The Local Food Guide

About Local North Coast Food 2
About Our Food System 3
How Can We Improve Our Food System? 4
Farms, Ranches and Fisheries 5
  Farm Stands and U-Picks 6
  CSA Farms 10
  Farmers’ Markets 13
    Farms, Ranches and Fisheries 17
Environmental Issues 34
Food Waste 35
Caterers 36
Restaurants 39
Grocery Stores 53
Packaged Food and Beverages 56
Food-Related Events 76
Seasonality Charts 80
Growing, Cooking and Preserving 82
Seed, Plant Starts and Supplies 85
Community Gardens and Farms 88
Food Security 93
About Locally Delicious 96

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We have made every attempt to create a complete and accurate guide. We apologize for any errors or omissions. If you see any, please let us know by sending us an email.

Locally Delicious, Inc. A 501(c)(3) nonprofit
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www.locally-delicious.org
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Cover Photo: Rhonda Weidenbeck, Beck’s Bakery. Photo by Lauren Sarabia. Read more on page 58.
Locally Delicious
The far north coast of California is known for its towering redwoods, dramatic coastline, and remote beauty. But the coastal counties of Humboldt and Del Norte are also blessed with fertile plains and river valleys, easy access to the bounty of our six rivers and the Pacific Ocean—the ideal foundation for a rich agricultural system. This was not lost on the indigenous peoples of the area.

For centuries, the tribal communities of the North Coast were self-sustaining, and today those communities are working to restore native foods. These foods are increasingly showing up across the region alongside local agricultural output in our farmers’ markets, community gardens, and even grocery stores. That local agricultural output is significant in depth, breadth, and deliciousness.

Today, our ranches provide plentiful dairy and beef. Our fisheries supply ocean fish, salmon, oysters, and crab. Fruit and vegetable production continues to grow, and grain harvests are burgeoning. There are now more than 100 farms, six commercial beekeepers, many ranches, and almost 40 community farms and gardens.

Home food gardening is regaining popularity and enjoys support from multiple local nonprofit and government organizations. Locally produced packaged food and beverages are growing industries, too, with over 130 companies making baked goods, cheeses, sauces, chocolate, beer, wine, spirits and more, and there are plenty of organic, GMO-free and gluten-free options. North Coast products have won multiple awards and can be found across California and beyond.

Many of our restaurants are working to procure more of their ingredients locally, and local groceries provide fresh, local food and are an important customer base for local farmers and packaged product makers. Our food bank, Food for People, works with local farmers to provide food to their clientele. Local hospitals and healthcare organizations have gardens and/or make major financial donations to support the provision of local food to their clients and others.

Schools are doing their part, too, with gardens and farm-to-school programs, and a number of local nonprofit, county and city organizations also contribute to the effort. While today’s school gardens are not sufficient to provide food for the entire school system, they play a valuable role by helping to teach children the connection between what we eat, where it comes from and our health.

There is a strong movement here on the North Coast to return to a largely self-sustaining model, limited only by the lack of effective infrastructure to connect producers with customers. It is part of our goal as an organization to accelerate the development of such a system and you can help us get there by making a determined effort to eat locally, using the resources in this guide.

First step: See pages 80-81 to see what’s local and in season right now!
About Our Food System

**Celebrating & Supporting Local Food – Why It Matters**

The Local Food Guide is designed to make it easy for residents and visitors to find the freshest, most delicious food grown, raised and produced in Humboldt and Del Norte counties and to celebrate and support our rich, diverse local food system.

We describe our core local food system values as the “3 Es”: Equity, Economy and Environment, and we are proud of the progress our region is making in expanding these sustainable values and increasing support for our organic local food system. We believe that what we do matters, that we all play a role in the health of our people, our communities, the natural resources in our environment and the vitality of our economy.

**Food for Thought: Giving Local Food a Voice**

By Jennifer Bell

The loudest voices in the food world are those of fast and processed foods—Big Macs™ and Coca-Colas™. Have you seen an advertisement for kale or beets and the farmer who grew them? Tremendous sums of money are pumped into creating a culture of processed foods as comfort foods, and the result has been devastating for Americans and the rest of the world. Consumption of primarily processed foods has led to poor health related to poor diet, and the constant drive to produce more and more cheap food is destroying the soil and water that are critical to all ecosystems.

Over the past 10 years through radio and film, Jessica Eden and I have been giving local food in Humboldt County a voice. *Coastal Foods: Sowing the Seeds of Sustainability* is a 40-minute film that explores Humboldt’s coastal local food movement including Community Supported Agriculture farms (CSAs), native community health, and how important young people are to the future of local foods. *Going With the Grain* is a 50-minute film that describes the resurgence of local grains in Humboldt County, including wheat and quinoa, in which entrepreneurs share how they have incorporated local grains into their products.

Are you part of a group that would be interested in screening the films? Service organizations, churches, granges, community centers and schools are excellent for screening these films. If you have a screen and a group, contact me at humfoodgirl@gmail.com to schedule a date to show the films.

**Locally Delicious—The Film**

Locally Delicious also has a film that will provide “food for thought” titled *Locally Grown – America’s Food Revolution*. You can view it for free at www.locallygrownthefilm.com. DVDs are also available for sale from the website.
How Can We Improve Our Food System?

What can I do in my own life?
- Whenever possible, make purchases that embody the values you want to see in your community.
- Eat organic, locally grown food when possible.
- Grow food yourself. Cook, and teach others to grow and cook.
- When dining out, choose restaurants that offer local ingredients.
- If eating meat, choose local, grass-fed and pastured meat.
- Choose local dairy products.
- Avoid GMO foods by eating local and organic.
- Check origins and ingredients; look for foods made nearby with ingredients you recognize.

What can I do in my community?
- Work with others toward food equity and a local food system that is less damaging to the environment.
- Volunteer at or join organizations like Food for People, Humboldt Permaculture Guild, Humboldt Garden Collective, the Humboldt Food Policy Council, Del Norte Food Policy Council and Locally Delicious.
- Advocate for local policies that support local food systems.

What can I do at the state and national level?
- Whenever possible, make choices that embody the values you want reflected in our state and national agricultural and environmental protection policies.
- Sign petitions, call elected representatives on food-related issues and work with organizations that do the same.
- Vote for candidates who value social equity, a sustainable and economically sound local food system and who work to mitigate climate change.

Listed below are some state and national organizations to consider supporting.
To make it easier for you to find what you want, we’ve split this section into four mini-directories, each organized by county: farm stands and U-picks; farms that offer community-supported agriculture (CSA) subscriptions; farmers’ markets; and a comprehensive list of all the farms, ranches, and fisheries across the two counties.

Our varied climate permits farmers to grow a wide range of produce. On the coast, you’ll find more greens and root vegetables—lettuce, kale, chard, broccoli, cauliflower, Brussels sprouts, cabbage, onions, garlic, carrots, parsnips, radishes, turnips, beets, and squash, plus peas and beans. From inland farmers, we get heirloom tomatoes, peppers, cucumbers, and more. There’s always something new to try at the markets!

We have a bounty of fruit, too. Tree fruit like apples (Try some of the delicious Humboldt natives like the winter-ripening Waltanas.), pears, peaches, plums, persimmons, kiwis, cherries, figs, and more. Blueberries, strawberries, raspberries, grapes, and melons are plentiful, and we have an abundant supply of native wild blackberries, as well as walnuts and chestnuts.

Abundant grazing land and increasing adoption of regenerative agriculture practices has given us a thriving meat and dairy culture, too. You can buy local farm-raised beef, lamb, bacon, sausage, poultry, eggs, cheese, rabbit and goat meat at farmers’ markets; fisheries and oyster farmers sell from the docks as well as at farmers’ markets, and local sourcing is an increasingly common feature in restaurants and grocery stores.
Farm stands and U-picks (where you pick your own produce) provide some of the freshest fruits and vegetables you can find. Some farmers sell directly from their farms by appointment, and most also sell at farmers' markets; some accept EBT cards (CalFresh). These and other details are noted in the main farm directory, starting on page 17. So find the season for your favorite produce in the table on pages 80 and 81, check which farmers sell them, and hit the road for your own personal North Coast Farm Tour!

Note: Two farm stands in Del Norte County are not shown on the map but are included in the directory.
U-Picks

**College of the Redwoods**
Shively Farm
409 Shively Flat Rd
Scotia, CA 95565
silas-sarvinski@redwoods.edu
Instagram: CRshivelyfarm
Open at the end of September or beginning of October, depending on the weather
Email or message Instagram for details

**Noble Berry Farm**
3563 Fieldbrook Road
Fieldbrook, CA 95519
707-834-6299
Facebook: Noble Berry Farm
Instagram: Blueberiplanet
Products: Blueberries
Approximately June to August
Daily: noon (or earlier by appointment) to 6:30 p.m.

Farm Stands

**Del Norte**

**Alexandre Family Farm**
7950 Bailey Road
Fort Dick, CA 95538
vanessa@alexandrefamilyfarm.com
www.alexandrefamilyfarm.com
Products: Organic milk, organic pasture-raised eggs, organic pastured pork and organic grass-fed beef
Wednesday to Friday 2 to 6 p.m., Saturday 10 a.m. to 6 p.m. and Sunday noon to 4 p.m.

**Ocean Air Farms**
Farm stand at 2420 Morehead Road
Crescent City, CA 95531
707-616-1632
oceanairfarms@gmail.com
Products: Produce
June to November:
Saturday 10 a.m. to 4 p.m.
Sunday noon to 4 p.m.
December to May:
Saturday only 10 a.m. to 4 p.m.

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Farm Stands and U-Picks

City of Arcata’s Bayside Park Farm
930 Old Arcata Road
Arcata, CA 95521
707-822-7091
baysideparkfarm@cityofarcata.org
www.cityofarcata.org/rec
Products: Seasonal fruits and vegetables and flowers
Wednesdays noon to 6 p.m.

Clendenen’s Cider Works
96 12th Street
Fortuna, CA 95540
707-725-2123
clif@clendenensciderworks.com
Products: Many varieties of apples, fresh apple cider and produce
Daily: August to February
Monday to Saturday 9 a.m. to 5:30 p.m.
Sunday 10 a.m. to 5 p.m.

College of the Redwoods Shively Farm
7351 Tompkins Hill Rd
Eureka, CA 95501
silas-sarvinski@redwoods.edu
Instagram: CRshivelyfarm
Located at College of the Redwoods campus near the student services administration building
Once a week during the fall semester
Email or message Instagram for schedule and details

The Community Park Farm
1144 Sprowl Creek Road
Garberville, CA 95542
707-267-0851
ynotgo2@yahoo.com
Instagram at mykal_avidity_wine
Products: Seasonal produce, eggs, pork, flowers and hay.
Year round 8 a.m. until dusk,
7 days a week

Sarvinski Family Farms/Corn Crib
Avenue of the Giants
Pepperwood, CA 95569
About 2 miles down from Southbound 101 Exit 674
707-786-9240 or 707-499-0774
gsarvinski@gmail.com
Facebook: The Corn Crib
Products: Produce
Approximately July 15 to October 31
Wednesday to Sunday 10 a.m. to 6 p.m.

Fieldbrook Valley Apple Farm
336 Rock Pit Road
Fieldbrook, CA 95519
707-498-9228
lovesgorapples@suddenlink.net
Facebook: Fieldbrook Valley Apple Farms
Products: Apples (50+ varieties), blueberries and vegetables
Approximately August to end of November
Daily 10 a.m. to 4:30 p.m.

Fair Curve Farm
Aubrey Schooley and Ben Thompson
Shaw Ave and Main St at the Wells Fargo parking lot
Ferndale, CA 95536
559-246-2246
faircurvefarm@gmail.com
www.faircurvefarm.com
Products: Certified organic mixed vegetables, flowers, and herbs
June to November, Saturdays only
10 a.m. to 2 p.m.
Also has free choice CSA

Flood Plain Produce
Avenue of the Giants
Pepperwood, CA 95565
707-722-4330
Products: Produce and fruit
Orders for canning quantities welcome. U-pick flower garden.
Approximately July through October
Daily 11 a.m. to 5 p.m.
Vacation rental on farm

Kneeland Glen Farm Stand
5851 Myrtle Avenue
Eureka, CA 95503
707-496-0459
Products: Produce, eggs, hand-made items, cottage-industry foods and crafts from about 20 vendors
Daily noon to 6 p.m.

Organic Matters Ranch
6821 Myrtle Avenue
Eureka, CA 95503
707-407-FARM (3276)
Products: Produce, meats, crafts and baked goods
Daily in October
Monday to Friday 12 noon to 6 p.m.
Weekends 10 a.m. to 6 p.m.
Pumpkin patch and sunflower maze.
Field trips by appointment.

The Corn Crib Farm Stand
Avenue of the Giants, Pepperwood
Mid-July to Oct. 31
Wed. to Sun. 10 a.m. to 6 p.m.
Corn, tomatoes, squash, melons, garlic, beans, cucumbers and more.
Sarvinski Family Farm
707-499-0774
gsarvinski@gmail.com
Farm Stands and U-Picks

Redwood Roots Farm
45 Fellowship Lane
Bayside, CA 95524
½ mile down Jacoby Creek Road
Bayside, CA 95524
707-826-0261
Products: Produce and flowers
June to October
Tuesday and Thursday noon to 6 p.m.
Also has CSA and accepts EBT

Riverbend Cellars Estate Gardens
Inside tasting room
12990 Avenue of the Giants
Myers Flat, CA 95554
707-943-9907 (for messages)
Facebook: Riverbend Cellars
Products: Produce
May to October noon to 6 p.m.

Saechao Strawberries
1665 Thelma Street
Fortuna, CA 95540
707-845-3930
Products: Strawberries
Late spring until fall
Daily 9 a.m. to 5 p.m. or until sold out

Trinity River Farm
2443 Highway 96
Willow Creek, CA 95573
530-629-3200
Products: Fruit and vegetables, plant starts, local jams, jellies and sauces
April to Thanksgiving
Daily 8 a.m. to 6 p.m.
Also satellite location:
Tent next to the Willow Creek Renner
Daily July through October
10 a.m. to 6 p.m.

10 Ways to Eat Locally on a Budget

1. **Buy in season.** Food costs less in season and tastes better at its peak. Look for sales on in-season food. Buy extra when something you like is in season and use it for canning, freezing or drying.

2. **Buy “seconds.”** Farmers often have items that may be ugly or have a few dents or scars but are no less nutritious than their beauty-queen cousins. They will often sell these items at a discount. Eat them fresh or use for canning, drying or freezing.

3. **Eat all of the food you buy.** Americans, on average, throw away 40% of the food they buy. Plan menus in advance, be creative with leftovers and freeze extras.

4. **Cook at home.** One of the best ways to have a healthy, lower-cost diet is to cook at home. To save time, cook big batches and freeze some.

5. **Grow some of your own food at home or in a community garden.** You can’t get fresher than that!

6. **Use smaller amounts of high quality local grass-fed or pastured meat.** Use it as an ingredient rather than the main focus.

7. **Incorporate plant-based proteins.** Beans and other legumes (including soy), nuts and quinoa can provide a healthy source of protein for a lower cost than meat.

8. **Join a CSA.** The total cost of the food in a share may be 50-60% of the cost of buying the items individually.

9. **If you are eligible for CalFresh, sign up for it.** Use it to buy local items at groceries and farmers’ markets, CSAs and farm stands. Some farmers’ markets match part of the funds to increase your benefits (Market Match). Grow your own food by using the benefits for plant starts and seeds.

10. **If you qualify, use the Food for People (FFP) food bank.** Local bread and produce are often available. FFP gets support for local food from many community organizations, and donations from farmers and individuals.
Community Supported Agriculture Farms

CSA farms sell directly to the public in the form of a subscription. Most CSA farmers prefer to get commitments from their customers in the form of advance payment at the beginning of the growing season; this helps the farmer at a time when there may not be much income from harvests but significant expenditures are needed for planting. Customers can often choose whether to pick up their produce at the farm, at a farmers’ market, or at some other central location. CSA subscription prices generally average out to a lower weekly cost than purchasing individual items at the farmers’ market, and they’re a great opportunity to try new foods. We even have a Community Supported Brewery and a Community Supported Bakery now!

Deep Seeded Community Farm
Eddie Tanner
Arcata, CA 95521
707-825-8033
deepeeeded@gmail.com
30- or 36-week shares
Farm pickup
Accepts EBT

Earthly Edibles
Ed Cohen
Korbel, CA 95550
707-502-5833
earthlyediblescsa@gmail.com
Facebook: Earthly Edibles
Instagram: Earthly_Edibles_Farm_ and_CSA
CSA 22 weeks summer and fall.
Full and half-shares, pick up at farmers’ markets in Arcata and Eureka or at farm.

Bayside Park Farm
Ben Kaplan-Good
Arcata, CA 95521
707-822-7091
baysideparkfarm@cityofarcata.org
CSA: 21 weeks, June through October, weekly distribution (Tuesday or Friday)
Also has a farm stand

Beck’s Bakery
Community Supported Bakery (CSB)
100 Ericson Court, Suite 100C
Arcata, CA 95521
707-840-8004
info@becksbakery.com
100% whole grain breads (not available in stores). Taste the flavor of regionally grown, fresh milled organic grains. Pick-up at bakery, some farmer’s markets and other locations.
www.becksbakery.com
www.shopbecksbakery.com
info@becksbakery.com

About Typical CSA Members
Most CSA members increase their produce consumption, improve their overall diet, spend more time cooking or preparing food, develop a greater awareness of agriculture and environmental issues, and reduce the time spent shopping for food.

About Typical CSA Farmers
CSA farmers tend to be younger than the average age of farmers and a higher percentage are women. CSA farms tend to be smaller scale, more ecologically diverse, and certified organic or follow organic practices. They are frequently also family-owned.

Now accepting new shareholders for 2020 season

Apple, artichokes, basil, beans, beets, broccoli, carrots, cauliflower, cabbage, chard, kale, lettuce, melons, onions, peas, peppers, potatoes, radishes, sweet corn, tomatoes, winter squash, zucchini

earthlyediblescsa@gmail.com
Community Supported Agriculture Farms

**Fair Curve Farm**
Aubrey Schooley and Ben Thompson  
Ferndale, CA 95536  
559-246-2246  
faircurvefarm@gmail.com  
Free choice CSÅ June to November, pick up at Fortuna farmers’ market, Arcata Plaza farmers’ market or  
Also has a farm stand

**Humboldt Regeneration Brewery**
Community Supported Brewery  
McKinleyville, CA 95519  
707-738-8225  
humboldtregeneration@gmail.com  
Details under Packaged Products: Breweries

**Locally Delicious**

Do you want to eat more fruits & veggies?  
**JOIN A CSA**  
CSA members eat up to six times more fruits & veggies than non-CSA members.  
Visit www.caff.org/csams to find a CSA or farm stand near you.

In Community Supported Agriculture (CSA), consumers invest in a farm at the season’s start in exchange for a weekly share of produce with reaching deliveries. Many welcome CalFresh. Call 707-433-8766 for assistance.
Redwood Roots Farm
45 Fellowship Lane
Bayside, CA 95524
½ mile down Jacoby Creek Road
707-826-0261
janetcz@humboldt1.com
Main season share (June to October)
Winter U-pick share (November to March)
Spring share (April to May)
U-pick flower share (July to October)
Accepts EBT. Also has a farm stand

Shakefork Community Farm
Kevin and Melanie Cunningham
Carlotta, CA 95528
707-498-3546 or 707-215-4000
shakeforkcommunityfarm@gmail.com
www.shakeforkcommunityfarm.com
22 weeks. Pick up at farm or Fortuna or Garberville farmers’ markets and other locations. Accepts EBT

Tule Fog Farm
Shail Pec-Crouse and Sean Armstrong
Arcata, CA 95521
707-502-9514
tulefogfarm@gmail.com

Does Joining a CSA Make Sense for You?
If you’re looking to eat more fruit and vegetables, expand your cooking repertoire, and get your hands on the freshest, most delicious produce, you’ll love belonging to a CSA! You’ll have the opportunity to get to know local farmers, many of whom are younger and women and/or families, and learn more about how they farm responsibly, in a way that respects and preserves the environment. Partial shares and payment plans are often available. Some farmers also accept EBT cards (CalFresh). Product and additional contact information is included in the main farm directory.
Certified farmers’ markets enable farmers to sell directly to consumers at a fair market price. Because of this, small family farms are making a big comeback. Farmers’ markets are great places to get to know your local farmers and what is grown/raised here. You’ll discover the freshest, naturally ripened fruit and vegetables, local honey, oysters, meat, poultry, mushrooms, cheese, wine, flowers, herbs and food-plant starts and seeds directly from the producer. You will find a variety of foods prepared in home kitchens, such as jams, dried fruit, candy and baked goods, thanks to the Cottage Canning Law. Many markets also have delicious hot, ready-to-eat food, which you can enjoy while listening to live music and other entertainment. What a great way to have fun in the community!

Farmers can accept CalFresh at our farmers’ markets through the use of the Electronic Benefits Transfer (EBT) card. You'll also find the Market Match program, California’s healthy food incentive program that matches customers’ federal nutrition assistance benefits like CalFresh and WIC at farmers’ markets, which doubles the value of fresh, local food people can buy. Both CalFresh and Market Match are important for farmers and consumers alike.

The farm listings include the markets attended by each farmer, but these can change from week to week so, if you’re looking to visit with a particular farmer at the market, you might want to check in with them first to make sure they’ll be there.
The Arcata Plaza Farmers’ Market is one of the first four certified farmers’ markets and is now the longest continuously run market in the state of California. The 10 weekly NCGA markets feature only Humboldt County grown, GMO-free produce, meat, eggs, honey, wine, plants, flowers, fiber and other agricultural products. Farmers must personally grow everything they sell at market. Only the farmer and their family members or employees are allowed to sell at the market, so customers are sure to buy directly from the source, and receive first-hand information about the products available to purchase. CalFresh EBT and WIC are welcome, and the Market Match program helps make fresh food affordable.

NCGA is the largest of the regional growers’ associations in Humboldt County. It has both agricultural and non-agricultural members. The farm directory in this guide includes only those members who sell raw food, food plant starts or seeds. A full list of members may be found on the NCGA website.

The markets are community gathering places with music, prepared food and fun activities for all.

Detailed market information and links to social media pages can be found on the NCGA website.

North Coast Growers Association
PO Box 4232, Arcata, CA 95518
707-441-9999
info@northcoastgrowersassociation.org www.NorthCoastGrowersAssociation.org
Markets in Northern Humboldt County

Saturdays

Arcata Plaza Farmers’ Market (Year-Round)
The Plaza is located in the heart of downtown Arcata between 8th and 9th Streets and G and H Streets
Hot prepared food available

Main Season Market
April 4 to November 21
9 a.m. to 2 p.m.
Live music every week
10:30 a.m. to 1:30 p.m.

Winter Market
November 28, 2020 to March 27, 2021
10 a.m. to 2 p.m.

Eureka, Old Town
June 30 to October 27
10 a.m. to 1 p.m.
F Street between 1st and 2nd Streets
in front of the Gazebo
Live music every week

Fortuna
June 2 to October 27
3 to 6 p.m.
10th Street between Main and L Streets
Live music every week

Thursdays (continued)

McKinleyville
June 4 to October 29
3 to 6 p.m.
Central Avenue and Pickett Road
at Eureka Natural Foods
Live music every week

Willow Creek
June 4 to August 27
4:30 to 7:30 p.m.
Veteran's Park, Kimtu Road

Friday Night

Craft and Farmers’ Market
Eureka Visitor’s Center and NCGA
www.visiteureka.com/friday-night-market
events@visiteureka.com
707-440-9350
At 2nd and E streets in Old Town
June 5 to September 25
5 to 8 p.m.
Farmers, art and craft vendors, a bar
with 100 percent local beer, wine and spirits, live music, and kids’ activities.
Markets in Southern Humboldt County

Mondays
Miranda
May 4 to October 26
2 to 6 p.m.
In front of the Miranda Market
Avenue of the Giants

Tuesdays
Shelter Cove
May 5 to October 27
11 a.m. to 3 p.m.
Machi Road
at Mario’s Marina Motel

Fridays
Garberville
May 1 to November 20
11 a.m. to 3 p.m.
Town Plaza
Live music every week

Southern Humboldt County

Maps produced by the Institute of Cartographic Design at Humboldt State University

Del Norte County Farmers’ Markets

Crescent City Farmers’ Market is a certified farmers’ market. It accepts EBT and WIC and also participates in the Market Match program. It has hot-food vendors, meats, bread and other baked goods, locally grown fruit and vegetables and local crafts. The market is sponsored by the Crescent City Fairgrounds. Contact: Dawn at 707-460-3537.

The Downtown Crescent City Farmers’ and Artisans’ Market accepts EBT, Market Match and Open Door Vouchers. The market is a downtown hot spot for lunch. More micro and family farms are participating in the market this season. Sponsored by the Crescent City Downtown Divas. Contact Billie Kaye Gavin-Tygart, 707-954-2260.

Saturdays
Crescent City Certified Farmers’ Market
June 6 to October 31, 2020
9 a.m. to 1:30 p.m.
Del Norte County Fairgrounds
Crescent City

Wednesdays
Downtown Farmers’ and Artisans’ Market
June 3 to October 28, 2020
9 a.m. to 2 p.m.
Downtown Crescent City
Front and K Streets
Farms, Ranches and Fisheries

Symbols for Farm Products

- Dairy including cheese
- Eggs
- Fish and shellfish
- Honey
- Meat including beef, lamb, pork, goat and chicken
- Produce including grain and mushrooms
- Plant starts or seeds
- Organic, Certified or Registered

“Market(s)” at end of listing shows the farmers’ markets they attend.

Del Norte County

Alexandre Family Farm
Blake and Stephanie Alexandre
8371 Lower Lake Road
Crescent City, CA 95531
707-487-1000
vanessa@alexandrefamilyfarm.com
www.alexandrefamilyfarm.com

Products: Organic milk, organic eggs from pasture-raised chickens, organic pastured pork and organic grass-fed beef
Also has a farm store. See listing under Farm Stands (different address)

Hill Organic Beef
500 Westbrook Lane
Smith River, CA 95567
Facebook: Oat Hill Organic Beef
Products: Certified organic, pasture-raised Angus beef
Market: Local groceries and online
See Facebook for details

Annie Mack’s Family Produce
635 Elk Valley Road
Crescent City, CA 95531
707-501-9642

Products: Mixed seasonal produce with emphasis on wheat grass, microgreens and salad mixes
Facebook: Annie Mack’s Family Produce
Market: Crescent City and Facebook

Blueberry Hill Farms
Rick Shepard
3290 Kings Valley Road
Crescent City, CA 95531
707-464-4344
blueberryhillca@aol.com
Facebook: Blueberry Hill Farms
Products: Blueberries
Markets: Crescent City
On-site sales but call ahead

My Honey’s Produce
Smith River, CA
707-218-7379
MyHoneysProduce@gmail.com
Facebook: My Honey’s Produce
Products: Raw local honey
Market: Crescent City

Ocean Air Farms
Paul Madeira and Julie Jo Ayer Williams
PO Box 287
Fort Dick, CA 95538
707-616-1632
oceanairfarms@gmail.com

Products: Wide variety of vegetables
Markets: Crescent City, Brookings
Also has a farm stand

Seabreeze Farms
David, Kenny and JJ
Requa Hill
Klamath, CA 95548
707-954-2141
seabreezefarm1@gmail.com
Facebook: Seabreeze Farms
Products: Mixed seasonal produce, basil, 14 varieties of cherry tomatoes, strawberries, English cucumbers and sugar snap peas
Market: Crescent City

Woodhaven Farms
Jesse Wood
PO Box 1293
Crescent City, CA 95531
707-951-8391
Facebook: Woodhaven Farms
Products: Pork, grass-fed Angus beef, lamb, chickens and turkeys all raised on local pastures
Markets: Crescent City and from farm

Did You Know?

- Certified organic produce is grown without synthetic fertilizers or pesticides
- Certified organic meat comes from GMO-free livestock raised on certified organic land, fed certified organic feed, and not given growth hormones or supplemental antibiotics

Note that some of our local farmers maintain organic practices but are not formally certified organic due to the high cost of certification. Know your farmers; trust your farmers.
Locally Delicious

Farms, Ranches and Fisheries

Humboldt County

Markets: “Arcata Plaza” means summer market. If the farmer is also at the winter market, it says “Arcata Plaza (summer and winter).” If the listing indicates CSA or farm stand, details are in those directories.

