When you purchase food it’s all about choices – but it’s a bigger choice than just picking the right tomato or apple or the right cut of beef. When you buy local food, it impacts more than just your family and your dinner table. You’re helping the farmer or rancher that grew the vegetables or raised the animals; you’re helping to keep the local economy strong and helping to preserve the Western Treasure Valley’s proud agricultural heritage.

When you purchase directly from farmers or ranchers, you have the opportunity to talk to them and learn about the methods they use and the care they take to grow and raise your food. When you buy local, you’re also helping the environment by reducing the amount of fossil fuels burned to transport your food across the country. Supporting local farmers who use sustainable farming practices means they treat the land in environmentally sensitive ways which helps to prevent soil erosion which, in turn, helps protect the quality of our water. Buying local means you get to showcase what is farm fresh from season to season and taste or prepare food that is often harvested at its peak that same day. So when you buy that tomato, remember that your food choices really do make a difference and you’re helping to grow and sustain our regional food system.

Ours is a region built on an agricultural economy. Our farmers, producers and processors are the backbone of our rural communities. We appreciate these organizations (large and small), the families and the individuals themselves for the work they do and for their contributions to our region. This Local Food Guide is a sampling of some of the producers and farmers that sell directly to consumers, restaurants and retailers. Use this Guide as a tool year-round to know what’s growing and where to find it.

Much like plants and animals, this Guide is a “living” document which we hope will grow and expand over the years. Despite our best efforts it’s inevitable that we will miss a great farm stand or restaurant. Every effort is made to avoid errors, misspellings and omissions. If, however, an error has come to your attention, please accept our sincere apologies and let us know.

Contributors: Oregon Food Bank—Southeast Oregon Services | Argus Observer | Susan Barton | Photos by Tami Hart, Oregon Food Bank—Southeast Oregon Services |
“In the long view, no nation is healthier than its children, or more prosperous than its farmers.” - Harry Truman

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**ANNUAL HARVEST CALENDAR**

Dark green = available • White or gray = not usually available

Special Note on Availability: Local weather may affect harvest dates from one year to the next. Many fruits and vegetables are available beyond the indicated harvest periods through modern storage techniques and facilities.

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Information from www.PickYourOwn.org
IDaho

AC&D Farms
Hwy 95 and NW 1st Ave
Fruitland, Idaho 83619
208-707-1296
acdfarms@live.com
facebook.com/acdfarms
Open mid-April through Oct. 31 daily from 10am - 6pm

AC & D Farms is a family run farm that for the past 8 years has grown and sold their produce at the Capital City Public Market in Boise, Idaho and from their home in Fruitland. They have expanded and are now growing for and supplying the farm stand at the corner of NW 1st Avenue and Highway 95 in Fruitland with many locally grown fruits and vegetables from the region. AC&D Farms is excited to take on this large project and is eager to earn your trust and business. Having two greenhouses, they are able to grow spring crops earlier and are open from mid-April until October 31st.

Hamanishi Farms, Inc.
6425 Highway 95
Fruitland, ID 83619
208-452-5245
geo4car@fmtc.com
hamanishifarms.com

Hamanishi Farms in Fruitland, Idaho are leaders in sustainable agriculture. They grow a variety of conventional and organic produce as well as compost. Hamanishi Farms is currently producing: Peppermint and Spearmint Oil, "Fruitland Super Sweets" - Sweet Onions (available July 1), Conventional Alfalfa and Orchard Grass Hay, Conventional Soft White Wheat, Storage Onions, Organic Rye Seed, Organic Peppermint Oil, Organic Alfalfa Hay, Beans, and Compost.
Kelley Orchards
53 Hill Road
Weiser, ID 83672
208-642-7265
kelleyorchards@gmail.com
kelleyorchards.com

Kelley Orchards in Weiser offers great fruit and a fun experience at the same time. They grow a variety of orchard fruits, including pie cherries, peaches, nectarines, plums, pluots and apples. Please call to find out when different fruit is ripe for picking. Their products are available at their orchard, Barn Store, State Produce in Weiser, and the Capital City Farmers Market in Boise.

Smith Berry Farm
2730 NE 25th Ave.
Payette, ID 83661
208-642-4120

Smith Berry Farm grows strawberries that can be found locally at AC&D Farms stand in Fruitland. They are also a part of the Boise Farmers Market.

States Produce
1880 E. 6th St.
Weiser, ID 83672
208-549-2305
Open 9am-6pm daily, closed Wednesday.

States Produce carries a large selection of flowers, vegetable plants and seasonal local produce.
Fruits & Vegetables

Oregon

Waterwheel Gardens
3700 Waterwheel Road
Emmett, ID 83617
208-365-1156 or 208-365-7570
waterwheelgardens@msn.com
waterwheelgardens.com
June 10 – Oct. 10, 9am - 5pm on Saturdays and 3pm - 7pm Tuesday - Friday.

