

# BUY FRESH BUY LOCAL

# FOOD GUIDE

*Where to find & enjoy  
the local foods of Humboldt County*



Known for its rural beauty, pristine beaches and magnificent redwoods, Humboldt County is also rich in local agriculture. Its broad and varied microclimates range from mild coastal regions to hot inland pockets, allowing for diverse, year-round agricultural production. Seasonal rains make for some of the best rangelands in the state, making cattle the foundation of niche markets in fine goat cheese, organic ice cream and sustainable grass-fed beef. Humboldt County retains a genuine farm culture due to the numerous small family-owned farms, many of them reaching back generations. Forward thinking residents and business owners proudly support local food and the many farmers' markets.



**This guide** is designed to be your companion in discovering Humboldt County agriculture and to encourage you to buy fresh and buy local. The guide lists Humboldt County producers, farmers' markets, CSAs, farm stands, U-picks, and food and farming organizations. Produced by the Community Alliance with Family Farmers, (CAFF) it is a brief introduction to food and farming on the North Coast; an overview of CAFF's innovative programs; and an introduction to our Buy Fresh Buy Local campaign. All the information in this guide, and more, is available on CAFF's Buy Fresh Buy Local website: [www.buylocal.org](http://www.buylocal.org) or visit [www.caff.org](http://www.caff.org) and click on the Buy Fresh Buy Local logo.

## Community Alliance with Family Farmers

CAFF is building a movement of rural and urban people to foster family-scale agriculture that cares for the land, sustains local economies and promotes social justice. CAFF's members are activists, environmentalists, community members, businesses and anyone who supports sustainable food and farming systems. CAFF builds bridges and connections among people who might otherwise be on opposite sides of the fence: farmers and farmworkers, policy makers and community members, industry leaders and consumers. These alliances- combined with clear objectives and effective methods- are building a powerful community based movement for sustainable agriculture. CAFF works across the state of California, with offices in Davis, Oakland, Ventura, Humboldt, Fresno, and Watsonville. Visit us online at [www.caff.org](http://www.caff.org)



## Our CAFF Chapter operates 3 main programs:

**Farm to School** educates youth about the benefits of a healthy diet. Through farm tours, farmers' market visits and school gardens, children are reconnected to their food system.

**Market Development** efforts help family farmers establish local branding and new markets. CAFF works with regional institutions, like schools and hospitals, to assist them in purchasing food from local farmers. Enhancing the local food distribution network promotes greater food security in Humboldt County and economic sustainability for our family farmers.

**Community Food System** efforts promote Humboldt County agriculture through education, marketing and special events to increase knowledge of the benefits of supporting a local food system. Our strong partnerships throughout the county help us reach the far corners of our community.

## Building a Local Food System: the Farm to Cafeteria Link

Throughout the country there are grass root efforts to rebuild local food systems. CAFF's Growers' Collaborative is a large-scale virtual farmers' market that sells local and seasonal fruits and vegetables from family farms to schools, universities, hospitals, and corporate cafeterias. Currently, the Growers' Collaborative serves growers and institutions in the Sacramento and Bay Area, Southern California, Central Valley, and the Central Coast. CAFF helps build a regional food system by providing distribution from local farms to local institutions.



In rural Humboldt, CAFF also facilitates the sale of local produce to large institutions. A regional food system not only reduces 'food miles' but also increases the available markets for our agricultural community. In addition to providing more outlets for farm products, we strive to increase access to local fresh fruits and vegetables in areas without.

In our region, Humboldt State University has been an innovative leader in the program. Mad River Hospital and several local charter schools are also purchasing local fruits and vegetables for their meal programs and salad bars. **Special thanks to our participating institutions and hard working farmers!**

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John LaBoyteaux, Eel River Farm, E. Chris Wisner Photography

## WHY WE FARM

The pledge we make as farmers is shared by many of our peers. You can trust local food and here's why:

We deliver the freshest possible products to market. This entails extra planning and attention, but the passage of time degrades most food products. We strive to reproduce the experience of eating fruit picked fresh from a lovingly tended garden.

We offer products at a fair price, reflecting the care and attention given to the details of production. You need food that is affordable. We need your appreciation of the extra labor, long hours and dogged stubbornness and persistence that is part of surviving as a family farm today.

We provide abundant wildlife habitat so that nature can play a beneficial role on the farm.

We are awed by the continued abundance and beauty of Mother Nature. We respect and seek to enhance the magic in every way that we can.