Ashley’s Seafood
Ashley Vellis
McKînleyville, CA 95519
Fresh-caught seafood
ashleysseafood@gmail.com
Facebook and Instagram: Ashley’s Seafood
Products: Fresh crab, cooked crab, fish, smoked king salmon and smoked sablefish
Markets: Arcata Plaza and McKinleyville, docks at Woodley Island Marina and online

Azalea Angora
Ana Canter
548 15th Street
Fortuna, CA 95540
707-601-9499
alr51@humboldt.edu
Products: Raw Angora rabbit fiber and jumbo Coturnix quail eggs
Call for direct sales

Bayside Park Farm
Ben Kaplan-Good
930 Old Arcata Road
Arcata, CA 95521
707-822-7091
baysideparkfarm@cityofarcata.org
www.cityofarcata.org/rec
Facebook: Bayside Park Farm
Products: Seasonal fruits and vegetables
CSA and farm stand; garden plots available for rent

Bear River Valley Beef
4415 Upper Bear River Road
Ferndale, CA 95536
707-498-4089
info@bestgrassfedbeef.com
www.bestgrassfedbeef.com
Facebook: Bear River Valley Beef
Products: Grass-fed beef, jerky, salami, hot dogs, steaks, organ meats and roasts
Available at Wildberries, Arcata (winter) and Garberville farmers’ markets. Local specialty shops and online

Bee’s Strawberries
Lai Saechao
262 Sunnybrook Drive
Fortuna, CA 95540
707-574-7414
lili3nboi87@aol.com
Products: Strawberries, snap peas, green beans, garlic, cabbage and raspberries
Markets: Arcata Plaza, Eureka (Old Town, Henderson Center and Friday Night) and Fortuna

Bee Friendly Farm
Brian Dykstra
Willow Creek, CA 95573
brianjdksstra@gmail.com
Products: Seasonal produce
Markets: Willow Creek

Betty’s Country Shop
Betty Teasley
PO Box 250
Weott, CA 95571
707-946-2465
Products: Produce, cut flowers, plants and wreaths
Market: Arcata Plaza

Blue Blossom Farm
115 Blue Blossom Lane
Eureka, CA 95503
707-407-0463
Facebook: Blue Blossom Farm
Products: Vegetables, herbs, eggs, meat, milk and fruit
Call for direct sales. Also available at the Kneeland Glen farmstand

Brenda’s Family Farm
Arcata, CA 95521
707-496-5834
brendasfamilyfarm@gmail.com
Products: Microgreens
Available at groceries and restaurants

Briceland Forest Farm
PO Box 1398
Redway, CA 95560
707-923-2103
BricelandForestFarm@gmail.com
Facebook: Briceland-Forest-Farm
Instagram: bricelandforestfarm
Products: Vegetables, greens and plant starts
Market: Garberville
Farms, Ranches and Fisheries

🎉 Broken Spur Farm
Shehlee Johnson
McKinleyville, CA 95519
shehleejuliet@gmail.com
Products: Lamb, pork, chicken and wool

🥕 Brunner Family Farm & Floravore Designs
Sarah and Matt Brunner
PO Box 977
Blue Lake, CA 95525
707-845-4718
sarahjobrunner@gmail.com
www.BrunnerFamilyFarm.com
Facebook: Brunner Family Farm
Instagram: brunnerfamilyfarm, floravore_designs
Products: Specialty cut flowers, tomatoes, basil, garlic, onions, peppers, potatoes, pumpkins, shallots and pork.
Markets: Arcata Plaza
On-site sales by appointment

Did You Know?
Farmers give back to the community by donating food to local organizations that feed the hungry. In 2017, local farmers donated more than 60,000 pounds of food to Food for People alone.

🍎 Charlotte’s Perennials
Charlotte Grismiller
PO Box 458
Whitethorn, CA 95589
707-986-7229
Products: Salad mixes, cucumbers, squash, onions, garlic, herbs, mixed vegetables, fruit and plant starts (less common fruiting plants, trees, vines, shrubs and flowers)
Markets: Garberville and Shelter Cove

🥰 Claudia’s Organic Herbs
Claudia Holzinger and Von Tunstall
PO Box 233
Orleans, CA 95556
530-627-3712
claudiaholzinger13@gmail.com
www.claudiaherbs.com
Products: Asparagus, Black Mission figs, olives, garlic, boysenberries, pineapple guava, kiwis, lavender, white sage, fresh and dried culinary herbs.
Markets: Arcata Plaza and Willow Creek

🍎 Clendenen’s Cider Works
Clif Clendenen
96 12th Street
Fortuna, CA 95540
707-725-2123
clif@clendenensciderworks.com
Products: Many varieties of apples, fresh apple cider and produce
Farm stand

🔍 College of the Redwoods - Shively Farm
Silas Sarvinski
409 Shively Flat Road
Scotia, CA 95565
silas-sarvinski@redwoods.edu
Instagram: CRshivelyfarm
Products: Seasonal vegetables and fruits, eggs and meat, certified organic alfalfa for livestock
Markets: Eureka Friday Night
Also has a U-pick and farm stand

🍎 CCC Farm
Claire Biggin
McKinleyville, CA 95519
707-633-4200
biggin2007@gmail.com
Products: Kiwi and various produce
Markets: Arcata (summer and winter), direct sales

 cocina

🥰 Deep Seeded Community Farm
Eddie Tanner
PO Box 4380
Arcata, CA 95518
707-825-8033
deeptseeded@gmail.com
www.arcatacsa.com
Products: Wide variety of vegetables and strawberries
CSA with farm-site pickup

🍎 Earth ‘N’ Hands Farm
Dean Gilkerson
3555 Thorpe Lane
Kneeland, CA 95549
707-599-4458
dean.enhfarm@gmail.com
Products: More than 100 pepper varieties, tomatoes, tomatillos, eggplant, basil, lettuce, onions, cucumbers, green beans, squash, melons, 16 pepper sauces and more
Markets: Arcata Plaza (summer and winter), Eureka (Old Town and Henderson Center)

🍎 Earthly Edibles
Ed Cohen
PO Box 5184
Arcata, CA 95518
Farm in Korbé, CA
707-502-5833
earthlyediblescsa@gmail.com
www.earthly-edibles.com
Facebook: Earthly Edibles
Instagram: earthly_edibles_farm_and_CSA
Products: Apples, artichokes, basil, beans, beets, broccoli, carrots, cauliflower, cabbage, chard, kale, lettuce, melons, onions, peas, peppers, potatoes, radishes, corn, tomatoes, winter squash and zucchini
Markets: Arcata Plaza
Also has a U-pick and farm stand

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Farmers give back to the community by donating food to local organizations that feed the hungry. In 2017, local farmers donated more than 60,000 pounds of food to Food for People alone.

👩‍🌾 Charlotte’s Perennials
Charlotte Grismiller
PO Box 458
Whitethorn, CA 95589
707-986-7229
Products: Salad mixes, cucumbers, squash, onions, garlic, herbs, mixed vegetables, fruit and plant starts (less common fruiting plants, trees, vines, shrubs and flowers)
Markets: Garberville and Shelter Cove

🥰 Claudia’s Organic Herbs
Claudia Holzinger and Von Tunstall
PO Box 233
Orleans, CA 95556
530-627-3712
claudiaholzinger13@gmail.com
www.claudiaherbs.com
Products: Asparagus, Black Mission figs, olives, garlic, boysenberries, pineapple guava, kiwis, lavender, white sage, fresh and dried culinary herbs.
Markets: Arcata Plaza and Willow Creek

🍎 Clendenen’s Cider Works
Clif Clendenen
96 12th Street
Fortuna, CA 95540
707-725-2123
clif@clendenensciderworks.com
Products: Many varieties of apples, fresh apple cider and produce
Farm stand

🔍 College of the Redwoods - Shively Farm
Silas Sarvinski
409 Shively Flat Road
Scotia, CA 95565
silas-sarvinski@redwoods.edu
Instagram: CRshivelyfarm
Products: Seasonal vegetables and fruits, eggs and meat, certified organic alfalfa for livestock
Markets: Eureka Friday Night
Also has a U-pick and farm stand

🍎 CCC Farm
Claire Biggin
McKinleyville, CA 95519
707-633-4200
biggin2007@gmail.com
Products: Kiwi and various produce
Markets: Arcata (summer and winter), direct sales

 cocina

🥰 Deep Seeded Community Farm
Eddie Tanner
PO Box 4380
Arcata, CA 95518
707-825-8033
deeptseeded@gmail.com
www.arcatacsa.com
Products: Wide variety of vegetables and strawberries
CSA with farm-site pickup

🍎 Earth ‘N’ Hands Farm
Dean Gilkerson
3555 Thorpe Lane
Kneeland, CA 95549
707-599-4458
dean.enhfarm@gmail.com
Products: More than 100 pepper varieties, tomatoes, tomatillos, eggplant, basil, lettuce, onions, cucumbers, green beans, squash, melons, 16 pepper sauces and more
Markets: Arcata Plaza (summer and winter), Eureka (Old Town and Henderson Center)

🍎 Earthly Edibles
Ed Cohen
PO Box 5184
Arcata, CA 95518
Farm in Korbé, CA
707-502-5833
earthlyediblescsa@gmail.com
www.earthly-edibles.com
Facebook: Earthly Edibles
Instagram: earthly_edibles_farm_and_CSA
Products: Apples, artichokes, basil, beans, beets, broccoli, carrots, cauliflower, cabbage, chard, kale, lettuce, melons, onions, peas, peppers, potatoes, radishes, corn, tomatoes, winter squash and zucchini
Markets: Arcata Plaza
Also has a U-pick and farm stand

Did You Know?
Farmers give back to the community by donating food to local organizations that feed the hungry. In 2017, local farmers donated more than 60,000 pounds of food to Food for People alone.
Our Diets and Global Climate Change
What Can We Do?

What we eat impacts the amount of greenhouse gas going into the atmosphere. Reduction of greenhouse gas emissions is not an impossible challenge. Here’s what we can do:

1. Choose locally grown food, which has a shorter distance to travel to market and requires less fossil fuel used in transportation.
2. Eat organically grown food, which does not use any synthetic fertilizer.
3. Eat more vegetable-based proteins such as beans, soy and legumes and less meat and dairy. Growing plants releases far less greenhouse gas than raising animals.
4. Choose beef, lamb and dairy produced from pasture-raised animals rather than grain-fed animals. Pastured farms hold more carbon in the soil than factory farms, and grass-fed cows have been shown to release less methane into the atmosphere than grain-fed cattle.
5. Avoid processed foods because they hurt the environment. Some include ingredients (corn, soy, wheat or rice) from industrial farms that create high levels of greenhouse gases. Another example is palm oil which is commonly found in baked goods, crackers, cookies, chips, margarine and more. The destruction of rain forests to create palm plantations causes the release of large amounts of carbon dioxide and methane.
6. Food waste is a leading cause of greenhouse gas emissions. Food that has been produced but not eaten uses nearly 30 percent of global agricultural land. Avoid food waste by:
   - Planning your meals
   - Shopping from a list
   - Avoiding impulse purchases
   - Eating leftovers
Farms, Ranches and Fisheries

Flora Organica
Certified Organic Farm and Nursery
Vegetables, flowers, succulents and wreaths
Plant starts for food, herbs and flowers
Dows Prairie Road in McKinleyville

Fernbridge Honey Company
Janet Winzler
6000 McKenny Lane
Eureka, CA 95503
707-498-2618
jumpingjanny@hotmail.com
Products: Raw, unpasteurized honey
Markets: Eureka (Henderson Center) and McKinleyville. Contact for direct sales

Fieldbrook Valley Apple Farms
Richard Lovie and Arley Smith
336 Rock Pit Road
Fieldbrook, CA 95519
707-498-9228
loviesgotapples@suddenlink.com
Facebook: Fieldbrook Valley Apple Farms
Products: Apples (50+ varieties), blueberries and vegetables
Markets: Arcata Plaza, Henderson Center, and McKinleyville
Also has a farm stand

Fieldbrook Fresh
James Polly
155 Cider Mill Road
McKinleyville, CA 95519
707-839-0524
Facebook: Fieldbrook Nursery
Products: Apples, blueberries and vegetables
Markets: Arcata Plaza (summer and winter) and Eureka (Henderson Center)

Flora Organica
Andreas, Lisa and Emma Zierer
5075 Dows Prairie Road
McKinleyville, CA 95519
707-839-3405
floraorganicafarm@gmail.com
Facebook: Flora Organica
Products: Vegetable starts, herbs, Brussels sprouts, peppers, lettuce, kale, fennel, romanesco, broccoli, cauliflower, radicchio, cabbage, collards, Asian greens, succulents, lavender, dahlias, wreaths and seasonal cut flowers
Markets: Arcata Plaza (summer and winter); On-site sales by appointment

Vacation rental on farm

Flying Blue Dog Farm and Nursery
Laurie Levey and Rita Jacinto
PO Box 1486
Willow Creek, CA 95573
flyingbluedog@flyingbluedog.com
www.flyingbluedog.com
Facebook: Flying Blue Dog Farm and Nursery
Products: Organic vegetable six-packs, culinary herbs, medicinal plants, hard-to-find ornamentals, specialty garlic, fermented black garlic, mushrooms, jujube dates, quince, rabbit and quail meat, quail, chicken and duck eggs
Markets: Arcata Plaza and Willow Creek.

Flood Plain Produce
Mel and Holly Kreb
31117 Avenue of the Giants
Pepperwood, CA 95565
707-722-4330
hollisruth@asis.com
Instagram and Facebook: Flood Plain Produce
Products: Fruit and vegetables, including peppers, tomatoes, eggplant, brassicas, lettuce, melons, garlic, dill, basil, summer and winter squash and cut flowers. Canning quantities of cucumber and tomatoes. U-pick flowers
Markets: Fortuna and Garberville
Also has a farm stand

Vacation rental on farm
Farms, Ranches and Fisheries

Purely Pastured-Raised Animals
By Margie Adler

We are fortunate that a growing number of ranchers are keeping their animals home on the range, where they forage on pastures abundant with high-quality grasses and legumes, providing a native diet with all the nutrition their animals need to grow at a natural pace. These ranchers sometimes think of themselves as “grass farmers” because they focus on raising the grass and the animals do the rest.

The Lost Coast Ranch in Petrolia, owned by Michael Evenson and his family, is a great example. They understand that “the secret to healthy animals is to raise them with the least stress possible.” Their animals never endure the stress of being transported to factory farms where their growth is enhanced unnaturally by grain feed that includes unnecessary hormones and other drugs to speed up and enhance growth. These feedlots are stressful for the animals and the people working there, who usually receive low pay for their work.

According to Jo Robinson of www.eatingwild.com, when animals are raised outdoors on pasture, their manure is spread over a wide area of land, making it a welcome source of organic fertilizer, not a waste-management problem. In the areas where there are factory farms and caged animals, there is a big problem with ground and water pollution.

When you choose to buy and eat purely pastured meats—beef, lamb, goat—you get meats that are healthier for you and you play an essential role in the supply chain that supports small family farms in our region. Regenerative agriculture practices naturally increase soil fertility and provide more responsible solutions to the environmental concerns about our air, land and water.

For more information on this topic, we recommend Pasture Perfect and other resources by Jo Robinson.

Flying Greenhouse
Lucy Pipher
Arcata, CA 95521
theflyinggreenhouse@gmail.com
Instagram: theflyinggreenhouse
Products: microgreens, wheatgrass, and edible flowers.
Markets: Arcata Plaza. Also available at many local restaurants and juice bars

Fog Farm
George Waller
2966 Springer Drive
McKinleyville, CA 95519
wallergm@sitestar.net
Products: Mystic mixes for salads, lettuce (greens, reds, purples), edible flowers, sweet peas and cut flowers
Markets: McKinleyville and Miranda

Freshwater Gardens
Tammy Southard
5851 Myrtle Avenue
Eureka, CA 95503
707-407-7123
freshwatergardens@yahoo.com
Facebook: Farming local
Products: Vegetables, plant starts and eggs
Markets: Arcata Plaza and Eureka (Henderson Center and Old Town on Friday nights), McKinleyville and on site

Fungaia Farm
PO Box 4962
Arcata, CA 95521
707-444-3799
fungaiafarm@gmail.com
www.fungaiafarm.com
Products: Fresh mushrooms, mushroom growing kits and dried mushroom seasoning
Sales online and at events

Goosefoot Farm
Tyler Terekell
1264 Warren Creek Road
Arcata, CA 95521
707-365-5528
farm.goosefoot@gmail.com
Products: Mixed vegetables
Markets: Arcata Plaza, Eureka (Old Town and Henderson Center), McKinleyville

Garberville Community Park Farm
934 Sprowl Creek Road
Garberville, CA 95542
707-267-0851
Direct message on Instagram: Mykal_avidity_wine
Open year-round, daylight hours
Products: Seasonal fruits and vegetables, hay, pork and farm-fresh eggs daily. Wholesale sales
Farms, Ranches and Fisheries

Protect open spaces.
Eat local beef.
Regional Aggregation and Distribution

One of the big challenges for a rural region with great small farmers and an increased demand for local food is developing a business model for the aggregation and distribution of local products to local institutions (restaurants, hospitals, schools, groceries, etc). The lack of this important component is a barrier to farmers and to potential customers who could purchase regularly on a larger scale. It prevents Humboldt, Del Norte and neighboring counties from creating a more self-sustaining food system.

With this missing piece in place, local farmers could scale up and grow, and larger customers would be assured of getting their needs met without having to deal with multiple farmers. It would mean that more, maybe even most, locally produced food could be sold closer to where it is grown, eaten fresh, and support the nutrition of people in our communities, as well as a healthy, vibrant economy. Distance shipping, importing and exporting, which are not good for our communities or the health of our planet, would no longer be necessary or at least be diminished.

Varied models of regionalization of the food system are developing in other parts of the U.S. Food hubs and food value chains are being studied and implemented. The National Good Food Network has information about current food hubs. An example is the Food Commons model, a networked system of physical, financial and organizational infrastructure that allows new local and regional markets to operate efficiently, and small to mid-sized food enterprises to compete and thrive according to principles of sustainability, fairness and public accountability.

Locally Delicious believes that we are at a critical time for addressing this issue in our region. The Local Food Guide illustrates the robustness of our local producers, entrepreneurs, and farmers’ markets. The Humboldt Food Policy Council is exploring how to connect our food system assets in a practical, innovative model that would help us realize this next step in our regional food sustainability.
Farms, Ranches and Fisheries

Humboldt Hydro Farms
A Eureka And Fortuna Community Schools Career Training Program

Our greenhouse, farmed by community school students, offers water conserving produce in a state-of-the-art commercial-sized facility at Redwood Acres.

Discover Humboldt Hydro Farms!

For information on how to become a commercial client, contact Mark Johnson at 707-599-6097 or visit humboldthydrofarms.org

Hindley Ranch
Laurence and Lisa Hindley
320 Schirman Way
Fortuna, CA 95540
707-725-9266 and 707-599-9088
www.hindleyranch.com
lhindley@yahoo.com
gotwheat@hindleyranch.com
Facebook: Hindley Ranch
Products: Certified organic flour and whole grains. Wheat, barley and rye
Also retail stores and wholesale

Honey Apple Farms
Ron and Shelly Honig
11251 West End Road
Arcata, CA 95521
707-822-6186
honeyapplefarms@gmail.com
Products: Apple cider vinegar, apples, plums, quince, blueberries, rhubarb, kiwi and jams
Markets: Arcata (summer and winter)

Humboldt Hydro Farms
Mark Johnson
Redwood Acres
Eureka, CA 95503
707-599-6097
markjohnson@hcoe.org
www.humboldthydrofarms.org
Culinary herbs: basil, cilantro
Greens: arugula, pac-choi, brassica greens mix, spicy mustard greens mix, Asian greens mix
Lettuces: romaine, summer crisp, butterhead, bibb, oak leaf
Vine crops: cucumbers, green beans, Sun Gold tomatoes
Custom crops, commercial and farm-to-table sales available. Career training program for high school students

I and I Farm
Ino and Lauren Riley
2335½ Hooven Road
McKinleyville, CA 95519
ino707riley@gmail.com
Products: Apples, berries, peaches, plums, strawberries, summer squash, winter squash, kale, chard, carrots, celery, peas, garlic, shallots, broccoli, Brussels sprouts, radishes, turnips, bok choy, cucumber, herbs and seasonal mushrooms
Markets: Arcata Plaza (summer and winter), Eureka (Old Town, Henderson Center and Friday Night), McKinleyville, Willow Creek and Fortuna

REGISTERED ORGANIC

Honey Apple Farms
- Apple Cider Vinegar
- Apple Butter
- Jams
- Fruit

Humboldt Grassfed Beef
PO Box 313
Fortuna, CA 95540
707-845-7878
Products: Grass-fed beef from cattle ranches across Northern California
Sales at grocery stores

Locally Delicious
Farms, Ranches and Fisheries

Jacobs Greens
Karina Gilkerson
PO Box 1272
Blue Lake, CA 95525
arugula22@gmail.com
Growing and preparing the food for farm-to-table dinners at the Mad River Grange corresponding with Dell Arte performances
By invitation only. Email for more information or to get on the invitation list

Jacoby Creek Land Trust
Kokte Ranch and Nature Preserve
2182 Old Arcata Road
Bayside, CA 95524
707-822-0900
jacobycreektlt@gmail.com
www.jclandtrust.org
Facebook: Jacoby Creek Land Trust
for updates and notice of meat sales
Instagram: jacobycreektlt
Products: Organically grown, grass-fed beef
Meat sales at Kokte Ranch on the first Saturday of the month 9 a.m. to noon

Jameson Creek Ranch, LLC
Leslie and Doug McMurray
400 Dick Smith Road
Fortuna, CA 95540
707-725-8616 or 707-502-6242
leslie@jamesoncreekranch.com
Facebook: Jameson Creek Ranch
Products: Apples, blackberries, cherries, figs, grapes, kiwis, peaches, plums, raspberries, vegetables, herbs, New Zealand Kiko goat meat, almond tortes and toffee
Markets: Arcata Plaza and Fortuna

Kneeland Glen Goats
Kathy Mullen
5851 Myrtle Avenue
Eureka, CA 95503
707-496-0459
KneelandGlengoats@msn.com
Facebook: Kneeland Glen Farm Stand
Products: Produce, eggs, hand made items, cottage-industry foods and crafts
Market: Arcata Plaza

Kodiak Catch
1620 Kristin Way
McKinleyville, CA 95519
laceyberns@gmail.com
www.kodiakcatch.com
Products: Custom-smoked salmon caught by us in Kodiak, Alaska. Wild coho and sockeye Kodiak salmon, fresh filets, frozen and vacuum-sealed
Market: Arcata Plaza

Liv Dirty Farm
Olivia Lopes
oloclopes13@gmail.com
Products: Turmeric
Markets: Arcata (winter)

Lost Coast Ranch®
Michael Evenson
Petrolia, CA 95558
707-629-3506
mike@lost-coast-ranch.com
www.lost-coast-ranch.com
Products: Grass-fed Wagyu beef
Markets: Direct sales

Luna Farm
Amy and Frederic Diekmeyer
3345 Dyerville Loop Road
Redcrest, CA 95569
530-355-4191
farmfred@gmail.com
Facebook: Luna Farm
Products: Onions, garlic, hot and sweet peppers, eggplant, potatoes, corn, broccoli, kohlrabi, cabbage, other brassicas, lettuce, salad turnips, cauliflower, beans, cucumbers, cherry and slicer tomatoes, heirloom melons, peaches, plums, apples, pears and more
Markets: Arcata Plaza (summer and winter), Eureka (Old Town and Henderson Center), McKinleyville and Fortuna

Little River Farm
John Severn
140 Ole Hanson Road
Eureka, CA 95503
707-441-9286
littleriverfarm@sbcglobal.net
Facebook: Little River Farm
Products: Spring salad, mesclun mix, spinach, arugula, braising mix and many specialty greens
Markets: Arcata Plaza (summer and winter)
McIntosh Farm
Loren McIntosh
PO Box 296
Willow Creek, CA 95573
530-629-4145
vistarose@netzero.net
Products: Tomatoes, peppers, squash, cucumbers, peas, melons, peaches, pears, plums, pluots, apples, grapes, figs, persimmons, chestnuts, pomegranates, guavas, and flowers
Markets: Arcata Plaza (summer and winter), Eureka (Old Town and Henderson Center), McKinleyville and Fortuna

Misty Meadows Farm
Alex Pepe
McKinleyville, CA
alexpeps760@gmail.com
Products: Produce
Markets: Arcata Plaza, Eureka (Henderson Center)

Moonshadow Farm
Toni and Kurt Stoffel
185 Cathey Ranch Road
PO Box 488
Miranda, CA 95553
707-943-3025
toniandkurtstoffel@gmail.com
Facebook: Moonshadow Farm
Products: Apples, cherries, figs, pears, prune plums, quince, lilacs, roses, flower bulbs, dried medicinal herbs, seeds and plants.
Markets: Eureka (Henderson Center), Miranda and Garberville

GMOs and the North Coast
Genetically modified crops or GMOs (genetically modified organisms) are crops that are engineered to introduce a new trait into the food seed. The purposes of GM crops include resistance to certain pests, diseases or environmental conditions, or resistance to chemical treatments, such as an herbicide.

Genetic modification has been around since the mid-1980s. However, with the exception of corn, GMO crops have not been planted in northern California. Humboldt, Trinity, Mendocino, Sonoma and Marin counties have voted to be GMO-free in order to support organic farming. Being a part of this GMO-free growing area is a big win from a marketing and health perspective. Local organic farming helps the local agricultural economy and keeps money circulating within the community.

Most GMO crops are bred to withstand heavy pesticide applications, and the pesticides can disrupt pollinators, including bees. For this reason, coastal beekeepers joined organic farmers in working to ban GMO farming in these counties.

GMO corn has a pesticide (Bt, or Bacillus thuringiensis) introduced into the plant itself. This Bt corn and organic corn cannot co-exist since both are wind-pollinated, and the GMO pollen can cross-pollinate with organic corn, making it GMO also. That would cause farmers to lose organic certification as well as prevent seed saving. But it is not just a problem of pollen drift.

One of the major problems with GMOs is that they have no boundaries. They can drift due to natural causes, like the wind, once they have been planted or during transport and contaminate non-GMO conventional and organic crops. It is impossible to keep GMOs on their own fields, which results in unfair legal suits by the GMO seed manufacturer against innocent farmers. Because the GMO’s pollen has drifted via wind or transport and polluted the organic/conventional crop, the manufacturer then claims their GMO is proprietary and on property not licensed to raise their GMO, even in future plantings.

Independent studies show that GMOs do not produce higher yields than other crops—organic or conventional—and do not solve world hunger problems, as claimed by GMO seed/pesticide manufacturers. Furthermore, GMO farming is not sustainable due to the ever-increasing need for pesticides and the need to purchase costly new seed from GMO producers every year.

