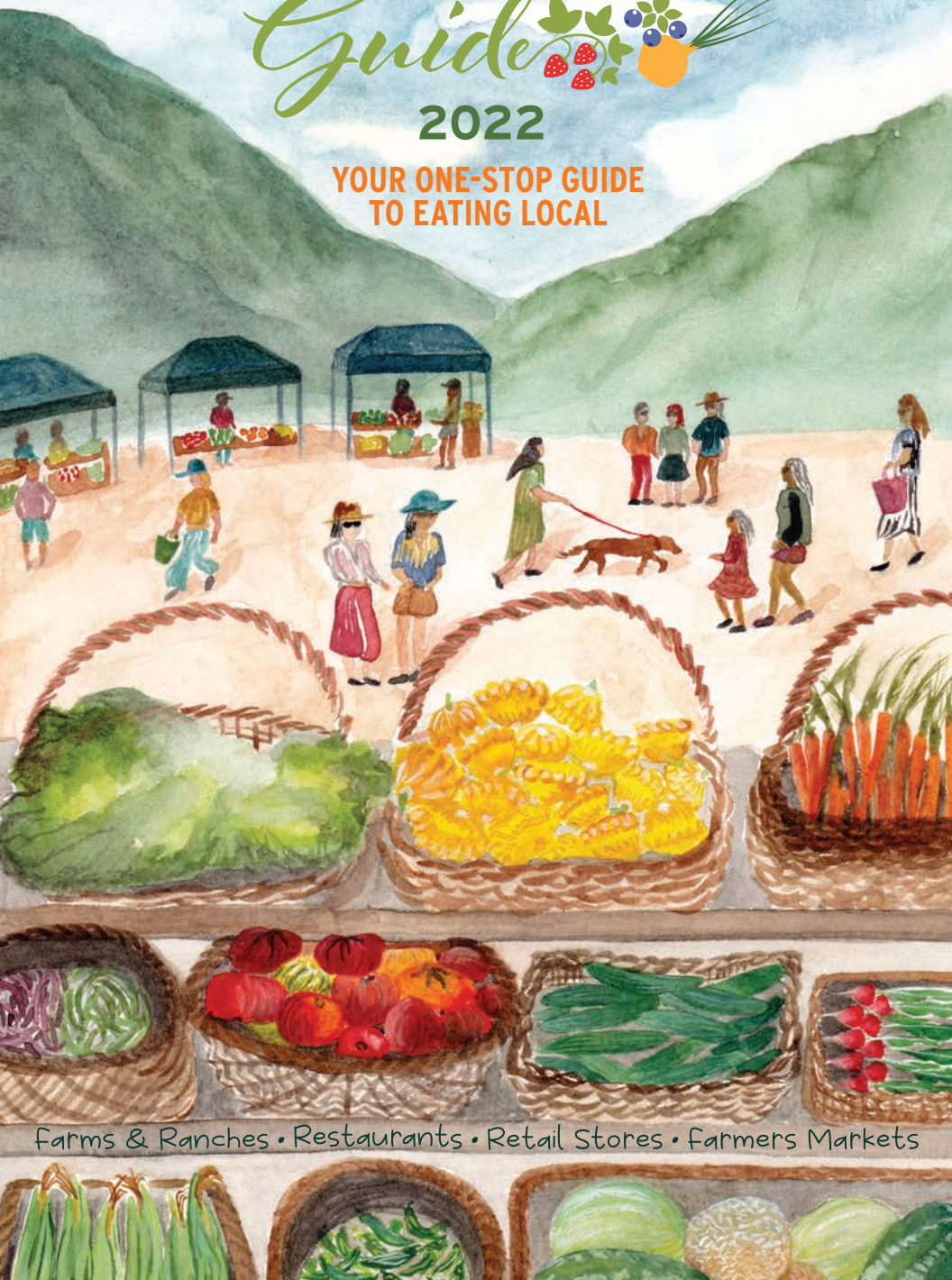


WOOD RIVER VALLEY LOCALLY GROWN

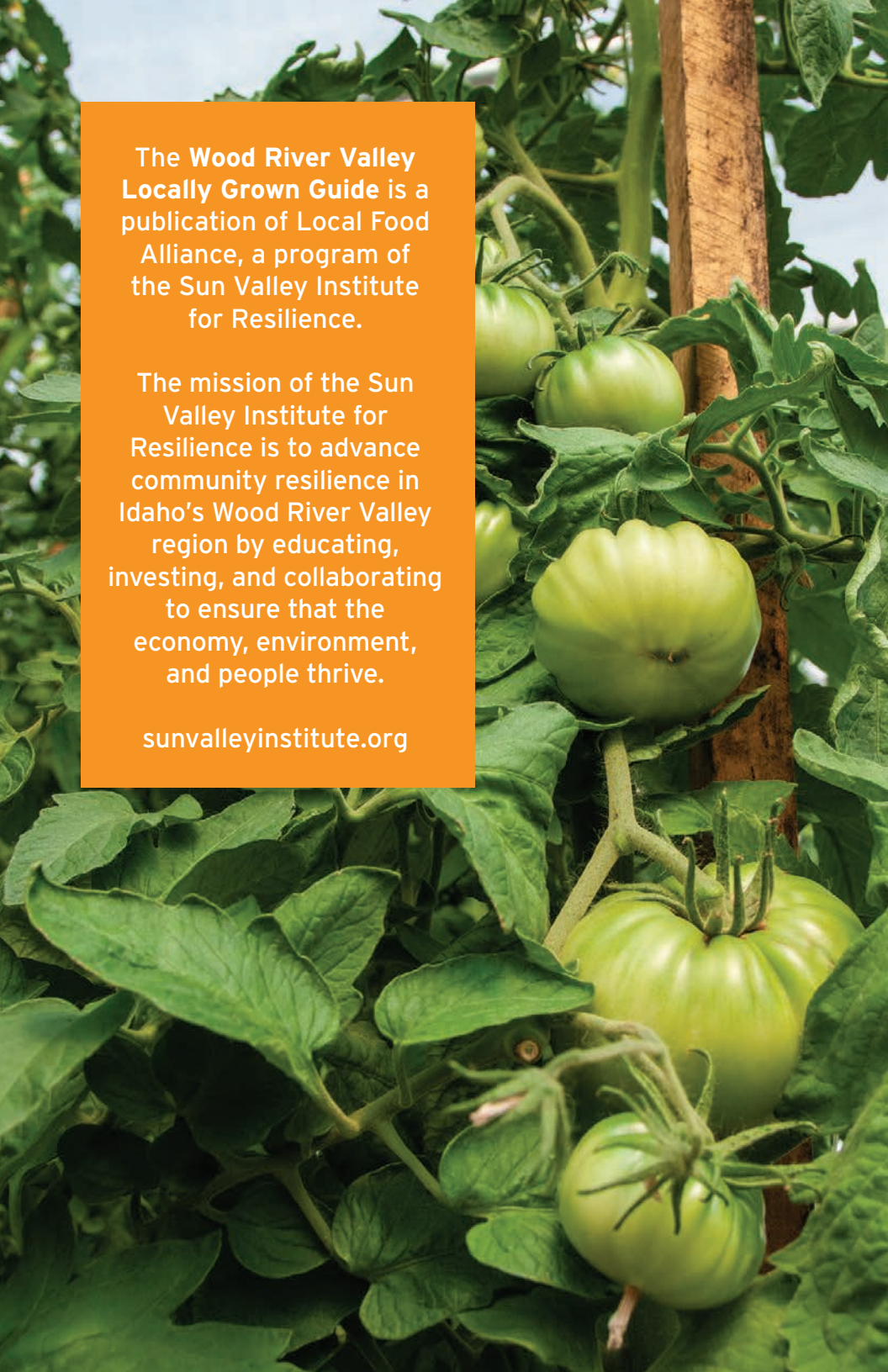
Guide

2022

YOUR ONE-STOP GUIDE
TO EATING LOCAL



Farms & Ranches • Restaurants • Retail Stores • Farmers Markets



**The Wood River Valley
Locally Grown Guide** is a
publication of Local Food
Alliance, a program of
the Sun Valley Institute
for Resilience.

