

WOOD RIVER VALLEY LOCALLY GROWN

Guide



SUMMER 2023
TO SPRING 2024



**YOUR ONE-STOP GUIDE
TO EATING LOCAL**

FARMS & RANCHES • RESTAURANTS • RETAIL STORES • FARMERS MARKETS

NEW ONLINE GUIDE

Find local food everywhere you go!
¡Encuentra comida local donde quiera que vayas!

The mobile Locally Grown site is your on-the-go companion to the printed guide. From nearby restaurants to seeking out locally grown ingredients, the new site brings eating local to your fingertips no matter where you are in the Valley.

El sitio móvil Locally Grown es su compañero móvil de la guía impresa. Desde restaurantes cercanos hasta la búsqueda de ingredientes cultivados localmente, el nuevo sitio pone la comida local al alcance de su mano, sin importar en qué parte del Valle se encuentre.

Visit locallygrownguide.org and discover something new!

¡Visita localgrownguide.org y descubre algo nuevo!



locallygrownguide.org

TABLE OF CONTENTS



2	About the Guide
3	Thank You to Our Sponsors
4	Who We Are
5	Why Local Food?
6	About the Cover
8	Investing Locally
10	Beyond Potatoes
11	Food Designations: Beyond the Label
12	Food Certifications
13	Farms and Ranches
30	Eating with the Seasons
32	Farmers Markets
34	Retail Outlets
38	A Year in the Life of a Local Food Supporter
40	Be a Local Food Advocate
42	Restaurants
54	Caterers and Private Chefs
56	Food Artisans
63	Local Beverage Crafters
67	Taste Not Waste
68	The Recipe to Reduce Waste
70	Composting
72	Community Food Resources
77	Community Food Events
80	Local Food Innovators
82	Ketchum Map
83	Sun Valley Map
84	Hailey Map
85	Bellevue Map

LOCAL FOOD ALLIANCE

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Phone: 208-788-4780

Email: locallygrown@sunvalleyinstitute.org

sunvalleyinstitute.org/localfoodalliance



ABOUT THE GUIDE



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 printed and online guides connect 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. Our region's reliance on imports and exports can be easily disrupted, putting strain on farming families and creating economic volatility for our community.

We can change this system! We can create a thriving community with greater farmer income, healthier air, water, soil, and wholesome and nutrient-dense foods available year-round. 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.

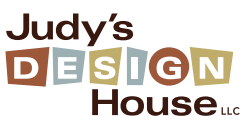
For more information about the Locally Grown Guide or to become a sponsor, email locallygrown@sunvalleyinstitute.org. A mobile-friendly, online version of the guide is available at locallygrownguide.org.

Do you love this guide?

Keep it in circulation by making a donation at
sunvalleyinstitute.org/donate

Photos by Mike Gordon, Karlie Jeneson, Amy Mattias, Kirsten Shultz, and Leslie Silva.
Guide design by Judy's Design House. Maps by E.B. Phillips.

THANK YOU TO OUR SPONSORS



Our heartfelt thanks to the following businesses who helped make this guide possible.

SOWER

Sun Valley Culinary Institute

HARVESTER

Atkinsons' Market
Center Health & Performance
Glow
Judy's Design House
Windermere of Hailey and Ketchum

TILLER

NourishMe
Ro's Ramen
Zenergy Health Club, Spa & Boutique

GARDENER

Sawtooth Brewery
Squash Blossom Farm

ADVOCATE

Hillside Grain
Red Barn Granola

We are also deeply grateful to all the supporters of the Local Food Alliance. Your donations help make the Guide and our other programs possible!



To become a sponsor of the Locally Grown Guide, email locallygrown@sunvalleyinstitute.org.



WHO WE ARE



SUN VALLEY INSTITUTE FOR RESILIENCE

ABOUT SUN VALLEY INSTITUTE FOR RESILIENCE

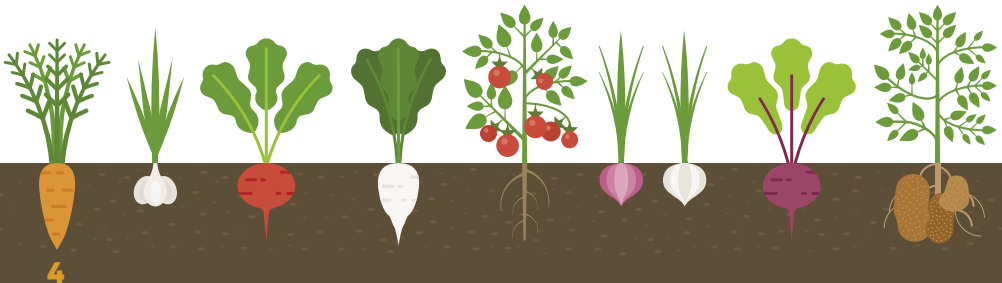
Founded in 2015, Sun Valley Institute for Resilience (SVIR) advances community resilience in the Wood River Valley region by educating, investing, and collaborating to ensure that the economy, environment, and people thrive. From our beginning we have sought strategic levers that drive system-wide change. Investment in resilience is at the center of our work. We use the community-funded Impact Idaho Fund to catalyze a resilient community by leveraging capital investment in regenerative business models and raising consumer awareness around the importance of uplifting regional food production. Our 5B Resilient program is empowering everyday climate action by increasing community and individual skills, creating visibility of existing and new opportunities for resilience related action, and cultivating resource sharing, collaborative events, and education opportunities.



A PROGRAM OF SUN VALLEY INSTITUTE FOR RESILIENCE

ABOUT LOCAL FOOD ALLIANCE

Local Food Alliance (LFA), a Sun Valley Institute for Resilience program, plays a vital role in building community resilience by helping grow our regional food system. We support independent farms and ranches, strengthen our farmers markets, increase the amount of local foods purchased by helping local businesses and organizations implement regionally-focused procurement agreements. This work is critical in combating local and global problems including environmental degradation, climate change, food insecurity, diet-related health concerns, and animal mistreatment.



WHY LOCAL FOOD?



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 not only connects you to the very source of your food, but also offers a tangible way to support 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.

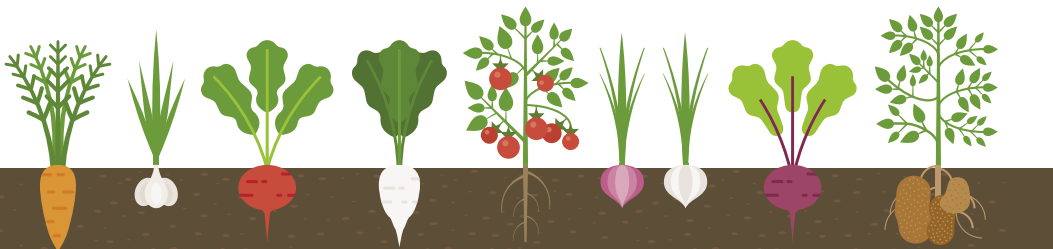
Local produce is fresher, healthier, and tastier. Fruits and veggies grown on nearby farms are picked at the peak of ripeness and typically reach local markets within 24 hours of harvest, helping to preserve their nutritional content.

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 be developed.

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

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



ABOUT THE COVER

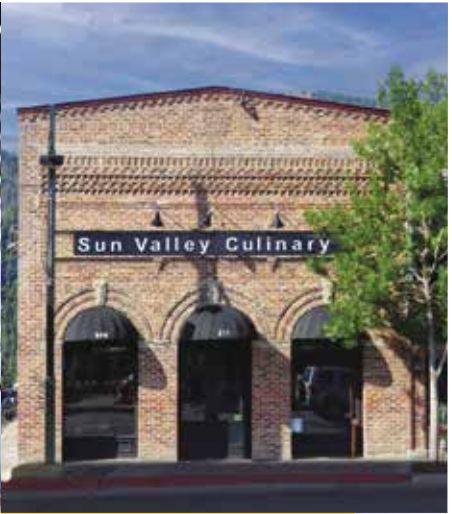


This year, the beautiful cover of the Locally Grown Guide was created through a collaboration between photographer Halsey Pierce and Rasperrys Catering & Bistro.

For 2023, the Guide is focused on highlighting all the ways for you to enjoy the best local food our region has to offer. Rasperrys, a Gold Basket recipient in our restaurant and caterer categories, is committed to using locally produced food year-round. Their sandwich on the cover features Double Springs Ranch pork, Wagon Wheel Produce tomatoes, and bread made in-house with Hillside Grain flour. On the back cover, the salad includes beans from Agrarian Harvest, greens and an egg from Kasota Farms, Ballard Cheese feta, and fresh produce from Squash Blossom Farm.

In addition to sourcing fresh local ingredients in season, the Rasperrys make it a point to create a second season, preserving, freezing, and storing all sorts of items so that they can have locally grown food on their menus and in the deli every day of the year. Their commitment to the “second season” is highlighted in more detail in “Innovators in the Kitchen” on page 80.

We are excited to launch the 2023 Guide with this collaboration on the cover. It epitomizes the results of a continued commitment to locally produced food. A big thank you to Rasperrys and Halsey, for leading off the 2023 Locally Grown Guide.



CUTTING-EDGE CULINARY EDUCATION

...IN PARADISE



PHOTO BY STEVE DONDERO



SUN VALLEY CULINARY
INSTITUTE

OFFERING A 1-YEAR PROGRAM—TWO 10-WEEK INSTRUCTION PERIODS
WITH TWO 16-WEEK PAID EXTERNSHIPS

2023 ADMISSIONS OPEN, APPLY TODAY!

SVCI ALSO OFFERS ENTHUSIAST CLASSES AND HAS A BEAUTIFUL EVENT SPACE!
sunvalleyculinary.org | 208.913.0494 | info@sunvalleyculinary.org



INVESTING LOCALLY

IMPACT IDAHO FUND

A PROGRAM OF SUN VALLEY INSTITUTE FOR RESILIENCE

Purchasing locally supports regional farms, ranches, and producers, but what if we could do more? Regional food businesses need investment to transform and innovate their growing methods, meet the needs of their customers, and fill gaps in the local food system. The Impact Idaho Fund is putting local, mission-driven capital to work funding diversified farm operations and climate-smart land management practices.

Since mid-2021, the Impact Idaho Fund has distributed \$365,000 to five regional food producers. Their stories demonstrate five different models for meeting regional needs with regional investment.



LOOKOUT FARM

Added two additional acres to their market vegetable growing operation without the use of chemicals. Capital allowed them to transition alfalfa fields to vegetable production regeneratively using cover cropping. Funding also supported the implementation of precision farming techniques that minimize water usage and build soil health.



ITTY BITTY FARMS

Itty Bitty Farms, located in Carey, Idaho, produces micro-greens and a variety of seasonal produce; they operate a farm store in a previously classified food desert. Impact Idaho Fund investment allowed them to install a retail freezer and erect additional covered growing spaces. Itty Bitty Farms is the first completed Impact Idaho Fund project, having finalized their repayment in December of 2022.



WILD SPACES FARM

Wild Spaces Farm was started in December 2021 to produce raw dairy products for south central Idaho. Investment from the Impact Idaho Fund helped Wild Spaces Farm to build infrastructure, purchase equipment and animals, and secure the appropriate certifications for a small-scale dairy. We now have a new raw dairy, delivering glass-bottled products to the Wood River Valley regularly.



SUSTAINABLE MEATS

Sustainable Meats is redefining the interaction between meat processing and the environment. Their goal is to create a zero-waste, energy-efficient model that other facilities can follow. In addition to processing animals for the parent company, American Ostrich Farm, the facility is sized to offer third-party processing to regional beef, lamb, and goat producers, filling a major gap in our regional food system.



IRONWOOD MYCOLOGY

Ironwood Mycology converted an old church in Richfield into a year-round mushroom-growing operation. Capital from the Impact Idaho Fund allowed owner and operator, Zackary Wood, to launch the farm and provide Valley residents with delicious and healthy fungi while also educating the community about their many benefits.



BEYOND POTATOES



IDAHO BEYOND POTATOES

While Idaho may be famous for its potatoes, independent farmers and ranchers in our region produce a diverse array of food and farm products that are available throughout the year. Here are a few of the many varieties of food crops grown throughout the region!

FRUITS	VEGETABLES	BEANS & GRAINS	MEAT & DAIRY
apples	asparagus	barley	beef
apricots	beets	black beans	cheese
blackberries	cabbages	buckwheat	chicken
blueberries	carrots	flour	cream
cherries	cucumbers	garbanzo beans	eggs
currants	eggplants	oats	elk
gooseberries	garden beans	pinto beans	fish
grapes	garlic	popcorn	goat
huckleberries	herbs	quinoa	lamb
melons	leafy greens	red beans	milk
peaches	micro-greens	rye	ostrich
pears	onions	teff	pork
plums	peas	wheat	rabbit
raspberries	peppers	white beans	turkey
rhubarb	pumpkins		yogurt
strawberries	radishes		
	squash		
	sweet corn		
	tomatoes		

Whether it's potatoes or any of our region's other crops, be sure to shop local first to ensure a thriving future for our region!



Certifications like USDA Organic or NON-GMO Verified can provide consumers with transparency, but they don't tell the whole story about the farmers behind the label. To highlight the practices and offerings from our local food businesses, we added another layer of transparency to the Locally Grown Guide. In each listing, you'll see certification logos and our own set of icons that highlight practices beyond and outside traditional certifications.



Agritourism - The producer offers on-farm experiences. This may include overnight stays, farm tours, u-pick, or volunteer work opportunities.



Chemical-Free - The producer does not use synthetic chemicals including insecticides, fungicides, and synthetic nitrogen in their production systems.



Coffee Shop (CS) - The business offers a full-service coffee bar experience.



CSA Shares - The producer offers a community-supported agriculture (CSA) program. Customers invest in the operation early in the year and in return, receive a share of fresh produce at intervals throughout the growing season.



Dining - The business offers an in-restaurant dining experience.



Farmers Market Vendor - The producer has a stand at a regional farmers market. See page 32 for details on seasonal farmers markets.



Flower Bouquets - The business offers fresh-cut, locally grown flowers.



Local Beverages - The business offers beverage choices from Idaho producers listed on page 63.



New - This producer is listed for the first time in the Locally Grown Guide.



Pollinator-Friendly - The producer provides pollinator-safe habitats including native plants, hedgerows, or a variety of forage throughout the growing season.



Regenerative Practices - The producer includes cover cropping, no/low-till and/or soil armoring practices to enhance soil health, water quality, and provide additional ecosystem services.



Storefront - The business offers an in-person retail shopping experience.



To-go/Take-out/Deli - The business offers foodstuffs to conveniently enjoy at a separate location.



Vegan & Vegetarian Friendly - The business offers options for those whose diets exclude animal products.



Webstore - The business offers online ordering.



FOOD CERTIFICATIONS

FOOD CERTIFICATIONS: WHAT DO THE LABELS MEAN?



USDA Certified Organic

The producer is certified by the USDA National Organic Program. Product contains at least 95% ingredients grown, handled, and processed without pesticides, other synthetic chemicals, or fertilizers and includes no bioengineered or genetically engineered ingredients.



Certified Naturally Grown

The producer is certified by a private entity to verify practices including no use of synthetic herbicide, pesticide, fertilizer, or genetically modified organisms. Livestock are raised humanely with access to pasture and space for movement.



Animal Welfare Approved

The producer is audited yearly to ensure that livestock are provided with continuous access to pasture or range, are not put on feedlots or in cage confinement, and are not subjected to the use of hormones or preventative or growth-promoting antibiotics.



Non-GMO Project Verified

The producer has received a third-party verified certification that guarantees that products don't contain genetically engineered ingredients above a set threshold.



GAP Certified

The producer has gone through a voluntary USDA audit to demonstrate their compliance with food safety requirements and to verify that produce is grown, packed, handled, and stored as safely as possible.



Idaho Preferred

The producer is a member of the Idaho State Department of Agriculture and certifies that the product was grown and/or manufactured within the state of Idaho.

FARMS AND RANCHES



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 is a way of life here, the fabric that has supported rural communities for generations. 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.

For icon descriptions please see pages 11 and 12.

BUHL, IDAHO



1,000 SPRINGS MILL

1000springsmill.com



Third-generation farmers who are practicing regenerative, organic farming and striving to educate consumers about healthy food. Our mission - Healthy People. Healthy Future.™

Products: grains, beans, popcorn, many other high-elevation organic products
Available at: Direct from farmer, Atkinsons' Markets, Kraay's Market & Garden

RICHFIELD, IDAHO



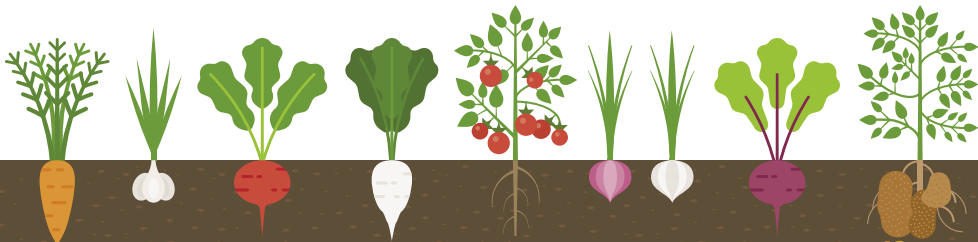
A+ RANCH

aplusranchorganic.com



We strive to nurture the gift of land and animals that we have been blessed to steward. Organic is the foundation of our practices, ensuring safe and ethical food for our family and yours.