By voting as a solid region, Humboldt County and the Northwest California region have created a model GMO-free region.
Farms, Ranches and Fisheries

**Mountain Mix Farms**
Naomi Landry
Honeydew, CA 95545
707-986-7634
mountainmixfertilizer@gmail.com
mountainmixfertilizer.com
Products: Corn, heirloom tomatoes, radishes, lettuce, carrots, jalapeños, bell peppers, melons, watermelons, cucumbers, strawflowers, zinnias and sunflowers
Markets: Henderson Center

**Organic Matters Ranch**
John Gary and Heather Plaza
6821 Myrtle Avenue
Eureka, CA 95503
707-407-FARM (3276)
info@organicmattersranch.com
www.organicmattersranch.com
Facebook: Organic Matters Ranch
Instagram: @Organicmattersranch
Products: Organic vegetables, pasture-raised pork, grass-fed lamb
Markets: Arcata Plaza (summer and winter), Eureka (Henderson Center), and Garberville
Farm stand and Pumpkin Patch open in October

**New Moon Organics**
Jill VanderLinden
125 Shively Flat Road
Shively, CA 95565
707-722-4439
newmoonorganics@gmail.com
Products: Tomatoes, sweet corn, fresh cannellini beans, lemon cucumbers, delicata squash, blue Hokkaido squash, onions, Eel River melons, ice cream watermelons, figs, peaches, apples and plums
Markets: Arcata Plaza and Garberville

**Pierce Family Farm**
Marguerite and Patrick Pierce
PO Box 93
Orleans, CA 95556
530-627-3320
Products: Seasonal vegetables from arugula to zucchini, kiwi, table and wine grapes
Market: Arcata Plaza

**Noble Berry Farm**
3563 Fieldbrook Road
Fieldbrook, CA 95519
707-834-6299
Facebook: Noble Berry Farm
Instagram: Blueberiplanet
Products: Blueberries
On-site sales, U-pick

**Mycality Mushrooms**
Michael Egan
2577 Fickle Hill Road
Arcata, CA 95521
707-834-6396
mycality77@yahoo.com
www.mycalitmushrooms.com
Products: Mushrooms: shiitake, oyster, maitake, lion’s mane, nameko, reishi, pioppino, king oyster and more
Markets: Arcata Plaza (summer and winter)

**Neukom Family Farm**
Jacques and Amy Neukom
PO Box 312
Willow Creek, CA 95573
spinningweb@hotmail.com
Products: Peaches, tomatoes (heirloom and slicers), Asian pears, pears, pluots, apples and melons
Markets: Arcata Plaza, Eureka (Henderson Center) and Willow Creek

**Noble Berry Farm**
3563 Fieldbrook Road
Fieldbrook, CA 95519
707-834-6299
Facebook: Noble Berry Farm
Instagram: Blueberiplanet
Products: Blueberries
On-site sales, U-pick

**Mycality Mushrooms**
Michael Egan
2577 Fickle Hill Road
Arcata, CA 95521
707-834-6396
mycality77@yahoo.com
www.mycalitmushrooms.com
Products: Mushrooms: shiitake, oyster, maitake, lion’s mane, nameko, reishi, pioppino, king oyster and more
Markets: Arcata Plaza (summer and winter)

**Neukom Family Farm**
Jacques and Amy Neukom
PO Box 312
Willow Creek, CA 95573
spinningweb@hotmail.com
Products: Peaches, tomatoes (heirloom and slicers), Asian pears, pears, pluots, apples and melons
Markets: Arcata Plaza, Eureka (Henderson Center) and Willow Creek

**Organic Matters Ranch**
John Gary and Heather Plaza
6821 Myrtle Avenue
Eureka, CA 95503
707-407-FARM (3276)
info@organicmattersranch.com
www.organicmattersranch.com
Facebook: Organic Matters Ranch
Instagram: @Organicmattersranch
Products: Organic vegetables, pasture-raised pork, grass-fed lamb
Markets: Arcata Plaza (summer and winter), Eureka (Henderson Center), and Garberville
Farm stand and Pumpkin Patch open in October

**New Moon Organics**
Jill VanderLinden
125 Shively Flat Road
Shively, CA 95565
707-722-4439
newmoonorganics@gmail.com
Products: Tomatoes, sweet corn, fresh cannellini beans, lemon cucumbers, delicata squash, blue Hokkaido squash, onions, Eel River melons, ice cream watermelons, figs, peaches, apples and plums
Markets: Arcata Plaza and Garberville

**Pierce Family Farm**
Marguerite and Patrick Pierce
PO Box 93
Orleans, CA 95556
530-627-3320
Products: Seasonal vegetables from arugula to zucchini, kiwi, table and wine grapes
Market: Arcata Plaza

**Noble Berry Farm**
3563 Fieldbrook Road
Fieldbrook, CA 95519
707-834-6299
Facebook: Noble Berry Farm
Instagram: Blueberiplanet
Products: Blueberries
On-site sales, U-pick

**Mycality Mushrooms**
Michael Egan
2577 Fickle Hill Road
Arcata, CA 95521
707-834-6396
mycality77@yahoo.com
www.mycalitmushrooms.com
Products: Mushrooms: shiitake, oyster, maitake, lion’s mane, nameko, reishi, pioppino, king oyster and more
Markets: Arcata Plaza (summer and winter)

**Neukom Family Farm**
Jacques and Amy Neukom
PO Box 312
Willow Creek, CA 95573
spinningweb@hotmail.com
Products: Peaches, tomatoes (heirloom and slicers), Asian pears, pears, pluots, apples and melons
Markets: Arcata Plaza, Eureka (Henderson Center) and Willow Creek
Quail Run Farm  
Marcellene Norton and Danny Gaytan  
PO Box 545  
Hoopa, CA 95546  
530-351-3246  
marcellenenorton@yahoo.com  
Products: Tomatoes, melons, cucumbers, summer and winter squash, broccoli, cauliflower, carrots, green beans, corn, peppers, cabbage, garlic, herbs and berries. We specialize in variety of heirloom vegetables. Markets: Arcata Plaza, Eureka (Henderson Center), McKinleyville and Fortuna.

Rain Frog Farm  
Benjamin and Kelsey Perone  
PO Box 684  
Blue Lake, CA 95525  
707-498-9837  
rainfrogfarm@yahoo.com  
Products: Basil, dill, cilantro, parsley, dry beans, green beans, beets, broccoli, cabbage, celery, chard, collards, cucumbers, kale, leeks, kohlrabi, lettuce, peas, peppers, potatoes, spinach, summer and winter squash, tomatoes and turnips. Markets: Arcata Plaza (summer and winter), Eureka (Old Town and Henderson Center), McKinleyville and Fortuna.

Redwood Roots Farm  
Janet Czarnecki  
45 Fellowship Lane  
Bayside, CA 95524  
½ mile down Jacoby Creek Road  
707-826-0261  
janetcz@humboldt1.com  
www.redwoodrootsfarm.com  
Products: Lettuce, spinach, broccoli, cucumbers, zucchini, potatoes, greens, flowers, and more. CSA and farm stand.

Reed’s Bees  
David Reed  
911 Bayview Street  
Arcata, CA 95521  
707-826-0544  
Products: Honey, beeswax, beeswax candles and propolis. Markets: Arcata Plaza (summer and winter).

Buy Local Why It Matters
• Buying local keeps land in agricultural production, preserving open space.
• Buying local means getting produce at its freshest and most nutritious.
• Buying local minimizes transportation-related greenhouse gas emissions.

Locally Delicious
Farms, Ranches and Fisheries

**Rio Dell Farms**
Maya Williams
Rio Dell, CA 95562
707-502-7789
mayamhs15@gmail.com
Products: Beef and pork
Markets: Arcata

**River Bees**
Seth Rick
156 Ewan Avenue
Shively, CA 95565
707-223-6893
onemorebee@yahoo.com
www.talltreesbees.com
Products: Honey, pollen and queens
Markets: Arcata Plaza
Apiculture work internationally in ecological development programs

**Rivernook**
Sherri
Willow Creek, CA 95573
909-232-2526
rivernook1@outlook.com
Products: Peaches, pluots, persimmons, apples, pears, figs, tomatoes, cucumbers, squash, cauliflower, corn, basil, beans and sprouts.
Markets: Willow Creek and Fortuna and some grocers

**Rock-n-Rose**
Cynthia Annotto
1785 Mygina Avenue
McKinleyville, CA 95519
707-599-2005
cindyannotto@yahoo.com
Facebook: RocknRoseGarden
Products: Lemons, plums and starts
Markets: Arcata (summer and winter)

**Saehao Strawberries**
1665 Thelma Street
Fortuna, CA 95540
707-845-3930
Products: Strawberries, blackberries and onions
Markets: Arcata Plaza and Fortuna
Also has a farm stand

**Sarvinski Family Farms**
Gene, Ginger, Casey, Alissa and Silas
441 Dillon Road
Ferndale, CA 95536
707-499-0774
gsarvinski@gmail.com
Facebook: The Corn Crib
Products: Beets, beans, corn, cucumbers, garlic, flowers, melons, peppers, pumpkins, tomatoes, tomatillos, summer and winter squash and pastured pork
Markets: Arcata Plaza (summer and winter), Eureka (Henderson Center), Fortuna.
Also has a farm stand

**Schipper Family Farm**
Honeydew, CA 95545
830-832-1682
schipperhoneydewfarm@gmail.com
Products: Cucumbers, onions, peppers, summer squash, winter squash, tomatillos, tomatoes, kale, Swiss chard and lettuce
Markets: Eureka (Friday night)

**Shakefork Community Farm**
Melanie and Kevin Cunningham
7914 State Highway 36
Carlotta, CA 95528
707-498-3546 or 707-215-4000
shakeforkcommunityfarm@gmail.com
www.shakeforkcommunityfarm.com
Facebook: Shakefork Community Farm
Instagram @westcoastoxen and @shakeforkcommunityfarm
Products: Pasture-raised, organically fed chickens and turkeys, eggs, grass-fed lamb, vegetables: peas, lettuce, spinach, carrots, onions, radishes, beets, cucumbers, pickling cucumbers, summer squash, tomatoes, herbs and strawberries.
Markets: Arcata (summer and winter), Fortuna and Garberville CSA and on-site sales by appointment

**River Bees**
Tall Tree Bees
International Api-Center School

**Saehao Strawberries**

**Schipper Family Farm**

**Shakefork Community Farm**

**Sarvinski Family Farms**

**Rock-n-Rose**

**Small Fruits**
Spencer Hill and Jules Hill
PO Box 526
Hoopa, CA 95546
707-499-9756
spencerhill29@outlook.com
Products: Charentais melon, cantaloupe, watermelon, loganberries, Lochness and Blackstar berries, boysenberries, eggplant, peppers (sweet, miniature, chiles, pimento), white nectarines, cherries, white peaches, pluots, Asian pears, persimmons, celosia, winter squash, ethno-produce and jams
Markets: Arcata Plaza (summer and winter) and Willow Creek

**Sunny Slope Farm**
Harry and Jan Vaughn
PO Box 589
Miranda, CA 95553
jdv2525@gmail.com
Products: Prunes, apples, plums, berries, mushrooms, mixed vegetables, chestnuts and walnuts
Market: Miranda

**The Community Park Farm**
Mykal Coelho, Farm Manager
1144 Sprowl Creek Road
Garberville, CA 95542
707-267-0851
ynotgo2@yahoo.com
Instagram at mykal_avidity_wine
Products: vegetables, wine grapes, hay, pigs and chickens
Markets: Garberville and farm stand

**Southern Humboldt Community Park**
1144 Sprowl Creek Road
Garberville, CA 95542
contact.sohumpark@gmail.com
www.sohumpark.org
Sprawling 400+ acre park for public enjoyment: miles of trails, scenic river access, kid's playground, organic farm, disc golf, event venues and so much more! The Community Park Farm is within the park.

**Buy Organic Why It Matters**
- Organic food contains no pesticides or antibiotic residues
- Organic food has not been “helped along” with artificial additives
- Organic food has not been genetically modified (no GMOs)

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**Farm Stand**
open year round
8 a.m. to dusk
SEASONAL PRODUCE
Volunteers welcome!

**Weddings**
**Birthday Parties**
**Celebrations of Life**
Tables, chairs, bounce houses for rent!

**Miles of trails, scenic Eel River access, Tooby Playground, Disc Golf, Mountain Biking, Skate Ramp, and so much more!**

**Fundraisers Demonstrations Classes & Workshops**
Contact us to schedule your event!
Sweet Pea Gardens
Shelley Ruhlen Ponce, Joshua Ponce
1433 Freshwater Road
Eureka, CA 95503
707-444-3180 and 707-499-3363
sweetpgardens@gmail.com
www.freshwaternetea.com
Facebook: SweetPeaGardens.tea
Instagram: gardens_and_music
Organic herbal teas (holy basil, lemon balm, stinging nettle and chamomile), green onions and flowers
Market: Arcata Plaza

Table Bluff Farm
101 Clough Road
Loleta, CA 95551
707-890-6699
info@tableblufffarm.com
www.tableblufffarm.com
Facebook: Table Bluff LLC
Instagram: Table_Bluff_Farm
Products: Eggs, vegetables, meat and flowers
Markets: Arcata (winter), Eureka (Old Town and Friday Night), Fortuna

Tall Trees Family Farm
Kala Eichamer
Eureka, CA
760-977-0417
talltreesfamilyfarm@gmail.com
Facebook: Tall Trees Family Farm
Instagram: Tall_Trees_Family_Farm
Products: Pasture-raised broiler chickens and turkeys
Markets: Eureka (Henderson Center), Arcata Plaza, Fortuna

Tanoak Hill Farm
Patty Clary and Bill Verick
PO Box 1447
Hoopa, CA 95546
707-834-4833
patty@tanoakhill.com
Products: Heirloom fruit including Nectar white peach, Gravenstein apple, Beurre Clairgeau pear and colorful tomatoes and melons from around the world.
Market: Arcata Plaza

The Oyster Lady
Catherine Peterson
PO Box 183
Trinidad, CA 95570
707-677-2043
micatjoy@aol.com
Products: Pacific oysters, Kumamoto oysters, mussels and raw and barbecued oysters at market
Markets: Arcata Plaza

Terra Family Farm
Rigby and Claire Anderson
Arcata, CA 95521
Products: Buckwheat, carrots, beets, turnips and other produce
Markets: Various farmers’ markets

Trident Lightning Farms and Orchard
Danielle Newman and Will Randall
1202 Chester Court
Arcata, CA 95521
707-826-0490 or 707-683-6034
danielle@penandquilt.com
Farms in Phillipsville and Blue Lake
Products: Variety of melons, watermelons, peaches, plums, prune plums, pluots, Asian pears, pears, apples, persimmons, cherry tomatoes, winter squash, pumpkins, walnuts, cucumbers, basil, garlic, sugar snap peas, green bean and jam
Markets: Arcata Plaza (summer and winter), Eureka (Old Town and Henderson Center), Fortuna and Garberville

Tule Fog Farm
Shail Pec-Crouse and Sean Armstrong
1887 Q Street
Arcata, CA 95521
707-502-9514
tulefogfarm@gmail.com
Products: Organic grass-fed beef, organic grass-fed lamb, pastured pork, organic pastured turkey, organic pastured eggs
Meat CSA, egg CSA and whole hogs (non-CSA)
Markets: Arcata

Barbequed Oysters
Sauces:
               Garlic, Lemon Butter Dill + Pepper
The Oyster Lady
Spicy or Regular

Arcata Farmers Market

Locally Delicious
Farms, Ranches and Fisheries

Locally Delicious

Two Mule Farm
3834 Thomas Road
Miranda, CA 95553
707-223-0224 or 707-943-1741
soriano@gotsky.com
Products: Plant starts, berries, tomatoes and squash
Markets: Garberville and Miranda

Vögeleheim Farm
David Fogle
Fortuna, CA
530-276-5575
fogle78@gmail.com
Products: Salad greens and spinach
Markets: Arcata Plaza, Fortuna

Wild Planet Dockside
Jeff Huffman
4 C Street, Suite C
Eureka, CA 95501
707-445-0101
jeff@wildplanetfoods.com
Products: Locally caught fresh fish, sold by the pound: salmon, albacore, rockfish, lingcod, halibut, sablefish, oysters, crab. Selection varies by season. At dockside

Wild Rose Farm
Blake Richard
PO Box 1233
Blue Lake, CA 95525
707-834-4115
blakerichard3967@gmail.com
Products: Quinoa, beets, Brussels sprouts, cauliflower, cilantro, chard, kale, potatoes, spinach and seeds
Markets: Arcata Plaza (summer and winter)

Why Buy Local?
Retail studies show that shopping at local, independent businesses can generate as much as four times the economic benefit as shopping at a national chain. Why? Each purchase you make from local farms, grocers, and restaurants builds a strong local economy. It creates jobs and supports not only the individual businesses, but their local vendors, suppliers and the extended community. For example, money spent at the farmers’ market or through a CSA share is money for the farmer to purchase needed supplies at the local hardware or farm store, money to pay workers, who in turn might need to pay for child care. When our food dollars are spent locally, those dollars circulate locally, contributing to a financially healthy economy, vital community, and sustainable food system.

When and where you can, choose local.

Willow Creek Farms
Michael Peterson
PO Box 1392
Willow Creek, CA 95573
530-623-7151
info@willowcreekorganicfarms.com
www.willowcreekorganicfarms.com
Facebook: Willow Creek Farms
Instagram: @wcfarms
Products: Beets, carrots, squash, tomatoes, peppers, corn, parsnips, cabbage, Brussels sprouts and turnips
Markets: Arcata Plaza (summer and winter), Eureka (Henderson Center), McKinleyville and Willow Creek

Woody Ryno Farms
Chris Moore and Amber Ryno
1675 Woody Road
McKinleyville, CA 95559
707-601-9547
info@woodyrynofarms.com
www.woodyrynofarms.com
Facebook: Woody Ryno Farms
Instagram: @woodyryno
Products: Pastured pork and lamb, and vegetables
Markets: Arcata Plaza (summer and winter), Eureka (Henderson Center) and McKinleyville

Pastured or Grass-fed
Did You Know?
• Pastured means the animals have been raised outdoors in open fields, where they add to the fertility of the soil
• Grass-fed no longer has any meaning under USDA regulations, so it’s another reason to know your farmer or rancher.
• “Natural” is another word with no meaning under law. Anyone can use it!

Yew Bear
PO Box 40
Whitethorn, CA 95589
707-986-7273
yewbear@asis.com
Facebook: Yew Bear Ranch
Products: Blueberries, apples, pears, plums, tomatoes, peppers, salad mix, onions and garlic
Market: Garberville
Taking Care of the Land
By Pat Bitton

Roughly half of all greenhouse gas emissions are the result of industrial agriculture and unhealthy land use practices. Farmers today are realizing that the best way to take care of their land is to return to the age-old practice of regenerative agriculture, and we can do the same in our food gardens at home. It’s an approach that restores carbon to the soil, enriching it and mitigating the effect of years of damage from fossil fuel use.

Here’s what you can do to help return life to the soil:

**Use only organic material.** Commercial fertilizers are a quick fix for a short-term yield but, in the long term, they reduce the soil’s ability to hold carbon and regenerate itself. Stick to organic soil additives, manures and compost.

**Compost.** The best way to build soil is by layering in organic matter from compost. Just set aside an area in the garden for green and brown (woody) garden waste and organic food waste, turn it once in a while and let nature take its course. Soil microbes, earthworms and other earth-friendly critters will break down the organic material to create a rich medium of hummus and organic matter.

**Plant cover crops.** During the off-season, usually the winter, you can plant crops specifically to enrich the soil. There are four main kinds: grasses (such as ryegrass or barley), legumes (such as alfalfa or clover), brassicas (such as radishes or turnips) and non-legume broadleaves (such as spinach or flax). In the spring, just dig them under and they’ll deliver nutrients directly into the soil. Added bonus: they help keep the weeds down!

You can learn more about how soil stores carbon and how land use practice can reduce greenhouse gases at www.thecarbonunderground.org/soil-carbon-restoration-can-biology-do-the-job-by-jack-kittredge

To learn more about regenerative agriculture practices in our area, contact local Permaculture Guilds. See page 82 for permaculture on the North Coast.
Humboldt State University has partnered with the City of Arcata, the City of Eureka, and local food bank Food for People to address the challenges of food waste prevention and recovery in the Humboldt Bay region. Funded by a $163,657 CalRecycle grant from the State of California, the goal of the project is to reduce food waste sent to the landfill in Arcata and Eureka by 42 tons annually. An added bonus is expected to be improved food security for some of the most food-insecure populations in Humboldt County through rescuing surplus food.

Specific components of the project include:

- Educational efforts targeting grocery stores, food service businesses, the university community, and other institutions
- Increasing the number of businesses, schools, churches, and hospitals serving food committed to food waste prevention and food rescue methods
- Tracking food donors and the amount/type of food collected from each site
- Infrastructure improvements for the campus Oh SNAP! student food security program, including refrigeration
- Equipment for cold storage of leftovers after on-campus events and other food-related services, which will allow for more food to be donated to Oh SNAP! for distribution to food-insecure students before it becomes waste
- Upgrades to cold storage at Food for People to increase capacity and improve energy efficiency
- Building and launching a software app to facilitate a rapid response for distribution of rescued food

The program will also provide graduate and undergraduate student jobs and volunteer opportunities for students interested in waste reduction.

Did You Know?

- Food waste produces 6.7% of greenhouse gases worldwide (UN FAO assessment)
- If it were a country, food waste would be the third largest emitter of greenhouse gases after China and the U.S.
- 30-40% of the food purchased in the U.S. goes to landfills instead of to people (USDA estimate)

What can you do to reduce food waste?

- Plan menus for a week and make a list of ingredients
- Shop from your list and limit perishables to what you’ll use before your next shopping trip
- Start a compost pile if you have room, or set up a simple worm bin (a fun project for kids. See Locally Delicious’ LunchBox Envy book, http://locally-delicious.org/wp-content/uploads/LBE_Chapter_6_Do_It_Yourself_Projects.pdf)

More information about student-led waste prevention and recovery programs can be found at wrap.humboldt.edu/waste-reduction-resource-awareness-program. Efforts across the region are coordinated through Zero Waste Humboldt; learn more at www.zerowastehumboldt.org.
The companies and individuals listed in this section are committed to using locally sourced ingredients, as well as beers, wines, and spirits, whenever possible when they cater parties and other events for clients. Many of our local nonprofits actively encourage caterers to feature local seasonal foods at their fundraisers, so be sure to check out these providers next time you’re planning an event. These listings are dedicated catering businesses; many restaurants and some grocery stores also offer catering services. If your favorite restaurant is not listed, you can always ask! Full details of these businesses can be found in the appropriate sections of the guide.

### Restaurants and Groceries that Cater
- The Alibi
- Amillia’s Café
- Bandit Savory & Sweet Café
- Benbow Inn
- Café Nooner
- Café Phoenix
- Five Eleven
- Gabriel’s Restaurant
- Headies’ Pizza and Pour
- Hiouchi Café
- Humboldt Bay Bistro
- Humboldt Smokehouse
- Humboldt Soup Company
- The Lighthouse Grill
- Living the Dream Ice Cream
- Mazzotti’s
- Murphy’s Market
- Nicaraguan Food
- North Coast Co-op
- Pachanga Mexicana
- Ridgetop Café and Coffee Barn
- Seaquake Brewing & Restaurant
- Sistah’s Vegan Restaurant
- Six Rivers Brewery
- The VI Restaurant
- Wildberries Marketplace

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### Caterers

**Brett Shuler Fine Catering**  
Brett Shuler  
Arcata, CA 95521  
707-822-4221  
brett@brettshulerfinecatering.com  
Facebook: Brett Shuler Fine Catering  
www.brettshulerfinecatering.com

**Caroline’s Texas BBQ**  
707-672-6138  
caroline@carolinetxbbq.com  
Facebook: CarolineTXBBQ

**Cassaro’s Catering**  
Christine Cassaro Wright  
PO Box 4260  
Arcata, CA 95518  
707-845-2255  
chris@cassaroscatering.com  
Facebook: Cassaro’s Catering  
www.cassaroscatering.com

**Citrine Catering**  
Andy Abbott  
Arcata, CA 95521  
310-570-7797  
citrinecatering@yahoo.com  
Facebook: Citrine Catering  
www.citrinecatering.com

**Blackberry Bramble**  
Alan Clark  
PO Box 517  
Blue Lake, CA 95525  
707-668-1616  
blackberrybramblebbq@gmail.com  
Facebook: Blackberry Bramble BBQ  
www.blackberrybramblebbq.com

**Comfort of Home Catering**  
Lauren Sarabia  
135 Sunkist Lane  
McKinleyville, CA 95519  
707-496-6720  
lasarabia@suddenlink.net  
Facebook: Comfort of Home Catering  
www.comfortofhomecatering.com
Caterers

J Catering
Jennifer Parent and
Johnna Christianson
921 Redwood Drive
Garberville, CA 95542
707-986-4439
info@jcaterings.com
Facebook: J Catering
www.jcaterings.com

Jefferson Community Center
1000 B Street
Eureka, CA 95501
707-497-6280
thejeffersoncenterandpark@gmail.com
Facebook: The Jefferson Project
www.jefferson-project.org
Catering for events on-site

Moonlight Catering
Julie Winburn
1440 9th Street
Fortuna, CA 95540
707-725-3254
info@moonlightcatering.com
Facebook: Moonlight Catering
www.moonlightcatering.com
Instagram Moonlight Catering Fortuna

Pachanga Mexicana
Catering Using Seasonal, Fresh & Local Ingredients
Made from Scratch for 20 years
707-442-2587
pachangamexicana@att.net
www.pachangamexicana.com

MAKE YOUR EVENT A LOCAL ‘WIN WIN’ SUCCESS FROM THE START

Jefferson Community Center
We provide a very affordable indoor/outdoor venue with ample performance space and prepare (in our on site commercial kitchen facility) high quality, sustainable food/catering services for any non-profit or community activities aligned with our community revitalization mission.

Contact us today.
facebook
www.facebook.com/Jefferson.Project
Website: www.Jefferson-Project.org
Phone: (707) 497-6280
Address: 1000 B Street, Eureka, CA 95502

THE WESTSIDE COMMUNITY IMPROVEMENT ASSOCIATION, INC.
P.O. Box 5315, Eureka, CA 95502
WCIA is a non-profit 501 (c) (3) public charity

Locally Delicious
The HFPC is a network of diverse Humboldt County food systems stakeholders. A food system includes all the activities that are involved in food production including: growing, harvesting, processing, transporting, marketing, eating and disposing of food waste. Founded by the California Center for Rural Policy in 2009 with the vision that everyone in our community should have equal access to healthy food, the HFPC has led to the inception of numerous food programs, grants and initiatives that are central to the health and vitality of the region. The HFPC works to enhance a regional food system that is equitable, culturally appropriate, and environmentally and economically sustainable by facilitating collaborative partnerships of diverse stakeholders and affecting relevant policies throughout the food system.

HFPC members include grocers, farmers, public health professionals, hospitals, economic developers, value-added food producers, local food advocates, planners, food pantries, nonprofits, elected officials, consumers and citizens.

Business meetings are held on the 3rd Tuesday of every other month 3 to 4:30 p.m. The HFPC also holds community events throughout the year. Contact may.patino@humboldt.edu and check Facebook for current meeting and event information.
Eating Out on the North Coast

All the restaurants listed in this section of the Food Guide have made a commitment to source at least some of their ingredients locally, so you can be sure you’ll be supporting local farmers and/or producers when you eat at any of these establishments.

When restaurants use produce from local farms, you’ll be getting dishes made with really fresh ingredients that are GMO-free and most likely organic. That means crisp, crunchy salads, hearty nutritious soups, and tasty vegetable platters. It means bread that came out of the oven this morning and fresh eggs with deep yellow yolks. It means meat and dairy from pasture-raised animals and fish that’s fresh off the boat.

Many restaurants have direct relationships with farmers, shop at farmers’ markets, or have their own gardens. Often, they also sell locally roasted coffee, local craft beers and ciders, local wine, and kombucha.

If you enjoy the locally sourced foods at these restaurants, be sure to tell them how much you appreciate their commitment to the local food scene here on the North Coast!
Restaurants

Food Trucks and Pop Ups

These may be food trucks or businesses that sell at farmers’ markets or other non-permanent locations.

**Big Island Kine**
Outside Myrtlewood Liquors and John's Cigars
1648 Myrtle Avenue
Eureka, CA 95501
808-938-5471
Facebook: Big Island Kine
Local: Fish and seasonal vegetables

**Celebrations Tamales and Sauce**
707-616-4769
info@celebratetamales.com
celebratetamales.com
Local: Produce and cheese
Sold at Arcata farmers’ market and groceries

**Dream Quest**
Willow Creek, CA 95573
530-629-3564
Teen and youth center creating opportunities for youth to build their dreams. Providing prepared food at the Willow Creek farmers’ market using the highest amount of local agricultural ingredients possible.