The mission of the Sun
Valley Institute for
Resilience is to advance
community resilience in
Idaho's Wood River Valley
region by educating,
investing, and collaborating
to ensure that the
economy, environment,
and people thrive.

sunvalleyinstitute.org

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LOCAL FOOD ALLIANCE

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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 guide connects residents and visitors to high-quality seasonal food produced in our regional foodshed.

Why is this so important? With the majority of our food being imported, and the majority of our farmland used to grow food for export, most of our food dollars are lost to the industrial agriculture system. The pandemic underscored that this 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 digital edition 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

Cover artwork by Julia Seyferth. Photos by Mike Gordon, Karlie Jeneson, Amy Mattias, Leslie Silva, and Rasperrys. Guide design by Judy's Design House. Maps by E.B. Phillips.

THANK YOU TO OUR SPONSORS



**CENTER
Health &
Performance**



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

SOWER LEVEL

Atkinsons' Market
Stevenson Real Estate Group
& Mowbray Sporthorses
Sun Valley Culinary Institute

HARVESTER LEVEL

CENTER Health & Performance
GLOW
Judy's Design House
Sawtooth Brewery
VAMPS

TILLER LEVEL

NourishMe
Whitehead Landscaping
Zenergy Health Club, Spa & Boutique

GARDENER LEVEL

bungalow munch
Café Della
CK's Real Food
Sturtevant's of Sun Valley

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!





WHO WE ARE



SUN VALLEY INSTITUTE FOR RESILIENCE

ABOUT SUN VALLEY INSTITUTE FOR RESILIENCE

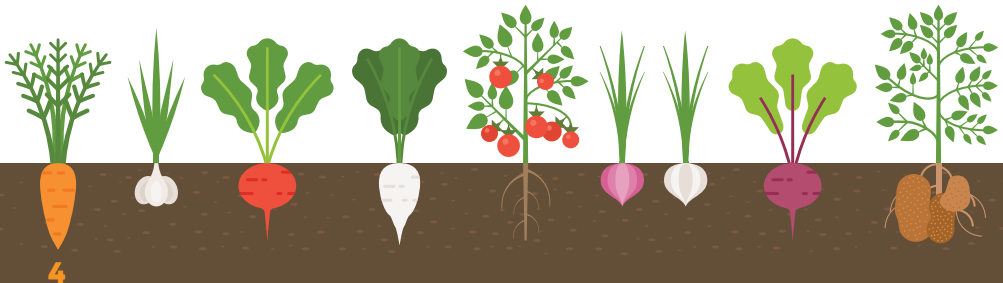
Founded in 2015, Sun Valley Institute for Resilience (SVIR) advances community resilience in the Wood River Valley region by educating, investing, and collaborating to ensure that the economy, environment, and people thrive. From our beginning we have sought strategic levers that drive system-wide change. 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.



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 in schools and restaurants, and promote regenerative agriculture. This work is critical in combatting 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.

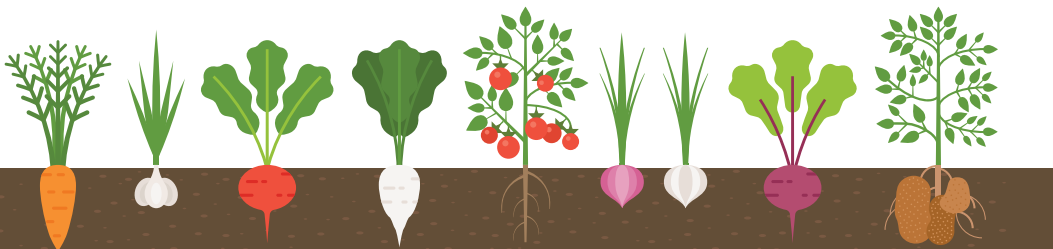
Local produce is fresher, healthier, and tastier. Fruits and veggies grown on nearby farms are picked at the peak of ripeness and typically reach local markets within 24 hours of harvest, helping to preserve their nutritional content.

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 meets their dietary needs and food preferences for an active and healthy life.

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





DID YOU KNOW?

FOOD IS AT THE CENTER OF RESILIENCE.

Here are four ways that a thriving regional foodshed supports a resilient community:

ECONOMIC

Each dollar spent at a produce farm using direct-to-consumer marketing channels generated 44 cents more in local economic activity than purely wholesale-oriented produce farms.¹

ENERGY

The average American meal travels 1,500 miles. Sourcing from regional farmers and ranchers reduces the food miles and carbon footprint of your plate.²

ENVIRONMENT

Regional farmers are more likely to adhere to organic and natural growing processes.³

COMMUNITY

Regional food systems provide a sense of place by reconnecting producers, consumers, community places, and living beings across ecosystems.⁴

¹ Federal Reserve Bank of St. Louis. "The Economic Impact of Locally Produced Food." Federal Reserve Bank of St. Louis, Federal Reserve Bank of St. Louis, 4 Aug. 2020

² Rodale Institute, Impacts of Conventional & Organic Management Practices on Soil Health and Water Quality, 2020

³ The Journal of Sustainability Education, Placing Local Food Systems: Farm Tours as Place-Based Sustainability Education

⁴ ATTRA Food Miles: Background and Marketing, National Center for Appropriate Technology, 2008



LOCALLY GROWN FOODS ALWAYS AVAILABLE



Atkinsons'
FAMILY OWNED AND OPERATED FOR THREE GENERATIONS
M A R K E T

A close-up photograph of fresh green lettuce leaves, showing their characteristic ruffled texture and vibrant green color. The leaves are layered, creating a sense of depth and freshness.

WE APPRECIATE OUR IDAHO FARMERS



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



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 building resilience in our community.

Since mid-2021, the Impact Idaho Fund has distributed more than \$100,000 to three farms producing food for the Wood River Valley. Their stories demonstrate three 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. Read the full Itty Bitty Farms impact story on page 10.

WILD SPACES FARM

In 2021, our regional foodshed lost two small-scale dairy producers. This loss made locally produced milk and other dairy products hard to find. Recognizing this gap, Wild Spaces Farm was started in December 2021 to produce organic, raw dairy products for south and central Idaho. Investment from the Impact Idaho Fund helped Wild Spaces Farm to build infrastructure, purchase equipment, and secure the appropriate certifications for a small-scale dairy. We now have a new raw, organic dairy delivering products to the Wood River Valley regularly.

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REAL ESTATE GROUP



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650.387.2414 | matt@sunvalleysteveson.com



**SUPPORTING LOCALLY GROWN,
SO OUR KIDS CAN GROW LOCALLY.**



415.694.9977 | bmowbray@live.com | www.mowbraysh.com

ITTY BITTY FARMS

Before Emily and Landon Knowles had a farm, they started a farmers market. It was 2017, and they had just purchased a home and “a bit of land” in Carey when they decided to launch a Friday market to serve the local community. They raised chickens, sold eggs, and maintained a garden, but the farmers market was the jump-start to Itty Bitty Farms. “First the farmers market...and then the farm,” explains Emily.

Five years later, and Itty Bitty Farms is an essential agricultural anchor for Carey and our area’s foodshed. Emily, Landon, their five children, and Emily’s parents are now part of the farm operations. You can find their micro-greens on store shelves and menus throughout the Valley and their pickled eggs have a devoted following. They also run the Itty Bitty Farms Store on Main Street in Carey, providing neighbors and visitors with fresh local produce, locally raised meats and dairy, and pantry staples.

In January 2021, Itty Bitty Farms received one of the first investments from Sun Valley Institute for Resilience’s Impact Idaho Fund. The funding allowed them to purchase two large growing tunnels, labor-saving farm implements, and a merchandising freezer for the store.