Waterwheel Gardens is a small specialty farm on the east slope of the Emmett Valley near the beautiful Payette River. They grow a variety of tree fruits, berries, grapes, vegetables, herbs, and flowers on more than 25 acres of rich sandy loam orchard soil.

Waterwheel Gardens has a produce, fruit, and berry stand at the bottom of Freezeout Hill on Highway 16 in Emmett at Gem Cycle Park Road and Twisted Willow Antiques Friday. In Boise, visit their stand at the Capital City Market on Saturdays.

The Emmett Produce Stand (brought to you by Waterwheel Gardens)
3000 E. 12th St.
Emmett, ID 83617
208-365-8801
Open Tuesday - Saturday 10am-6pm

High quality produce, fruit, berries, vegetables, local honey, eggs, and more.

Ashby Family Farms
1649 Thunderegg Blvd
Nyssa, OR 97913
541-372-3761
aashby44@msn.com
ashbyfamilyfarms.com

Family owned and operated by Mark and Brandy Ashby and located in Nyssa, Oregon. We are transitioning to farm-fresh raspberries and weekly CSA boxes for the upcoming the 2015 year. Newly acquired as of spring 2014, the former Gaylene’s Greenhouse, located at Kinney & Keele Hardware in Ontario. We are honored to continue on Gaylene’s legacy of providing top-quality plants, vegetables, and flowers for the public.
Fruits & Vegetables

Corn Farms
650 Hwy 20-26
Ontario, OR 97914
541-889-5728
rcorn@fmtc.com
cornfarmswheat.com

Corn Farms is located in the beautiful Treasure Valley, in Eastern Oregon. Corn Farms consists of 1500 acres of diversified row crops. Corn Farms has produced Wheat for many years. We grow 3 Farm Fresh varieties of Wheat, Hard Red Spring Wheat, Hard White Spring Wheat, and Soft White Wheat. We also grow 3 types of Corn, Sweet Corn, High Moisture Corn and Dry Corn. We sell our Wheat and Corn by the truckload, by the bag, or even by the box! Their products are available for sale on-line through the Corn Farms Country Store site.

Froerer Farms & Owyhee Produce
1445 N. 3rd St.
Nyssa, OR 97913
541-610-0410
robin@owyheeproduce.com
owyheeproduce.com
facebook.com/OwyheeProduce

We are a new age farm, with old world experience; Owyhee Produce is the combination of three generations working side by side which lends itself to a hybrid-farmer/agrientrepreneurial business. Froerer Farms is a family business by choice. We do what we say we will: We operate with integrity and honor, by word, by handshake or by contract. Our families’ deep connection to the land, our relationship with our customers, and commitment to provide them with the finest produce available is what drives us 365 days a year. We are deeply invested in building an authentic connection with the folks who eat our produce. We want you to know how we grow it, the care and attention given to its quality, and our commitment to ensuring we provide you with the best onions possible.

Park Produce
1579 S. Park Blvd.
Ontario, OR 97914
541-235-1914
tedphoto@fmtc.com
Open 10am-8pm Sunday through Friday

Centrally located on three acres in Ontario, Park Produce grows a wide selection of fruits and vegetables, which are available in season at their farm stand. Their produce is grown using organic and sustainable methods, but is not certified organic. They grow a large variety of corn, tomatoes, cantaloupe, watermelon, potatoes, onions, peppers, cucumbers, squash, garlic, beets, carrots, string beans and herbs. They also offer brown eggs from vegetarian-fed hens. Park Produce thoroughly enjoys both growing the fruits and vegetables and meeting the grand folks who buy their products in their comfortable tree-shaded stand. They accept SNAP, Farm Direct Nutrition Program Checks and WIC Fruit and Veggie Vouchers.
Riverfront Garden

Hwy 201
Ontario, OR 97914
805-814-5909
meyer.walbridge@gmail.com

Riverfront Garden grows a variety of fruits and vegetables, including lettuce, cucumbers, chard, beets, kale, spinach, squash, melons and tomatoes. They accept both Farm Direct Nutrition Checks and WIC Fruit and Veggie Vouchers. Riverfront Garden is open July 1st through September 15th. Please contact by phone or email to order. Free delivery is available if you are located in or near Ontario.

R. Beaver's Nursery

202 W. Pioneer Rd.
Ontario, OR 97914
208-230-1495
beaversnewwine@mail.com

R. Beaver's Nursery is open from the beginning of July until the end of October in Ontario. They offer a variety of local, naturally grown produce, including watermelon, cantaloupe, Crenshaw, honeydew, peppers, cucumbers, tomatoes, beets, carrots, grapes, potatoes, blackberries and sweet corn. Local grape juice is also available. They accept Farm Direct Nutrition Program Checks and WIC Fruit and Veggie Vouchers. Produce from R. Beaver's Nursery can also be found at Red Apple in Ontario.