**Foodwise Kitchen**
971 8th Street
Arcata, CA 95521
707-633-8328
foodwisefood@gmail.com
www.foodwisekitchen.com
Local: Seasonal ingredients from local farmers
Also plant-based teaching kitchen.
Private and pop up dinner events

**Humboldt Hot Dogs**
2032 18th Street
Eureka, CA 95501
707-616-7299
cymountain@gmail.com
Local: Sauerkraut, olive oil, sauces and buns
At Arcata Plaza (summer and winter)
and Eureka (Henderson Center)
farmers’ markets

**Kentucky Don’s BBQ**
707-481-5664
Ferndale, CA 95536
Local: Apple cider and vinegar
At Arcata (winter), Fortuna and Garberville and Eureka Friday Night
farmers’ markets

**Jerk Kitchen**
707-273-3239
usjkerr@gmail.com
Available at Arcata and Eureka (Henderson Center) farmers’ markets

**LoCo Fish Company**
Food truck at local events and for hire for catering.
550 S G Street
Arcata, CA 95521 (behind Redwood Curtain Brewery)
707-572-6019
1595 Myrtle Ave, Eureka, CA 95501
707-601-8573
Local: Seafood that is wild, sustainable, organic, and local when possible

**Mama Ramen**
Sarah Ganas
Willowcreek, CA 95573
sganas78@gmail.com
Willow Creek farmers’ market

**Nicaragua Food**
707-683-0694
lucylope2003@yahoo.com
Local: Salsa ingredients: chili peppers, onion, cilantro, tomato
At farmers’ markets in Eureka, McKinleyville and Arcata (winter)

**Pizza Gago**
707-273-8687
pizzagago@gmail.com
www.pizzagago.com
Facebook: Pizza Gago
Wood-fired pizza made from scratch
Local: Organic and sustainable ingredients for sauces and toppings.
At McKinleyville, Eureka and Arcata farmers’ markets. See Facebook for other locations.

**Red Trailer at Septentrio Winery**
650 6th Street
Arcata, CA 95521
707-672-2058
Facebook: Septentrio Winery
www.septentriowinery.com
Instagram: @Septentriowinery
Local: Cheeses, greens, olives and oysters when available.

**Sistah’s Vegan Restaurant**
100 Ericson Court, Unit 160
Food truck at: 867 7th Street
Arcata, CA 95521
Also at Arcata farmers’ market
707-273-7473
sistahsveganrestaurant@yahoo.com
www.sistahsvegan.com
Local: Produce, fruit and herbs
All organic and sugar-free

Restaurant Recognition Program

Locally Delicious has created a Restaurant Recognition Program to help diners find restaurants that make it a priority to use local ingredients.

Restaurants purchase fresh produce through direct relationships with one or more farmers. They shop at farmers’ markets or they have their own gardens.

Many use local grass-fed beef and other local meat and fishery products. Local dairy, tofu, goat cheese and other cheeses are often on the menu. Local bakeries supply bread and desserts. Restaurants take advantage of the many local sauces and dressings available. They select local beverages: from chai, coffee and kombucha to craft beers, fine wines, ciders and distilled spirits.

Locally Delicious recognizes all of these items when we include a restaurant in the recognition program.
**Del Norte County**

**Bellanotte**  
105 N Street  
Crescent City, California 95531  
707-460-1840  
Facebook: Bellanotte Crescent City  
Local: Rumiano cheese and beer

**Crescent Seafood**  
170 Marine Way  
Crescent City Harbor, CA 95531  
707-460-1115  
Facebook: Crescent Seafood  
Seafood-based cuisine  
Local: Fish, oysters, crab and cheese

**Cristina’s**  
237 Price Mall  
Crescent City, CA 95531  
707-464-9213  
Local: Produce and beer

**Enoteca Wine Bar & Café**  
960 3rd Street  
Crescent City, CA 95531  
707-464-2909  
Facebook: Enoteca Restaurant  
Local: Taylor’s meat, Rumiano cheese, and beer

**Fisherman’s Restaurant**  
700 Highway 101 South  
Crescent City, CA 95531  
707-465-3474  
Facebook: Fisherman’s Restaurant  
Local: Fish and cheese

**Good Harvest Café**  
575 Highway 101 South  
Crescent City, CA 95531  
707-465-6028  
goodharvestcafe@gmail.com  
Facebook: Good Harvest Café  
Local: Produce, fish, cheese and beer

**Hiouchi Café**  
2095 Highway 199  
Hiouchi, CA 95543  
707-458-3445  
cafe@hiouchicafe.com  
www.hiouchicafe.com  
Local: Meat, fish, cheese and blueberries

**Historic Requa Inn**  
451 Requa Road  
Klamath, CA 95548  
707-482-1425  
inkeeper@requainn.com  
Facebook: Requa Inn  
www.requainn.com  
Breakfast and dinner April to October  
Breakfast only October to March  
Local: Produce, fruit, fish, dairy, desserts, beer and wine

**North Coast Ocean Sports and Grill**  
110 Anchor Way  
Crescent City, CA 95531  
707-465-1465  
Facebook: North Coast Ocean Sports & Grill beachside restaurant  
Local: Cheese and beer

**Oceans 675**  
675 Highway 101 South  
Crescent City, CA 95531  
707-465-5656  
Facebook: Oceans 675  
Local: Fish, cheese and beer

**Sally’s by the Sea**  
1070 US Highway 101 South  
Crescent City, CA 95531  
707-464-5111  
Facebook: Sally’s by the Sea  
Products: Wild Rivers coffee, honey, Rumiano cheese and eggs

**Seaquake Brewing & Restaurant**  
400 Front Street  
Crescent City, CA 95531  
707-465-4444  
www.Seaquakebrewing.com  
Facebook: Seaquake Brewing  
Catering in house and out. Check website for catering details.  
Local: Produce, meat, cheese, beer and kombucha

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Locally Delicious
**Restaurants**

**Humboldt County - North**

**The Alibi**
744 9th Street
Arcata, CA 95521
707-822-3731 Office: 822-2028
www.thealibi.com
Local: Produce from farmers’ market, tofu, goat and other cheeses, beef, oysters, fish, kombucha, coffee, beer, cider and distilled spirits
On-site catering

**Alice’s Restaurant**
Blue Lake Casino Hotel
777 Casino Way
Blue Lake, CA 95525
877-252-2946 x 2781
www.bluelakecasino.com
Local: Cheese, oysters, quinoa, seasonal produce and fruit, local flour, chocolate, cookies, pie, hot sauce, barbecue sauce, mustard sauce, jam, coffee, chai, beers and distilled spirits

**Angelina Wood Fired Kitchen**
281 Fernbridge Drive
Fortuna, CA 95540
707-725-7000
Facebook: Angelina Wood Fired Kitchen
Local: Lamb, beef, produce, cheese, ice cream, wine and beer.

**Arcata Pizza and Deli**
1057 H Street
Arcata, CA 95521
707-822-4650
www.arcatapizza.com
Local: Fish, beer and cider

**Arcata Scoop**
1068 I Street
Arcata, CA 95521
707-825-7266
arcatascoop@suddenlink.net
Facebook: Arcata Scoop
Local: Seasonal produce including pumpkin, berries, lemons and melons used in making products. Lavender, chai, honey, olive oil and local baked goods as mix-ins for ice cream, sorbet and non-dairy desserts

**Bandit Savory & Sweet**
525 2nd Street, Suite 101
(inside the Vance Hotel)
Eureka, CA 95501
email: banditsavoryandsweet@gmail.com
Facebook and Instagram Bandit Savory and Sweet
Local: Seasonal food and coffee

**Beachcomber Café**
beachcombercafe@gmail.com
Facebook: Beachcomber Café
Local: Seasonal produce, baked goods, kombucha and coffee

**Arcata/Bayside**
1602 Old Arcata Road
Arcata, CA 95524
707-822-4423

**Trinidad**
363 Trinity Street
Trinidad, CA 95570
707-677-0106

**The Boardroom**
3750 Harris Street
Eureka, CA 95503
in Redwood Acres Fairgrounds
707-572-5129
sonnysimonian@gmail.com
Local: House-made meat and cheese, other local cheese, wine and beer.
Also educational events including history, pairings and how it's made

**The Burger Joint**
835 J Street
Arcata, CA 95521
707-630-5144
theburgerjointarcata@gmail.com
Facebook: The Burger Joint
Local: Beef, cheese, lettuce, micro-greens, pesto, milk, popsicles, buns, goat cheese, cider, beer and wine

**The Big Blue Café**
846 G Street
Arcata, CA 95521
707-826-7578
www.thebigbluecafe.com
Facebook/Instagram: Big Blue Café
Local: Grass-fed beef, produce from many local farms, tofu, chai and coffee

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**The menu is a variety of traditional home-style cooking; including soups, salads, wraps, sandwiches, famous burgers, full dinners, and the always popular breakfasts.**

We strive to support other locally owned businesses by incorporating their products into our menu. Humboldt made items come from Tofu Shop, Arcata Bay Oysters, Cypress Grove, Humboldt Grass Fed Beef, Arcata Farmers Market and many other wonderful neighbors.

On the Plaza
744 Ninth Street
Arcata, CA 95521
707.822.3731
www.thealibi.com

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**OPEN DAILY 8AM - 3 PM**
**ON THE ARCATA PLAZA**
846 G Street, Arcata 95521
(707) 826-7578
thebigbluecafe.com
Restaurants

Blondie’s Food and Drink
420 E. California Avenue
Arcata, CA 95521
707-822-3453
blondiesfoodanddrink@gmail.com
Local: Bread, produce in season from local farms, cheese, caramels, coffee, kombucha, craft beer and wine

Brick and Fire Bistro
1360 F Street
Eureka, CA 95501
707-268-8959
brick.fire@att.net
www.brickandfirebistro.com
Facebook: Brick and Fire Bistro
Facebook: 2DoorsDownWinebar
Local: Produce from own garden

Café Brio
791 G Street
Arcata, CA 95521
707-822-5922
www.cafebrioarcata.com
cafe@briobaking.com
Facebook: Café Brio Arcata
Instagram: cafebrioarcata
Local: Organic produce, beer, wine, kombucha, fresh-baked pastries and specialty coffee

Café Marina
601 Startare Drive
Eureka, CA 95502 (Woodley Island)
707-443-2233
www.cafemarina.net
Facebook: Café Marina and Woodley’s Bar
Instagram: @cafedimarinawoodleybar
Local: Crab, fish, cheese, wine and beer

The Campground
865 9th Street
Arcata, CA 95521
707-630-5148
www.campgroundarcata.com
Facebook: The Campground Restaurant
Local: Variety of produce that varies by season, beans, cheese, squashes and wine
Now open for dinner. Thursday through Saturday evening starting at 4

We are passionate about food. Real food. The entire process ...from growing to preparing it.

Farm to Table Café focusing on nourishing your body and feeding your soul. Our menu is inspired by the season’s bounty and all of the amazing food grown and raised by our local farmers. Fresh baked goods, plenty of gluten free and vegan options, coffee, espresso, wine, beer, cider and kombucha on tap by many of our local vendors and a beautiful patio to to sit outside and enjoy.

Seasonal. Organic. Local. Healthy

Tues & Wed 8 am-4pm / Thurs - Sat 8am-8pm / Sunday Brunch 10am-2pm

Locally Delicious
Restaurants

Café Mokka
Finnish Country Sauna and Tubs
495 J Street
Arcata, CA 95521
707-822-2228
www.cafemokkaarcata.com
Facebook: Café Mokka
Local: Chocolate, baklava, bread and other locally baked goods

Café Nooner
www.cafenooner.com
Local: Grass-fed beef, goat cheese, honey, cheese, produce, bread, fruit, beer, wine, coffee and chai

Henderson Center
2910 E Street
Eureka, CA 95501
707-407-3664

Old Town
409 Opera Alley
(E Street between 2nd and 3rd Streets.)
Eureka, CA 95501
707-443-4663

Café Phoenix
1360 G Street
Arcata, CA 95521
707-630-5021
cafephoenixarcata@gmail.com
Facebook and Instagram: cafephoenixarcata
Local: Produce from many local farms, mushrooms, tofu, grass-fed beef, olives, bread, kombucha, coffee, hot sauce, cider, wine and beer

Café Waterfront
102 F Street
Eureka, CA 95501
707-443-9190
www.cafewaterfronteureka.com
Facebook: Café Waterfront
Local: Produce from local farms, oysters, seafood and grass-fed beef for hamburgers

Cocina Mariposa
4750 Fairway Drive
Eureka, CA 95503
707-599-2469
cosinamariposa11@yahoo.com
Facebook: CocinaMariposa
Local: Homemade tortillas, organic, locally sourced produce when available

Delish on 5th
440 F Street
Eureka, CA 95501
707-273-5155
Facebook: Delish on 5th
Local: Produce

Eel River Brewing Company’s Taproom and Grill
1777 Alamar Way
Fortuna, CA 95540
707-725-2739
www.eelriverbrewing.com
Local: Sausage, grass-fed beef, fish, tofu, produce, tortillas and beer

Eureka Natural Foods Kitchens
Local: Grass-fed beef, tofu, local organic produce and grains whenever possible

Eurekan
1450 Broadway
Eureka, CA 95501
707-442-6325

Five Eleven
511 2nd Street
Eureka, Va 95501
707-268-3852
Facebook: Five Eleven
Local: Produce, goat cheese, oysters, other seafood, dairy, bread and tofu

Fregoso’s Comida Mexicana
1504 G Street,
Arcata, CA 95521
707-630-5083
www.fregosocomida-mexicana.business.site
Facebook: Fregoso’s Comida Mexicana
Local: Produce

Fieldbrook Market and Eatery Bar and Grill
4636 Fieldbrook Road
McKinleyville, CA 95519
707-633-6097
fieldbrookmarket@gmail.com
Facebook: Fieldbrook Market
Local: Organic local ingredients whenever possible, grass-fed beef, produce, beer, wine, coffee, kombucha, cheese, sauces and more

Café Waterfront
102 F Street
Eureka, CA 95501
707-443-9190
www.cafewaterfronteureka.com
Facebook: Café Waterfront
Local: Produce from local farms, oysters, seafood and grass-fed beef for hamburgers

Cocina Mariposa
4750 Fairway Drive
Eureka, CA 95503
707-599-2469
cosinamariposa11@yahoo.com
Facebook: CocinaMariposa
Local: Homemade tortillas, organic, locally sourced produce when available

Delish on 5th
440 F Street
Eureka, CA 95501
707-273-5155
Facebook: Delish on 5th
Local: Produce

Fieldbrook Market and Eatery Bar and Grill
4636 Fieldbrook Road
McKinleyville, CA 95519
707-633-6097
fieldbrookmarket@gmail.com
Facebook: Fieldbrook Market
Local: Organic local ingredients whenever possible, grass-fed beef, produce, beer, wine, coffee, kombucha, cheese, sauces and more

Five Eleven
511 2nd Street
Eureka, Va 95501
707-268-3852
Facebook: Five Eleven
Local: Produce, goat cheese, oysters, other seafood, dairy, bread and tofu

Fregoso’s Comida Mexicana
1504 G Street,
Arcata, CA 95521
707-630-5083
www.fregosocomida-mexicana.business.site
Facebook: Fregoso’s Comida Mexicana
Local: Produce
Gabriel’s Restaurant  
216 E Street  
Eureka, CA 95501  
707-445-0100  
Facebook: Gabriels  
Local: Produce, oysters, cheese, wine, beer and liquor

The Greene Lily  
307 2nd Street  
Eureka, CA 95501  
707-798-6083  
chrtdsbrw@gmail.com  
Facebook: The Greene Lily  
Local: Produce from local farmers’ markets, coffee, bread and tortillas

Headies’ Pizza and Pour  
359 Main Street  
Trinidad, CA 95570  
707-677-3077  
Instagram: Headiespizzaandpour  
Local: Salad greens, fruit, vegetables mushrooms, beer and wine.

Humboldt Bay Bistro  
1436 2nd Street  
Eureka, CA 95501  
707-443-7339  
humboldtbaybistro2p@gmail.com  
www.humboldtbaybistro.com  
Local: Produce, oysters, fish, crab, coffee, beer, cider and wine

Humboldt Bay Provisions  
205 G Street  
Eureka, CA 95501  
707-672-3850  
humboldtbayprovisions@gmail.com  
Facebook and Instagram: Humboldt Bay Provisions  
www.humboldtbayprovisions.com  
Local: Oysters, cheese, wine, beer and kombucha

Humboldt Soup Company  
1019 Myrtle Avenue  
Eureka, CA 95501  
707-268-8298  
goodfood@humboldtsoupcompany.com  
www.humboldtsoupcompany.com  
Facebook: Humboldt Soup Company  
Local: Mixed greens, majority of vegetables from many local farms, mushrooms, coffee and chai
Restaurants

**Humbrews**
856 10th Street
Arcata, CA 95521
707-826-2739
humbrews@gmail.com
www.humboldtbrews.com
Local: Grass-fed beef, seafood, tofu, goat cheese, tortillas, breads, beer, wine, kombucha, vodka, rum and ciders

**Japhy’s Soup and Noodles**
1563 G Street
Arcata, CA 95521
707-826-2594
www.japhys.com
Local: Grass-fed beef, tofu, summer and winter squash, dry beans, root vegetables, cabbage, beets, lettuce, greens, herbs, tomatoes, onion, fruit, leeks, quinoa, cucumber, peppers, eggplant, potatoes, fruit and beer

**Kyoto**
320 F Street
Eureka, CA 95501
707-443-7777
Local: Wild salmon, oysters and other seafood, fruit, mushrooms and produce

**La Trattoria**
30 Sunny Brae Center
Arcata, CA 95521
707-822-6101
www.latrattoriaarcata.com
Local: Grass-fed beef, goat, lamb, fish, beans, dairy, cheese, olives, grains, year-round produce, beer and wine
Menu changes weekly to take advantage of local produce

**Larrupin Café**
1658 Patricks Point Drive
Trinidad, CA 95570
707-677-0230
www.thelarrupin.com
Local: Goat and other cheeses, seafood, greens, vegetables, fruit, beer, wine, and cider. Organic when possible.

**Le Monde**
2850 F Street
Eureka, CA 95501
707-798-6499
alexbegovic@sbcglobal.net
Facebook: restaurant.lemonde
Local: Meats, fish, produce and wine

**The Lighthouse Grill**
355 Main Street
Trinidad, CA 95570
707-677-0077
info@trinidadlighthousegrill.com
www.trinidadlighthousegrill.com
Everything fresh and homemade: Bread made in-house daily, homemade ice cream, fresh local fish, hand-cut fries, homemade sodas, grass-fed beef, local produce, tofu, smoked fish and crab
Also at Arcata farmers’ market

**Living the Dream Ice Cream**
1 F Street, on the Eureka Boardwalk
Eureka, CA 95501
707-407-3508
dreamicecream707@gmail.com
www.dreamicecream707.com
Facebook: Living the Dream Ice Cream
Instagram: livingthedreamicecream
Catering available
Local: Handmade ice cream with local ingredients including seasonal fruit

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Arcata | Henderson Center
707.443.8662 | $5 savings required for membership | Federally Insured by NCUA
Los Bagels
www.losbagels.com
Facebook: Los Bagels
Local: Berries, basil, peaches, grass-fed beef, smoked fish, goat cheese, dairy, herbs, produce, spreads and tofu

Arcata
1085 I Street
Arcata, CA 95521
707-822-3150

Eureka
2nd and E Streets
Eureka, CA 95501
707-442-8325

Lost Coast Brewery and Café
617 4th Street
Eureka, CA 95501
707-445-4480
Café@lostcoast.com
www.lostcoast.com
Local: Grass-fed beef, cheese, bread, dairy, goat cheese, tofu and beer

Mazzotti’s
773 8th Street
Arcata, CA 95521
707-822-1900
www.mazzottis.com
mazzotti.llc@gmail.com
Local: Produce, including basil, tomatoes, zucchini, cucumbers and lettuce

Moonstone Grill
100 Moonstone Beach Road
Trinidad, CA 95570
707-677-1616
Open: Tuesday to Saturday, 4 to 9 p.m.
Facebook: Moonstone Grill
www.moonstonegrill.com
Instagram: moonstonegrill
Local: Produce, seafood, wine, beer and liquor

North Coast Co-op
www.northcoast.coop
Facebook: North Coast Co-op
Local: Seasonal local produce and a variety of local products in deli and bakery. The grab-n-go case features items from a variety of local vendors. Hours: 6 a.m. to 9 p.m.

Arcata
811 I Street
Arcata, CA 95521
707-822-5947 x298

Eureka
25 4th Street
Eureka, CA 95501
707-443-6027 x498

Northtown Coffee
1603 G Street
Arcata, CA 95521
707-633-6187
organicnorthtown@gmail.com
www.organicnorthtown.com
Local: All produce, baked goods, house-made gluten-free baked goods, chocolates, milk, coffee and beer

Oberon Grill
516 2nd Street
Eureka, CA 95501
707-443-3663
oberon.grill@gmail.com
www.oberongrill.net
Local: Berries, apples, rhubarb, produce, herbs from the garden, beer, wine, distilled spirits, cheese, wild foraged mushrooms and microgreens

Old Town Coffee and Chocolates
www.oldtowncoffeeeureka.com
Facebook: Old-Town-Coffee-Chocolates
Local: Coffee, chocolate, cream cheeses, bread, chai, pastries, cutout cookies, cakes, sauces and jam

Henderson Center
502 Henderson Street
Eureka, CA 95501
707-442-1522

Old Town
211 F Street
Eureka, CA 95501
707-445-8600

Pachanga Mexicana
1802 5th Street
Eureka, CA 95501
707-442-2587
pachangamexicana@att.net
www.pachangamexicana.com
Local: Produce as much as possible when available and local eggs

Plaza Grill
780 7th Street
Arcata, CA 95521-6319
707-826-0860
www.plazagrillarcata.com
Local: Produce, fish, cheese, grass-fed beef, breads, wine and beer

The Pub at the Creamery
824 L Street, Suite A
Arcata, CA 95521
707-630-5178
Facebook: The Pub at the Creamery
Local: Produce when available, cheese, cider, gluten-free and vegetarian options

Local and Organic
1603 G St., Arcata
707.633.6187
**Restaurants**

Restaurant 301 (Carter House Inn)
301 L Street
Eureka, CA 95501
707-444-8062
800-404-1390
www.carterhouse.com
Local: Produce (some from own garden), cheese, goat cheese, meats, seafood, beer, wine and liquor

Richard's Goat Tavern
401 I Street
Arcata, CA 95521
707-630-5000
richardsgoat@gmail.com
www.richardsgoat.com
Local: Fruit and herbs, wines, beers, distilled spirits, grass-fed beef, bialys and herbal tea

Ridgetop Café and Coffee Barn
623 Fernbridge Drive
Fernbridge, CA 95540
707-786-3900
ridgetopcafe@gmail.com
Local: Pasture-grazed grass-fed beef, hot dogs, jerky and local eggs

River's Edge Restaurant
Bear River Casino
11 Bear Paws Way
Loleta, CA 95551
800-761-2327
kendayacampos@bearrivercasino.com
www.bearrivercasino.com
Local: Grass-fed beef, petrale sole, oysters, produce and beer

Salt Fish House
761 8th Street
Arcata, CA 95521
707-630-5300
707-499-3782
pamelawilley1@gmail.com
www.saltfishhouse.com
Local: Produce from local farms and farmers’ markets, fish, shrimp, goat cheese and wine

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Come and revel in a classy yet casual atmosphere. Enjoy the many dishes and beverages created using local ingredients.

Restaurant 301 at the Carter House Inns
707-444-8062
301 L Street in Eureka
Restaurants

The Sea Grill
316 E Street
Eureka, CA 95501
707-443-7187
seagrill316@gmail.com
www.seagrillrestauranteureka.com
Facebook: Eureka Sea Grill
Local: Oysters, Dungeness crab, bay shrimp and goat cheese

Seascape Restaurant and Pier
Tribal Owned
Bay Street, at the Pier
Trinidad, CA 95570
707-677-3762
www.seascape-trinidad.com
Facebook: Seascape Restaurant and Pier
Local: Wild-caught Chinook salmon, other fish, Dungeness crab, smoked fish, smoked ham, ground beef, seasonal produce, cheese, butter, wild berries, beer and wine

Seppi’s
Arcata Theatre Lounge
1036 G Street
Arcata, CA 95521
707-613-3030
www.arcatatheatrelounge.com
Facebook: Arcata Theatre Lounge
Local: Grass-fed beef, produce, dairy, beer, wine

Sequoia Park Zoo Café
3414 W Street
Eureka, CA 95503
707-441-4263
www.sequoiaparkzoo.net
Facebook: Sequoia Park Zoo Café
Local: Produce from own garden, grass-fed beef, ice cream, cheese and Veggie Natty Burgers.