The two tunnels have expanded their growing space and extended their season. In 2021, Itty Bitty Farms sold 25 different crops totaling over 1,600 pounds! This year, they started growing tomatoes, cucumbers, and other warm-season crops in April. “We get frost in June and September, so the tunnels are a huge help in bringing warm-season vegetables online earlier and keeping them later,” says Emily.

The freezer has been a “game-changer” for their business inside the store. Now locally grown meats and even frozen regional berries are available year-round. As Emily explains, “we’re



WHAT LOCAL INVESTMENT LOOKS LIKE



servicing the whole community with the store. People come down from Sun Valley to shop, and we're the neighborhood market for the growing Carey community."

According to Emily, "The Impact Idaho Fund has given us the resources to continue developing our business. But more than that, it has helped us get our name out there and connect people with the farm. It's a big morale booster to know that people are out there rooting for us to succeed!"

Emily and Landon have barely scratched the surface of their Itty Bitty Farm. It's taken them a few years to figure out their niche and what crops work and sell best. Now Emily thinks it's time to take the next big step, putting new land into production, diversifying their crops, and expanding their markets. "It's going to be the year of the farm," she exclaims.

The Itty Bitty Farms store is open Monday through Friday 12-7pm and Saturday 12-5pm. Look for them at the Ketchum and Hailey Farmers Markets this summer, on Kraay's Market & Garden, and at NourishMe for pop-up farmers markets during the winter.

"It's a big morale booster to know that people are out there rooting for us to succeed!"

– Emily Knowles





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
<ul style="list-style-type: none"> apples apricots blackberries blueberries cherries currants gooseberries grapes huckleberries melons peaches pears plums raspberries rhubarb strawberries 	<ul style="list-style-type: none"> asparagus beets cabbages carrots cucumbers eggplants garden beans garlic herbs leafy greens micro-greens onions peas peppers pumpkins radishes squash sweet corn tomatoes 	<ul style="list-style-type: none"> barley black beans buckwheat flour garbanzo beans oats pinto beans popcorn quinoa red beans rye teff wheat white beans 	<ul style="list-style-type: none"> beef cheese chicken cream eggs elk fish goat lamb milk ostrich pork rabbit turkey yogurt

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 30 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 59.



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 13 and 14.

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

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, dried beans, value-added products (jams, pickles, etc.)

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

FARMS AND RANCHES

MAY, IDAHO



ALDERSPRING RANCH GRASS-FED ORGANIC BEEF

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 an increased 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

HAILEY, IDAHO



B&G PRODUCE

beasloan9654@gmail.com



Bea Sloan and Greg Greenfield have more than 45 years of experience in producing fresh fruits and vegetables. What started out of necessity to feed a growing family grew into a small business 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, Kraay's Market & Garden

FARMS AND RANCHES



BLUEROCK FARM TWIN FALLS, IDAHO

See their listing on page 34

SHOSHONE, IDAHO



BRASIL BEEF

208-420-7106



We are Brasil Beef, we raise American Wagyu cattle slowly, gravitating towards purebred Wagyu. We strive to closely follow the Japanese traditions and treat our animals with 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

BELLEVUE, IDAHO



BUCK WILD 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, Kraay's Market and Garden, NourishMe

HAILEY, IDAHO



BUTTERCUP FARMS

208-720-1730



We are a mother-daughter team growing cut flowers on a two-acre homestead in the heart of Hailey. We believe in sustainable farming and practice all-natural farming techniques. Our flowers are sold by the stem, as mixed bouquets, or in bulk to local florists. We are able to accommodate small events and local delivery.

Products: flowers

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



FARMS AND RANCHES

PINE, IDAHO



DEER CREEK BERRY FARM



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, NourishMe, Raspberries

HAMMETT, IDAHO



DESERT MOUNTAIN GRASS-FED BEEF

desertmountaingrassfed.com



Desert Mountain Grass-fed Beef is a family of ranchers growing 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



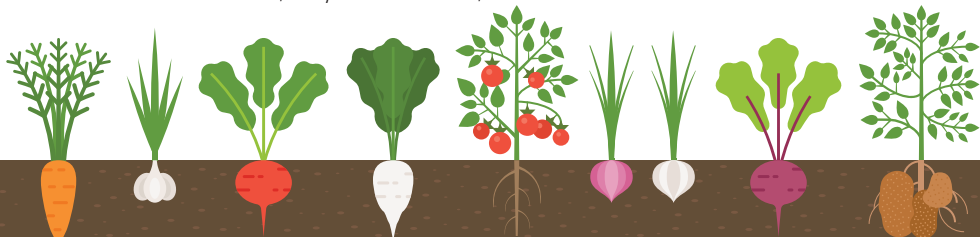
EE-DA-HO RANCH



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, beef

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



FARMS AND RANCHES



MACKAY, IDAHO



ELKHORN RANCH SOUTH

elkhornranchsouth@gmail.com



Elkhorn Ranch South 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, Wood River Farmers Market

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

CAREY, IDAHO



GROVES COUNTRY FARMS

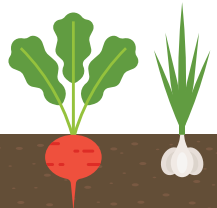
grovescountrymushrooms.com



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

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



FARMS AND RANCHES

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, Ketchum Kitchens, Konditorei, Kraay's Market & Garden, Raspberries, Wood River Tortilla Factory

CAREY, IDAHO



ITTY BITTY FARMS

ourittybittyfarm@gmail.com



Itty Bitty Farms is a family-owned farm and greenhouse operation that specializes in micro-greens, 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, eggs, value-added products

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

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



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, Raspberrys

KING HILL, IDAHO



KING'S CROWN ORGANIC FARM

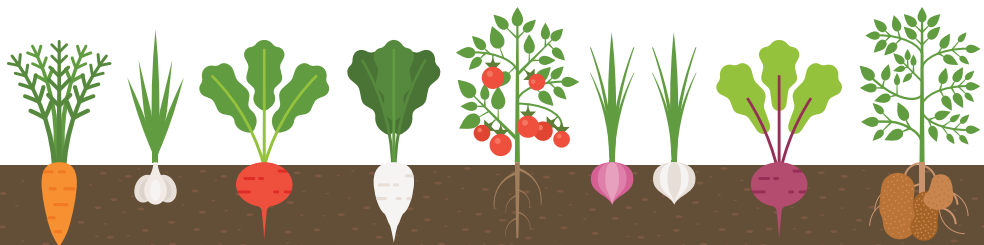
kingscrownorganics.com



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 very 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 & flours, dried beans

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



FARMS AND RANCHES

BUHL, IDAHO



KOEHN TROUT FARMS

208-420-0854



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, Kraay's Market & Garden, NourishMe, Rasberrys, Vintage, Wood River Farmers Market

KRAAY'S MARKET AND GARDEN BELLEVUE, IDAHO

See their listing on page 35

HAILEY, 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 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 products

Available at: Cafe Della/Della Provisions, CK's Real Food, Enoteca, Galena Lodge, Kraay's Market & Garden, Limelight Hotel, NourishMe, Perry's Restaurant, 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

FARMS AND RANCHES



BUHL, IDAHO



OASIS MARKET FARM

oasismarketfarm@gmail.com



Oasis Market Farm has been serving the Wood River Valley communities for the last six 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, oat burgers

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

JEROME, IDAHO



PETERS FAMILY FARMS

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, subscription flower bouquets, and wholesale cut flowers to the Magic and Wood River Valleys. Farming practices promote healthy plants, soil, and people.

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

Available at: Direct from farmer, Atkinsons' Markets, From Scratch by Chef Laura Apshaga, 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 garden. 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

FARMS AND RANCHES

FAIRFIELD, IDAHO



PRAIRIE WINDS HERITAGE FARM

prairiewindsheritagefarm@gmail.com



Prairie Winds Heritage Farm is a small 2.5-acre high-altitude Certified Naturally Grown producer specializing in onions and nine hard-neck garlic varieties. We also provide Certified Naturally Grown pastured meat chickens and turkeys, locally sourced fruit jams, and sourdough bread.