Sage Hill Farm

3657 Van Way
Vale, OR
541-881-9501
pat@tomphillipsagency.com

Sage Hill Farm, located in Vale, produces table, juice, and wine grapes. Sage Hill Farm is part of the Snake River Table Grape Association. If you are interested in purchasing grapes, please contact Sage Hill Farm by phone or email.

Treasure Garden Farms

PO Box 2672
Nyssa, OR 97913
541-372-5552
sfbenjamin2@gmail.com

Treasure Garden Farms started as a small family farm in 2004 with a focus on Community Supported Agriculture farming. They raise a large variety of produce, including a variety of vegetables, strawberries, pork and beef. The meat is sold by the animal (1/4, 1/2, or whole, and not by cuts.) Treasure Garden Farms accepts both Farm Direct Nutrition Checks and WIC Fruit and Veggie Vouchers. Please call to order.
PUTTING FOOD BY

Susan Barton, Master Food Safety Advisor

Note: This information is a brief overview of preserving foods. It is not intended to be a step-by-step guide to safely preserving foods.

“Putting food by” is a phrase once very common. It means preserving garden fresh produce when it is in abundance to enjoy throughout the year. Boiling water bath canning, pressure canning, pickling, freezing and dehydration are the methods used to preserve foods. Depending upon the food to be preserved, there are ways which must be used. In some instances, a choice of method is based on personal preference.

Before we discuss the preservation methods, let’s talk about resources. It’s important to use current, tested recipes. An investment in a copy of the Ball Blue Book of Preserving, which contains basic recipes, step-by-step processes, equipment required, and an altitude adjustment chart, is recommended. Using the correct processing time (or correct pressure when pressure canning) is critical to ensure a safe product.

Boiling Water Bath Canner – High Acid Foods – High acid foods can be divided into three groups, very high acid foods (i.e., berry fruits for jams and jellies), high acid foods (most berry fruits, stone fruit, apples, grapes, and pears as well as some pickled foods), and borderliner acid foods that need additional acid such as lemon juice (i.e., tomatoes).

A quick word about pickling...it’s not just for cucumbers! Vegetables such as asparagus, beets and green beans are great for pickling. Fruits such as pears and peaches can also be pickled. Pickling also includes the making of relishes and salsa. There are two ways to pickle – fresh or quick pack and fermented.

Freezing – Fruits readily available in our area can also be frozen. Advantages to freezing are (1) the process is fairly quick and (2) the nutritional value of the food is preserved. Freezing does not kill any bacteria on the product. (NOTE: Always thoroughly wash produce before processing it to remove surface dirt.). Frozen fruits may be packed in sugar, syrup or left unsweetened. Vegetables can also be frozen, the most common in our area being asparagus, corn and green beans. Most vegetables are blanched in either boiling water or steam prior to packing. Blanching serves to slow or stop enzymes which cause loss of flavor, color, texture and nutrients. Blanching also helps clean the vegetables of dirt and organisms.

Pressure Canning – Low Acid Foods – Low acid foods are vegetables, meats, poultry, seafood, legumes (beans) and mixtures of these foods. Low acid foods must be preserved using a pressure canner. Produce is prepared similar to boiling water bath canning. The prepared jars are placed into the pressure canner. A pressure canner has a dial or weighted gauge. Rather than processing for a specific period of time as with a boiling water bath canner, the processing time is based on pressure as measured on the gauge or dial for the time specified depending upon the type of food being processed, the size of the jar and how the food is prepared (cold/raw pack or hot pack). Low acid foods must be processed at a temperature higher than a boiling water canner in order to destroy microorganisms which cause botulism and food spoilage. As with the boiling water bath canner, the altitude plays an important role – with a pressure canner altitude determines the amount of pressure needed for safe processing. The home canner needs to make the correct adjustment for the altitude as well as venting the pressure canner.

Dehydrating – This is the least expensive way to preserve foods and perhaps the oldest. Some advantages to dehydrated foods are they take up less room than canned or frozen foods, are more portable and lighter in weight. Fruits, vegetables and herbs can be dehydrated, the process by which water is removed from the product. In this area, apples, stone fruit, and plums are good choices for drying. Good vegetables to dry include carrots, green peppers, onions, potatoes and tomatoes. Most fruits should be pre-treated to retain the color and decrease the possibility of browning.

While browning is an aesthetic rather than food safety issue, pre-treating is suggested. When drying vegetables, blanching is the suggested pre-treatment method. Blanching destroys enzymes which can make vegetables deteriorate and softens the vegetables. Some fruits also need to be peeled before drying. There are several methods for drying: food dehydrators, sun drying, solar drying and oven drying. Several factors affect the drying time – the type of food as well as size and moisture content, the type of dryer used, the pre-treatment method used and even the relative humidity. Once the product is dried and cooled, it must be immediately packaged and stored. Food grade glass, plastic and metal containers are recommended for storage to protect the food from light and air.

