

Food & Farm **GUIDE**

NEVADA COUNTY GROWN

2019 EDITION





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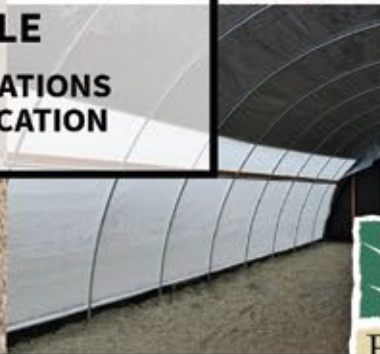
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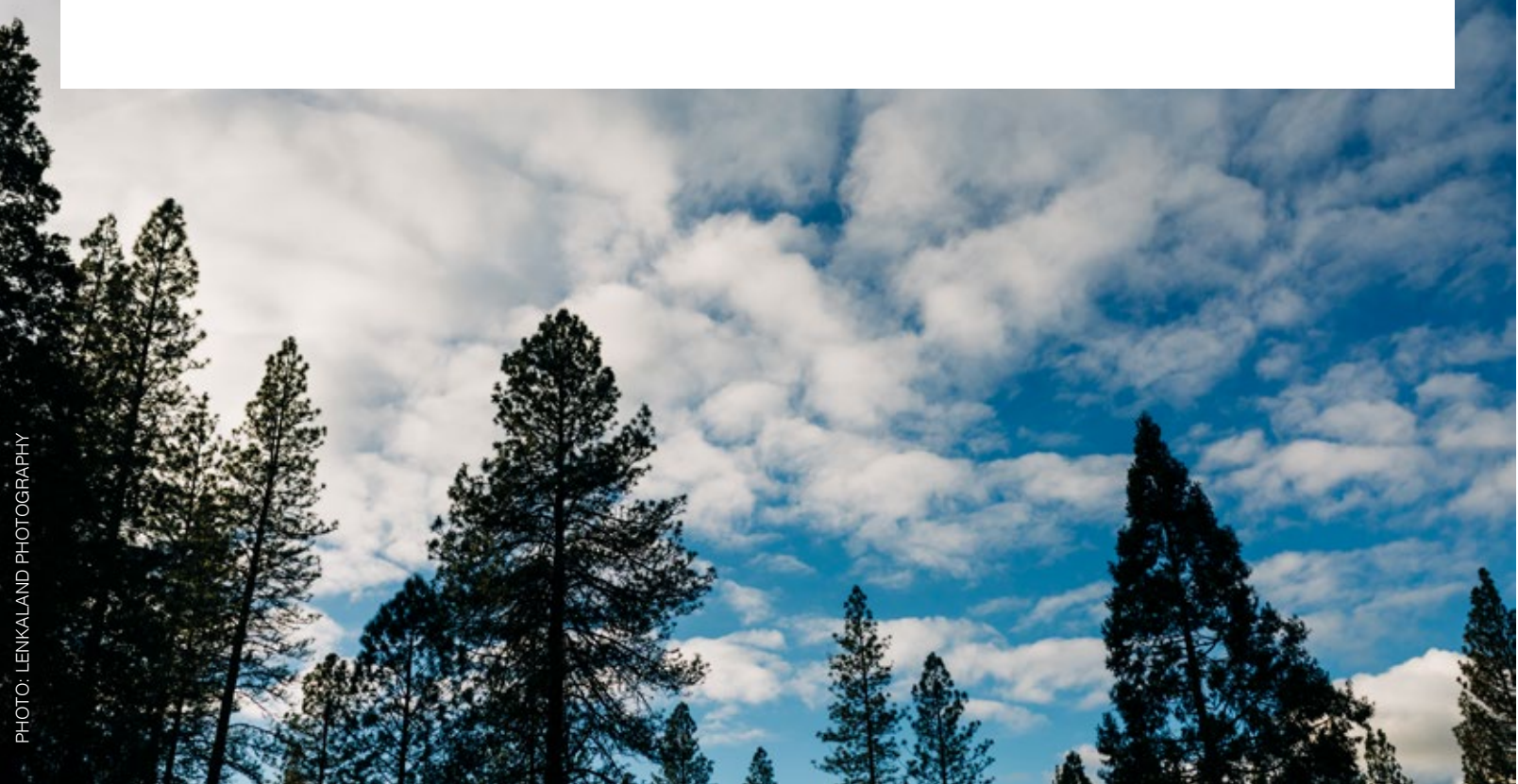
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2019 Edition

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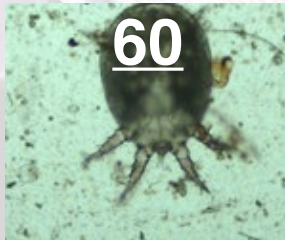
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FIRST RAIN FARM
The Power of Being Herd



PHOTO: LENKALAND PHOTOGRAPHY

FRESH, LOCAL, AND FUN

Nevada County's Agricultural Community Keeps Us Connected

Nevada County is a special place. Those who live here, or visit can feel it. It's obvious in its beautiful, idyllic landscape, endless outdoor recreation, countless music and art experiences and thriving downtowns. What is not as obvious is the underlying richness of its agriculture heritage steeped in family history, yet welcoming to those who wish to plant roots and farm. It's not easy. There is a love and dedication to ranching and farming most may not understand.

Over the decades our society has moved towards faster and easier, and something was lost. Good news, our community is finding it in slow food. More and more of us are taking the time to savor and connect, to enjoy the flavor of our community. Bite into a juicy summer tomato from the local farmers market and the sad tomato that's traveled around the world to arrive in December just doesn't measure up.

Yet, convenience, price, and desire can often be the driving factor in a family diet. Our society loves to eat out. We are social creatures and we appreciate every opportunity to gather with family and friends for a meal. And part of the appeal of eating out is its convenience, no hot stove and mounds of dirty dishes, just the effort of choosing from a host of new restaurants and delicious menu items. Nevada County's food scene is blossoming with new and old restaurants alike hearing the call from local foodies with a desire to eat more county grown, seasonal food. In this issue of the Food & Farm Guide, learn how a few restaurants are leading the charge with others quickly following to provide fresh, delicious cuisine options.

There are many benefits to eating local. The economic factor alone is priceless. Purchasing food from our neighbors keeps those dollars circulating within our community. Health concerns are another and can often prompt change in one's diet. NCG is moving full steam ahead to assist consumers in finding ways to incorporate local agricultural products into their daily lives. Flipping through these pages you'll discover new artisanal products inspired and produced locally and where to purchase them.

We're excited to announce that our signature foodie event the Bounty of the County continues to grow and will be held at the Nevada County Fairgrounds in August at the height of the growing season. We are collaborating with Sierra Harvest to incorporate a kid's culinary component that will be fun for the entire family. Also, our second annual Farm Trail Weekend in July is an opportunity to visit farms and ranches around the county and experience the magic of our local foodshed. Experience on the farm classes, music, art, and don't forget to take home some artisanal products.

We are so inspired and appreciative of our unfolding local food culture and the chance to tell the story of our multi-generational ranchers, our young farmers, impassioned food makers, fresh markets, and aspiring restaurants. We hope you share our enthusiasm by trying new and diverse products and support the individuals, from the growers to the chefs working hard to making every meal a special one.



- Shanin Ybarrondo, NCG Executive Director

NEVADA COUNTY



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Food & FarmGUIDE

2019 EDITION

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Photo Credit: Emily Koller

2ND ANNUAL
 NEVADA COUNTY GROWN

FARM
 TRAIL WEEKEND
 TOUR TASTE DISCOVER
JULY 20th - 21st 2019



Visit www.nevadacountygrown.org for Ticket Details



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CALENDAR OF LOCAL

Farmers Markets



TUESDAY

The MARKET at Grass Valley

8am - 12pm

May 14 - September 24

Pine Creek Shopping Center
650 Freeman Lane, Grass Valley
Grass Valley 530-265-5551
mktmgr@thegrowersmarket.com
www.thegrowersmarket.com

Truckee Certified Farmers Market

8am - 1pm

May 14 - October 15

10500 Brockway Road, Truckee
towani@cncnet.com 530-679-2729
truckeecertifiedfarmersmarket.com

Jardin Del Rio Farmers Market

3pm - 6pm

10556 Combie Road, Auburn in
Combie Liquor and Deli Parking lot

THURSDAY

Jardin Del Rio Farmers Market

3pm - 6pm

10556 Combie Road, Auburn in
Combie Liquor and Deli Parking lot

The MARKET at Grass Valley

4pm - 7pm

May 16 - September 26

Downtown Grass Valley at Neal St.
and South Auburn

North San Juan Certified Farmers Market

4pm - 7pm

June - October

29190 Hwy 49, North San Juan
Shari Brookler 562-279-3988
nsjcommunitycenter@gmail.com

Grass Valley Downtown Association Thursday Night Market

6pm - 9pm

June 27 - August 1

Mill Street, Downtown Grass Valley
gvda3@sbcglobal.net
www.historicgrassvalley.com
530-272-8315

SATURDAY

The MARKET at Grass Valley

8am - 12pm

April 27 - November 23

North Star House, 12075 Auburn Road,
Grass Valley

Nevada City Farmers Market

(Summer) 8:30am - 1pm

June 1 - November 23

(Winter) 9am - 12pm

Dec - May (1st and 3rd Sat.)

Union Street, Downtown Nevada City
manager@ncfarmersmarket.org
www.ncfarmersmarket.org
530-206-3000

Jardin Del Rio Farmers Market

10am - 3pm

June - September

10024 Linnet Lane, next to Sierra
Knolls Winery

SUNDAY

Truckee Community Farmers Market

9am - 1pm

June 16 - September 29

12047 Donner Pass Rd., Truckee
info@truckeefarmersmarket.org
www.truckeefarmersmarket.org
530-414-9181

Jardin Del Rio Farmers Market

10am - 3pm

June - September

10024 Linnet Lane, next to Sierra
Knolls Winery

Nevada City



Farmers Market

EVERY SATURDAY
JUNE 1 thru **NOVEMBER 23**
 8:30am -1pm
 Robinson Plaza & Union Street
 in historic downtown Nevada City

WINTER MARKET DEC - MAY
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MARKET



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June 27
July 11 • 18 • 25
August 1

downtowngrassvalley.com



Julie Roberts, owner of Durga's Divine Cafe, serves up a delicious slice of quiche.

PHOTO: LORRAINE JEWETT

Local Artisans

PRODUCTS SOURCED FROM LOCAL FARMS AND RANCHES—A RARE COMMODITY

By Lorraine Jewett

A question facing many farmers when they have extra fruit and produce is: What to do with it? Unfortunately, all too often, the answer is: Compost it.

Some Nevada County farmers are exploring ways to extend the shelf life of their products. A 2013 state law allows entrepreneurs in their own private-home kitchens to create a limited variety of no-risk packaged products, sometimes referred to as value-added products.

Requirements include: prepare only food on the approved list such as coffee, baked goods, and chocolates, complete a food-processor training course, and implement sanitary operations. Only 13 people in Nevada County are currently permitted under the state's Cottage Food Operation regulations.

Suzanne Bardsley of New Wellington Farm in Nevada City has been working toward opening a creamery under state Cottage Food Operation regulations for four years. With the milk from her 30 dairy goats, she makes soap that is sold in local stores. But she's only allowed to make cheese for her family – she's not permitted to sell to consumers directly or through a third-party such as a retail store.

"It's difficult to get certification with anything dairy," said Bardsley. "I've been trying to open a creamery and it's been an incredibly costly process for me. I left my job in 2014 and started working on the farm thinking I'd have the creamery open in 2015. I'm still in the process.

"I'm definitely doing it. I have my equipment, goats, land, barn, and blueprints, but it's been a difficult process."

Another option is for farmers to lease a commercial

kitchen to prepare value-added foods.

Jada Faye is owner/manager of Gaija's Hearth in Nevada City, one of only a few commercial kitchens for lease. Faye says most of her clients are caterers who are licensed to serve their food products to customers, not farmers who have to meet processing, storage, and specific labeling requirements.

"There are a lot of hoops for farmers to jump through," said Faye. "I've seen a lot of people come through the kitchen and inquire about making and selling food products, but it doesn't seem to work out for them."

Chris Maher, General Manager at Briar Patch, said he'd like to see farmers produce more value-added products in home kitchens that his food co-op could sell.

"It's not a struggle of where to sell it, it's where and how to produce it," said Maher. "The need for a community kitchen in this area is significant. Ideally, it would be a way for farmers to extend the season and the crop. Even with something as basic as jarring, preserving or flash freezing, you could care for more of the crop and farmers could realize sales during a time when they don't have as much revenue coming in."

Some value-added food products are produced in commercial kitchens operated by owners.

"I probably never would have started the process if I'd known how involved it was going to be," said Julie Roberts, owner of Durga's Divine Café in Grass Valley. "But I just took one step, then the next. The whole thing looks hard, but it's not if you break it down into little steps."

She worked closely with state health officials, who guided her through the minutiae, such as adding the words, "Keep Refrigerated" to labels.

The effort was worth it. Durga's sells its salsa, hummus, and pesto at BriarPatch. In the near future, Roberts will add concentrated chai and hot sauce to her retail line-up.

Roberts said she tries to buy local produce whenever possible, although that's difficult during the winter months.

"I'm still learning the ropes," said Roberts, who has been selling her value-added retail products since 2005 and opened the café in October 2017. "Farmers come in and offer their produce. Some even say they'll grow what we need if we'll tell them. We are finding each other.

"For example, one person retrieves our coffee grounds for his compost. Our food scraps go to a lo-



Christina Africano, co-owner of Local Culture, shows off two of her tasty fermented products: Juniper + Sage Sauerkraut and Garlic+Ginger+Chili Kimchi.

cal farmer for his animals, and I'd like to do more of that. I want to contribute to the local farming community."

Another outlet for local farmers' produce is Local Culture, a sauerkraut producer with small-scale fermentation hubs in California and Oregon. Its mantra is "Farm to Fermented Foods" and its mission is "...transforming and extending the life of almost every vegetable we can get our hands on."

Cristina Africano and her husband Chris Frost-McKee own Local Culture's California venture based in Nevada County, with a commercial kitchen and retail store in downtown Grass Valley. The store offers a large variety of ferments including sauerkraut, kimchi, fermented veggies, cultured olives, as well as fermentation supplies and books.

"We try to work with local farmers as much as possible, as much as the seasons will allow," said Africano. "Cabbage is great because it is a year-round crop. We work closely with our source, Super Tuber Farm in Nevada City, so we know we will have enough crop and they know they have a buyer for what they grow."

Africano said access to other vegetables is more chal-

lenging to obtain locally, especially in the middle of winter.

The company started selling sauerkraut at Farmers Markets in June 2018, then opened its commercial kitchen and retail store in October 2018.

As with other businesses that have successfully negotiated the maze of state and county regulations, Africano said packaging and the labeling were the most difficult part.

“It was trial and error,” said Africano. “We would show labels to our state inspector and she’d cross out what we couldn’t include. It took about two months.

“You have to jump through the hoops and in the beginning you don’t even know what the hoops are. We were consistent and persistent in calling the state and figuring out what to do and how to do it. The county was helpful and accessible, while the state was a little more challenging.”

Local Culture sells its products at Briar-Patch, California Organics, SPD Market, Mother Truckers, and outlets in Auburn, Reno, Truckee, and San Diego.

Value-added products are easier for farmers to create and sell if they are not to be consumed as food.

Nightingale Farms makes soaps and lotions using milk from its herd of dairy goats, and those products are sold at Briar-Patch, Dokimos Pharmacies, Tess’ Kitchen Store, Beads Galore and Floristics Flowers and Gifts.

“We find the demand for locally-sourced farm products to be strong and getting stronger,” said Shannon Friedberg of Nightingale Farms. “Our customers appreciate knowing that we are responsible for the animals that produce the milk as well as the process of making the product. Consumers just need to know that the farm and product exist and where to get it. Good products will develop a following.”

There are a lot of opportunities for value-added products. Obstacles are the high cost of the initial investment for production equipment, and trial-and-error time. An additional obstacle is the competition from mass marketed products that might look and seem similar to the customer, and of course, government regulations.

Christine and David Eschen, owners of Très Jolie Lavender Farm in Grass Valley, are in their second year selling dried lavender flowers and buds.

“We do not supply or produce any commercial lavender for food, although we do have some ‘culinary’ varieties,” said Christine. “Value-added products that we offer are hand-distilled lavender essential oil made from our lavender flowers, lavender body butter, lotions, and sachets. We hope sometime in the future to offer soap, hand-crafted lip balms and beard oil.”

Embracing the entrepreneurial spirit all hard-working farmers must possess, Christine said they hope to offer some “U-Cut” dates this summer.

There may come a time when fruit and produce farmers have the network and infrastructure similar to wine grape growers, who simply pick and deliver their product to wineries.

Until then, consumers who want locally-sourced, value-added food products will need to stock up during the harvest season and can, freeze, or dehydrate their own. Why not host an old-fashion canning party with neighbors? The result will be good company, as well as good food over the winter.

Lorraine Jewett is a freelance writer who lives on a small ranch with two horses. She grew up in Placer County and has lived in Nevada County for 30 years.





