

WOOD RIVER VALLEY LOCALLY GROWN *Guide* 2020



YOUR ONE-STOP GUIDE TO EATING LOCAL

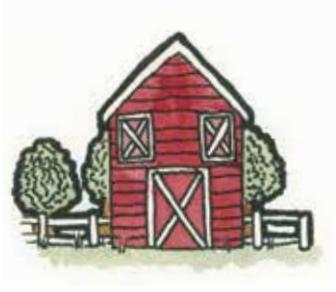
Farms & Ranches • Restaurants • Retail Stores • Farmers Markets & CSAs





The Wood River Valley Locally Grown Guide is a project of Local Food Alliance, the Food & Farm program of Sun Valley Institute.

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The Wood River Valley's Locally Grown Guide invites you to experience the farms, food businesses and organizations that create the distinctive flavor of our community. Published annually, our free guide connects residents and visitors to high-quality seasonal food produced in our regional foodshed.

Why is this so important? With the majority of our food being imported, and the majority of our farmland used to grow food for export, most of our food dollars are lost to the industrial agriculture system. We can change this to create a thriving community with greater farmer income and healthier air, water, soil and people as we benefit from the availability of fresh, nutrient-dense foods.

By supporting local farmers and food businesses, we can each do our part to guarantee an ample supply of nourishing food for our community; ensure vibrant and prosperous farmers markets; preserve farmland; and scale up regenerative agriculture to maximize food quality and combat the global climate crisis.

For more information about the Locally Grown Guide or to become a sponsor, email stacy@sunvalleyinstitute.org. A digital edition of the guide is available at Localfoodalliance.org/food-guide.

Special thanks to The Sage School 10th and 11th grade students for their help compiling listings and to Grace Rogers and L.C. Dahl for the original paintings featured in this guide.

Do you love this guide?
Keep it in circulation by making a donation at
Sunvalleyinstitute.org

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VAMPS

HARVESTER LEVEL

Atkinsons' Market
Mason Family Restaurants
Peter and Quin Curran

TILLER LEVEL

bungalow munch organic granola
John Sofro, Berkshire Hathaway
Konditorei Bakery & Café
Pride of Bristol Bay
Zenergy Health Club, Spa & Boutique

GARDENER LEVEL

Andrea & James Lieberman
Café Della
Cookbook Restaurant
Glow Café
Hillside Grain
NourishMe
Perry's Restaurant
Piedaho

Felicitas Funke



Peter & Quin
Curran





ABOUT SUN VALLEY INSTITUTE

Founded in 2015, Sun Valley Institute (SVI) protects and enhances local quality of place by advancing solutions for economic, ecological and social resilience. Our Community Resilience, Food & Farm, Local Coordination and Investment programs support critical services here in Blaine County and serve as scalable models for communities everywhere. SVI's annual Sun Valley Forum and Sun Valley Youth Forum bring together local changemakers and global leaders to accelerate the solutions we need right now.

ABOUT LOCAL FOOD ALLIANCE

SVI's Food & Farm program, Local Food Alliance (LFA), plays a vital role in building community resilience by promoting the growth of our regional food system. We help support independent farms and ranches, strengthen our farmers markets, increase local foods in schools and restaurants, and promote regenerative agriculture. This work is critical to combat local and global problems including obesity and diabetes, food insecurity, animal mistreatment, environmental degradation, and climate change.

OUR INITIATIVES

Local Food Resources During COVID-19

To support our local food businesses through the COVID-19 crisis, LFA is maintaining a database of restaurants doing take-out, home delivery options, free school meals, and more – updated daily – at Localfoodalliance.org/covid-19.

\$5 for Farmers

LFA created the \$5 for Farmers community awareness campaign to get more consumers committed to supporting local and regional farms. See page 6 to learn more.

Farmers Market Support

LFA provides key support to ensure the financial viability of our local markets, including rapid funding and implementation of an online farmers market e-commerce platform and coordination of a Friends of the Farmers Market community advisory and advocacy group.

Blaine County Food Council

Coordinated by LFA, this community-based coalition fosters communication, coordination and collaboration among food system stakeholders through networking and information-sharing events, including an annual Farmer-Buyer Meet & Greet.

2050 Food Vision

To enhance collaboration and strategic coordination at a regional scale, SVI is leading the development of a shared vision for *A Regenerative and Nourishing Food Future for Southern Idaho* – a food system that regenerates natural resources, the resilience of all plants and animals, and communities throughout our region.

Learn about these and other developing initiatives at Localfoodalliance.org



THE MANY BENEFITS OF EATING LOCAL

When we talk about local food, we don't just talk in terms of miles traveled. To us, local food means real food produced by regional farmers, ranchers and food artisans with common environmental, animal welfare, and public health values.

Local food builds community. Purchasing from local producers connects you to the source of your food and allows you to do something good for your community.

Local food benefits the environment. Shorter distance from field to plate means less dependence on fossil fuels, reduced air pollution and fewer greenhouse gas emissions.

Local produce is fresher, healthier and tastier. Fruits and veggies grown on nearby farms are picked at the peak of ripeness and typically reach local markets within 24 hours of harvest.

Local food supports our local economy. Money spent on local food is reinvested with businesses and services in our community.

Local food preserves quality of place. Purchasing food from local farmers helps ensure their financial viability and the chances that they'll continue farming instead of selling their land to developers.

Local food fosters food security. This occurs when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

Local foods promote a safer food supply. The fewer steps between you and your food's source, the fewer chances for contamination.





\$5 FOR FARMERS



TAKE THE \$5 FOR FARMERS PLEDGE

Commit to spend \$5 a week on local food!

What is \$5 for Farmers?

\$5 for Farmers is a community awareness campaign designed to increase consumer purchasing of foods produced on regional farms.

Why should you pledge \$5?

If every Blaine County resident spends \$5 a week on community produced foods, **it will add \$5.7 million annually to our regional food economy!** By pledging to spend just \$5 a week, you can help ensure the viability of family farms that grow good food for our community, protect the environment and animal welfare, and reduce your carbon footprint.

Where to spend your \$5?

Use this guide to find locally grown foods at retail locations, seasonal farmers markets, and restaurants throughout the Wood River Valley.

Take the Pledge:

Go to 5forFarmers.com to sign up today.

Atkinsons'
FAMILY OWNED AND OPERATED FOR THREE GENERATIONS
MARKET
Fresh!

KETCHUM Giacobbi Square 726.5668 • HAILEY Alturas Plaza 788.2294
BELLEVUE Main Street 788.7788 • www.atkinsons.com

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Choose your own wellness adventure: all-day club access with your spa appointment offers riches for mind and body.

ZENERGY
HEALTH CLUB • SPA • BOUTIQUE
[visit zenergysv.com](http://visit.zenergysv.com) | 208.725.0595

PRIDE OF BRISTOL BAY
SUSTAINABLE ALASKA SALMON

Reserve **YOUR SHARE OF WILD SOCKEYE SALMON.**

JOIN OUR FALL LOCAL BUYING CLUB!

FALL SALMON PICKUP
SEPTEMBER 2020

Pick up locations for both Hailey and Ketchum.

STAY IN TOUCH
VisitPrideofBristolBay.com

FOR THE PLANET **WILDLY Devoted**

Through our Wildly Devoted program, we are committed to donating 1% of total sales to conservation and advocacy programs which protect Bristol Bay.

FOOD CERTIFICATIONS: WHAT DO THE LABELS MEAN?