We respect the crew that works on the farm by providing a safe environment, a fair wage, and professional training. The crew is practicing an ancient art that entails much physical labor. We do not take their work for granted.

We take advantage of the efficiency and wisdom of biological processes. This minimizes expensive, disruptive and unhealthy interventions that rely on chemicals and other contrivances.

We are available to answer your questions about our products. We welcome your curiosity about their provenance.

We contribute to our community with farm tours, children's programs and educational outreach. We are involved in local issues. Every dollar spent on our products will circulate in the local community and return in multiple ways to benefit the greater good.

Judith Redmond  
Family Farmer, and President CAFF  
Board of Directors

# Buy Fresh Buy Local Campaign

California's Buy Fresh, Buy Local campaign is a project of CAFF in collaboration with the national Buy Fresh, Buy Local campaign of the Food Routes Network. For more information visit [www.foodroutes.org](http://www.foodroutes.org).

The Buy Fresh Buy Local (BFBL) campaign aims to strengthen markets for family farmers. Family farmers provide the essential knowledge, local experience and farming ability to protect and manage our local resources—soil, water, air, and land. Through the use of unique BFBL materials including: banners, point of purchase cards, t-shirts, tote bags and bumper stickers, partners help promote local farms and farming.

Retail Partners: If you are interested in becoming a retail partner contact us at 707-444-3255 or [melanie@caff.org](mailto:melanie@caff.org)

## Retail Partners

### Chautauqua Natural Foods

436 Church St.  
Garberville, CA 95542  
(707) 923-2452



### Humboldt Creamery

572 Fernbridge Dr.  
Ferndale, CA 95536  
(707) 725-6182



### Eureka Natural Foods

1450 Broadway  
Eureka, CA 95501  
(707) 442-6325



### Wildberries Marketplace

747 13th St.  
Arcata, CA 95521  
(707) 822-0095



## Credits and Thank You

**Editors:** Temra Costa (Program Director, Buy Fresh, Buy Local), Michelle Wyler (Humboldt Regional Manager); **Graphic Design:** Lisa Thompson/DuckDog Design; **Contributors:** Beth Shipley, Jenny Riegg, Everett King, E. Chris Wisner Photography.



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## Key to Listings



APPT: By Appointment  
CSA: Community Supported  
Agriculture  
F: Fortuna Market  
FD: Ferndale Market  
SH: Southern Humboldt Markets

FS: Farm Stand  
FST: Farm Stay  
NCGA: Northcoast Growers  
Association Markets  
OS: On site Sales  
UP: U Pick



Buy Fresh, Buy Local Partner /CAFF Member

A more detailed listing of farms can be found at [www.caff.org/humboldt](http://www.caff.org/humboldt)

## FARMS

### Alder Grove Nursery (NCGA)

Native and ornamental trees, shrubs, vines, perennials

### Amity Heritage Roses (NCGA, F)

Rose plants, herbs, perennials, lilacs, summer produce, apples

### Angora Bunny Lady (NCGA, APPT)

Angora and "bamgora" angora/bamboo knit items

### Aqua Rodeo Farms (NCGA, APPT)

Oysters, Seaweed

### Arcata Bay Llamas (NCGA, APPT)

Hand spun yarn, hand knit alpaca caps and scarves, dried hydrangeas

### Arcata Educational Farm (CSA)

Mixed crop veggies, fruits and flowers

### Bamboo and Maple Nursery (OS)

Bamboos, maples, conifers, ornamental trees, grasses

### Bay Ranch (SH)

Meat

### Bayside Gardens (FD)

Artichokes, mixed produce

### Betty's Country Shop (NCGA)

Produce, cut flowers, plants and wreaths

### BIGFOOT (NCGA)

Cacti, succulents, carnivorous plants

### Blue Jay Nursery (NCGA)

Bedding plants; annuals; perennials; organic vegetable and herb starts

### Blue Lake Lightning Farm (NCGA)

Garlic, onions, kale, lemons, beets, trees, watermelon, apples

### Briceland Family Farms (FD)

Mixed produce

### Carlotta Flowers (NCGA)

Fresh and dried flowers

### Catching Cactus & Succulents (NCGA)

Cacti and succulents in plastic & hand-painted terra cotta pots.