The Market

at
GRASS VALLEY

FARMERS MARKET & ARTISAN CRAFTS

- Organic Produce
- Grass Fed Meats
- Fresh Seafood
- Fruits and Berries
- Jerkey & Mushrooms
- Bread and Cheese
- Olive Oil and Honey
- Pastries and Candies
- Ceramics and Jewelry
- Flowers and Soaps

- Arts and Crafts for Kids
- Cooking Demonstrations
- Morning Yoga Classes
- Gardening Classes
- Free Raffles



LIVE MUSIC

FRESH COFFEE

HOT FOOD

THREE LOCATIONS

TUESDAYS

Pine Creek Shopping Center
(In Front of Raleys)
May 14 - September 24
8 am - 12 pm

SATURDAYS

The North Star House
(112075 Auburn Road)
April 27 - November 23
8 am - 12 pm

THURSDAYS

Downtown Grass Valley
(Across from Safeway)
May 16 - September 26
4 pm - 7 pm

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www.TheMarketAtGrassValley.com ■ 530 265 5551 ■ Facebook Instagram

Get A Taste of History

with the *Felix Gillet Institute*

by Valerie Costa / photos by Adam Nuber

Apple Medley off
Felix Gillet apple
trees.

Nevada County is rich in gold rush history, and many have said, “If only these trees could talk...” But perhaps, in a way, they can. In 1970, “Amigo” Bob Cantisano was exploring the San Juan Ridge and came across a thriving orchard next to an old hydraulic mining camp, which had been surviving for about a century without any human intervention.

“At the time I didn’t realize its age, I just noticed the amazing fruit and nuts on it,” Cantisano recalled. “Everything was abandoned; there was a broken down house and barn and no one around for miles. I later learned that this was pretty common because when people mined they of course settled and planted food.”

From that day, the seed was planted and Cantisano has been in search of such plots ever since. Upon research into where these mysterious trees and plants originated, he learned that the man largely respon-

sible for those hearty crops of old was Felix Gillet, a nurseryman of the gold rush days who was the first to introduce hundreds of significant plants into California and American Agriculture, many of which are still grown today. It is for that reason that Cantisano has

dedicated his life to finding these lost trees and plants, as well as educating the public about this great, underappreciated figure from history.

The mission of the Felix Gillet Institute (FGI), a 501(c)3 nonprofit organization, is to properly place Gillet in the history of California and United States agriculture through a thorough process of research and education. To fulfill that mission, Cantisano and his

two partners, Jenifer Bliss and Adam Nuber, scour the remote areas of Nevada, Placer, Sutter, and Yuba counties for Gillet’s elusive lost fauna and respond to calls from all over the state from people who believe they have found other such plots.



Ridge Road
Cherries

Felix Gillet Nursery
at Bluebird Farm.



Comice pear
on early 1900's
tree found on
the Ridge.

“When we find these trees, we evaluate and if we decide they’re worthy, unique, or useful, we take grafts and propagate them. Pest resistance, disease, flavor, heartiness, drought resistance, etc. is evaluated,” Cantisano explained of the organization’s work. “We then fabricate them in the nursery for gardeners and farmers to bring a taste of the 1800s into the 21st century.”

In their research, the FGI have found an apple can be picked in August which will keep until March, which Cantisano theorizes that Gillet developed because in the mid 19th century, there was no refrigeration. Gillet also liked to play with flavors and other hardiness in fruits; FGI have discovered an apple variety that tastes like a combination of apple and berry and apples that never brown; you can cut them and they stay bright colored forever, even the applesauce is white. They have also found specimens that have complete immunity from common pests in fruit trees and were bred for drought hardiness. Many plants are bearing huge crops after five years of drought. “99% of these plants have grown without the interference of humans, and are still creating bounteous crops,” Cantisano said.

FGI will continue their work of finding and evaluating these unique trees, and sell the offspring that they propagate to the public to help keep the history of the gold rush alive. “People appreciate the gold rush era for all of these historical buildings that were beautiful, but what makes the area really beautiful is all of the plants that people planted, immigrants who brought plants and trees from home,” Cantisano mused. “The plants are unique and it’s part of what makes this area special.”

Bounty of Felix
Gillet Fruit!



Valerie Costa is the Special Sections Manager of The Union and the newest board member of Nevada County Grown.

To bring a little taste of history to your home visit www.felixgillet.org and look through the unique tree varieties that date back to the gold rush. Plant a tree – keep history alive!

Please Make Yours *Local*

SHOP AT THE GROCERS
THAT SOURCE LOCALLY

by Debbie Gibbs

As shoppers, we are conditioned to get the MOST product for the LEAST cost and GREATEST convenience. And this often means shopping at the Big Box supermarkets. But did you know that shopping at locally owned stores make a big economic difference in our community?

A 2003 Institute for Local Self Reliance study found for each \$100 spent at local independent stores, \$45 of local spending was generated, compared to \$14 for a big-box chain. That's the magic of the multiplier effect.

Fortunately, Nevada County boosts locally owned grocery stores in the greater Grass Valley/ Nevada City area that also source locally—a double

benefit. And they usually provide environmentally friendly features to help reduce our carbon footprint and support our community in many different ways.

Western Nevada County is fortunate to have a variety of stores, including BriarPatch Food Co-op, SPD Market, California Organics, and Natural Selection, who are both locally owned and carry locally sourced products.

Each store has its own personality and history, but they are all steadfast in their goal to provide excellent service to their community. AND, in many cases, provide a first job for our young people.





BRIARPATCH FOOD CO-OP Grass Valley

WHERE CO-OP MEANS COMMUNITY

BriarPatch Food Co-op was started in 1976 by an enthusiastic group of Nevada County community members. Their goal was to co-own and operate a successful grocery store full of healthful food and environmentally respectful products for the benefit of all. The concept caught on, and the Co-op grew. In 2018, there were 8,000 owners, 230 staff and a projected \$35 million in sales.

Co-ops are a unique business model. Rather than providing the profits to a single owner or outside investors, a co-op returns profits to its member owners in proportion

to how much they spend in the co-op. It's nice to get some of your grocery dollars back as well as to enjoy the other discounts available to member owners.

BriarPatch is laser-focused on the community and supports many local organizations. Particularly visible is the Co-op CAUSE program that highlights 12 community programs each year. When paying, patrons can choose to “round up” their change to the nearest dollar, and each CAUSE organization receives a full month of shopper and employee donations as well as recognition of their group’s mission

Other services include a community room at a nominal rental fee for small gatherings, tickets to local events and The Vine newsletter that offers food, health and community articles as well as descriptions of the cooking classes they offer.

Local sourcing is a big priority and BriarPatch uses more than 50 local and regional farms to supply organic produce and products year-round. When you enter the produce section, pictures of local farmers grace the surrounding walls.

Cooperatives are a significant part of the U.S. economy. The National Cooperative Bank reported that the top 100 cooperatives brought in revenue of \$243.2 billion in 2014, a 4% increase from 2013.

The agricultural co-operative CHS Inc., based in Minnesota, retained its position at the top of the list. The co-op is made up of farmers, ranchers and co-operatives across America.

BriarPatch’s support of farms goes a step further by assisting with crop planning, teaching retail practices, guaranteeing farm loans, and financing organic certification.

Finally, BriarPatch makes it very easy to reduce your carbon footprint by using its bulk food section. Most stores offer bulk sections, as it is much less expensive than buying the same item in jars and packages, and it is more efficient to buy small quantities of items you use infrequently.

What makes the BriarPatch approach different is the well-appointed service island and tools. You can repurpose a container you might have recycled and create your own “package”—Voila, you have less waste and less recycling.



SPD MARKET Nevada City

A VERY LARGE MOM & POP GROCER

SPD harkens back to 1959 when three local Nevada City businessmen, Joe Dilly, Bert See and Lawrence Painter, opened a new

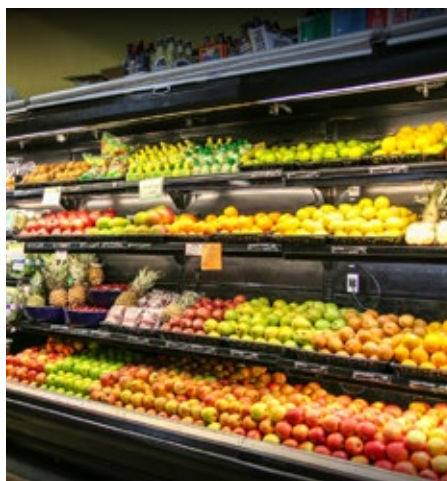
market with plenty of parking just outside of Nevada City. Many thought they wouldn't succeed being located so far from "downtown." But SPD did succeed, and expanded to offer a wide variety of products and services beyond groceries.

SPD is managed by the third generation of Lawrence Painter. Expansions continue in all departments, particularly in specialty, natural and organic products. SPD Markets currently carry 30,000+ items, but they remain committed to buying many items from local producers.

The SPD website actually has a "buy local" tab where they list local and regional farms and other producers with a link to the producer's website (when available). Their produce and bulk section identifies the farm that provides the product.

SPD has a tradition of supporting local community endeavors and helps a good cause whenever they can on a case-by-case basis. Also, patrons can enroll in the SPD Community Card program so that when they use their card, 3% of purchases are automatically donated to their designated school or nonprofit organization.

They are committed to environmental protections and offer dumpsters in their parking lot for customers to use for their recycling. They bale the store's cardboard and plastic and a private firm picks it up for recycling.



CALIFORNIA ORGANICS Nevada City

ORGANIC PRODUCTS ARE SUPREME

California Organics, as the name implies, is clearly a store committed to all things organic. This means GMO-free, sustainably produced, and no artificial ingredients. Their website proclaims, "We do these things and more for our families, our customers, and our planet."

At their store in Nevada City, you can find locally sourced produce and processed foods when it meets their standards. All products contain only organic or certified non-GMO ingredients (except for the gluten free bread and fish). And they attempt to label the local farms and businesses whenever possible.

In addition to groceries, California Organics also has a deli and restaurant where organic foods are served. They recently started an online ordering feature where you place an order from your computer and then pick up your items at the store.

Their well-stocked bulk food section has a unique high tech feature. The scale used for weighing prints out a detailed bar coded label when you enter the product code.

California Organics has environmental regard, and recycling is a priority. They give all "near expiration" food to the Interfaith Food Ministry and produce trimmings to local farms and ranches.



NATURAL SELECTION Grass Valley

GOOD FOOD AT GOOD PRICES

Natural Selection, located in downtown Grass Valley, and Mother Truckers on the North San Juan Ridge, have been locally owned and operated natural food stores in Nevada County for over 40 years. The second-generation family members are now running both locations and have opened a third shop, The Country Store, also located on the Ridge.

They offer a full line of natural and organic groceries, focusing on local options whenever possible.

They source from many local farms that they have enjoyed long term relationships with as well as newly established farms. They offer local fruits and vegetables as well as local beef, eggs, honey, nut butters and much more!

They identify and label the local farm so that customers can learn more about where their produce is grown. The stores also welcome any local farm or hobby farmers with organic or unsprayed produce to stop by so they can share the harvest with their customers.

Many items can be found in their bulk section, and if you want a large volume of any product you can take advantage of the wholesale pricing program they offer with no membership fees. (See cashier for details.)

SO MANY REASONS TO SHOP LOCALLY

A 2014 economic analysis report done for the Dollar Store estimated Nevada County food and beverage purchases at \$234 million. If 20% of those purchases were local, that would bring in \$47 million in sales for producers and the multiplier effect would result in about \$21 million in other local spending.

According to the Nevada County Agricultural Commissioner 2016 Crop Report, the value of vegetables produced in our county was \$1.8 million. Wine grapes fared a bit better at about \$2 million.

Nevada County has a rich and vibrant local farm movement, but local agriculture could be a much stronger economic driver. What's good for the farm is good for the people—please make yours local.



MORE REASONS WHY SOURCING LOCAL IS

Valuable

BETTER NUTRITION

Fresh produce is usually more nutritious and flavorful, with some produce losing a significant amount of nutrient content within days.

LESS FOOD WASTE

Fresh produce lasts longer so you have more time to use it before it wilts or spoils. This saves you money.

A study done by *National Geographic* in 2014 indicated that more than 30 percent of food in the United States, valued at \$162 billion annually, isn't eaten.

The United Nations estimates that if wasted food was a country, its greenhouse gas emissions would rank *third globally*.

OPPORTUNITIES FOR YOUNG ENTREPRENEURS

Our community needs to attract young people to work for themselves, understand business practices, and become proficient in organic farming methods.

The L.A. Times reports there are currently fewer than 6,400 farmers aged 25 to 34 in California. Farmers 65 and older outnumber these younger farmers by a ratio of six to one.

ENVIRONMENTAL BENEFITS

Local farms and ranches can provide important firebreaks and green open spaces that create habitats for our endangered pollinators, beneficial insects and birds.

POSITIVE IMPACT ON CLIMATE CHANGE

The carbon farming practices used by many of our local farms can improve the rate at which CO₂ is removed from the atmosphere and converted to plant material and/or soil organic matter.

SELF RELIANCE

It is good insurance for our small, rural community to have the capacity to provide our own food supply should the need arise.

Debbie Gibbs is a small wool rancher in Nevada County. She has been a Nevada County Grown member since it began and was a past president.

Grass Valley
COURTYARD SUITES



GET BOUTIQUED

ART INFUSED HOTEL IN THE SIERRA NEVADA FOOTHILLS



The ultimate art hotel experience.
Thoughtfully designed, high-end accommodations
Immaculate rooms and friendly staff.
Featuring local art.
Perfectly located in the heart of Grass Valley.

GVCOURTYARDSUITES.COM



DIG IT!

SWEETLAND GARDEN MERCANTILE

NEW AND IMPROVED

Offering organic gardening supplies, soil, amendments, fertilizers, lighting and climate control, plumbing and irrigation supplies.

Check out our new hardware and tool selection including Dewalt, Stanley, Milwaukee. EGo battery operated yard tools, and a very friendly staff.

29435 HWY 49 NSJ, CA 95960
530-292-9000
www.sweetlandgm.com

Pearson's Feed

17905 Penn Valley Drive
Penn Valley, CA
530-432-1420

Providing all your Feed Needs



Associated
FEED & SUPPLY CO.

Az
to
Z
Supply

530.273.6608

AtoZSupply.com

13396 Ridge Road
Grass Valley, California

Monday - Friday
7:30am to 6:00pm

✿
Saturday
8:00am - 5:00pm

✿
Sunday
9:00am - 4:00pm



GARDEN CENTER



A to Z Supply Garden Center is open year round to help you with your gardening needs. Stop by and check out our full line of products. Call the Nursery to get expert help! 530.274.3871

A to Z Supply carries a full line of Beekeeping Equipment year around. We have four full time beekeepers on staff to help you set up the perfect hive for your yard or property.