Shenanigans Pizza
1604 4th Street
Eureka, CA 95501
707-407-3814
Facebook: Shanenigans Pizza Eureka
Local: Organic greens and herbs

Siren’s Song Tavern
352 2nd Street
Eureka, CA 95501
707-442-8778
Facebook: The Sirens Song Tavern
Local: Cheese, olives, tamales, bread, salsa, kombucha, coffee, beer, cider, wine and dairy

Six Rivers Brewery
1300 Central Avenue
McKinleyville, CA 95519
707-839-7580
www.sixriversbrewery.com
Local: Baked goods, gluten-free buns, gluten-free pizza crust, tortillas, goat cheese, jams, hot sauces, caramel sauce, tofu, grass-fed beef, coffee, local wines, distilled spirits and beer

Sixth and E Neighborhood Eatery
603 E Street
Eureka, CA 95501
707-445-8783
www.sixthande.com
Local: Grass-fed beef, buns

Slice of Humboldt Pie
828 I Street
Arcata, CA 95521
707-630-5100
sliceofhumboldtpie@gmail.com
Info-orders@sliceofhumboldtpie.com
www.sliceofhumboldtpie.com
Sweet and savory pies
Local: Grass-fed beef, vegetables, fruit, cheese, chocolate and coffee

Stars Hamburgers
Facebook: Stars Hamburgers
Arcata
1535 G Street
Arcata, CA 95521
707-826-1379
Local: Buns and grass-fed beef

Eureka
2009 Harrison Avenue
Eureka, CA 95501
707-445-2061
Local: Grass-fed beef, pita bread, gluten-free bread and desserts

Surfside Burger Shack
445 5th Street
Eureka, CA 95501
707-268-1295
www.surfsideburgershack.com
Facebook: surfsideburgershack
Instagram: Surfside_burgershack
Snapchat: Surfside.burger
Local: Grass-fed beef, gluten-free bread, cider and beer

Sushi Spot
www.sushispotarcata.com
Local: Quail eggs, smoked and fresh albacore, smoked salmon, tofu, mustard sauce, flour, beer and wine

Arcata
670 9th Street
Arcata, CA 95521
707-822-1221

McKinleyville
1552 City Center Road
McKinleyville, CA 95519
707-839-1222

T’s Café North
860 10th Street
Arcata, CA 95521
707-826-2133
tcsafenorth@gmail.com
Local: Greens, microgreens and other vegetables, fruit, cheese, bread and rolls including gluten-free, smoked fish, dairy, chai, grass-fed beef, hot sauces, tofu, cider, beer and wines

Tomo Japanese Restaurant
708 9th Street
Arcata, CA 95521
707-822-1414
www.tomoarcata.com
Facebook: Tomo Japanese Restaurant
Local: Produce, fresh and smoked fish, tofu and wine
Restaurants

Trinidad Eatery
607 Parker Street
Trinidad, CA 95577
707-677-3777
TrinidadEatery@aol.com
www.trinidadeatery.com
Local: Produce and other ingredients

The VI Restaurant
400 Ocean Avenue
Ferndale, CA 95536
707-786-4950
Dine@virestaurant.com
www.virestaurant.com
Local: Vegetables and berries, goat and other cheeses, bread, oysters, clams, fish, coffee, wines, beers, vodka and gin

Wild at the Hearth
Behind the Beachcomber
363 Trinity Street
Trinidad, CA 95570
707-677-3881
wildathethearth@gmail.com
Facebook: Wild at the Hearth
Instagram: WildatHearth.Trinidad
Local: Rumiano cheese, goat cheese, herbs and produce; 95% organic

Wildflower Café
1064 G Street
Arcata, CA 95521
707-822-0360
www.wildflowercafebakery.com
Facebook: TheWildflowerCafeandBakery
Local: Lettuce, kale, beets, squash, potatoes, gluten-free bread, fruit, cheese, tofu, beer, wine and coffee

WildPlatter Café
at Wildberries Marketplace
747 13th Street
Arcata, CA 95521
707-822-0095
wildberries.com/wildplatter-cafe
Facebook: Wildberries Marketplace
Local: Fresh produce from local farms, mushrooms, quinoa, tofu, grass-fed beef, tuna, jerk, salsas, sauces, pasta, pastries, breads and burritos

The Wine Cellar
407 Second Street
Eureka, CA 95501
707-798-5006
Facebook: The Wine Cellar
Local: Wine, cider, cheese, bread, honey, seasonal fruit and chocolate
## Restaurants

### Humboldt County - South

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website/Email</th>
<th>Facebook/Instagram</th>
<th>Local Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amillia’s Café</td>
<td>443 Melville Road, Garberville, CA 95542</td>
<td>707-923-4340</td>
<td><a href="http://www.amillias.com">www.amillias.com</a></td>
<td>Facebook: Amillias to go</td>
<td>Produce, cheese, grass-fed beef, fish, tofu, dairy, jam, coffee, beer and wine. Organic whenever possible.</td>
</tr>
<tr>
<td>Avenue Café</td>
<td>6743 Highway 254, Miranda, CA 95555</td>
<td>707-943-9945</td>
<td><a href="http://www.avenuecafe.biz">www.avenuecafe.biz</a></td>
<td>Facebook: Avenue Café</td>
<td>Produce, dairy, beer and wine.</td>
</tr>
<tr>
<td>Benbow Historic Inn</td>
<td>445 Lake Benbow Drive, Garberville, CA 95542</td>
<td>707-923-2124</td>
<td><a href="http://www.benbowinn.com">www.benbowinn.com</a></td>
<td></td>
<td>Produce, dairy from their own garden.</td>
</tr>
<tr>
<td>Calico’s Café</td>
<td>808 Redwood Drive, Garberville, CA 95542</td>
<td>707-923-2253</td>
<td><a href="http://www.calicos.com">www.calicos.com</a></td>
<td></td>
<td>Produce, grass-fed beef, tofu, beer, wine and coffee.</td>
</tr>
<tr>
<td>Cecil’s New Orleans Bistro</td>
<td>773 Redwood Drive, Garberville, CA 95542</td>
<td>707-923-7007</td>
<td><a href="http://www.cecilsrestaurant.com">www.cecilsrestaurant.com</a></td>
<td>Facebook: Cecil’s New Orleans Bistro</td>
<td>Produce, grass-fed beef, jams, dairy, apple juice, coffee, beer and wine.</td>
</tr>
<tr>
<td>Eel River Café</td>
<td>801 Redwood Drive, Garberville, CA 95542</td>
<td>707-923-3783</td>
<td><a href="http://www.eelorivercafe.com">www.eelorivercafe.com</a></td>
<td>Facebook: Eel River Café</td>
<td>Grass-fed beef and cage-free eggs.</td>
</tr>
<tr>
<td>Gyppo Ale Mill</td>
<td>1661 Upper Pacific Drive, Shelter Cove, CA 95589</td>
<td>707-986-7700</td>
<td><a href="http://www.gypopo.com">www.gypopo.com</a></td>
<td>Facebook: Gyppo Ale Mill</td>
<td>Local: Organic and locally sourced meals, including local caught fresh fish and 12 rotating beers on tap made in house.</td>
</tr>
<tr>
<td>Home Cooking</td>
<td>Take and Bake Pizza, Redway, CA 95560</td>
<td>707-923-4961</td>
<td><a href="http://www.homecookingtb.com">www.homecookingtb.com</a></td>
<td>Facebook: HomeCookingTB</td>
<td>Produce, grass-fed beef, cheese, honey, wine and beer.</td>
</tr>
<tr>
<td>The Lost Frenchman</td>
<td>3342 Redwood Drive, Redway, CA 95560</td>
<td>707-923-2030</td>
<td><a href="http://www.thelostfrenchman.com">www.thelostfrenchman.com</a></td>
<td>Facebook: The Lost French Man</td>
<td>Local: Vegetables, fruit, cheese, honey, wine and beer.</td>
</tr>
<tr>
<td>Meadows Café</td>
<td>1211 Evergreen Road, Redway, CA 95560</td>
<td>707-923-2000</td>
<td>Facebook: Meadows Cafe</td>
<td></td>
<td>Produce, fruit, dairy and honey.</td>
</tr>
<tr>
<td>Mi Mochima</td>
<td>210 Wave Drive, Whitethorn, CA 95589</td>
<td>707-358-0460</td>
<td>Facebook: Mi Mochima</td>
<td></td>
<td>Fish, vegetables, fruit, wine and beer.</td>
</tr>
<tr>
<td>Sky’s at the Cove</td>
<td>10 Seal Court, Shelter Cove, CA 95589</td>
<td>707-986-4424</td>
<td><a href="http://www.skysatthecoverestaurant.com">www.skysatthecoverestaurant.com</a></td>
<td>Facebook: Sky’s at the Cove Restaurant</td>
<td>Fish and seasonal produce.</td>
</tr>
<tr>
<td>Souji House</td>
<td>436 Church Street, Garberville, CA 95542</td>
<td>707-923-1115</td>
<td><a href="http://www.chautauquanaturalfoods.com/souji-house">www.chautauquanaturalfoods.com/souji-house</a></td>
<td>Facebook: Souji House</td>
<td>Organic meat, grain and vegetables.</td>
</tr>
<tr>
<td>Woodrose Café</td>
<td>911 Redwood Drive, Garberville, CA 95542</td>
<td>707-923-3191</td>
<td>thewoodrosecafe.com</td>
<td></td>
<td>Produce, tofu, fresh juices, mushrooms, beers, coffee, dairy, cheeses, grass-fed beef and fresh organic tortillas.</td>
</tr>
</tbody>
</table>

### Improving Our Local Food System

**What You Can Do**

- Shopping for and eating at local independent businesses helps create jobs and supports not just those businesses, but their local suppliers too.
- Purchasing a CSA share helps a farmer with income in the spring, when it’s needed most.
- Keeping more money local helps build community, paying not just suppliers but workers, childcare providers, and everyone else who contributes to a healthy economy and a sustainable food system.
Our local grocery stores are a key part of the chain that links consumers to our farmers and other food producers. Like the rest of the country, we have national chains here, some of which do have special sections featuring local foods, but we are also fortunate to have several locally owned groceries that focus on local produce, meat, fish, dairy, beverages and packaged products.

These local groceries are critical to the success of our farmers and local food producers and provide the backbone of support for the local food economy. Not only do they assure a market for farmers and producers from the Mendocino County line to the Oregon border, but they also help to keep the carbon footprint of our food low due to no long-distance trucking and plenty of truly fresh produce that’s not been treated to keep it looking farm-fresh when it really isn’t.

When you shop at local grocery stores, be sure to let them know you’re shopping with them because of their commitment to local food. These stores also accept WIC and EBT to help to ensure all our neighbors have access to healthy local food.
Grocery Stores

**General Grocery Stores**

**Del Norte County**

Wild Rivers Market
450 M Street
Crescent City, CA 95531
707-464-1926
www.wildriversmarket.com
Facebook: Wild Rivers Market
Daily 9 a.m. to 7 p.m.

**Humboldt County**

Chautauqua Natural Foods
783 Locust Street
Garberville, CA 95542
707-923-2452
www.chautauquanaturalfoods.com
Facebook: ChautauquaNaturals
Monday to Saturday 9 a.m. to 7 p.m.
Sunday 10 a.m. to 5 p.m.

Eureka Natural Foods
www.eurekanaturalfoods.com
Facebook: Eureka Natural Foods
See more on inside front cover

Eureka
1450 Broadway
Eureka, CA 95501
707-442-6325
Daily: 7 a.m. to 9 p.m.

McKinleyville
2165 Central Avenue
McKinleyville, CA 95519
707-839-3636
Daily: 7 a.m. to 9 p.m.

Fieldbrook Market and Eatery
4636 Fieldbrook Road
McKinleyville, CA 95519
707-633-6097
fieldbrookmarket@gmail.com
www.fieldbrookmarket.com
Facebook: Fieldbrook Market
Monday to Thursday 8 a.m. to 8 p.m.
Friday 8 a.m. to 10 p.m.
Saturday and Sunday 9 a.m. to 8 p.m.

**Murphy’s Markets**

www.murphysmarkets.net
Facebook: Murphy’s Markets

Cutten
4020 Walnut Drive
Eureka, CA 95503
707-443-7388
Daily 7 a.m. to 10 p.m.

Glendale
1451 Glendale Drive
Blue Lake, CA 95525
707-822-1157
Weekdays 6:30 a.m. to 10 p.m.
Saturday and Sunday 7 a.m. to 10 p.m.

Sunnybrae
785 Bayside Road
Arcata, CA 95521
707-822-7665
Monday to Saturday 7 a.m. to 11 p.m.
Sunday 7 a.m. to 10 p.m.

Westwood
100 Westwood Center
(Alliance Road)
Arcata, CA 95521
707-822-0411
Monday to Saturday 7 a.m. to 11 p.m.
Sunday 7 a.m. to 10 p.m.

Trinidad
Main and View Streets
Trinidad, CA 95570
707-677-3643
Daily 7 a.m. to 10 p.m.

North Coast Co-op
www.northcoast.coop
Facebook: North Coast Co-op
Daily 6 a.m. to 9 p.m.
See more on inside back cover

Arcata
811 I Street (8th and I Streets)
Arcata, CA 95521
707-822-5947

Eureka
1450 Broadway
Eureka, CA 95501
707-442-6325
Daily: 7 a.m. to 9 p.m.

McKinleyville
2165 Central Avenue
McKinleyville, CA 95519
707-839-3636
Daily: 7 a.m. to 9 p.m.

Fieldbrook Market and Eatery
4636 Fieldbrook Road
McKinleyville, CA 95519
707-633-6097
fieldbrookmarket@gmail.com
www.fieldbrookmarket.com
Facebook: Fieldbrook Market
Monday to Thursday 8 a.m. to 8 p.m.
Friday 8 a.m. to 10 p.m.
Saturday and Sunday 9 a.m. to 8 p.m.

**Wildberries Marketplace**

747 13th Street
Arcata, CA 95521
707-822-0095
www.wildberries.com
Facebook: Wildberries Marketplace
Daily 6 a.m. to midnight
See more on inside back cover
Grocery Stores

Fish Markets

Crescent City Crab Shack
160 Anchor Way
Crescent City Harbor, CA 95531
10 a.m. to 6 p.m.
Products: fresh crab, rock fish, cod, salmon, oysters, clams and more

Crescent Seafood
170 Marine Way
Crescent City Harbor, CA 95531
707-460-1115
crescentseafood@outlook.com
Freshly caught fish and other seafood, smoked seafood

Katy’s Smokehouse and Fish Market
740 Edwards Street
Trinidad, CA 95570
707-677-0151
www.katyssmokehouse.com/
Facebook: Katy’s Smokehouse
Fresh and smoked fish, shellfish, canned gourmet albacore tuna, smoked salmon jerky
Locally owned for over 75 years

How to Eat Locally in the Winter

Eating fresh and local in the winter is more of a challenge than in the summer, but there are many ways to make the most of the season.

1. Eat the fresh vegetables that grow in winter like kale, Brussels sprouts, greens, beets and other root vegetables. For more ideas see the seasonality charts on pages 80 and 81. Kiwi is an available winter fruit. The farmers’ market in Arcata is open year-round and provides an increasing number of fresh items available for an extended season.

2. Many protein items such as local meat, fish and cheese are available all year.

3. Use foods that store well, such as potatoes, onions, cabbage, winter squash, dry beans, garlic, beets and other root vegetables.

4. Preserve the summer’s bounty: dry, can, pickle or freeze. Enjoy pickles, sauerkraut, pickled beets, dilly bean or three bean salad that you canned. Cook with vegetables that you froze. Can peaches and pears. Make apple sauce or dry fruit for a tasty snack.
In addition to our thriving farms, ranches, and fisheries, the North Coast is also home to a growing base of packaged food and beverage producers.

Wherever possible, these companies use ingredients grown or raised locally. For others, like coffee and chocolate producers, the key ingredients come from elsewhere and the makers work their magic on those ingredients to produce foods that reflect the unique qualities of the North Coast. One obvious and welcome characteristic of locally produced foods is a list of ingredients that’s short, understandable, and largely free of unpronounceable chemicals.

The products listed in this section are available in local grocery stores and at area restaurants. Some also have direct sales at their location, at farmers’ markets, or other venues; this is noted in their listings.
Redwood Acres – From Fairground to Food Incubator

By Pat Bitton

Redwood Acres opened its gates as Eureka’s fairgrounds in September 1937 and became a focal point for many of the area’s agricultural activities. But soon after Cindy Bedingfield became CEO in 2010, state funding dropped from $240,000 a year to just $40,000 a year.

Then along came serendipity in the form of Rosa Dixon, co-founder of Natural Decadence gluten-free bakery. Rosa needed a commercial kitchen space to fulfill orders for her growing business and Cindy had kitchen space sitting idle. A new direction for Redwood Acres was born.

Since those early days when an order for 22 pies was a scary prospect, Natural Decadence is now turning out 10,000 pies a week for stores like Whole Foods, and almost two dozen other businesses are flourishing. Mi Bella Cupcakes has grown to seven employees and a storefront in Arcata. Slice of Humboldt Pie has 27 employees and a thriving partnership with Humboldt Cider Company, another Redwood Acres success story.

Other food-related businesses at Redwood Acres include Cultured Life Foods (ghee and quinoa flour), Ghee Well (ghee), Lost Foods Plant Nursery, Ryan Creek Root Cellar/Boardroom (aged meat cellar and bar/restaurant), Trinity Raw (chocolate truffles), and two food trucks—Taco Brothers and Tacos El Gallo. Because all start-up businesses share many of the same challenges, regardless of what products they make or markets they serve, everyone in the Redwood Acres family shares ideas, discoveries and opportunities, and everybody wins. Not a single business that’s started out at Redwood Acres has failed in the ten years since Rosa Dixon came knocking at the gates.

Fairground businesses have always been about agriculture, education, and youth and, as Cindy retires and hands the management reins to incoming CEO Ben Brown, that’s not going to be changing any time soon. Learn more about Redwood Acres businesses at www.redwoodacres.com/onthegrounds/330

Arcata Foodworks: Growing New Food Businesses

By Jennifer Dart, Deputy Director, Community Development, City of Arcata

The Foodworks Culinary Center was created in 1992 by the City of Arcata to give start-up culinary businesses access to affordable commercial kitchen space so their businesses could have a place to grow and thrive.

Foodworks plays a vital role in building and expanding the local food-based economy by providing access to compliant commercial kitchen space. In addition to providing affordable commercial kitchen space, dry warehouse storage, and freezer and cooler storage for start-ups, Foodworks also provides the required commissary (although not 100% compliant) for several local food trucks.

Currently, there are two hourly rental kitchens at Foodworks. The city hopes to make these available soon for people needing one-time use of a commercial kitchen for events like Oyster Fest and the 4th of July festival. Depending on the needs of the food-based business community, future plans may include an additional building with more kitchen units, a bottling facility, or a better shipping facility.

Foodworks houses a fantastic collaborative group of entrepreneurs who do a great job of working together and sharing resources and ideas. The City is excited to support their endeavors and continues to look for ways to better serve the food-based businesses of Humboldt County!

Current Foodworks food producer tenants include: Arise Bakery, Beck’s Bakery, Diane’s Sweet Heat, Drake’s Glen Creations, Golden Nugget Ghee, Humboldt Hot Sauce, Hum Yum, Mad River Farms, Natty Dog Hot Dogs, Peace Pops, Planet Tea Chai, Royal Cookie Capers, Sjaak’s Fine Chocolates, Smokey Jim’s BBQ, Southside Mike’s BBQ, and Vegan Dream. More information on the web at www.cityofarcata.org/823/Foodworks
About the bakery on the cover
Rhonda Wiedenbeck, founder, describes Beck's Bakery as a community-based, wholesale and retail bread bakery. Since opening in 2012, Rhonda has developed important relationships within our local food system and been an integral driver of a growing local grain economy.

Personally passionate about integrity in baking, the connection from soil to table and providing a whole food with all its nutrients as nature intended, Beck's buys grains directly from local farmers. They stone mill them whole in their own granite grist mill and include them in an array of whole grain breads, crackers, cookies and specialty breads. In 2017 alone, they purchased over 13,000 lbs. of local grain. That's a lot of locally delicious baked into every loaf!

Baked Goods and Grains

Arise Bakery
100 Ericson Court, Suite 115
Arcata, CA 95521
arisebakery@gmail.com
arisebakerygf.com
Facebook: Arise Gluten Free Bakery
Instagram: arise_bakery
Gluten-free wild yeast sourdoughs, yeasted breads, sweet and savory baked goods. We use organic ingredients and local, seasonal produce when possible. Also at Arcata farmers’ market. On-site by appointment only.

Beck's Bakery
100 Ericson Court, Suite 100C
Arcata, CA 95521
707-840-8004
info@becksbakery.com
www.becksbakery.com
Facebook: Becks Bakery Arcata
Instagram: @becksbakery
Wholesale bread bakery infuses regionally grown grains in all of their organic breads and other baked goods. Flour milled on site
Also at Arcata & Fortuna farmers’ markets. Contact for whole grain bread subscription

Brio Breadworks
1309 11th Street Suite 101
Arcata, CA 95521
707-822-0791
brio@humboldt1.com
www.briobaking.com
Facebook: Brio Breadworks
Artisan hearth breads and pastries
Also sold at Arcata farmers’ market and on site at Café Brio

Desserts on Us
57 Belle Falor Court
Arcata, CA 95521
707-822-0160
operations@dessertsonus.com
www.dessertsonus.com
Baklava, Lacey's cookies

Frankie's New York Bagels
Redwood Acres
3750 Harris Street
Eureka, CA 95503
707-599-3305
frankiesnybagels@gmail.com
Facebook: frankiesnybagels
Bagels and more
Also on site Thursday thru Sunday
8 a.m. to 1 p.m.

Glee’s Baking and Milling Company
Ferndale, CA 95536
707-601-0070
Bread and pastries from local grains (some wheat free); mill their own flour; chocolate sold at farmers’ markets in cool-temperature places. Call for special orders and appointments.

Stone-Ground, Long-Fermented, Local Grains.
When you are faced with the array of breads on the store’s shelves, it can be confusing to decide which loaf offers the most nutrition for your buck. Reading the list of ingredients may not be helpful unless you know what to look for, so here are a few things to consider next time you head out for a loaf.

1. First, it’s important to think about the flour used in different loaves. White or wheat? Whole grain or processed? What’s the difference?
   • White flour is a highly refined product. It doesn’t matter if it is wheat or gluten-free flour; it is starch with most or all of the nutritious parts and flavor—bran and germ—removed.
   • Most of the white flour produced in the U.S. is roller milled. This is the easiest way to separate the bran and germ from the endosperm (starch) so that bakeries can make processed, cheap white bread. Roller mills will add back a portion of the bran, but not the germ, and still call it whole grain, but it really is not.
   • Look for the word “whole.” Avoid the brown white bread! Just because it is dark doesn’t mean it is whole grain. Whole wheat and wheat flour are not the same. One is real food, a complex carbohydrate; the other is not. It is empty calories, void of nutrients.
   • Unsifted stone ground whole grain flour is exactly what it says it is— whole grain—bran, germ and endosperm. This is good. Bran is the preferred food of your gut microbiome and germ is the source of flavor, enzymes, and micronutrients.
   • Wheat gets blamed for what is done to it. It is not the wheat but the excessive refining of it that makes it bad for you. Keep it whole and minimally processed, and it is a health-promoting addition to our diet. The best way to eat grains is to eat them whole and cooked. Next best is stone-ground and fermented (aka sourdough).

2. Look at the fiber to carbohydrate ratio.
   The minimum is 1:5, which means for every gram of fiber, there is no more than 5 grams of carbohydrate. This can be faked with added high fiber ingredients like inulin or bran.

3. Watch out for added sugars.

4. What can you do if you are on a budget and need your loaf to last longer?
   • Buy the most nutritious loaf you can afford. You deserve it! And consider the positive impact of buying local and supporting people not machines to make your bread.
   • Freeze slices in small quantities. To make certain that your bread won’t get moldy, wrap and freeze slices in whatever amounts are practical for you. Take them out as needed. Your bread and your buck will go further.

In addition to trusting you are eating the best that grains have to offer, you deserve great taste. It can take a little while to adjust to the flavor and texture of whole-grain breads, especially if you’ve been used to the soft white stuff, but once you do, you’ll never go back.

When we make our whole-grain breads, we use fresh 100% whole grain flour that we stone mill ourselves with nothing sifted off. We buy hard red wheat, soft white wheat and rye directly from the farmer who grew it. These breads showcase the wonderful flavor of our local grains, and they make a hearty piece of tasty, nutritious toast. You can count on it!
Packaged Food and Beverages

Jameson Creek Ranch, LLC
400 Dick Smith Road
Fortuna, CA 95540-9267
707-725-8616 (H) 707-502-6242 (C)
Leslie@jamesoncreekranch.com
Pastries and confections (English toffee and almond tortes, etc.)
Also at various farmers’ markets

Los Bagels
1085 I Street
Arcata, CA 95521
707-822-3150
2nd and E Streets
Eureka, CA 95501
707-442-8325
www.losbagels.com
Facebook: Los Bagels
Organic bagels, pastries, bread and cream cheese spreads

Natural Decadence
Redwood Acres
3750 Harris Street
Eureka, CA 95503
707-444-2629
www.raisedglutenfree.com
Facebook: Natural Decadence
Gluten-free pies, cookies and shortbread. Specializing in allergen-free natural desserts not containing gluten, nut, egg or dairy

North Coast Co-op Bakery and Deli
www.northcoast.coop
Facebook: North Coast Co-op
Available at Co-op stores
Breads, pastries, sandwiches, salads and more

Arcata
8th and 1 Streets
Arcata, CA 95521
707-822-5947

Eureka
4th and B Streets
Eureka, CA 95501
707-443-6027

The R.O.S.E Homemaker
2715½ I Street
Eureka, CA 95501
707-267-3007
larosadesharon@yahoo.com
Low-carb, keto, vegan, and gluten-free breads and cakes
Call or email for how to purchase

Candies and Chocolates

Cacao Cocoon
5425 Ericson Way, Suite 5
Arcata, CA 95521
707-672-6821
cacaococoon@gmail.com
Facebook: Cacao Cocoon
www.cacaococoon.com
Instagram: @CacaoCocoon
Silky honey spun chocolate, fair trade and organic. Use own or locally sourced honey.
Contact for direct sales

Dick Taylor Craft Chocolate
4 West 4th Street
Eureka, CA 95501
info@dtchocolate.com
www.dicktaylorchocolate.com
Facebook: Dick Taylor Craft Chocolate
Small-batch bean to bar craft chocolate. Specialize in single origin two-ingredient chocolate. All chocolate made in factory in Eureka using ethically sourced ingredients
Tours: Friday 3 p.m. and Saturday 1 p.m.
Tickets: dicktaylorchocolate.com/tours

Humboldt Chocolate
Eureka
707-630-5355
info@humboldtchocolate.com
Small-batch, high-quality chocolate. Also available through website

Hum Yum
Arcata, CA 95521
humyumcaramels@gmail.com
www.humyum.com
Facebook: humyumcaramels
Instagram: HumYumCaramels
Small-batch, handcrafted caramels made with organic ingredients
Contact for direct sales

Royal Cookie Capers
100 Ericson Court, Suite 145
Arcata, CA 95521
707-822-0492
ken@royalcookiecapers.com
Facebook: royalcookiecapers
Vegan sweet breads, cakes, cookie dough, Drakes Glen chocolate bars and candy
Retail outlet on Ericson Court

Sticks and Scones
307-251-9595
jpearcey@gmail.com
Facebook: Sticks and Scones
Sticks and Scones offers delicious baked goods using fresh and locally acquired ingredients
Takes orders for pies and baked goods
Market: Crescent City farmers market

Twisted Tree Bakery
Susie Black Diemer
634 Burnt Stump Lane
Fieldbrook, CA 95519
707-497-4958
sdiemer4@gmail.com
Fresh homemade baked desserts
Available by special order

Wild Rose Farm
Blake Richard
PO Box 1233
Blue Lake, CA 95525
707-834-4115
blakerichard3967@gmail.com
Quinoa
Also at Arcata farmers’ market

www.humboldtmade.com
Packaged Food and Beverages

**Peace Pops**
Arcata, CA 95521
707-499-6387
peace.pops@hotmail.com
Facebook: Peace Pops
Instagram: @PeacePops
Hand-made ice pops, made with natural ingredients.
At events and local natural food stores. Contact for direct sales

**Jameson Creek Ranch**
English toffee and almond tortes
See listing under baked goods

**Kenny’s Chocolates**
425 Snug Alley, Suite B
Eureka, CA 95501
707-445-8015
kennyschocolates.com
Facebook: Kenny’s Chocolates
Kennyschocolates@suddenlinkmail.com
Small batch and custom chocolates

**Honey Apple Farms**
Arcata, CA 95521
ronald.honig@gmail.com
707-822-6186
Apple butter and apple cider vinegar
Direct sales at Arcata farmers’ market

**Tangara Chocolate**
David MacCuish
707-496-8324
david@humfarm.org
Craft chocolate
Direct in summer

**Trinity Raw**
Eureka, CA 95503
530-739-2603
info@TrinityRaw.com
www.TrinityRaw.com
Organic raw chocolate truffles
Contact for direct sales

**McIntosh Farm**
Willow Creek, CA 95573
vistarose@netzero.net
530-629-4145
Jam, apple butter, and jelly
At Arcata farmers’ market

**Mad River Farm Food**
100 Ericson Court, Suite 140
Arcata, CA 95521
Cary Bartlett
707-822-0248
bartlettmrf@gmail.com
www.mad-river-farm.com
Facebook: Mad River Farm
All natural jams, jellies, preserves, barbecue sauce and fruit butters
Contact for direct sales

Jams, Jellies and Preserves

**Diane’s Sweet Heat**
100 Ericson Court
Arcata, CA 95521
707-599-5559
dianessweetheat@yahoo.com
www.dianessweetheat.com
Facebook: Dianes Sweet Heat
Jams that blend sweet fruit and spicy habanero peppers

Attention Food Makers and Farmers!

The North Coast Small Business Development Center supports farmers and food makers in Humboldt and Del Norte Counties to create sustainable and successful businesses through our no-cost one-on-one advising and industry focused, high-value learning programs, such as our annual Food Flight and Farm Flight programs.

Visit our website at NorthCoastSBDC.org to learn more about our learning programs, sign up for advising, and access our business tools.

We help businesses thrive on our North Coast!
Trident Lightning Farms
Arcata, CA 95521
danielle@penandquilt.com
707-826-0490
Plum, peach and blackberry jam
Direct sales at farmers’ markets

Zimmerman’s Country Kitchen
PO Box 908
Blue Lake, CA 95525
707-668-1868
tomasosspecialtyfoods@hotmail.com
www.tomasosspecialtyfoods.com
Jams and fruit syrups

Honey
Details for some honey producers are in the farm directory. Many of these products can be found in local groceries.

Collette’s Humboldt Honey
146 Kelsey Lane
Myers Flat, CA 95554
707-943-3322
Honey
Also at gift shops

Humboldt Honey Wine
www.humboldt蜂蜜酒.com
Honey and honey wine
Also at: Arcata, Eureka, McKinleyville, Willow Creek and Fortuna farmers’ markets

Monastery Creamed Honey
Redwoods Monastery
Whitethorn, CA 95589
707-986-7419
store.redwoodsabbey.org
Flavored and creamed honey

My Honey’s Produce
Smith River, CA 95567
707-218-7379
MyHoneysProduce@gmail.com
Facebook: My Honey’s Produce
Products: Raw local honey
Market: Crescent City farmers’ markets

Reed’s Bees
David Reed
Arcata, CA 95521
Honey, beeswax candles, propolis
Arcata farmers’ market

River Bees
Shively, CA 95565
Honey, bee pollen, beeswax, lavender honey, Humboldt Gold Honey brand and queen bees
Arcata farmers’ market

Sauces and Dressings

Angry Chiles
Live Oak Farm
Mattole Valley, CA
707-499-6850
angrychiles@gmail.com
Small batch sauces handmade with chiles grown on site
At Friday night Eureka farmers’ market

Blackberry Bramble
PO Box 517
Blue Lake, CA 95525
707-668-1616
blackberrybramblebbq@gmail.com
www.blackberrybramblebbq.com
Facebook: Blackberry Bramble BBQ
Sauces and BBQ catering

Casa Lindra Salsa
5425 Ericson Way Suite 1
Arcata, CA 95521
707-822-7933
tomasosspecialtyfoods@hotmail.com
www.tomasosspecialtyfoods.com
Jams and fruit syrups

Cottage Canning Law
In 2012, the State of California passed a law allowing individuals to prepare and package certain foods in private home kitchens referred to as “cottage food operations” (CFOs).