Products: meat products, eggs
Available at: Direct from farmer, Atkinsons' Markets, Boise Co-op, Kraay's Market & Garden, NourishMe



FARMS AND RANCHES

BUHL, IDAHO



AGRARIAN HARVEST

agrarianharvest.com



Agrarian Harvest is a small farm located in Buhl, Idaho, operated by John and Becky Klimes along with their family. We are serving our community by producing the most nutritious food possible in an ecologically responsible manner. We strive to promote sustainable food production in our community by providing food produced in such a way and educating others who wish to do the same. We raise mixed produce, including potatoes, tomatoes, peas, green beans, greens, squash, poultry, eggs, pigs, rabbits, and beef. Our mission is to produce the best food in the Magic Valley sustainably, without using chemical pesticides, GMO crops, and unnecessary antibiotics.

Products: seasonal vegetables, seasonal fruits, leafy greens, herbs, flowers, meat products, eggs, value-added products

Available at: Direct from farmer, CK's Real Food, Cookbook Restaurant, From Scratch by Chef Laura Apshaga, Grill at Knob Hill Inn, Konditorei, Kraay's Market & Garden, NourishMe, Raspberries, Wood River Farmers Market

MAY, IDAHO



ALDERSPRING RANCH

alderspring.com



Here at Alderspring, our mission is to raise the highest quality grass-fed organic beef while restoring remote mountain landscapes and coexisting with Idaho's wildlife. Our beef is 100% grass-fed and finished on our high mountain pastures (no feedlots, ever) and is hormone-free and antibiotic-free. We never use any pesticides, herbicides, insecticides, or GMOs. You can order our beef on our online store directly from our family ranch and get it shipped right to your doorstep.

Products: dairy products, meat products, value-added products

Available at: Direct from farmer, Atkinsons' Markets

KUNA, IDAHO



AMERICAN OSTRICH FARMS

americanostrichfarms.com



Ostrich tastes just like premium beef but has a richer nutritional profile and a dramatically smaller environmental footprint than any other red meat. American Ostrich Farms' vertically integrated and family-operated farm aims to increase ostrich awareness as the preferred sustainable animal protein choice.

Products: meat products, value-added products

Available at: Direct from farmer, Thunderpaws

FARMS AND RANCHES



HAILEY, IDAHO



B&G PRODUCE



Bea Sloan and Greg Greenfield had 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 and their love of growing their own food. Bea and Greg attended courses through the University of Idaho to become sustainable growers on a small farm. 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.

Products: seasonal vegetables, seasonal fruits, micro-greens, leafy greens, flowers

Available at: Direct from farmer, CK's Real Food, Gretchen's, Konditorei, Kraay's Market & Garden, NourishMe, Saffron Indian Cuisine

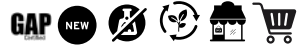
MACKAY, IDAHO



BIG LOST BEEF
Mackay Idaho

BIG LOST BEEF

biglostbeef.com



We have a cow/calf operation. We have 200 mama cows. We are GAP and IMI Certified. We sell beef locally at Kraay's Market and NourishMe. We are working toward using regenerative soil practices on our ranch.

Products: meat products

Available at: Direct from farmer, Kraay's Market & Garden, NourishMe

BLUEROCK FARM TWIN FALLS, IDAHO

See their listing on page 34

SHOSHONE, IDAHO



BRASIL BEEF

Facebook: @Brasil Beef



Brasil Beef raises American Wagyu cattle slowly, gravitating towards purebred Wagyu. We strive to closely follow the Japanese traditions and treat our animals as the best of the best and take care of them like family. We are proudly family-owned and -operated. Wagyu is not only well known for its savory taste, but it also boasts numerous health benefits. We would love to share our passion with you for providing top-quality beef.

Products: meat products

Available at: Direct from farmer, Kraay's Market & Garden, NourishMe

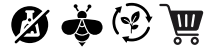
FARMS AND RANCHES

BELLEVUE, IDAHO



BUCKWILD BEEF

buckwildbeef.com



Buck Wild Beef is locally raised on multiple pastures around Blaine County and beyond. Our animals are part of a regenerative farming and ranching practice. We raise all the food that these steers eat during the winter months. We don't use any synthetic fertilizers or any other chemicals on the landscapes. Our steers are needle-free.

No chemicals are used while raising these animals unless one gets sick. If one gets sick, we do everything we can to keep them healthy and market them accordingly. My goal is to raise a product that helps our environment and ecosystem while producing some tasty beef!

Products: meat products

Available at: Direct from farmer, Itty Bitty Farms Store

HAILEY, IDAHO



BUTTERCUP FARMS

Instagram: @idaho.buttercup



We are a mother-daughter team growing cut flowers on a two-acre homestead just north of Hailey. We practice all-natural farming techniques. Our flowers are sold by the stem, as mixed bouquets, delivered arrangements, and in bulk to local florists. We pride

ourselves on only selling what we grow on the farm.

Products: flowers

Available at: Direct from farmer, Hank & Sylvie's, Kraay's Market & Garden, Wood River Farmers Market

PINE, IDAHO



DEER CREEK BERRY FARM

208-866-3653



Deer Creek Berry Farm started as a blueberry farm in 2010 and we were certified organic in 2018. We have blueberry u-pick mid-July through mid-September. We also have a farm stand May through

October with products made from our blueberries, currants, elderberries, chokecherries, apples, and honey. The amazing honeybees are located near the field and pollinate the berries as well as an abundance of wildflowers. The honey is truly pristine! We will be selling some of our big, beautiful blueberry plants in the spring and fall, so you can grow your own!

Products: seasonal fruits, honey, value-added products

Available at: Direct from farmer, Atkinsons' Markets, NourishMe, Raspberries, Village Market

FARMS AND RANCHES



HAMMETT, IDAHO



DESERT MOUNTAIN GRASS-FED BEEF

desertmountaingrassfed.com



Desert Mountain Grass-fed Beef is a family of ranchers growing Animal Welfare Certified, 100% grass-fed and -finished Akaushi beef while caring for our environment. We work together as a co-op of like-minded families who care deeply about our mission to provide the best, most sustainable beef on the planet as we improve our soils, protect the wildlife habitat above and below the soil, and contribute to the betterment of all.

Products: meat products

Available at: Direct from farmer, Atkinsons' Markets, CK's Real Food

BELLEVUE, IDAHO



EE-DA-HO RANCH



We are focused on utilizing regenerative agricultural techniques to regenerate the ecosystem and provide healthy, sustainable, economic local food products.

Products: seasonal vegetables, leafy greens, herbs, meat products, eggs

Available at: Direct from farmer, Kraay's Market & Garden, NourishMe

SHOSHONE, IDAHO



ERNIE'S ORGANICS

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.

Products: seasonal vegetables, grains & flours, dried beans, vegetables, and cover crop seeds

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





FARMS AND RANCHES

PARMA, IDAHO



GROVES COUNTRY FARMS

grovescountrymushrooms.com



Here at Groves Country, we know that we've been blessed with this farm and we take pride in being great stewards of it. As fourth-generation farmers, we value the hard work that goes into growing healthy, wholesome food. Groves Country mushrooms are grown using organic practices, in our unique, indoor cultivation facility in Parma, Idaho. Each variety provides unequalled flavors and textures, as well as many medicinal properties for the mindful eater. Visit our website for more info!

Products: gourmet mushrooms and medicinal mushroom products, value-added products

Available at: Direct from farmer, CK's Real Food, Kraay's Market & Garden, NourishMe

MACKAY, IDAHO



HALE LAND & LIVESTOCK

hlleat.com



Hale Land & Livestock offers pasture-raised pork grown in the Lost River Valley. We raise our pigs naturally on open pastures. Berkshire, Large Black Hogs, and Mangalistas are our preferred breeds. We deliver to the Wood River Valley area bi-weekly.

Products: meat products

Available at: Direct from farmer, Kraay's Market & Garden, NourishMe

BELLEVUE, IDAHO



HILLSIDE GRAIN

hillsidegrain.com



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.

Products: grains, flour

Available at: Direct from farmer, Atkinsons' Markets, Cafe Della/Della Provisions, CK's Real Food, Galena Lodge, Gretchen's, Konditorei, Kraay's Market & Garden, Raspberries, Ketchum Kitchens, Wood River Tortilla Factory

FARMS AND RANCHES



CAREY, IDAHO



ITTY BITTY FARMS

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. The Itty Bitty Farms store serves the Carey community, offering local seasonal produce and staples such as milk, bread, and other foods.

Products: seasonal vegetables, micro-greens, leafy greens, herbs, honey, dairy products, eggs, value-added products

Available at: Direct from farmer, Cafe Della/Della Provisions, Gretchen's, Itty Bitty Farms Store, Kraay's Market & Garden, NourishMe, The Ram, Tundra, Wood River Farmers Market

HAZELTON, IDAHO



KASOTA HYDROPONICS

darlharms@gmail.com

Kasota Hydroponics is a hydroponic greenhouse located in the sunny Magic Valley. We grow a variety of greens including lettuce, basil, arugula, and micro-greens in a hydroponic solution, providing the plants with the nutrients and growing atmosphere needed to raise high-quality produce. Our greens are grown year-round in our greenhouse, then hand-picked and packaged for sale in the Magic and Wood River Valleys. We believe fresh is best, so we are committed to getting our products into the hands of the local people as soon as possible after harvest, while they are at the peak of flavor and quality.

Products: micro-greens, leafy greens, herbs

Available at: Atkinsons' Markets, CK's Real Food, Kraay's Market & Garden, NourishMe, Raspberries

COMMUNITY SUPPORTED AGRICULTURE (CSA)

When you buy a share of a CSA, you receive 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.

To identify farms and ranches that offer CSAs, look for this icon in their listings.



FARMS AND RANCHES

KING HILL, IDAHO



KING'S CROWN ORGANIC FARM

kingcrownorganics.com



King's Crown Organic Farm is one of the original 11 organic farms certified in the early 1990s. Owner/operator Nate Jones has mastered the growing and harvesting of organic row crops, produce, and beef. Nestled along the Snake River, our farm has the capacity to grow hot-weather vegetables not accessible to northern climates. Some of the produce we grow includes dry beans, potatoes, onions, watermelon, cantaloupe, tomatoes, cucumbers, peppers, zucchini, eggplant, sweet corn, winter squash, and much more. We also operate a cow/calf operation of certified organic and always grass-fed beef. Stewarding the land and cultivating a farm that is sustainable and regenerative is a top priority of our growing philosophy.

Products: seasonal vegetables, seasonal fruits, honey, meat products, eggs, grains or flours, dried beans

Available at: Atkinsons' Markets, Cafe Della/Della Provisions, CK's Real Food, The Covey, NourishMe, Raspberries, Warfield Distillery & Brewery, Wood River Farmers Market

HAILEY, IDAHO



KOEHN TROUT FARMS

koehntroutfarms.com



Koehn Trout Farms is a family-run egg-to-fillet trout business. Our goal is to provide our customers with the freshest, best-tasting trout on the market. Our 'fresh trout' are taken from the water, chilled, filleted, and placed on ice, and delivered within 48 hours. The same quality and care goes into our 'frozen' and our 'smoked.' We invite you to "taste the small farm difference."

Products: meat products, value-added products

Available at: Direct from farmer, Atkinsons' Markets, CK's Real Food, Itty Bitty Farms Store, Ketchum Grill, Kraay's Market & Garden, NourishMe, Raspberries, Vintage, Village Market, Wood River Farmers Market

KRAAY'S MARKET AND GARDEN BELLEVUE, IDAHO

See their listing on page 35

BELLEVUE, IDAHO



LAVA LAKE LAMB

lavalakelamb.com



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

FARMS AND RANCHES



never given hormones or antibiotics, and never placed in a feedlot. Chefs across the country have hailed Lava Lake Lamb as the most delicious lamb they've ever had.

Products: meat

Available at: Cafe Della/Della Provisions, CK's Real Food, Enoteca, Kraay's Market & Garden, Limelight Hotel, NourishMe, Rickshaw, Tundra

BELLEVUE, IDAHO



LOOKOUT FARM

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: seasonal vegetables, micro-greens, leafy greens, herbs, flowers

Available at: Direct from farmer, Cafe Della/Della Provisions, Kraay's Market & Garden, NourishMe, Wood River Farmers Market

BUHL, IDAHO



OASIS MARKET FARM

oasismarketfarm@gmail.com



Oasis Market Farm has been serving the Wood River Valley communities for the last seven years. We grow a variety of fresh, naturally grown produce, and our homemade oat burgers can be found at several local restaurants and NourishMe. There is no greater joy than to provide the Wood River Valley with high-quality produce.

Products: seasonal vegetables, seasonal fruits, leafy greens, herbs, value-added products, oat burgers

Available at: Direct from farmer, CK's Real Food, GLOW, Kraay's Market & Garden, NourishMe, Powerhouse, Raspberries, Sawtooth Club, Wicked Spud



FARMS AND RANCHES

JEROME, IDAHO



PETERS FAMILY FARM

petersfamilyfarms.com



Peters Family Farms is located just a few miles north of the Snake River Canyon in Jerome County. Offering u-pick and pre-picked berries, fruits, and vegetables in the Magic and Wood River Valleys. Farming practices promote healthy plants, soil, and people.

Products: seasonal vegetables, seasonal fruits, leafy greens, herbs, eggs, value-added products

Available at: Direct from farmer, Atkinsons' Markets, From Scratch by Chef Laura Aphsaga, GLOW, Hank & Sylvie's, Kraay's Market & Garden

FAIRFIELD, IDAHO



PRAIRIE SUN FARM

carol.b.rast@gmail.com



Fairfield is home to Carol Rast at Prairie Sun Farm. What began as a backyard garden passion eventually grew into over a one-acre farm. Specializing in items ideal for farmers market sales, you'll find Carol in a protective sun bonnet every Tuesday at the Ketchum Farmers Market. Strictly using organic methods but not certified on paper, they follow sustainable land practices, where wise resource allocation is the priority. Two greenhouses grow tomatoes, peppers, and other hot-weather items in a location that can get frost any night of the summer.

Products: seasonal vegetables, leafy greens, herbs

Available at: Direct from farmer, CK's Real Food, NourishMe, Wood River Farmers Market

MELBA, IDAHO



RAW LIFE FARMS

rawlifefarms.org



Raw Life Farms desires to work with nature as a companion to produce the most natural and healthy farm products available. These include raw milk products from our dairy herd working towards A2 genes, a non-GMO grain-free diet with as much green pasture as they can get. Other products are non-GMO and pasture-based, including meat, chickens, eggs, and Wagyu beef. We also have pork that is raised out in the dry pastures. We source all of our feed from a small local mill.

Products: dairy products, meat products, eggs

Available at: Direct from farmer, CK's Real Food, Kraay's Market & Garden, NourishMe

FARMS AND RANCHES



HAZELTON, IDAHO



RED STAR RANCH

redstargrassranch.com



We raise grass-finished/grass-fed beef and pastured poultry to help manage our lands while producing high-quality meats. We offer bulk purchase or individual cuts of beef, pork, and chicken in the Wood River and Magic Valleys. As fourth-generation farmers, our aim is to leave our family's land better for the next generation. We focus on no-till or minimum till practices, cover crops, and innovative irrigation technology to limit our use of resources.

Products: meat products

Available at: Direct from farmer, Atkinsons' Markets, From Scratch by Chef Laura Apshaga, Kraay's Market & Garden

BUHL, IDAHO



RIVERENCE PROVISIONS

riverence.com



Riverence rainbow and steelhead trout are responsibly farm-raised in our land-based farms in Idaho's Magic Valley. We're an "Ocean Relief" producer...one that takes every precaution to protect wild salmon and trout populations, and the environment at large. And because we grow our fish from our own eggs, using our own proprietary, nutrient-rich feed, you know exactly where your fish comes from. But don't take our word for it! We're proud to be the first trout farm in the U.S. to be certified by the Aquaculture Stewardship Council (ASC).

Products: seafood

Available at: Direct from farmer, Atkinsons' Markets

BUHL, IDAHO



RIVER ROAD FARM

Instagram: @river.road.farm



Idaho's only commercial citrus farm. This 11-acre paradise is nestled in the canyon of Idaho's "banana belt." River Road Farm is a family-owned operation. We pride ourselves on growing seasonal, organic, spring water-fed fruit. From November to April, River Road Farm grows 9 varieties of citrus, between 19 40-year-old trees. From June to September our 3 fig trees produce about 1,600 figs per week, while our orchard comes alive with peaches, apricots, plums, grapes, and more.