Products: seasonal vegetables, seasonal fruits, honey, meat products, value-added products
Available at: Kraay's Market & Garden

BELLEVUE, IDAHO



RAW LIFE FARMS

rawlifefarms88@gmail.com



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

HAZELTON, IDAHO



RED STAR RANCH

redstargrassranch.com



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. We also 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 and pork in the Wood River and Magic Valleys.

Products: meat products
Available at: Direct from farmer, Atkinsons' Markets, From Scratch by Chef Laura Aphsaga, 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, Zou 75

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



Nestled in the heart of Idaho, Swift River Farm is committed to organic and regenerative farming methods that build, empower, and support our region's food system, from farm to fork.

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

FARMS AND RANCHES

OREANA, IDAHO



THOMAS CATTLE COMPANY

thomascattlecompany.com



Thomas Cattle Company raises premium, all-natural Angus beef that typically rates high choice or prime. TCC beef contains no added hormones or antibiotics ever. We sell 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, Hangar Bread, Hank & Sylvie's, Konditorei, Kraay's Market & Garden, Limelight Hotel, NourishMe

FARMS AND RANCHES



KETCHUM, 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, Kraay's Market & Garden, Wood River Farmers Market

GLENN'S FERRY, IDAHO



WILD SPACES FARM

wildspacesfarm.com



Wild Spaces Farm is located in southern Idaho north of the small town of Glenn's Ferry. Wild Spaces Farm specializes in producing raw dairy products from pasture-raised cows. The herd and the land is stewarded using regenerative practices within a holistic management grazing framework. Wild Spaces Farm strives to provide nutrient-dense food for the public and wild spaces for plants and animals.

Products: dairy

Available at: Direct from farmer, Boise Farmers Market, 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, From Scratch by Chef Laura Apshaga, Kraay's Market & Garden, NourishMe, Smiley Creek Lodge, Wood River Farmers Market



VAMPS

SUPPORTING LOCAL FARMERS



PUBLIC HOUSE

631 Warm Springs Rd
Ketchum
208.726.6803

TAP ROOM

110 N River St
Hailey
208.788.3213



25 TAPS
BEER
WINE
CIDER
KOMBUCHA



LOCAL BEER, HANDMADE PUB FOOD

HAPPY HOUR



WEEKLY TRIVIA



















BREWED IN IDAHO

SAWTOOTHBREWERY.COM

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	JUNE	JULY	AUG	SEPT	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	JUNE	JULY	AUG	SEPT	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 our online directory. 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
20444 N. Main St., Carey, ID

Fridays, 6:30 - 8:30 pm, June 3 - August 19

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 11 - October 1

The Hailey Farmers Market is held on Saturday mornings (9am-1pm) in Roberta McKercher Park. The market begins the second Saturday of June and ends the first Saturday of October. 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
Lower River Run Parking Lot

Tuesdays, 2 - 6 pm, June 14 - September 27

The 2022 Ketchum Farmers Market will be held in the lower River Run parking lot at the base of Bald Mountain on Tuesdays from June 14 to September 27. The market will be open from 2 to 6 pm. We are pleased to announce the market is accepting EBT and offering the Double Bucks program again. Customers are encouraged to bring their own bags and market baskets.





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' MARKET

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 was founded in 1956, serving our community for over 60 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 and grains, honey, value-added products, beer, wine, and 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 and grains, honey, value-added products, plant starts, fresh-cut flowers



CAFE DELLA/DELLA PROVISIONS HAILEY, IDAHO

See their listing on page 41



HAILEY, IDAHO

CK'S PANTRY

cksrealfood.com/cks-pantry-menu • 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 3:30 pm. Additionally, you can make an order online Tuesday-Friday. 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 20

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 8 am, closing Sunday evenings at 7 pm. 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, and other beverages, plant starts, seeds, fresh-cut flowers

Photo Courtesy of Raspberlys





RETAIL OUTLETS

KETCHUM, IDAHO

NOURISHME

journourishme.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 are 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 green, micro-greens, dairy products, beef, lamb, pork, poultry, fish, dried beans or grains, honey, value-added products, beer, wine, and other beverages

RASBERRYS KETCHUM, IDAHO

See their listing on page 42

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, and other beverages





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



ZENERGY SUN VALLEY



RELAX & RESTORE.

visit zenergysv.com | 208.725.0595
@ [zenergy_sunvalley](https://www.instagram.com/zenergy_sunvalley)

A YEAR IN THE LIFE OF A LOCAL FOOD SUPPORTER



PLANT

Connect with local gardeners. Share your experience and knowledge at various 5B Resilience Gardens webinars and workshops.

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 to reconnect with our regional food producers. Enjoy 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.

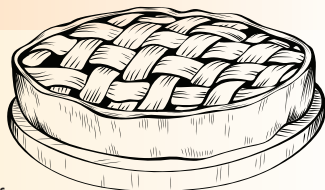
SAVOR

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.







GLOW SUN VALLEY

PLANT-BASED
ORGANIC

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

9-5 / M-F
10-4 / SATURDAY

@GLOWSUNVALLEY



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NATURAL

NON-PRESCRIPTIVE APPROACH
TO HEALTH + PERFORMANCE

AUTOIMMUNE * ANXIETY * DEPRESSION
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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.

NEW THIS YEAR! 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 Raspberries



RESTAURANTS



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 Ranch Flour & Grain, Kasota Hydroponics, Kimberly's Best Creamery, 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

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. 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, ZenMatcha, 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 Ranch Flour & Grain, Itty Bitty Farms, Lava Lake Lamb, Lookout Farm, Two Rivers Smoked Fish, Waterwheel Gardens, Wood River Ranch Beef, Zursun Idaho Heirloom Beans

GRILL AT KNOB HILL

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 Sarah Janego, 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: Agrarian Harvest, Ballard Cheese, Buckwild Beef, Double Springs Ranch, Itty Bitty Farms, Kraay's Market & Garden, M&M Heath/Sunset Butte Organics, Shooting Star Farm, Squash Blossom Farm, Waterwheel Gardens



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 Farm, Five Bee Hives Honey, Hangar Bread, Kraay's Market & Garden, Peters Family Farms, River Road Farm, Roadbars, Squash Blossom Farm, Waterwheel Gardens, Vogel Farms

NOURISHME

See their listing on page 36

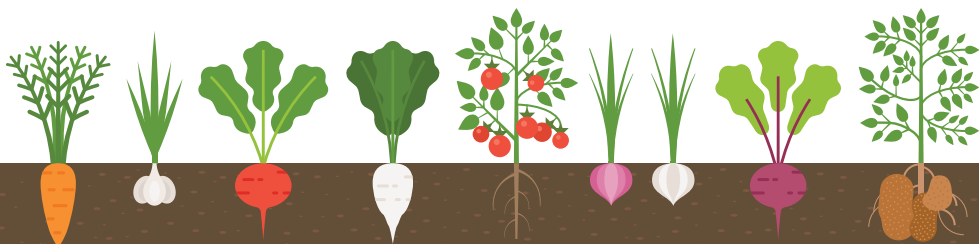
RASBERRYS

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 Ranch Flour & Grain, Itty Bitty Farms, Kasota Hydroponics, Kimberly's Best Creamery, King's Crown Organics, Lookout Farm, M&M Heath/Sunset Butte Organics, Shooting Star Farm, Squash Blossom Farm, Wagon Wheel Produce



RESTAURANTS



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 thoughtful 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

KETCHUM GRILL

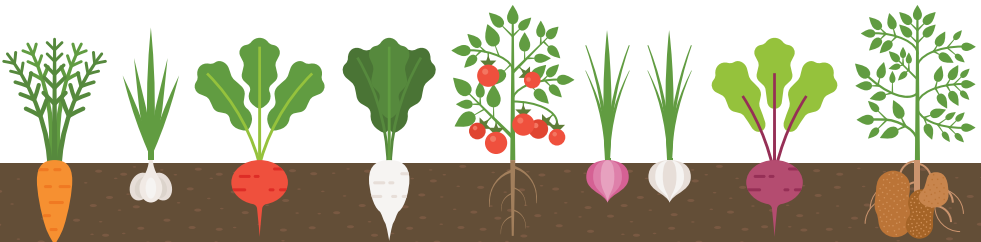
520 East Ave. N., Ketchum

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





RESTAURANTS

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. 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

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



5B FRUIT

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



Whoever said healthy couldn't be fun, delicious, and beautiful? Established in 2017, we have developed this menu of smoothies, juices, bowls, and toasts as a fusion of locally grown ingredients and unique tropical flavors. Born and raised in the Wood River Valley, we are passionate about our community. We have created a space where people can enjoy diverse new tastes and fresh, high-quality products in the most sustainable ways possible. We love what we do, and it's all thanks to you! Our amazing customers and employees are what make this dream come true.