Two classes of operations were created. Class A allows individuals to sell directly to consumers. Class B allows for the resale of products, where a producer sells to a grocery or restaurant or other reseller who then sells to the final consumer. This law has benefited small producers, as they can save a great deal of money by not using a commercial kitchen. It has allowed farmers, for example, to process their fruit into jams or preserves. When a crop of fruit is ready, there may be too much for the market to absorb. Preserving the fruit by drying it or making jam helps the farmer economically and helps prevent food waste.

Some of the products you may see are baked goods, candies, dried fruit or vegetables, pasta, baking mixes, pies, herb blends, jams, honey, nut mixes, popcorn, vinegar and condiments, coffee, tea, dried soup mixes, vegetable chips, ground chocolate and salt. This list is not exhaustive and new items are added yearly. More information is at: www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDBPrograms/FoodSafetyProgram/CottageFoodOperations.aspx

Boehm’s Café Specialty Foods
See listing under Other Foods
Sauces, jelly and pickled foods

Casa Lindra Salsa
5425 Ericson Way Suite 1
Arcata, CA 95521
707-822-7933
Burritos and salsa

Cultured Life Food
707-616-8166
Arcata, CA 95521
CulturedLifeFood@gmail.com
www.culturedlifefood.com
Organic quinoa flour and gomasio
Locally Delicious

Packaged Food and Beverages

Earth ‘N’ Hands Farm
Dean Gilkerson
3555 Thorpe Lane
Kneeland, CA 95549
707-599-4458
dean.enhfarm@gmail.com
16 fresh pepper sauces using peppers from own farm
Also sells at Arcata and Eureka farmers’ markets

Fortunata’s
PO Box 908
Blue Lake, CA 95525
707-668-1868
tomasosspecialtyfoods@hotmail.com
www.tomasosspecialtyfoods.com
Pasta sauce made with organic ingredients

Fungaia Farm
PO Box 4962
Arcata, CA 95521
707-444-3799
fungaiafarm@gmail.com
Fresh mushrooms, mushroom growing kits and dried mushroom seasonings

Did You Know?
There are three tiers of organic packaged foods:

- 100% Organic means all ingredients are grown organically
- Organic (without the 100%) means 95% of the ingredients are organic, with the remaining 5% not available in organic form
- Made with Organic Ingredients means at least 70% of the ingredients are organic

Humboldt Hot Sauce
PO Box 460
Arcata, CA 95518
707-845-1800
humboldthotsauce@gmail.com
www.humboldthotsauce.com
Facebook, Instagram and Twitter: Humboldt Hot Sauce
Hot sauces

Humboldt Smokehouse
310 5th Street
Eureka, CA 95501
707-497-6261
dave@humboldtsmokehouse.com
www.humboldtsmokehouse.com
Facebook: Humboldt Smokehouse
Barbecue sauces and meats

Lindah’s Mustard
PO Box 908
Blue Lake, CA 95525
707-668-1868
www.tomasosspecialtyfoods.com
Hot, sweet and seasoned mustards

Humboldt Herbals
300 2nd Street
Eureka, CA 95501
707-442-3541
emailus@humboldtherbals.com
www.humboldttherbals.com
Instagram: humboldtherbals
Facebook: Humboldt Herbals
Organic tea and spice blends
Also on-site sales

Marie-Louise’s All Natural Seasonings and Finishing Salts
PO Box 491
Bayside, CA 95521
707-876-6221
gotseldemer@gmail.com
Artisan seasoning and finishing salts.
Also at Arcata farmers’ market

Over 500 organic bulk herbs & teas
.............................
artisan spice blends
.............................
culinary spices
.............................
gourmet salts

HUMBOLDT HERBALS
300 2nd St., Eureka, Ca • (707) 442-3541
www.humboldttherbals.com
Exceeding expectations since 1998.
Locally Delicious

Packaged Food and Beverages

Mas Salsa Por Favor
PO Box 908
Blue Lake, CA 95525
707-668-1868
tomasosspecialtyfoods@hotmail.com
www.tomasosspecialtyfoods.com
Salsa made with organic tomatoes

Mazzotti’s Italian Food
773 8th Street
Arcata, CA 95521
707-822-1900
www.mazzottis.com
House Italian dressing

Nonna Lena’s
5425 Ericson Way, Suite 2
Arcata, CA 95521
707-822-1517
timek@nonnalenas.com
www.nonnalena.com
All-natural pestos, hummus and spreads. Vegan options.

Pacific Flake Salt
1 TCF Drive, Suite B
Samoa, CA 95564
760-715-4801
Bryon@pacificflake.com
www.pacificflake.com
Instagram: @pacificflakecom
Facebook: PacificFlake
Boutique Sea salt from the waters of Northern California
Look for our product in the bulk departments of the Co-op and Eureka Natural Foods.

Rita’s Salsa
3562 Broadway Street
Eureka, CA 95503
707-601-7749
jared@ritascafe.com
Facebook: Rita’s Wholesale
Fresh salsa

Roy’s (Roi’s) Club Italian Products
PO Box 908
Blue Lake, CA 95525
707-668-1868
www.tomasosspecialtyfoods.com
House-made dry pastas, polenta, basil vinaigrette and marinara sauce

Rumiamo Raised To Matter
Crescent City, CA 95531
707-616-8166
toprointomatter.com
Instagram: raised.to.matter
Ghee produced from Humboldt and Del Norte pastures

Shamus T Bones
1911 Truesdale Street
Eureka, CA 95501
707-407-3550
www.shamustbones.com
Barbecue sauce

Smoky Jim’s BBQ Sauce
PO Box 908
Blue Lake, CA 95525
707-668-1868
tomasosspecialtyfoods@hotmail.com
www.tomasosspecialtyfoods.com
Barbecue sauce

Smokin’ Moses Bar-B-Que Sauce
P.O. Box 69
Myers Flat, CA 95554
707-943-9943
smokinmoses1@gmail.com
Barbecue and hot sauces

Sue’s Organics
PO Box 1928
Redway, CA 95560
707-932-5222
info@suesorganics.com
suesorganics.com
Gluten-free, vegan and organic dressings and dipping sauce

Ted and Barney’s
707-443-3641
Facebook: Ted-and-Barneys
www.tedandbarney.com
Meat seasonings

Union Son Canning Company
McKinleyville, CA 95519
707-972-7851
unionsoncanning@gmail.com
Nutritional yeast-based seasoning

Weitchpec Chile Company
PO Box 908
Blue Lake, CA 95525
707-668-1868
tomasosspecialtyfoods@hotmail.com
www.tomasosspecialtyfoods.com
Humboldt Green, Habanero, Klamath Red chili sauces

What Does It Mean?
Natural: There is no USDA regulation for the use of this term. On a label, it typically means no added growth hormones or supplemental antibiotic use. But it can vary on a case-by-case basis. It often means nothing.

Other Foods

The Art of Soup
Candace Detlefsen
707-834-1262
SoupArtHumboldt@gmail.com
Small-batch heritage soups, stews and stocks featuring the many cultures of Humboldt County

Boehm’s Café
926 13th Street
Fortuna, CA 95540
707-725-6232
sisstars4@yahoo.com
www.boehmscafe.com/retail
Relish, cinnamon sauce, hot zucchini sticks, garlic, apple dumpling kit
Contact for direct sales

Celebrations Tamales and Sauces
100 Ericson Court, Unit 130
Arcata, CA 95521
707-633-6375/707-616-4769
info@celebratetamales.com
www.celebratetamales.com
Facebook: Celebrations Tamales and Sauces: Also at Arcata farmers’ market

Henry’s Olives
4177 Excelsior Road
Eureka, CA 95503
707-445-9527
www.henrysolives.com
henrysolives@reninet.com
Facebook: Henrys Olives
Olives, tapenades, olive oil and preserved lemons
Arcata and Eureka farmers’ markets

Rita’s Salsa
3562 Broadway Street
Eureka, CA 95503
707-601-7749
jared@ritascafe.com
Facebook: Rita’s Wholesale
Fresh salsa

Roy’s (Roi’s) Club Italian Products
PO Box 908
Blue Lake, CA 95525
707-668-1868
www.tomasosspecialtyfoods.com
House-made dry pastas, polenta, basil vinaigrette and marinara sauce

Rumiamo Raised To Matter
Crescent City, CA 95531
707-616-8166
toprointomatter.com
Instagram: raised.to.matter
Ghee produced from Humboldt and Del Norte pastures

Sue’s Organics
PO Box 1928
Redway, CA 95560
707-932-5222
info@suesorganics.com
suesorganics.com
Gluten-free, vegan and organic dressings and dipping sauce

Ted and Barney’s
707-443-3641
Facebook: Ted-and-Barneys
www.tedandbarney.com
Meat seasonings

Union Son Canning Company
McKinleyville, CA 95519
707-972-7851
unionsoncanning@gmail.com
Nutritional yeast-based seasoning

Weitchpec Chile Company
PO Box 908
Blue Lake, CA 95525
707-668-1868
tomasosspecialtyfoods@hotmail.com
www.tomasosspecialtyfoods.com
Humboldt Green, Habanero, Klamath Red chili sauces

What Does It Mean?
Natural: There is no USDA regulation for the use of this term. On a label, it typically means no added growth hormones or supplemental antibiotic use. But it can vary on a case-by-case basis. It often means nothing.
Packaged Food and Beverages

Midwife Made
PO Box 823
Arcata CA 95518
Humboldtvitalroots@gmail.com
midwifemade.com
Instagram: @askmidwife707
Kale chips

Ryan Creek Root Cellar
Redwood Acres Fairground
www.ryancreekmeat.com
www.facebook.com/ryancreekrc/
Products: Cured, dried and smoked meats.
Available at The Boardroom

Tofu Shop Specialty Foods, Inc.
65 Frank Martin Court
Arcata, CA 95521
707-822-7401
www.tofushop.com
info@tofushop.com
Organic, artisan tofu products available fresh, in burgers, sausage patties, smoked sticks and spreads. Fresh soymilk and organic, small batch sauerkraut

Tomaso’s Specialty Foods
PO Box 908
Blue Lake, CA 95525
707-668-1868
tomasosspecialtyfoods@hotmail.com
www.tomasosspecialtyfoods.com
Frozen pizza, pasta sauces, salsas Distributes for many local producers

Vegan Dream
PO Box 700
Bayside, CA 95524
707-826-1101
info@vegandream.com
www.vegandream.com
Facebook, Instagram, YouTube: Vegan Dream
All-natural vegetarian jerky made with non-GMO soy. Also available online

When you need help with operating expenses, we’re here to help with competitive rates, flexible terms, and unmatched service.

American AgCredit
Call 800.800.4865 today or visit AgLoan.com
A part of the Farm Credit System. Equal Opportunity Lender.
Rumiano Cheese has just celebrated 100 years of creating award-winning dairy provisions from the North Coast’s local milkshed. The Rumiano family has always recognized Humboldt and Del Norte counties as having super high-quality milk thanks to the region’s temperate climate, fertile soil and conscientious farmers.

A vibrant and thriving milkshed is a cornerstone of a healthy community and environment, preserving open spaces and maintaining a way of life traditional to this unique region. According to Nicholson Dairy’s Cody Stratton: “We are grateful to partner with Rumiano and the 26 other forage-based, multigenerational family dairies raising happy Jersey cows here on the North Coast. With a hundred-year history of crafting award-winning dairy provisions, Rumiano Cheese is a natural partner for us as our family continues its seven-generation dairy tradition in Humboldt County.”

The Rumiano team provides its producers with extended educational opportunities that teach different management strategies for the promotion of healthier soils that cycle nutrients and water more efficiently, support wildlife and pollinator habitat, and provide a framework that allows the farms to work in harmony with nature.

“Our dairymen and women use their cows as tools to create a healthy environment by using practices such as rotational grazing, composting and cover cropping,” says Kate Walker of Rumiano. “Our climate allows cows to have constant access to pasture, which results in not only nutrient-dense, high-quality milk, but also provides a low-stress lifestyle that enables the cows to live as nature intended.”

The foundation of all Rumiano’s award-winning dairy products is the healthy soil that results from regenerative agricultural practices. Well-managed and nutrient-dense soil generates pristine pastures year-round, which allows the cows in turn to graze on nutrient-dense flavorful grasses every day. The high-quality, naturally carotene-rich dairy from this unique environment, where the redwoods meet the ocean, is ideal for creating cheese, butter and ghee.

Sustainability is a central focus for Nicholson Dairy as they look to the coming years and generations. With over a decade focused on regenerative agricultural practices, they and other Rumiano partner farms are working to promote diverse stands of perennial grasses, reduce greenhouse gas emissions and generate healthy soils that sequester carbon to fight climate change. Through the coordinated management of dairy cattle on verdant pastures, Rumiano’s partner farms work diligently to become a climate change solution, benefit their local community and produce a nutritious ethical product that feeds the body and soul.

Cahill Dairy’s Zach Cahill sums it up well: “It is clear that the fourth generation of the Rumiano family is 100% dedicated to producing nutrient-dense, grass-fed, pasture-raised, hormone-free, environmentally regenerative dairy products. It is exciting to be part of the breakthroughs and discoveries that Rumiano Cheese and the stewards of this unique, North Coast milkshed have made, and we look forward to being a part of the next 100 years!”
**Cheese, Dairy and Eggs**

**Alexandre Family Farm**
Blake and Stephanie Alexandre
8371 Lower Lake Road
Crescent City, CA 95531
707-487-1000
vanessa@alexandrefamilyfarm.com
www.alexandrefamilyfarm.com

Products: Organic A2 milk, yogurt, eggs, beef and pork
Also available at farm store. See listing under Farm Stands (different address)

**Rumiano Cheese Company**
511 9th Street
Crescent City CA 95531
707-465-1535
www.rumianocheese.com
Facebook: Rumiano Cheese
Instagram: rumianocheese
Organic and non-organic cheese
Also available in on-site store

**Rumiano Raised To Matter**
Formally Cultured Life Food
707-616-8166
Crescent City, CA 95531
kwalker@rumianocheese.com
www.raisedtomatter.com
instagram: raised.to.matter
Ghee produced from Humboldt and Del Norte pastures

**Spring Hill Farmstead Goat Cheese**
Bayside, CA 95524
707-616-1093
springhillfarmstead@gmail.com
Facebook: Spring Hill Farmstead Goat Cheese
LaMancha farmstead goat cheese
Also at Arcata farmers’ market, Kneeland Glen farm stand and restaurants

**Trinidad Bay Company**
5425 Ericson Way Suite 1
Arcata, CA 95521
707-822-7933
Flavored cream cheese spreads

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**Fish and Seafood**

**Fish Brothers**
203 Taylor Way
Blue Lake, CA 95525
707-668-9700
www.fishbrothers.com
fishbro@fishbrothers.com
Smoked fish
Contact for direct sales

**Katy’s Smokehouse and Fish Market**
740 Edwards Street
Trinidad, CA 95570
707-677-0151
www.katyssmokehouse.com
Facebook: Katy’s Smokehouse
Smoked fish and shellfish, canned fish, smoked salmon jerky. Fresh fish and crab. Available at on-site store

**Kodiak Catch**
1620 Kristin Way
McKinleyville, CA 95519
laceyberns@gmail.com
www.kodiakcatch.com
Custom-smoked salmon caught by us in Kodiak, Alaska. Wild coho and sockeye Kodiak salmon, fresh filets, frozen and vacuum-sealed, available September through May each year at Arcata farmers’ market

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Cypress Grove
1330 Q Street
Arcata CA 95521
707-825-1100
info@cypressgrovecheese.com
www.cypressgrovecheese.com
Award-winning artisanal goat cheese

**Gold Nugget Ghee**
Arcata, CA 95518
562-453-5527
daniel@goldnuggettcheese.com
www.goldnuggettcheese.com
Facebook: Gold Nugget Ghee
Traditional, chocolate and mushroom ghee
Also available online

**Humboldt Creamery**
Division of Foster Farms
Fernbridge and Modesto, CA
Organic milk and ice cream produced in Humboldt. Other products from Modesto
Packaged Food and Beverages

Paul’s Famous Smoked Salmon
17581 Highway 101 South
Klamath, CA 95548
707-482-1409
Fresh-caught salmon from the Klamath, smoked using traditional Yurok methods. On-site sales

Wild Planet Foods, Inc.
1585 Heartwood Drive Suite F
McKinleyville, CA. 95519
www.wildplanetfoods.com
Social media: @wildplanetfoods
customerservice@wildplanetfoods.com
A full line of sustainably caught canned seafood including; pole and line caught tuna, wild Alaska salmon, sardines, yellowtail, mackerel and anchovies.

Humboldt Kefir Company
Ivy Lucco
McKinleyville, CA
707-954-1650
iraeroots@gmail.com
Water kefir drinks. Lemon Ginger Brew and Flower Petal Brew

It’s Alive Kombucha
1612 Old Arcata Road
Bayside, CA 95524
707-845-1633
Facebook, Instagram, Twitter: Its Alive Kombucha Humboldt County
www.itsalivekombucha.com
Tastings: Tuesday and Thursday noon to 5 p.m.
Farm to bar kombucha, made with seasonal and local ingredients. Custom flavors available

Non-Alcoholic Beverages

Angie’s Chai
550 South G Street
Arcata CA 95521
707-498-6061
info@angieschai.com
www.angieschai.com
Facebook, Instagram, Twitter: AngiesChai
Sweet and spicy chai sold in refillable growlers. Available at locally owned restaurants and coffee shops. Contact for direct sales

Gold Rush Coffee
www.goldrushcoffee.com
Facebook: Gold Rush Coffee
Coffee locally roasted in Eureka
Also at drive-thru coffee and sit-down coffee bar
2742 Broadway Street
Eureka, CA 95501
707-442-2333
Also serving smoothies and deli food

Humboldt Bay Coffee Company
527 3rd Street
Eureka, CA 95501
707-444-3969
info@humboldtcoffee.com
www.humboldtcoffee.com
Facebook: Humboldt Bay Coffee Company
Instagram: HumboldtBayCoffee
Locally roasted coffee, options for fair trade, single origin, and unique blends. Visit us at our tasting room or contact for direct sales or to join the coffee club.

Kinetic Koffee Company
550 South G Street, Suite 19
Arcata, CA 95521
707-825-9417
officemanager@kinetic-koffee.com
www.kinetic-koffee.com
Premium, certified organic coffees from around the world

Muddy Waters Coffee Company
4159 Central Avenue
McKinleyville, CA 95519
707-268-1133
chris@ilovemud.com
www.ilovemud.com
Facebook: Muddy-Waters-Coffee-Co
Organic coffee:sustainable, shade-grown, fair-trade certified

Lost Coast Roast
550 South G Street, Suite 36
Arcata, CA 95521
707-630-5032
Johnny@lostcoastroast.com
www.lostcoastroast.com
Facebook: Lost Coast Roast
Bottled iced coffee made with organic, shade-grown, fair-trade coffee beans

Locally Delicious
Packaged Food and Beverages

Old Town Coffee and Chocolates
www.oldtowncoffeeeureka.com
Facebook: Old-Town-Coffee-Chocolates
Coffee and coffee liqueur
211 F Street
Eureka, CA 95501
707-445-8600
502 Henderson Street
Eureka, CA 95501
707-442-1522

Planet Teas
PO Box 5178
Arcata, CA 95518
707-832-9717
dorje@planet-teas.com
www.planet-teas.com
Facebook: Planet Teas
Instagram: Planet_Teas
Organic craft chai and specialty loose leaf tea
Also at Arcata farmers’ market

Seazque Brewing Kombucha
400 Front Street
Crescent City, CA 95531
707-465-4444
www.seazquebrewing.com
Facebook: Seazque Brewing
Seabucha Kombucha: Fruit and other flavors

Sweet Pea Gardens
Shelley Ruhlen Ponce and Joshua Ponce
1433 Freshwater Road
Eureka, CA 95503
707-444-3180 and 707-499-3363
sweetpgardens@gmail.com
www.freshwatertea.com
Facebook: SweetPeaGardens.tea
Instagram: gardens_and_music
Organic herbal teas, green onions, and flowers
Also at Arcata farmers’ market

Wild Rivers Coffee
Crescent City, CA 95531
707-954-4572
wildriverscoffee@gmail.com
Facebook: Wild Rivers Coffee
Small batch roasted organic, fair trade coffee
Also at Crescent City farmers markets.

Buy Local Packaged Foods
Why It Matters
• Local packaged foods have shorter, simpler ingredient lists, and you can talk to the maker!
• Look for Fair Trade certification on ingredients we can’t grow here like coffee and chocolate. It means the producers provide their workers with fair wages and safe working conditions.
• And speaking of coffee, shade-grown coffee ensures a more diverse and less disturbed ecosystem than sun-grown.
Packaged Food and Beverages

Craft Breweries

The Booth Brewing Company
123 West 3rd Street
Eureka, CA 95501
707-572-5728
cheers@theboothbrewing.com
www.theboothbrewing.com
Instagram: theboothbrewing.us
Tasting room planned for 2020
Creating new flavors and styles

Eel River Brewing Company
1777 Alamar Way
Fortuna, CA 95540
707-725-2739
Monday to Saturday 11 a.m. to 11 p.m.
Sunday 10 a.m. to 11 p.m.
www.eelriverbrewing.com
Facebook/Instagram: @eelriverbrewing
First certified organic brewery in the nation and first hard sparkling water on the West Coast.

Gyppo Ale Mill
1661 Upper Pacific Drive
Shelter Cove CA 95589
707-986-7700
family@gyppo.com
www.gyppo.com
Facebook: Gyppo Ale Mill
Instagram: @gyppoalemill
Craft brewery, taproom and restaurant
Winter: Monday, Wednesday, Thursday 4 to 8 p.m. Friday, Saturday and Sunday noon to 8 p.m.
Summer hours: Check website

Humboldt Regeneration Brewery
2320 Central Avenue, Unit F
McKinleyville, CA 95521
707-738-8225
humboldtregeneration@gmail.com
www.humboldtregeneration.com
Grows own barley, hops, wheat, other grains, fruit and herbs for use in beer.
Community Supported Brewery
Pick-up and Growler Bar Saturday 1 to 6 p.m.

Lost Coast Brewery
1600 Sunset Drive
Eureka, CA 95503
707-267-9651
www.lostcoast.com
Facebook: lostcoastbrewery
Instagram: lostcoastbrewery
Taproom and brewery
Tours, tasting room and store
Call to schedule or walk in for a free tour

Mad River Brewing Company
101 Taylor Way
Blue Lake, CA 95525
707-668-4151
cindys@madriverbrewing.com
www.madriverbrewing.com
Facebook: Mad River Brewing
Traditional beers, specialty ales and restaurant.
11:30 a.m. to 9 p.m.

Port O’Pints Brewing Co.
1215 Northwest Drive
Crescent City, CA 95531
707-460-1154
www.portopints.com
Facebook: Port O’Pints Brewing Co.
Monday to Thursday 11 a.m. to 10 p.m.
Friday and Saturday 11 a.m. to midnight, Sunday 11 a.m. to 9 p.m.

Sequaque Brewing
400 Front Street
Crescent City, CA 95531
707-464-4444
www.sequaquebrewing.com
Facebook: Seaquake Brewing
Tuesday to Thursday 11 a.m. to 9 p.m.
Friday and Saturday 11 a.m. to 10 p.m.

Six Rivers Brewery
1300 Central Avenue
McKinleyville, CA 95519
707-839-7580
Friends@sixriversbrewery.com
www.sixriversbrewery.com
Facebook, Instagram and Twitter: sixriversbrew
English-style brewing

Humboldt Grown
BEER
SINCE 2012
HUMBOLDTREGENERATION.COM

Redwood Curtain Brewing Company
550 South G Street, Unit 4
Arcata, CA 95521
707-826-RCBC (7222)
1595 Myrtle Avenue
Eureka, CA 95501
707-269-7143
www.redwoodcurtainbrewing.com
Facebook: Redwood Curtain Brewing Company
Unfiltered beers
Tasting room Sunday to Tuesday noon to 11 p.m.
Wednesday to Saturday noon to midnight

Lost Coast Brewery
1600 Sunset Drive
Eureka, CA 95503
707-267-9651
www.lostcoast.com
Facebook: lostcoastbrewery
Instagram: lostcoastbrewery
Taproom and brewery
Tours, tasting room and store
Call to schedule or walk in for a free tour

Mad River Brewing Company
101 Taylor Way
Blue Lake, CA 95525
707-668-4151
cindys@madriverbrewing.com
www.madriverbrewing.com
Facebook: Mad River Brewing
Traditional beers, specialty ales and restaurant.
11:30 a.m. to 9 p.m.

Port O’Pints Brewing Co.
1215 Northwest Drive
Crescent City, CA 95531
707-460-1154
www.portopints.com
Facebook: Port O’Pints Brewing Co.
Monday to Thursday 11 a.m. to 10 p.m.
Friday and Saturday 11 a.m. to midnight, Sunday 11 a.m. to 9 p.m.

Sequaque Brewing
400 Front Street
Crescent City, CA 95531
707-464-4444
www.sequaquebrewing.com
Facebook: Seaquake Brewing
Tuesday to Thursday 11 a.m. to 9 p.m.
Friday and Saturday 11 a.m. to 10 p.m.

Six Rivers Brewery
1300 Central Avenue
McKinleyville, CA 95519
707-839-7580
Friends@sixriversbrewery.com
www.sixriversbrewery.com
Facebook, Instagram and Twitter: sixriversbrew
English-style brewing
Packaged Food and Beverages

Wineries

Wines may be found at local stores and restaurants. Some wineries list these on their website. Tours and tasting rooms are specifically noted in the listings.

Alpen Cellars
Keith Groves
2000 East Fork Road
Trinity Center, CA 96091
530-266-9513
winemaker@alpencellars.com
www.alpencellars.com
Facebook: Alpen Cellars Winery
Open daily for tastings Memorial Day to Labor Day and by appointment the rest of the year.
10 a.m. to 4 p.m. (Please use directions on website as GPS directions are a very dangerous route.)
Also available on website.

Avidity Boutique Cellars
Mykal Coelho
4545 Briceland Road
Redway, CA 95561
707-267-0851
www.aviditybc.com
Facebook: Mykal Coelho
Tasting room in Redway

Bergeron Winery
Trinidad, CA 95570
707-677-5177
owner@bergeronwinery.com
www.bergeronwinery.com
Facebook: Bergeron Winery
Wine made from grapes at high elevation vineyards

Briceland Vineyards
5959 Briceland Road
Redway, CA 95560
707-923-2429
andrew@bricelandvineyards.com
www.bricelandvineyards.com
Open house events: Thanksgiving and Memorial Day weekends
Tastings June to August
Saturday and Sunday 1 to 5 p.m.
Tasting and tours by appointment year round

Cabot Vineyards
John Cabot
209 Ferris Ranch Road
Orleans, CA 95556
707-496-5381
cabotvineyards@gmail.com
www.cabotvineyards.com
Facebook: Cabot Vineyards
Family-owned, small, estate winery
Three vineyard locations

Fieldbrook Winery
Leah Lockwood
4241 Fieldbrook Road
Fieldbrook, CA 95521
707-839-4140
fieldbrookwinery@gmail.com
www.fieldbrookwinery.com
Sales by phone, email or wine club
Open Sundays noon to 5 p.m.