Products: seasonal fruit

Available at: Direct from farmer, CK's Real Food, Hank & Sylvie's, Kraay's Market & Garden



FARMS AND RANCHES

HAILEY, IDAHO



SHOOTING STAR FARM

clmurph@hotmail.com



Shooting Star Farm broke ground in the spring of 2000 in Hailey, Idaho, with husband and wife team Dan Freeman and Carol Murphy at the helm. A tiny one-acre farm, Shooting Star Farm is located on the north end of Hailey, the closest farm to Hailey, Ketchum, and Sun Valley. All our business is conducted within a 10-mile radius, keeping it very local. Simply seed, sun, soil, compost, water, and hands. We've been building this soil with compost and cover crops for 20 years, and you can taste the difference! Come by for the tastiest, freshest vegetables you'll ever enjoy!

Products: seasonal vegetables, seasonal fruits, leafy greens, flowers

Available at: Direct from farmer, CK's Real Food, Kraay's Market & Garden, Sawtooth Brewery, Wood River Farmers Market

CAREY, IDAHO



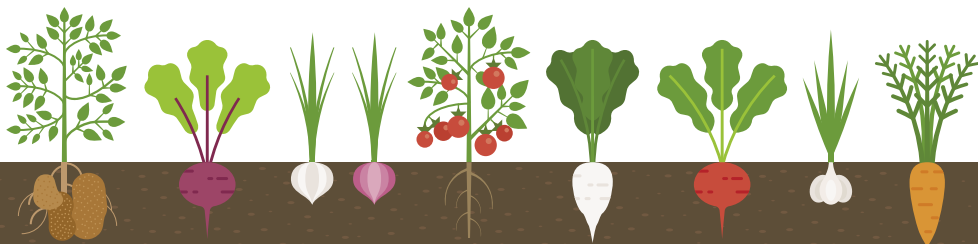
SILVER OAKS FARM



We are a small family farm with a big focus on fresh and home-grown. We love raising registered Nigerian Dwarf dairy goats and offer a variety of goat milk products. We have many different breeds of chickens, most of which we have hatched and raised ourselves and who now provide us with a colorful array of eggs. Our farm would not be complete without our bees that add a touch of sweetness as they busily pollinate our plants. We find joy in working hard together as we bring back old-fashioned values in our production and customer service.

Products: seasonal vegetables, seasonal fruits, herbs, honey, dairy products, eggs, value-added products

Available at: Direct from farmer, Cafe Della/Della Provisions, Itty Bitty Farms Store, Kraay's Market & Garden, NourishMe, Wood River Farmers Market



FARMS AND RANCHES



BELLEVUE, IDAHO



SQUASH BLOSSOM FARM

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. We foster a flourishing, holistic ecosystem that includes production gardens, perennial food forests, pollinator habitats, livestock and poultry, native species, and thriving soil ecology.

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

Available at: Atkinsons' Markets, CK's Real Food, From Scratch by Chef Laura Apshaga, GLOW, Gretchen's, Grill at Knob Hill Inn, Hank & Sylvie's, The Haven, Konditorei, Kraay's Market & Garden, NourishMe, Raspberries, Roundhouse, Vintage, Wood River Farmers Market

SALMON, IDAHO



SWIFT RIVER FARM

swiftriverfarm.org



Swift River Farm is a small, but mighty, certified organic garlic, seed, and vegetable farm, run by Jeremy Shreve and Jessica McAleese in Salmon, Idaho. Each season, they work hard to create dynamic and enduring partnerships between the farm and their community, striving for ecological, economical, and socially just ways to grow and eat food.

Products: seasonal vegetables, leafy greens, herbs, flowers, organic garlic (culinary and seed stock)

Available at: Direct from farmer

CAREY, IDAHO



TARA'S HEALTHY GARDEN

Facebook: Tara's Healthy Garden



We have grown a large garden every year using regenerative and permaculture principles. The method we are using decreased our water use in the garden to one-third of what it used to be. We also provide habitat and food for beneficial insects like bees, ladybugs, and praying mantis. Our family has enjoyed fresh chemical-free produce for many years, and we are expanding to be able to offer fresh in-season produce to the community this summer. My family's favorite garden produce is our wide variety of heirloom tomatoes and cucumbers.

Products: seasonal vegetables, leafy greens, herbs, flowers, value-added products

Available at: Direct from farmer, Itty Bitty Farms Store, Kraay's Market & Garden, Wood River Farmers Market

FARMS AND RANCHES

OREANA, IDAHO



THOMAS CATTLE COMPANY

thomascattlecompany.com



Thomas Cattle Company raises premium, all-natural Angus beef in Idaho and Oregon. TCC beef contains no added hormones or antibiotics, ever. We offer individual cuts, bundles, and beef shares to consumers, as well as to restaurants and grocery stores across Idaho and the Pacific Northwest.

Products: meat products

Available at: Direct from farmer

TWIN FALLS, IDAHO



TUBBS BERRY FARM

tubbsberryfarm.com



Tubbs Berry Farm is a small family farm specializing in berries, gourmet seed garlic, beekeeping, winter squash, and sustainable products produced on the farm. Our mission is to provide opportunities, resources, education, and family-friendly recreation. We follow an integrated pest management approach, and seek to produce products in a manner we are comfortable letting our own children enjoy. Our fall straw maze and pumpkin patch is one of the highlights of the fall season, and our Bee Days in April are a chance for the community to learn about bees and even start beekeeping on their own! We also allow families to u-pick in our berry patch!

Products: seasonal vegetables, seasonal fruits, honey, value-added products, white rot-free gourmet garlic

Available at: Direct from farmer, Kraay's Market & Garden

EMMETT, IDAHO



WATERWHEEL GARDENS

waterwheelgardens.com



Waterwheel Gardens is a small farm owned and operated by the Williams Family on the Emmett Valley's east slope, near the beautiful Payette River. We grow a wide variety of tree fruits, berries, grapes, vegetables, herbs, and flowers in the rich sandy loam of "The Valley of Plenty!" All of our fruit and veggies are hand-picked for full flavor and quality. Waterwheel Gardens – Real Food, Always Fresh!

Products: seasonal vegetables, seasonal fruits, leafy greens, herbs, flowers, value-added products

Available at: Direct from farmer, Cafe Della/Della Provisions, CK's Real Food, Cookbook Restaurant, Enoteca, Hangar Bread, Hank & Sylvie's, Ketchum Grill, Kraay's Market & Garden, Limelight Hotel, NourishMe, Redfish Lodge, Sunbeam Cafe

FARMS AND RANCHES



BELLEVUE, IDAHO



WILD FLORA FARM

thewildflorafarm.com



Wild Flora Farm grows beauty right in your backyard! This quarter-acre farm grows sustainable cut flowers for any occasion. Madie Deffe is going into her third season of growing flowers with you and the environment in mind. She loves cultivating this beautiful crop to adorn your countertops, events, and special occasions. You will find stunning, captivating, and even unusual flowers in every arrangement.

Products: flowers

Available at: Direct from farmer, Cafe Della/Della Provisions, Huck & Paddle, Kraay's Market & Garden, Wood River Farmers Market

GLENN'S FERRY, IDAHO



WILD SPACES FARM

wildspacesfarm.com



Wild Spaces Farm is a fledgling raw milk, grass-based, micro dairy located in Glenns Ferry, Idaho. We are avid learners of nature and passionate about stewarding within an ecological framework while providing highly nutritious food. Join us on our mission to rewrite the script of dairying!

Products: seasonal fruits, dairy products, eggs

Available at: Direct from farmer, NourishMe, Wood River Farmers Market

BELLEVUE, IDAHO



WOOD RIVER RANCH BEEF

woodriverranchbeef.com



Wood River Ranch is a locally-owned and -operated family ranch. We are located seven miles south of Bellevue, just off of Highway 75. We produce 100% grass-fed and grass-finished natural beef and offer a variety of cuts. All our cattle are born and raised on our ranch. Wood River Ranch Beef cattle are never given hormones or antibiotics or fed any grains. We take great pride in our utmost care for our land and animals. We produce a consistent, delicious, and wholesome product.

Products: meat products

Available at: Direct from farmer, Cafe Della/Della Provisions, CK's Real Food, From Scratch by Chef Laura Apshaga, Kraay's Market & Garden, Roots Wine Bar and Bottle Shop, Smiley Creek Lodge, Tundra, Wood River Farmers Market



Looking for a locally sourced meal tonight?

¿Buscas una comida de origen local esta noche?

The online Locally Grown Guide will point you to area restaurants that source local ingredients. La Guía de Producción Local en línea le indicará los restaurantes del área que obtienen ingredientes locales.

The online guide can also help you find local ingredients to prepare at home. La guía en línea también puede ayudarlo a encontrar ingredientes locales para preparar en casa.

Supporting local farmers and eating healthy, delicious local food is only a tap away! ¡Apoyar a los agricultores locales y comer comida local deliciosa y saludable está a solo un toque de distancia!

**SCAN NOW
AND EAT LOCAL
TONIGHT!**





PAINTING

Judy Stoltzfus

judysdesignhouse.com

nourishme

A Place for Good Health & Good Friends



LET FOOD BE THY MEDICINE

Fresh Soups, Best Grilled Sandwiches in Town,
Deli Counter with Prepared Foods to
Take-out or Eat-in, and Open Cafe Seating

We support Idaho farms and food producers

Locally owned with personal service

Cultured Vegetables,
Local Greens, Meat, Eggs, Dairy
Supplements



151 N. Main Street | Ketchum
(208) 928-7604 | 9am - 6pm



*From scratch ramen with
locally sourced ingredients*

















117 N River St • Hailey
(208) 309-3493
ros-ramen.square.site



EATING WITH THE SEASONS

EATING LOCALLY IS ALL ABOUT FOLLOWING THE SEASONS.









Use this chart to find out when your favorite ingredients are usually available from local producers.

CROP		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	Apples	■	■	■					■	■	■	■	■
	Apricots							■	■				
	Asparagus				■	■							
	Beans							■	■	■			
	Beets							■	■	■	■		
	Berries						■	■	■	■			
	Carrots						■	■	■	■	■		
	Cherries						■	■					
	Corn							■	■	■			
	Cucumbers							■	■	■			
	Grapes									■	■		
	Greens/ Microgreens	■	■	■	■	■	■	■	■	■	■	■	■
	Herbs			■	■	■	■	■	■	■	■		
	Melons							■	■	■			
	Peaches							■	■	■	■		
	Pears									■	■		

EATING WITH THE SEASONS



A PROGRAM OF SUN VALLEY INSTITUTE FOR RESILIENCE

CROP		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	Peas												
	Peppers												
	Pumpkins												
	Radishes												
	Rhubarb												
	Summer Squash												
	Tomatoes												
	Winter Squash												

EATING LOCAL DOESN'T HAVE TO STOP JUST BECAUSE THE GROWING SEASON ENDS. There are a number of crops raised in Idaho that are available year-round. Add these ingredients to your winter menu and support local farms and ranches all year long!

BEVERAGES FLOUR
DRIED BEANS AND GRAINS
DAIRY EGGS FISH
MEAT ONIONS POTATOES
PRESERVED AND VALUED-ADDED FOODS

Don't see your favorite ingredient on this list? Try searching the Locally Grown Guide mobile site. It's full of other seasonal produce available from regional producers.



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 vibrant local scene.

CAREY FARMERS MARKET

ourittybittyfarm@gmail.com • ittybittyfarms.com
20444 N. Main St., Carey, Idaho

Fridays, 6:30 - 8:30 pm, June 2 - August 18

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. The market is held in the Itty Bitty Farms lot on Main Street to increase visibility, parking, and access to facilities.

WOOD RIVER FARMERS MARKET - HAILEY

wrfarmersmarket.org
Roberta McKercher Park

Saturdays, 9 am - 1 pm, June 10 - October 21

The Hailey Farmers Market is held on Saturday mornings in Roberta McKercher Park. The market begins the second Saturday of June and ends the last Saturday of September. We have over 25 vendors selling local produce, meats, cheeses, flowers, baked goods, and more! We also have a handful of local artisans selling their goods. The Hailey Market is a fun, family-friendly atmosphere with live music from local musicians and plenty of grass and shade. There are local food and beverage offerings too! Bring the family, shop for local goods, and then grab a bite and a drink and enjoy your Saturday morning at the market!

WOOD RIVER FARMERS MARKET - KETCHUM

wrfarmersmarket.org
Forest Service Park

Wednesdays, 12 - 4 pm, June 14 - October 11

The Ketchum Farmers Market is a wonderful place for the community to gather and purchase fresh local produce, artisanal foods, breads, honey, drinks, beauty, products, and crafts, while listening to new and upcoming live music. When you're done shopping, grab a fresh taco and a choice of drinks, have a seat under a tree on the grass and enjoy the full experience!



At Windermere, we love helping people find their dream home, which wouldn't be the same without delicious local fresh food on the table. Thank you to all our local farmers, ranchers, retailers and restaurants!



Ketchum Office 180 N Main | Hailey Office 100 N Main
208-622-2700 | 208-788-1700

www.windermeresunvalley.com



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. If you don't find the local product you're looking for, let the store staff know. The more customer feedback buyers hear about local products, the more they'll prioritize local products in their store!

KETCHUM • HAILEY • BELLEVUE, IDAHO

ATKINSONS' MARKETS

atkinsons.com • 451 4th St. E., Ketchum • 93 E. Croy St., Hailey • 757 N. Main St., Bellevue

The Wood River Valley's go-to local market founded in 1956. Serving our community for over 65 years with the highest quality foods available and featuring over 100 local products and vendors.

Products: seasonal produce, salad greens/leafy greens, micro-greens, dairy products, beef, lamb, pork, poultry, fish, flour, dried beans or grains, honey, value-added products, beer, wine, or other beverages

TWIN FALLS, IDAHO

BLUEROCK FARM MARKET

bluerockfarmmarket.com • 1705 Grandview Dr. N., Twin Falls

Visit BlueRock Farm Market to find a wide selection of fresh, in-season, local foods! Most of our vegetables come from our own BlueRock Farms, non-GMO and sustainably grown. In the market you will find premium Idaho fruit all through the summer! As well as meats, milk, cheese, eggs, spices, and more, all Idaho-sourced. Our on-farm bakery makes pies, cinnamon rolls, and loaf bread daily for the market. We open for the season in April with gardening plants, organic potting soils, and hanging baskets. We remain open all summer, with an abundance of fruits and vegetables. Visit in October and enjoy our pumpkin patch! We remain open through Thanksgiving, selling handmade pies, local turkey, sweet potatoes, and all the fall favorites. We look forward to serving you!

Products: seasonal produce, salad greens/leafy greens, dairy products, beef, pork, poultry, dried beans or grains, value-added products, plant starts, fresh-cut flowers

CAFÉ DELLA/DELLA PROVISIONS HAILEY, IDAHO

See their listing on page 43



RETAIL OUTLETS



HAILEY, IDAHO

CK'S PANTRY

cksrealfood.com • 320 S. Main St., Hailey

CK's Pantry offers a selection of soups, baked goods, sweets, and your favorite CK's staples like our Caesar, Chimichurri, and Point Reyes Blue Cheese Dressing as well as finish-at-home meals. Available for in-person shopping at CK's Monday-Saturday after 3:30pm. CK's Pantry items are also available through Kraay's online market. Most of our dressings and soups are packaged in reusable glass jars. We encourage folks to bring their jars back so we can reuse them.

Products: value-added products

ITTY BITTY FARMS CAREY, IDAHO

See their listing on page 19

BELLEVUE, IDAHO

KRAAY'S MARKET & GARDEN

kraaymarketgarden.grazecart.com

Kraay's Market & Garden offers home delivery to customers in the Wood River Valley. Online ordering opens up on Saturday mornings at 8am, closing Sunday evenings at 7pm. Deliveries are made on Wednesdays and Thursdays. We offer a variety of fresh fruits and vegetables each week, as well as pasture-raised meat and dairy products, prepared foods, pantry staples, bath and body care products, animal care products, and much more, from over 70 vendors. We enjoy giving our customers the personalized service of harvesting for each particular order and delivering it right to their door.

Products: seasonal produce, salad greens/leafy greens, micro-greens, dairy products, beef, lamb, pork, poultry, fish, flour, dried beans or grains, honey, value-added products, beer, wine, or other beverages, plant-starts, seeds, fresh-cut flowers

Photo Courtesy of Raspberries





RETAIL OUTLETS

KETCHUM, IDAHO

NOURISHME

jjnourishme.com • 151 N. Main St., Ketchum

NourishMe is a unique health food store/deli. Julie is a nutritionist who believes in whole food supplements and a whole foods diet. We source our foods from local farms and ranches. We sell raw milk, pasture-raised meats, wild-caught Alaska fish, local eggs, and greens from countless greenhouses and small farms in southern Idaho. We serve slow-cooked soups daily along with our salads and grilled sandwiches. We prepare ready-to-go lunches and dinners. Store hours 9:00-6:00 Monday through Friday, Saturday 10:00-5:00, and Sunday 11:00-4:00. Our grill is open between 11:00-3:30 daily.