### Charlotte's Perennial Garden (SH)

Nursery plants, mixed produce, apples, berries

### Chan Saechao (NCGA, F)

Strawberries

### Claudia's Organic Herbs (NCGA, F)

Culinary and medicinal herbs, salad greens, produce

### Clendenen's Cider Works (OS)

On farm storefront: apples, cider, produce, local value added.



### College of the Redwoods Educational Farm (CSA)

Mixed crop produce

### Community Farm (SH, FS, CSA)

Mixed produce

### Degrees of Green (NCGA)

Perennials variegated and landscape plants

### Double J & J Produce (NCGA)

Mixed produce

### Earth N Hands Farm (NCGA)

Berries, mixed produce

### Earthly Edibles Farms (NCGA)

Mixed Produce

### ECO Gardening Farm (NCGA, OS)

Garden amendments, some produce

### Eel River Farms (SH, FD)

Mixed produce, melons, organic hay.



### Eel River Produce (SH)

Organic seed production

### Feral Family Farm (NCGA)

Apples, pears, berries, wheatgrass, fresh pressed fruit juices

### Fickle Forest Tree Farm (NCGA)

Unusual ornamental trees, shrubs, dwarf conifers, vines, and nursery plant

### Fickle Hill Old Rose Nursery (NCGA, OS)

Extensive rose nursery, assorted shrubs and perennials

### Fieldbrook Nursery (NCGA)

Apples, plums, artichoke plants, mixed fruits and veggies, plus tree stock

### Fieldbrook Valley Apple Farm (NCGA, OS)

Over 50 varieties of apples



### Fishman Farm (SH)

Tomatoes, plums, pear, apples

### Flood Plain Produce (SH, F, FS)

Fruit, vegetables, fresh cut flowers. Farm stays available. May-October



### Flora Organica (NCGA, APPT)

Extensive variety of cut flowers, lavender, landscape plants, wreaths.



### Flying Blue Dog Farm & Nursery (NCGA, APPT)

Culinary, medicinal and tea herb plants, veggie starts, berries, peppers, jams.



