](https://rvfoodsystem.org)



# What's all the buzz about?

Oregon's honey production was up 28% between 2021 and 2022 with 3.40 million pounds! That's a lot of honey made by 92,000 honey producing colonies. Oregon's value of honey production, at \$10.7 million, was 77 percent higher in 2022 than in 2021.

Annual honey consumption per American reached 1.9 pounds in 2021, a record. Researchers and the U.S Department of Agriculture attribute the growth to the public's perception of honey as a "superfood."

Honey is slightly sweeter than sugar, so consumers can use less to achieve the same amount of sweetness in a dish. The color, flavor and even aroma

of honey differs, depending on the nectar of flowers visited by the bees that made it. There are more than 300 unique types of honey available in the United States alone, each originating from a different floral source. Popular types come from alfalfa, buckwheat, clover and "wildflower," a term that means bees foraged on a variety of undefined flower species.

Honey's shades range from nearly colorless to dark brown, while flavors go from subtle to bold; even the aroma of honey may be reminiscent of the flower. As a general rule, the flavor of light-colored honey is milder, and the flavor of darker-colored honey is stronger.

Honey typically is sold as liquid, "cut comb," which refers to chunks of honeycomb in a container of liquid honey, honey still inside the comb, which also is edible, and "whipped" honey, which spreads like butter at room temperature. Honey that has spontaneously crystallized is still safe to eat.

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.

— Sources: USDA Economic research service and National Honey Board

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