Your local extension office is another great resource for information on preserving. Idaho, Oregon and Washington (Pacific Northwest – PNW) extension services have joined together to publish booklets on preserving foods. The booklets are available for download by going to: http://www.extension.uidaho.edu/ada.
IDAHO

The Honey Store
2330 Hwy 30 West
Fruitland, ID 83619
208-452-7035
honeystore@fmtc.com

The Honey Store in Fruitland sells creamed honey and beeswax. They also sell bulk Local Wildflower Honey and Clover Honey. Their honey is pure, natural and raw. Grass fed beef is also available.

Snedaker's Fine Swine
3001 Cemetery Road
Cambridge, ID 83610
208-257-3455 or 208-566-4400
fine-swine@hotmail.com
facebook.com/SnedakerFineSwine

All natural USDA inspected retail cut pork. Visit us at the Capitol City Public Market, Downtown Boise EVERY Saturday. We also sell show-quality livestock for 4-H and FFA projects. Family owned and operated since 2001.

Turkey Ridge Farm and HomeGrown Poultry
4463 SW 5th Ave.
New Plymouth, ID 83655
208-278-0127 or 208-278-3471
turkeyridgefarm@aol.com
homegrownpoultry.net

Turkey Ridge Farm is located near New Plymouth, ID. We are fairly well diversified in the poultry we raise, including broilers, ducks, geese, turkeys and some guineas. We raise not only White Cornish Cross broilers, but also heritage broilers such as Red Rangers, Rainbow Rangers and Black broilers.

All our poultry products are processed at HomeGrown Poultry LLC, a state certified plant. HomeGrown Poultry is the first state-approved poultry processor in the state of Idaho and is the processor for Whole Foods market in Boise. Poultry processed in our 1920-square foot facility can be resold anywhere within the state of Idaho. We slaughter and dress all types of poultry, including chickens, ducks, geese, turkeys, chukars, pheasants, quail, and guineas.

Our skilled and experienced staff can assure your birds are treated with respect and are humanely handled. Eggs and produce are also available for sale. Contact for more information.
Weiser River Signature Beef
P.O. Box 77
Indian Valley, ID 83632
208-256-4496

Weiser River BEEF LLC, established in 2007, is a company that grows its own beef and utilizes that of other Idaho ranchers who raise livestock in and around the Weiser River Valley. This includes ranches in Weiser, Midvale, Cambridge, Indian Valley, Council, and New Meadows. Meat sold as Weiser River Signature Beef is source-verified and personally guaranteed, assuring that the products you purchase are of the very best in food quality and safety standards in America.

Weiser River Signature Beef provides product to area restaurants, such as Legends on Main in Weiser, Mackey’s Steakhouse and Pub in Ontario and several restaurants in the Cambridge and Council area.

Brown's Buffalo Ranch
720 Stephens Blvd.
Nyssa, OR 97913
541-372-5588
debbiebrown4@aol.com
brownsbuffaloranch.com

Brown's Buffalo Ranch began in 1972. Currently owned and operated by Tim and Debbie Brown, this adventure started with only 3 animals by a quiet yet enthusiastic retired farmer, Glenn Brown and wife Peggy.

Beginning with only the process of one animal in 1988, their little empire has grown from a hobby to the main business for their farm. Their all natural program provides customers with the finest quality bison meat available. Plush green pasture grass allows their animals to flourish as nature intended, without stress and with nutritional balance. They are proud to be ranchers that have carried on the tradition of raising the American Bison. Their products are served in many area restaurants and are also available for purchase through their website.
Cunningham Ranch
726 Succor Creek Road
Jordan Valley, OR 97910
541-339-3404
tiswesternlife.com
tiswesternlife@gmail.com

Cunningham Ranch is a local cattle ranch that provides quality beef to those who would like beef at a price they can afford. We cut out the middleman by directly selling our beef off the ranch to the consumer. All of our beef is grass-fed and finished, has never had any antibiotics or growth hormones and never has had any grains (no GMOs). We would never sell beef that we wouldn’t serve our own family, so you can rest assured knowing you are getting the best quality beef for your family.

Malheur River Meats
4276 John Day Hwy
Vale, OR 97918
208-573-1058
malheurrivermeats@mindspring.com
malheurrivermeats.com

Malheur River Meats in Vale raises 100% grass fed beef and goat, along with pasture raised pork, heritage turkeys, chickens, eggs. The turkeys are available seasonally for the holidays, while the other meats are available year-round. Their animals are allowed to naturally grow and finish without the use of added hormones or antibiotics. They practice humane welfare handling and have third party audits that certify their practices yearly. Animals at Malheur River Meats have plenty of room to express their natural behavior. Their pastures are free of herbicides, pesticides, and chemical fertilizers. Please contact to order or find their products at Natural Grocer Market, Whole Foods, Boise and the Boise Co-Op. Visit them at the Boise Farmers Market and Capital City Market in Boise and the Nampa Farmers Market.