### Fogbelt Growers (NCGA)

Hanging color baskets, cut flowers, lily bulbs and nursery stock

### Forest Lakes Nursery (NCGA, F)

Unique conifers, hostas, blooming shrubs, perennials and landscape trees

### Freya's Garden (NCGA)

Happy, healthy plants and garden starts

### G Farm (NCGA, F)

Cool coastal mixed produce, beans

### Glenmar Heather Nursery (NCGA, OS)

Heathers and heaths



### Gopher Gardens (NCGA)

Flowers, fruit and nursery plants

### Gratefully Grown Gardens (NCGA)

Mixed produce and fruit, cut flowers

### Green Fire Farm (NCGA, CSA)

Mixed produce, orchard fruit, wine grapes


**Greenmantle Nursery (SH)**  
Nursery stock of heirloom fruits and roses

**Handgraaf & Handgraaf (NCGA)**  
Perennial plants, roses, shrubs, ornamental trees, vines, and natives


**Hawks Hill Nursery (FD)**  
Mixed produce and garden starts

**High Oak Organic Farm (SH, FS)**  
Early season strawberries

**Hilltop Farm (NCGA)**  
Mixed greens, herbs, cut flowers

**Honey Apple Farms (NCGA)**  
Apples, plums, asian pears, squash, greens, blueberries, farm fresh eggs 

**Huckleberry Farm and Nursery (NCGA)**  
Perennial & deer resistant plants, produce, eggs, fruit trees

**Humboldt Creamery**  
Full range of dairy products from 65+ dairymen/women 

**Humboldt Honey/Ace in the Hole (SH)**  
Honey and other bee products

**I and I Farm (NCGA)**  
Mixed produce and garden starts

**Jacobs Greens (NCGA)**  
Kitchen garden starts, salad greens

**Jacque's Garden (FD)**  
Mixed produce, fruit preserves

**Jameson Creek Nursery (NCGA, F)**  
Japanese maples, ornamental trees and shrubs, perennials, native plants

**Lamborn Farms (SH)**  
Watermelons, potatoes

**Leo's Plants (NCGA)**  
Mixed nursery plants, houseplants, culinary & medicinal herbs

**Little River Farm (NCGA)**  
Salad mixes and specialty greens

**Lively Orchards**  
Fruit and mixed produce

**Lost Coast Blueberry Farm (SH, FD, UP)**  
Organic blueberries

**Loving Earth Gardens (NCGA)**  
Mixed produce, fruit, cut flowers

**Luna Farms (NCGA, WC)**  
Vegetables, Fruits, Flowers, Herbs

**Maggie Mae Farm (NCGA, OS)**  
Mixed produce

**Mama Ocean (SH)**  
Wildcrafted sea weed

**Maple Creek Farm (NCGA)**  
Medicinal & culinary herbs, perennials, dried wreath arrangements

**Maple Hills Farm (SH, FD)**  
Mixed produce, apples

**Mattole River Organic Farms (FD)**  
Peppers, melons, tree fruits and berries

**McIntosh Farms (NCGA, F, OS, WC)**  
Mixed produce, fruit, chestnuts

**Moonshadow Farm (SH)**  
Mixed produce, apples, cherries

**Mountain Home Farm (NCGA)**  
Mixed produce



**Mycality Mushrooms (NCGA)**  
Mushrooms

**Nai's Strawberries (NCGA)**  
Strawberries

**Neukom Family Farm (NCGA, F)**  
Peaches, Asian pears, melons,  
heirloom tomatoes, peppers and  
assorted veggies



**North Bay Shellfish and Succulents (NCGA)**  
Oysters, mussels, succulent plants

**Norton Creek Farm (NCGA, APPT)**  
Dahlias, mixed produce

**Orchids for the People (NCGA, OS)**  
Orchids and carnivorous plants

**Pam Van Fleet (NCGA, OS)**  
Bonsai, Succulents & Cactus

**Paradise Flat Farm (NCGA)**  
Mixed produce, flowers

**Paul Lohse (NCGA, F, FD, OS)**  
Edamame, mixed produce.



**Pierce Family Farm (NCGA)**  
Mixed produce

**Plants for the People (SH)**  
Nursery plants, unusual edibles

**Potato Rock Nursery (NCGA)**  
Herbs and native ornamentals from around  
the world

**Potowat Farm, United Indian  
Health Services (UIHS)**  
Mixed produce

**Potter's Produce (NCGA, PP)**  
Pumpkins, winter squash, corn, pumpkin  
patch, corn maze

**Rain Frog Farm (NCGA)**  
Mixed produce

**Redwood Roots Farm (NCGA, CSA)**  
Mixed vegetable, herbs, flowers.



**Reed's Bees (NCGA)**  
Honey, beeswax, beeswax candles and  
propolis

**Renzullo Gardens (NCGA, OS)**  
Tree Ferns, Ferns, Carnivorous Plants

**Ridgetop Gardens (NCGA, APPT)**  
Seasonal cut flowers

**River Bees (NCGA)**  
Honey, Bee Pollen, Beeswax, Lavender  
Honey

**Rock N Rose (NCGA)**  
Fresh & dried flower bouquets, lei's, garden  
starts, plants, trees

**Rolling River Farm and Nursery (NCGA, APPT)**  
Fruit, flowers, fruiting trees, shrubs & vines  
for edible landscapes

**Rosepond Aquatics (NCGA)**  
Pond plants

**Saechao Strawberries Chan (NCGA, OS)**  
Strawberries