Flor d’Luna Boutique Winery
Sonja and Jason Smith
Fieldbrook, CA 95519
707-296-6525
flordlunawine@gmail.com
www.flordlunawine.com
Facebook: Flor D Luna Winery
Instagram: flordlunawine
For tasting, call or email for appointment or during Arts! Arcata at the Griffin, 937 10th Street

Frog Alley Cellars
1436 Ambrosini Lane
Ferndale, CA 95536
707-786-4353
fbrazil@suddenlink.net
Facebook: Frog Alley Cellars

Green Fire Winery
Grady Walker
PO Box 608
Hoopa, CA 95546
707-502-0045
greenfirewinery@gmail.com
www.greenfirewinery.com
Handcrafted natural wines, mostly made from Humboldt County grapes.
Also at the Arcata farmers’ market

Green Fire Winery
Handcrafted in Humboldt County

Heart’s Leap Wines
Kevin Patzkowsky
5301 Boyd Road
Arcata, CA 95521
707-834-5422
HeartsLeapWines@gmail.com
www.HeartsLeapWines.com
Wine made with minimal processing
Direct sales at tasting room
Locally Delicious

Humboldt Honey Wine
Paul and Heidi Leslie
707-599-7973
humboldthoneywine@yahoo.com
www.humboldthoneywine.com
Facebook: Humboldt Honey Wine
Honey wine, traditional and seasonal varieties, and honey
Arcata, Eureka, McKinleyville, Willow Creek and Fortuna farmers’ markets

Monument Mountain Vineyards
Carol Fritz Hoopes
2330 Monument Road
Rio Dell, CA 95562
707-764-3752
Facebook: Monument Mountain Vineyards

Moonstone Crossing Winery
Don Bremm and Sharon Hanks
529 Trinity Street (Tasting Room)
Trinidad, CA 95570
707-845-5492
donbremm@yahoo.com
www.moonstonecrossing.com
Facebook: Moonstone Crossing
Tasting room. Direct sales at tasting room. Or order by phone or email

North Story Wines
Pat Knittel
1350 9th Street
Arcata, CA 95521
707-508-5175
Wrangletowncidercompany@gmail.com
Facebook: North Story Wines
Also on site Winter Friday 3 to 6 p.m. Saturday 1 to 6 p.m. or by appointment
Old Growth Cellars
Bob Lima and Jim Pastori
1945 Hilfiker Lane
Eureka, CA 95503
rlima214@gmail.com
www.oldgrowthcellars.com
Facebook and Instagram: Old Growth Cellars
Tasting room Thursday to Saturday 1 to 7 p.m.
Also available for special events. See website

Riverbend Cellars
Thomas & Rika Meagher
12990 Avenue of the Giants
Myers Flat, CA 95554
707-943-9907 (for messages)
Facebook: Riverbend Cellars (for tasting room)
Tastings Wednesday to Sunday
Open: May to October noon to 6 p.m.
November to April: By appointment
Estate grown wine only

Rocky’s Ridge Vineyard
Jeff St. John
22522 State Highway 299
Blue Lake, CA 95525
707-601-0899
info@rockysridgevineyard.com
www.rockysridgevineyard.com
Facebook: RockysRidgeVineyard
Organic merlot grapes from Willow Creek, local Syrah, sustainably-grown estate Pinot Noir and other grapes.
Winery high in mountains and runs “off-the-grid.” Carbon neutral.
Tastings by appointment

Rosina Vineyards
Ed Lewis
751 Sorenson Road
Redcrest, CA 95569
707-722-4331
Ed@rosinavineyard.com
www.rosinavineyard.com
Tastings by appointment

Septentrio Winery and
650 6th Street
Arcata, CA 95521
707-672-2058
Boss@septentriowinery.com
Tasting Room Hours: Tuesday to Friday 4 to 10 p.m.
Saturday 2 to 10 p.m., Sunday 2 to 8 p.m.
Instagram/Facebook: @septentriowinery

Sumner Vineyards
Mike Sumner
PO Box 1089
Hayfork, CA 96041
844-430-4310
www.sumnervineyards.com
Facebook: SumnerVineyards
Locally grown Chardonnay, Sauvignon Blanc, Pinot Gris and Pinot Noir grapes
Call for complimentary tours

Wines by Region:
Ciao Italia!
WINE STUDIES CERTIFICATE PROGRAM

Piedmont – Italy’s Preeminent Wine Region (March 7)
Take a Trip Through Tuscany (April 18)
The Sole (Soul) of the Boot – Wines of Southern Italy (April 25)
California Wines: Sonoma County (May 9)
Wine tasting, tapas, and regional cheeses included. Discount for 4-course series.
humboldt.edu/wine

Financing dreams for local businesses for over 40 years
Including loans for start-ups, equipment, inventory, leasehold improvements and more in Humboldt, Del Norte, Mendocino, Lake Trinity and Siskiyou counties.

www.aedc1.org * (707) 798-6132
Terragena Vineyard and Winery
Chris Buchanan
Dyerville Loop Road
Myers Flat, CA 95554
707-362-6807
Chris@terragenavineyard.com
www.terragenavineyard.com
Facebook: terragenavineyards
Instagram: terragena_vineyards
Grapes from Humboldt, Mendocino and Sonoma. Wine available through website and at local retailers. Tasting and tours by appointment.

Trinity River Vineyards
Wil Franklin
3380 Foster Ave.
Arcata, CA 95521
707-825-5888
wfranklin@tsvg.com
www.trinityrivervineyards.com
Facebook: Trinity River Vineyards
Instagram: trinityriverwines
100% Willow Creek and Mendocino Viticultural Areas. Grown without synthetic pesticides or additives. Tasting by appointment. Available through local retailers and restaurants. Also sells and ships online through website.

Violet-Green Winery
Don Wattenbarger and Lina Carro
PO Box 165
Bayside, CA 95524
707-445-8679
wine@violetgreenwinery.com
www.violetgreenwinery.com
Facebook: Violet-Green-Winery
Grapes from Mendocino, Lake and Napa counties; some grapes (Syrah Castelero) are certified organic. Winery in redwood forest above Misty Hill Canyon near Humboldt Bay. Free local delivery.

Whitethorn Winery
Tasha McCorkle McKee
545 Shelter Cove Road
Whitethorn, CA 95589
707-986-1658
whitethornwinery@gmail.com
www.whitethornwinery.com
Facebook: Whitethorn Winery
Family-owned winery focusing on Pinot Noirs.
Tastings at winery by appointment.

Cideries

Humboldt Cider Company
Numerous varieties of specialty crafted ciders. Humboldt Blend uses local apples.
Cider Garden at Redwood Acres
3750 Harris Street
Eureka CA 95503
Tap Room Downtown
517 F Street
Eureka CA 95501
The Local Cider Bar
828 I Street
Arcata CA 95521

Wrangletown Cider
1350 9th Street
Arcata, California 95521
707-508-5175
wrangletowncidercompany@gmail.com
www.wrangletowncidercompany.com
Facebook: Wrangletown Cider Company
Cider using local apples.
Distilleries

Alchemy Distillery
330 South G Street
Arcata, CA 95521
707-822-8013
alchemydistillery@gmail.com
www.AlchemyDistillery.com
Facebook: Alchemy Distillery
Whisky and gin

Dutch & Dewey Distillery
22522 State Highway 299
PO Box 898
Blue Lake, CA 95525
707-601-0899
info@dutchanddeweydistillery.com
www.dutchanddeweydistillery.com
Facebook: DutchAndDewey Distillery
Sustainably-run distillery with premium, craft-certified, small-batch spirits.
Tastings by appointment

Humboldt Craft Distillery
PO Box 1324
Eureka, CA 95502
tastingnotes@humboldtcraftspirits.com
www.humboldtcraftspirits.com
Facebook: Humboldt Craft Spirits
Vodka, rye and gin

Humboldt Distillery
735 10th Street
Fortuna, CA 95540
707-725-1700
www.humboldtdistillery.com
Facebook and Instagram: Humboldt Distillery
Organic vodka, rum, brandy, occasionally whiskey and Humboldt’s Finest, a hemp-infused vodka
Tours and tastings by appointment

Jewell Distillery
120 Monda Way
Blue Lake, CA 95525
707-668-1810
www.jewelldistillery.com
Facebook and Instagram: Jewell Distillery
Gin, citron vodka and blackberry liqueur
Joining together to grow, cook and eat food brings joy, so the communities of Humboldt and Del Norte create an abundance of food events every year. Some are just for fun and others combine fun with raising funds for worthy causes. If you miss an event this year, fear not; it will almost certainly happen again next year!

Because we prepare this guide far in advance of some of these events, full details are not always available by the time we go to press, so it’s always advisable to check with the organizers before making plans around a particular event.

**March**

**Humboldt Wine Festival**
Humboldt State University
March 21, 2020 5 to 8 p.m.
Sample local wines, ciders, sweet and savory treats to support local and international youth and service projects.
Rotary Club of Arcata Community Foundation
www.humboldtwinefest.com
Marisa St John 707-601-0898
Jason Eads 707-839-1296
arcatarotarywinefestival@gmail.com
$Fee

**22nd Annual Seed and Plant Exchange and Scion Exchange**
Arcata Community Center
March 28, 2020 11 a.m. to 4 p.m.
An event for the community to share locally produced seeds, plants and scions. Local organizations table.
Humboldt Permaculture Guild
www.humboldtpermaculture.com
Levon Durr 707-444-3799
levonriver@gmail.com
Free

**April**

**Earth Day Celebration**
College of the Redwoods Food Forest
April 25, 2020
Annual celebration hosted at the College of the Redwoods Food Forest, Del Norte County. Includes workshops and activities related to permaculture, gardening, composting, soil health, and more.
Del Norte County & Associated Tribal Lands (DNATL) Community Food Council
www.dnatlfood.com
foodcouncildnatl@gmail
707-464-0955 ext 2109

**May**

**Salt & Fog Festival**
Old Town, Eureka, CA 95501
May 2, 2020
Check website for details.
This celebration of the sea is located on Eureka’s historic waterfront and celebrates Eureka’s fishing heritage by showcasing local art, products, and seafood from around Humboldt Bay.
www.visiteureka.com/salt-and-fog
events@visiteureka.com
707-440-9350

**A Taste of Main Street - Eureka**
Downtown and Old Town Eureka
May 7, 2020, 5 to 8 p.m.
Check with organizers for details.
www.eurekamainstreet.org
707-442-9054
amanda@eurekamainstreet.org

**Brew at the Zoo**
Sequoia Park Zoo
3414 W Street
Eureka, CA 95503
May 9, 2020, 4 to 8 p.m.
Sample beverages from 20+ local breweries. Dance to music, chow down on delicious food from outside food vendors, as well as traditional pub grub from the Zoo Café.
www.sequoiaparkzoo.net
Ashley Mobley
707-442-5649 x203
ashley@sequoiaparkzoo.net
$Fee

**June**

**Art and Wine in the Park**
Rohner Park
5 Park Street
Fortuna, CA 95540
June, 2020, noon to 4 p.m.
Check with organizers for date.
A day of wine tasting, art, local oysters, food and music. Local and regional wineries pour samples as a fundraiser for Fortuna Rotary Club
www.fortunarotary.org
707-725-9261
$Fee

**Arcata Bay Oyster Festival**
Arcata Plaza
June 20, 2020 11 a.m. to 4:30 p.m.
Local chefs compete for the best raw and cooked oyster and non-oyster awards to a backdrop of all-day music performances.
Arcata Main Street
www.arcatamainstreet.com/oyster-festival
707-822-4500
Free

**Trinidad Fish Festival**
Trinity Street
Trinidad, CA 95570
June 21, 2020, 10 a.m. to 4 p.m.
Locals serve up fish cuisine and tasty side dishes. Live music, beer, wine, artisans’ street fair and kids’ fun zone.
www.trinidadcalif.com
Greater Trinidad Chamber of Commerce
707-677-1610
Free
### July

**Westhaven Blackberry Festival**  
Westhaven Fire Department  
446 6th Avenue  
Trinidad, CA 95570  
July 26, 2020, 10 a.m. to 4 p.m.  
Sales of fresh blackberry pies, jams, and other local food and beverages. Music, vendors, games for the kids, and tours of the fire station and fire trucks. Free

**Second Annual Edible Garden Tour**  
August - check website for date  
Self-guided tour of local eco-friendly residential food-producing gardens in the Humboldt Bay area.  
www.cooperationhumboldt.org  
Admission by donation

**Zootini**  
Sequoia Park Zoo  
3414 W Street  
Eureka, CA 95503  
August 8, 2020, 5 to 9:45 p.m.  
A gala evening of wild fun. Sip on signature cocktails, enjoy a delicious catered gourmet dinner, dance under the stars.  
www.sequoiaparkzoo.net  
Ashley Mobley  
707-442-5649 x203  
ashley@sequoiaparkzoo.net  
$Fee

**Klamath Salmon Festival**  
Yurok Tribe  
190 Klamath Boulevard  
Klamath, CA 95548  
Enjoy a salmon dinner cooked in the traditional Yurok way. A family-friendly, free festival with live music and cultural events.  
www.yuroktribe.org/salmonfestival.htm  
Matt Mais  
707-954-0976  
mmais@yuroktribe.nsn.us  
Free

### August

**Salmon, Oysters, Ale and Rails**  
Timber Heritage Association  
Samoan Roundhouse and Shops  
930 Vance Avenue  
Samoan, CA 95564  
August 22, 2020, 11:30 a.m to 3 p.m.  
Enjoy a barbecued salmon, oyster, or hot dog lunch as you stroll through the timber heritage and logging railroad museum. Local beer and wine available.  
www.timberheritage.org  
707-443-2957  
timberheritagebruce@yahoo.com  
Facebook: Timber Heritage Association  
$Fee

**Hops in Humboldt**  
Rohner Park on Park Street  
Fortuna, CA 95540  
August 22, 2020 1 to 5 p.m.  
Sample hundreds of beers from the best breweries on the North Coast in your own commemorative glass. Listen to bands throughout the day and cruise arts and crafts vendors.  
www.hopsinhumboldt.com  
info@hopsinhumboldt.com  
$Fee

**Barntini**  
Humboldt Wildlife Care Center & Jacoby Creek Land Trust  
Kotke Ranch and Nature Preserve  
2182 Old Arcata Road  
Bayside, CA 95524  
August 28, 2020, 5:30 to 9 p.m.  
A fun evening featuring music, delicious local food, wines and spirits.  
www.jclandtrust.org  
Jacoby Creek Land Trust  
707-822-0900 or Wildlife Care Center  
707-822-8839  
jacobycreeklt@gmail.com  
$Fee

### September

**Harvest Festival**  
College of the Redwoods Food Forest  
Early September  
Contact organizers for more details.  
Annual celebration hosted at the College of the Redwoods Food Forest, Del Norte County. Workshops and activities related to permaculture, gardening, composting, soil health, and more.  
Del Norte County & Associated Tribal Lands (DNATL) Community Food Council  
www.dnatfood.com  
foodcouncildnatl@gmail  
707-464-0955 ext 2109

**Taste of the Cove**  
Mal Coombs Park  
Shelter Cove, CA 95589  
September 5, 2020, 1 to 5 p.m.  
Barbecued Pacific salmon and tuna, sides of sweet grilled corn-on-the-cob, peppers, green salad and grilled garlic bread. Homemade desserts and local micro-brews, wines, and soft drinks. Fundraiser for Heart of the Redwoods Community Hospice  
www.heartoftheredwoodscommunity-hospice.org  
Joe 707-923-7276  
$Fee

**Dee-ni’ Day**  
Tolowa Dee-ni’ Nation  
140 Rowdy Creek Rd.  
Smith River, CA 95567  
September 5, 2020, 9 a.m. to 4 p.m.  
Annual celebration with food and craft vendors, traditionally cooked salmon and sand bread, indigenous art show, cultural demonstrations, traditional stick games and more.  
707-487-9255

**Annual Chimney Kraft Labor Day Bash at Seaquake**  
Seaquake Brewing & Restaurant  
400 Front Street  
Crescent City, CA 95531  
September 7, 2020  
Annual fundraiser on Labor Day for CASA and Humane Society includes food, music, cornhole competition, and dog Olympics.  
707-465-4444  
www. Seaquakebrewing.com  
Facebook: Seaquake Brewing

**Tastin’ Trinidad**  
Saunders Park  
400 Janis Court  
Trinidad, CA 95570  
September 17, 2020  
Local restaurants, wineries, breweries and musicians come together to celebrate the many flavors of Trinidad.  
www.trinidadcalif.com  
707-677-1610  
Free

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Locally Delicious
Food-Related Events

**Bounty of the County**
The Barn by Fernbridge
26 Goble Lane
Ferndale, CA 95540
September 20, 2020
Mix and mingle with the people growing and raising Humboldt County’s best. Enjoy chef-designed locally inspired dishes and local beverages in a celebration of Humboldt’s best.
info@thebuckeye.org
$Fee

**Fieldbrook Art and Wine Festival**
Fieldbrook Winery
4241 Fieldbrook Road
McKinleyville, CA 95519
September 26, 2020 11 a.m. to 4 p.m.
Fundraising event for Fieldbrook Elementary School. Food and beverage booths and local music throughout the day.
Free

**October**

**Pumpkin Patch**
Organic Matters Ranch
6821 Myrtle Avenue
Eureka, CA 95503
Every day in October
Monday to Friday noon to 6 p.m.
Weekends 10 a.m. to 6 p.m.
Pumpkin patch, sunflower maze and hay pyramid. Music and food vendors on the weekends.
info@organicmattersranch.com
Facebook: Organic Matters Ranch
Instagram: @Organic Matters Ranch
www.organicmattersranch.com
707-407-FARM (3276)
Call or email to arrange school trips.
Free

**Wine by the Sea**
Humboldt Coastal Nature Center
220 Stamps Lane
Manila, CA 95521
October 3, 2020, 3 to 6 p.m
Enjoy ocean and bay views while sampling local wines, and sweet and savory treats. Silent auction, wine pull and live music.
www.friendsofthedunes.org
707-444-1397  $Fee

**Pan de Muerto (Dead Bread) Workshop**
1085 I Street
Arcata, CA 95521
Check website for dates in late October 6:30 to 8:30 p.m.
Los Bagels provides the ingredients, participants make and take home freshly baked bread. Mexican hot chocolate and cookies provided.
www.losbagels.com
jazmine@losbagels.com
$Fee

**Apple Harvest Festival**
Fortuna Main Street, Rohner Park, Strongs Creek Plaza, and Clendenen’s Cider Works
October 3-4, 2020.
See website for details.
Vendors, food, live music, hayrides, apple and cider tasting, BBQ, live music, and more.
www.fortunaappleharvest.org
Dianna Rios, Fortuna Business Improvement District
707-725-9261
fbid@fortunabusiness.com
Food-Related Events

November
Humboldt and Del Norte Counties have many seasonal craft events. A number of the local packaged food vendors have a presence at these events, so check local media listings for details.

Taste of the Holidays
Del Norte County Fairgrounds
Crescent City, CA 95531
Contact organizers for date.
Del Norte Sunrise Rotary. Wide array of North Coast food and beverage producers showcasing their holiday favorites. Charlette 707-464-5226

Winterbrite Local Market
Eureka Visitor Center
Clarke Historical Museum
240 E Street
Eureka, CA 95501
Open daily from Thanksgiving 2020 until early January 2021. Shop for unique, locally made foods and other gift items for the holidays. Visit Eureka/Humboldt Made www.visiteureka.com
707-798-6411
Free and $Fee

December
Empty Bowls Fundraiser
Crescent City Cultural Center
Crescent City, CA
December 12, 2020. Contact the organizers for more information. Annual fundraiser for Del Norte’s only choice food pantry. Over 15 different local soups, fresh baked bread, desserts, and silent auction. Del Norte & Adjacent Tribal Lands (DNATL) Community Food Council www.dnatlfood.com foodcouncil@ dnatl@gmail
707-464-0955 ext 2109

Hmong New Year
Crescent Elk Middle School
Crescent City, CA 95531
December 12, 2020, starting 10 a.m. Celebration of New Year with Hmong traditional performances: singing, dancing, flute playing and sports tournaments. Free lunch of Hmong traditional foods. All are welcome. Pata Vang 707-951-6471 patavang@yahoo.com or Khou Vue 707-954-6764 kvue@delnorte.k12.ca.us Free

Taste of Blue Lake
Blue Lake Artisans Collective
Emporium Building
121 Hatchery Road
Blue Lake, CA 95525
December, 5:30 to 9 p.m. Facebook for date. Showcases Blue Lake food producers and artists.
bluelakeartisanscollective@gmail.com Facebook: Blue Lake Artisans Collective
Use the Seasonality Charts to help plan your meals throughout the year. The information is courtesy of the North Coast Growers’ Association except as noted by ¹, which indicates other public sources.

### Seasonality Charts

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Growing your own food brings you closer to what you eat. You determine how your food is grown, how to use those foods in delicious dishes, and through preserving you ensure a reliable supply of home-produced food in your pantry for any time you need it, including during a power outage or natural disaster.

Home cooking is a great family activity, saves money, and ensures children develop a healthy relationship with food. This section is packed with resources to help you and your family make the most of North Coast bounty!

Meetings First Tuesday of each month at 5:30 p.m.
See Facebook for location and program.

Fosters permaculture initiatives and permaculture-related social gatherings and events, collaborates, educates and mobilizes the community to these ends.

Facebook: Humboldt Permaculture Guild
Humboldtpermaculture.wordpress.com

Open Door Community Health
See information on gardens starting on page 88. Many have opportunities to volunteer and learn.

Redwood Roots Farm
Classes and internships
www.redwoodrootsfarm.com/education_programs.php

Check class catalogs for:
College of the Redwoods
www.redwoods.edu/schedule
HSU Extended Education
extended.humboldt.edu/extended-education/programs-and-courses/courses
HSU-OSHER Life Long Learning
extended.humboldt.edu/olli

Our favorite book on growing food in Humboldt County
The Humboldt Kitchen Gardener
by Eddie Tanner, Deep Seed-ed Farm
Available in local bookstores.
Growing, Cooking and Preserving

Cooking & Food Preserving

Cooking Healthy in Indian Country
Meagan Baldy
530-515-5223
meagen18@gmail.com
YouTube channel: www.youtube.com/user/Meagen18
Facebook: HupaCHIC
Focuses on living a healthier lifestyle through sustainable agriculture and local food systems. Sources local produce, indigenous foods, and accessible foods to teach making healthy affordable meals.

Del Norte CALFresh Healthy Living
Del Norte Public Health
420 L Street
Crescent City, CA 95531
707-464-3191 ext 2830
Contact: Sunny Baker
Healthy Living program provides low income residents access to nutrition education, cooking classes, physical activity promotion, and leadership toward healthy community initiatives.

Gene Lucas Community Center
3000 Newburg Road, Suite B
Fortuna, CA 95540
707-725-3300
www.glccenter.org
Facebook: Gene Lucas Community Center
Instagram: @glccenter
Kids cooking classes for ages 5-7 and 8-12. See website for current schedule.

Eureka Emblem Club
Suzie Owsley
707-443-8073
suziecooks@yahoo.com
Facebook: Eureka Emblem Cooking Classes
Courses led by a wide variety of local specialty food experts throughout the year.

Flying Blue Dog Nursery
flyingbluedog@flyingbluedog.com
www.flyingbluedog.com
E-books on butchery and cooking.

Food for People
Kayla Watkins, Nutrition Education Coordinator
707-445-3166, ext. 305
KWatkins@foodforpeople.org
Free monthly cooking classes using simple, local, seasonal and affordable produce.

Foodwise Kitchen
971 8th Street
Arcata, CA 95521
707-633-8328
foodwisekitchen@gmail.com
www.foodwisekitchen.com
Plant-based cooking classes, wellness workshops for children and adults.

Home Cooking with Wendy Chan
Facebook: Home Cooking with Wendy Chan
Learn the secrets to handcrafted dim sums, seasonal and local inspired meals, desserts and other treats.
Hands-on courses practicing techniques for making recipes successfully. Each class includes lunch.
Locally Delicious published a cookbook for families with children. It is out of print but available at: https://locally-delicious.org/lunch-box-envy/ as a FREE download.

These are PDF files that can be printed. Directions for using the book for classes are also on the website.

Humboldt Botanical Gardens
7707 Tompkins Hill Road
Eureka, CA 95503
707-499-3133 (The Garden)
hbgf@hbgf.org
Facebook: Humboldt Botanical Gardens
Master Food Preservers at the Garden
Demonstrations by Humboldt and Del Norte Master Food Preservers.

HSU Extended Education
extended.humboldt.edu/extended-education/programs-and-courses/courses. See information on wine-making program on page 73.

KEET Television
Cooking showtimes at www.keet.org
Online recipes at www.pbs.org/food

Open Door Community Health
Check out the nutrition tips at:
opendoorhealth.com/opendoor/rxw

UCCE Master Food Preserver Program
Humboldt County Agricultural Center
5630 South Broadway
Eureka, CA 95503
707-445-7351
dmespinoza@ucanr.edu
http://ucanr.edu/mfp
Free food preservation demonstration classes on the third Thursday of each month and Master Food Preserver yearly Certification Training in February.
There are plenty of resources on the North Coast to get a food garden started, either at home or on a community plot. Talk to plant start sellers at farmers’ markets and local nurseries and check out some of the local gardening books. We like *The Humboldt Kitchen Gardener* by Eddie Tanner, owner of Deep Seeded Farm in Arcata for the best time of year and conditions for both starts and seeds. (See page 82.)

The Annual Seed, Plant and Scion Exchange that’s organized every spring by the Humboldt Permaculture Guild (See the Events section for details.) is a great place to find free local seeds and plants and learn what to do with them! Plants and seeds started in this area are already preconditioned to our local climate.

This section lists local seed and plant providers as well as farm stores and nurseries with other products needed for the garden or farm. Many of our local grocery stores sell starts and supplies, as do the non-food retail outlets listed at the end of this section. Don’t forget you can use CalFresh benefits to purchase food plant starts and seeds at farmers’ markets.

### Local Businesses that Produce Starts, Seeds and Supplies

**Electric Slug**
Arcata
707-442-4080
contact@electricslug.com
Instagram: Electric Slug Fence
www.electricslug.com
Locally made slug and snail barrier for raised garden beds that protects plants without using chemicals. Available at Miller Farms, Arcata Co-op, Mad River Gardens, and Pierson.

**Elk River Nursery**
Pete or Katie
5880 Elk River Road
Eureka, CA 95503
707-444-0997
Facebook: Elk River Nursery
Starts for lettuce, broccoli, peas, and kale year-round, tomatoes, peppers, beans, and squash in spring planting season and lots more.
Availability: Seasonally at many local retail outlets

**Elkhorn Herbals Plant Nursery**
Fort Dick, CA 95538
elkhornherbalsplantnursery@gmail.com
Facebook: Elkhorn Herbals Plant Nursery
Products: Culinary and medicinal herb plant and vegetable starts.

**Green Lot Nursery**
Sue Simmons
6210 Avalon Drive
Eureka, CA 95503
707-443-9484
greenlotnursery@yahoo.com
Facebook: Green Lot Nursery
Seasonal vegetable and herb starts.
Availability: On site 10 a.m. to 5 p.m.

**Greenmantle Nursery**
Ram and Marissa Fishman
3010 Ethersburg Road
Garberville, CA 95542
707-986-7504
www.greenmantlenursery.com
Heirloom (Etter and homestead variety) apples grafted to order and old-fashioned roses for fragrant petals and nutritious-hip roses.
Availability: By mail order only
See website for details.

**Jameson Creek Nursery**
Marsha and John Maxwell
3901 Rohnerville Road
Fortuna, CA 95540
707-725-5084
Vegetable starts, herbs, succulents, perennials and Japanese maples.
Availability: Arcata and Eureka (Henderson Center) farmers’ markets
On site sales by appointment

**Lost Foods Native Plant Nursery**
Monty Caid
Redwood Acres Fairgrounds Gate #3
3750 Harris Street
Eureka CA 95501
707-268-8447
www.lostfoods.org
Trees, shrubs, perennials, annuals and seeds native to Humboldt. Specializes in native edible, medicinal, ornamental and wildlife host plants. Tuesdays, Thursdays and Saturdays
Availability: On-site noon to 6 p.m. or sunset in winter
Also at the Eureka Co-op

**Luscious Gardens**
Kashi Albertsen
8163 Elk River Rd
Eureka, CA 95503
707-834-2698
lusciousgardens@gmail.com
Facebook: Luscious Gardens
Berry and less-common fruiting plants, roots, herbs, flowers and small trees
Availability: April-November at Arcata farmers’ market

**Mountain Mix Farms**
Naomi Landry
Honeydew, CA 95545
707-499-0442
mountainmixfertilizer@gmail.com
Products: Cucumbers, melons, tomatoes, lettuce, peppers, carrots, radishes, corn, and spinach
www.mountainmixfertilizer.com

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There are plenty of resources on the North Coast to get a food garden started, either at home or on a community plot. Talk to plant start sellers at farmers’ markets and local nurseries and check out some of the local gardening books. We like *The Humboldt Kitchen Gardener* by Eddie Tanner, owner of Deep Seeded Farm in Arcata for the best time of year and conditions for both starts and seeds. (See page 82.)