Treasure Garden Farms
PO Box 2672
770 Columbia Ave.
Nyssa, OR 97913
541-372-5552
sfbenjamin2@gmail.com

Treasure Garden Farms started as a small family farm in 2004 with a focus on Community Supported Agriculture farming. They raise pork and beef. The meat is sold by the animal (1/4, 1/2, or whole, and not by cuts.) Treasure Garden Farms accepts both Farm Direct Nutrition Checks and WIC Fruit and Veggie Vouchers. Please call to order.
DAIRY & EGGS

Park Produce
1579 S. Park Blvd.
Ontario, OR 97914
541-235-1914
tedphoto@fmtc.com

Centrally located on three acres in Ontario, Park Produce offers brown eggs from vegetarian-fed hens. They accept SNAP, Farm Direct Nutrition Program Checks and WIC Fruit and Veggie Vouchers.

Treasured Sunrise Acres
31228 Highway 95
Parma, ID 83660
208-649-7602
treasuredsunrise@hotmail.com
treasuredsunriseacres.com

Treasured Sunrise Acres is a licensed Grade A raw goat and cow milk dairy in Fruitland. The whole Jantzi family operates the dairy. They turned their hobby of raising dairy goats and a few milk cows into a business. Please visit the dairy to purchase whole or skim, raw cow milk, raw cow cream and raw goat milk. Eggs are also occasionally available. Treasured Sunrise Acres milk is also available at the Boise Co-op, Cliff’s Country Market, Caldwell, Down to Earth Health Foods, Star and Caldwell Meats & Sea Food, Caldwell. Please contact for an appointment to tour the dairy facilities, visit the animals, and purchase milk.
FARMERS’ MARKETS

Farmers’ markets are a place where local food finds its way onto local tables and increases the bond between producers and consumers and provides for the future of farms and families. The Farmers’ Markets in this guide are producer markets where you can buy fresh produce, meats and dairy directly from the farmer who grew the food.

OREGON

Saturday Market
Downtown Park (S. Oregon St. and SW 1st Ave.), Ontario, OR
541-889-4058
tntfinnerty@localnet.com

Saturday Market is held at the Downtown Park (corner of Oregon and SW 1st Ave.) from 10am-2pm, June 14 through Sept. 27. You can find fresh produce, crafts, art, jewelry, and unique one of a kind treasure from local vendors. WIC fruit and veggie vouchers, FDNP checks, and SNAP benefits accepted. See Facebook.com/OntarioSaturdayMarket to stay informed or call 541-889-4058.

Vale Farmers’ Market
Just northeast of Vale, beside the Malheur River (Hot Springs Trading Post)
541-473-3044
valebookkeeping@fmtc.com

The Vale Oregon Farmers' Market opens mid-July. The market is open on Saturday from 10am until 3pm and Tuesday evening from 4pm-7pm.

IDAHO

Caldwell Farmers’ Market
Indian Creek, Blaine and 7th St. 
Wednesdays 3pm - 7pm
May 14 – September 10
Kathy May (208) 571-3474
klmbh@msn.com
www.caldwellidfarmersmarket.com

Emmett Farmers’ Market
Blaser Park - Washington Ave. and Hwy. 52
June 7 - November 1 Saturday 9am – 1pm
June 4 - October 29 Wednesday 3pm – 7pm
emmettfarmersmarket@yahoo.com
www.emmettfarmersmarket.com

Weiser Farmers’ Market
At the Weiser Train Depot
Every Saturday from 9am-noon
Beginning Aug. 2 and runs through Sept. 27th
(208) 501-4276

The Weiser Farmers’ Market highlights local growers and artisans and provides the option of local produce to the community while supporting the local economy.
The Honey Store
2330 Hwy 30 West
Fruitland ID 83619
208-452-7035
honeystore@fmtc.com

The Honey Store in Fruitland sells creamed honey and beeswax. They also sell bulk Local Wildflower Honey and Clover Honey. Their honey is pure, natural and raw.

Helm Acres Nubians
2226 7th Ave West, Vale, OR 97918
541-709-7084
DaileyRecord@msn.com
facebook.com/Helm.Acres.Nubians

Helm Acres Nubians is a farm that sells registered Nubian dairy goats, milkers and butcher kids. They use primarily non-certified organic practices. Call or email to arrange an order.