Sources from: Itty Bitty Farms

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 8 am until 2 pm. 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

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 and Tan. A full bar complements the pub fare of Buffalo Burgers 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. Takeout available nightly.

Sources: Lava Lake Lamb, Sawtooth Brewery, Warfield Brewery & Distillery



RESTAURANTS

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: Lava Lake Lamb, Sawtooth Brewery

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

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, Lookout Farm, Squash Blossom Farm

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

RESTAURANTS



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

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: Bucksnot Rootbeer, Oasis Market & Garden, Sawtooth Brewery

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

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

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, crowlers, and have bottles and cans to go!

Sources: Pahsimeroi Farms, Shooting Star Farm

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

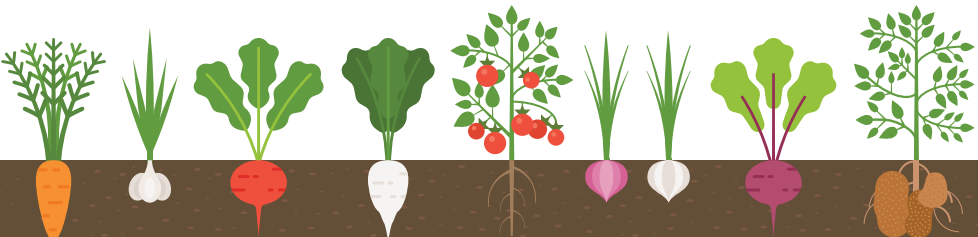
STANLEY BAKING CO. & CAFE

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



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 their 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

WARFIELD DISTILLERY & BREWERY

See their listing on page 62

WISEGUY PIZZA PIE

406 Sun Valley Rd., Ketchum and 411 Main St., Hailey
208-726-0737 and 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



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 Ranch Flour & Grain, Itty Bitty Farms, Kasota Hydroponics, Kimberly's Best Creamery, 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 41



HAILEY, IDAHO

FROM SCRATCH, LLC

208-725-0470



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 Picatta 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!

Sources: Agrarian Harvest, Ballard Cheese, Buckwild Beef, Deer Creek Berry Farm, Elkhorn Ranch South, Hillside Ranch Flour & Grain, Itty Bitty Farms, Kasota Hydroponics, King's Crown Organic, Kraay's Market & Garden, Lava Lake Lamb, Lookout Farm, M&M Heath/Sunset Butte Organics, Peters Family Farms, Prairie Sun Farm, Prairie Winds Heritage Farm, Raw Life Farms, Red Star Ranch, Shooting Star Farm, Squash Blossom Farm, Sunset Natural Foods, Waterwheel Gardens, Wood River Ranch Beef



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 Farm, Lookout Farm, Shooting Star Farm, Squash Blossom Farm

KB'S BURRITOS HAILEY AND KETCHUM, IDAHO

See their listing on page 46



RASBERRYS KETCHUM, IDAHO

See their listing on page 42



SAFFRON INDIAN CUISINE KETCHUM, IDAHO

See their listing on page 47



Photo Courtesy of Raspberries



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 28), 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. If you have an association with an institution, get involved in their food sourcing and encourage them to shift their buying to local producers.

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.



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



Atomic Potato Chip Company is a small-town husband and wife team making potato chips that taste like they did when you were growing up. We make truly homemade potato chips without all of the preservatives that still last up to 14 days - that is if they are still around. We make truly homemade potato chips without all of the preservatives that still last up to 14 days, that is, if they are still around. Craving the taste of a REAL potato chip? Give us a try!

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

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 45

CK'S PANTRY HAILEY, IDAHO

See their listing on page 41



FOOD ARTISANS

KUNA, IDAHO

DILLY'S PICKLED VEGGIES

dillyspickles.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

208-670-7557



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

BUHL, IDAHO

EVANS FARMSTEAD CHEESE

evansfarmsteadcheeses.com



My husband and I have a grade A Jersey cow dairy. I have made cheese as a hobby for eight years and last year we decided to make it a business. We have a state-approved "cheese plant," it's a 25x25-foot room with a loft. 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 started to sell 10/30/20. We have about 15 varieties of cheeses that we make.

Available at: Direct, Boise Co-op, Cloverleaf Creamery, Wood River Farmers Market



HAILEY, IDAHO

FIVE BEE HIVES

208-720-7297



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

FROM SCRATCH, LLC HAILEY, IDAHO

See their listing on page 50

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

HILLSIDE GRAIN BELLEVUE, IDAHO

See their listing on page 20

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, Village Market, Wood River Farmers Market, select local pet stores



FOOD ARTISANS

LIZZY'S FRESH COFFEE **KETCHUM, IDAHO**

See their listing on page 60

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 3 pm, 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, Sawtooth Spirit, Stanley Baking Co. and Café

HAILEY, IDAHO

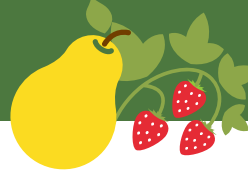
PIEDAHO

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 Market



RASBERRYS KETCHUM, IDAHO

See their listing on page 42

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 in small batches. Using locally sourced ingredients when possible, Red Barn Granola delights with three distinctly different light and lacey flavors: Ginger Almond Coconut, Apple Crisp, and Cranberry Orange Chocolate Pecan.

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

GARDEN VALLEY, IDAHO

REDWOOD FAIRY HERBS & FERMENTS

408-859-7383



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 Cafe, 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, Ketchum Kitchens, NourishMe, Village Market, select restaurants and delis



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

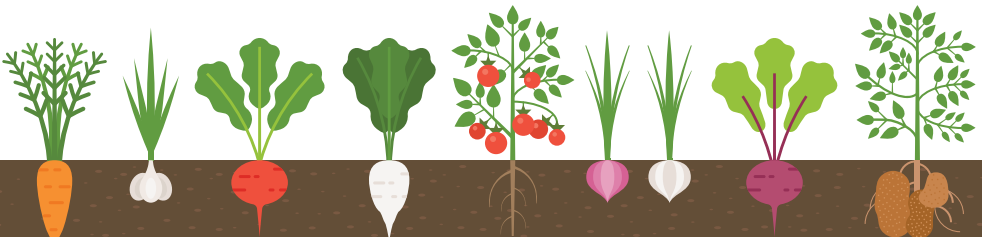
WILSONS' WILD SALMON

wilsonswildsalmon.com



We follow the tides north each summer to harvest wild Alaskan sockeye salmon from Bristol Bay, Alaska. Your fish are hand-picked by our small-scale husband and wife fishing team, and we are your local source for sustainable seafood. Your fishermen and neighbors, Keith and Mandy Wilson, are honored to bring you fish from our nets to your table.