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This section lists local seed and plant providers as well as farm stores and nurseries with other products needed for the garden or farm. Many of our local grocery stores sell starts and supplies, as do the non-food retail outlets listed at the end of this section. Don’t forget you can use CalFresh benefits to purchase food plant starts and seeds at farmers’ markets.

### Local Businesses that Produce Starts, Seeds and Supplies

**Electric Slug**
Arcata
707-442-4080
contact@electricslug.com
Instagram: Electric Slug Fence
www.electricslug.com
Locally made slug and snail barrier for raised garden beds that protects plants without using chemicals. Available at Miller Farms, Arcata Co-op, Mad River Gardens, and Pierson.

**Elk River Nursery**
Pete or Katie
5880 Elk River Road
Eureka, CA 95503
707-444-0997
Facebook: Elk River Nursery
Starts for lettuce, broccoli, peas, and kale year-round, tomatoes, peppers, beans, and squash in spring planting season and lots more.
Availability: Seasonally at many local retail outlets

**Elkhorn Herbals Plant Nursery**
Fort Dick, CA 95538
elkhornherbalsplantnursery@gmail.com
Facebook: Elkhorn Herbals Plant Nursery
Products: Culinary and medicinal herb plant and vegetable starts.

**Green Lot Nursery**
Sue Simmons
6210 Avalon Drive
Eureka, CA 95503
707-443-9484
greenlotnursery@yahoo.com
Facebook: Green Lot Nursery
Seasonal vegetable and herb starts.
Availability: On site 10 a.m. to 5 p.m.

**Greenmantle Nursery**
Ram and Marissa Fishman
3010 Ethersburg Road
Garberville, CA 95542
707-986-7504
www.greenmantlenursery.com
Heirloom (Etter and homestead variety) apples grafted to order and old-fashioned roses for fragrant petals and nutritious-hip roses.
Availability: By mail order only
See website for details.

**Jameson Creek Nursery**
Marsha and John Maxwell
3901 Rohnerville Road
Fortuna, CA 95540
707-725-5084
Vegetable starts, herbs, succulents, perennials and Japanese maples.
Availability: Arcata and Eureka (Henderson Center) farmers’ markets
On site sales by appointment

**Lost Foods Native Plant Nursery**
Monty Caid
Redwood Acres Fairgrounds Gate #3
3750 Harris Street
Eureka CA 95501
707-268-8447
www.lostfoods.org
Trees, shrubs, perennials, annuals and seeds native to Humboldt. Specializes in native edible, medicinal, ornamental and wildlife host plants. Tuesdays, Thursdays and Saturdays
Availability: On-site noon to 6 p.m. or sunset in winter
Also at the Eureka Co-op

**Luscious Gardens**
Kashi Albertsen
8163 Elk River Rd
Eureka, CA 95503
707-834-2698
lusciousgardens@gmail.com
Facebook: Luscious Gardens
Berry and less-common fruiting plants, roots, herbs, flowers and small trees
Availability: April-November at Arcata farmers’ market

**Mountain Mix Farms**
Naomi Landry
Honeydew, CA 95545
707-499-0442
mountainmixfertilizer@gmail.com
Products: Cucumbers, melons, tomatoes, lettuce, peppers, carrots, radishes, corn, and spinach
www.mountainmixfertilizer.com
The following farms sell plants, plant starts or seeds. See main listing in the farm directory for contact information.

**Charlotte's Perennials**  
Plant starts and less common fruiting plants, trees, vines, shrubs, flower plants.  
Availability: Garberville and Shelter Cove farmers’ markets

**Flora Organica**  
Wide range of vegetable starts  
Availability: Arcata farmers’ market and many local retail outlets; on-site by appointment

**Gopher Gardens**  
Plants  
Availability: Arcata farmers’ market and home

**Henrietta’s Garden**  
Plants, starts and seeds Garberville and Miranda farmers’ markets

**Moonshadow Farm**  
Seeds, plants and more  
Available at farmers’ markets

**Rain Frog Farm**  
Organic vegetable and herb starts  
Availability: March to June, September to December at Arcata farmers’ market

**Trinity River Farm**  
Plant starts  
At farm stand

**Two Mule Farm**  
Plant starts  
Availability: Garberville and Miranda farmers’ markets

**Freshwater Gardens**  
Seasonal vegetable starts  
Availability: Arcata and Eureka farmers’ markets

**Rock-N-Rose**  
Cynthia Annotto  
1785 Mygina Avenue  
McKinleyville, CA 95519  
707-599-2005  
cindyannotto@yahoo.com  
Facebook and Instagram: RocknRose-Garden  
Starts for pumpkin, winter and summer squash, tomatoes, cucumbers, herbs and flower seeds.  
Availability: Year-round at Arcata farmers’ market

**Samara Restoration**  
Troy Perez or Eric Johnson  
5260 Dows Prairie Road  
McKinleyville, CA 95519  
707-834-4379  
info@samararestoration.com  
www.samararestoration.com  
Native fruits and berries. Dedicated to restoring native ecosystems of northern California through all phases of designing, growing, and building, both residential and large-scale.  
Availability: Offers contract-based and on-hand native plants, fruits and berries

**Rain Frog Farm**  
Organic vegetable and herb starts  
Availability: March to June, September to December at Arcata farmers’ market

**Trinity River Farm**  
Plant starts  
At farm stand

**Two Mule Farm**  
Plant starts  
Availability: Garberville and Miranda farmers’ markets

**Freshwater Gardens**  
Seasonal vegetable starts  
Availability: Arcata and Eureka farmers’ markets

When you need help with operating expenses, we’re here to help with competitive rates, flexible terms, and unmatched service.

American AGCredit

Call 800.800.4865 today  
or visit AgLoan.com

A part of the Farm Credit System. Equal Opportunity Lender.
Seeds, Plant Starts and Supplies

The following retail outlets stock some locally sourced fruit, vegetable, and herb starts.

**Grocery Stores** *(see listings under Grocery Stores for details)*
- Eureka Natural Foods
- Murphy's Markets
- North Coast Co-op
- Wildberries Market

**Hardware Stores**
- Ace Hardware Stores
  (Eureka, Fortuna, McKinleyville)

**Retail Nurseries and Farm Supplies**

**3 G’s Hay and Grain**
5307 Boyd Road
Arcata, CA 95521
707-826-9537
jason@3gshayandgrain.com
www.3gshayandgrain.com
Facebook: 3G’s Hay and Grain
Soil amendments, animal feed
Hours: Monday to Friday 7 a.m. to 6 p.m., Saturday 7:30 a.m. to 6 p.m., Sunday 10 a.m. to 4 p.m.

**A & L Feed and Pet Supply**
2308 Central Avenue
McKinleyville, CA 95519
707-839-3265
www.humcoaandlfeed.com
Facebook: A & L Feed Garden & Pet Supply
jason@humcoaandlfeed.com
Poultry, animal feed and supplies, beekeeping and organic gardening supplies
Hours: Monday to Saturday 9 a.m. to 7 p.m. Sunday 10 a.m. to 4 p.m

**Bigfoot Contract Supply**
41212 State Highway 299
Willow Creek, CA 95573
530-629-2459
jeremy@bigfoot.supply.com
Facebook: Bigfoot Supply
Garden Center
Hours 8 a.m. to 6 p.m.

**The Dutch Gardener**
Kees and Teri Oostra
835 Bertsh Avenue
Crescent City, CA 95531
707-465-5373
Seasonal plant nursery
Opens April 18 for onsite sales
Wednesday to Sunday 9 a.m. to 5 p.m.

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**Mad River Gardens Nursery**
Vegetable starts, fruit and vegetable perennials, herbs, fruit trees and seeds.

**Bedding plants, ornamentals, tools, nursery supplies and amendments**

**Gift Shop**
Locally owned and run since 1981

**Pierson Garden Shop and Nursery**
4100 Broadway
Eureka, CA 95503
707-441-2713
www.thebighammer.com
Local starts, soils and soil amendments, organic seed, herbs, annuals, perennials, trees, berries, and garden tools and decor
Open daily, hours vary

**Wes Green Landscape Materials**
6360 West End Road
Arcata, CA 95521
707-822-8035
info@wesgreenlm.com
www.wesgreenlm.com
Facebook: Wes Green Landscape Materials
Soils, soil mixes, compost and organic amendments. Compost made on site with local recycled green waste.
Summer hours: Monday to Friday 9 a.m. to 5 p.m., Saturday 9 a.m. to 4 p.m., Sunday 10 a.m. to 4 p.m.
Winter hours Monday to Friday 8 a.m. to 5 p.m. Saturday 8 a.m. to 5 p.m. Closed Sunday

**Worm’s Nursery & Garden Supply**
Patrick Corbin
821 Elk Valley Rd
Crescent City, CA 95531
707-464-4447
Wormsnursery@yahoo.com
Plants, garden supplies, soil and nutrients.
Hydroponic produce
Community gardens and farms are a great way to connect with neighbors around food production and provide a source of food that can be distributed through neighborhood organizations. They’re also great places to learn about healthy food and gardening. The success of these gardens depends on the collaboration of the community at large, so check out these listings for opportunities in your neighborhood.

Community gardens are located on land set aside to grow food for individuals and their communities. Most are open for public participation; some may be only for residents, while others are dedicated to students or parents at a school. Many of our local healthcare organizations also have gardens to provide food for their clients and serve as demonstration gardens. Contact individual gardens for more information on how you might be able to participate with them.

The North Coast Community Garden Collaborative (NCCGC) focuses on spaces dedicated to community-based food production, supporting gardeners and community partners in sharing knowledge, seeds, tools, plant starts and labor. More information at www.northcoastgardens.org or contact NCCGC Coordinator Matt Drummond at matt@nrsrcaa.org or 707-269-2071. You can also follow the North Coast Community Garden Collaborative on Facebook for community events, volunteer opportunities, garden tips, articles, and more.

We also have a number of community farms that grow produce specifically for the Food for People food bank, food pantries, clinics, institutions and other nonprofits. Volunteers are always welcome to help in the joy of growing and sharing food!
**Community Gardens**

**Del Norte County**

**Crescent City**

Del Norte Open Door Community Health Center
Wellness Garden
550 East Washington Boulevard
Crescent City, CA 95531
Contact: Holly Harrison
707-465-1988 x 6237
hharrison@opendoorhealth.com
Sponsor: Open Door Clinic

Kids Garden - Family Resource Center of the Redwoods
494 Pacific Ave
Crescent City, CA 95531
Contact: Angela Glore
First Five Director
707-464-0955 ext 2101
aglore@dlenortekids.org
Sponsor: First 5 Del Norte

Peterson Park Community Garden
5th and D Streets
Crescent City, CA 95531
Contact: Community Food Council
707-464-0955 ext. 2109
foodcouncildnatl@gmail.com
Sponsor: Del Norte and Adjacent Tribal Lands Community Food Policy Council

Seventh Day Adventist Community Garden
1770 Northcrest Drive
Crescent City, CA 95531
Contact: Robert Westerhout
707-464-2738
Sponsor: Seventh Day Adventist Church

Taa-‘at-dvn Chee-ne’ Teth-tvtn’ (Crescent City Tree Garden)
College of the Redwoods, Del Norte Campus
883 West Washington Boulevard
Crescent City, CA 95531
Contact: Ben Zumeta
Food Forest Site Developer
707-464-0955 ext 2108
bzumeta@frcredwoods.org
Sponsor: Del Norte & Tribal Lands Community Food Council

**Arcata**

Bayside Park Community Garden
930 Old Arcata Road
Arcata, CA 95521
Next to Bayside Park Farm
Contact: Ben Kaplan-Good
baysideparkfarm@cityofarcata.org
707-822-7091
Sponsor: City of Arcata

Villa de Valle Community Garden
End of Valley West Boulevard
Arcata, CA 95521
Contact: Matt Drummond
matt@nrsrca.org
707-269-2071
Sponsor: Redwood Community Action Agency

**Blue Lake**

Blue Lake Community Resource Center Garden
111 Greenwood Road
Blue Lake, CA 95525
707-668-4281 or 707-668-5239
sandy.blrc@gmail.com
Community Resource Center
Sponsor: St. Joseph Health

**Eureka**

Abuelita’s Garden
6th and T Streets
Eureka, CA 95502
Contact: Matt Drummond
matt@nrsrca.org
707-269-2071
Sponsor: Redwood Community Action Agency

Garden of Eatin’
716 South Avenue
Eureka, CA 95503
Contact: Patricia Ponnay
707-599-5799
suzodea@mac.com

Henderson Community Garden
800 West Henderson Street
Eureka, CA 95501
Contact: Matt Drummond
matt@nrsrca.org
707-269-2071
Sponsor: Redwood Community Action Agency

Jefferson Community Center Garden
1000 B Street
Eureka, CA 95501
707-497-6280
Contact: Mark Weller
thejeffersoncenterandpark@gmail.com
Sponsor: Jefferson Community Center

Unity Garden
West 15th and California Streets
Eureka, CA 95501
Contact: Dorine Leisz
dor.leisz@gmail.com
Sponsor: City of Eureka
Join us at your nearest
Open Door Community Health & Wellness Garden!

Del Norte: Holly Harrison (707) 465-1988 x6237
Humboldt: Argie Muñoz and Alissa Pattison (707) 269-7073 x3179

Fortuna: Fortuna Community Garden
Project
2292 Newburg Road
St. Joseph Parish Property
Fortuna, CA 95540
Contact: Steve Palecki
707-362-9307
Sponsors: St. Joseph Parish Fortuna
and Fortuna Adventist Community Services

Loleta
El Jardín de la Comunidad de Loleta
Loleta Elementary School
700 Loleta Drive
Loleta, CA 95551
Contact: Marina Cortez-Hash
707-733-5239
marina.cortez-hash@stjoe.org
Wiyot Tribe Community Garden
Table Bluff Reservation Rancheria
1000 Wiyot Drive
Loleta, CA 95551
707-733-5055
Ted Hernandez
wiyotta@gmail.com
Sponsor: Wiyot Tribe Natural Resources

McKinleyville
McKinleyville Garden
Pierson Park on Gwin Road
McKinleyville, CA 95519
Contact: Ben Winker
707-839-9003
Behind McKinleyville preschool
Sponsor: McKinleyville Parks and Recreation

Eureka: Eureka Community Health & Wellness Center
2200 Tydd Street, Eureka, CA 95501
Volunteer hours: Thursdays 10 AM - 12 PM

Willow Creek: Willow Creek Community Health Center
28883 Highway 299
Willow Creek, CA 95573
Volunteer hours: 1st and 3rd Wednesdays 9 AM - 12 PM

McKinleyville
Arcata: On the corner of F and 11th Streets,
one block away from Humboldt Open Door Clinic.
Contact Alissa or Argie for volunteer information,
and ask about our new Food Forest events.

Weitchpec: Weitchpec Community Garden
Libby Haripop Nix Community Center
11500 Hwy 96
Weitchpec, CA 95546
530-625-4130

Contact us at garden@opendoorhealth.com to learn more
Good nutrition is fundamental to good health.

Saint's Rest Community Garden and Food Forest
Saint's Rest
Weitchpec, CA 95546
Contact: Erika Partee, Food and Garden Coordinator
707-954-9167
erika.partee@tolowa.com
Sponsor: Tolowa Dee-ni’ Nation

Tulley Creek Community Garden
Weitchpec, CA 95546
Contact: Tobey Vanlandingham, tvanlandingham@yuroktribe.nsn.us or Victoria Ostensio,
707-464-0955 ext. 2116
vostenso@frcredwoods.org
Sponsor: Del Norte and Adjacent Tribal Lands Community Food Policy Council

Community Gardens and Farms
Community farms are different from community gardens. They often grow food to be distributed to their communities or to food pantries. They depend on volunteers. They are primarily learning centers about growing, seed saving, permaculture and sustainable farm practices. Contact them for volunteer opportunities, farm tours, or to support their work. These farms do not have plots open for individuals.

Grace Good Shepherd Garden
1450 Hiller Road
McKinleyville, CA 95519
Contact: Stan Schmidt
707-616-3278
stanschmidt201@gmail.com
Sponsor: Grace Good Shepherd Church

Jefferson Community Center Garden
1000 B Street
Eureka, CA 95501
707-497-6280
thejeffersoncenterandpark@gmail.com
Sponsor: Jefferson Community Center

Redwood Acres Garden
Redwood Acres Fairgrounds
3750 Harris Street
Eureka, CA 95503
Contact: Ben Brown
707-445-3037
redwoodacres1@gmail.com

Dreamquest
Dreamquest Teen Center
100 Country Club Drive
Willow Creek, CA 95573
Contact: Nick Wilde
530-629-3564
ilde@dqwc.org
www.dqwc.org
Supported by St. Joseph Health, Mid-Klamath Watershed Council

At St. Joseph Health, Humboldt County, we work to improve the health and the quality of life of the people in the communities we serve. Assuring access to good nutrition, including local, organic fruits and vegetables, is one way we do this because we believe that everyone, regardless of income level, should be able to access healthy foods.

That’s why we support community gardens throughout our county, buy from local farmers, support local CSAs, and why we’ve partnered with Locally Delicious and Food for People for the past nine years in support of the Farmers’ Fund. It’s a great resource that’s helping to grow and sustain community.

Good nutrition is fundamental to good health.

stjoehumboldt.org

Carole Sund Center
4635 Broadway Street
Eureka, CA 95501
Contact: Suzette Ott
707-442-2451
bvadmin@humboldt1.com
Sponsor: Carole Sund Center

www.sohumpark.org
Sponsor: Southern Humboldt Community Park
Community Gardens and Farms

**Humboldt County Health Care Provider Gardens**

Healthcare centers on the North Coast have prioritized farm- and garden-based food for improving health and building community. By integrating local garden-fresh, farm-raised food in their own food services, providing nutrition information programs and improving access to the most nutritious food for more people in the community, they seek to transform people’s perspectives about food as an essential element of wellness. Three vital local institutions and their community partners are leading the way.

In Arcata, Mad River Community Hospital (MRCH) Farm is changing the culture of the hospital’s food system to fulfill its mission of keeping people healthy through a unique farm-to-care center program. MRCH’s patients, staff and visitors enjoy nutritious fresh produce from the hospital’s two-acre onsite farm each time they get a meal from the hospital’s Garden Café. The farm produces a wide variety of produce just 200 feet from the café’s kitchen door. High tunnels and an innovative hydroponic garden project increase production of warm weather produce during the winter and spring. About 80% of the hospital café’s produce is grown on its farm during the peak season!

Next door to the MRCH, at the United Indian Health Services (UIHS) Potawot Health Village, a robust health and wellness program serves local tribes. The health clinic features a three-acre community food garden and an orchard with over 60 varieties of fruit trees that produce enough nutritious food to support a bi-weekly community farm stand from June to October, all managed organically and sustainably. The Potawot Community Food Garden supports a full range of nutrition education programming at UIHS for its clients.

Open Door Community Health Centers operate four community health and wellness gardens for patients at their Humboldt County clinic sites. Organically grown produce is harvested weekly from the gardens with the help of volunteers and made available to patients, at no cost, in the clinics’ lobby areas. The gardens are vibrant and important spaces for nutrition education and community outreach, enabling patients and volunteers to access information about the CalFresh program, healthier eating, growing their own food and seasonal produce recipes. The community health and wellness gardens are a part of Open Door’s Gardens and Food Resources Program.

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**Mad River Community Hospital Farm**

3800 Janes Road  
Arcata, CA 95521  
707-822-3621  
Todd Heustis  
Department of Nutrition

**Potawot Community Food Garden**

1600 Weeot Way  
Arcata, CA 95521  
707-825-4098  
Jude.Marshall@crihb.org  
Jude Marshall  
United Indian Health Services

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**Open Door Community Health and Wellness Gardens**

Argie Muñoz or Alissa Pattison 707-269-7073 x3179  
Garden@opendoorhealth.com

**Arcata**

On the corner of F and 11th Streets, one block away from the Humboldt Open Door Clinic  
Volunteer information

**Eureka**

2200 Tydd Street, across from Eureka Community Health Center  
Volunteer hours:  
Thursdays 10 a.m. to noon

**Fortuna**

3750 Rohnerville Road at the Fortuna Open Door Clinic  
Volunteer hours:  
Thursdays 2:30 to 4:30 p.m.

**Willow Creek**

28883 Highway 299, at the Willow Creek Community Health Center  
Volunteer hours: First and third Wednesdays 9 a.m. to noon
Food insecurity in our region is a serious problem but we do have resources to help. Our food bank, Food for People (FFP), serves almost 10% of Humboldt County’s population (12,000 people) with food every month. The extension of CalFresh enrollment in our area is an all-round win-win. Low-income residents can access food through groceries and farmers’ markets, and their food dollars support local farms and stores. Community gardens get a boost as more recipients learn that CalFresh can be used to purchase food plant seeds and starts, and our environment benefits from the reduced impact of transporting food from far away.

In California chronically underserved elders on Supplemental Security Income (SSI) are now eligible for CalFresh Humboldt. Most of the local farmers’ markets accept vouchers and participate in various programs.

Humboldt State University (HSU) and College of the Redwoods (CR) have food pantries and additional programs to help students optimize resources. For more information about HSU, go to Room 122, Recreation and Wellness Center. For CR, call 707-476-4616.

Access to healthy food is a basic human right, and the reality is that there is more than enough to go around. “Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life.” — United Nations Food and Agriculture Organization

Voucher and Support Programs

- Market Match for Cal Fresh
- Women and Infants and Children vouchers (WIC) including WIC Fruit and Veggie Checks
- Senior Farmers’ Market Nutrition Program checks
- Open Door Rx for Farmers’ Market
- Various other coupons
- Check with Market Manager at the farmers’ markets you go to

Voucher and Support Programs

Humboldt Community Resource Directories

Humboldt County Department of Health Human Services publishes a resource directory for food.

The Area 1 Agency on Aging (A1AA) Directory of Services has a directory of services for seniors. Contact A1AA at 707-442-3763, seniorinfo@a1aa.org or find a copy at community locations.

North Coast Region’s First Ever Food as Medicine Conference

By May Patiño

In 2019, the Humboldt Food Policy Council and United Indian Health Services, Inc. hosted the North Coast region’s first Food as Medicine Conference. This important collaboration brought diverse community members together to create an opportunity for connection about the role of diet in health and the environment.

Knowledge, as well as increasing understanding of the history of local tribes and the impacts of diet and lifestyle on native health was highlighted throughout the conference. Local educators in tribal health advocacy discussed their traditional foods of tribes in Humboldt and Del Norte counties. They also addressed the historic trauma of local tribes, loss of identity, and the path to healing through replicating traditional food models in contemporary versions.

Consistent evidence indicates that making nutrition a core objective nationally would improve the lives of millions, while lowering health care costs and contributing to the creation of happy, thriving, resilient communities. It is with this understanding that the 2019 Food as Medicine Conference was created. The vision of the conference was to normalize and facilitate the adoption of the Food as Medicine concept, celebrate the work already being done throughout the North Coast region, and honor local knowledge.

Thanks to the overwhelmingly positive community response to the 2019 event, future regional Food as Medicine events are anticipated. For more information, contact May Patiño, Coordinator, Humboldt Food Policy Council, at maypatino@gmail.com

Food Security Resources
Srtaa- Shvm (hii) Mvlh Ghee-saa-ght-na’: Good Food Makes Us All Healthy

by Erika Partee, Tolowa Dee-ni’ Nation Food and Garden Coordinator

In 2016, the Tolowa Dee-ni’ Nation, in partnership with the Community Food Council for Del Norte and Tribal Lands, began the Srtaa- Shvm (hii) Mvlh Ghee-saa-ght-na’ (Good Food Makes Us All Healthy) Project to increase healthy food access and self-sufficiency in communities across our region. This USDA-funded project promotes food security and self-sufficiency by supporting the design and installation of perennial food forests and expansion of existing community gardens. It also supports community workshops, including school gardens.

Food forests are a form of perennial agriculture that interplants edible and usable fruit and nut trees with native and perennial shrubs, root crops, groundcover, vines, etc. to mimic a natural forest ecosystem. Food forests require less maintenance than a traditional orchard while producing a larger, longer, and more diverse harvest. Sites for the food forests (chee-ne’ tetlh-tvm’) are: Xaa-wan’-k’wvt Early Learning Program (Smith River), College of the Redwoods Del Norte Campus (Crescent City), Margaret Keating Elementary (Klamath), and the Saint’s Rest Community Garden (Weitchpec).

Native plants are an important component of these food forests at each layer of the food forest ecosystem. Native plants often require far fewer resources and less maintenance than their exotic counterparts, while providing a myriad of benefits. Sites incorporate native groundcovers, roots, vines, shrubs, trees, and self-seeding annuals that will support local wildlife and pollinators while producing traditionally-used foods, medicines, and materials. These food forests will serve as educational spaces to learn native plant identification, Dee-ni’ Wee-ya (Tolowa native language), traditional uses, and respectful and responsible harvesting methods.

For more information or to volunteer, contact: Erika Partee, Tolowa Dee-ni’ Nation Food and Garden Coordinator, at Erika.partee@tolowa.com.
Food Security on the North Coast

Food for People
The Food Bank for Humboldt County

How the Farmers Food Fund nourishes our local food system

Food for People’s Plant a Row Program
If you enjoy gardening, consider planting an extra row or designating a portion of your garden harvest to help feed your neighbors in need! Food for People, the Food Bank for Humboldt County, puts a high priority on distributing fresh fruits and vegetables and is always accepting donations of local produce. You can donate by simply dropping off your produce at 307 W. 14th Street in Eureka, or contact them at gleaning@foodforpeople.org or 707-445-3166 ext. 312 to arrange assistance with harvesting and/or picking up produce donations, or for more information. Together, we can make a difference!

The Food for People Farmer Fund
Every year for more than a decade, Locally Delicious has raised funds to help ensure a plentiful supply of fresh produce throughout the growing season for everyone, regardless of income level. Humboldt County’s food bank, Food for People, uses those funds to contract with local farmers to grow produce for the food bank’s clients.

In consultation with the farmers, Food for People selects crops that will provide diversity of produce throughout the season and ease of use by people who may have limited cooking facilities.

As one regular donor said: “It’s a win-win for all of us.” Unique to Humboldt County, the fund model benefits everyone:

• Farmers receive funds at the beginning of the growing season, when their income is at its lowest
• Food for People has a continuous source of fresh produce throughout the growing season
• Community members needing food assistance have reliable access to nutritious food for a good part of the year

Since 2009, this Locally Delicious Food Fund has raised more than $130,000, which has stimulated the local economy by enabling dozens of Humboldt County farmers to provide many tons of fresh, nutritious produce to people who might otherwise not be able to afford it.

You can help by donating to the fund at anytime. Go to www.locally-delicious.org/donate/donate-to-ffp-farmer-program or mail to PO Box 309, Arcata, CA 95518 (Write FFP Farmer Fund in the memo field.)
About Locally Delicious

Founded in 2008, Locally Delicious is a nonprofit organization dedicated to the evolution of a strong, sustainable local food system and its positive impact on our environment. Through advocacy, education and funding, we support the health and economic benefits of eating locally grown and produced food. To this end, we create and support relationships and projects designed to increase the production of locally produced food and its accessibility to the entire community.

We have produced two books: Locally Delicious: Recipes and Resources for Eating on the North Coast and LunchBox Envy: An Adventure in Eating for Kids and Families, both of which sold out. (LunchBox Envy is available as a free download on the website). In collaboration with Humboldt State University, we produced a film, Locally Grown: America’s Food Revolution. We have been running the Food for People Farmer Fund since 2010, and the proceeds from our book sales enabled us to start The Local Food Guide in 2017.

If you’ve enjoyed this guide and would like to help us do more to support the North Coast food system, please get in touch at info@locally-delicious.org. We’d love to hear from you!

Locally Delicious: (left to right) Margie Adler, Pat Bitton, Carol Hummingbird-Segura, Ann Anderson, Wren Myers, Lauren Sarabia, Martha Haynes

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