Products: seasonal produce, salad greens/leafy greens, micro-greens, dairy products, beef, lamb, pork, poultry, fish, dried beans or grains, honey, value-added products, beer, wine, or other beverages

RASBERRYS KETCHUM, IDAHO

See their listing on page 44

KETCHUM, IDAHO

VILLAGE MARKET

thevillagemarkets.com • 100 N. Main St., Ketchum

As unique as the communities we serve, our market offers the highest quality products at great prices with the service our customers deserve. Whether you visit us every week or are simply in town for the weekend, your Village Market makes shopping easy and convenient. With fresh local produce, grass-fed beef, and a deli packed with delicious homemade food, this will soon be your favorite place to shop for meals.

Products: seasonal produce, salad greens/leafy greens, micro-greens, dairy products, beef, lamb, pork, poultry, fish, honey, value-added products, beer, wine, or other beverages





GLOW SUN VALLEY

PLANT-BASED ORGANIC

PRESSED JUICE * ENTREES * WRAPS *
SMOOTHIE BOWLS * SUPERFOOD DESSERTS *
CACAO * SOUPS

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10-4 / SATURDAY

@GLOWSUNVALLEY



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NON-PRESCRIPTIVE APPROACH
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Local & Fresh!

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

A YEAR IN THE LIFE OF A LOCAL FOOD SUPPORTER

PLANT

Connect with local gardeners. Share your experience, and learn something new through 5B Resilient's gardening resources!

Plant a garden. A well-planned garden provides all season long. Think about what you like to eat and where to plant to take advantage of your yard's micro-climates.

Share your plants and seeds. At the Upper Big Wood River Grange Seed & Plant exchange, you can share the seeds you saved from the last season and pick up new seeds and plants from other gardeners.



GROW

Tend your own gardens. In addition, you can also join others at the Bloom Community Center to grow food for the community.

Participate in garden tours. Hosted by various organizations, including the Sawtooth Botanical Garden, tours inspire you to cultivate the garden of your dreams.

Visit local farms. There is no better time to experience how your food is grown than a farm tour at the height of the growing season.

Nurture your soil. Care for the soil food web, tend your compost pile, and reduce your reliance on synthetic inputs.



HARVEST

Embrace the harvest season. Attend the first farmers markets in Ketchum and Hailey, where you can reconnect with all the producers and get the first fresh produce of the year.

Capture the flavors of the harvest. Create your own special summer recipe inspired by your garden.

Minimize food waste. Participate in community gleaning programs offered by The Hunger Coalition. Compost your produce scraps. Plan your meals.

Celebrate the harvest season. Attend the Trailing of the Sheep Festival to appreciate the heritage of ranching in our region.

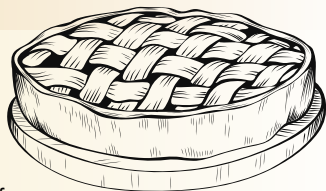
SAVOR

Slow down and savor. Taste the flavors of all that was produced during the year.

Protect the soil. Incorporate organic matter into your garden beds by planting cover crops and mulching the soil surface.

Preserve and store crops. With preparation, the harvest season can be enjoyed year-round.

Enjoy local all winter long. Use recipes that highlight locally grown grains, beans, storage crops, meat, dairy, and all the preserved produce from the harvest season.





BE A LOCAL FOOD ADVOCATE

Changing the food system takes all of us working together. Here are a few ways that YOU can be a local food hero.

LEAD BY EXAMPLE

Plan your menus around what is in season (seasonal guide on page 30), preserve and store crops for winter, grow your own food.

SUPPORT THE BUSINESSES THAT SELL LOCAL FOODS

Select the local option at the grocery store, order menu items prepared with local ingredients at restaurants, let businesses know you love their commitment to local food.

ASK THE QUESTION

Don't see a local option of your favorite food at the store or in a restaurant? Ask them about it. If you know that a business uses local products, encourage them to publicize that fact.

APPROACH INSTITUTIONS

Schools, hospitals, and elder care centers all produce large quantities of meals each day. Local Food Alliance facilitates food procurement agreements that emphasize local ingredients. If you are connected with an institution, connect them with us. We can help prioritize local food in their purchasing decisions.

INVEST IN LOCAL FOOD

From CSAs to the Impact Idaho Fund (see Investing Locally on page 8), put your money to work in support of local food producers in our community.



A rooster with dark brown and black feathers and a red comb stands on a bed of straw in front of a rustic stone wall. To the left is a wooden barn door with a metal latch. A speech bubble is overlaid on the stone wall.

I ♥
My Free
Range



RESTAURANTS

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.

LOCAL BASKET RATINGS! We've rated each restaurant based on the number of local producers they reported using in their dishes. Check out the gold, silver, and bronze basket winners below!



GOLD BASKET
10+ local producers



SILVER BASKET
5-9 local producers



BRONZE BASKET
1-4 local producers

Photo Courtesy of Café Della



RESTAURANTS



CAFÉ DELLA

103 S. Main St., Unit C, Hailey
208-913-0263 • cafedella.com



Café Della is a market, café, and bakery located on Main Street in Hailey. Founded by two women passionate about providing nourishing, fresh foods to our community, we serve consistently excellent everyday food in an updated, approachable environment. From house-made pastries to vegetable-forward dishes and elevated classics, we embrace life's everyday celebrations with quality seasonal ingredients, simply prepared. Our daily from-scratch breakfast and lunch are served with fresh baked goods, espresso drinks from DOMA Coffee Roasting Company, Rishi teas, and Hot Eric golden milks. Our prepared foods and market offer fresh housemade provisions, dinners to-go, local products (meat, fish, and more), curated gourmet food favorites, craft beers, and natural and organic wines.

Sources: Cloverleaf Creamery, Falls Brand Bacon, Five Bee Hives Honey, Hillside Grain, Itty Bitty Farms, Lava Lake Lamb, Lookout Farm, Two Rivers Smoked Fish, Waterwheel Gardens, Wood River Ranch Beef, Zursun Idaho Heirloom Beans

CK'S REAL FOOD

320 S. Main St., Hailey
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. In addition, we have our own small herb garden, squash, rhubarb, and raspberry patch out behind the restaurant.

Sources: Agrarian Harvest, B&G Produce, Ballard Cheese, Buckwild Beef, Double Springs Ranch, Five Bee Hives Honey, Hillside Grain, Kasota Hydroponics, King's Crown Organic, Lava Lake Lamb, M&M Heath/Sunset Butte Organics, Oasis Market & Garden, Raw Life Farms, Shooting Star Farm, Squash Blossom Farm, Wagon Wheel Produce, Waterwheel Gardens, Wood River Ranch Beef, Zursun Idaho Heirloom Beans

GRILL AT KNOB HILL INN

960 N. Main St., Ketchum
208-726-8004 • grillatknobhill.com



The Grill at Knob Hill is casual and comfortable, yet sophisticated. We offer distinctively Northwest cuisine featuring a variety of American and European classics, including anticipated highlights such as Idaho Ruby Red rainbow trout, prime steaks, local lamb, and wild game. Every evening The Grill also offers creative specials, expertly crafted by Chef Jonathan Diem, to round out a menu sure to please hotel guests and locals alike. The dining space, now featuring an indoor/outdoor terrace dining room with floor-to-ceiling glass folding doors opening to the garden, is one of the best outdoor spots in the Valley.

Sources: Ballard Cheese, Buttercup Farms, Double Springs Ranch, Hangar Bread, Itty Bitty Farms, Kraay's Market & Garden, Shooting Star Farm, Squash Blossom Farm, Tubbs Berry Farm, Wagon Wheel Produce, Waterwheel Gardens



RESTAURANTS

GLOW SUN VALLEY

380 Washington Ave., #105, Ketchum

208-725-0314 • glowsunvalley.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.

Sources: Agrarian Harvest, Deer Creek Berry Farm, Hangar Bread, Itty Bitty Farms, Kasota Hydroponics, King's Crown Organic, Lookout Farm, Oasis Market Farm, Shooting Star Farm, Squash Blossom Farm

RASBERRYS

411 5th St. E., LL, Ketchum

208-726-0606 • rasberrys.net



Providing fresh, organic, and local foods, the Rasperrys serve their celebrated Tex-Mex cuisine, signature salads, sandwiches, soups, and daily specials. The new deli cases are always stocked with soups, salads, entrees, and other delectable take-aways. In addition, there are homemade desserts, cookies, fresh baked goods, and breads by in-house baker Riley, along with house-made spice blends and seasonal goodies. Rasperrys has been voted a Best Lunch Restaurant in the Valley. Open weekdays for indoor and outdoor dining (weather permitting) and visits to the deli cases and pantry.

Sources: Agrarian Harvest, Ballard Cheese, Cloverleaf Creamery, Deer Creek Berry Farm, Double Springs Ranch, Hillside Grain, Itty Bitty Farms, Kasota Hydroponics, King's Crown Organics, Lookout Farm, M&M Heath/Sunset Butte Organics, Shooting Star Farm, Squash Blossom Farm, Wagon Wheel Produce

SUNBEAM CAFÉ

100 Yankee Fork Rd., Sunbeam

208-838-2326 • whiteotter.com



The Sunbeam Café is located at the confluence of the Main Salmon River and the Yankee Fork, where history and magic come together. Come enjoy the best food in the Sawtooths! We source local, organic, seasonal, and sustainable ingredients and put it all together in a delicious way. We love food. We love preparing, cooking, and sharing our food and you'll taste that in every bite.

Sources: Alderspring Ranch, Ballard Cheese, Hillside Grain, Hangar Bread, Itty Bitty Farms, Kasota Hydroponics, King's Crown Organic, Lizzy's Fresh Coffee, Prairie Sun Farm, Shooting Star Farm, Squash Blossom Farm, Swift River Farm, Waterwheel Gardens

RESTAURANTS



5B FOODS

511 Leadville Ave. N., Ketchum
208-721-7626 • 5bfoods.com



Good ingredients matter. Organic, non-GMO, local, and clean foods. It's our promise to you and ourselves! We work hard to collaborate with local farmers, because the future of the planet depends on it! Our goal is to bring you food that FUELS your body and eliminates disease. We will always be transparent about the ingredients we use. 5B Foods menu brings simplicity back into our food and lives. We create food to nourish your body, mind, and soul. Order online only, with pick-up Monday, Wednesday, and Friday from 12:15pm to 1pm or 3 to 3:45pm.

Sources: Ballard Cheese, Bigwood Bread, High Desert Milk, Hillside Grain, Itty Bitty Farms

COOKBOOK RESTAURANT

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



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

Sources: Agrarian Harvest, Five Bee Hives Honey, Kraay's Market & Garden, Lookout Farm, Waterwheel Gardens

ENOTECA

300 N. Main St., Ketchum
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 mouthwatering hand-tossed pizzas and Italian-influenced dishes. Enoteca also boasts an extensive wine and beer list hand-selected by its knowledgeable staff.

Sources: Cinder Winery, Garnet Street Eggs, Kraay's Market & Garden, Lava Lake Lamb, Mason Family Provisions, M and N Cattle Company, Split Rail Winery, Squash Blossom Farm

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 a home base for cross-country skiers, mountain bikers, and hikers. All stocks, soups, sauces, most loaves of bread, dressings, and more are made in-house. We love to source locally when possible.

Sources: EARTH Beverage, Fish Breeders of Idaho, Hillside Grain, Lava Lake Lamb, Lizzy's Fresh Coffee, M&M Heath Farms, Sawtooth Brewery, Squash Blossom Farm



RESTAURANTS

HANK & SYLVIE'S

91 E. Croy St., Hailey and 471 Leadville Ave. N., Ketchum
208-928-4088 / 208-726-0115 • 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.

Sources: Buttercup Farms, Five Bee Hives, Hangar Bread, Peters Family Farm, River Road Farm, Roadbars, Squash Blossom Farm, Waterwheel Gardens, Vogel Farms

IDAHO ROCKY MOUNTAIN RANCH

18027 Highway 75, Stanley
208-725-3000 • idahorocky.com



Idaho's finest guest ranch. Nestled amidst Idaho's snow-capped Sawtooth Mountain peaks and the meandering Salmon River, the Idaho Rocky Mountain Ranch has flourished as a western ranch vacation retreat for 80 years. The living history of the Old West mingles with the solitude and peace of this 900-acre ranch offering freedom, breathtaking natural beauty, and a relaxed atmosphere. And the view from the porch? Well, you just have to experience that for yourself.

Sources: Alderspring Ranch, Ballard Cheese, Cloverleaf Creamery, Desert Mountain Grass-fed Beef, Double Springs Ranch, Lava Lake Lamb, Riverence, Squash Blossom Farm

KETCHUM GRILL

520 East Ave. N., Ketchum
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 three decades. The menu features New American cuisine with an Idaho emphasis that is sure to have something to fit everyone's palate.

Sources: CA Bull Elk Ranch, Cinder Winery, Lava Lake Lamb, Mason Family Provisions, Split Rail Winery, Waterwheel Gardens, Wood River Valley Farmers Markets

KONDITIONEIREI BAKERY & CAFÉ

1 Sun Valley Rd., Sun Valley
208-622-2235 • sunvalley.com/dining/konditorei



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.

RESTAURANTS



As the Wood River Valley's only Certified Green Restaurant, sustainability is at the core of the Konditorei's values. Konditorei sources direct from local farmers to procure the freshest produce for its salad greens and local, organic eggs for its eggs-any-style. Konditorei is a must when visiting the area!

Sources: Agrarian Harvest, Ballard Cheese, Five Bee Hives Honey, Hillside Grain, Hot Eric Honey, Kasota Hydroponics, Squash Blossom Farm, Waterwheel Gardens

KRAFTY

745 N. Main St., Bellevue
208-913-0616 • kraftyrestaurant.com



Krafty is a glance into our version of peeking into our favorite cuisines such as Asian, Mediterranean, Italian, and nightly specials. We want you to be immersed in an environment of beautiful art, fun lighting, and a home atmosphere while serving elevated food and wine in an open kitchen.

Sources: Cloverleaf Creamery, Five Bee Hives Honey, Kraay's Market & Garden, Lava Lake Lamb, Waterwheel Gardens

SAWTOOTH BREWERY PUBLIC HOUSE

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



We have 25 taps with beer, wine, cider, and kombucha! All beer is brewed locally in Hailey, Idaho. All ages welcome, serving lunch and dinner. Lots of outdoor seating and dogs are welcome on the front patio! Weekly Trivia Night every Tuesday evening and more music events throughout the summer. Join us for the game on one of our big-screen TVs. We fill growlers, crows, and have bottles and cans to go!

Sources: Lava Lake Lamb, Red Star Ranch, Shooting Star Farm, Wood River Ranch Beef, Pahsimeroi Farms, Snake River Farms

ZENERGY CAFÉ

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



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

Sources: Bigwood Bread, Five Bee Hives Honey, The Haven, Hillside Grain, Wrapcity



RESTAURANTS

BARRIO 75

700 N. Main St., Ketchum
208-913-0501 • barrio75.com



Tucked into the edge of downtown Ketchum with patio views of Bald Mountain, Barrio75 Taco Lounge and Tequila Bar offers a lively and creative take on a beloved culinary duo. Creative spins on the classic taco feature premium, sustainable ingredients that pair well with the best top-shelf margaritas in the Valley. Come on in for warm, house-made chips, fresh guac served in stone molcajetes, and of course a menu of both traditional street tacos and whimsical signature creations served on heirloom grain tortillas. It all pairs well with a bar featuring over 40 tequilas!

Sources: Lava Lake Lamb, Riverence, Wood River Ranch Beef, Wood River Tortilla Factory

BIGWOOD BREAD

271 Northwood Way, Ketchum
208-726-2035 • bigwoodbread.com



We have been baking locally in Sun Valley since 1997 and using only the freshest and most wholesome ingredients from sustainable sources. Fantastic fresh breakfast items, sandwiches, soups, salads, and paninis are all served on our fresh bread. We also feature fresh pastries daily and our own custom-roasted coffees.

Sources: Waterwheel Gardens

BLACK OWL COFFEE

208 N. River St., Hailey
208-928-6200 • blackowlcoffee208.com



Café serving specialty coffee, tea, and breakfast and lunch Tuesday through Saturday 8am until 2pm. Homemade pastries, soups, and sauces. Beer and wine are also available. We have ample (summer) outdoor seating and lots of parking. Stop by for something extraordinary.

Sources: Maps Coffee, Sawtooth Brewery

RESTAURANTS



THE CELLAR PUB

400 Sun Valley Rd., Ketchum
208-622-3832 • thecellarpub.com



Nostalgia reigns with a take on the traditional Irish countryside local pub. With a menu so diverse, it's a sure bet to please families young and old, from the most demanding diners to those looking for an afternoon Black & Tan. A full bar complements the pub fare of Bangers & Mash and Fish & Chips, or indulge in a fine bottle of wine with friends. Daily food and drink specials make The Cellar Pub a must-visit whether you live in the area or are visiting for the first time. Come on down; we'd love to serve you. Take-out available nightly.