BEEKEEPING



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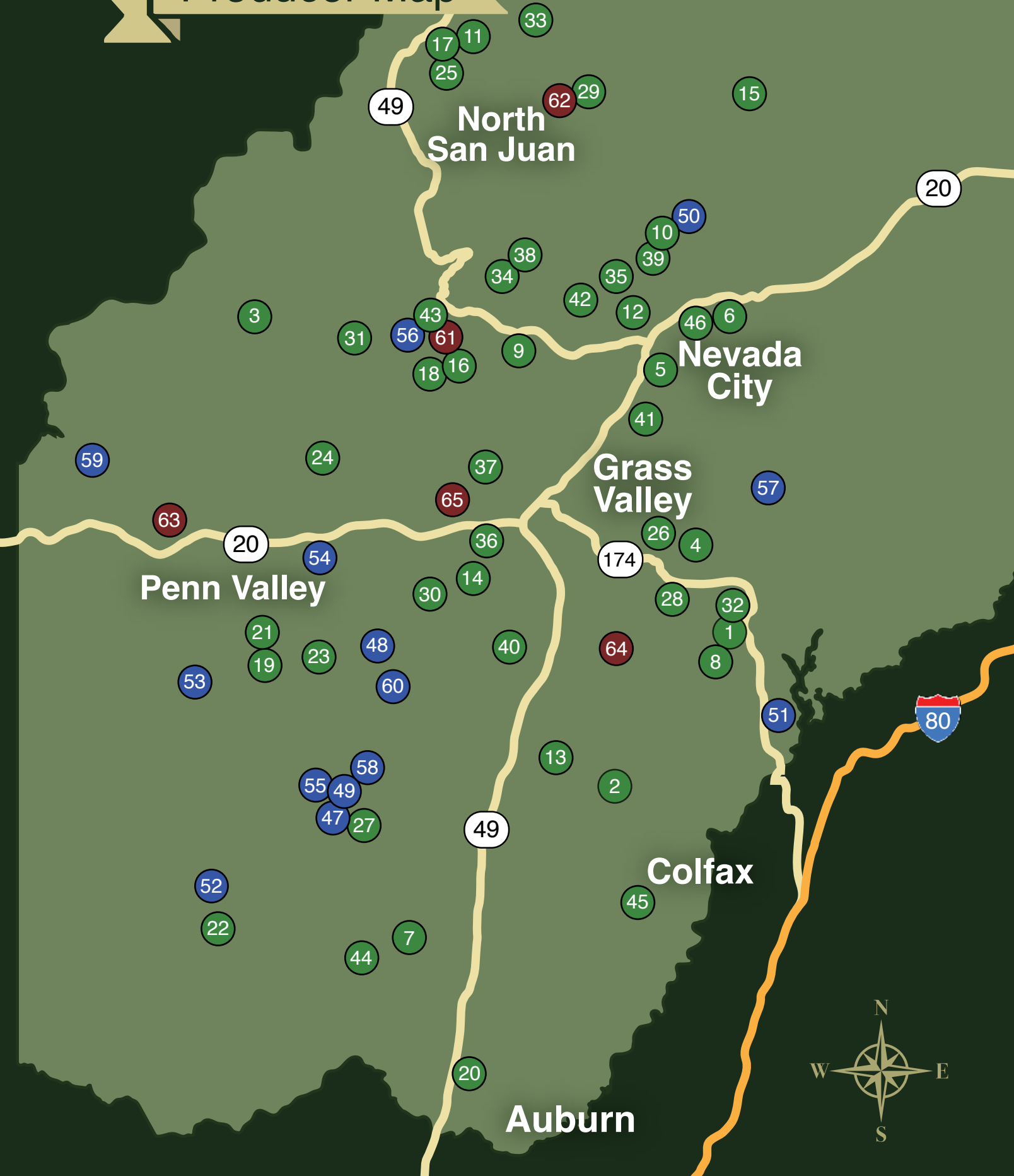
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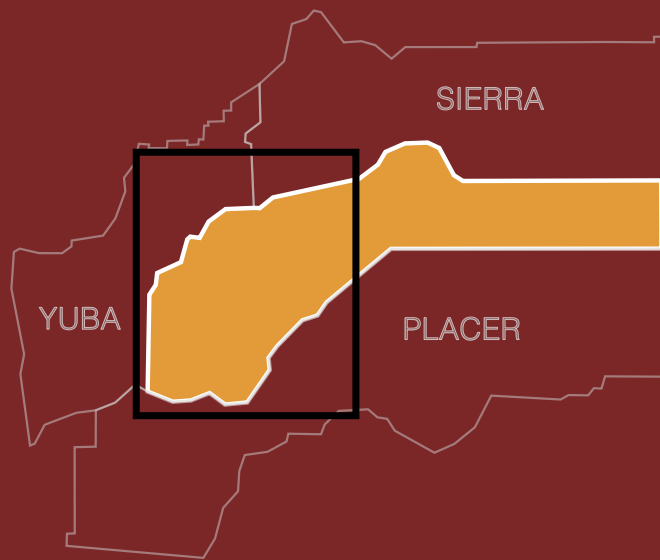
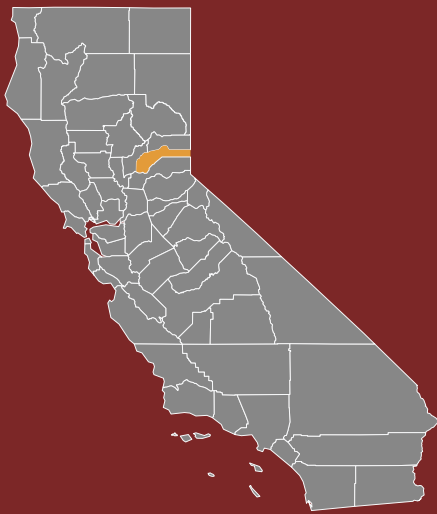
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FARMS

Bakbraken Acres / Hwy 174 Chicago Park

530-263-3607



Growing organically in Nevada County for over 45 years, Bakbraken Acres is a leader in the production of extreme quality, specialty vegetables, including onions, tomatoes, peppers, potatoes, melons, berries, flowers, green beans, hops, and more. Situated on 40 acres at 2400' elevation on the western slope of the Sierra Nevada. Cultural practices include cover cropping, crop rotation, companion planting, compost, and buffer areas. Registered organic.

Location: 14283 Judy Lane at Highway 174 and Powerline Road, Chicago Park

Farm Stand: Open Mondays and Thursdays 10 am–2 pm, July–October.

Onsite: Special order pick up

Grocery Stores: Natural Selection, SPD Grass Valley, SPD Nevada City, California Organics

Restaurants: New Moon Cafe, Emily's Catering & Cakes
bbaorganics@gmail.com

Bakwrd CP Mtn. Raised Poultry / South County

530-346-8646



A small family farm in Alta Sierra, farming for our neighbors and creating beautiful egg colors to delight the eyes and tastebuds, from ladies that freely graze over hillsides. Try our quail eggs, cured egg yolks, seasonal farm goods and peacock feathers. Enjoy our eggs daily at the Alta Sierra Country Club.

Location: 19302 Tiger Tail Rd., Grass Valley

Farm Stand: Open every day. Call before pickup.

Direct Sales: Produced/Hatched/Raised/Sold/Picked up @ 19302 Tiger Tail Rd.

Restaurants: Timbers Bar & Grill, Alta Sierra
ccb813@gmail.com

Bitney Springs Farm / Newtown/Bitney Springs

530-432-3214

We are a small family farm dedicated to growing wholesome foods for a healthier planet. Everything is grown using sustainable practices. Fruits, vegetables, and flowers are available by direct sales throughout the growing season. Our beautiful farm, adorned with chickens, sheep, cows,

and pigs, is also available for AirBnB, tours and events.

Location: 16152 Bitney Springs Rd, Nevada City

Onsite: Direct sales., AirBnB, Farm Tours, Events

bitneyspringsfarm@gmail.com
www.bitneyspringsfarm.com

Broadfork Farm / Hwy 174 Cedar Ridge

530-648-0282



Broadfork Farm is a family run microfarm on 1-1/2 acres. We grow healthy food at fair prices using natural inputs and sustainable practices. We specialize in heirloom varieties and plant starts. The on-site farm stand is open from 9 a.m. to 7 p.m. daily. Orders and tours can be arranged by phone.

Come let us feed you!

Location: 13624 N. Meadow View Dr., Grass Valley

Farm Stand: Open 9 a.m. to 7 p.m. daily

nancycrws@yahoo.com
broadforkfarmers.com

Calmil Teoyotica / Nevada City

530-318-6165



Calmil Teoyotica is the Sacred House surrounded by flowers. Our job is to build a relationship with Earth, Wind, Fire, Water, Flora and Fauna to create loving food medicine sustaining our healthiest relationship with all of creation.

Location: 14981 Lewis Rd., Nevada City, CA 95959

Direct Sales: To herbal retailers, restaurants

calmilteoyotica@gmail.com



CERTIFIED ORGANIC



FARM STAND



U-PICK



CSA



FARMERS MARKET



GROCERY STORES



RESTAURANTS

Chapman Family Farm in Harmony Valley / Nevada City

530-575-5667



Located in a beautiful setting in Nevada City is Harmony Valley Farm. We grow mixed fruit and vegetables, flowers, and herbs with our animals moving through the farm. Harmony Valley Farm connects with the local food waste system to create fertility for our soil and food for our community. We use low/no till methods to grow our food.

Location: 15691 Lewis Rd., Nevada City

Farm Stand: Call for availability

Onsite: Call for an appointment.

Restaurants: New Moon Cafe, Heartwood, Treats Ice Cream
ltlfeet@yahoo.com

Cone & Hill Christmas Tree Farm / South County

530-559-2356



Our tree farm is family owned since 1985. Our field trees are hand pruned, our precuts are in water to keep them fresh and we make our own wreaths from fresh material. We work hard to make your tree cutting experience a happy, family adventure.

Location: 21001 Cone and Hill Drive, Grass Valley. From Hwy 49, turn on Wolf Rd, go 2 1/2 miles on Wolf, turn right on Cone and Hill Dr, go 1/4 mile to farm parking lot.

U Pick: Day after Thanksgiving-December 20, Friday-Sunday 10 am-5pm.

pugtastic2@gmail.com

Dinner Bell Farm / Hwy 174 Chicago Park



At Dinner Bell Farm we grow pigs and flowers! In our unique system, our happy, heritage-breed hogs live under the shade of peach tree orchards and graze on annual forage. Talk to us about buying cuts or whole animals right off of the farm. Need flowers? Our beautiful fresh flowers are available for weddings and events. Check our website for upcoming classes and workshops. Certified Organic.

Location: 14119 Judy Lane, Grass Valley, CA

Direct Sales: Wedding flowers & flowers by the bucket!

Onsite: Make an appointment to buy directly from the farm (molly@dinnerbellfarm.com)

Farmers Market: Tahoe City Farmers' Market, Thursday mornings, June through September.

molly@dinnerbellfarm.com

www.dinnerbellfarm.com

Early Bird Farm / Newtown/Bitney Springs

530-913-8461



Early Bird Farm grows high quality vegetables and fruits on a 5 acre farm using sustainable methods and permaculture practices. Early Bird Farm also mills fresh grains on-site with stone mills, using grain from its own farm as well as select regional organic farms in Northern California. Look for our pancake mix in local grocery stores! Registered Organic.

Location: 11019 Newtown Rd, Nevada City

Direct Sales: We come to you! Or come visit the farm!

Grocery Stores: SPD Market Nevada City, SPD Market Grass Valley, Briar Patch Food Co-op

Restaurants: Three Forks Bakery & Brewing Co., Ike's Quarter Cafe, Valentina's Organic Bistro & Bakery, New Moon Cafe, The Willo, and many others!

Other: Tahoe Food Hub, Produce Express
earlybirdfarm@yahoo.com

FARMS CONTINUED

Felix Gillet Institute / San Juan Ridge

530-292-3619

We identify, protect and propagate rare heirloom fruit and nut trees, grapes, roses and perennial multi-purpose plants collected from heirloom mother plants still growing that were planted during the Gold Rush era. Plant origins are collected in Nevada, Yuba, Sierra and Placer counties from old mining camps, towns, homesteads and farms. Every plant comes with a history lesson. See website for more details.

Location: By Appointment Only

Direct Sales: Via website, email and phone orders. Plant sales Oct - March, for pickup Jan - March.

Other: Sweetland Garden Supply North San Juan

thefgi@gmail.com

www.felixgillet.org

First Rain Farm / Nevada City

530-265-4515



First Rain Farm is located just two miles from Nevada City. Our land is diverse with forest, fields, creeks, pastures, and old barns! We grow upwards of 40 different vegetable crops as well as blueberries, strawberries, and blackberries. Our herd of Nubian dairy goats help us manage the land and produce delicious milk and rich compost for the vegetable fields. Certified Organic.

Location: 19832 Rector Rd., Nevada City, CA 95959

Onsite: Hipcamp agritourism

Direct Sales: We provide produce for special events and caterers.

CSA: Goat herd share. Raw goats milk available through

our herd-share program - see website for details.

Farmers Market: Nevada City Farmers Market on Sat a.m., Wednesdays in August 5pm-8pm

Grocery Stores: BriarPatch Food Co-op

Restaurants: Ike's Quarter Cafe, Three Forks Bakery & Brewing Co., New Moon Cafe

Other: Vegetable seeds sold to High Mowing Organic Seeds, Fedco Seeds, Redwood Seeds, and Southern Exposure Seed Exchange

info.firstrainfarm@gmail.com

www.firstrainfarm.com

FogDog Farm / San Juan Ridge

530-218-0788



We are two young farmers growing a diverse array of vegetables and fruits on 1.5 acres. We farm on a hand-powered scale and produce nutritionally dense, flavorful produce by working with nature, not against it.

Location: 12978 Byron Rd, North San Juan, 95960

Farmers Market: Nevada City Farmers Market

Restaurants: Three Forks Bakery & Brewing Co., New Moon Cafe

Other: Tahoe Food Hub

fogdogfarm@gmail.com

fogdogfarm.com

Fresh Starts Organic Farm / Nevada City

530-478-0800



Certified organic by CCOF. Nevada City grown vegetable, flower, herb and perennial starts. Many perennials are grown from saved seed, cuttings or divisions of the farm's locally adapted mother-stock. Customers exclaim about the health, vigor and productivity of the plants! We love to have customers view and/or shop at the private nursery, by appointment only.

Location: Call or email for directions.

Direct Sales: Available by appointment. Weekend sales to be scheduled. Call for information.

Farmers Market: Nevada City Farmers Market - weather permitting: March 16, April 6, May 4, May 18, June 1, 8, 15 and Sept 7 & 14

Grocery Stores: BriarPatch Food Co-op

Other: Peaceful Valley Farm Supply, Sweetland Garden Supply, Mother's Day Plant Sale at the Miner's Foundry in Nevada City. Other sales TBA. Private sales at nursery by appointment.

freshstartsorganicfarm@gmail.com



Garden Goddesses / Grass Valley

831-277-3961



Demonstration Farm is available to tour by appointment only. We host cooking classes, private tours & tastings, birthday parties, garden clubs & schools. Farm highlights: The enchanted meadow, the tree house, edible cactus garden, solar cooking, chickens and ducks, farm to table

experiences.

Location: 18414 Alexandra Way, Grass Valley

Farm Stand: By appointment only
susan@gardengoddesses.org

Grass Valley Grains / Grass Valley

530-210-4216

Growing Rye and Wheat without chemicals or GMO seeds, using regenerative farming techniques.

Location: 13310 Nannas Way, Grass Valley

Direct Sales: Telephone sales. Call for information.

grassvalleygrains@gmail.com
www.grassvalleygrains.com

Grizzly Hill Organic Farm & Nursery / Nevada City

530-265-9495



CCOF certified organic vegetable and herb transplants. Custom greenhouses, high tunnels, and complete kits.

Location: Call for directions.

Grocery Stores: BriarPatch Food Co-op

Other: Peaceful Valley Farm & Garden Supply, Sweetland

Garden Supply, Mother's Day Plant Sale at the Miners Foundry

ray@grizzlyhill.com
www.grizzlyhill.com

Heronview Fiber Ranch / Newtown/Bitney Springs

530-272-4994

Our herd of sheep, pygora and cashmere goats are sustainably raised on green pastures outside of Nevada City. We sell fleeces, rovings suitable for spinning or felting and handspun yarn. We also offer knitted and woven products such as shawls, scarves, hats, runners and rugs. All can be

customized for choice of color, size and type of fiber.

Location: Call for directions.

Direct Sales: Call for appointment and directions.
heronviewranch@sbcglobal.net

Honey Circle Farm / San Juan Ridge

530-949-7027



We offer farm shares consisting of abundant diverse vegetables. Canned or preserved foods, grains, seeds, medicinal and culinary herbs are included. The produce and products we share are some of the best available on the planet. We also grow cut flowers and seeds.

Location: 29085 State Hwy 49, North San Juan

CSA: Pick-up on site Monday & Thursday May-Oct

Farmers Market: North San Juan Farmers Market

Grocery Stores: Mother Truckers

Restaurants: The Ridge Cafe
ruby.turtle3@gmail.com

Hopeful Hill Ranch / Newtown/Bitney Springs

530-477-1937

We grow grass hay for our horses and sell any surplus. Harvest is in late June. Call or check our web site for availability.

Location: 13303 Hopeful Hill Road, Nevada City

Direct Sales: Hay by advance reservation. Call for more in-

formation.

ranchhands@hopefulhill.com
www.hopefulhill.com

FARMS CONTINUED

Indian Springs Organic Farm / Penn Valley

530-432-3755



Indian Springs Organic Farm is a California Certified Organic Farm and has been for 38 years. We just celebrated 33 years of local growing and sales. We make all of our compost. Products: tomatoes, pumpkin, flowers, plums, cherries, pluots, figs, table grapes, apricots, water melons, cantaloupe, & butternut and delicata squash.

Location: 14318 Pilot Peak Lane, Penn Valley

Onsite: Can be arranged.

Direct Sales: Bulk pickups arranged by e-mail - 5 yards compost delivered locally

Grocery Stores: SPD Market Nevada City, SPD Market

Grass Valley, BriarPatch Food Co-op, Natural Selection, Holiday Market Penn Valley, Mother Truckers

Restaurants: Three Forks Bakery & Brewing Co., Diego's, Blue Cow Deli, Wild Eye Pub, South Pine Cafe - NC, Summer Thyme's Bakery & Deli, Emily's Catering & Cakes

Other: Tahoe Food Hub, Nevada Union High School, Ready Springs School, Williams Ranch School, & Local Farm Booth distribution

mrpasner@gmail.com

roostersunrise.wixsite.com/isof

Jardin del Rio / South County

530-906-5414



Jardin del Rio offers tree-ripened fruit and exotic vegetables too delicate for processes of traditional grocers. Produce is grown on Rincon Way. Jardin del Rio (Garden of the River) isn't far from Lake of the Pines. We offer a gathering place where clients may enjoy wine tasting, music and shopping.

Location: 10024 Linnet Ln., next to Sierra Knolls Tasting Room.

Farm Stand: Saturday & Sunday 10am-3pm, June-Sept.

Located at 10024 Linnet Ln., next to Sierra Knolls Tasting

Room. This is now a CA certified Farmers Market.

Farmers Market: CA certified Farmers Market Tues & Thurs 3-6pm, Combie Plaza, 10556 Combie Rd, Auburn 95602 (on way to LOP, NOT in LOP) We accept EBT, WIC and SNFP.

aubree@jardindelrio.org

www.jardindelrio.org

Johansen Ranch Inc. / Penn Valley

530-432-4344



Family owned and operated by Mila, Olivia, and Rich Johansen. Satsuma and clementine mandarins, navel and blood oranges, meyer lemons, persimmons, pomegranates, and pluots are grown in Orland. Winter squash, vegetables and medicinal herbs are grown in Penn Valley. Celebrating 100+ years as a family farm. Certified organic by CCOF.

