

Future^{Roots}

LOCALLY GROWN GUIDE

SUMMER 2025
TO SPRING 2026



EAT LOCAL IN THE WOOD RIVER VALLEY

FARMS & RANCHES • RESTAURANTS • RETAIL STORES • FARMERS MARKETS

TRY OUR ONLINE GUIDE

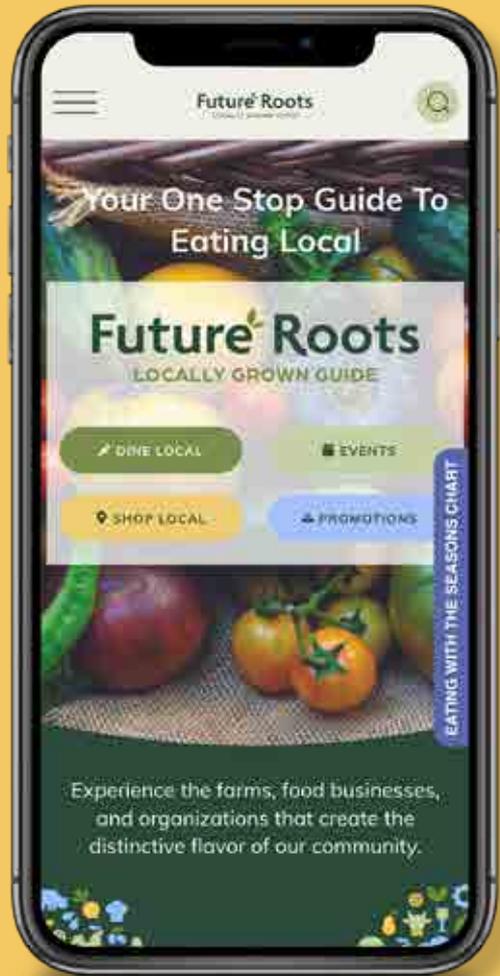
**Find local food everywhere you go!
¡Encuentra comida local donde quiera que vayas!**

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

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

Visit locallygrownguide.org and discover something new!

¡Visita locallygrownguide.org y descubre algo nuevo!



locallygrownguide.org



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FUTURE ROOTS

311 N. Main St, Suite 212, Ketchum, Idaho 83340

Phone: 208-471-4976

Email: locallygrown@futereroots.org

futereroots.org

locallygrownguide.org 1



WELCOME LETTER FROM AMY



Welcome! I'm so glad you picked up the Locally Grown Guide, your invitation to explore the farms, food businesses, and organizations that shape the Wood River Valley. Whether you're a longtime supporter of local food or just getting started, this guide connects you to the freshest, highest-quality food from our regional foodshed.

But why does local food matter? Right now, most of our food is imported, while much of our farmland is used for export crops. This system drains our local economy and makes our food supply vulnerable to disruptions, creating uncertainty for farmers and consumers alike.

We can change this. By choosing local, we are turning our communities into healthier, more vibrant, and resilient places to live. Supporting local producers means more nutrient-dense food, economic stability for farmers, and a real step toward combating climate change.

And it all starts with small, everyday choices. The guide in your hands (or on your screen!) is your roadmap to eating well and keeping your food dollars where they matter most – right here in the Wood River Valley.

Explore more at locallygrownguide.org or email locallygrown@futereroots.org to get involved.

We believe that local food creates a lasting impact and together, we're building a food system that nourishes all of us. Thank you for sowing the seeds for a more vibrant future.

With warm regards,
Amy Mattias

Do you love this guide?

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

Cover photo of Mason Family Provisions by Lyndsey Mason.
Photos by Brooke Bonner, Mike Gordon, Karlie Jeneson,
Jarod Langdon, Amy Mattias, Lyndsey Mason, Kirsten Shultz, Leslie Silva.
Guide design by Judy's Design House. Maps by E.B. Phillips.

THANK YOU TO OUR ADVERTISERS



Our heartfelt thanks to the following businesses that help make this guide possible.

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Atkinsons' Market
Ramsay Solutions, Inc.
Sun Valley Community School
Sun Valley Culinary Institute

HARVESTER

Holesinsky Vineyard and Winery
Judy's Design House
Mason Family Restaurants
Sue Engelmann, Berkshire Hathaway

TILLER

American Capital Advisory
bungalow munch
Clover Stone Gluten Free
NourishMe
The Wylde Beet
Zenergy Health Club, Spa & Boutique

GARDENER

Hillside Grain
Sawtooth Brewery
Squash Blossom Farm



Funding for the Locally Grown Guide was made possible by a grant from the U.S. Department of Agriculture (USDA) Agricultural Marketing Service. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

To advertise in the Locally Grown Guide, email locallygrown@futureroots.org.