USDA Certified Organic

- Certified by the USDA National Organic Program
- Must contain at least 95% ingredients grown, handled and processed without pesticides and other synthetic chemicals and fertilizers
- No bioengineered or GE ingredients allowed
- Remaining 5% of ingredients must be from a USDA approved list
- Allows monoculture crop production and no clear requirements for animals having space and outdoor access



Certified Naturally Grown

- Certified by a private non-profit organization unaffiliated with USDA National Organic Program
- CNG farmers don't use any synthetic herbicides, pesticides, fertilizers, or genetically modified organisms
- CNG livestock are raised mostly on pasture and with space for freedom of movement
- Feed must be grown without synthetic inputs or genetically modified seeds



Demeter Certified Biodynamic

- Certified by the non-profit chapter of the world's only certifier of biodynamic farms
- Farmers must follow biodynamic principles, meaning the soil, plants, animals, and humans must work together as a holistic organism
- On-farm recycling of nutrients and composting must be demonstrated
- Farms must have minimal dependence on outside sources for synthetic fertilizers and pest control
- Conscientious water conservation and reserving land for biodiversity are practiced



Animal Welfare Approved

- An independent nonprofit farm certification that is free to farmers
- Audits are done once a year to ensure compliance
- Animals have continuous access to pasture or range and are not put on feedlots
- Cage confinement, hormones, and preventative or growth-promoting antibiotics not allowed



Non-GMO Project Verified

- Trustworthy third-party verified certification that guarantees products don't contain genetically engineered ingredients above a set threshold
- Learn more at: Nongmoproject.org



Certified Humane

- Certified by Humane Farm Animal Care (HFAC), a non-profit organization
- Continuous outdoor access required for ruminants (cattle, goats, and sheep).
- Outdoor access not required for birds and pigs unless the words "free range" or "pasture" appear on package
- If indoors, adequate bedding, space, and enrichment are provided for birds and pigs
- Cage confinement, hormones, and non-therapeutic antibiotics are prohibited
- Feedlots with standards better than conventional feed lots are allowed for limited periods of time



GAP Certified

- Voluntary USDA audit program through which producers demonstrate their compliance with food safety requirements to purchasers and retailers
- Growers must verify that produce is grown, packed, handled, and stored as safely as possible
- Audits check for adherence to the FDA's production guide as well as recognized industry food safety practices



Idaho Preferred

- Producer is a member of the Idaho State Department of Agriculture
- Certifies that the product was grown and/or manufactured within the state of Idaho



BEYOND POTATOES: WHAT GROWS IN OUR REGION

While Idaho may be famous for potatoes, independent farmers and ranchers in our region produce a diverse array of food and farm products that are available throughout the year.

FRUITS

Colorful produce is abundant during summer and early fall. Along with apples, Idaho's leading fruit crop, pears, peaches, plums, apricots and cherries thrive throughout the region, especially in Southern Idaho's banana belt, which enjoys an extended growing season. Fresh berries are available throughout the season, but the iconic Idaho huckleberry has a limited season and offers a unique regional flavor to many dishes.

VEGETABLES

In addition to potatoes, Southern Idaho farmers produce a wide variety of fresh veggies such as salad greens, tomatoes, garden beans and peas, peppers and sweet corn and storage crops such as onions, carrots, beets and cabbages. Foragers can find seasonal specialties including asparagus, morel mushrooms and dandelion leaves at farmers markets and community gardens.

DRIED BEANS, GRAINS & FLOUR

Did you know that Idaho ranks 6th nationally in commercial dry bean production? About 80 percent of our beans come from South Central Idaho's Snake River plan, where the climate is favorable and water is available for irrigation. Local farmers offer a wide variety of beans and grains. Just last year, Hillside Grain opened a flour mill in the Bellevue triangle, providing our community with locally grown and milled flour.

HOPS & BARLEY

Idaho is a top producer of hops and barley, both key ingredients in your favorite brews. While a majority of these are exported to big beer companies like Coors and Anheuser Busch, there is a craft beverage revival happening throughout the region. Try locally brewed beer at Sawtooth Brewery, or organic beer and liquors at Warfield Distillery & Brewery.

BEEF & LAMB

Sprawling fields of grass and healthy rangelands provide excellent grazing for cattle and sheep raised throughout the region. The Wood River Valley has a long history of sheepherding, as evidenced during our popular Trailing of the Sheep Festival in early October.



DAIRY

Although larger-scale dairies are becoming more common throughout the Southern Idaho landscape, small independent farmers offer a variety of delicious high-quality dairy products from cow and goat herds, including raw milk to artisanal cheeses and yogurts.

Be sure to shop local first to ensure a thriving future for our region!



fuel a great life

bungalow munch

100% organic + vegan + wheat-free

Available across from the yogurt section at Atkinson's Ketchum location.

bungalowmunch.com

Locally-roasted organic coffee, house-made pastries & handcrafted meals

KONDITOREI

Brunch Daily 7AM-3PM
Open Until 5PM for Coffee & Pastries
Sun Valley Village
208.622.2235 • sunvalley.com

The Wood River Valley region's abundant farms and ranches are part of our local heritage, and fundamental to our economy, culture, and quality of place. Agriculture has been a way of life here for generations and is part of the fabric of our rural communities. From animal products such as lamb, beef and cheese to barley and beans to a wide range of fresh fruits and vegetables, our region produces nourishing seasonal offerings for every palate.

BUHL, IDAHO



AGRARIAN HARVEST

Agrarianharvest.com
208-308-5332 • myfood@agrarianharvest.com

Agrarian Harvest is a small family-owned and -operated farm located on the Snake River Plain. Agrarian Harvest direct markets 48 varieties of produce along with beef, pork, chicken, and eggs. All of Agrarian Harvest's food is produced organically without the use of any synthetic inputs.

Certifications: USDA Certified Organic, Animal Welfare Approved, GAP Certified, FSMA

Products: Fruits and vegetables, meat, eggs, grains and beans

Available at: Wood River Farmers Market, Atkinsons' Market, Kraay's Market & Garden, NourishMe, on-farm market, CK's Real Food, Raspberries, Konditorei, Cookbook Restaurant

DIETRICH, IDAHO



B & G PRODUCE

208-720-8400 • beasloan9654@gmail.com

Bea Sloan and Greg Greenfield have more than 45 years of experience in producing fresh fruits and vegetables. What started out of necessity to feed a growing family grew into a small business. Over the years, they learned and perfected the art of growing and storing vegetables. They are driven by the increasing need to share healthy and sustainable food with their community.

Certifications: Certified Naturally Grown

Products: Fruits and vegetables

Available at: Kraay's Market & Garden, CK's Real Food, Cristina's

GOODING, IDAHO



BALLARD CHEESE

Ballardcheese.com
208-420-1576 • ballardcheese4u@yahoo.com

Ballard Family Dairy & Cheese proudly creates award-winning artisan cheese in small handmade batches from a small herd of Jersey cows to ensure the finest quality and richest taste. The

Ballard family started their small dairy 1995 with just a few Jersey calves and the belief that loving, personal care and a healthy diet would result in both a superior quality milk and contented cows.

Products: Dairy products

Available at: Albertsons, Atkinsons' Market, NourishMe, Village Market, Select Sun Valley Company restaurants, Warfield Distillery & Brewery

HAILEY, IDAHO



BLOOM COMMUNITY FARM & THE HOPE GARDEN

Thehungercoalition.org
208-788-0121 • lpetty@thehungercoalition.org

The Hunger Coalition's Bloom Community Farm and The Hope Garden connect our community over the shared joy of growing good food. Both sites offer volunteering and education, inspiring healthy, outdoor and community-based experiences for all members of Blaine County. Attentive care-full farming practices are used: permanent beds and no tillage, cover crops, mulch, compost, native species incorporation, and only use of USDA Certified Organic inputs and disease/pest management.

Products: Fruits and vegetables

Available at: The Hunger Coalition - Healthy Food Pantry

MACKAY, IDAHO



ELKHORN RANCH SOUTH

Facebook.com/elkhornranchsouth
elkhornranchsouth@gmail.com

Elkhorn Ranch South is a pasture-raised pork producer that raises heritage-breed pigs on pasture humanely without the use of antibiotics or hormones. Elkhorn Ranch South offers all pork cuts with sausages being the most popular. All animals are provided the best foods and given lots of sunshine and space so they can enjoy their time at the farm.