Available at: Direct



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, 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 46

GLOW SUN VALLEY KETCHUM, IDAHO

See their listing on page 46



LOCAL BEVERAGE CRAFTERS

BOISE, IDAHO

IDAHO KOMBUCHA CO.

idahokombucha.com



Idaho Kombucha Co. 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, Hank and Sylvie's, Konditorei

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, Black Owl Coffee, Maude's Coffee & Clothes



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

KETCHUM, 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 newest ready-to-drink products, Fresh Ginger Shrub + Soda and Strawberry Hibiscus Shrub + Soda.

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

HAILEY, IDAHO

SAWTOOTH BREWERY & TAP ROOM

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, crows, 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, select restaurants, Village Market



LOCAL BEVERAGE CRAFTERS

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, Idaho State Liquor Stores, Albertsons Market Hailey, Atkinsons' Markets, Village Market

KETCHUM, IDAHO

ZENMATCHA INTERNATIONAL LLC

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



FROM FIELD TO FORK

A food system describes the series of links connecting the people and resources involved in the process as a product moves from the field to your fork.





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 28 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 Geoff Felsenthal, Culinary Director of the Sun Valley Culinary Institute, on page 64.



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 67.



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 Geoff Felsenthal, Culinary Director of the Sun Valley Culinary Institute, for a tasty way to reduce food waste in the kitchen! His recipe incorporates an often thrown-out ingredient into a delicious and nutritious meal. As a bonus, you can spend less and eat more by using every part of each ingredient! For more tips on reducing food waste, check out page 63.

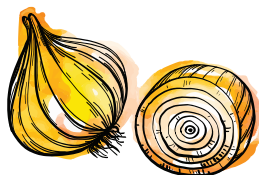
BEET GREEN RUBEN

Makes 4 sandwiches

INGREDIENTS:

SANDWICH

- 8 slices of best quality rye or multi-grain bread
- 2 bunches of beet greens from yellow and red beets
- 1/2 head green cabbage
- 1/2 onion, small diced
- 3 cloves garlic, thinly sliced
- Pinch of chili flakes
- 8-10 slices vegan or regular Swiss cheese
- 1,000 island dressing
- Juice of 1 lemon



DRESSING

- 3/4 c. vegan or regular mayonnaise
- 1/4 c. ketchup
- 2 tbsp. chili sauce
- 1 tbsp. Worcestershire sauce
- 1/4 c. sweet pickle relish
- 1 tsp. cider vinegar
- 1 tsp. paprika

TO MAKE

1. Combine all the dressing ingredients and mix well. Taste and adjust. Set aside.
2. In a large pot of water, with a little salt, blanch the greens for 2-3 minutes. Drain and stop the cooking in an ice bath. Drain, squeeze dry, and chop. Cook the onions, garlic, and chili in a medium-sized sauté pan until soft, with a pinch of salt until garlic is light brown. Add the greens and cook over low heat until greens are soft and melting tender. If a little dry, add a few tbsp. of water to the pan. Season with salt to taste.
3. Thinly cut the cabbage and season with some lemon juice, salt, pepper, and a little olive oil. Stir to mix.
4. Place a slice of the cheese on each slice of bread. Spread some of the 1,000 island dressing on top of the cheese, then add half of the cabbage and half of the greens. Place the bread on top and brush the top side with olive oil. In a pan large enough to hold the sandwiches, place the oiled side down and cook over medium heat until golden brown. Brush the top side with more oil and turn over and repeat until golden. Place in a 400 oven until cheese is melted. Serve with some of your favorite chips and pickles.



SUN VALLEY CULINARY

INSTITUTE

THE CULINARY HUB OF THE WOOD RIVER VALLEY



PROFESSIONAL CULINARY SCHOOL

A one-year program combining intensive classroom learning with hands-on restaurant experience for students ready to launch a career in the food industry.



ENTHUSIAST COOKING CLASSES

Seasonal and relevant culinary experiences such as culinary demos hands-on cooking, skills development, wine tasting and visiting guest chefs.



PRIVATE EVENT VENUE AND CATERING

We are ready to accommodate your needs for any event. Available for weddings, private dinners, chef demonstrations, meetings and more!

INFO@SUNVALLEYCULINARY.ORG

+208-913-0494



SUNVALLEYCULINARY

211 MAIN STREET. KETCHUM, ID 83340

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. 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 build soil health. Another part is capturing the system's waste and returning it to the soil where it can feed the next planting. That is where the Community Compost Project comes in.



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

The Community Compost Project has partnered with Atkinsons' Market in Hailey, where produce department staff collect trimmings and spoiled products in large bins. Three times a week, volunteers from Sun Valley Institute for Resilience and The Hunger Coalition collect the bins and bring them back to the Bloom Community Center. There, the food scraps are loaded into Chompie, the BiocoTech BioSpeed M1 aerobic composter. Chompie can handle up to 245 pounds of food waste per day. In only a couple days, that waste becomes finished compost. Since August of 2021, Chompie has converted over 20,000 pounds of food waste into compost. This compost is applied to the Bloom Community Center Gardens and turned into nutritious, locally grown food for our community.

The Community Compost Project is only one of the amazing food programs offered by The Hunger Coalition. For more information see their listing in the Community Food Resources section on page 69.



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



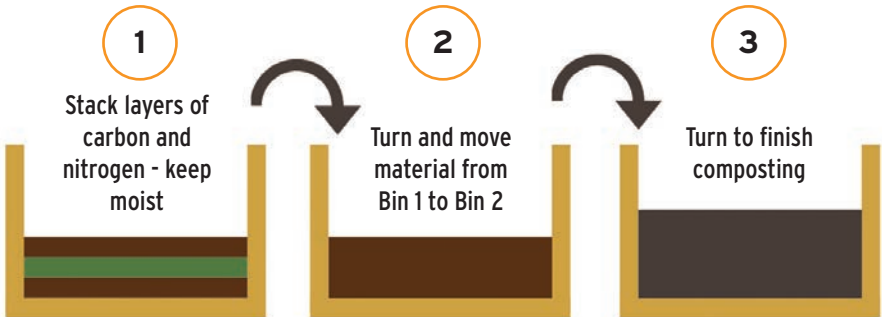
WHAT TO COMPOST:

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!



Get involved with community composting by volunteering at The Hunger Coalition's aerobic composter.



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

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 strives to connect citizens of all ages with current, high-interest materials and information. We regularly offer gardening, pruning, history, natural history, and other classes for adults and Story Time 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.

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 28, 2022 • Hailey, Idaho • woodriverseeds.net

Join the tailgate-style Seed & Plant Exchange at the Upper Big Wood River Grange on Saturday, May 28. 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

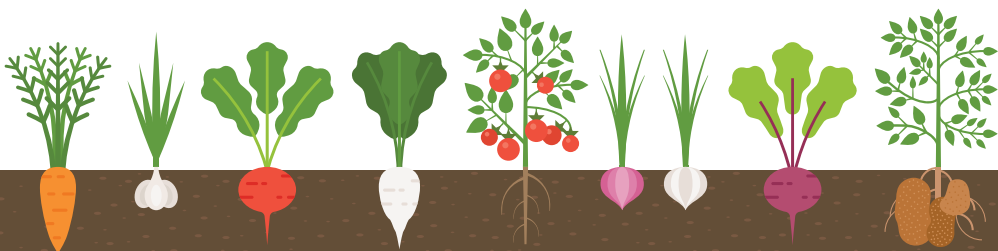
June 11, 2022 • Hailey, Idaho • wrfarmersmarket.org

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 FORUM

June 6-8, 2022 • 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.





COMMUNITY FOOD EVENTS

SUN VALLEY WELLNESS FESTIVAL

June 10-13, 2022 • Ketchum, Idaho • sunvalleywellness.org

Founded by community members wanting to provide a platform for wellness of the mind, body, spirit, and environment, SVWFC is now widely recognized as the longest-running wellness festival in the world. This nonprofit organization has hosted speakers among the world's greatest thought-leaders on the subject of wellness. It has become a beloved annual community tradition that attracts attendees from around the world. Attendees are individuals of all ages and socio-economic backgrounds interested in wellness and people dedicated to making the world a better place.