INTRODUCING FUTURE ROOTS

Future Roots

We're proud to share our new identity with you: **Future Roots** – the next chapter in our work to transform southern Idaho's food system from the ground up.

Future Roots is deeply rooted in the legacy of community-driven resilience and local food system innovation built by the Sun Valley Institute for Resilience and Local Food Alliance.

Now, we're evolving that legacy into a bold new vision for the next decade – and beyond.

As we mark 10 years of impact, we're growing a stronger regional food system – one that supports the people who grow, make, and eat food close to home. Whether you're a farmer, a food business, or someone who just loves fresh, local ingredients, there's a place for you in this work. Let's transform what it means to source and eat local.

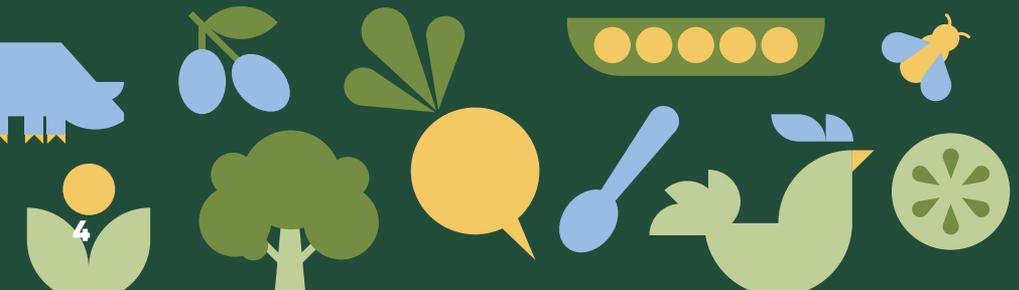
Future Roots transforms the food system of southern Idaho by connecting people to local food and supporting regional farmers, ranchers, and producers committed to sustainable, regenerative, and humane practices. Through this work, we strive to build healthier, more vibrant, and more resilient communities – now, and for the future.

We believe that how we grow, access, and share food shapes the resilience of our communities.

Future Roots breaks down the systemic barriers to regional food accessibility through investing in change, inspiring learning, cultivating resilience, and bridging communities together.

Whether you've followed us for years or are just discovering the **Locally Grown Guide**, welcome. Thank you for your commitment to local food and lasting impact!

Learn more about our programs, impact, and ways to support us at futureroots.org.



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 sustainable, regenerative, and humane practices.

Local food builds community. Purchasing from local producers not only connects you to the very source of your food, but also offers a tangible way to support your community.

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

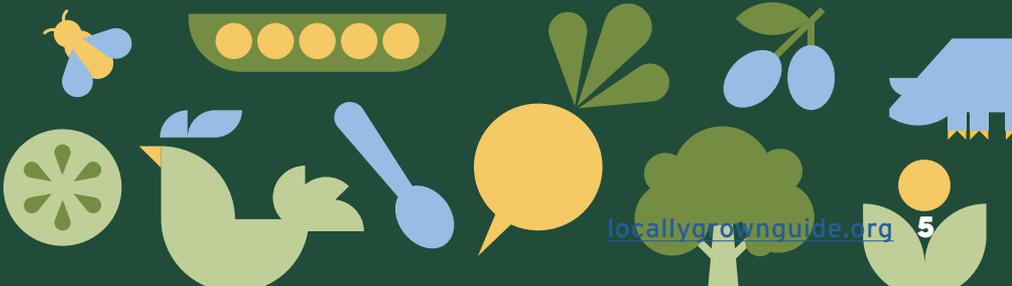
Local produce is fresher, healthier, and tastier. Fruits and veggies grown on nearby farms are picked at the peak of ripeness and typically reach local markets within 24 hours of harvest, helping to preserve their nutritional content.

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

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

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

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



THE FUTURE ROOTS TEAM



AMY MATTIAS

Amy Mattias is the Executive Director of Future Roots. During her tenure, her visionary leadership led to the inception of our impact fund, the publication of six annual Locally Grown Guides, and the facilitation of a diverse range of educational and engagement events. Her tireless efforts have played a crucial role in nurturing connections between countless food producers and enthusiastic buyers. In addition to her local work, Amy is a regional food systems leader, as the co-lead

of the Right-Size Investment and Infrastructure Theme Team at the Northwest and Rocky Mountain Regional Food Business Center.