Sources: Blue Ice & 44 North Vodka, Lava Lake Lamb, Warfield Brewery & Distillery

GINGER SWEET JUICE BAR

411 N. Leadville Ave., Ketchum
208-721-8474 • gingersweetjuice.com



A beautiful juice bar and gathering spot focused on high-quality, small-batch, cold-pressed juice. Offering an assortment of foods, smoothies, and traditional unsweetened açai bowls, Ginger Sweet is a feel-good collective of Idaho-based products and local produce whenever available. We pride ourselves on being 100-percent organic.

Sources: Itty Bitty Farms

KB'S BURRITOS

121 N. Main St., Hailey and 460 Sun Valley Rd., Ketchum
208-788-7217 and 208-928-6955 • kbsburrito.com



KB's Burritos serves fresh burritos, salads, tacos, enchiladas, and quesadillas crafted with love. The kitchen orders everything a few cases at a time so that all ingredients are fresh and at their height of flavor. Making great food and providing healthy food choices for the community is the passion of the KB's staff. We love this town!

Sources: B&G Produce, Kraay's Market & Garden, Lava Lake Lamb, Wood River Ranch Beef

Do you have food stories, comments, or suggestions
for making the guide even better next year?

We would love to hear from you.

Email us at locallygrown@sunvalleyinstitute.org
or share with us on social media.



RESTAURANTS

LIMELIGHT HOTEL KETCHUM

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



Limelight offers wood-fired oven pizzas, salads, shared plates, and entrees utilizing fresh local produce, meats, and other locally sourced products. Ninety-nine percent of Limelight's proteins come from the Northwest. We are known for dishes like Bison Meatballs, Steak Frites, and local Idaho Trout.

Sources: Ballard Cheese, Double Springs Ranch, Lava Lake Lamb, Waterwheel Gardens

POWER HOUSE

502 N. Main St., Hailey
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.

Sources: Oasis Market & Garden, Sawtooth Brewery

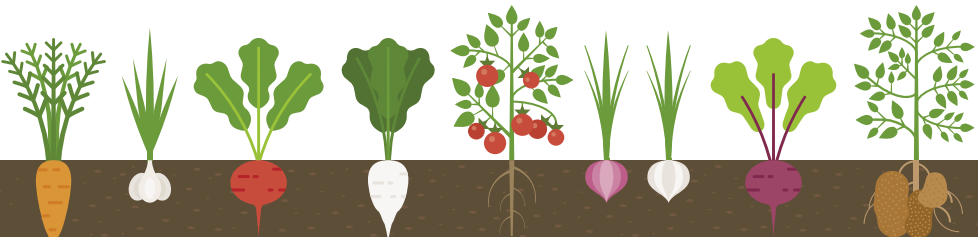
RO'S RAMEN

117 S. River St., Hailey
ros-ramen.square.site



"The Ramen Place" in the Wood River Valley. Serving from-scratch ramen with locally sourced ingredients, handmade noodles, and a local's take on traditional Japanese noodle soup. The menu features snacks, noodles, and more. Dine-in or to-go.

Sources: Hillside Grain, McIntyre Pastures, Squash Blossom Farm, Wood River Ranch Beef





SAFFRON INDIAN CUISINE

230 Walnut Ave, Ketchum
208-913-0609 • saffronketchum.com



Saffron Indian Cuisine offers a modern take on Indian food. Sanu and Rosmery want our community to discover new flavors and learn more about Indian spices and culture.

Sources: B&G Produce, Cloverleaf Creamery

SAWTOOTH CLUB

231 N. Main St., Ketchum
208-726-5233 • sawtoothclub.com



Always busy with a great mix of locals and visitors, The Sawtooth Club offers a unique blend of American steakhouse classics, fresh seafood, wild game, pasta dishes, and much more. The atmosphere is comfortable and warm, intimate yet lively. The beautiful outdoor terrace is popular from late May through September. The Sawtooth Club has been recognized in a local reader's poll as "The Valley's Best Overall Restaurant" in five different years.

Sources: Lava Lake Lamb, Oasis Market & Garden

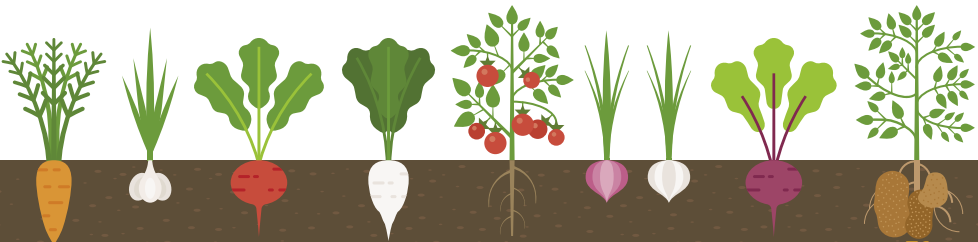
STANLEY BAKING CO. & CAFE

250 Wall St., Stanley
208-774-6573 • stanleybakingco.com



Stanley Baking Co. is the place in Stanley to find hand-crafted baked goods, breakfasts, lunches, and espresso. The food is fantastic, the service is friendly, and the mountain vibe is ever-present. We offer something for everyone.

Sources: Ballard Cheese, Mudd Honey





RESTAURANTS

STANLEY SUPPER CLUB

250 Niece Ave, Stanley

208-774-2102 • stanleysupperclub.com



We aim to create a comfortable, relaxed dining atmosphere for people of all walks of life. The food is simply constructed, but heavily grounded in classical technique. Our menu rotates frequently, with distinct menus for our summer and winter seasons.

Sources: Flying M Coffee, Palouse Brand Lentils, Purple Sage Farms

SUSHI ON SECOND

260 Second St., Ketchum

208-726-5181 • sushionsecond.com



Enjoy a taste of the Far East out West while delighting your senses in this casual yet elegant Ketchum treasure. Delight in the freshest seafood available from Hawaii, South Pacific, Japan, and the Northwest. Savor our nightly specials, dinners, steaks, tempura, salads, noodles, appetizers, teriyaki, premium sake, beer, and wine. Watch as the sushi chefs prepare dinner at the 20-seat sushi bar, relax with friends in one of two private tatami rooms, along with booths, tables, sake/wine bar, or takeout to enjoy anywhere. Fun for the whole gang. Reservations appreciated.

Sources: Sawtooth Brewery





TUNDRA RESTAURANT

516 N. Main St., Hailey
208-928-4121 • tundrahailey.com



Opened in 2018, Tundra features elevated dinner fare with a Mediterranean flair alongside a carefully selected continental wine list. Tundra provides a warm atmosphere with attentive and friendly service. Our menu evolves seasonally with a strong selection of local ingredients and perennial favorites. Make your reservations at tundrahailey.com or call us at 208-928-4121. We invite you to our table and look forward to seeing you!

Sources: Cloverleaf Creamery, Itty Bitty Farms, Lava Lake Lamb, Lookout Farm

WISEGUY PIZZA PIE

406 Sun Valley Rd., Ketchum and 411 Main St., Hailey
208-726-0737 / 208-788-8688 • wiseguypizzapie.com



At Wiseguy, we don't cut corners; we make our dough and sauce fresh daily. Each pie is hand-tossed, topped with whole-milk mozzarella (sourced from Jerome, Idaho), and baked to perfection in our stone deck ovens. We use Pendleton Power Flour—this company mainly uses Pocatello, Idaho, farms for the production of their grains. Meaning that even the flour for your crust is locally sourced. We also craft delicious sandwiches, salads, and calzones.

Sources: Pendleton Power Flour, Sawtooth Brewery

THE WYLDE BEET

1 Carbonate St., Hailey
wyldebeet.com



The Wylde Beet food truck is a place where you can eat and drink thoughtfully. With our 100% plant-based menu, we're on a mission to make healthy and sustainable dining more available to everyone in our community. We work with local vendors to bring you thoughtfully produced foods, drinks, and unique goods that taste good, make you feel great, and help us tread a little more mindfully.

We aspire to create a space in our community where everyone is welcome and feels like they belong. So, no matter who you are, we hope to see you soon and we hope you come exactly as you are.

Sources: Hillside Grain, Lizzy's Fresh Coffee



CATERERS & PRIVATE CHEFS

Bringing the farm directly to your table, local caterers and private chefs are emphasizing meals made using seasonal ingredients from our regional farmers. They can help you make local food a star of your intimate dinners and big celebrations in the Wood River Valley.



HAILEY, IDAHO

CHEF MELISSA MAUSELLE

503-880-7646 • chefmauselle.com



Private chef and caterer available for families, private events, and small gatherings. I'm also available for cakes, treats, and specialty desserts. I believe that good food starts with a commitment to ingredients, so I use only fresh, organic ingredients and try to source as much as possible locally. I am available to book privately and have limited availability on Kraay's Market & Garden webstore.

Sources: 1,000 Springs Mill, Agrarian Harvest, B&G Produce, Ballard Cheese, Buckwild Beef, Cloverleaf Creamery, Double Springs Ranch, Elkhorn Ranch South, Fall City Gardens, Hillside Grain, Itty Bitty Farms, Kasota Hydroponics, King's Crown Organic, Kraay's Market & Garden, Lava Lake Lamb, Lookout Farm, Peters Family Farms, Red Star Ranch, Shooting Star Farm, Squash Blossom Farm, Wagon Wheel Produce, Waterwheel Gardens, Wood River Ranch Beef

CK'S REAL FOOD HAILEY, IDAHO

See their listing on page 43

FROM SCRATCH LAURA APSHAGA HAILEY, IDAHO

See her listing on page 58

RASBERRYS KETCHUM, IDAHO

See their listing on page 44

Photo Courtesy of Raspberrys





KETCHUM, IDAHO

THE HAVEN

208-928-4291 • thehavensunvalley.com



The Haven is a fine food establishment, providing great locally sourced food for your celebrations. Our food is fresh, healthy, and indulgent at times. We are available for private catering for events ranging from small to large. Please inquire via our website for more details. We look forward to feeding you in the future!

Sources: Ballard Cheese, Double Springs Ranch, Itty Bitty Farms, Lookout Farm, Shooting Star Farm, Squash Blossom Farm

KETCHUM, IDAHO

PARADISE FOODS LISAMARIE AULT



Lisamarie has been working in the WRV for 20-plus years as a personal and private chef. Her culinary expertise offers clients custom and diversely designed and crafted menus for all dietary needs. Either simple and casual meals delivered for those on the go, elegant catered affairs in your home, Symphony baskets, or one-of-a-kind, in-flight catering. She offers up delicious, beautiful, and unique meals using fresh products from locally sourced farms and ranches. Lisamarie has formal training as a chef/pastry chef with degrees from Switzerland and the CIA.

Sources: Ballard Cheese, Big Lost Beef, Cloverleaf Creamery, Five Bee Hives, Hangar Bread, Itty Bitty Farms, Koehn Trout Farms, Lava Lake Lamb, Waterwheel Gardens

SAWTOOTH BREWERY HAILEY, IDAHO

See their listing on page 66



BARRIO75 KETCHUM, IDAHO

See their listing on page 48

KB'S BURRITOS HAILEY AND KETCHUM, IDAHO

See their listing on page 49

SAFFRON INDIAN CUISINE KETCHUM, IDAHO

See their listing on page 51

THE WYLDE BEET HAILEY, IDAHO

See their listing on page 53



FOOD ARTISANS

Our region is filled with creative people making delicious things! Artisanal food encompasses breads, cheeses, fruit preserves, beverages, granolas, and other edible products made by hand by skilled food artisans.

ARCO, IDAHO

ATOMIC POTATO CHIP COMPANY

atomicpotatochipcompany.com



We're a husband and wife team from Arco, Idaho, and we said goodbye to the corporate world to follow our passion: making handcrafted, uniquely flavored potato chips. We're bringing back a slice of heaven from years past, when things were slower and more down to earth. Food just tasted better back then. If you're craving the taste of a REAL Idaho potato, give Atomic Potato Chips a try!

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

GOODING, IDAHO

BALLARD CHEESE

ballardcheese.com



At Ballard Cheese LLC in Gooding, Idaho, we proudly create our award-winning cheese: Idaho White Cheddar, Truffle Salt Cheddar, Pepper Cheddar, and six flavors of cheese curds (squeaky cheese). We also have Baby Swiss, Danish Pearl (Gouda style), Jersey Dream (Feta style), Idaho grilling cheese (Halloumi style). And we have added new cheeses: Black Pepper Cheddar, Huckleberry Cheddar, Paramaribo (Parmesan/Romano), and our Vintage Aged Cheddar (aged over a year), all in small, handmade batches to ensure the finest quality and richest taste. The milk we use is from our own small herd of Jersey cows. Be assured they are given a great deal of individual care and attention, all resulting in delicious cheeses that you and your family will love!

Available at: Direct, Atkinsons' Markets, Kraay's Market & Garden, NourishMe, Village Market, Winco, select local restaurants

BIGWOOD BREAD KETCHUM, IDAHO

See their listing on page 48





CK'S PANTRY HAILEY, IDAHO

See their listing on page 43

KUNA, IDAHO

DILLY'S PICKLED VEGGIES

dillyphickles.com



In 2004, a little pickle company was formed, making the tastiest pickled asparagus and green beans in the Northwest. With encouragement from all who tasted and loved them, that company has grown into the brand that you know and love today. In 2016, we got a face lift – same great taste, cleaner, brighter packaging. Dilly's now offers more than the original asparagus and green beans, with baby dills and pickled jalapenos rounding out the mix. With such variety, we're sure to make a pickle everyone in your home will love.

Available at: Direct, Atkinsons' Markets, Idaho State Liquor Stores

CAREY, IDAHO

DOLCE CABANA

dolcecabana208@gmail.com



Dolce Cabana offers home-baked goods for family gatherings, special occasions, and small catering events... including custom-order cookies, cupcakes, breads, and much, much more. We are even sure to satisfy your everyday sweet tooth with our gluten-free to keto creations. Made from scratch with love from our Cabana to yours.

Available at: Direct, Itty Bitty Farms Store, Kraay's Market & Garden, NourishMe

BUHL, IDAHO

EVANS FARMSTEAD CHEESE

evansfarmsteadcheese.com



My husband and I have a grade A Jersey cow dairy. I had made cheese as a hobby for eight years and in October of 2020 we decided to make it a business. We make raw milk cheese from our own cows that are grass-fed spring through fall. The cheese is all aged to meet USDA guidelines. We have about 25 varieties of cheeses. Last fall we purchased a pasteurizing vat that will now allow us to make fresh cheese in addition to the raw milk aged cheese. We sell our products at farmers markets as well as a few stores and wineries in the Twin Falls, Pocatello, Wood River Valley, Mountain Home, and Boise areas.

Available at: Direct, Cloverleaf Creamery, Cold Springs Winery, Collective Studio, Holesinsky Winery, Itty Bitty Farms Store, Rudy's, Wood River Farmers Markets



FOOD ARTISANS

HAILEY, IDAHO

FIVE BEE HIVES

Five Bee Hives maintains honeybees in the Wood River Valley to provide local, raw honey. Our honey is used by restaurants and is also available to purchase at many stores throughout the Valley.

Available at: Atkinsons' Markets, Café Della/Della Provisions, Maude's Coffee & Clothes, NourishMe, Picabo Angler, Raspberries

HAILEY, IDAHO

FROM SCRATCH BY CHEF LAURA APSHAGA



As a longtime WRV chef, it has been my mission to provide excellently prepared foods made from as many locally grown ingredients as possible. I have an amazing network of farmers and ranchers in and around the Valley. I choose to use their products first before looking farther afield. I am also an avid forager and love making products with what the wilds of Idaho have to offer! My products range from locally-sourced bone broths of all types, healthy and hearty soups, shortcut meal helpers such as Italian Meat or Mushroom Bolognese Sauces, Cuban Beef Picadillo, and pulled Agrarian Harvest Pork Shoulder as well as composed freezer-to-oven meals such as Braised Osso Bucco Gremioata with Garlic Olive Oil Mashers and Roasted Root Veggies or Chicken Piccata Saffron Rice and Baby Carrots. I offer vegan, paleo, and gluten-free options galore! Local, organic, and organic practice products are the focus for my follow-your-food chain philosophy to promoting locally grown food and business!

Available at: Direct, Kraay's Market & Garden

GLOW SUN VALLEY KETCHUM, IDAHO

See their listing on page 44

BLACKFOOT, IDAHO

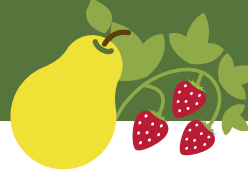
GOMM'S WARM COOKIES

gommiscookies.com



We are a big-hearted, for-purpose, heart-warming, low-processed cottage bakery. We produce homemade baked goods and treats with various focused dietary needs, custom-baking family-sourced legacy products from four generations. There are some items we've also spun and formulated from outside sources as well as some similar products from friends. We vend directly to customers via direct contact, website gift shipping, farmers markets, and events. We also make donations to Idaho and out-of-state Christmas meals, community events, and turkey giveaways at Thanksgiving.

Available at: Direct, Webstore/online, Wood River Farmers Markets



HAILEY, IDAHO

HANGAR BREAD

562-248-9323



We are a neighborhood bakery, specializing in long-fermented sourdough breads. We also make baguettes, bagels, rolls, cinnamon rolls, pizzas, cookies, and sandwiches.