Location: 13930 Pilot Peak Lane, Penn Valley

Grocery Stores: Briar Patch Food Co-op, Mother Truckers, Natural Selection, SPD Market

Restaurants: BriarPatch Deli, Three Forks Bakery & Brewing Company

Other: Wholesale only

RichJohansen415@gmail.com

Johnson Family Farm / Penn Valley

530-263-5367



Our farm is currently going on our 11th year. We are a family run, certified organic farm specializing in heirloom and hard to find varieties of fruits and vegetables.

Farm Stand: Coming hopefully this year!

Farmers Market: The Growers Markets (North Star Sat.,

Downtown Grass Valley Thurs.), Foothill Farmers Markets (Auburn Sat., Granite Bay Sun., Roseville Fountains Tues.), Chico Sat.

shannalj@msn.com



Laughing Dogs Farm / Penn Valley

530-274-7638



Heirloom tomatoes, peppers and pumpkins. Perennials, seasonal cut flowers and herbs, annual flowers and vegetable seedlings in May. All plants and flowers from open-pollinated, non-treated seeds. Perennials from cuttings and divisions only. Our farm is agriculturally sustainable and non-chemical. Eggs from hormone- and antibiotic-free chickens. Lavender sachets, birdhouses, seed boxes made on farm.

Registered Organic.

Location: 13881 Falling Leaf Lane, Penn Valley

Direct Sales: Seasonal special orders, call for information and delivery.

Farmers Market: Saturday morning at the North Star House
r_spruceveatch@yahoo.com

Laughing Oak Farm / Rough and Ready

530-277-9798



Our farm strives to create a closed loop growing system that incorporates biodynamic methods, permaculture principles, perennial crops, and a focused market garden. We offer mixed bouquets and organic flowers for special occasions, organic produce, and alpaca fiber products. Registered Organic.

Direct Sales: Flower bouquets and special event flowers

available by pre-order.

Farm Stand: Hours at www.LaughingOakFarm.com

Grocery Stores: BriarPatch Food Co-op

Restaurants: Twelve 28 Kitchen
autumn@laughingoakfarm.com
www.laughingoakfarm.com

Lindsay Farm / San Juan Ridge

530-292-3079



Our 12 acre permaculture farm grows a wide range of organic vegetables, fruit, herbs, teas, eggs and flowers. Organic vegetable and herb starts available spring and fall. Registered Organic.

Location: 10805 Rose Hill Court, Nevada City

Direct Sales: Delivered to you or picked up from the farm. Call for more information

CSA: CSA includes fruit, vegetables, herbs, teas, eggs and a free bouquet of flowers. May 31 - Oct 31. 2 times per month. \$30/basket. Delivery available. Register early! Pay as you go. No pre-payment required.

lindsayco@att.net
www.lindsayfarm.com

McClaughry Farms / Hwy 174 Cedar Ridge

530-273-4869



Honey produced locally and out of area. Honey and beeswax available retail, wholesale and bulk. Raw, unheated, local honey in bulk available seasonally. Clover cold pack all year, as well as liquid raw blackberry and clover honey. Pollen seasonally. Beehives, single, nucs, and packages. Queen bees and some bee supplies. Beehives for pollination.

Location: 13465 Colfax Hwy, Grass Valley

Farm Stand: McCourtney Road Pumpkin Patch, Bierwagen's Donner Trail Fruit and Farm Market.

Direct Sales: Bulk honey or bees, please call.

Farmers Market: Saturday morning at North Star House,

Saturday all year in Auburn, Tahoe City, Truckee Farmers Market-summer only

Grocery Stores: Mother Truckers, California Organics, SPD Market NC, SPD Market GV, BriarPatch Food Co-op, Natural Selection, Cedar Ridge Y Market

Restaurants: New Moon Cafe, Ike's Quarter Cafe, Summer Thyme's Bakery & Deli, Java John's, Caroline's Coffee Roasters, Happy Apple Kitchen

Other: Available at Bierwagen's Donner Trail Fruit farm stands, Spring Valley Produce
garymcclaughry@att.net
www.mcclaughryfarms.com

FARMS CONTINUED

McCourtney Road Pumpkins / South County

530-228-1221



Family fun at an old fashioned Pumpkin Patch (weekends in October): hayride, old fashioned games, picnic tables, antique tractors, farm animals, limited edition honey from the farm.

Location: 20267 McCourtney Road, Grass Valley, CA
Onsite: SEASONAL: weekends in October 11 a.m. - 5 p.m.
andybarhydt@gmail.com
mcpumpkin.com

Meadow Orchard / Hwy 174 Peardale

916-532-4741



Apple orchard containing different varieties: Golden Delicious, Gala, Jonathan, Fuji, Red Delicious, Arkansas Black. June Pride and Suncrest peaches. Happy Hen chicken eggs. Heritage Turkeys.

Location: 14293 Meadow Dr, Grass Valley, CA 95945

U Pick: Open weekends in Sept & Oct for picking apples.
Direct Sales: Call for information.
lawolgast@yahoo.com
http://LynnReese.wix.com/meadoworchard

Mountain Bounty Farm / San Juan Ridge

530-292-3776



Weekly vegetable and fruit boxes available year-round through our CSA subscription program. Over the past 22 years we have become known for the exceptional quality, diversity, and generosity of our produce boxes. Flowers and sourdough bread are also available for parts of the year. We are also at the Saturday Nevada City Farmers Market. Certified Organic.

Location: 14579 Blind Shady Road, Nevada City

CSA: Delivered to pick-up locations in Nevada City, Grass Valley, San Juan Ridge, Truckee, Tahoe City, Kings Beach,

Incline Village, South Lake Tahoe and Reno.

Farmers Market: Saturday morning in Nevada City.

Grocery Stores: BriarPatch Food Co-op, Natural Selection, Mother Truckers, New Moon Natural Foods, California Organics

Restaurants: Three Forks Bakery & Brewing Co., Heartwood, The Stone House, Ridge Cafe, California Organics

Other: Tahoe Food Hub

info@mountainbountyfarm.com

www.MountainBountyFarm.com

New Leaf Grown LLC / Penn Valley

530-277-4563



New Leaf Grown was created from our calling to live in greater harmony with nature, contribute to the well being of our community, and to positively impact the local farm to fork movement. We use only organic pest control inputs, and never use GMO seeds, herbicides, pesticides or synthetic fertilizers. We are dedicated to growing healthy, abundant, and nutrient dense produce. Registered Organic.

Location: 13780 Falling Leaf Lane, Penn Valley

Direct Sales: from our website (newleafgrown.com)

Farmers Market: Northstar house -Sat, Grass Valley Thursday night market

Grocery Stores: Briar Patch Food Co-op

Restaurants: Watershed at the Owl, Three Forks Bakery & Brewing Co., South Pine Cafe

jeff@newleafgrown.com

www.newleafgrown.com

New Wellington Farm / Newtown/Bitney Springs

530-277-0670



New Wellington Farm has been raising LaMancha dairy goats since 2004. Our herd is raised on natural vegetation and grassy pastures supplemented with organic and Non-GMO feeds. We have quality animals with excellent genetics. We recently began producing Farmstead goat milk soap, available locally. My family looks forward to opening a creamery mak-

ing hand-crafted goat cheese in the near future.

Direct Sales: by appointment. Please call.

Grocery Stores: Briar Patch Food Co-op

Other: S.O.A.P., J.J. Jackson's

newwellington@gmail.com



Nightingale Farms / Hwy 174 Peardale

530-273-GOAT



Nightingale Farms creates luxurious goat milk lotions and soaps with the milk from our sustainably raised Oberhasli dairy goats. You will find our products in retail outlets in Nevada County and beyond. Oberhaslis are quiet with a sweet disposition. Goats are for sale for show, pet, brushers and family milkers. We support our buyers with ongoing assistance and advice. Join Nightingale Farms for a farm tour

in 2019. For more information please check our website.

Direct Sales: From our website

Grocery Stores: BriarPatch Food Co-op

Other: Dokimo's Pharmacy, Tess' Kitchen Store, Beads Galore, Floristics Flowershop
nightingalefarms@gmail.com
www.nightingalefarms.net

Olala Farms / San Juan Ridge

530-575-2779



We are a family owned farm with over a 40 year history of growing and harvesting fruits, vegetables, flowers, culinary and medicinal herbs, and making infused herbal oils, and cosmetic salves and creams. We have a wide variety of CCOF certified organic vegetables and fruits and specialize in watercress, strawberries, summer and winter squash, cucumbers, peppers, apples, pears, persimmons, plums and chestnuts.

Direct Sales: Veritable Vegetable

Farmers Market: North Star House

Grocery Stores: Mother Truckers, Natural Selections, California Organics

Restaurants: Three Forks Bakery and Brewing Co., New Moon Cafe, Twelve 28 Kitchen
ana_acton@hotmail.com
olalafarms.com

Riverhill Farm / Nevada City

916-832-7463



Riverhill Farm grows more than 30 varieties of vegetables and fruits. Support our farm with the purchase of a Friend of the Farm card in one of three values and receive a 10% discount on our produce at the Nevada City Farmers Market and at our farm stand. Summer u-pick of strawberries and blackberries. See our website for details.

Certified Organic.

Location: 13500 Cement Hill Road, Nevada City

Farm Stand: Every Wednesday 2-6 pm starting in June.

U Pick: Every Wednesday 2-6 pm starting in May or June, as available. Also Sundays 8-10 am, as announced.

Onsite: To be notified when our produce is available by U-Pick or at our farm stand, please add your name to our

email list. You can do so on the home page of our website.

CSA: Visit our website to learn about our Friend of the Farm card CSA, a flexible alternative to weekly subscription boxes.

Farmers Market: Saturday morning in Nevada City and Tuesday morning in Truckee. Use our Friend of the Farm card to receive a 10% discount on purchases at the Nevada City Farmers Market.

Grocery Stores: BriarPatch Food Co-op

Restaurants: Three Forks Bakery & Brewing Co., Heartwood, Lefty's Grill, Watershed at the Owl
antonio@riverhillfarm.com
www.riverhillfarm.com

Soil Sisters Farm / Nevada City



Soil Sisters Farm is a woman-owned farm just outside Nevada City focusing on specialty cut flowers. We provide lush, local floral arrangements for weddings and events as well as farmer's market bouquets and wholesale flowers for DIY brides and florists. We are an ecologically minded farm practicing sustainable farming methods that benefit the health of the soil, the watershed, and our community.

Direct Sales: We offer direct sales for weddings and events, florists and designers, and wholesalers. Check out our web-

site to contact us.

CSA: We offer a flower share CSA. Sign up on our website to receive one bouquet a week for 12 weeks from July to October.

Farmers Market: Nevada City Farmers Market, Saturday June - October

Grocery Stores: New Moon Market in Truckee and Tahoe City
soilsistersfarm@gmail.com

FARMS CONTINUED

Starbright Acres Family Farm / Grass Valley

530-273-2513



Starbright Acres Family Farm produces and supports production of nutritious, delicious, planet-friendly food for our local community and family. We produce ecologically sustainable, certified organic vegetables and plant starts. Support of our local food network includes hosting field trips, involvement with local schools & agricultural programs, selling vegetable starts and sharing farming knowledge with community members.

Location: 12575 Polaris Dr, Grass Valley

Farm Stand: Open self-serve during daylight hours, 7 days

a week, year round.

CSA: Farm Credit

Farmers Market: Nevada City Farmers Market, Nevada County Certified Growers Market

Grocery Stores: BriarPatch Food Co-op, California Organics

Restaurants: Three Forks Bakery & Brewing Co., New Moon Cafe, Heartwood

Other: Peaceful Valley Farm Supply, A to Z Supply, Tahoe Food Hub

starbrightacres@yahoo.com

Starflower Farm / Grass Valley

530-913-6483



Starflower Farm is a small scale specialty cut flower farm and design studio. Using only regenerative practices, we strive to bring our community the best quality flowers available. Sustainably grown, lovingly harvested, beautifully designed and always GMO-Free!

Location: 10295 Robin Ave., Grass Valley

Onsite: Flowers are available directly from the farm. We

also offer handcrafted arrangements and seasonal designs for weddings and other events.

CSA: We offer a 10 week floral CSA. Members will receive a bouquet every week from June through August. Pick up location to be announced.

starflowerfarmca@gmail.com

www.starflowerfarmca.com

Sunrock Farm / Nevada City

530-305-6789



Certified organic grower of heirloom dry beans, ancient corn, as well as various fruit and vegetable crops using 100% no till practices.

Farmers Market: Nevada City Farmers Market

Grocery Stores: BriarPatch Food Co-op

Restaurants: Three Forks Bakery & Brewing Co., Elixart, The Stone House

Other: Wheyward Girl Creamery

wellhopped@hotmail.com

Super Tuber Farm / Hwy 174 Chicago Park

530-327-9189



Super Tuber Farm aims to produce the tastiest certified organic produce you can put in your belly. We grow potatoes, carrots, cabbage, beets and other tasty treats.

Farmers Market: Nevada City Farmers Market

Grocery Stores: BriarPatch Food Co-op, California Organics, New Moon Natural Foods, Great Basin Community

Food Co-op

Restaurants: Three Forks Bakery & Brewing Co., Ike's Quarter Cafe, New Moon Cafe, Heartwood, The Stonehouse

Other: Tahoe Food Hub, Bierwagon's Donner Fruit Trail and Farm Market

jeremy@supertuberfarm.com

Sweet Roots Farm / Grass Valley

530-277-0338



Certified organic produce, plants and flowers. We design lush, seasonal floral arrangements for weddings and events. Bulk blooms to full service design and install.

Location: No on farm sales

Direct Sales: Flowers for weddings or special events as well as bulk orders of nursery starts.

Grocery Stores: BriarPatch Food Co-op

Restaurants: Three Forks Bakery & Brewing Co.

Other: Peaceful Valley Farm Supply

info@sweetrootsfarm.com

www.sweetrootsfarm.com



The Angle Homestead / Nevada City

530-263-7401

Selling quality Nigerian Dwarf and La Mancha dairy goats for the homestead or for showing. Goat milk soap and goat milk lotion also available for purchase.

Direct Sales: Facebook, website, and by appointment

Other: Prospector's Nursery, Nevada City, Craft fairs
info@theanglehomestead.com
www.theanglehomestead.com

The Posh Squash / Nevada City

530-615-7520



The Posh Squash home base is located at Blue Bird farm in Nevada City. Farmer Bri provides hands-on food and farm education to the children and families in Nevada County, highlighting the importance between movement, healthy eating and education. You can find The Posh Squash providing healthy locally grown fruit and vegetables on garden

carts, the Nevada City Farmers Market and local restaurants.
Direct Sales: contact via email or phone
Farmers Market: Nevada City Farmers Market
Restaurants: Heartwood
Other: Garden carts at Lyman Gilmore and Scotten schools
brianna_abundiz@yahoo.com

The Woolman Farm / Newtown/Bitney Springs

530-353-1637



The Woolman Farm is an educational center for the local community and summer school programs. We promote understanding of sustainable agriculture through workshops and our educational programs. Our small but productive garden, orchard, and pastures provide for local restaurants and CSA boxes. We are rooted in research and seek to continue the advancement of organic cultivation. Registered Organic.

Location: 13075 Woolman Lane, Nevada City

Farm Stand: Saturdays and Sundays throughout the Summer. Check website for hours
CSA: Produce & flower CSA throughout the summer. Check website for details
Restaurants: Summer Thyme's
Other: Tahoe Food Hub
catalystbioamendments@gmail.com
www.catalystbioamendments.com

Thyme & Thyme Again Herb Farm / South County

530-268-0767



Sustainably farmed vegetables, herbs, nursery products and cut flowers, including a selection of heirloom Italian vegetables.

Location: 17066 Saddleback Lane, Grass Valley

Direct Sales: By appointment at the farm, call for information and availability.
Farmers Market: Saturday morning at The North Star House
jcherbfarm@aol.com

Tres Jolie Lavender Farm / South County

530-346-6291



We are a small family owned lavender farm nestled in the Sierra Foothills. It is our mission to bring you the purest lavender and lavender products. We do not use pesticides and all our lavender is harvested by hand. Fresh cut lavender, dried lavender bouquets, lavender buds, distilled lavender essential oil, lotions, linen spray, soaps, and sachets. Please feel free to call us with any special requests.

Location: 13956 Sierra View Drive, Grass Valley

Farm Stand: see website
U Pick: see website
Onsite: special onsite events TBD - please call or visit website
Direct Sales: Call to make an appointment to visit the farm. Farm phone: (530) 346-6291 Mobile phone: (209) 969-9815
Farmers Market: Nevada City Farmers Market
christine@tresjolielavenderfarm.com
www.tresjolielavender.com

FARMS CONTINUED

Willow Valley Christmas Tree Farm / Nevada City

530-913-5265



Choose and cut home-grown Douglas fir, white fir, California red fir (silvertips) and giant sequoia Christmas trees starting the day after Thanksgiving. Open Fri-Sun from 9am-5pm.

Location: 10642 Willow Valley Road, Nevada City

U Pick: Choose and cut. Open Friday, Saturday and Sunday starting the day after Thanksgiving from 9am-5pm.