Products: Meat

Available at: Wood River Farmers Market, Atkinsons' Market, Kraay's Market & Garden, NourishMe, Limelight Hotel

SHOSHONE, IDAHO



ERNIE'S ORGANICS

509-859-2705 • erniesorganics@gmail.com

Ernie's Organics grows nutrient-dense organic food using regenerative agricultural practices, farming in a manner that promotes and demonstrates respect for the farm's family, employees, customers, and community. Owners Judy and Fred

Brossy, along with their son Cooper, believe in living simply on a regenerated landscape rich with biodiversity, in the power of life held in a tiny seed, and in the inherent democracy of seed saving.

Certifications: USDA Certified Organic

Products: Fruits and vegetables

Available at: The Hunger Coalition, CK's Real Food

HAILEY, IDAHO



FIVE BEE HIVES

208-720-7297

Since 2010, Five Bee Hives has raised bees in the Wood River Valley to provide pollination along with fresh local honey to restaurants and stores in Ketchum, Hailey and Bellevue. Owner-keeper and Hailey resident Tom Harned strives to keep his honey as unchanged as possible by not filtering and using only small amounts of heat

when extracting it from the comb and bottling.

Products: Honey

Available at: Atkinsons' Market, NourishMe, Al's Sustainable Mercantile, Café Della, CK's Real Food, Power House, Raspberries, Konditorei, select Sun Valley Company restaurants, Maude's Coffee & Clothing, Cookbook Restaurant

TWIN FALLS, IDAHO



HARMONY HENS

Harmonyhens.com

208-308-1000 • eggs@harmonyhens.com

Harmony Hens are purposefully pastured and raised openly organic on USDA Certified Organic pasture and feed. The family-owned operation respects the nature of chickens as free-roaming

omnivorous birds that love nothing more than to scratch up bugs and fine dine on the best that there is to eat as an organic bird.

Certifications: USDA Certified Organic, Animal Welfare Approved

Products: Eggs

Available at: Atkinsons' Market, Hangar Bread, NourishMe, Café Della, Raspberries, Tundra, Sun Valley Community School

BELLEVUE, IDAHO



HILLSIDE GRAIN

Hillsidegrain.com

208-720-8336 • brett@hillsidegrain.com

Hillside Grain stone mills premium, organic and family-grown grain to provide fresh flour that is both delicious and nutritious. Located at the headwaters of Silver Creek, Hillside Grain's custom-made

stone mill, along with state-of-the-art sifters and roller mill, results in high-extraction flours that retain germ and bran preserving the flavor and nutritional value inherent in clean grain. Grains are grown organically and never treated with glyphosate or other chemicals.

Certifications: USDA Certified Organic

Products: Grains, flour

Available at: Atkinsons' Market, Kraay's Market & Garden, Café Della, CK's Real Food, Raspberries, Hank & Sylvie's, Hangar Bread

CAREY, IDAHO



ITTY BITTY FARMS

Facebook.com/our.itty.bitty.farm

208-716-9145 • ourittybittyfarm@gmail.com

Itty Bitty Farms is a family-owned farm and greenhouse operation that specializes in microgreens, salad greens, herbs, and other veggies. Products are grown locally and organically in Blaine

County and sold at the Wood River Farmers Markets and delivered to Ketchum, Hailey, and Bellevue. Itty Bitty Farms store serves the Carey community, offering local seasonal produce and staples such as milk, bread and other foods.

Products: Fruits and vegetables, eggs, value-added products

Available at: Wood River Farmers Market, Carey Farmers Market, Kraay's Market & Garden, NourishMe, Café Della, The Ram, Gretchen's, Tundra

HAZELTON, IDAHO



KASOTA HYDROPONICS

208-650-2020 • darlharms@gmail.com

Kasota Hydroponics is a family-run greenhouse near Burley, Idaho. Darl and Susan Harms started their business in 2016 and began growing a year-round crop of fresh lettuce. Their greenhouse is a hydroponic system, meaning that nutrients are added to a water

solution and fed directly to the plant. Their line of fresh greens quickly expanded and, as of spring 2020, they also market microgreens, arugula, and basil.

Products: Vegetables

Available at: Atkinsons' Market, Kraay's Market & Garden, NourishMe, Al's Sustainable Mercantile, CK's Real Food, Raspberries, Maude's Coffee & Clothing, GLOW

KINGS HILL, IDAHO



KINGS CROWN ORGANIC FARM

Kingscrownorganics.com
208-599-1160

King's Crown Organics is a third-generation farm located along the banks of the Snake River. Certified organic since 1987, King's Crown ships organic dry edible beans, onions, and potatoes out of state, but is most excited about growing local food for friends and established customers in Southern Idaho. At the height of harvest,

the farm produces organic beef, hay, sweet and feed corn, onions, potatoes, squash, dry beans, melons, eggplant, eggs, pork, and lots more.

Certifications: USDA Certified Organic, GAP Certified, GAP - Global Animal Protection

Products: Fruits and vegetables, meat, grains, beans, or nuts

Available at: Wood River Farmers Market, Atkinsons' Market, Kraay's Market & Garden, NourishMe, CK's Real Food, Raspberries, GLOW, The Covey, Warfield Distillery & Brewery

BELLEVUE, IDAHO



KRAAY'S MARKET & GARDEN

Kraaysmarketgarden.com
208-481-1101 • sherry@kraaysmarketgarden.com

Kraay's Market & Garden is a produce farm that grows veggies year-round using natural methods. Typical offerings include tomatoes, cucumbers, kale, chard, arugula, spinach, carrots, beets, and value-added products. Kraay's Market & Garden is also a food hub that aggregates products from more than 60 regional farmers, food artisans and other vendors and provides weekly home delivery

throughout the Wood River Valley.

Products: Fruits and vegetables, eggs, value-added products

Available at: CK's Real Food, Town Square Tavern, The Ram, Gretchen's, Grill at Knob Hill Inn

BLISS, IDAHO



LAURA LEE FARMS

Lauraleefarms.com
208-352-1014 • carissa@lauraleefarms.com

Laura Lee Farms is dedicated to growing pure quality produce products using commercial hydroponic farm techniques. Purchased in 2013, the Miller family's 330-acre White Arrow Ranch in Bliss

Valley Idaho in 2013 provides the perfect sterile environment with three sources of renewable energy located on the property including thermal heat with pure water, wind, and solar.

Certifications: PRIMUS

Products: Leafy greens

HAILEY, IDAHO



LAVA LAKE LAMB

Lavalakelamb.com
208-788-1710 • kathleen@lavalake.net

Lava Lake's wild range, grass-fed lambs are raised by seasoned shepherds in the Pioneer Mountains, where they graze on the natural bounty of a vast and biologically diverse landscape. The

result: fit, healthy animals that make the most delicious, tender, nutrient-rich meat. These lambs are never given hormones or antibiotics, never placed in a feed lot. Lava Lake Lamb has been hailed by chefs across the country as the most delicious lamb they've ever had.

Certifications: USDA Certified Organic, Animal Welfare Approved

Products: Meat

Available at: Kraay's Market & Garden, NourishMe, Café Della, CK's Real Food, Town Square Tavern, Enoteca, Perry's Restaurant, Limelight Hotel, Rickshaw, Tundra

BELLEVUE, IDAHO



LOOKOUT FARM

Lookout.farm
650-575-1564 • simon@lookout.farm

Lookout Farm grows diverse high-quality vegetables fit for both home and restaurant kitchens. Owners Briana Swette and Simon Neely cultivate three acres using soil-building and "beyond organic" cultural practices, planting just about every crop that

is viable in our high desert climate and extending the season through greenhouses and high tunnels.

Products: Fruits and vegetables

Available at: Wood River Farmers Market

BUHL, IDAHO



M&M HEATH FARMS

208-539-4107

Certified organic since 1988, M&M Heath raises potatoes and hay, and markets organic products, including potatoes, winter squash, dry beans, wheat, barley, hay, and corn, for other local growers. Retiring farmer-owner Mike Heath's goal has been, and continues to be, to market as much of our high-quality organic product within Idaho and the immediate region as possible.