Soaps on the Trail
Vale, Oregon
541-709-7084
Soaps.onthe.trail@gmail.com
Soaps-on the-trail.com

Handcrafted goat milk soap and lotions. Our soap smells wonderful and feels marvelous on the skin! Treat yourself to a bar. You can find us at the Emmett Farmers Market on Wednesdays, the Ontario Saturday Market and Vale Trading Post on Saturdays. On-line ordering is available on the website.
Albertsons
1410 West Park Plaza
Ontario, OR 97914
541-889-9123
405 S. 8th St.
Payette, ID 83661
208-642-9075
albertsons.com

Albertsons offers an abundance of local produce in season. From apples, strawberries, and grapes to onions, potatoes, and asparagus, Albertsons brings food fresh from farms to you. By supporting local farmers, Albertsons is helping our community and making a variety of healthy food available to you in one stop. Open 7 a.m. to 11 p.m., 7 days a week.

Logan's Market
250 10th St. North
Vale, OR 97918
541-473-3793

Logan's Market in Vale offers local produce in season when available.

M & W Markets
424 Main St.
Nyssa, OR 97913
541-372-3916

M & W Markets offer local produce whenever available.

Pilgrim Market
102 N. Plymouth Ave.
New Plymouth, ID 83655
208-278-3090

Locally owned and operated, Pilgrim Market has been serving and supporting the community of New Plymouth for more than 50 years. They offer local produce in season when available.

Red Apple Marketplace
555 SW 4th Ave.
Ontario, OR 97914
541-881-1678
redapplemarketplace.com

Red Apple Market place is your personal store, offering a unique shopping experience, while providing the best selection, service and value in the Treasure Valley. They offer local produce on a regular basis.
**RETAIL**

Business listed here are not only owned and/or operated by community members, but make a point of buying from local producers and offering these products to their customers, further strengthening a sustainable local food system.

### IDAHO

**Weiser Classic Candy**  
449 State St.  
Weiser, ID 83672  
208-414-2850  
weiserclassiccandy.com  
candyman@weiserclassiccandy.com  
Monday-Friday 10am-5:30 pm  
Saturday 10am-4pm  
Sunday (open from Thanksgiving to Christmas)

The company has been in operation for over 30 years. We offer hand-dipped chocolates, ice creams and a full-service deli. We use as many fresh, local ingredients as possible. All chocolates are made on-site. We also sell wholesale to stores all over the West. We are Buy Idaho and Idaho Preferred Partners. Please call ahead to schedule a site tour.

**Total Health Inc.**  
1225 NW 16th St.  
Fruitland, ID 83619  
208-452-4900  
facebook.com/totalhealthidaho

Total Health sells local eggs, milk and honey. Local produce is also available seasonally. Call or visit the store in Fruitland for more information.

### OREGON

**Oregon Natural Market**  
373 SW 1st St.  
Ontario, OR 97914  
541-889-8714  
oregonnaturalmarket.com

Oregon Natural Market is a full service natural foods market, featuring locally sourced products whenever possible. All produce is organic and/or pesticide free. They offer an extensive selection of natural bulk foods as well.
These restaurants have committed to using local foods in their dishes whenever possible. Let them know you appreciate their support of local growers and ask them about their farm sources.

**IDAHO**

**Legends on Main Sports Pub & Grill**

114 E Main St.
Weiser, ID 83672
208-414-3066

We are not only a Pub N Grill; we have something fun going on ALMOST every day of the week. We have Weiser River Signature Beef on our menu and use local States Produce in season.

**The Loft**

125 West Idaho St.
Weiser, ID
208-414-2909
tyler@theloftweiser.com
theloftweiser.com

The Loft has a wonderful atmosphere that is sure to please anyone who comes through the door. Featuring local food on our menu, we are an easy place to find, but a hard place to leave! Catering and private event space available. Currently open for dinner on Friday night.

**OREGON**

**Bert’s Growler Garage**

1635 SW 4th Ave.
Ontario, OR 97914
541.889.2263
Monday – Thursday noon-9pm; Friday & Saturday noon-10pm; Sunday 12pm-5pm

There are always more than 30 beverages on tap, offering a rotating selection of craft beers, wine, sangria, and kombucha teas. Northwest microbrews and local area microbrews from McCall Brewing and Payette Brewing are some of the beers featured on tap. Growlers are available for purchase or if you have your own we will fill it too at no extra cost. A variety of menu items are available for lunch and dinner.

**Fiesta Guadalajara**

336 S. Oregon St.
Ontario, OR 97914
541-889-8064

Authentic Mexican cuisine, sourcing local and fresh food from local producers.
Jolts & Juice
298 South Oregon St.
Ontario, OR 97914
541-889-2211
jjc@fmtc.com
jjcglobal.com

Jolts & Juice started as a small coffee shop in 2001 serving espresso, smoothies and fresh squeezed juices. They have now expanded to three locations - two in Ontario and one in Caldwell. Through their Jack Henry Coffee Roaster Company, they micro roast their own coffee beans. At Jolts & Juice, you will find exceptional coffee, an entertaining atmosphere, and a uniqueness your senses will enjoy. They bake their pastries in house along with other in-house delights. The afternoon and evening crowd enjoy freshly made Panini sandwiches, appetizers, salads, craft beers and wines from the Northwest. We take great pride in quality and customer service.