LYNDSEY MASON

Lyndsey was born and raised in the Wood River Valley. A daughter of two chefs and restaurateurs, she spent much of her life embedded in culinary spaces, developing a deep love for food, cooking, community, and local food systems. In 2021, Lyndsey enrolled in a Master of Food Studies Program at New York University, where she focused her interests on media and digital storytelling through the lens of ingredients, cooking, and cuisine. With Future Roots, she uses her love of food and

storytelling to connect local restaurants, chefs, and farmers. Her work highlights the many vibrant stories behind the food we eat and its importance in building a resilient community.



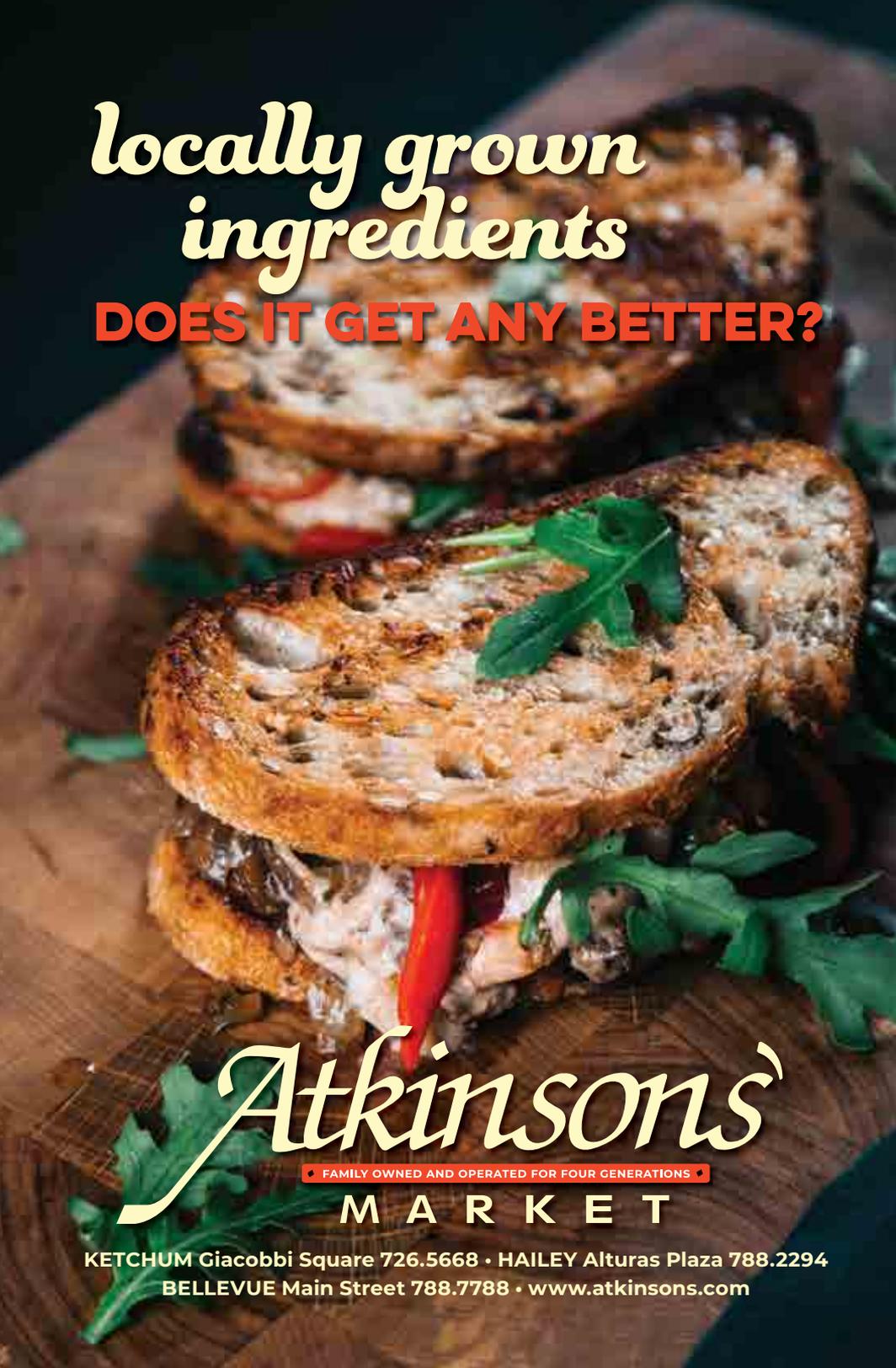
HANNAH HARRIS

Hannah Harris first joined Future Roots as an intern in the summer of 2021. Since then, her passion for understanding the intersection of environmental, economic, and political systems has led her to a wider breadth of projects. She leads Future Roots' student engagement initiatives including implementing successful student-led composting programs in multiple area schools.