Certifications: USDA Certified Organic

Products: Fruits and vegetables, grains, beans, or nuts

Available at: Wood River Farmers Market, Atkinsons' Market, Kraay's Market & Garden, CK's Real Food, Raspberries, Warfield Distillery & Brewery

ALMO, IDAHO



OLD ALMO CREAMERY

Old-almo-creamery.myshopify.com
208-220-1128

Old Almo Creamery is a family-owned and -operated dairy located in Almo, Idaho, in the shadow of the City of Rocks National Reserve. It is a third generation farm that has always strived to produce quality products. Our mission is to continue this tradition of excellence by providing fresh, quality dairy products to our local communities at

affordable prices. We strive to maintain excellent land stewardship practices and efficient use of resources to ensure that this legacy can be passed on to future generations.

Certifications: USDA Certified Organic

Products: Dairy products

Available at: Atkinsons' Market, Konditorei, Kraay's Market & Garden, NourishMe

JEROME, IDAHO



PETERS FAMILY FARMS

Petersfamilyfarms.com
208-421-7309 • petersfamilyfarmllc@gmail.com

Peters Family Farms is located just a few miles north of the Snake River Canyon in Jerome County. Offering u-pick and pre-pick strawberries, raspberries and blackberries and wholesale cut flowers to the Magic and Wood River Valleys. Products are available

for retail and wholesale purchases. All farming practices are sustainable to promote healthy plants, soil and people.

Products: Fruits and vegetables, wholesale cut flowers

Available at: Atkinsons' Market, Kraay's Market & Garden, Village Market, Hank & Sylvie's, Boho Lounge

RICHFIELD, IDAHO



PICABO DESERT FARM

Picabodesertfarm.com
208-404-9632 • gail@picabodesertfarm.com

Picabo Desert Farm is a micro-artisan goat dairy that hand makes small batches of goat dairy products. Picabo Desert's small herd of dairy goats is raised on alfalfa hay, producing sweet milk that is processed into rich, creamy goat cheese and yogurt.

Products: Dairy products, value-added products

Available at: Wood River Farmers Market, Atkinsons' Market, Kraay's Market & Garden, NourishMe, Village Market

FAIRFIELD, IDAHO



PRAIRIE SUN FARM

208-539-3405 • carol.b.rast@gmail.com

Prairie Sun Farm uses strictly organic methods, though not certified on paper, and engages in sustainable land practices. Owners Carol and Jeff Rast use greenhouses to grow tomatoes, peppers and other hot-weather items in a location that can get frost any night of the summer. Specialties include mixed greens, radishes, herbs, peas, beans, strawberries, cherry tomatoes, onions, squash, peppers, specialty beets, and carrots.

Products: Fruits and vegetables, value-added products

Available at: Wood River Farmers Market - Ketchum

FAIRFIELD, IDAHO



PRAIRIE WINDS HERITAGE FARM

208-721-2649 • prairiewindsheritagefarm@gmail.com

Prairie Winds Heritage Farm is a small 2.5-acre high-altitude producer specializing in onions, shallots and nine varieties of hard-neck garlic. Farm products also include pastured poultry for meat, eggs, locally sourced fruit jams, and egg noodles.

Certifications: Certified Naturally Grown

Products: Fruits and vegetables, meat, value-added products

Available at: Fairfield Farmers Market, Kraay's Market & Garden

LOCAL BUYING CLUB



PRIDE OF BRISTOL BAY

Prideofbristolbay.com
570-441-6117 • steve@prideofbristolbay.com

Pride of Bristol Bay is a fisherman-direct retailer of premium wild Bristol Bay Sockeye fillets and portions. Pride of Bristol Bay salmon is sustainably harvested in one of the purest ecosystems left on earth. Order online for direct-to-door delivery or reserve a share at a very reasonable price and pick it up at a Wood River Valley location in the fall.

Products: Wild caught sockeye salmon

Available at: Online store, local buying clubs

HAZELTON, IDAHO



RED STAR RANCH

Redstargrassranch.com

208-751-9510 • pasturemaster@redstargrassranch.com

Red Star Ranch offers grass-finished, non-GMO beef, pork and pastured poultry raised in Southern Idaho. A convenient, local answer to your quest for high-quality meat for your family, Red

Star Ranch offers individual cuts; curated boxes of beef, pork or a combination; and custom selections to meet your needs.

Products: Meat

Available at: Atkinsons' Market, online store

KIMBERLY, IDAHO



SPRING CANYON FOODS

Kimberlybest.com

208-420-0036 • paull@lvf.com

Kimberly's Best bottles fresh A2 milk and fresh whole goats milk and makes delicious cheeses, including feta, chevre, and other delicious kinds, from both types of milk. The company is committed to only sourcing milk from cows with the highest quality feeds and forages, without artificial growth hormones, and treated humanely.

Certifications: Animal Welfare Approved, Certified Humane

Products: Dairy products

Available at: Albertsons Market, Atkinsons' Market, CK's Real Food, Powerhouse, Cristina's

BELLEVUE, IDAHO



SQUASH BLOSSOM FARM

Squashblossom.farm

208-720-3542 • sara@squashblossom.farm

Squash Blossom Farm is a small, sustainably managed vegetable farm. Owner-farmers Sara Berman and Ed Zinader strive to provide fresh seasonal vegetables to the Wood River Valley while working to foster a flourishing, holistic ecosystem that includes production gardens, perennial food forests, pollinator habitats, livestock and poultry, native species, and a thriving soil ecology.

Products: Fruits and vegetables, meat, value-added products

Available at: Wood River Farmers Market, Atkinsons' Market, Kraay's Market & Garden, NourishMe, CK's Real Food, Raspberys, Gretchen's, Konditorei, Grill at Knob Hill, Hank & Sylvie's, GLOW, The Haven

SHOSHONE, IDAHO



SUNSET NATURAL FARMS

Sunsetnaturalfarms.com

208-721-8817 • marina@sunsetnaturalfarms.com

Sunset Natural provides healthy, fresh, naturally grown produce to the Wood River Valley community and surrounding areas. Owner-farmers Marina and Kris Schwartzbach use regenerative growing methods to preserve the environment and our natural resources,

re-establish ecological balance, improve soil fertility, conserve flora and fauna, increase genetic diversity, and put an end to chemical pollution and toxic residues.

Certifications: Our garlic and garlic seed is inspected and certified with the State of Idaho

Products: Fruits and vegetables, garlic and garlic seed

Available at: Atkinsons' Market, Kraay's Market & Garden, Al's Sustainable Mercantile, Café Della, The Ram, The Covey

JEROME, IDAHO



THE COUNTRY GARDENS

Thecountrygardenscsa.com

208-421-7309 • TheCountryGardensCSA@gmail.com

Owners Bonnie Peters and Krista Huettig are farmers' daughters, farmers' wives and mothers. The duo shares a love of growing all things green, a passion for providing the best lifestyle for their children and the combined knowledge of many garden seasons and 25 years working in the agricultural research field.

Products: Fruits and vegetables, value-added products

Available at: Kraay's Market & Garden, Chef Laura Apsaha (From Scratch)

HAILEY, IDAHO



THE SAGE SCHOOL

Thesageschool.org

208-788-0120 • greenhouse@thesageschool.org

The Sage School's main goal is to help create sustainable and thriving human and ecological communities. The greenhouse program at The Sage School provides tomatoes and basil through a CSA program. This greenhouse program gives students a chance to learn about growing and cooking with naturally grown food and

how that can affect our community.

Products: Fruits and vegetables

Available at: NourishMe, Café Della, Sponsor a Tomato & Basil Plant CSA

TWIN FALLS, IDAHO



TUBBS BERRY FARM

Tubbsberryfarm.com
208-961-0969 • info@tubbsberryfarm.com

Tubbs Berry Farm produces berries, pumpkins, gourmet garlic, and honey. Tubbs uses an integrated pest management approach and sets standards that are beyond organic. Special offerings include a fall pumpkin patch and straw maze, U-pick berries in the summer, and educational workshops on beekeeping and other subjects throughout the year.