R-Big Burger
163 Short St. South
Vale, OR 97918
541-473-2109
Monday-Saturday: 7am-8pm
Closed Sunday

Try the R-Big Buffalo Burger featuring burger from Brown’s Buffalo Ranch, Nyssa, Oregon.

Mackey's Steakhouse and Pub
111 SW 1st St.
Ontario, OR 97914
541-889-3678
mackeysonline.com

Mackey’s is a place where there are no strangers, only friends who haven't met yet. The restaurant is a comfortable, family friendly environment, with a bit of Irish flair. Great customer service is the number one priority at Mackey’s. Locally owned and operated, they believe in the community and being a good neighbor.

Sagebrush Saloon & BBQ
197 A St.
Vale, OR 97918
541-473-3777
www.sagebrushsaloon.com

The Sagebrush Saloon uses the freshest ingredients and takes pride in quality. They use local produce when available. Their menu features locally made Yoshio’s Spicy Thai Teriyaki Sauce.

Starlite Café
152 Clark St. N.
Vale, OR 97918
541-473-2500

Western Cafe setting on the Historic Oregon Trail. Family friendly dining serving your favorites from hamburgers and fries to prime rib on Wednesday and Saturday nights. Daily home-style meal specials in a comfortable family atmosphere. Remember to save a little room for the famous pies made from mother's recipes in the Starlite’s kitchen. Try the fresh strawberry, gooseberry or fresh pumpkin pies in season.
Community Gardens are great resources for learning about gardening, connecting to fellow gardeners and accessing fresh produce. Check out what area Community Gardens have to offer.

OREGON

Four Rivers Community Garden
802 SW 5th St., Ontario, OR 97914
Located between St. Matthews Episcopal Church and Next Chapter Food Pantry
St. Matthews Office: 541-889-6943
Espanol: Juanita Lassiter at 208-405-1609
fourriverscommunitygarden@gmail.com

The Four Rivers Community Garden is a place where we come together to discover, learn and inspire our community in creating an organic and resilient food system that also beautifies and enhances the land that has been given us to care for. FRCG is a partnership with St Matthews Episcopal Church, Next Chapter Food Pantry, Four Rivers Healthy Community, Community in Action and Snake River Chapter of Oregon Rural Action.

The Four Rivers Community Garden (FRCG) was established in 2008 by dedicated community members working for garden education, to improve the local food supply and to address hunger. Since 2008 the garden has taught many folks about gardening and annually donates hundreds of pounds of produce to the Next Chapter Food Pantry.

The volunteers are an enthusiastic and busy group of folks committed to teaching and learning, continued improvement in the garden, and increasing fresh vegetable production for the Next Chapter Food Pantry. As an incentive for volunteering, garden workers can also harvest a portion of the fresh produce for home use. The garden is a peaceful and productive place to spend time, to learn, and has become a real asset to our local communities. Volunteers and donations are welcome.

IDAHO

Western Idaho Community Action Partnership (WICAP)
Share the Harvest Community Garden (near the Head Start School)
2281 7 Avenue North
Payette, Idaho 83661

In 2009, a garden was started in the vicinity of the Payette Head Start School. There was a vacant lot that was hard to maintain so the Community Garden was begun. It was the intent to have it available to anyone in the community that wanted to help with a garden that would benefit the low-income of the area. The garden called Share the Harvest is managed by the staff of the Payette County Center with volunteers to help with the maintenance.

To sign up as a volunteer, please go to the Payette County Center. A portion of produce that is harvested is sold through a local Farmer’s Market. These funds are used to purchase materials, seeds, and plants for the garden for the following year. The goal of WICAP is to have the garden be completely self-sufficient and used by the community.
**Tandem Brewing**

298 S. Oregon St.
Ontario, OR 97914
541-889-4166.

Oregon’s newest Small Batch Micro Brewery. We provide a variety of unique beers at reasonable prices. We pride ourselves by using only the freshest ingredients, created with distinct flavors and carefully brewed in extra small batches to ensure a truly different, refreshingly smooth, and flavorful experience. Located in Jolt’s & Juice Co. Coffee House & Bistro downtown location.

**Beer Valley Brewing Company**

937 SE 12th Ave.
Ontario, OR 97914
541-881-9088

Open to the public for the sale of growlers and packaged product during the following hours:

- Thursday and Friday: 2pm - 6 PM
- Saturdays: 11 am - 3 pm. Tours of the brewery are offered on the first Saturday of every month at 1pm.

Beer Valley Brewing Company is a small, independent microbrewery located in Eastern Oregon. Founded in 2005 by brewer Pete Ricks, the brewery started production in Ontario, Oregon in the summer of 2007.