**Seaside Herbs (NCGA)**  
Perennials, nursery plants, novelties & free  
range eggs

**Shakefork Community Farm (NCGA, CSA)**  
Wheat, rye, oats, barley, buckwheat, corn,  
edible seeds, dried flowers



**Singing Tree Gardens (NCGA, OS)**  
Rhododendrons, hydrangeas, ornamental  
grasses and trees, azaleas

### Small Fruits (NCGA)

Assorted berries, fruit and miniature vegetables

### Strawberry Creek Orchids (NCGA)

Orchids, carnivorous plants, bromeliads

### Sunflower Farm (SH)

Mixed produce

### Sunny Slope Farm (SH)

Mixed tree and vine fruits, assorted vegetables, chestnuts and walnuts

### Sweet Pea Gardens (NCGA)

Flowers, herbs, mixed produce, herbal teas

### Synergy Seeds (WC)

Large variety of seed

### Tanoak Hill Farm (NCGA)

Fruit

### Tranquility Lane Flowers (SH)

Cut flowers

### Trident Farm (NCGA)

Mixed produce, fruit

### Trinity River Farm (NCGA, WC, FS)

Mixed crop fruits and veggies

### Tule Fog Farm (NCGA)

Meats and eggs

### Two Mule Family Farm (SH)

Mixed produce, flowers

### Valley Flower (FD)

Flowers, mixed produce, fruit

### Vista's Roses (NCGA)

Flowers, mixed vegetables, fruit

### Warren Creek Farms (NCGA, F, PP)

Potatoes, dry beans, mixed produce, pumpkin patch, corn maze

### Wild Chick Farm (NCGA)

Free range chicken eggs, poultry products, chicken meat

### Wild Rose Farm/Blake Richards (NCGA)

Mixed vegetables

### Willow Creek Farms (NCGA, WC)

Mixed produce

### Wolfsen Farms (NCGA, UP)

Organic blueberries

### Yew Bear Ranch (SH)

Mixed produce and blueberries

### Ziganti's Orchards (SH, FD)

Cherries

## U-PICKS

### Lost Coast Blueberry Farm

PO Box 137

Honeydew, CA 95545

(707) 629-3528

Organic blueberries

### Wolfsen Farms

2103 Baird Rd.

McKinleyville, CA, 95519

(707) 839-2017

[ewwolfsen@suddenlink.net](mailto:ewwolfsen@suddenlink.net)

Organic blueberries



## FARM STANDS

### Clendenen's Cider Works

96 – 12th Street

Fortuna, CA 95540

(707) 725-2123

[clif@clendenenciderworks.com](mailto:clif@clendenenciderworks.com)

August-February



## Community Garden

934 Sprowl Creek Rd  
Garberville, CA 95542  
(707) 223-4996  
[solarisfinley@yahoo.com](mailto:solarisfinley@yahoo.com)

## Flood Plain Produce

31117 Avenue of the Giants  
Pepperwood, CA 95565  
(707) 732-4330  
[hollisruth@asis.com](mailto:hollisruth@asis.com)  
July-August

## High Oak Organic Farm

Shelter Cove Rd, PO Box 309  
Whithorn, CA 95589  
(707) 986-7481  
[hioak@asis.com](mailto:hioak@asis.com)

## McIntosh Farm Country Store

1264 Giuntoli Ln  
Arcata, CA 95521  
(707) 822-0487  
Year round

## Saechao Strawberries

Eel River Drive, (Kenmar Exit)  
Fortuna, CA 95540  
(707) 845-3930  
May-July

## Trinity Valley Farm

2443 HWY 96  
Willow Creek, CA 95573  
(530) 629-3200  
April-October

## VINTNERS

Briceland Vineyards, Redway, CA 707-923-2429

Cabot Vineyards Orleans, CA (530) 469-3397 [www.cabotvineyards.com](http://www.cabotvineyards.com)  
Carini Winery, Hayfork, CA (530) 628-5258 [www.cariniwine.com](http://www.cariniwine.com)

Coates Vineyards, Orleans, CA (530) 627-3369 [www.coatesvineyards.com](http://www.coatesvineyards.com)

Curtis & David, Bayside, CA (707) 822-5633 [www.curtisanddavid.com](http://www.curtisanddavid.com)

Dogwood Estate Winery, Salyer, CA (530) 629-2191 [www.dogwoodestatewinery.com](http://www.dogwoodestatewinery.com)

Ed Oliveira Winery, Arcata, CA (707) 822-3023

Elk Prairie Vineyard, Myers Flat, CA (707) 943-3498 [www.elkprairievineyard.com](http://www.elkprairievineyard.com)

Fieldbrook Vinery, Fieldbrook, CA (707) 839-4140 [www.fieldbrookwinery.com](http://www.fieldbrookwinery.com)

Heidrun Meadery, Arcata, CA (707) 825-8748 [www.heidrunmeadery.com](http://www.heidrunmeadery.com)

Lluvia Winery, McKinleyville, CA (707) 840-0705

Lost Coast Vineyard, Petrolia, CA (707) 629-3671

Moonstone Crossing Winery, Trinidad, CA (707) 677-3832 [www.moonstonecrossing.com](http://www.moonstonecrossing.com)

Old Growth Cellars, [www.oldgrowthcellars.com](http://www.oldgrowthcellars.com)

Riverbend Cellars, Myers Flat, CA (707) 943-9907 [www.riverbendcellars.com](http://www.riverbendcellars.com)

Robert Goodman Wines, Arcata, CA (707) 826-WINE [www.robertgoodmanwines.com](http://www.robertgoodmanwines.com)

Rosina Vineyard, Redcrest, CA 95569  
Sentinel Winery, Willow Creek, CA (530) 629-2338