Products: Fruits and vegetables, value-added products, garlic, honey
Available at: On-farm store, U-pick

BELLEVUE, IDAHO



WILD FLORA FARM

Thewildflorafarm.com
208-721-1485 • maddeffe@gmail.com

Wild Flora is a specialty cut flower farm providing local, naturally grown and environmentally friendly blooms (and seeds) for every occasion and flower need you may have. Madie Deffé – the nurturer and designer behind Wild Flora – developed her love of plants and flowers as a college student working for a local gardening business.

Products: Flowers
Available at: Kraay's Market & Garden, Wood River Farmers Market - Hailey, direct sales

BELLEVUE, IDAHO



WINDY ACRE FARM

208-788-2136 • casey.claire01@gmail.com

Windy Acre Farm is a small farm growing fruits, vegetables, and herbs with organic practices, for sale through Kraay's Market & Garden and to donate to community members in need.

Products: Fruits and vegetables, eggs, flowers
Available at: Kraay's Market & Garden

BELLEVUE, IDAHO



WOOD RIVER RANCH BEEF

Woodriverranchbeef.com
208-721-1562 • woodriverranchbeef@yahoo.com

Established in 1979, Wood River Ranch Beef produces 100% grass-fed and grass-finished natural beef in a variety of frozen cuts. All cattle are born and raised on our ranch located seven miles south of Bellevue. Wood River Ranch Beef cattle are never given hormones or antibiotics or fed any grains.

Certifications: Certified Naturally Grown

Products: Meat

Available at: Online store, Wood River Farmers Market - Ketchum & Hailey, Kraay's Market & Garden, Café Della, CK's Real Food, Smiley Creek Lodge



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www.ketchum-enoteca.com



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208.726.4660
www.ketchumgrill.com



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360 East Ave N
208.726.6969
www.ketchumtavern.com

masonfamilyrestaurants.com

Community Supported Agriculture (CSA)

When you buy a share of a CSA, you receive boxes of fresh produce and other farm goods weekly, biweekly or monthly. The farm receives your financial support early in the season, when it's most needed. CSA shares come in different sizes and frequencies. Some farms offer delivery, while others have a designated pick-up place, such as the farmers market.

Local CSAs for the 2020 season include:

BELLEVUE, IDAHO

LOOKOUT FARM

Lookout.farm

Lookout Farm offers full shares (26 weeks) and half shares (13 weeks on alternating weeks) starting early June through to Thanksgiving. In addition to boxes of fresh produce, CSA members receive a 20-percent discount at Lookout Farm's farmers market stands and an invitation to a members-only field dinner at the farm.

Sign up: Email simon@lookout.farm or go to Lookout.farm/csa

BELLEVUE, IDAHO

SQUASH BLOSSOM FARM

Squashblossom.farm

Squash Blossom's CSA runs for 18 weeks from mid-June through October as weather permits. Their Standard Share is designed to feed 1-4 people, while the Single Share feeds 1-2 people. Produce is picked and sorted fresh on the farm the day of or the day before delivery. Shares can be picked up at one of three different locations throughout the week or delivered to your door for a one-time \$100 fee.

Sign up: Squashblossom.farm/csa-form



JEROME, IDAHO

THE COUNTRY GARDENS

Thecountrygardenscsa.com

The Country Gardens CSA runs for 18 weeks from the first week of June to September 30. Sign up and pay through Kraay's Market & Garden for weekly home delivery every Wednesday throughout the Wood River Valley. Each share includes 8 to 12 items depending on the season, along with recipes.

Sign up: Kraaysmarketgarden.grazecart.com

HAILEY, IDAHO

THE SAGE SCHOOL

Thesageschool.org

Sponsor a tomato plant and/or basil plant, and receive your share of the weekly harvest through October!

Sign up: Email greenhouse@thesageschool.org



FARMERS MARKETS

The Wood River Valley region boasts some of the most vibrant farmers markets in all of Idaho. There's simply no better place to experience the delicious flavors of our region, meet your farmers, and enjoy a fun local scene.

CAREY FARMERS MARKET

Fridays, 6:30-8:30pm • June - August

Established in 2017, the Carey Farmers Market is truly a locals' market. Although small, it offers the full experience with local produce, hot food, crafts, baked goods, jewelry, and more. This year, the market moves to the Itty Bitty Farms lot (20444 Main St.) to increase visibility, parking, and access to facilities.

TWIN FALLS DOWNTOWN FARMERS MARKET

Tfdfarmersmarket.org
Saturdays, 9am-1pm • June - late September

Located on historic Main Avenue in Twin Falls, the Downtown Farmers Market features the best the Magic Valley has to offer: a variety of locally grown produce, flower farms, natural skincare, craft goods, apparel, snack foods, coffee, and more.

WOOD RIVER FARMERS MARKET - HAILEY

Wrfarmersmarket.org
Thursdays, 2-6pm • June 11 - September 24

Come check out the Hailey farmers market's new location for 2020: Roberta McKercher Park! Bring the family and enjoy a city-sponsored music event once a month.

Go to Wrfarmersmarket.org for details on new online pre-ordering system.

WOOD RIVER FARMERS MARKET - KETCHUM

Wrfarmersmarket.org
Tuesdays, 2-6pm • June 9 - September 29

Situated in the lower River Run parking lot, at the base of Bald Mountain, the Ketchum farmers market attracts residents and visitors with fresh local produce, handcrafted foods and drinks, artisan crafts, and live music.

Go to Wrfarmersmarket.org for details on new online pre-ordering system.



SUPPORTING LOCAL FARMERS

Anne Kalik
Jan Toohey
Joan Scheingraber
Molly! Goodyear
Louise Wilson Noyes
Pamela Ridgeway
Kaz Thea
Leslie Maksik
Sandra Willingham
Claudia Klokke

Kathy Lynn
Andrea Lieberman
Linda Lynch
Charlotte Unger
Kimberly Ellwanger
Laura Todd
Muffy Ritz
Erica Thorson
Susan Scovell



RETAIL OUTLETS

From meats and cheeses to honey and dried beans, locally and regionally produced food is available throughout the year at the following retail locations. Look for \$5 for Farmers signs at participating stores including Atkinsons' Markets and NourishMe to help you identify what's local!

KETCHUM • HAILEY • BELLEVUE, IDAHO

ATKINSONS' MARKET

Atkinsons.com

451 4th St. E • Ketchum, Idaho

93 E Croy St. • Hailey, Idaho

757 N. Main St. • Bellevue, Idaho

Atkinsons' offers a wide variety of foods and other products at its three Wood River Valley stores (Ketchum, Hailey and Bellevue). Atkinsons' sources local whenever possible! Our stores feature products from more than 100 local and regional vendors, including fresh produce; meat, cheese, milk and eggs; dried beans; and specialty products like artisan bread and granola.

Contact: info@atkinsons.com

CAREY, IDAHO

ITTY BITTY FARMS

20 Janice Lane • Carey, Idaho

Owned and operated by the Knowles family, Itty Bitty Farms store stocks fresh locally grown produce (including Itty Bitty Farms' salad greens, microgreens, herbs, and other veggies from neighboring farms) as well as staples such as milk, cheese, butter, bread and baked goods.

Contact: ourittybittyfarm@gmail.com • 208-716-9145

KETCHUM, IDAHO

NOURISHME

Jjnourishme.com

151 N. Main St • Ketchum, Idaho

NourishMe sells locally sourced meats, dairy, eggs, fresh produce, honey, and value-added products such as elderberry syrup, jams, salsas and sauces. Offering three or four daily organic soups made with local chicken, beef and pork, as well as meat or vegetarian lasagna, meatloaf, frittatas, chicken salad, and its famous kale salad.

Contact: jjnourishme@gmail.com • 208-928-7604

What does it mean to **LIVE LOCALLY?***

- Buy food from area farms
- Support Wood River Valley businesses
- Get involved in local non-profits
- Protect our open spaces
- Get out and enjoy our amazing valley

***Work with a local Broker
who does all of the above!**



BERKSHIRE HATHAWAY
HomeServices
Sun Valley Properties

SUE ENGELMANN
208.720.0680
sue@sueengelmann.com
sueengelmann.com



Farm to table cuisine is alive and well in the Wood River Valley region thanks to forward-thinking chefs who seek out the best seasonal ingredients from local and regional farmers. Sourcing locally requires taking extra time to develop relationships with producers and juggle logistics. But it comes with a payoff: farm-fresh fare that is high in nutrients, bursting with flavor, and deeply connected to our community.