Grocery Stores: Bonanza Market, SPD Market Nevada City, SPD Market Grass Valley

Restaurants: BriarPatch Deli, Ike's Quarter Cafe, Kane's Restaurant, The Willo, Three Forks Bakery & Brewing Co.

Other: Peaceful Valley Farm & Garden Supply
karenjonesschimke@live.com

Wingfield Honey Company / Newtown/Bitney Springs

530-300-3217



We are a family run beekeeping business. We bottle honey from our honeybee hives in Nevada County and in South-eastern Montana. All of our honey is raw and unfiltered. We sell starter hives in Spring (nucs), raise and sell our own queen stock, and our bees are never treated with synthetic chemicals for varroa. We can do custom honey bottling for an event, and offer our honey in bulk while supply lasts.

Direct Sales: Honey, Wax, Bees, Queens, Pollination. Call for information.

Farm Stand: On the farm. Call for details

Grocery Stores: BriarPatch Food Co-op, Spring Street Rainbow Market

Restaurants: Valentina's Organic Bistro
wingfieldhoneyco@gmail.com
www.wingfieldhoneyco.com



"CARROT HARVEST AT MOUNTAIN BOUNTY" BY PHIL CARSTENS



PHOTOS BY PHIL CARSTENS / NEVADA COUNTY GROWN TOP LEFT: STARBRIGHT ACRES FAMILY FARM TOP RIGHT: FIRST RAIN FARM BOTTOM LEFT: MOUNTAIN BOUNTY FARM BOTTOM RIGHT: RIVERHILL FARM

RANCHES

Blue Oaks Ranch / South County 530-273-4699

Blue Oaks Ranch sells top-quality breeding stock and advocates for small acreage farmers who wish to raise their own food; Lowline Cattle, Katahdin Sheep, Nubian Dairy Goats, and Friesian Dairy Sheep, as well as the loyal and adorable guardian dogs to help protect your investment - Great Pyrenees. We are available for ranch tours, overnight guests through AirBnB, and offer cheese making classes

throughout the year.

Location: 18149 Mustang Valley Place, Grass Valley, CA 95949

Onsite: AirBnB, Farm Tours, Cheese classes
blueoaksranch.ca@gmail.com
www.blueoaksranch.org

Cosmic Roots Ranch / Grass Valley 530-913-5401



"The Most Loved Meat You'll Ever Eat!"

We are a small family owned farm primarily raising heritage Mangalista pork. Our pork is USDA, Non-GMO, Pasture Raised, & Antibiotic Free. We also offer CA certified Free Range eggs, as well as 100% All Natural hand made lard soaps and candles. Our passion is to provide the best quality products, made solely by owner/operator Ellen Cole & Jesse Olson.

Location: 16284 Indian Springs Ranch Rd., Grass Valley

Farm Stand: Saturday 10am-6pm

Direct Sales: You can purchase our products online for pickup at the ranch, or visit our farm stand on Saturdays.

Grocery Stores: Mother Truckers, Briar Patch Food Co-op

Restaurants: Twelve 28 Kitchen, South Pine Cafe Grass Valley, South Pine Cafe Nevada City, Watershed at the Owl

ellen@cosmicrootsranch.com
www.cosmicrootsranch.com

Crest Point Farms / Grass Valley 650-776-8840



Crest Point Farms is an organic cattle ranch using regenerative agriculture practices. Our animals are 100% grass fed old-world Irish Dexter cattle and New Zealand KuneKune pigs. Humanly raised with no graining, GMO's, hormones, or antibiotics. This results in taste and flavor desired by top chefs. Locally, taste our beef at Watershed at

the Owl and pork at The Ham Stand Certified Organic.

Location: 17701 Crest Road, Grass Valley

Restaurants: Watershed at the Owl, The Ham Stand

crestpointfarms@gmail.com
www.crestpointfarms.com

Dipper Valley Ranch / Nevada City 530-265-8828

The Dipper Valley Ranch was established in 1863 by Jacob Peter Arbogast. It has always been a diverse operation from mining, timber, alpacas, dairy, various fruit trees, chestnuts and vegetable gardens. Today we have a natural beef operation, firewood and chestnuts production by pre orders only. We are a small operation continuing a few of

the Arbogast Davies family traditions.

Location: 18109 Rock Creek Road, Nevada City

Direct Sales: by appointment via phone or email as products are seasonal

dippervalleyranch@sbcglobal.net

Donner Trail Ranch / Hwy 174 Chicago Park 530-346-8653

Family owned in Nevada County since 1958. Products produced at Donner Trail Ranch include Suffolk breeding stock, Suffolk semen, composted manure and wool for non

fiber use. Inquire about our Redwood trees and quartz rocks as well. By appointment only.

Onsite: Direct sales. Please call for availability



Family Friendly Farms / South County

530-268-8000



USDA Certified, all-natural grass-fed beef, lamb, pork, and chicken. Corn Free, Soy Free w/no GMO's, no added hormones, no antibiotics, and no pesticides; just 100% good-for-you healthy food.

Location: 19625 Bear Hollow Rd., Grass Valley

Direct Sales: Grass-fed beef, lamb, poultry, pork, and eggs. E-mail your order at fff.meat@gmail.com for free delivery

in town.

Farmers Market: Grass Valley Downtown Assoc (Thurs night), North Star House (Sat), Raley's shopping center (Tues morning)

fff.meat@gmail.com

www.familyfriendlyfarms.com

Heart & Soul Alpacas and Spinnery / Penn Valley

530-559-7223



We raise, show and sell breeding suri and huacaya alpacas. We own a fiber mill that processes fleece to yarn and everything in between. We process fleece for alpaca and llama farms throughout the country as well as that of our own animals. We also operate a seasonal store featuring products from our alpacas, made in our mill. We cultivate

and sell alpaca compost free of antibiotics.

Location: 14514 Oak Meadow Rd, Penn Valley, CA 95946

Ranch Store: Seasonal. Check website.

Other: Events. Check website for information.

heartandsoulspinnery@gmail.com

heartandsoulspinnery.com

Lazy Valley Ranch / Penn Valley

530-432-2234



Blueberries and blackberries. We do not use pesticides, only organic approved sprays and fertilizers. We sell whole live Angus calves, raised on mother's milk and grass without antibiotics or hormones, at 6 months of age. Call for information.

Location: 10919 Lazy Valley Road, Penn Valley, CA 95946

Direct Sales: Retail sales at our farm store.

Farm Stand: Open 8am-5pm Sunday-Thursday. Cash or check orders only.

U Pick: 8:30am-4pm. Sunday-Thursday (no appointment necessary) Blueberry season: June-July. Blackberry season:

August

Ranch Store: Blueberry Barn Store open 8am-5pm, Sunday-Thursday, closed Fridays and Saturdays. Season begins around June 6th. Look for signs at the end of Lazy Valley Road when we are open, or call (530) 432-2234 for voice message, or txt 530-210-6822

Grocery Stores: BriarPatch Food Co-op, Mother Truckers, Natural Selection

Restaurants: BriarPatch Deli

Other: Quality Natural Health

lazyvalleyrancho@aol.com

Legacy Ranching / South County

530-708-0590



At Legacy Ranching Ranch our love and respect for the land, combined with our use of holistic management, creates a thriving landscape. Our grass fed beef raised on nutrient dense pastures is unparalleled. Our pigs are pasture raised and fed non-GMO, soy free feed. Come taste the Legacy Ranching difference. Bulk sales welcome at a discount.

Location: 19760 McCourtney, Grass Valley, CA 95949

Direct Sales: Contact for information.

Farmers Market: Nevada City Farmers Market, Sat.

Restaurants: Meze Eatery
legacyranching@gmail.com

www.LegacyRanching.net

RANCHES CONTINUED

Nevada County Free Range Beef / Newtown/Bitney Springs 530-273-1025



Pasture raised grass-fed, grass-finished beef raised on naturally fertilized, irrigated pasture in Nevada County and surrounding area without added hormones or antibiotics. Nevada County Free Range Beef works in cooperation with local ranchers and with local stores, restaurants and caterers to keep fresh, locally raised grass-finished beef available for our community.

Direct Sales: Individual beef orders from the ranch, USDA inspected, packed and processed, whole, half, quarter or eighth. Ranch pickup and delivery to pick-up points in Reno, Truckee, Lincoln and Grass Valley area. Call for information.

Grocery Stores: BriarPatch Food Co-op, SPD Market NC, SPD Market GV, Mother Truckers, Natural Selection, Cedar Ridge Country Store, New Moon Natural Foods

Restaurants: Diego's, JT Basque Bar & Dining Room, Peterson's Corner, Summer Thyme's Bakery & Deli, Valentina's Organic Bistro & Bakery, Wild Eye Pub, Sergio's Caffe, Durga's Divine Organic Cafe

Other: Summer Thyme's Catering, Polly's Paladar Supper Club, Emily's Catering, Comptonville School, Camp Woolman, Camp Augusta.

info@NevadaCountyFreeRangeBeef.com
www.NevadaCountyFreeRangeBeef.com

Origin Grazing / Newtown/Bitney Springs

530-510-3467



Regenerative land management, contract grazing, lamb (wholesale or direct to consumer). Animal Welfare approved (AWA), American Grassfed approved (AGA), & Ecological Outcome Verified (EOV) through the Savory Institute.

Direct Sales: Contract Grazing and Fleece/Lamb sales direct to consumer. Email or call Chris for information.

Restaurants: Three Forks Bakery & Brewing Co., Watershed at the Owl, The Ham Stand
origingrazing@gmail.com

Sierra Rose Alpacas / Grass Valley

530-272-1218

We sell Alpacas and alpaca products such as yarn, locally knit alpaca wear, alpaca rugs, and socks. We have raw fleece, and fleece and/or roving for spinners and fiber arts. We hand dye alpaca fiber and yarn using local plants, and are a Fibershed certified producer. Visits welcome by appointment only, or see our website for public Open Farm

Day events.

Location: 15895 Greenhorn Rd., Grass Valley

Direct Sales: Ranch store on site. Call for an appointment.

Other: Regional yarn stores. See website for details
cynthia@sierrarosealpacas.com
www.sierrarosealpacas.com

Tanglewood Ranch / Grass Valley

530-271-2023



We raise registered Kune Kune grazing pigs, Dexter cattle, and have organic free range eggs for sale. We also have a variety of seasonal fruits and vegetables for sale.

Location: 17360 Friendly Valley Place, Grass Valley, CA 95949

U Pick: Seasonal fruits and vegetables

Direct Sales: Call for information.

tanglewoodranch@aol.com
www.tanglewood-ranch.com



The James Ranch / Penn Valley

530-615-1636



We grow beautiful grass-fed lamb. We are the Columbel family who, in 1981, began the journey back to sourcing local food for local communities. Our 'farmstead flock' is uniquely adapted to the habitat of these 200 acres of Sierra foothills. We sell only our lambs that are born from our sustainable and thriving sheep flock since 1981.

Location: 21347 Bald Ridge Drive, Penn Valley

Direct Sales: Delivery or pick-up by arrangement for retail and private. Check website for availability. Customers can

come to the ranch for their lamb or we will meet in town at the customer's convenience.

Farmers Market: Saturday morning at Nevada City Farmers Market

Restaurants: Ike's Quarter Cafe, New Moon Cafe, Twelve 28 Kitchen

lamb@thejamesranch.com

www.thejamesranch.com

Wild Oaks Ranch / Grass Valley

530-913-9763

Need piglets? We got them!

Here at Wild Oaks Ranch we specialize in breeding quality heritage boars and sows to produce adorable piglets that we sell as "raise your own" once they are weaned. Our happy pigs and piglets get to roam and root freely all day long, and are well fed with Bar Ale non-GMO feed. When you're

ready for your weaners give us a call - we have litters born throughout much of the year.

Discounts given for volume purchases.

Onsite: Direct sales - call to order your piglets.

wildoaksranch17@gmail.com



"A BOY AND HIS DOG" WILD OAKS RANCH



FAMILY FRIENDLY FARMS



COSMIC ROOTS RANCH

WINERIES

Avanguardia Wines / Newtown/Bitney Springs

530-274-9482



Twenty plus grape varieties, many imported especially for us by UC Davis. We put an emphasis on non traditional blended wines such as the favorites Premiato - blend of Barbera and Dolcetto and Cristallo - 85% Georgian ancient grapes mixed with a few French. Our tasting room has been moved to 163 Mill Street in historic down town Grass Valley (next to the Del Oro theater)

Location: 13028 Jones Bar Road, Nevada City

Winery: Saturday & Sunday 12-5pm - 13028 Jones Bar Rd, Nevada City. Barrel tastings and tank samples available.

Tasting Room: Wednesday through Sunday 12-5 pm, staying open until 6 on Fri and Sat.

Grocery Stores: SPD Market NC, SPD Market GV, BriarPatch Food Co-op

Restaurants: Kaido Sushi, Tofanelli's Gold Country Bistro, Cirino's At Main Street, India Oven, Wild Eye Pub, Twelve 28 Kitchen, Three Forks Bakery and Brewing Co., Chandara Thai, Sopa Thai Cuisine, Aozora Sushi

avanguardia wines@gmail.com

www.avanguardia wines.com

Double Oak Vineyards & Winery / San Juan Ridge

530-292-3235



A family farm and artisan winery dedicated to sustainable, nature-friendly practices from the vineyard to the winery. Growing wine grapes since 1982 on beautiful Sierra ridge-top vineyards. Producing fine wines, full bodied, well-balanced & complex. Chardonnay, Rosé, Zinfandel, Cabernet Sauvignon, Merlot, and Late Harvest Zinfandel.

Location: 14510 Blind Shady Road, Nevada City. Check website for map.

Winery: See the winery when you visit the tasting room.

Tasting Room: We welcome visitors for wine tasting and sales, picnicking, and winery/vineyard tours. We also have fine art and photography by local artists and wine-related merchandise. We are dog friendly. Open Saturdays 11-5 pm, February-December, and by appointment.

Direct Sales: From the winery tasting room, website, email or phone.

Grocery Stores: BriarPatch Food Co-op, Mother Truckers, Rainbow Market, Sierra Market, Sierra Energy NSJ, Sierra Energy PV, Sierra Energy Colfax, SPD Market NC, SPD Market GV, Save Mart GV, Save Mart Auburn, Newcastle Produce, New Earth Market

Other: Double Oak Wine Club: Members get assertive discounts on wine selections (including reserve & new release) and for events & wine merchandise.

info@doubleoakwinery.com

www.doubleoakwinery.com

Gray Pine Vineyard & Winery / Penn Valley

530-432-7045



We are a small, family-owned vineyard and winery specializing in Bordeaux varietals. Our red wines are handcrafted and estate grown. We believe that fine wine is best enjoyed with fine meals and our winemaking focus is on balanced acid and tannins, in the classic Bordeaux style.

Location: 19396 Branding Iron Rd., Penn Valley, CA 95946

Tasting Room: Our winery tasting room is open most weekends 12:30-4:30pm. Check our website for exact days and hours. Also open by appointment for tours and tasting.

Direct Sales: From our tasting room

Grocery Stores: Holiday Market PV, BriarPatch Food Co-op, SPD Market GV, SPD Market NC, New Earth Market YC

Restaurants: Many fine restaurants in Grass Valley, Nevada City & Penn Valley

mail@graypinewinery.com

GrayPineWinery.com



Lucchesi Vineyards & Winery / Grass Valley

530-273-1596



We sustainably grow quite a few wine grape varieties on the View Forever Vineyard Estate; the site has amazing exposure that allows the grapes to ripen to optimum levels. The soils are lean which creates super concentrated fruit. The combination of concentrated fruit with optimum ripeness enables us to craft wines of distinction that you are sure to enjoy!

Location: 19698 View Forever Lane, Grass Valley

Winery: 19698 View Forever Lane, Grass Valley Open daily 11 am-5 pm

Tasting Room: 128 Mill Street, downtown Grass Valley. Open Sunday - Thurs , 11 am-6 pm. Fri & Sat 11-9

Direct Sales: Website Store

Grocery Stores: All local grocers

Restaurants: Many local restaurants

lucchesi.wine@gmail.com

www.lucchesivineyards.com

Sierra Starr Vineyards & Winery / Grass Valley

530-477-8277



Sierra Starr is a small, family owned winery started in 1995. We currently have 13 acres of grapes planted and purchase fruit as well to produce 2500 cases of wine each year from which we consistently win numerous gold medals every year. We have once again been voted the Best Winery by readers of the Union newspaper. We encourage everyone to come to our tasting room in downtown Grass Valley and taste our award winning wines.

Location: 11179 Gibson Dr., Grass Valley

Winery: Tours or private parties with pre-arrangement. Our vineyard/winery is within 2 miles of downtown Grass

Valley and is a beautiful setting for events. We DO NOT do weddings.

Tasting Room: located at 124 W. Main St., Grass Valley. Open noon-5 daily.

Direct Sales: Wine club, see website for details.