Available at: Direct, Atkinsons' Markets, Ketchum Kitchens, Kraay's Market & Garden, NourishMe

CAREY, IDAHO

IDAHOUND

idahound.com



Idahound uses premium, local ingredients to create an "evolutionary" and farm-driven diet while pursuing minimal environmental impacts. We make whole foods as dog intended—butchering, processing, and packaging everything ourselves near Sun Valley, Idaho. Idahound's primary values are canine health and environmental sustainability. Food production is what connects humanity most intimately to nature and the soils that sustain us all. For over six years, Idahound has been committed to ethically sourcing ingredients, minimizing waste, and supporting local farmers and ranchers, all while making fresh and healthy products that will make your hound drool.

Available at: Direct, Atkinsons' Markets, Kraay's Market & Garden, Natural Grocers, Village Market, Thunderpaws





FOOD ARTISANS

KETCHUM, IDAHO

MASON FAMILY PROVISIONS

masonfamilyrestaurants.com/provisions



Mason Family Provisions (located in the alleyway in the courtyard building in Ketchum) offers freshly made pasta, pizza dough, handcrafted sauces, gelato, wine, and much more. Open Monday through Friday, 12 to 3pm, and available for delivery through Kraay's Market & Garden.

Available at: Direct, Kraay's Market & Garden

SALMON, IDAHO

ORCHESTRA PROVISIONS

orchestraprovisions.com



Orchestra Provisions' products advocate an earth-friendly food system that can address global food security, food access, and human nutrition while conserving wild spaces. All our products are founded in cricket protein, which has more protein than beef, more calcium than milk, and more iron than spinach. Our protein line is approachable and offers added nutrition with a fraction of the environmental costs compared to other competing protein sources. With nine flavors of seasoning blends, four therapeutic powders, and three protein powder flavors, the culinary potential is infinite.

Available at: Direct, NourishMe, Stanley Baking Co. and Café

HAILEY, IDAHO

PIEDAHO

piedaho.com



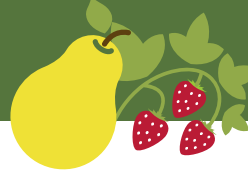
Piedaho is a family-owned bakery bringing award-winning pies from the beautiful mountains of Idaho to your table. We use the best local fruit from farms like Kelley's Canyon Orchard, Symm's, and Waterwheel and ingredients from companies like Bob's Red Mill and Wheat Montana to ensure the highest-quality, best-tasting pie you've ever had. Each pie is handmade and uniquely decorated to make sure it looks as good as it tastes. We offer new, fresh-baked pies each week based on seasonal availability, so come back often to see our latest flavors!

Available at: Direct, Goldbelly, Ketchum Kitchens, Wood River Farmers Markets

RASBERRYS KETCHUM, IDAHO

See their listing on page 44

FOOD ARTISANS



KETCHUM, IDAHO

RED BARN GRANOLA

redbarngranola.com



Red Barn Granola, inspired by Sun Valley's iconic red barn and founder Julie LaFleur's childhood farm, offers organic, hand-crafted, artisan granola made in small batches. Using locally sourced ingredients when possible, Red Barn Granola delights with four distinctly different light and lacy flavors: Ginger Almond Coconut, Apple Walnut Cinnamon, Cranberry Orange Pecan, and Cherry Brown Butter.

Available at: Direct, Atkinsons' Markets, Ginger Sweet, Kraay's Market & Garden, Ketchum Kitchens, Village Market

GARDEN VALLEY, IDAHO

REDWOOD FAIRY HERBS & FERMENTS

facebook.com/RedwoodFairy



Redwood Fairy Herbs & Ferments is based in Garden Valley, Idaho, and is dedicated to providing exceptional medicinal foods and beverages that are tasty, effective, and fill the body and soul with vibrant health and energy. We believe in the incredible power of local and wild plants to deeply nourish and restore health and vitality. Sylvie has been collecting local elderberries and keeping the Wood River Valley community healthy with her Elderberry Elixir since 2017!

Available at: Glow Sun Valley, Kraay's Market & Garden, NourishMe

HAILEY, IDAHO

SUN VALLEY MUSTARD

sunvalleymustard.com



Established in 1984, we are Idaho's original mustard company and the recipient of more specialty food product awards than any other company in Idaho's history. Our gourmet mustards use 100% fresh ingredients with no artificial flavors, colors, or preservatives. You can find us at most food retailers and restaurants throughout the Wood River Valley. Available in seven award-winning flavors.

Available at: Direct, Atkinsons' Markets, NourishMe, Ketchum Kitchens, Village Market, select restaurants



FOOD ARTISANS

HAILEY, IDAHO

SUN VALLEY SMOKED TROUT & WILD ALASKAN SALMON

smokedtrout.com



We are a small family business making the best artisan smoked Idaho rainbow trout and wild Alaskan salmon on the market. Our smoked fish is boneless, lightly cured, and smoked with applewood. We use no added chemical preservatives and our curing process involves only certified organic-natural products. The whole process is done by hand, ensuring the highest quality of every piece. In our family, we love fish!

Available at: Direct, Albertsons Market, Atkinsons' Markets, Café Della/Della Provisions, The Pioneer Saloon, Sun Valley Lodge, Village Market

KETCHUM, IDAHO

TONI'S SUN VALLEY ICE CREAM

sunvalleyicecream.com

Small-batch, handmade ice cream using non-GMO and bovine growth hormone-free raised milk and cream. Our ingredients are sourced as close to home as possible. Toni's Sun Valley Ice Cream is a female-owned family business that has supplied grocery stores and restaurants in Blaine and Ada Counties since 2000.

Available at: Direct, Albertsons Market, Atkinsons' Markets, NourishMe, Village Market, select restaurants

HAILEY, IDAHO

WILSON'S WILD SALMON

wilsonswildsalmon.com



Our salmon is sustainably harvested near the mouth of the Kvichak (pronounced Kwee-jack) River as the sockeye are making their journey back to Iliamna, the largest lake in Alaska. While some of our catch is delivered to one of the original canneries in Naknek, we choose the highest-quality sockeye salmon to bring home to you. Your salmon is chilled, filleted, flash-frozen, and carefully packed for its journey south.

Available at: Direct, Kraay's Market & Garden



LOCAL BEVERAGE CRAFTERS



Nothing complements a great locally sourced meal or a day of exploring the Wood River Valley like a regionally produced beverage. We are lucky to have a wide variety of talented beverage crafters producing drinks for every age and palate. Finding the perfect beverage to quench your thirst in the Wood River Valley is easy!

BUHL, IDAHO

CEDAR DRAW CIDER

cedardrawcider.com



We are a small cidery operating solely on our family's three-acre farm, passionate about natural tannins and ciders that aren't overly sweet. We source as many of our ingredients as locally as possible: the quince for our War Worthy, the Italian plums in our Sour Empress, and the lavender in our herbed cider all come from our farm and the Magic Valley. Cedar Draw Cider is genuinely a small-batch, hand-crafted cidery that balances the Old World cider with the new.

Available at: Direct, Albertsons Market, Atkinsons' Markets, SV Wine Company, Village Market, select restaurants

GARDEN CITY, IDAHO

ERTH BEVERAGE COMPANY

erthbevco.com

ERTH Beverage Company makes great-tasting healthy beverages with clean, limited ingredients. Our drinks are medicinally minded for the holistically curious, made using strategically chosen, high-quality ingredients that have been proceeded as minimally as possible. Drink ERTH beverages to boost immunity, stay hydrated, and harness the power of plants.

Available at: Direct, Atkinsons' Markets, NourishMe, Kraay's Market & Garden, select restaurants

GINGER SWEET JUICE BAR KETCHUM, IDAHO

See their listing on page 49

GLOW SUN VALLEY KETCHUM, IDAHO

See their listing on page 44



LOCAL BEVERAGE CRAFTERS

BOISE, IDAHO

IDAHO KOMBUCHA COMPANY

idahokombucha.com



Idaho Kombucha Company lovingly crafts kombucha with organic, local, and wild-foraged ingredients. Inspired by Idaho and the Pacific Northwest, all our brews are vibrantly aromatic with nuanced flavor and a crisp, dry finish. We strive for the perfect balance between sweet and tart while still retaining the taste and health benefits of authentic kombucha. Kombucha is a living, functional beverage loaded with probiotics, antioxidants, organic acids, and B vitamins. These properties have the potential to boost energy, improve digestion, enhance immunity, and detoxify. We have a kombucha for everyone to enjoy - from the complete novice to the connoisseur!

Available at: Albertsons Market, Atkinsons' Markets, Natural Grocers

KETCHUM, IDAHO

LIZZY'S FRESH COFFEE

lizzysfreshcoffee.com



We thoughtfully source only top-quality specialty grade Arabica coffees from around the globe, including Certified Organic and Fair Trade coffees. We then attentively roast to order, featuring a range of single origins and our own custom curated blends. This beautiful offering of freshly roasted coffee ranges from bright and fruity, to sweet and rich, to dark and toasty.

Available at: Direct, select restaurants

HAILEY, IDAHO

MAPS COFFEE

discovermapscoffee.com



Maps Coffee is a unique, small-batch roaster in Idaho seeking to source high-quality coffee from around the world, with a mission to encourage the discovery of coffee in its purest form.

Available at: Direct, Boise Co-op, select restaurants



LOCAL BEVERAGE CRAFTERS



GARDEN CITY, IDAHO

MERIWETHER CIDER

meriwethercider.com



Meriwether Cider is an award-winning cider company based in Garden City. It is owned and operated by the Leadbetter Family. Meriwether has modern ciders made from fresh-pressed Northwest apples and innovative flavors such as blackberry, ginger, hopped, and more!

Available at: Direct, Albertsons Market, Boise Co-op, Whole Foods, WinCo

HAILEY, IDAHO

PARTY ANIMAL VODKA

partyanimalvodka.com



Party Animal Potato Vodka started in the Wood River Valley in 2017. Our vodka is produced with local, Idaho-sourced russet potatoes and gives back 10% of proceeds to animal foundations. Enjoy our vodka at Wood River Valley bars and restaurants or pick up a bottle to make delicious cocktails at home!

Available at: Idaho Liquor Stores, select restaurants

BELLEVUE, IDAHO

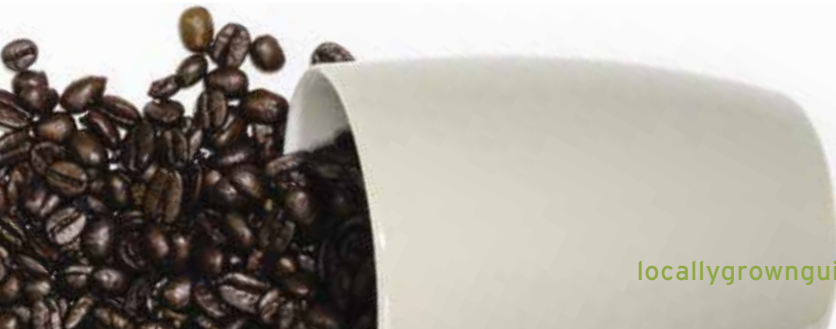
ROADBARS

roadbars.com



Roadbars is a mobile bar + craft mixer company. Using fresh local produce and herbs, our hand-crafted mixers bring the flavors of the season to your glass. We offer signature year-round flavors and seasonal small batches that celebrate the harvest. Roadbars shrubs and syrups are delicious enjoyed simply with soda water or mixed with spirits to create a craft cocktail. Try our ready-to-drink products, Blueberry Ginger Shrub + Soda, Fresh Ginger Shrub + Soda, and Strawberry Hibiscus Shrub + Soda.

Available at: Direct, Café Della/Della Provisions, Ginger Sweet, Hank & Sylvie's, Ketchum Kitchens, Rickshaw





LOCAL BEVERAGE CRAFTERS

HAILEY, IDAHO

SAWTOOTH BREWERY

sawtoothbrewery.com



Drink beer where it is made, in the tap room looking into the brewery. We have 25 taps with beer, wine, cider, and kombucha! We fill growlers, growlers, and have kegs, bottles, and cans to go! All ages welcome, serving lunch and dinner. Dogs are welcome on the patio!

Available at: Direct, Albertsons Market, Atkinsons' Markets, SV Wine Company, Village Market, select restaurants

KETCHUM, IDAHO

WARFIELD DISTILLERY & BREWERY

drinkwarfield.com



Warfield Distillery & Brewery is a certified organic brewery and distillery. All of Warfield's pub fare is crafted by James Beard Award-winning chef, Jay Veregge, and features local and seasonal ingredients with an emphasis on organic food and a commitment to our agricultural community. Come warm yourself by the fire or soak up the deck vibes with family and friends and enjoy a classic pub experience with exceptional food, organic beer, and organic spirits!

Available at: Direct, Albertsons Market, Atkinsons' Markets, Idaho State Liquor Stores, Ketchum Kitchens, Village Market, select restaurants

KETCHUM, IDAHO

ZENMATCHA TEA

zenmatchatea.com



ZenMatcha Tea aims to provide the highest quality matcha while also creating space for the beauty of the matcha ceremony. We are nourishing our health from the inside-out with natural medicine from Mother Earth. We are committing to being a carbon-neutral company, planting trees for each product sold and using recyclable and recycled packaging and shipping materials.

Available at: Bravo @ Atkinsons' Ketchum, Café Della/Della Provisions, Hailey Coffee Company (all locations), Java (all locations), NourishMe





Want to keep food waste to a minimum?
TRY THESE TIPS.



Pre-plan your meals and shopping list before going to the grocery store or farmers market. Use the What's In Season Guide on page 30 to figure out what you can expect to find at the market.



Shop in your refrigerator and pantry first. Before buying more food, figure out what you already have that might be about to go bad.



Search for new recipes. Do you have potato peels or carrot tops that you don't know what to do with? A quick search on the internet will yield tons of recipe ideas for unfamiliar ingredients or check out the tips from Chef Laura Apsbaga of From Scratch, on page 68.



Make a dedicated spot in your fridge for leftovers and food that is close to going bad. Check this section before each meal and when planning for the week.



Buy the "ugly" produce at the market. Select those items with bruises, odd shapes, or blemishes. They'll still taste great and you'll be saving them from being thrown away.



For any items that you simply can't use, add them to your at-home composting system, see page 71.



THE RECIPE TO REDUCE WASTE

According to the United Nations Environment Programme (UNEP) Food Waste Index Report 2021, over 19 million tons of food is wasted in households every year. That is 130 pounds per person. We reached out to local chef Laura Apshaga of From Scratch (see listing on page 58), for some tasty ways to reduce food waste in the kitchen! This group of recipes gives you the steps to get the most out of a locally raised chicken. You will spend less and eat more by using every part of the bird! For more tips on reducing food waste, check out page 67.



FROM SCRATCH'S FOLLOW YOUR FOOD CHAIN LOCAL CHICKEN RECIPES:

START WITH THE BIRD

INGREDIENTS:

- 1 whole local chicken (4-5 lbs, thawed)
- 2 cups water

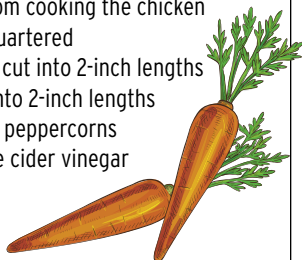
METHOD:

- Add 2 cups water to an Instant Pot with rack.
- Place chicken on the rack and select pressure cook.
- Calculate time (5 minutes per pound) and set timer.
- When the timer goes off, vent the steam naturally for 10 minutes, then open the steam vent knob.
- Once all steam has stopped, remove the chicken to a pan for cooling.

CHICKEN BONE BROTH

INGREDIENTS:

- Reserved liquid from cooking the chicken
- 1 medium onion, quartered
- 2 medium carrots, cut into 2-inch lengths
- 2 ribs celery, cut into 2-inch lengths
- 1 tablespoon black peppercorns
- 2 tablespoon apple cider vinegar
- 3 qts water



METHOD:

- Remove and set aside all meat from the still-warm chicken.
- Place all skin, tendons, fat, bones and any juices into an Instant Pot.

- Add the water, vinegar, vegetables, and spices.
- Secure the Instant Pot lid and select the "Soup/Broth" setting.
- When the timer goes off, vent naturally for 20 minutes, then open the steam vent knob.
- Pour the contents of the inner pot through a fine strainer over a large bowl for cooling.
- Bone broth can be stored in the fridge for use within a few days or frozen for later use.