CAFÉ DELLA

103 S. Main St., Hailey, Idaho
208-913-0263 • Cafedella.com

Café Della was founded in 2019 by two female entrepreneurs passionate about providing nourishing fresh foods to our mountain town community just south of Sun Valley. Owners Ashley Krepps and Liza Green embrace life's everyday celebrations with quality ingredients, simply prepared. From house-made pastries to vegetable-forward dishes and updated classics, the farm-to-table café serves consistently excellent everyday food in an updated, approachable environment.

CHEF MELISSA MAUSELLE

Hailey, Idaho • 503-880-7646 • Chefmauselle.com

As a native of the Pacific Northwest, local sustainable food has always been Chef Melissa Mauselle's main focus. She loves creating menus that are flavorful, vibrant and nutritious. Food can be nutritious, healing to our body, as well as delectable and surprising to your palate, full of intricate flavors and texture. Not everyone has the time to dedicate to learning all there is about healthy cooking and eating, which is where Chef Mauselle comes in.

CK'S REAL FOOD

320 S Main St., Hailey, Idaho
208-788-1223 • Cksrealfood.com

Local food sourcing is the heart of CK's Real Food. Since opening in November 2003, the Kastner family has worked directly with dozens of small regional farmers to procure as many local and seasonal products as possible. Believing that their business should be part of the solution and not part of the problem, CK's recycles, composts and produces energy from rooftop solar panels.



COOKBOOK RESTAURANT

271 7th St. E, Ketchum, Idaho
208-720-3260 • Cookbookketchum.com

Opened in 2018 by Vita and Burke Smith, Cookbook Restaurant serves locally and globally inspired cuisine. Cookbook's thoughtful menu changes every two months and accommodates an array of diets and choices that includes salads, house made pastas, specials, craft pizzas, and unique desserts.

DAVINCI'S

17 W. Bullion, Hailey, Idaho
208-788-7699 • Davincishailey.com

A locals' favorite, daVinci's serves up New York-style Italian cuisine in a casual and intimate setting. Popular menu items include Caesar salad, fresh mussels and clams, calamari, housemade lasagna, pasta with bolognese, and more. All entrees come with bottomless salad and bread. Wine available by the bottle, glass or carafe. Al fresco dining on the outdoor patio available during the summer.

ENOTECA

300 N. Main St., Ketchum, Idaho
208-928-6280 • Ketchum-enoteca.com

Centrally located in a historic building on the corner of Main Street and Sun Valley Road, Enoteca features a grand wood-fired oven and an open kitchen where chefs prepare mouth-watering hand-tossed pizzas and Italian-influenced dishes. Enoteca also boasts an extensive wine and beer list hand selected by its knowledgeable staff.

GALENA LODGE

15187 Hwy. 75, Ketchum
208-726-4010 • Galenalodge.com

A community-owned lodge nestled in the Rocky Mountains 23 miles north of Ketchum, Galena Lodge specializes in handcrafted meals for the active community. Open daily in the winter and summer seasons, the lodge serves lunch and special dinners, and operates as home base for cross-country skiers, mountain bikers, and hikers. All stocks, soups, sauces, most breads, dressings, and more are made in house. We love to source local when possible.





GLOW CAFÉ

380 Washington Ave. #105, Ketchum, Idaho
208-725-0314 • Glowlivefood.com

GLOW's all-organic, plant-based menu features superfood smoothies, fresh-pressed juices, vibrant salads, toasts, spring rolls, matcha and turmeric lattes, kombucha, and elixirs including the popular cold brew "coffee smoothie," along with cacao and superfood desserts and truffles. Customer favorites include the Blue Majik Yoga smoothie bowl, Monkey Love smoothie, spring rolls, and GLOW tacos. GLOW prioritizes purchasing from local farmers.

HANK & SYLVIE'S

91 E Croy, Hailey, Idaho & 471 Leadville Ave. N, Ketchum, Idaho
208-726-0115 (Ketchum), 208-928-4088 (Hailey)
Hankandsylvies.com

With locations in Ketchum and Hailey, Hank & Sylvie's offers an array of fresh-baked pastries, desserts and custom cakes with a focus on locally sourced ingredients as well as locally roasted coffee beverages. Custom cakes and desserts are available for special order through Hank & Sylvie's website.

KETCHUM GRILL

520 East Ave. N., Ketchum, Idaho
208-726-4660 • Ketchumgrill.com

Located in the historic Ed Williams House built in 1885, the Ketchum Grill has been a staple of Ketchum's food scene for nearly the last three decades. The menu features New American cuisine with an Idaho emphasis that is sure to have something to fit everyone's palate.

KONDITOREI BAKERY & CAFÉ

1 Sun Valley Rd., Sun Valley, Idaho
208-622-2235 • Sunvalley.com\dining

A well-established local gem, the Austrian-inspired Konditorei offers classic breakfast and lunch dishes along with fresh-baked pastries and locally roasted fair-trade and organic coffees. As the Wood River Valley's one and only Certified Green Restaurant, sustainability is at the core of the Konditorei's values. Konditorei sources direct from local farmers to procure the freshest fruits for its Season's Best Smoothie and local eggs and vegetables for its Market Omelet.



LAGO AZUL MEXICAN RESTAURANT

14 W. Croy St., Hailey, Idaho
208-578-1700 • Facebook.com/lagoazulmexican

Owned and operated by Sandra Castillo and her family since 2003, Lago Azul offers authentic Mexican and Salvadorian food in a friendly low-key setting. Popular dishes include Tacos Sandy, mulitas, pupusas, carne asada, and fajitas.

LIMELIGHT HOTEL KETCHUM

151 S. Main St., Ketchum, Idaho
208-726-0862 • Limelighthotels.com

Limelight offers wood-fire oven pizzas as well as salads, shared plates, and entrees utilizing local produce, meats, and other locally sourced products. Ninety-nine percent of our proteins come from the state of Idaho. Known for dishes like Bison Meatballs, Steak Frites, and Grilled Lamb Lollipops.

PERRY'S RESTAURANT

131 4th St. W, Ketchum, Idaho
208-726-7703 • Perryssunvalley.com

A popular local hangout, Perry's Restaurant serves up espresso, bakery, breakfast, lunch and takeout daily. Everything made from scratch and locally sourced when possible. Perry's is the largest user of pastured eggs in the valley.

POWER HOUSE

502 N. Main St., Hailey, Idaho
208-788-9184 • Powerhouseidaho.com

Bikes, Burgers, Beer! The Power House kitchen makes everything from scratch using locally sourced ingredients as often as possible. And they take their beer list seriously, with 20 taps of rotating craft beer backed by an extensive selection of bottles.

RASBERRYS

411 5th St. E, Lower Level, Ketchum, Idaho
208-726-0606 • Rasberrys.net

Fresh, local and organic made-from-scratch soups, salads, sandwiches, Mexican specialties, and desserts—prepared with creative flair, full of flavor and eye-popping colors. Owners Callie and Maeme Raspberry's love of food began during childhood in El Paso, Texas. They learned gardening, cooking and animal tending from a young age.



RESTAURANTS

SAWTOOTH BREWERY TAP ROOM

110 N River St. Hailey, Idaho
208-788-3213 • Sawtoothbrewery.com

Sawtooth Brewery and Tap Room menu features a variety of sandwiches, salads, appetizers along with 25 taps of beer, wine, cider, and kombucha. Drink beer where it is made, in the tap room looking into the brewery. All ages welcome, serving lunch and dinner. Dogs are welcome on the front patio.