Grocery Stores: Raley's, SPD

Restaurants: Cirino's at Main Street, Tofanelli's, Ike's Quarter Cafe, Friar Tuck's Restaurant and Bar, India Oven

Other: Save Mart, Chicago Park Store

anne@sierrastarr.com

www.sierrastarr.com



PHOTOS COURTESY OF SIERRA STARR VINEYARDS & WINERY

COVER

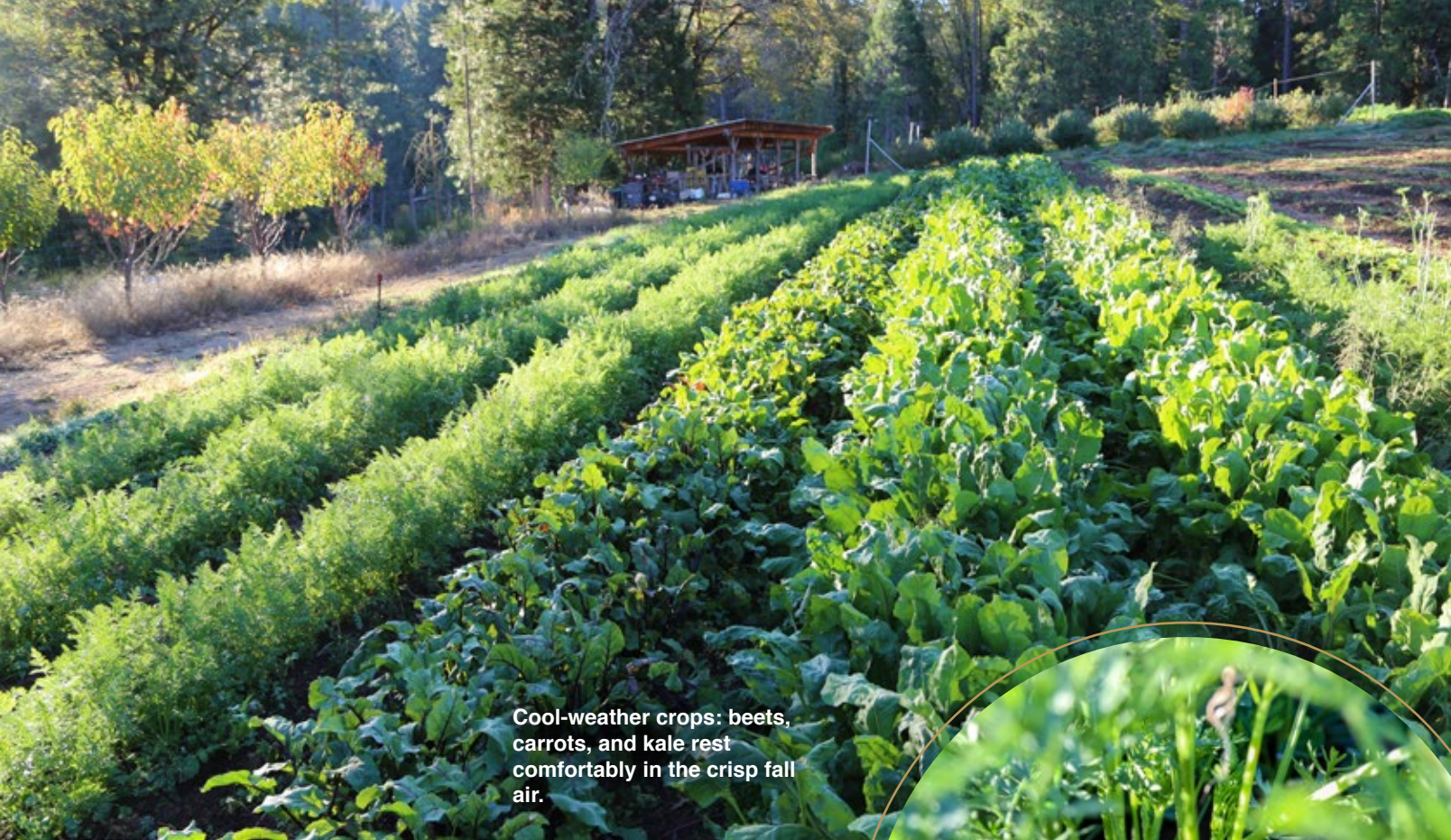
THE POWER OF

being heard

STORY AND PHOTOS
BY PHIL CARSTENS

Using Nubian goats, land stewardship, and no-till farming practices, First Rain is changing the way small farms fit into the natural landscape and the local community.





Cool-weather crops: beets, carrots, and kale rest comfortably in the crisp fall air.



The sunshine has just started to touch the upper field at eight o'clock in the morning. Dew gathers on leaf tips as the plants wake up from their chilly slumber. It's late October, but you would never know it from the abundance at First Rain Farm.

Row after row of carrots, kale, chard, collards, turnips, radishes, and cilantro are bursting with energy, displaying every hue of green imaginable. Today is a harvest day and you can feel the electricity in the air.

It's a semiweekly event: One harvest on Tuesdays for local restaurants and Briarpatch Food Co-op, and another on Fridays to get ready for the Farmers Market in Downtown Nevada City. Today happens to be Friday and the field hands are on the scene, grabbing large empty totes. Before long there are four workers in the field skillfully cutting, bunching, and banding – only stopping to deliver the punchline of an occasional joke, breathe warm air on hands chilled by the morning dew, or haul a full tote to the washing station. Farming is hard work, no doubt, but this is not a dreary scene. Everyone in attendance appears to be blissfully immersed in the task at hand, deeply connected to the earth and thankful for the autumn sun as it slowly rises higher each passing moment. This is Nevada County farming at its finest.

Tim VanWagner, the owner of First Rain, has finished making his morning rounds and joins the group to check on the progress of the harvest. Tall, slender, and bearded with an old baseball cap shielding his eyes, Tim's silhouette is striking against the wooded backdrop. At 34, he is one of the youngest farm owners in the county and a





The 2018 crew at First Rain Farm harvests bunched greens, kale, chard, and collards, with the rising sun. A typical harvest morning begins with bunched greens and then moves to root crops.

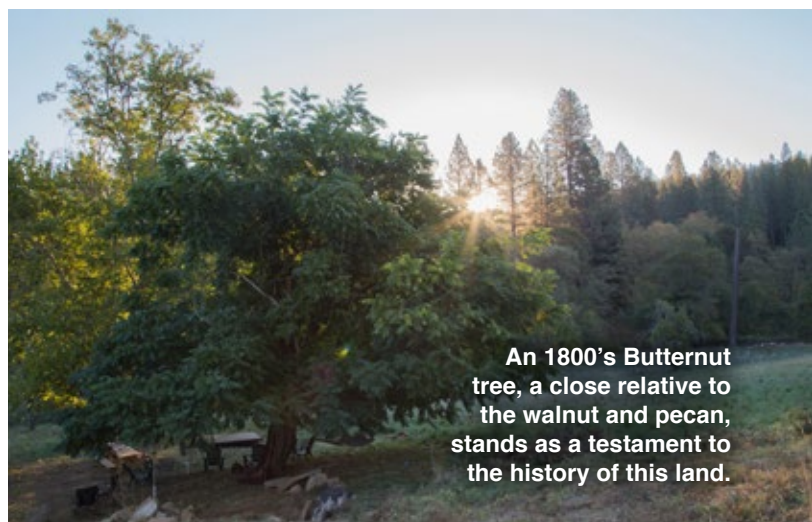
valuable member of the next generation of farmers that will shape the future of agriculture in the area.

COMMUNITY FOCUS

Born and raised in the hills of Nevada County, Tim developed a deep love for its natural environment and highly supportive community at an early age. This connection to the earth led him to study “Environment, Society, and Design” at Pitzer College, where he dove head first into the world of sustainable farming - attending workshops, organizing community farms, and reading every book on the subject he could get his hands on. Asked about this chosen path, Tim replies, “I just found that agriculture and food kind of brought everything together like ecological, social, economic, and community issues. It felt like we were just learning about all the problems in the world, and seemingly not a lot of solution-oriented approaches that were having a huge effect.”

Armed with new knowledge and perspective, Tim returned to his hometown in 2007 completely on fire about agriculture and the local food system. He soon began a farming internship with Leo Chapman at Bluebird Farms

(and current owner of Chapman Family Farm), who would become a lifelong friend and co-creator of multiple community building efforts. Tim and Leo went on to co-found Living Lands Agrarian Network, a successful incubator for hungry, young farmers that eventually joined with Live Healthy Nevada County and became Sierra Harvest, a local non-profit powerhouse that focuses on food and farm education. Around this same time, Tim and Leo (along with other local visionaries) worked together to start the bustling, vibrant Saturday morning Farmers Market in Downtown Nevada City.



An 1800's Butternut tree, a close relative to the walnut and pecan, stands as a testament to the history of this land.



Tim harvests cilantro by the bunch with a small serrated knife.

If industrial farming can be likened to yelling, this would be the equivalent of listening. It is the manifestation of the belief that farms are not separate and disconnected from nature, but are living, breathing parts of it.



A NEW, AGE-OLD APPROACH TO FARMING

Fast forward to today, Tim is now in the field grabbing and cutting bunches of cilantro, performing a sort of harvesting yoga pose only a farmer with years of practice could accomplish with grace. Each cut releases a fragrant explosion of herbal, bright, citrusy complexity while Tim describes his affinity for this lifestyle. “I’ve always been a hands-on person and for me it was just a natural fit to be outside working with my hands, working with people in that environment and just seeing how people responded to being out there in it.”

This down to earth philosophy is a stark contrast to the modern industrial megafarms Americans have known since the mid-20th century. The thousand-acre monocrops of corn, soybeans, and wheat using heavy machinery, genetically modified seed, synthetic fertilizers, and chemical pesticides are so commonplace that these practices are now considered “conventional.” Once touted as a technological victory and boon to agriculture, the drawbacks of factory farms are becoming more widely recognized. These yield-based crop management systems are designed to achieve one goal: maximize profit, often by dominating nature to the detriment of land health and quality of produce. When farmers work against natural systems, they often create problems as

quickly as they solve them. It is the agricultural equivalent of yelling in a conversation. Isn’t there a better way?

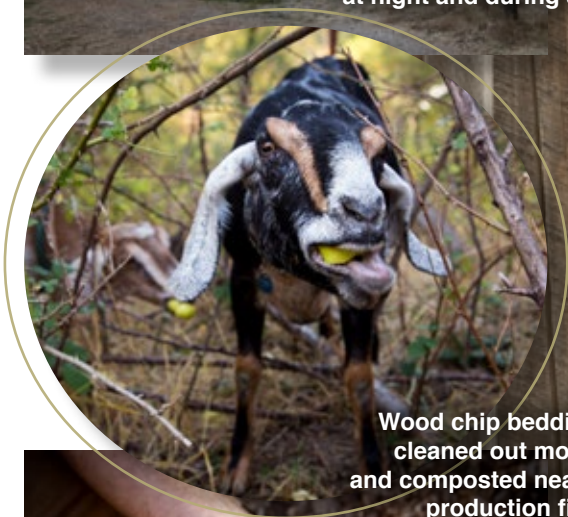
Enter First Rain Farm, a shining example of regenerative organic farming. Instead of thousands of acres of monoculture, Tim plants about an acre and a half of as many as 40 different crops throughout the season. He utilizes a crop rotation schedule to reduce nutrient depletion of soils and the accumulation of pest pressure. At this scale, harvesting is done manually, or with the occasional assistance of a tractor implement, and the majority of produce is sold within ten miles of the farm. A large solar panel flanks the field, providing 70% of the farm’s energy needs and further reducing its carbon footprint. Because of its surrounding north-facing ridges and proximity to Brush Creek, the land has a cold microclimate. Rather than fighting this



Christina Moore brings a bundle of beets in for processing.



This 120 year old barn is where the goat herd stays at night and during storms.



Wood chip bedding is cleaned out monthly and composted near the production fields.



characteristic, First Rain has decided not to grow most summer crops and specializes in mostly cool-weather crops such as bunched greens, carrots, beets, potatoes, and onions. If industrial farming can be likened to yelling, this would be the equivalent of listening. It is the manifestation of the belief that farms are not separate and disconnected from nature, but are living, breathing parts of it.

HERD DYNAMICS

When Tim bought First Rain Farm (then called Steber Ranch), it had been fallow for years and overgrown with dense blackberry brambles. Coming onto the land with a goat herd and knowledge of managing it was invaluable for Tim to clear the brush and prepare the land for planting and other uses. "I always felt like goats were a really good animal for this land," he recalls. "We're in the hills so you have to take care of your land especially well or else you're going to have eroding soils and goats tend to have a lighter impact than cows, although in the end it all comes down to management."

Now that the farm is established, the herd is actively rotated throughout the land in order to gain access to a



FIRST RAIN FARM

"There's just so many ways that the herd gives back to us. I think the main thing that sets us apart from a lot of other farms is having the animal component integrated into our production system. The goats are really the engine of the farm."

-Tim VanWagner

www.firstrainfarm.com

variety of forage plants and maintain a thriving habitat for native species. The Nubian breed of goats was chosen for its sweet milk and high butterfat content, a main selling point for First Rain's ninety herd-share members. Each week during the milking season, typically April through October, members are rewarded with a quart or more of this delicious milk as well as the satisfaction of supporting a local farm that raises its animals with attention to how the land is being impacted and maintaining the best health of the animals.

The contributions of the herd don't stop there. Nutrient-rich compost is a vital component of any thriving organic farm, especially one that incorporates no-till practices. "I've always asked myself, what does a sustainable farm look like? For me, it always comes back to incorporating animals into the system. Animals play a crucial role in harvesting fertility from the land, if managed well, and concentrate that fertility in the form of manure, which can then be turned into a rich compost for the fields." Having a bountiful compost source onsite has allowed First Rain to fully transition to organic no-till, a philosophy that honors the importance of nurturing a living soil ecosystem to grow healthy, resilient plants and soil (see "Bringing Microbes to the People" on page 60 for more on soil biology). Tim was quick to express his gratitude for the goats.



Tim and Kat milk two of the fifteen dairy goats. In a typical morning two people milk the goats together, which takes about 45 minutes. The amount of milk each goat produces may vary from a half gallon to over one gallon per day depending on the time of year, what they've been eating, and their individual genetics.

“There’s just so many ways that the herd gives back to us. I think the main thing that sets us apart from a lot of other farms is having the animal component integrated into our production system. The goats are really the engine of the farm.”

SMALL FARM, BIG VISION

It’s getting close to lunchtime and the last harvest bins are filled, labeled, and moved to the cooler, ready for loading and transport to the market early tomorrow morning. For years, First Rain has established itself in farmers markets, restaurants, and grocery stores, but Tim hopes to continue to expand into agritourism and on-farm experiences. “We want to bring the community here more...even more than we already are.” In 2019, nearly an acre of blueberries and half an acre of raspberries are being planted with the plan of developing a berry U-pick.

Another exciting addition to the farm has been Tim’s fiancée, Kat McClintock. Passionate about herbalism, Kat initially found herself at First Rain Farm to harvest nettles for HAALO (now Remedy Garden), a local apothecary where she used to work. After visiting, she was inspired to work-trade at the farm in the summer of 2016 and became a vital member of the team. Kat brings her own goat man-

agement experience to the table and plans on making that her primary focus, along with helping in the field, working farmers markets, and strengthening the marketing and online presence of the business.

With so many projects in the works, there’s a lot to look forward to at First Rain and anyone that finds themselves on this farm will certainly find it hard to leave its rolling hills, enticing flavors, diverse life, and small-town charm. Buyers can also be confident that purchasing a product here is a vote for ethical practices that put people and the environment first. Tim consistently proves that being a mindful steward of the land and cultivating a thriving community are top priorities for the farm. “I think we can feed our communities with small, efficient and diverse farms and I think we can produce a lot more than just calories,” he adds with determination in his voice. “I think we can foster peoples’ connection to the land spiritually and emotionally and that’s what will feed community and sense of place.”

So come for a visit with a hungry belly and a hungry soul. First Rain Farm is bound to feed them both. 🍴

Phil Carstens is an advisor and the graphic designer for Nevada County Grown. He has designed the Food & Farm Guide since 2018. design@philcarstens.com

(NEW VENUE)

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FAIRGROUNDS

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AUG 21

5:30pm - 8pm

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and beer



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try local seasonal
meat and produce



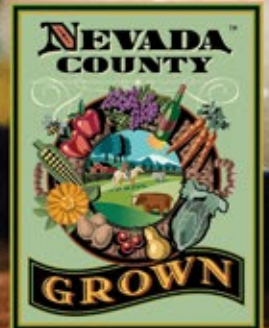
Pairings

local chefs and
farmers team up

Youth Culinary Experience sponsored by



Visit www.nevadacountygrown.org for Ticket Details





PUTTING *Local* ON THE MENU

BY PATTI BESS,
HOLLIE GRIMALDI-FLORES
AND VALERIE COSTA

One of the great treasures of Nevada County is the abundance of fresh, local organic foods grown right here by our friends and neighbors. As awareness of the economic, cultural, environmental and health benefits of these foods increases, so does the excitement of consuming local meats and produce in our beautiful county.

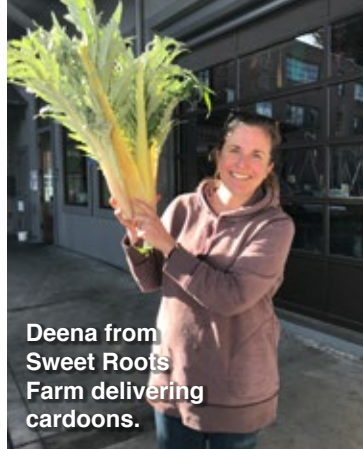
Folks throughout the farm community are looking for ways to better market their products to make organic farming here in Nevada County sustainable by being more profitable, and local restaurants are starting to see this as a great partnership opportunity. Farmers, ranchers, and restaurant owners came together earlier this year to discuss the challenges of putting more local meat and produce on more menus and discussed both the barriers

and the benefits. Sierra Harvest has partnered with BriarPatch Food Co-op, Three Forks Restaurant and Nevada County Grown to launch “Putting Local on the Menu,” a program intent on building relationships between local farmers and local restaurants with the goal to ultimately offer fresh, locally grown food options to more Nevada County residents and visiting restaurant-goers.