Trinity Valley Vineyards, Arcata, CA (707) 822-7094 [www.trinityvalleyvineyards.com](http://www.trinityvalleyvineyards.com)

Vinatura Winery, Arcata, CA 9551(707) 822-7272

Violet-Green Winery, Bayside, CA (707) 445-8679 [www.violetgreenwinery.com](http://www.violetgreenwinery.com)



Whitethorn Winery, Whitethorn, CA  
(707) 986-1642

Winnett Vineyards, Willow Creek, CA  
(530) 629-3478 [www.winnettvineyards.com](http://www.winnettvineyards.com)

Wittwer Winery, Loleta, CA 95551

## ORGANIZATIONS

Groups working on issues at the nexus of food, agriculture and the environment:

### Buckeye Conservancy

Family farm, ranch and forest landowners promoting the ecologic and economic sustainability of natural resources and open space.

(707) 822-3124

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

### FarmLink

Facilitates the transition from one farmer/landowner to the next generation to ensure family farming in California.

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

(707) 829-1691

### Food for People

The food bank for Humboldt County serves the food insecure. Their Gleaning program redirects farm excess to those in need.

(707) 445-3166

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

### Humboldt County Farm Bureau

This membership organization represents dairy, timber, cattle, produce, oysters, wineries, and the floral industry; dedicated to promoting and preserving agriculture.

(707) 443-4844

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

### Humboldt County Resource Conservation District

Implements practices that improve and protect water quality and natural habitat on private lands.

(707) 444-9708

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

### Jacoby Creek Land Trust

Protects land in the Jacoby Creek Valley, and around Humboldt Bay for conservation, scientific, historic, cultural, educational, recreational, scenic and open space values.

(707) 822-0900

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

### Klamath Trinity Resource Conservation District

Focused on food security, land conservation, marketing and community education in the Hoopa Valley.

(530) 625-4222

[rhoby@earthlink.com](mailto:rhoby@earthlink.com)

### Natural Resource Conservation Service

Enhances the ability of residents to develop diverse opportunities through the utilization of available resources for a vigorous economy, happy community, and healthy natural environment.

[www.nrcs.usda.gov](http://www.nrcs.usda.gov)

(707)-442-6058 x 114

### North Coast Growers Association

Humboldt's largest farmers' market association with over ninety members operating five seasonal farmers' markets April through November.

(707) 441-9999

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

### Northcoast Environmental Center

Works to conserve the area's biological assets in the public's interest.

(707) 822-6918

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

### Northcoast Regional Land Trust

Works to create a sustainable community with a vibrant economy and landscape through the protection and enhancement of farms, forests, rangelands, and wild areas.

(707) 822-2242

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

## Northcoast Nutrition and Fitness Collaborative

A regional collaboratives that creates environments to help low-income Californians eat healthy and get regular physical activity. (707) 441-5080

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

## Northwest California RC&D Council

This non-profit Resource, Conservation and Development council supports programs involved in natural resource conservation and economic development.

(530)-623-2009 x 3

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

## University of California Cooperative Extension

Develops and extends the use of research-based knowledge to improve agricultural practices and technologies, natural resource management, nutrition education and youth development.

(707) 445-7351

[www.cehumboldt.ucdavis.edu](http://www.cehumboldt.ucdavis.edu)

## USDA Rural Development

Provides assistance and funding opportunities for individuals and businesses located in rural communities.

[www.rurdev.usda.gov](http://www.rurdev.usda.gov)

(707) 442-6058 x 106



## Why Buy Local?



You'll get exceptional taste and freshness. Local food is fresher and tastes better than food shipped long distances. Farmers can select varieties bred for taste rather than for shelf life and shipping.

You'll strengthen your local economy. Buying local keeps your money circulating in your community. It preserves open space that would otherwise be consumed by urban development.



You'll support endangered family farms. With each local purchase you cut out middlemen and ensure that more of your money goes to the farmer. Local purchasing creates a food system that enables our farmers to keep their land, make a decent living, preserve open space and safeguard a disappearing rural way life.



You'll protect your family's health. Knowing and trusting your farmer allows you to make the best possible choices for your family including foods that are free of pesticides, chemicals, antibiotics, or genetically modified.



You'll protect the environment. Local food doesn't have to travel far. Buying local reduces carbon dioxide emissions and packaging. It also helps to make farming more profitable and selling farmland for development less attractive.