SUN VALLEY BREWFEST

June 18, 2022 • 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.

SUN VALLEY WINE AUCTION

July 20-22, 2022 • Ketchum, Idaho • sunvalleywineauction.org

The Sun Valley Wine Auction started 41 years ago to raise vital funds to support the arts in our community. Hosted by the Sun Valley Museum of Art, the Wine Auction welcomes a diverse group of vintners to participate each year. There are always new people to meet and tastes to discover. You can expect to be inspired and entertained in new ways every year. We take pride in being a world-class event with an intimate feel. Let's all raise our glasses and our paddles to acknowledge the profound power of the arts and the love we share for this community.

SUN VALLEY CULINARY INSTITUTE FORKS N' SPURS EVENT

August 6, 2022 • 2-9 pm • Ketchum, Idaho • sunvalleyculinary.org

Forks N' Spurs, A Western Culinary Fest, will be held at River Sage Stables on August 6 from 2-9 pm. Food, equine events, kids games, pie baking contest, and live music and dancing featuring Tylor & The Train Robbers, Dave Stamey, and Dewey Pickette & Howe.

COMMUNITY FOOD EVENTS



WAGON DAYS PARADE

September 3, 2022 • 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. 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.

OKTOBERFEST

September 16, 2022 • Ketchum, Idaho • ketchumoktoberfest.com

Get your German on, Idaho-style at Sawtooth Brewery's Annual Ketchum Oktoberfest! Join us at Sun Valley's Festival Meadows 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 5-9, 2022 • Hailey and Ketchum, Idaho • trailingofthesheep.org

One of the great fall festivals anywhere in the United States, Trailing of the Sheep preserves the stories and history of sheep ranchers and herders, celebrating the rich cultures of the past and present and entertaining and educating children and adults about the production of local food and fiber that have sustained local economies for generations. Activities include the Folklife Fair, cooking demonstrations, lamb meals, sheepdog trials, Wool Fest, and of course, the Sheep Parade on Main Street in Ketchum.

WILD GAME DINNER

December 9, 2022 • 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

Innovation in the local food space is not only about the latest technology and newest equipment. Farmers in our region are innovating by being mindful, returning to traditional practices, mimicking nature, and relocalizing the full circle of production. We spoke to some regional farmers to find out how their practices are following this new mode of innovation.



HILLSIDE GRAIN

"Tasty, nutritional, and sustainable food starts in the field," states Brett Stevenson, owner of Hillside Grain. This simple philosophy permeates everything she does. In the fields, Hillside is experimenting with wheat varieties from WSU Bread Lab that work to combat climate change and increase the nutritional value and flavor of the end product. Brett's milling process is a hybridized new and old world system that specializes in high-extraction flour that includes bran and germinate for nutrition and flavor. The process yields a product that performs more like white flour than whole wheat flour. Now, Hillside Grain is embarking on the next step towards completing the cycle.



The addition of a bread oven allows Brett and her team to close the loop on their production model, going from seed to plate. "We are in grain-growing country. There is no reason why we shouldn't have broad access to delicious, nutritious, fresh bread made from locally grown grain. Making that tangible connection between producers and consumers within our community means a lot to me," she says.

Having a bakery on site will also inform decisions in the field. They will be able to experiment with new types of grain and find the ones that work in harmony with the land, the mill, and the oven. "We want our grains to be good for the land and environment (low water needs, higher carbon sequestration, soil building) and maintain great flavor and nutrition," says Brett.



EE-DA-HO RANCH

"Our goal is farm and ranch financial viability that builds the land's ecological health and therefore sustainable capacity," states Ee-da-ho Ranch owner Werner Morawitz. Utilizing regenerative practices, the ranch is exploring ways to layer different agricultural businesses on the landscape. "In a way, this layering of minds, hands, and



businesses mimics the layering in nature. We've seen how collective knowledge and a holistic approach can benefit our environment," he says.

Partnering with local farmers and ranchers is central to the Ee-da-ho Ranch model. Right now, that looks like mob grazing with naturally raised cattle from Buck Wild Beef and King's Crown Organics and sheep from Squash Blossom Farm, a mobile chicken tractor, bees from Fox Glove Honey, and a variety of crops planted by Squash Blossom. "The succession of cattle to chickens to pasture has helped us identify soil deficiencies. We are learning how to manage sections of pasture for healthier soil, and we are doing it while benefiting four farmers," explains Werner.

Werner's goal is to find like-minded businesses that earn a living, improve the soil, and make positive contributions to the community of farmers on the land. He adds, "We're searching for how we can make the sum of the businesses greater than the pieces, both ecologically and economically and hope what we learn can be utilized by others in our community."



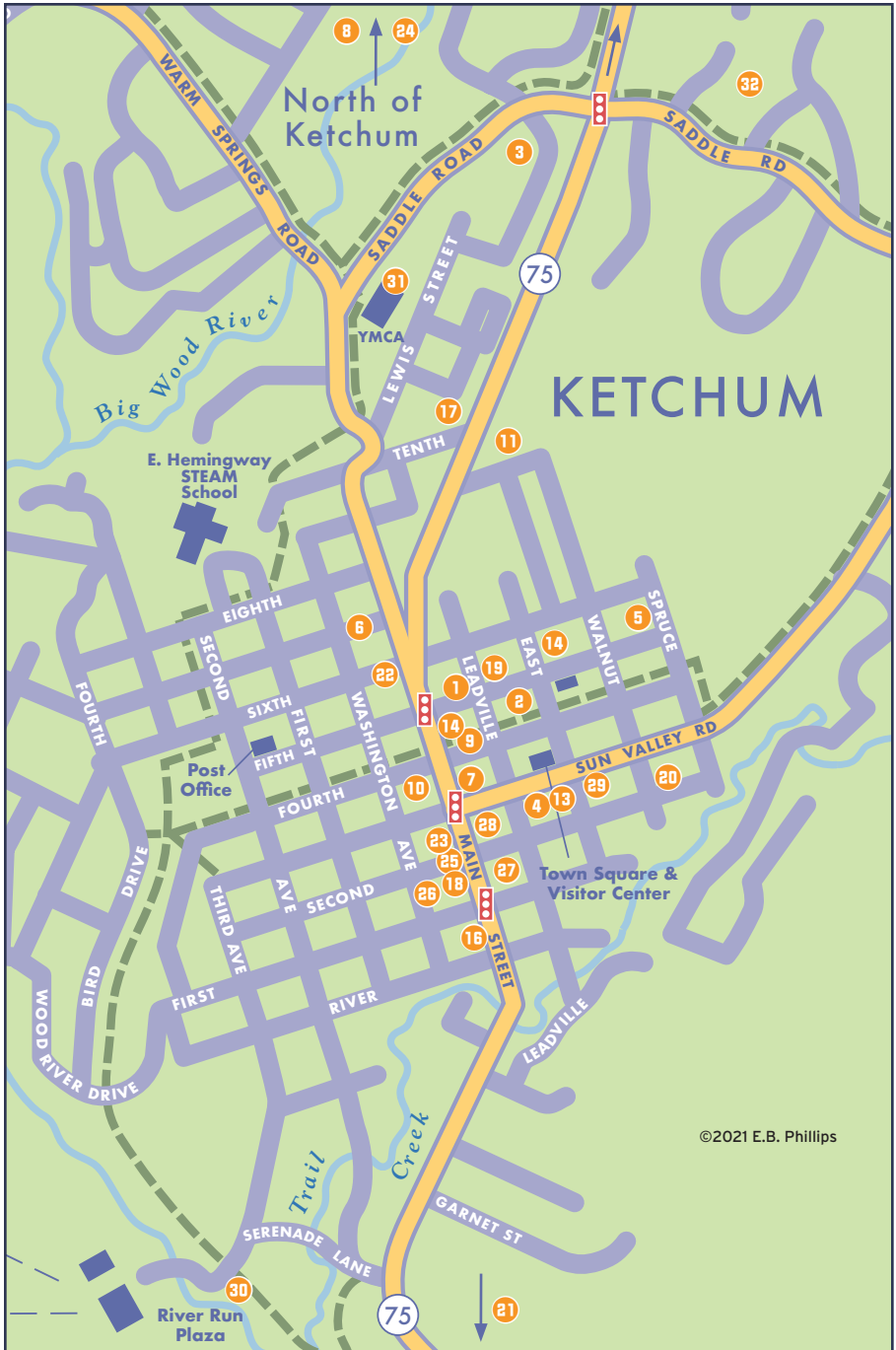
1,000 SPRINGS MILL

Tim Cornie and his business partner, Kurt Mason, are "big cover crop guys." As Tim explains, "We mimic the natural system by planting crops in succession and incorporating grazing into the system." 1,000 Springs Mill starts from the soil and works its way up, focusing on ways to close the production cycle from seed to consumer. They grow, clean, and process a wide selection of pantry staples including dried beans, popcorn, and ready-to-eat products.