WHY GO LOCAL?

Peter Selaya, chef and owner/partner of New Moon Café, has been in the restaurant business in Nevada City for more than forty years. He began serving organic produce in his restaurant in 1986 when the only source available was Green Gulch Farm in Marin County. Peter’s commitment to offering his customer the most creative,

Brewer Dave Cowie and Baker Shana Maziarz opened Three Forks Bakery & Brewing Co. in 2014. Their dedication to buying local has helped make them a huge success.



Deena from Sweet Roots Farm delivering cardoons.

their menu 50% - 80% every week. “In Nevada County, we are standing at a precipice,” Shana commented. “We have a chance to radically change the way we feed people and to be an example for other parts of the state and possibly the country.”

The success of Three Forks’ business model of ensuring fresh, local food is available to everyone is evident, and a number of new area restaurants, including Heartwood in Nevada City and The Watershed at the Owl and Mezé Eatery in Grass Valley, have followed suit. Building their menus from the beginning to accommodate creativity with seasonal, local ingredients is an opportunity for consumers to experience unique and flavorful cuisine. While still other restaurants such as Diego’s, Wild Eye Pub, South

freshness has not wavered and his openness to support other restaurant owners is inspiring. Today he acquires produce and meats from 15 different local and regional farms and continues to create menus according to what is available each month. “My philosophy is that we’re all farmers. We have to support them or we have nothing,” Peter commented.

Across the street at Ike’s Quarter Cafe, Owner/Chef Ike Frasee has maintained his dedication to providing locally sourced organic produce since he opened in 2001. “At the time, few places had made a strong commitment to sustainable local food-sourcing. It took (and still takes) extra work and time to connect with local farmers, but this is one of the bedrock principles of our cooking,” it states on the restaurant’s website. “We use local, sustainably farmed, humanely raised, and organic ingredients exclusively and year round. Even when things aren’t in season, we stockpile goods to last us through the winter months. We’re happy to have been among those restaurants spearheading the movement — now seen everywhere — toward farm-to-table eating.”

A few years ago, when Three Forks owners Shana Maziarz and David Cowie began developing the idea for the restaurant, they did so with a commitment to build their menu around locally available products. That model is now considered the “gold standard” for other restaurateurs, as Three Forks has been able to balance higher food costs and an ever-changing menu with the habits of consumers. Three Forks bought 70% of their food locally last year (approximately \$175,000) and changes



Ken Barret of Starbright Acres Family Farm delivers fresh produce to Three Forks chef Sean Dockery.

IKE'S QUARTER CAFE



Pine Café, and Summer Thymes are committed to serving locally grown items using specials or featuring a particular seasonal fruit or vegetable.

BREAKING DOWN THE BARRIERS

The Nevada County Food Policy Council is committed to seeing 20% of food purchased coming from local or organic sources by 2025. To meet that goal, it is crucial that several avenues to introduce options to the consumers -- from farmers markets, CSA boxes, to local grocery stores, and of course restaurants-- need to be utilized. The more restaurants committed to sourcing local, the more our community and visitors will be able to choose from a wider range of options and be confident they know exactly where their food comes from.

Flexible/seasonal menus are a must if restaurants are to work local purchases into their business plan. Shana and her chef, Sean Dockery, created a skeleton menu of pizza, sandwiches, soups, salads, and baked goods that can change easily and is able to fit in with this philosophy. "I believe it is our job to educate consumers," Shana said. "To persuade them to try new things and encourage a different paradigm about food and their expectations of dining out. It helps to have a well trained staff to accurately describe where foods are coming from."

Sierra Harvest and Nevada County Grown are working to set standards for restaurants to be able to tout



From left, New Moon Café Chef and Owner/Partner Peter Selaya has been serving organic produce in his restaurant since 1986. Ike Frasee, Owner/Chef of Ike's Quarter Cafe has been doing the same since opening in 2001.

"Putting Local on the Menu." It's a win for all involved. The restaurant benefits by offering something the consumer wants. The consumer benefits by knowing where what they are eating comes from and enjoying the taste of fresh food, and the farmer benefits by having a buyer for their harvest.

One of the barriers to more restaurants sourcing locally has been that reaching out to all of the farmers individually has been a daunting task that already overworked business owners just do not have time for. It seems easier for restaurants to pick up the phone and call a distributor, but the relationships created when working directly with a farmer can outweigh those difficulties.

Sierra Harvest thrives in the partnership arena as they continue to work to connect growers and buyers. Restaurants are the next obvious connection. Farmers are learning to communicate with the restaurants so the restaurants know what will be available and can create their menus accordingly. Restaurants like Three Forks work with ranchers to purchase an entire animal, which can save on costs and allow the chef to use the entire animal for not only minimal waste but give creative license to put unique specials on the menu like head cheese and paté.

These budding relationships will allow the "Putting Local on The Menu" effort to move forward, and keep the momentum going with chefs who are interested in taking part in this exciting local food movement. The immediate goal is simply continuing the conversation to help restaurants put something local on the menu, even if it is just a weekly special. The more restaurants participate the more

NEW MOON CAFÉ



PHOTO BY LISA REDFERN

The historic Watershed at the Owl reopened late 2018 and has already proven its commitment to the farm to table movement, purchasing from ten local farms and ranches with more promised as the growing season picks up.

PHOTOS BY ERIN THIEM, OUTSIDEINN.COM



consumers will begin to experience the difference. Nevada County Grown (NCG) has stepped in to help with the marketing side of this collaboration, and have gotten several new restaurants on board. Shanin Ybarrondo, Executive Director says, “Restaurants are a tasty gateway to helping us understand what is local in every season, and one of NCG’s goals is to help restaurants with marketing so that diners understand that they are getting fresh, seasonal local produce and why that matters.”

Local, fresh, and seasonal are the buzz words consumers are interested in seeing at their favorite restaurants and are putting their money, literally, where their mouth is. The success of Three Forks is proof that people are willing to pay a little more in exchange for knowing where the food they consume is coming from and they are showing a willingness to try new things. Of course, having a skilled and knowledgeable staff also comes into play

TASTE THE BOUNTY

At the height of the growing season on August 21, 2019, Nevada County Grown will present “Bounty of the County” at the Nevada County Fairgrounds as an extension of “Putting Local on the Menu.” The event connects the food chain – the farmers, the restaurants, and the consumers. It is an opportunity to chat with local chefs and learn more about the culinary masterpieces they are creating from our local agricultural bounty.

Sierra Harvest will sponsor a kids’ culinary experience at the event, so that the whole family can get a taste of local goodness. Farming in Nevada County is a family affair. Exposing the next generation to the importance of local,

fresh products ensures that our local agriculture can grow and thrive for generations to come.

One of the wonderful things about Nevada County is its thriving agricultural community. Our micro climates and small production farms allow for premium specialty items. The benefits are environmental, economic, and pure enjoyment. Knowing where your food comes from and not having it trucked across the country is just the beginning. Buying local and eating local is part of the economic success of the community. When you buy from a local farmer, that farmer puts money back into the area by going to restaurants, buying clothing, and attending events.

It takes every one of us making the commitment to support the idea that our local farmers and restaurants and ranchers matter. That our health matters. That our community matters. Make sure that when a restaurant “Puts Local on the Menu,” you have a seat at the table. 🍴



To learn more about supporting local agriculture or the Bounty of the County event, visit nevadacountrygrown.org.

If you would like more information about how to get involved or to support the “Putting Local on the Menu” effort, please contact Lauren Scott, procurement specialist at Lauren@sierraharvest.org.

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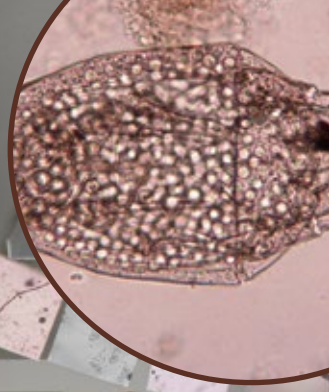
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BRINGING MICROBES To the People



Sierra Soil Biology Association members with Dr. Elaine Ingham.

THE SIERRA SOIL BIOLOGY ASSOCIATION

by Wesley Sander

When six of us first gathered for a potluck dinner in Auburn a little over a year ago, there was an undeniable spark.

All of us are, and probably always will be, geeky about soil biology. We love seeing healthy plants grow. We love collecting and assembling data. We peer through microscopes for hours on end. We found each other because we are all students, in one capacity or another, of the microbiologist and educator Dr. Elaine Ingham.

Ingham is the world's foremost champion of a big-picture understanding of the soil microbiome, and of farming techniques that harness that knowledge to produce the healthiest plants possible, at any scale, while reducing costs. And that's to say nothing of the possibilities for reversing climate change, as the world's agriculture begins preserving carbon in its soils.

Among Ingham's students worldwide, we are the largest localized gathering. We have since become the Sierra Soil Biology Association, a group of consultants and educators helping to promote an understanding of soil microorganism communities – of why they're so important, and of ways that farmers, ranchers and gardeners can use this knowledge.

Alane's Story

For some in our group, the journey began a few months before that first potluck. For others it was years. For Alane Weber, it started in the mid '90s, when she began cooking small compost piles in her Bay Area backyard. The world was just beginning to perceive the importance of the microbial realm, that universe of creatures too small to see without a microscope, their vast web of relationships making soil



health, and therefore plant health, function as nature intended.

Before long, Weber was teaching classes and training clients. Often she did the work herself, preparing microbe teas in a 250-gallon brewer and hauling a skid sprayer around in her pickup. The results were always remarkable. Plants grew vigorously, with no infestations or diseases.

Weber had worked since her teens in horticulture, including many years spent at one of the Bay Area's largest nurseries. That experience had begun taking its toll. Years of routine chemical applications had left a toxic accumulation of metals in Weber's body, creating a host of health problems. She had stopped working, hoping to detoxify.

That was when she heard about Dr. Ingham, then a professor at Oregon State University. Ingham had already begun turning away from academia, teaching independent courses around the country in a subject no one else seemed to know about: soil management based on an understanding of how microbes interact with one another, and with plants. The Soil Foodweb, Ingham called it. Weber soon stood out among Ingham's students. A lasting friendship developed. "Elaine was the one who put it all to-

gether," Weber recalls. "What she was saying was just so different from everyone else."

The Soil Foodweb

Ingham's agricultural techniques stem from work she published with three colleagues at Colorado State University in the 1980s. The work demonstrated links between plant health and a basic pattern of development observed throughout nature. That pattern, called succession, involves the long progression of a natural area over time, from one kind of plant community to the next.

For any plant-and-microbe community, the first defining event is disturbance – fire, landslide, the plowing of a farm field. Microbial communities are largely destroyed, leaving only scattered survivors. Certain plants thrive in this chaotic environment, quickly setting seed and outcompeting what previously grew. Relatively few of these plants are of much use to us. We generally call them weeds.

Meanwhile below ground, the microbes that rebound most quickly from such a catastrophic event are bacteria, the smallest of single-celled creatures. As bacterial communities begin developing again, shorter grasses begin growing, feeding on the type of nitrogen made available by those bacteria. After many years, taller grasses may rise to dominance; then shrubs and vines, then trees. As the pattern progresses, fungal communities reestablish and proliferate underground until, eons later, dense groves of towering trees are found growing in soil that harbors many times more fungal biomass than bacterial.

Every plant is at home somewhere along this spectrum. Which means that, if we can adjust our soils' biological balance while keeping the biomass of both groups at healthy levels, we can recreate the biological profile most favorable to our target plants. But that's not all we need. To make the Soil Foodweb really work for us, we also need the rest of its denizens, and lots of them. Here's the simplified rundown of how the system works, starting from the bottom:

PHOTO BY GREGORY MUNN



Brian Vagg and Dr. Elaine Ingham



On Earth, bacteria and fungi are the only life forms capable of digesting organic and mineral matter down to its constituent elements. Plants need these decomposers to supply the nutrients they need, but to make the transaction happen, they must offer something. So they inhale carbon dioxide from the air, exhale away the oxygen, and secrete the resulting carbon out into the soil, where bacteria and fungi feed on it.

Those bacteria and fungi can impart many nutrients and metabolic agents directly to their partner plants. But for plants to find all the nutrients they require, at the specific times they're needed – for full nutrient cycling to occur – a soil must also contain predators and grazers. Single-celled protozoa (mostly flagellates and amoebae) feed on bacteria; nematodes (microscopic roundworms) and microarthropods (microscopic insects) eat fungi, bacteria and protozoa; earthworms and insects eat pretty much everything. The waste these organisms secrete contains the nutrients that plants require, in water-soluble form, ready for roots to absorb. If the system is healthy, plants feed themselves by offering the right carbon-rich compound at the right time, attracting particular decomposers that offer back specific nutrients.

So how do we harness this knowledge? We collect as many microbes as we can find, multiply them through proper composting, and reintroduce them to our soils. It is possible to build, in a matter of weeks, microbial density and diversity sufficient for a soil to naturally support vegetable crops, or grasses, or orchards, or vineyards. In the right environment, plants can achieve the health that allows their natural defenses to work against pests and diseases.

“Trying to grow healthy plants using toxic chemicals seems to be such a contradiction that I always shake my head to fathom how we got here. We have to end the practice of using toxics to grow what we eat.”

Better Soil, Better Results

By developing the Soil Foodweb, therefore, we can practice agriculture free of the modern reliance on chemical nutrients and pesticides, and with significantly less water. In living soil, microbes hold moisture, transferring it from one individual to the next. Data assembled by Ingham and her students over the years has reliably shown decreases in water usage of around 50 percent in the first year of applying biology-based techniques.

“Trying to grow healthy plants using toxic chemicals seems to be such a contradiction that I always shake my head to fathom how we got here,” Dr. Ingham said recently. “We have to end the practice of using toxics to grow what we eat.”

For farmers, this all raises the question: where to get microbes? It's a quandary often on the minds of SSBA's founding members. Dr. Ingham has long addressed the challenge by training farmers to perform their own composting, usually sourcing ingredients on-site. But many growers aren't prepared to undertake a new enterprise. Most conventional composters, meanwhile, face the prospect of learning new skills and overhauling their practices.

“The vast majority of commercial composters don't know how, or are unwilling, to make biologically complete compost,” says Brian Vagg, who runs an Auburn-based consulting business with wife Shelby Vagg (both are SSBA founding members). “I have clients who need this kind of material.”

Last fall, the Vaggs landed contracts to treat parts of two Northern California vineyards. The landowners wanted to kick-start nutrient cycling in these areas, something they could do with smaller amounts of compost: the microbes can be extracted into water, or multiplied in a tea, and applied through spraying. But often, the most effective approach is to apply the compost directly. The Vaggs were hoping to source 20 yards for the 16-acre project area.

It's a tall order. Fortunately, SSBA founding

members Keisha Wheeler and Casey Ernst are in position to help. Since last fall, when they established their new venture, Catalyst Bioamendments LLC, they have managed to fine-tune their recipes using a tractor-driven turner to produce 20-yard windrows of biologically rich material. Looking ahead, they aim to serve some part of the growing demand for bulk inoculum, while maintaining a parallel focus on education.


In January, Catalyst hosted one of the week-long laboratory courses that Dr. Ingham teaches regularly around the country. They are scheduled for a second session in May, at Woolman at Sierra Friends Center, the nature-themed education site on the outskirts of Nevada City.

“Everybody I’ve talked to is really receptive to the benefits of microbe-rich compost,” Ernst said. “There is no product on the market right now that has a full array and diversity of microbes in it.”

One thing SSBA’s founding members share is a sense that the market for such product will develop fast as knowledge spreads. From her position on the

Nevada County Grown board of directors, SSBA founding member Samantha Bass sees increasing enthusiasm among the region’s producers. Bass periodically works on local farms, and last year organized the group’s 2018 Farm Trail Weekend.

“The interest among cannabis growers is high”, Bass says. “For them, biological management is practically a necessity, with California tightly restricting the crop’s chemical inputs. But among the area’s small vegetable farmers, there is often apprehension at the cost of overhauling one’s approach. My desire is for all our local farmers to be able to inoculate their soils and keep their biology alive at a low cost, because the healthier our soil is the healthier our food is.”

Let’s bring on the microbes! 

Learn more at SierraSoilBiologyAssociation.org

Wesley Sander is owner/operator of Foothill Biological Soil Health Services (www.FoothillBiological.com) and a founding member of SSBA.

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Our Guiding Principles are to support regional biodiversity, conservation of resources, and the minimizing of pollution and waste. We focus on climate and soil adapted plants for the Sierra foothills, utilizing a 'zone' process to teach sustainable landscape techniques that match the needs and conditions in the design of a particular landscape.

The Nevada County Master Gardeners offer a variety of platforms to inform the public, including free community workshops (see our schedule on the next page), a weekly radio call-in show, information booths at local events, and a speakers' bureau. We have an office in the Grass Valley Veterans Building, open on Tuesdays and Thursdays from 10 am to 12 pm (530) 273-4563. We also maintain a "Hotline" for after hours phone questions at (530) 273-0919.