Specializing in the production of strong ales, the brewery currently produces 6 brands year round, plus occasional seasonals. Beer Valley Brewing beers are available in the states of Oregon, Washington, Idaho, California, Nevada, and Arizona.
Emergency Food Pantries are a place where individuals and families in need (those who are at or below 185% of the Federal Poverty Limit) can access 3 to 5 days of food supplies to supplement other household resources. They are typically staffed by volunteers (often associated with one of the area’s many faith-based organizations); open multiple times during the month and, at their best, work from a philosophy of “Manage the Product, Not the People.”

Many Pantries throughout the region are "shopping-style" programs that offer households the variety and selection of what they can really use (and what family members will actually eat), while substantially reducing waste. Most Pantry sites allow access up to 12 times per year (once a month). While each of these organizations encourages open community-wide access, Pantries should be contacted directly for questions regarding ID requirements and service boundaries.

(Nota: Programs supplied by Oregon Food Bank do not require Social Security information as a prerequisite for receiving food assistance.)

For additional information, please contact Oregon Food Bank- Southeast Oregon Services at (541) 889-9206 (Oregon Food Bank does not provide direct client services).

Oregon Food Bank-Southeast Oregon Services
773 S. Oregon St.
Ontario, OR 97914
(541) 889-9206
We are unable to provide direct service from our location.

Next Chapter Food Pantry
762 SW 5th St. (Adjacent to St Matthew’s Episcopal Church)
Ontario, OR 97914
541 889-9332
Tuesday 4pm - 6pm
Thursday 12pm - 3pm

Next Chapter Food Pantry (Location II)
180 NW 1st St. (First Christian Church)
Ontario, OR 97914
(541) 889-6716
Friday: 12pm - 3pm

Blessed Sacrament Community Food Pantry
829 SW 2nd Ave.
Ontario, OR 97914
(541) 889-8469
Tuesday & Thursday 1pm - 4pm

The Family Place Supplemental Food Pantry
390 NE 2nd St.
Ontario, OR 97914
(541) 889-1050
Wednesday 2pm -5pm

Nyssa Community Food Pantry
Corner of 5th & Main
Nyssa, OR 97913
541-372-5623
Monday 4pm - 7pm
Thursday 9am - 1pm

The Vale Pantry
Corner of Bryant and "B" St.
(in the basement of City Hall, across from Courthouse)
Vale, OR 97918
Tuesday 1 pm – 4 pm
Thursday 12pm - 3pm

Jordan Valley Food Pantry
604 Oregon St. (next to JV Elementary School)
Jordan Valley Oregon 97910
Call (541) 889-9206 for more information.

Annex Mobile Pantry
Annex School (402 Annex Road)
Ontario, OR 97914
Call (541) 889-9206 for more information.

Oregon Food Bank Rural Harvest Share Program
Delivering Fresh Produce to Arock, Jordan Valley, Crane, OR
Call (541) 889-9206 for more information

Oregon Food Bank and its member agencies are “Equal Opportunity Providers”
Informational & Other Resources in Oregon & Idaho

Nutrition & Education

Extension/4-H
Oregon State University Extension Office
(Cooking, Nutrition, Food Preservation, Youth Programs)
710 SW 5th Ave
Ontario, OR 97914
(541) 881-1417
http://foodfororegon.oregonstate.edu/

Oregon State University Extension
(Family Community Health, SNAP-ED, and 4-H Youth Development)
Barbara Brody
581 SW 33rd Street, Ontario, OR 97914
541-207-8078
barbara.brody@oregonstate.edu
foodhero.org

University of Idaho Extension Office
www.extension.uidaho.edu
(Health and nutrition, food safety, youth development programs)
Payette County Extension Office
Address: P.O. Box 10 (16 South 9th St.)
Payette, ID 83661
Phone: (208) 642-6022
Fax: (208) 642-6034
Email: payette@uidaho.edu
Web Address:
http://extension.uidaho.edu/payette/

Additional Services & Providers

Beyond Emergency Food, there are many other Food-related resources and supplemental services. A few are listed below:

Oregon Department of Human Services
(Ontario Region)
(SNAP & TANF Benefits, other family resources)
186 East Lane, Suite 2
Ontario, OR 97914
(541) 889-9141
www.oregon.gov/DHS

Harvest House Missions
(208) 369-3995
www.harvesthousemissions.org
www.summerfoodorgeon.org

Idaho Food Bank
(Information about Idaho Food Pantries, etc.)
(208) 336-9643
www.idahofoodbank.org

On The Web

211 (Oregon & Idaho)
http://211info.org

Oregon Food Bank
www.oregonfoodbank.org

Partners For A Hunger Free Oregon
www.oregonhunger.org

Idaho Hunger Task Force
www.idahohunger.org