SAWTOOTH BREWERY PUBLIC HOUSE

631 Warm Springs Rd., Ketchum, Idaho
208-726-6803 • Sawtoothbrewery.com

Offering 25 taps with beer, wine, cider, and kombucha on tap. All ages welcome, serving lunch and dinner. Dogs are welcome on the front patio. Happy Hour Monday through Friday from 3 to 5:30pm. Trivia every Tuesday evening at 7:30 pm.

TOWN SQUARE TAVERN

360 N. East Ave., Ketchum, Idaho
208-726-4660 • KetchumTavern.com

Town Square Tavern focuses on fresh flavors inspired by the Mediterranean regions stretching from the Middle East to North Africa to Spain, Italy and France, with Idaho touches. Town Square Tavern is a must-visit for those looking to try fresh seasonal dishes with loads of flavor.

YELLOW BRICK CAFE

136 Main Ave. N, Twin Falls, Idaho
208-731-9837 • Ybctwinfalls.com

Yellow Brick Cafe is a true farm-to-table cafe featuring locally grown produce, meat, fish, eggs, dairy, and coffee. Our mission is to support local business while showcasing to Twin Falls to how delicious healthy natural food can be.

ZENERGY HEALTH CLUB & SPA

245 Raven Rd., Ketchum, Idaho
208-725-0595 • Zenergysv.com

The Zenergy Cafe serves up quick and easy fresh juices, smoothies, and house made soups prepared by a local chef, plus ready-made meals delivered fresh daily from Bigwood Bread and The Haven. Come by for a pre- or post-workout pick-me-up, healthy snack or grab-and-go lunch. The cafe is open to members and non-members.

COMMUNITY FOOD EVENTS

Due to the uncertainty of COVID-19, many community food events are tentative for this year.

Please visit Localfoodalliance.org/events for an up-to-date list.

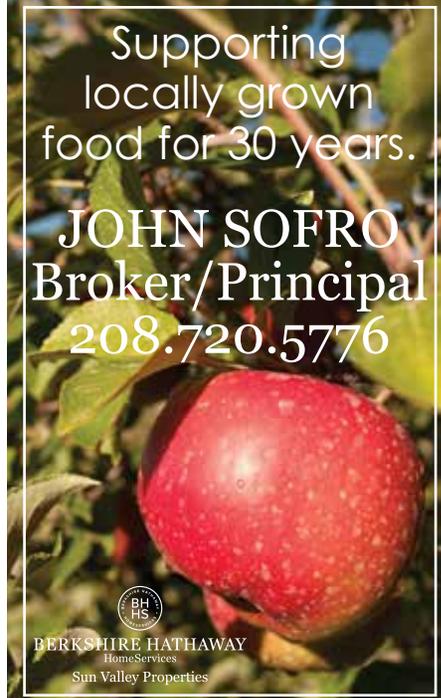


Local produce is fresher, tastier and more nutritious because it is usually sold within 24 hours of being harvested.



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Sun Valley Properties



Artisanal food encompasses breads, cheeses, fruit preserves, beverages, granolas, and other edible products made by hand by skilled food artisans.

HAILEY, IDAHO

CK'S PANTRY

Cksrealfood.com • 208-788-1223 • cksrealfoodpantry@gmail.com

From the owners of CK's Real Food, CK's Pantry offers gourmet farm-to-table take-out. Weekly menu includes slow-food specials, foccaccia (regular and gluten-free), specialty products such as salad dressing and granola, and sweets such as handcrafted ice creams, cookies, and Simone's signature toffee.

Available at: Online shop at cksrealfood.com, Kraay's Market & Garden

HAILEY, IDAHO

HANGAR BREAD

208-309-1380 • hangarbread@gmail.com

Hangar Bread is an artisan bread bakery that produces a variety of handcrafted breads and cinnamon rolls using locally sourced and organic flour. Baguettes, sourdough loaves, rolls, bagels, and to-go sandwiches baked and prepared fresh daily in Hailey.

Available at: Hangar Bread store (111 N. 1st Ave., Hailey, Idaho), Kraay's Market & Garden, NourishMe, Hank & Sylvie's, Ketchum Kitchens

CAREY, IDAHO

IDAHOUND

Idahound.com • 435-513-1894 • idahound@gmail.com

Idahound uses premium, local ingredients to create "evolutionary" and farm-driven raw dog food and carnivore treats, while pursuing minimal environmental impacts. All whole food products are made as dog intended, with all butchering, processing and packaging done locally by hand.

Available at: Online at Idahound.com and Kraay's Market & Garden; Atkinsons' Market and Thunderpaws



KETCHUM, IDAHO

MASON FAMILY PROVISIONS

Masonfamilyrestaurants.com • 208-726-6969

Mason Family Provisions (located in the alleyway next to Town Square Tavern in Ketchum) offers freshly made pasta, pizza dough, handcrafted sauces, gelato, wine and much more. Open Monday through Friday, 10 am to 3pm, and available for delivery through Kraay's Market & Garden.

Available at: Mason Family Provisions retail location, Kraay's Market & Garden

CARMEN, IDAHO

ORCHESTRA PROVISIONS

Orchestraprovisions.com • 208-954-9971 • orchestraprovisions@gmail.com

Orchestra Provisions is the inspiration of Kate Stoddard, a native Idahoan with intertwined passions for nature and the nourishment it provides. An answer to broken food systems, the company produces a gourmet seasoning line founded in sustainable nutritious cricket protein, offering a baby steps approach to normalizing entomophagy.

Available at: Online shop, Albertsons, NourishMe

KETCHUM, IDAHO

RASBERRYS

Rasberrys.net • 208-726-0606 • rasberrysinc@gmail.com

Rasberrys offers a line of specialty products including seasonal preserved goods (jams and chutneys), baked goods (breads, cookies, cakes, gluten free options), assorted spiced seasoning rubs, pantry staples (vinegars, infused culinary oils), fermented drinks (kombucha, ginger beer), and more.

Available at: 411 5th Street East, Lower Level, Ketchum, Idaho

Photo courtesy of Rasberrys





FOOD ARTISANS

HAILEY, IDAHO

REDWOOD FAIRY

Facebook.com/RedwoodFairy • 408-859-7383 • redwoodfairy@hotmail.com

Redwood Fairy Herbs & Ferments provides high-quality fermented foods and herbal products for the Wood River Valley so we can all be more nourished, healthy and happy in our lives. Signature offerings include Sylvie's Elderberry Elixir, Orange-Vanilla Dandelion Bitters, Chaga Chai Tea, and four varieties of sauerkraut including KimChi and Curry Cauliflower Kraut.

Available at: NourishMe, Kraay's Market & Garden, Wood River Farmers Market

KETCHUM, IDAHO

ROADBARS

Roadbars.com • 415-671-9920 • hello@roadbars.com

Roadbars is a vintage 1950s trailer beverage catering service available for weddings, private parties, corporate events, and more, in the Sun Valley and greater Boise areas. Known for creative seasonal "farm to cup" cocktails, Roadbars sources fruits and herbs from local farmers and makes craft mixers from scratch in small batches.

SUN VALLEY, IDAHO

SUN VALLEY MUSTARD

Sunvalleymustard.com • 800-628-7124 • josh@sunvalleymustard.com

Established in 1984, Sun Valley Mustard is Idaho's original artisan mustard company. A unique cooking process is used to blend flavors and produce the superb texture that makes this mustard such a versatile product for sandwiches, sauces, dips, marinades and dressing. Sun Valley Mustard is the recipient of more specialty food product awards than any other company in Idaho's history.

Available at: Atkinsons' Market, Village Market, Ketchum Kitchens, select Wood River Valley restaurants

KETCHUM, IDAHO

TONI'S SUN VALLEY ICE CREAM

Sunvalleyicecream.com • 208-720-6251 • toni@sunvalleyicecream.com

Launched in 2000 by local entrepreneur and ice cream lover Toni Bogue, Toni's produces small-batch hand-made ice cream, frozen desserts and granola with ingredients sourced as locally as possible. Toni's seasonal ice cream flavors (think huckleberry and pumpkin pie) handcrafted "with love" are a hit with Wood River Valley residents and visitors alike.