*Adapted from FoodRoutes*

# Farmers' Markets

Farmers' Markets are weekly markets that provide fresh, local food to surrounding communities. Many of our markets accept federally-issued food coupons and food stamps to purchase fresh, unprepared foods.

Day	Name	Time	Month	Location	Phone/Web
Sun	Willow Creek	11–2p	May–Oct	Mayfair & Market Way Willow Creek	(530) 629-3488
Tue	Old Town	10–1p	June–Oct	F & 3rd Streets Eureka	(707) 441-9999 <a href="http://www.humfarm.org">www.humfarm.org</a>
Tue	Arcata	3:30– 6:30p	June–Oct	North Coast Coop, 8th & I Streets Arcata	707) 441-9999 <a href="http://www.humfarm.org">www.humfarm.org</a>
Tue	Fortuna	3–6p	May–Oct	10th & Main Streets Fortuna	(707) 722-4330
Tue	Miranda	2–5p	May–Oct	Avenue Café, 6743 Ave of the Giants, Miranda	(707) 986-7230 <a href="http://www.localharvest.org">www.localharvest.org</a>
Tue	Shelter Cove	11–3p	May–Oct	Machi Road, next to motel Shelter Cove	(707) 986-7230 <a href="http://www.localharvest.org">www.localharvest.org</a>
Tue/ Fri	Potawot	noon– 3p	June–Oct	1600 Weeot Way Arcata	(707) 825-4098
Thu	Henderson Center	10–1p	June–Oct	F & Henderson Streets Eureka	(707) 441-9999 <a href="http://www.humfarm.org">www.humfarm.org</a>
Thu	McKinleyville	3:30– 6:30p	June–Oct	McKinleyville Shopping Center Central Ave & Hiller Rd	(707) 441-9999 <a href="http://www.humfarm.org">www.humfarm.org</a>
Fri	Garberville	11–3p	May–Oct	Locust & Church Garberville	(707) 986-7230 <a href="http://www.localharvest.org">www.localharvest.org</a>
Sat	Arcata	9–2p	Apr–Nov	Arcata Plaza, 8th & G Streets Arcata	(707) 441-9999 <a href="http://www.humfarm.org">www.humfarm.org</a>
Sat	Ferndale	10–1p	May–Oct	Next to Victorian Inn, end of Main St.	(707) 986-7230 <a href="http://www.localharvest.org">www.localharvest.org</a>



Check our website for more information at [www.caff.org](http://www.caff.org)

# Community Supported Agriculture (CSA)



Community Supported Agriculture (CSA): Consumers pay farmers at the beginning of the growing season for a share of the farm's bounty, and the grower supplies a weekly share of fresh food throughout the growing season.

Name	Pick-up Location	Description
Arcata Educational Farm (707) 825-1777 <a href="mailto:arcataedfarm@yahoo.com">arcataedfarm@yahoo.com</a>	Farm in Sunnybrae	Mixed produce, fruit, flowers
Community Farm (707) 223-4996 <a href="mailto:solarisfinley@yahoo.com">solarisfinley@yahoo.com</a>	Garberville	Mixed
College of the Redwoods Farm (707) 845-6977 <a href="mailto:Farnz-rulofson@redwoods.edu">Farnz-rulofson@redwoods.edu</a>	Shively, Eureka, Fortuna, Rio Dell	Mixed produce
Green Fire Farm (707) 269-0984 <a href="mailto:info@duhc.org">info@duhc.org</a>	Eureka	Mixed veggies & fruits
Pierce Family Farm (530) 627-3320 <a href="mailto:piercefarm@toast.net">piercefarm@toast.net</a>	Arcata, Eureka	Mixed produce
Redwood Roots Farm (707) 826-0261 <a href="mailto:janetcz@humboldt1.com">janetcz@humboldt1.com</a>	Bayside	Mixed produce, herbs & flowers
Shakefork Community Farm (707) 834-5001 <a href="mailto:shakeforkcommunityfarm@gmail.com">shakeforkcommunityfarm@gmail.com</a>	Arcata	Mixed whole grains and flours
Windborne Farm (530) 468-4340	Arcata	Mixed whole grains, flours, seeds, legumes

## Humboldt County Farm to Table Agricultural Calendar

Our annual farm calendars are a great gift for any occasion. Contact Michelle Wyler at [michelle@caff.org](mailto:michelle@caff.org) or by calling (707) 444-3255 to order gifts and yours today!