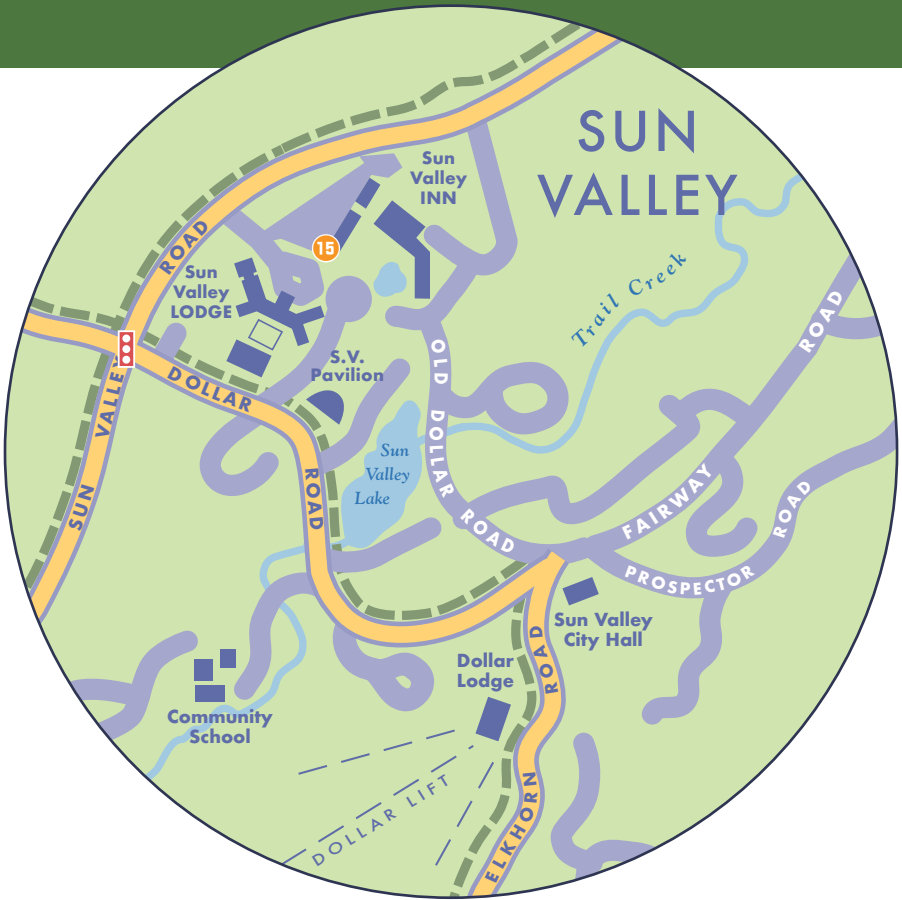
A big new push for 1,000 Springs Mill is industrial hemp, especially gluten-free hemp grain. Last year, thanks to the efforts of farmers like Tim, the crop was approved for cultivation in Idaho. "Hemp is a superfood and a wonderful high-protein ingredient that we'll use in our hemp protein powder and meal replacer bars. The fiber left behind goes directly into making building materials for homes. Hemp also fits well into our crop rotations and is not a high-water user," he says.

1,000 Springs Mill is also a dedicated supporter of the local community. Their online fundraising platform allows groups to earn 15% for every purchase made by the community at 1000springsmill.com. "With this fundraising tool, all the money spent stays in our community and it makes it easy to support local organizations and local farmers," says Tim. Projects include the Sacred Walk Initiative (code: MT 100), FAA Hagerman (ID100), and the Twin Falls Robotic Team (ID101). "Support our community by using one of these codes at checkout on 1000springsmill.com," he adds.

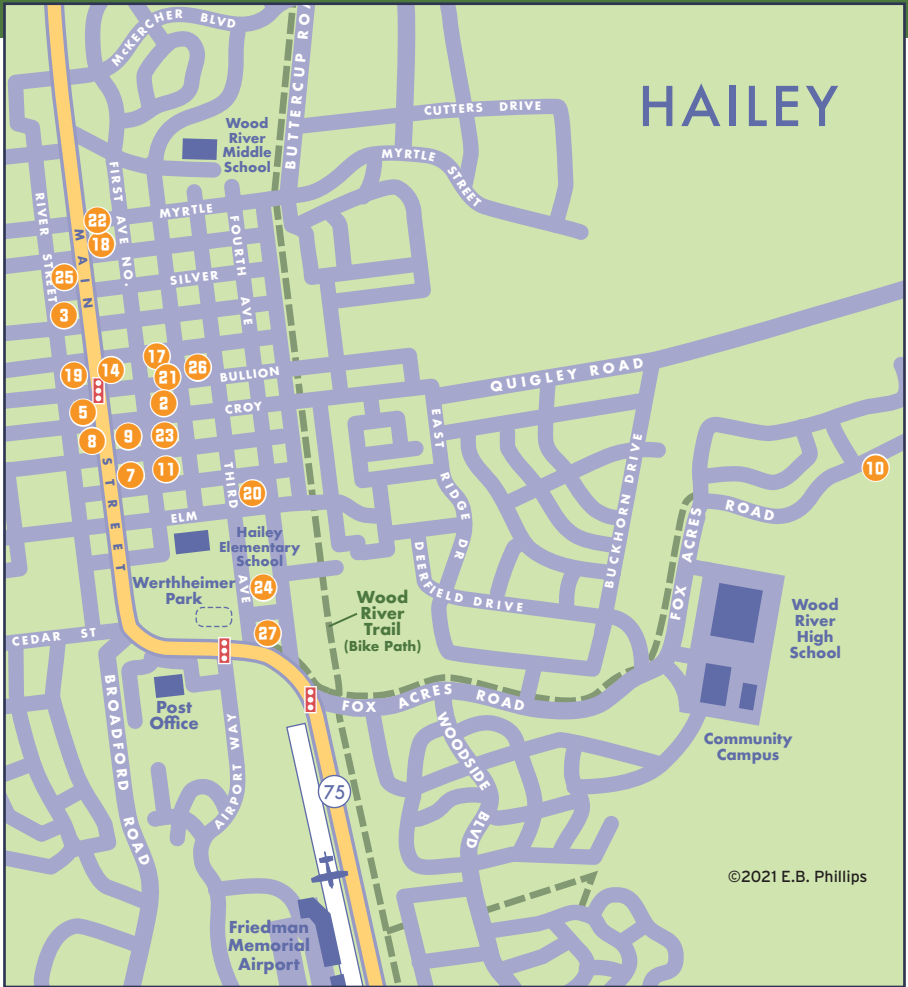
Innovators, like the farmers highlighted above, help us imagine what a resilient, regional foodshed can look like!



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BELLEVUE



BELLEVUE

SOUTH of BELLEVUE





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