**The cooked carrots and celery from the broth make a nice veggie addition to your dog or cat's food. Just make sure all bones are removed.*



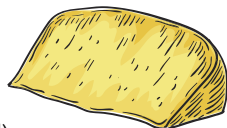
USING THE INGREDIENTS FROM THE CHICKEN

FROM SCRATCH CHICKEN "PARMESAN" CASSEROLE

(Gluten-Free)

INGREDIENTS:

- Reserved chicken breast meat
- 1 1/2 cups shredded parmesan
- 1 1/2 cups shredded mozzarella
- 2 1/2 cups tomato sauce or pizza sauce
- 1 medium spaghetti squash
- Extra virgin olive oil
- Salt
- Black pepper
- Crushed red pepper
- Italian seasoning (optional)



THE RECIPE TO REDUCE WASTE



METHOD:

- Preheat oven to 400.
- Place the WHOLE spaghetti squash on the middle rack with a sheet pan on the second rack to catch any drips.
- Cook squash for 40 minutes or until you can make an indent in the squash with your finger.
- Remove the squash to a cooling area.
- When it is cool enough to handle, cut it in half, peel, and scoop out the seeds.
- Pull apart the “spaghetti” strands and let cool.
- Adjust oven temperature to 375.
- Cut chicken breast into finger-sized lengths and place in a mixing bowl, seasoning lightly with a pinch of salt, pepper, crushed red pepper, and optional Italian seasoning.
- Add $\frac{3}{4}$ cup of the parmesan to the chicken and toss to coat.
- In a separate bowl, season the spaghetti squash with a pinch of salt and pepper and 4 tablespoons of olive oil.
- Lightly coat an 8 x 8 baking dish with olive oil.
- Evenly coat the bottom of the dish with 1 cup of tomato sauce.
- Add a 1.5” thick layer of spaghetti squash.
- Top with a thin layer of tomato sauce.
- Add half the mozzarella cheese.
- Top with a thin layer of tomato sauce.
- Top with the cheesy chicken, more mozzarella, and any leftover parmesan.
- Cover with buttered foil and bake!
- Cook covered for 20-25 minutes, then uncover and cook until the cheese is nice and bubbly.

FROM SCRATCH CHICKEN BONE BROTH RAMEN

INGREDIENTS:

- Reserved chicken meat
- Chicken bone broth
- Ramen noodles
- 2-3 tablespoons toasted sesame oil
- Tamari or shoyu to taste
- 1-inch piece ginger, peeled and grated

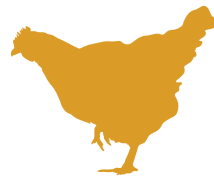


- 1 large clove garlic, grated
- 1 bunch green onions, finely sliced
- 1 large carrot, coarsely grated
- 1 rib celery, cut finely
- $\frac{1}{2}$ small green cabbage, shredded
- Pea shoots for garnish, optional
- Cilantro, chopped



METHOD:

- Heat pot over medium heat, add the sesame oil, then add the garlic and ginger, stirring constantly.
- Sauté the carrots, celery, and cabbage for 2-3 minutes, add green onion, and sauté for 1-2 minutes.
- Add the broth and bring to a simmer.
- Cook until the vegetables are tender.
- Add the chicken if you have some reserved and simmer 2-3 minutes.
- Season with tamari or shoyu to your taste.
- Cook your favorite ramen noodle per the package directions.
- Place cooked noodles in a deep soup bowl, drizzle with a few drops of sesame oil, and top with green onion, pea shoots, and cilantro.
- Ladle over the bone broth soup base and enjoy!



For more *Follow Your Food Chain* recipes and ideas for reducing food waste in the kitchen, subscribe to our newsletter at locallygrownguide.org.

Visit locallygrownguide.org for tips from Chef Laura on making these recipes without an Instant Pot.

Special thanks to Chef Laura Apsgha for sharing these recipes and techniques.

COMMUNITY COMPOSTING

We think a lot about the middle part of the food system. The part where we buy, prepare, and eat. But a food system is so much more. It's a cycle that starts with the soil. Growing plants draw nutrients from the soil. In order to continue growing food, these nutrients need to be replaced. Regenerative agriculture is part of this process, incorporating successive plantings and animals to enhance the soil. Another part is capturing the system's waste and adding that back into the soil. That's where our youth composting programs come in.



Food waste accounts for up to 10% of global greenhouse gas emissions.

5B Resilient is partnering with existing youth programs to create composting plans and programs that meet their unique needs. They work with other composting entities in the Wood River Valley to create the most efficient program plan possible. These entities include but are not limited to: Winn's Compost, Clear Creek Disposal (transportation of compost), BioCoTech Americas, the Environmental Resource Center, municipalities engaged in composting, and previously launched programs.

To date, 5B Resilient has partnered with the Watch Me Grow Garden in Ketchum, Hailey Elementary School, Wood River Community YMCA, and Syringa Mountain School.

The youth compost project is only one of the amazing programs offered by 5B Resilient. For more information, visit sunvalleyinstitute.org/5BResilient.



COMPOSTING

KEEPING FOOD WASTE OUT OF THE LANDFILL

DID YOU KNOW? OVER 30% OF BLAINE COUNTY'S WASTE THAT ENDS UP IN THE LANDFILL IS COMPOSTABLE.



CARBON (BROWNS)

- Dried leaves & plant material
- Cardboard
- Straw
- Paper
- Sawdust



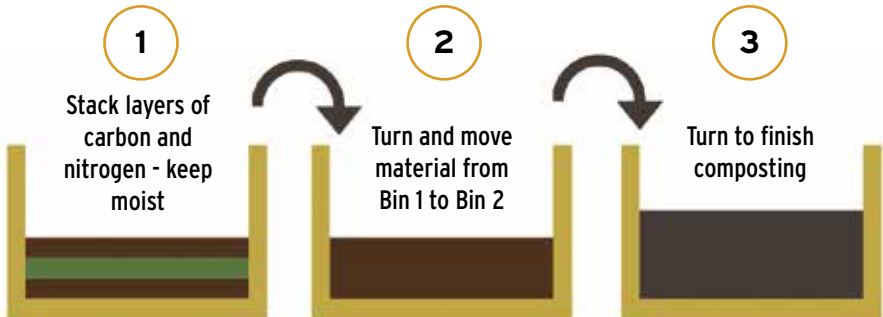
WHAT TO COMPOST:

NITROGEN (GREENS)

- Food waste (no meat or dairy!)
- Fresh grass clippings
- Fresh manure



THREE-BIN COMPOST SYSTEM



- 4 Add finished compost to your garden for healthy, nutrient-dense soil!



Help engage our valley's youngest generations in hopeful climate action including group composting efforts by donating to 5B Resilient!



COMMUNITY FOOD RESOURCES

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

BLAINE SOIL CONSERVATION DISTRICT

24044 Main St., Carey, Idaho
blainescd.org

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.

THE COMMUNITY LIBRARY

415 Spruce Ave., Ketchum, Idaho
comlib.org

The library serves the Wood River Valley in ways beyond those of a traditional library by engaging individuals through its library services, contemporary programming, and museum resources. It encourages educational and personal growth through its collections, its reference resources, its technological options, and its personal approach to 21st-century library practices. It engages in meaningful partnerships with other nonprofits, including The Hunger Coalition on the Bloom Truck for the benefit of the entire community. We offer free access to all of our services.

FARE IDAHO

PO Box 7225, Boise, Idaho
fareidaho.org

FARE Idaho means Food, Agriculture, Restaurant, Beverage Establishments. We unite our Idaho food and beverage communities to ensure that independents get a seat at the table with an opportunity to impact positive change within their industries. We advocate for Idaho's independent restaurants, family farms, retailers, and food and beverage producers. Our mission is to connect, align, and promote the shared interests of those entities. Our goal is to advance independent businesses, increase our financial success, and improve the conditions of those who work in our industries.



HAILEY PUBLIC LIBRARY

7 W. Croy St., Hailey, Idaho
haileypubliclibrary.org

The Hailey Public Library inspires discovery, connection, learning, and growth in our community. We regularly offer gardening, pruning, history, herbalism, natural history, chicken raising, and other classes for adults and many programs for kids. The Library partners with The Hunger Coalition to offer Daily Bites, a free, kid-friendly, and healthy snack pantry. We are also a 5B Resilience Gardens Collaborator and house the Wood River Seed Library; actually, in one of our old wooden card catalogs!

THE HUNGER COALITION

110 Honeysuckle St., Bellevue, Idaho
thehungercoalition.org

The Hunger Coalition's Bloom Community Center connects our community over the shared joy of growing good food. We offer volunteering and education, inspiring healthy, outdoor, and community-based experiences for all members of Blaine County. Fresh produce is available in exchange for volunteer hours! Come to public volunteer sessions at the Hope Garden or Bloom Farm in Hailey from June through September! Come to our Community Center warehouse and office any Monday through Thursday year-round.

THE NATURE CONSERVANCY

Regenerative Agriculture Demonstration Farm
Kimberly, Idaho
nature.org/idahoagriculture

The Nature Conservancy works directly with local farmers to grow a sustainable future for people and nature in Idaho. TNC has partnered with local farmer Todd Ballard in Kimberly to create a 30-acre demonstration farm where farmers can learn more about regenerative agriculture and see proven methods in action, such as no-till and cover crop planting.





COMMUNITY FOOD RESOURCES

SAWTOOTH BOTANICAL GARDEN

11 Gimlet Rd., Ketchum, Idaho
sbgarden.org

The 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. The goal of the Garden is to establish a place to build community through the understanding and exploration of both native and cultivated plants. Understanding the unique ecology of our extraordinary inner Mountain West region and exploring the wonders of plant cultivation and care provides a multitude of opportunities to "celebrate plants and inspire people."

THE SENIOR CONNECTION

721 3rd Ave. S., Hailey, Idaho
seniorconnectionidaho.org

The Senior Connection mission is connecting seniors with essential services, meaningful programming, their peers, and the local community to foster purposeful and passion-filled lives. One of the essential services we provide is nutrition. Meals are available via our Meals on Wheels program, our curbside takeout, or in our dining room with friends!

SUN VALLEY CULINARY INSTITUTE

211 N. Main St., Ketchum, Idaho
sunvalleyculinary.org

The Sun Valley Culinary Institute is the culinary hub of the Wood River Valley, offering classes for cooking enthusiasts and a one-year professional culinary arts program for individuals looking to enter the food service industry. Our program combines intensive practical classes and externships at local restaurants. SVCI partners with local restaurateurs, food artisans, retailers, caterers, growers, private chefs, and hospitality industry personnel. Our location on Main Street in the heart of Ketchum provides state-of-the-art kitchen facilities, as well as public and private event space and other amenities.

Visit us on Main Street in Ketchum. Take a class. Volunteer.



SUN VALLEY INSTITUTE FOR RESILIENCE

111 N. First Ave., Suite 21, Hailey, Idaho
sunvalleyinstitute.org

Founded in 2015, Sun Valley Institute for Resilience (SVIR) advances community resilience in the Wood River Valley region by educating, investing, and collaborating to ensure that the economy, environment, and people thrive. From our beginning we have sought strategic levers that drive system-wide change. Investment in resilience is at the center of our work. We use the community-funded Impact Idaho Fund to catalyze a resilient community by leveraging capital investment in regenerative business models and raising consumer awareness around the importance of uplifting regional food production. 5B Resilient empowers everyday climate action. Local Food Alliance works to connect producers and consumers through the publication of this Guide.

UNIVERSITY OF IDAHO EXTENSION

302 First Ave. S., Hailey, Idaho
uidaho.edu/extension/county/blaine

The 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, community development, as well as Healthy Living curriculum and Farm to Early Childcare Education.

UPPER BIG WOOD RIVER GRANGE

609 S. Third Ave., Hailey, Idaho
upperbigwoodriverid192@grange.org

The Upper Big Wood River Grange is a nonprofit organization that fosters local agriculture, local food economy, sustainable practices, gardening, seed saving, home cooking, sewing, and other practical arts. We offer various community events and our members are encouraged to do community service. The Grange is home to the Wood River Seed Library, has an educational Community Garden, provides a studio for dance and Tai Chi classes, and is used for meetings and events.





COMMUNITY FOOD RESOURCES

WOOD RIVER COMMUNITY YMCA

101 Saddle Rd., Ketchum, Idaho
woodriverymca.org

Bonni's Garden, a state-of-the-art, solar-powered greenhouse, is a gathering place where people of all ages can learn and grow. It connects our community to nature and life, and serves as an ideal space for collaborating, growing, and learning. This beautiful space and outdoor garden offers classes and clinics and produces food and flowers year-round, impacting our community's health and wellness needs. Community members can access Bonni's Garden through the Wood River Community YMCA.

WOOD RIVER LAND TRUST

119 E Bullion St., Hailey, Idaho
woodriverlandtrust.org

The Wood River Land Trust protects and sustains the treasured landscapes and life-giving waters of the Wood River Valley and inspires a love for this special place for generations to come. We assist landowners with agricultural conservation easements and connect them with resources for improving soil health and water conservation.

WOOD RIVER SEED LIBRARY

Hailey, Idaho
woodriverseeds.net

WRSL is a community-based seed saving and sharing organization. Building community, educating, networking, and seed stewardship is our mission. Our purpose is to grow, save, and share seeds within the Wood River Valley. Our locally produced seeds are adapted to our local environment and weather. By preserving these seeds, our seed librarians maintain a diversity of open-pollinated varieties for the future. We strive to inspire growers to rejoin the ritual of seed saving.





The Wood River Valley always has something going on. While attending small workshops and nationally renowned festivals, you'll find that food plays a central role in how we celebrate. Join one of these signature food-related events for a taste of what the Wood River Valley is all about. Details of these events may change. Check the event websites for the latest information.

SEED AND PLANT EXCHANGE

May 27, 2023 • Hailey, Idaho • woodriverseeds.net

Join the tailgate-style Seed & Plant Exchange at the Upper Big Wood River Grange on Saturday, May 27. Seed starts from local producers will be available for purchase. Local gardeners are also invited to bring their own saved seeds, potted plants, and starts, or dug-up perennials from their gardens to share with the community.

OPENING DAY OF THE FARMERS MARKET

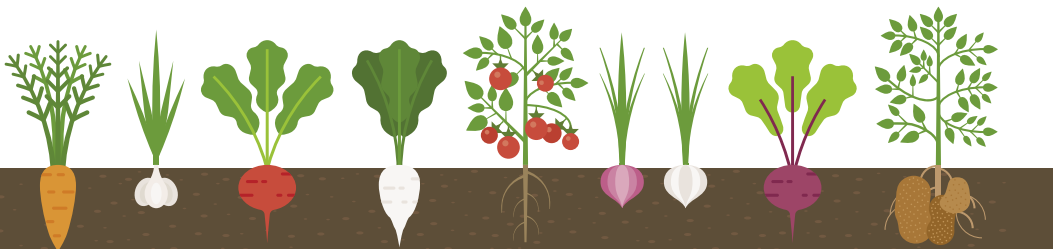
June 10, 2023 • Hailey, Idaho • wrfarmersmarket.org

Celebrate the opening day of the Wood River Farmers Market. Meet the vendors and pick up the first fresh, local produce of the summer. You will find various goods, including fresh produce and flowers, local meats, delicious homemade baked goods, snacks and drinks, and local arts and crafts. We look forward to seeing you all at the market!

SUN VALLEY BREWFEST

June 17, 2023 • Ketchum, Idaho • sunvalleybrewfest.com

The Sun Valley Brewfest continues a long tradition of beer festivals. Our beer festival celebrates the local and regional craft brewers, emphasizing quality, experimentation, creativity, and brewing technique. We're throwing a beer festival to taste, explore, and learn about all the great brews created in our region. Check the website for details and participating breweries.





COMMUNITY FOOD EVENTS

SUN VALLEY FORUM

June 20-23, 2023 • Ketchum, Idaho • sunvalleyforum.com

In this urgent time for our planet and our communities, the Sun Valley Forum will once again convene and catalyze. Globally, leaders are working to build a more prosperous, equitable, and secure world, aligning resources to the United Nations Sustainable Development Goals and the Paris climate change rulebook. The Forum focuses on critical leverage points including shifting capital to invest for impact, corporate strategy, community well-being, public engagement, and communication, as well as sector-specific sessions on food, energy, water, natural system restoration, and health.

SUN VALLEY CULINARY INSTITUTE SUMMER KICKOFF PARTY

June 24, 2023 • Ketchum, Idaho • sunvalleyculinary.org

Kick off the summer season with the second annual Sun Valley Culinary Institute (SVCI) Summer Kickoff Party. SVCI students and the culinary team will prepare a delectable meal followed by dancing with the Wood River Valley's favorite DJ Alex. This event is a benefit for the Sun Valley Culinary Institute. Tickets are on sale at sunvalleyculinary.org.

SUN VALLEY WINE AUCTION

June 26-30, 2023 • Ketchum, Idaho • sunvalleywineauction.org

For over 50 years, the Sun Valley Museum of Art has been the cultural keystone of the community, empowering arts exploration and creativity, engaging cultural conversations, and connecting the community to world-renowned thinkers and creators. We celebrate and serve artists from around the region and across the country while providing cultural and educational opportunities for all. The Sun Valley Wine Auction is now the oldest charity wine auction in the nation and provides approximately 50% of the Sun Valley Museum of Art's annual income. The Wine Auction fuels our free year-round arts integration programs, reaching 4,000 student participants in the Wood River Valley, and supports our annual Scholarship Program, now in its 23rd year, which has awarded more than \$1,000,000 to continued arts education since its inception.