Available at: Atkinsons' Market, Village Market, Limelight Hotel Ketchum, select Wood River Valley restaurants



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Get in-stock items within 24 hours!



Idaho Lumber and Ace Hardware
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Hailey, ID 83333
www.idlumber.com

We Know Lumber!

Non-profit organizations and government agencies throughout the Wood River Valley are working to address issues from soil health to food security.

BLAINE COUNTY FOOD COUNCIL

P.O. Box 5569, Ketchum, Idaho • Blainecountyfoodcouncil.org
 Amy Mattias or Stacy Whitman
amy@sunvalleyinstitute.org and stacy@sunvalleyinstitute.org

Blaine County Food Council (BCFC) is a grassroots, community-based group, consisting of multiple organizations and individuals, that works to strengthen our local and regional food system. Our organization fosters communication, coordination and collaboration among food system stakeholders through networking and information sharing events and activities.

Visit our website or email us to learn more.

BLAINE SOIL CONSERVATION DISTRICT

24022 Main St., Carey, Idaho • Blainescd.org
 Kelsey Barg • 208-481-0409 • blainescd@gmail.com

Blaine Soil Conservation District (BSCD) is a governmental subdivision of the State of Idaho. Since 1954, BSCD has supported local landowners with financial and technical assistance, along with public outreach to Blaine County residents on overall conservation efforts. BSCD is available to do soil and alfalfa testing, and has a no-till drill.

Call 208-481-0409 or visit our website to learn more.

LOCAL FOOD ALLIANCE

PO Box 5569, Ketchum, Idaho • Localfoodalliance.org
 Amy Mattias or Stacy Whitman
amy@sunvalleyinstitute.org and stacy@sunvalleyinstitute.org

The Food & Farm program of Sun Valley Institute, known as Local Food Alliance (LFA), works to increase demand for locally and regionally grown food while striving to make it more available and accessible to all ages and socioeconomic backgrounds. The coordination and support that LFA provides to farmers, restaurants, schools, organizations, and businesses is aimed at creating a resilient community food system.

Visit our website to sign up for our newsletters. If you're interested in sourcing locally or want an introduction to a wholesale buyer, contact us.

SAWTOOTH BOTANICAL GARDEN

11 Gimlet Rd., Ketchum, Idaho • Sbgarden.org
 Jen Smith • 208-726-9358 • jen@sb garden.org

Sawtooth Botanical Garden is a community resource showcasing native and cultivated plants that flourish at high altitude. The Garden connects people to the region's unique beauty and fosters environmental stewardship through education, events, displays, and plant collections. Through its programs and services, the Sawtooth Botanical Garden provides information on plant cultivation and ecological principles relevant to the region's climatic conditions and its plant and human communities.

Visit our website or contact us - let's have a conversation!

THE HUNGER COALITION

121 Honeysuckle St., Bellevue, Idaho • Thehungercoalition.org
 208-788-0121 • info@thehungercoalition.org

The Hunger Coalition builds a healthy community through access to good food and addresses root causes of food insecurity with key partners. Programs and services include a Healthy Food Pantry, Fresh Food Pop-up Markets, cooking and nutrition classes, Volunteer 4 Veggies, Grow a Row, food drives, gleaning, and more.

Come to our Bellevue office anytime, no paperwork required.

UNIVERSITY OF IDAHO EXTENSION

302 First Ave. S, Hailey, Idaho • Uidaho.edu/extension/county/blaine
 Grant Loomis or Chandra Vaughan • 208-788-5585
gloomis@uidaho.edu • cvaughan@uidaho.edu

University of Idaho Extension provides research-based information to Idaho citizens and communities. The Blaine County Extension Office offers programming and resources in agriculture and horticulture; 4-H youth development, and community development, as well as Healthy Living curriculum and a Farm to Early Childcare Education staff person.

Call the Extension office or stop by to talk to an Extension Educator. Sign-up to receive our newsletters and become a member (\$28/year).

UPPER BIG WOOD RIVER GRANGE

609 S. Third Ave., Hailey, Idaho • Grange.org/upperbigwoodriverid192/
 Manon Gaudreau • 208-788-3876 • upperbigwoodriverid192@grange.org

The Grange fosters local agriculture, local food economy and sustainable practices as well as gardening, seed saving, home cooking, and other practical arts. The Grange gives out scholarships to high school seniors, supports the 4-H, organizes various community events, and encourages community service.

Become a member for \$28 a year and sign up to receive the newsletter.



COMMUNITY FOOD RESOURCES

WOOD RIVER COMMUNITY YMCA

101 Saddle Rd., Ketchum, Idaho • Woodriverymca.org
Katelyn Berman • 208-928-6708 • kberman@woodriverymca.org

Bonni's Garden is a state-of-the-art, solar-powered greenhouse where people of all ages can gather, learn and grow. Bonni's Garden is open and available to all YMCA members and guests anytime the YMCA is open. Bonni's Garden offers custom classes and activities for school groups, camps, and organizations. Both the greenhouse and outdoor patio are available for community meetings, gatherings and workshops.

Call Katelyn at (208) 928-6708 or the Welcome Center at (208) 727-9622 to reserve Bonni's Garden and inquire about custom classes and activities.

WOOD RIVER SEED LIBRARY

c/o Grange, P.O. Box 2630, Hailey, Idaho • Woodriverseeds.net
Manon Gaudreau or Amy Mattias • 208-788-3876 • Woodriverseedlibrary@gmail.com

Wood River Seed Library (WRS�) is a community-based seed saving and sharing organization. WRS�'s seed distribution cabinet at Hailey Public Library provides free seeds to the community on a serve-yourself basis. Gardeners are invited to donate their seed surplus. The Grange Hall in Hailey houses the WRS� seed bank and vault. WRS� hosts events including seed saving and gardening classes, seed and plant exchanges, and seed cleaning and packaging workshops.

Sign-up to receive newsletters and be notified about our events.



CHANGE



The ripple effect of local food



THE POWER OF LOCAL FOOD

Local and regional food is a powerful lever of change for the individual, economic, and environmental health of our community. Transforming the food system can help solve widespread global challenges, such as chronic illness, social inequality, animal mistreatment, environmental degradation, and climate change.

FROM FIELD TO FORK



Food takes a complex journey from its origins on farm fields, ranches, orchards, rivers and other sources to our plates. Along the way, it passes through the hands of producers, processors, transporters, warehouse operators, retailers, consumers and waste handlers. The term "food ecosystem" describes this series of interdependent links, including the people and resources involved at each stage.



PRESERVE THE HARVEST

Preserving food is a wonderful way to extend the summer and fall harvest well into the winter. From freezing and canning to fermenting and dehydrating, it's possible to process and preserve almost every fresh fruit and vegetable imaginable. Use produce from your own garden, purchase at the farmers' market, and buy directly from local farmers.

Preserved tomato products like salsas, pasta sauces, and sun-dried tomatoes are a staple in most homes. Multiple methods can be used to preserve tomatoes, but canning or freezing of sauces is recommended. Make tomato chips or sun-dried tomatoes using a drying rack or dehydrator. Once dry, place in a jar with oil and dried herbs as a beautiful and edible gift.

Freezing seasonal produce is another easy way to preserve food at home. A bumper crop of bell peppers can be chopped and frozen for a quick addition to any dish. Frozen whole grapes are an easy, deliciously cooling treat for kids of all ages. Simply place small pieces of fruits or vegetables on a baking tray, freeze fully, then transfer into a labeled and dated airtight container.



Seasonal fruits like plums, peaches, pears and apples can be made into jams, preserves, and spreads of various sorts. Jams and jellies, which are high in sugar, are safe to can using the hot water-bath method. Want to limit added sugar? Try dehydrating fruits for a sweet, chewy and portable snack. Use an oven on the lowest heat, a dehydrator, or a food safe outdoor drying rack. Slice thin and evenly; dry until chewy.

Whether you decide to freeze, dehydrate, or try your hand at home-canning, preserving food is a healthy and economical way to enjoy the bounty for months to come.



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**WOOD RIVER VALLEY
LOCALLY GROWN**
Guide



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