Visit our Demonstration Garden that is designed as a teaching tool to display a Mediterranean Garden that is suitable to our Western Nevada County foothill climate. Located at 1036 W. Main St, Grass Valley, on the grounds of the Nevada Irrigation District Business Center, the 'Demo' Garden exhibits a wide variety of garden techniques, water conservation and a diversity of plant venues, including, but not limited to:

DEMO GARDEN FEATURES

- Orchard
- Edibles Garden
- Raised Bed / Container Garden Area for Vegetables & Herbs
- Children's Garden
- Oak Habitat and Native Grass Meadow
- Mediterranean Garden
- Active Compost Program
- Hoop House under construction to facilitate our Propagation Program

Check out the Demo Garden map at <http://ncmg.ucanr.org>

You can stroll the Demo Garden on your own when NID gates are open--8:00 am to 5:00 pm on weekdays, and 8:00 am to 3:00 pm weekends.

Several free events are also provided in the Demo Garden, including warm-weather workshops, two annual plant sales and a very popular Tomato Tasting Event in the fall. Group tours of the Demo Garden are available, led by a Master Gardener. To schedule a group tour, please call our office at (530) 273-4563.

2019 WORKSHOPS & EVENTS



2/2/19	Plan-It: 12 Month Vegetable Gardening	ELKS LODGE
2/9/19	Orchids: How to Care for These Temperamental Beauties	ELKS LODGE
2/16/19	Native Plant Propagation - Hints for Some Tricky Favorites	ELKS LODGE
3/2/19	Bringing Native Plants Into Your Garden	ELKS LODGE
3/9/19	Totally Tomatoes	ELKS LODGE
3/16/19	Water Wise Gardening	ELKS LODGE
3/23/19	Functional Irrigation	ELKS LODGE
3/30/19	FireWise Landscaping: How it Can Protect Your Home	ELKS LODGE
4/6/19	Work Smart Not Hard	DEMO GARDEN
4/13 - 4/14	HOME & GARDEN SHOW	Fairgrounds
4/20/19	How to Build Raised Beds	DEMO GARDEN
5/4/19	Container Gardening	DEMO GARDEN
5/11/19	SPRING PLANT SALE	DEMO GARDEN
5/18/19	SOROPTIMIST TOUR	TBA
6/1/19	The Wonders of Weeds	DEMO GARDEN
6/22/19	Garden Makeover- Lawn to Landscape	DEMO GARDEN
8/3/19	Seed Saving Basics	DEMO GARDEN
8/7 - 8/11	FAIR (includes workshops)	Fairgrounds
8/17/19	Compost Is the Gardener's Best Friend	DEMO GARDEN
8/24/19	Broccoli, Lettuce and Kale, Oh My!	DEMO GARDEN
	Growing Cool-Season Vegetables In the Foothill	
9/7/19	TOMATO TASTING (includes workshops)	DEMO GARDEN
9/21/19	FALL PLANT SALE	DEMO GARDEN
10/5/19	Deer Oh Dear	DEMO GARDEN
10/12/19	No Sun, No Problem - Planting in the Shade	DEMO GARDEN
10/26/19	Trees for Nevada County Landscape	ELKS LODGE
11/9/19	The Art and Science of Pruning Fruit Trees	ELKS LODGE

BANNER Community GUILD



Like the community within which it exists, Banner Community Guild (BCG) is constantly changing and evolving. In a new century with ever-evolving technology and tools, BCG strives to maintain a firm grasp on its traditions, history and past successes, while adapting to rapid change. Any organization is only as strong as its membership, however, and it is our hope that we will be able to listen intently to the myriad of new voices in our community to nurture an organization that is inviting to all.

Built in 1960, and originally known as the Banner Grange, it has long served Nevada County as an agriculturally based community organization by supporting farming and ranching friends and family through 4H events, social gatherings and fundraising for those in need. Banner Grange recently became the Banner Community Guild to open our doors to the larger Nevada County public.

This month we are hosting the Buddhist Monks from Tibet. On March 16th a Seed Swap, followed by a series of roundtable talks on improving soil health and in October, a native plant sale. Come sell or shop at the 2nd Saturday Flea Market. Vendor stalls are only \$10.

The hall is available to rent for parties, banquets, dance classes, etc. It contains one very large room with a great dance floor and a slightly smaller room with a very large kitchen for dining or meetings.. This very usable building, with such deep agricultural roots, has the potential to serve our new generation of farmers and food lovers in as many ways as we can dream up together.. Check out the website at www.bannerguild.org



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Farm Stands



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BAKWRD CP MTN. RAISED POULTRY .pg 30

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BROADFORK FARM.....pg 30

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CHAPMAN FAMILY FARM IN HARMONY VALLEYpg 31

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COSMIC ROOTS RANCHpg 42

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www.cosmicrootsranch.com

GARDEN GODDESSESPG 33

By appointment only
831-277-3961 susan@gardengoddesses.org

JARDIN DEL RIO.....PG 34

Saturday & Sunday 10am-3pm, June-Sept. Located at 10024 Linnet Ln., next to Sierra Knolls Tasting Room. This is now a CA certified Farmers Market.
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www.jardindelrio.org

LAUGHING OAK FARMPG 35

Hours at www.LaughingOakFarm.com
530-277-9798 autumn@laughingoakfarm.com
www.laughingoakfarm.com

LAZY VALLEY RANCHPG 43

Blueberry Barn Store open 8am–5pm, Sunday-Thurs, closed Fridays and Saturdays. Season begins around June 6th. Look for signs at the end of Lazy Valley Road when we are open, or call (530) 432-2234 for voice message.
530-432-2234 or 530-210-6822 lazyvalleyrancho@aol.com

MCCLAUGHRY FARMSPG 35

McCourtney Road Pumpkin Patch, Bierwagen's Donner Trail Fruit and Farm Market.
530-273-4869 garymccloughry@att.net
www.mccloughryfarms.com

MCCOURTNEY ROAD PUMPKINSPG 36

SEASONAL: weekends in October 11 a.m. - 5 p.m.
530-228-1221 andybarhydt@gmail.com
www.mcpumpkin.com

RIVERHILL FARMPG 37

Every Wednesday 2-6 pm starting in June.
916-832-7463 antonio@riverhillfarm.com
www.riverhillfarm.com

STARBRIGHT ACRES FAMILY FARM...PG 38

Open self-serve during daylight hours, 7 days a week, year round. Located at 12575 Polaris Dr., Grass Valley.
530-273-2513 www.starbrightacres@yahoo.com

THE WOOLMAN FARM.....PG 39

Saturdays and Sundays throughout the Summer. Check website for hours.
530-353-1637 catalystbioamendments@gmail.com
www.catalystbioamendments.com

TRES JOLIE LAVENDER FARM.....PG 39

See website
530-346-6291 christine@tresjolielavenderfarm.com
www.tresjolielavender.com

WINGFIELD HONEY COMPANY.....PG 40

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U-Pick Farms

CONE & HILL CHRISTMAS TREE FARM.....PG 31

Day after Thanksgiving–December 20, Friday-Sunday 10 am-5pm. Located at 21001 Cone and Hill Dr, Grass Valley.
530-559-2356 pugtastic2@gmail.com

LAZY VALLEY RANCH PG 43

U-pick 8:30am-4pm. Sunday - Thursday (no appointment necessary) Blueberry season: June-July
Blackberry season: August
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THE WOOLMAN FARM..... PG 39

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CSAs



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129 W. McKnight Way, Grass Valley
530-272-5000

SPD Market

735 Zion St, Nevada City
530-265-4596

Spring Street Market

115 South Pine St, Nevada City
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13396 Ridge Rd, Grass Valley
530-273-6608

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530-274-9650

Bierwagen's Farm Market

18532 Colfax Hwy, Grass Valley
530-273-4005

Chicago Park Store

19077 Colfax Hwy, Grass Valley
530-477-7799

Dokimo's Pharmacy

640 East Main St, Grass Valley
530-274-0100

Floristics Flowershop

17487 Penn Valley Dr b100, Penn Valley
530-559-4724

J.J. Jackson's

244 Commercial St, Nevada City
530-265-2644

Peaceful Valley Farm & Garden Supply

125 Clydesdale Ct, Grass Valley
530-272-4769

Prospector's Nursery

10003 Granholm Ln., Nevada City
530-470-0973

Quality Natural Health

101 Argall Way, Nevada City
530-265-4475

S.O.A.P.

104 Argall Way, Nevada City
530-265-2210

Sweetland Garden Supply

29435 State Hwy 49, North San Juan
530-292-9000

Tess' Kitchen Store

115 Mill St, Grass Valley
530-273-6997

Treats Ice Cream

210 Main St, Nevada City
530-913-5819

Wheyward Girl Creamery

209 Commercial St, Nevada City
530-478-1665

What's NEW at the Garden Goddess Farm!

Some of Susan Gouveia's fondest childhood memories are of helping her grandmother in the garden and cooking delicious meals from whatever was harvested from their efforts. Decades later, she turned that love of gardening and passion for cooking into a local institution, The Society of Garden Goddesses®.

Now, Susan's goal is to share that same love of harvesting, creating, and cooking with local teens through her brand new **Kids' Culinary Academy**. With so many young people graduating high school without any practical life skills, Susan's program will teach them to prepare and eat healthy meals, as well as giving them work experience by participation in healthy and sustainable fundraisers that will help to make their college or job applications stand out.

The academy will also teach leadership, entrepreneurship, budgeting, and finance. The teens will get lessons in cultures around the world through preparing ethnic food and learning phrases in Russian, French, Spanish, German, Italian, Portuguese, and more. "I love Susan's cooking classes! They're so interactive and I learn a lot about the basics of cooking and where our food comes from," said student Sophia Cassity, one of the first teens to test the program. "I really enjoy how hands-on the classes are and that we learn about the culture behind each recipe."

The academy will meet once a month at the Garden Goddess Farm and will also include online classes between meetings. Students will earn a certificate when they complete the course. Besides the actual cooking classes, students will perform community service at farm-to-table dinner fundraisers and earn their food handler's certification.

They will learn about culinary herbs, creating and preparing farm-to-table dishes, growing their own foods, fermented foods and their benefits, using more healthy fats, and international cooking from around the world where Susan has traveled and cooked with chefs. They will also gain useful skills in hospitality and learn what it takes to be a personal chef.

"I am looking for kids who are not into drama and who want to make a difference in the community," Gouveia said. "The ideal candidates will want to connect more with nature and less with screens; those who like to mentor other kids and be a positive example."

To learn more about the Kids' Culinary Academy, visit gardengoddesses.org.



Garden Goddesses

OFFERING UNIQUE PARTIES FOR ADULTS & KIDS



**BOOK
TODAY!**

- ★ Kids' Culinary Academy
- ★ Farm-to-Table Cooking
- ★ Gardening Classes
- ★ Private Custom Retreats
- ★ Celebrate a Birthday!
- ★ Group Private Tour & Tasting
- ★ Home School Activities & Education
- ★ Private Fundraising Venue



EASY GRAPE LEAF WRAPS

1. Harvest Young Fresh Grape Leaves
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2. Assorted fillings: Pesto, Hummus, Finely Chopped Veggies
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EATING LOCAL MEANS

PRODUCT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Arugula												
Asian Greens												
Beans, Dry												
Beans, Green												
Beans, Fava												
Beets												
Broccoli												
Cabbage, Green												
Cabbage, Red												
Cabbage, Chinese												
Carrots												
Cauliflower												
Celery												
Chard												
Chicories												
Collards												
Corn, Sweet												
Cucumbers												
Eggplant												
Fennel												
Garlic												
Kale												
Kohlrabi												
Leeks												
Lettuce												
Mustard												
Okra												
Onions, Sweet												
Onions, Storage												
Onions, Green												
Parsnip												
Peas												
Peppers, Green												
Peppers, Sweet												
Peppers, Hot												
Potatoes												
Pumpkin												
Radish												
Rhubarb												
Rutabaga												
Salad Greens												
Shallots												
Spinach												
Squash, Summer												
Squash, Winter												
Sweet Potato												
Tomato												
Tomatillo												
Turnip, Salad												
Turnip, Roasting												

EATING *Seasonal*

PRODUCT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Basil												
Chives												
Cilantro												
Dill												
Lavender												
Mint												
Oregano												
Parsley												
Rosemary												
Sage												
Tarragon												
Thyme												
PRODUCT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Apple												
Apricot												
Blackberry												
Blueberry												
Cherry												
Figs												
Kiwis												
Lemon												
Mandarin												
Melon												
Nectarines												
Orange												
Peach												
Pear												
Persimmon												
Plum												
Quince												
Raspberry												
Strawberry												
Eggs												
Beef												
Pork												
Lamb												
Goat												
Chicken												
Rabbit												
Mushrooms												

* This is an approximate list. Crop availability may vary depending on weather and pest pressure.

* This list does not account for farmers practicing season extension using high tunnels.

FREE ADVISORY VISIT PROGRAM

This program offers landowners personalized guidance in the natural resources management of their property. Topics include:



- Forest health management
- Soils enhancement
- Rural road maintenance
- Rangeland management
- Pasture management
- Pond management
- Wildlife habitat enhancement
- Pest mitigation
- Erosion control issues
- Drainage issues

For more information or to request a visit, go online to www.NCRCD.org

Manure Exchange Program

This program connects farmers, gardeners and landowners seeking manure and compost with local livestock owners and managers.



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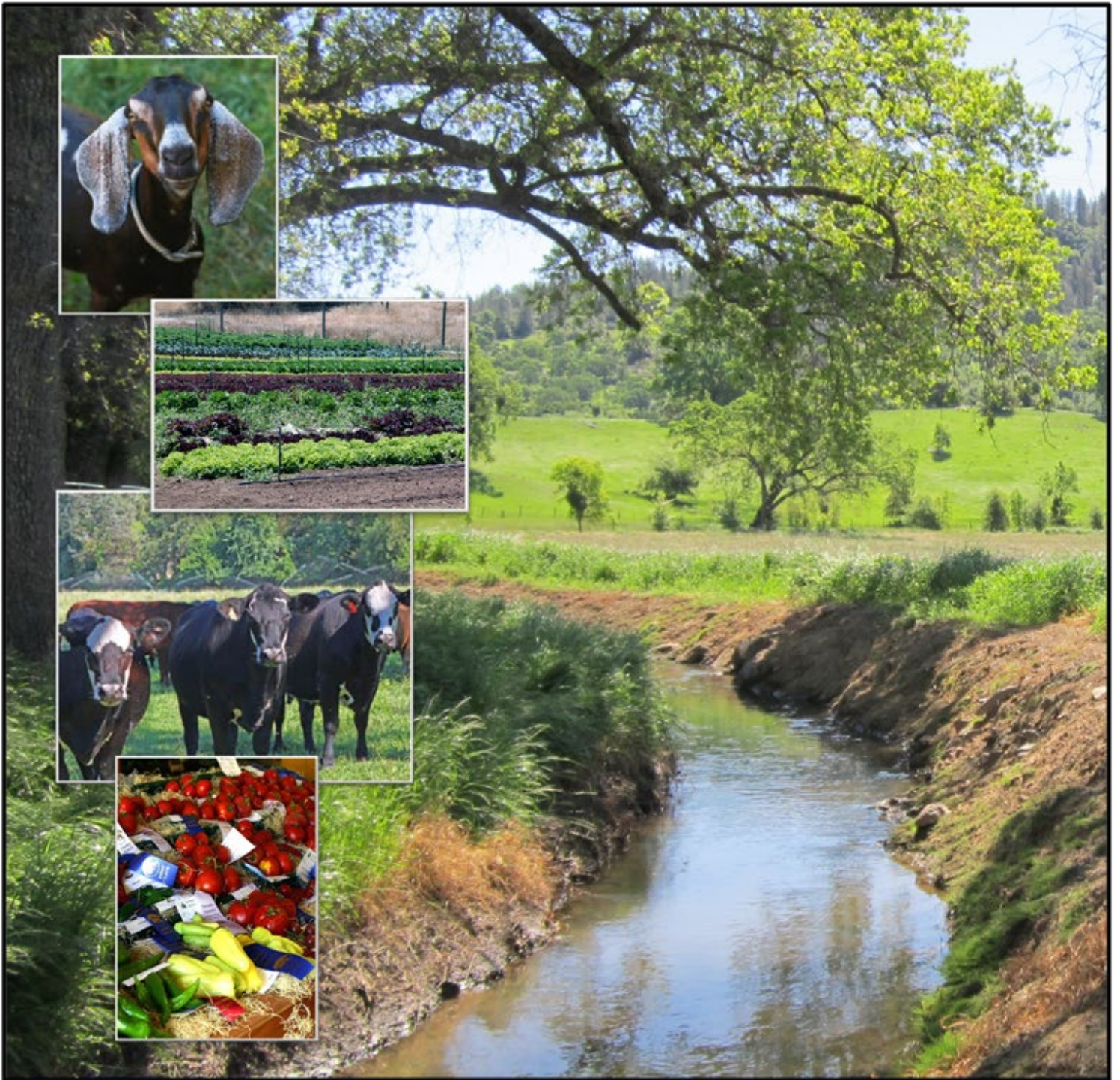
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