WAGON DAYS PARADE

September 2, 2023 • Ketchum, Idaho • wagondays.net

Wagon Days is a magical Labor Day weekend event of connection and celebration, providing a link to our history and heritage and the days before motorized travel. It is a celebration of people's early lives and livelihoods that inspired our town on a path to where we are today.

COMMUNITY FOOD EVENTS



Come to Main Street and see the largest non-motorized parade in the Pacific Northwest. Wheels, wagons, and western cowboys combine with marching bands and Basque dancers to make this a lively, colorful event. As the parade ends, we roll from the past into the present with live music at the Street Party on Town Square.

FORKS 'N SPURS: A WESTERN CULINARY FESTIVAL

September 9, 2023 • sunvalleyculinaryinstitute.org

This family friendly event will offer delicious food, live music, kid's activities, and more for all to enjoy. Festival details are available at sunvalleyculinary.org.

OKTOBERFEST

September 15-16, 2023 • Ketchum, Idaho • ketchumoktoberfest.com

Get your German on, Idaho-style at Sawtooth Brewery's 10th Annual Ketchum Oktoberfest! Join us at Sun Valley's Festival Meadows, September 15 & 16, for beer, food, music, and games! Visit our website for all the details about this year's events, including an expanded menu from the Outpost by Sawtooth Brewery!

Enjoy our 4.25-acre Beer Garden with German beers by Sawtooth Brewery on tap. We will have Pints, SiliPints, 25 oz., .5L, and 1L glassware available. Any Sawtooth glass is your ticket to Oktoberfest!

TRAILING OF THE SHEEP

October 4-8, 2023 • Hailey and Ketchum, Idaho • trailingofthesheep.org

The annual Trailing of the Sheep Festival's mission is "to gather, celebrate, present, and preserve the history and cultures of sheepherding in Idaho and the West." The Festival is a collection of culinary, arts, and humanities events, activities, exhibits, and more to share stories and keep the history of the ranchers, families, and industry alive.

SVSEF WILD GAME DINNER

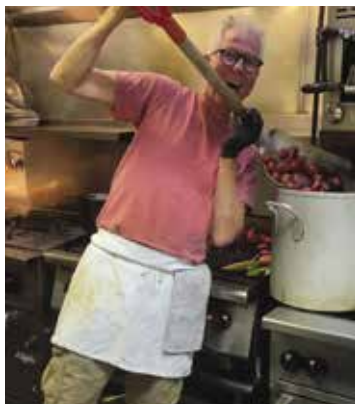
Date TBD • Ketchum, Idaho • svsef.org/events

The Wild Game Dinner is a time-honored tradition, and an essential evening for the annual fundraising of the Sun Valley Ski Education Foundation. Each year, the generosity of attendees at the Game Dinner allows the SVSEF to continue providing training and opportunities to the youth of the Wood River Valley. The dinner is an opportunity for families and friends to reconnect, and to take a moment to reflect on the value and heritage that snow sports hold in this community.



LOCAL FOOD INNOVATORS

From season extension on farms to creative uses for ingredients in the kitchen, adopting and utilizing local food year-round requires innovation in all areas. The Wood River Valley is filled with talented chefs using local ingredients in new and unique ways! We spoke with area chefs to find out how their techniques, recipes, and inspiration are shaped by the diversity of local ingredients.



CK'S REAL FOOD **Chef Chris Kastner**

"Preserving local ingredients is kind of a no-brainer for us," says Chris Kastner, chef and owner of CK's Real Food in Hailey. "We can capture the bounty and quality of local food at its peak and use that throughout the winter."

For the staff at CK's, preserving the seasonal harvest is part of what makes their restaurant unique and flavorful. Canning, fermenting, and freezing produce at the height of the season allows them to purchase more produce from their farmers and growers when they have an abundance. "Farmers know that if they are overflowing with tomatoes or chiles, we will almost always buy as much as we can," Kastner shares. "Many farmers will grow more produce specifically because they know we'll take extra to preserve."

CK's favorite foods to preserve are fresh tomatoes, chiles, and onions when they are abundant in late summer. They cook up large batches of their grilled tomato sauce that is used in their bolognese, sauces, and soups.

CK's recommendation for preserving foods at home: start small. "You don't have to make a five-gallon crock of sauerkraut on your first go. Start in a mason jar with a weight on the lid. If canning seems scary, but you want to preserve those late summer tomatoes, try dehydrating them or make and freeze tomato sauce," he adds.



FROM SCRATCH **Chef Laura Apshaga**

Some of Chef Laura Apshaga's earliest memories are of food preservation and foraging with her family. "I have built on the memory of watching my dad growing his garden and fruit trees and my mom canning what was harvested," says Chef Laura. "I have expanded on their techniques into dehydrating, freezing, and foraging."

Local and seasonal food is at the heart of everything Chef Laura creates. "There is nothing better than being



able to use my preserved products throughout the year," she says. "It cuts out processed food and supports local people."

Preserving Idaho produce when it is abundant means that locally grown food can feature on her menus year-round. Producers grow items specifically for her to preserve, increasing the farmer's income and providing enough to see that she can use local food all year long.

One of Chef Laura's favorite foods to preserve is the ephemeral morel mushroom. "I'll triple-wash the mushrooms and either dehydrate them in my dehydrator or air-dry them in the sun," she explains. Those mushrooms will then make it into dishes throughout the year, bringing a hint of summer flavor to the cold winter months.

If you're going to start preserving at home, Chef Laura recommends that you pick items that you like and use often. Tomatoes are a great option. They can be oven-dried at low temperatures. Her best tip: "Ask questions of your farmers. Many times they know exactly what to do with extra produce," she says. "They are the ones who keep preserving alive!"



RASBERRYS BISTRO & CATERING **Callie and Maeme Rasberry**

For Callie and Maeme Rasberry, the bounty of summer in their garden and on local farms prompted them to start preserving. "We don't want to throw anything away," says Callie. "Instead we can, dry, pickle, and freeze. That way, local food can be the center of our menu and our own meals year-round."

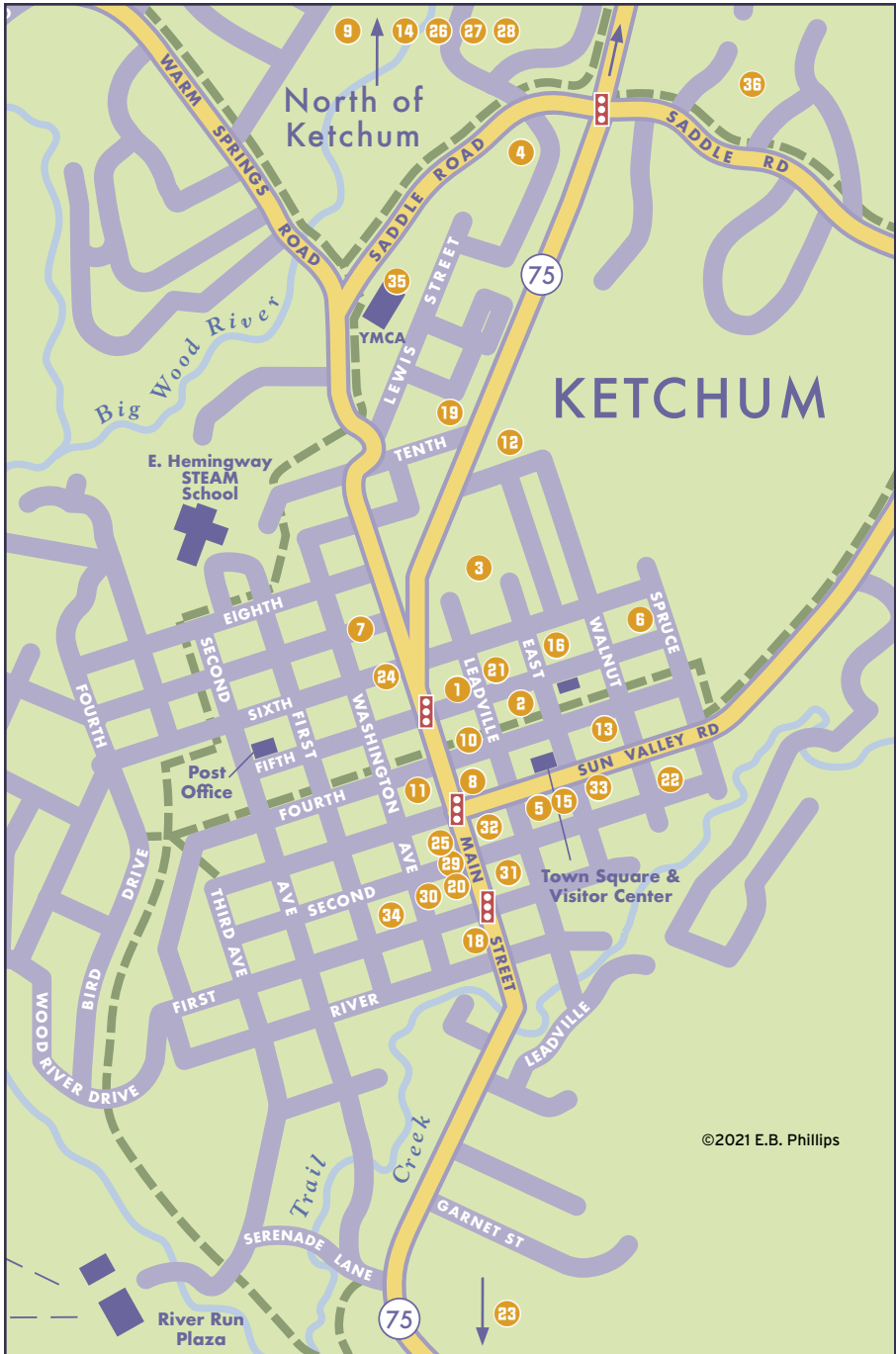
Much like CK's and Chef Laura, the Rasberrys over-order produce throughout the summer. What doesn't go directly into dishes in the Bistro or out to catered events is preserved and set aside for the winter

months. "Preserving the seasonal harvest is a way for us to try new techniques throughout the year and enjoy even more of what our regional farmers have to offer," Callie adds.

Fresh herbs are a favorite item to preserve in the Rasberry's kitchen. Once dried, they are included in almost every recipe. You can also find a variety of dried herbs available in the spice mixes sold by the jar at the Bistro.

Callie and Maeme encourage you to try drying herbs at home. "Instead of eventually throwing out unused fresh herbs, before they wilt, lay them on a cookie sheet and place in the oven with the light on, or if you have a gas stove, the pilot should be plenty of heat. After a few days you'll have perfectly dried herbs that can be crushed or crumbled and placed in a labeled jar," says Callie.

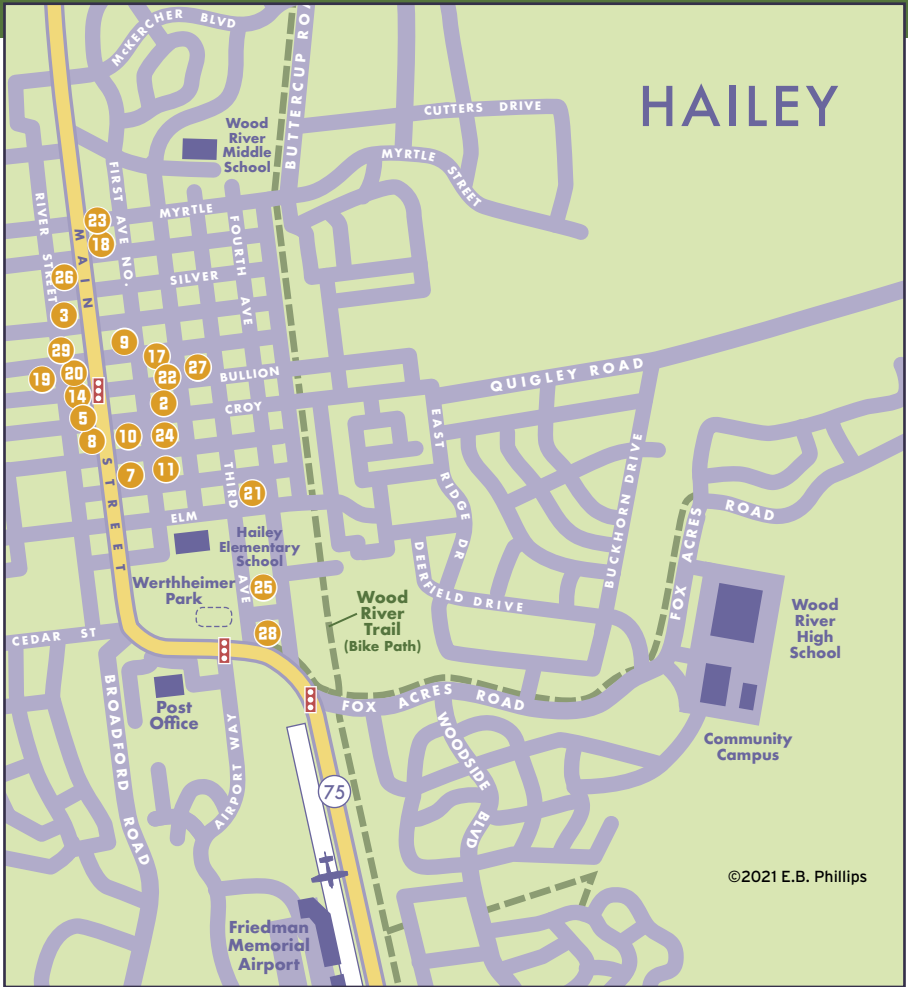
Innovators, like the chefs highlighted above, help us imagine what a resilient, regional, and year-round foodshed looks like! For more tips on preserving the harvest from local chefs, sign up to receive the monthly Locally Grown Newsletter at locallygrownguide.org.



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- | | |
|-----------------------------------------------|-------------------------------------------------------------|
| 1 5B Foods (pg. 45) | 19 Lizzy's Fresh Coffee (pg. 64) |
| 2 Atkinsons' Market Ketchum (pg. 34) | 20 NourishMe (pg. 36) |
| 3 Barrio 75 (pg. 48) | 21 Raspberries Catering & Bistro (pg. 44) |
| 4 Bigwood Bread (pg. 48) | 22 Saffron Indian Cuisine (pg. 51) |
| 5 The Cellar Pub (pg. 49) | 23 Sawtooth Botanical Garden (pg. 74) |
| 6 The Community Library (pg. 72) | 24 Sawtooth Brewery Public House (pg. 47) |
| 7 Cookbook Restaurant (pg. 45) | 25 The Sawtooth Club (pg. 51) |
| 8 Enoteca (pg. 45) | 26 Stanley Baking Co & Café (pg. 51) |
| 9 Galena Lodge (pg. 45) | 27 Stanley Supper Club (pg. 52) |
| 10 Ginger Sweet Juice Bar (pg. 49) | 28 Sunbeam Café (pg. 44) |
| 11 GLOW (pg. 44) | 29 Sun Valley Culinary Institute (pg. 74) |
| 12 Grill at Knob Hill (pg. 43) | 30 Sushi on Second (pg. 52) |
| 13 Hank & Sylvie's (pg. 46) | 31 Village Market (pg. 36) |
| 14 Idaho Rocky Mountain Ranch (pg. 46) | 32 Warfield Distillery & Brewery (pg. 66) |
| 15 KB's Burritos (pg. 49) | 33 Wiseguy Pizza Pie (pg. 53) |
| 16 Ketchum Grill (pg. 46) | 34 Wood River Valley Ketchum Farmers Market (pg. 32) |
| 17 Konditorei Bakery & Café (pg. 46) | 35 Wood River Community YMCA (pg. 76) |
| 18 Limelight Hotel (pg. 50) | 36 Zenergy Health Club & Spa (pg. 47) |



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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> 1 Atkinsons' Market Bellevue (pg. 34) 2 Atkinsons' Market Hailey (pg. 34) 3 Black Owl Coffee (pg. 48) 4 Blaine Soil Conservation District (pg. 72) 5 Café Della (pg. 43) 6 Carey Farmers Market (pg. 32) 7 CK's Real Food (pg. 43) 8 Hailey Public Library (pg. 73) 9 Hangar Bread (pg. 59) 10 Hank & Sylvie's (pg. 46) 11 Hunger Coalition's Hope Garden (pg. 73) 12 The Hunger Coalition (pg. 73) 13 Itty Bitty Farms (pg. 19) 14 KB's Burritos (pg. 49) | <ul style="list-style-type: none"> 15 Kraay's Market & Garden (pg. 35) 16 Krafty (pg. 47) 17 The Nature Conservancy (pg. 73) 18 Power House (pg. 50) 19 Ro's Ramen (pg. 50) 20 Sawtooth Brewery & Tap Room (pg. 66) 21 The Senior Connection (pg. 74) 22 Sun Valley Institute for Resilience (pg. 75) 23 TUNDRA Restaurant (pg. 53) 24 University of Idaho Extension (pg. 75) 25 Upper Big Wood River Grange (pg. 75) 26 Wiseguy Pizza Pie (pg. 53) 27 Wood River Land Trust (pg. 76) 28 Wood River Valley Hailey Farmers Market (pg. 32) 29 The Wylde Beet (pg. 53) |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

BELLEVUE



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