MIKE GORDON

Mike Gordon joined Future Roots in 2019. He comes to the Institute from a background working at the intersection of business and community resilience. His roles have focused on the positive impact organizations can have on the community fabric, local economy, and the environment. Since 2021, he has led the production of the Wood River Valley Locally Grown Guide.

The image features three stacked sandwiches on a rustic wooden cutting board. The sandwiches are made with thick slices of toasted, crusty bread. The fillings include melted cheese, a slice of red pepper, and a creamy sauce. Fresh green arugula leaves are scattered around the sandwiches, with one leaf prominently placed on top of the front sandwich. The background is dark and out of focus, emphasizing the food.

*locally grown
ingredients*

DOES IT GET ANY BETTER?

Atkinsons'
MARKET

♦ FAMILY OWNED AND OPERATED FOR FOUR GENERATIONS ♦

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

WHAT'S NEW IN THIS YEAR'S GUIDE

Our regional food system is always evolving. Every addition strengthens our local food landscape—restaurants and markets create opportunities for farmers, just as new crops inspire chefs. Local food is diverse and takes the expertise, energy, and dedication of our whole community. Everyone from the farmer innovating across her acreage to the individual savoring a mouthful of nutritious, locally grown food, has a big part to play.

This year, along with listing over 130 food businesses, we're highlighting key elements of a resilient local food system, including food access and water-wise farming.

We welcome our newest business listings: Boise River Lamb, Fiamma, Holesinsky Vineyard and Winery, IdaWater, Joe's Juice, On the Lamb LLC, Rustic Petals, Salted Sprig, Satori Sake Brewing, Silver Oaks Creamery, Tara's Market & Garden, and Twin Falls Distillery. Look for their listings marked with a "new" icon throughout the Guide.

To simplify ingredient sourcing, we've added an At a Glance section on page 12, where farms and ranches are sorted by what they produce.

We're also partnering with The Hunger Coalition to explore ways that you can more deeply engage with the community's food system. Volunteer-tended vegetable gardens, local products in community meals and on food pantry shelves, cooking classes, and gleaning initiatives are all part of our local foodshed. Find more on page 32.

Eating seasonally is one of the best ways to enjoy local food. Alongside our perennial Eating with the Seasons chart (page 34), chef and Future Roots staff member Lyndsey Mason shares simple, seasonal recipes (page 74).

A local food system is more than just growing food. Producers are incorporating practices that sequester carbon, increase the soil fertility, reduce water usage, and so much more. On page 86 we look at what some local farmers are doing to address water availability, the pressing issue facing our Valley.

Local food is an ever-evolving system full of new discoveries. We invite you to dig in!



SUN VALLEY CULINARY



TRANSFORMING LIVES THROUGH CULINARY EDUCATION



Enthusiast
Cooking Classes



Professional
Culinary Institute



Private
Event Venue



Check out upcoming classes and dinners
by using this QR code!



FOOD DESIGNATIONS: BEYOND THE LABEL

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 34 for details on seasonal farmers markets.



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



Gluten-Free - The producer offers options for those whose diets exclude gluten.



Local Beverages - The business offers beverage choices from Idaho producers listed on page 61.



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



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



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



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



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



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



Webstore - The business offers online ordering.



FOOD CERTIFICATIONS: WHAT DO THE LABELS MEAN?



Animal Welfare Approved

The producer is audited yearly to ensure livestock are provided with continuous access to pasture or range, are not put on feedlots or in cage confinement, nor subjected to the use of hormones or preventative or growth-promoting antibiotics.



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.



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.



Non-GMO Project Verified

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



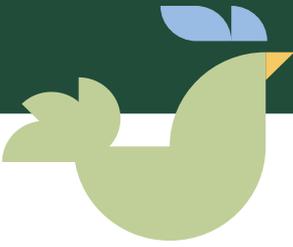
SNAP

The producer accepts Supplemental Nutrition Assistance Program (SNAP). SNAP provides food benefits to low-income families to supplement their grocery budgets so they can afford the nutritious food essential to health and well-being.



USDA Certified Organic

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



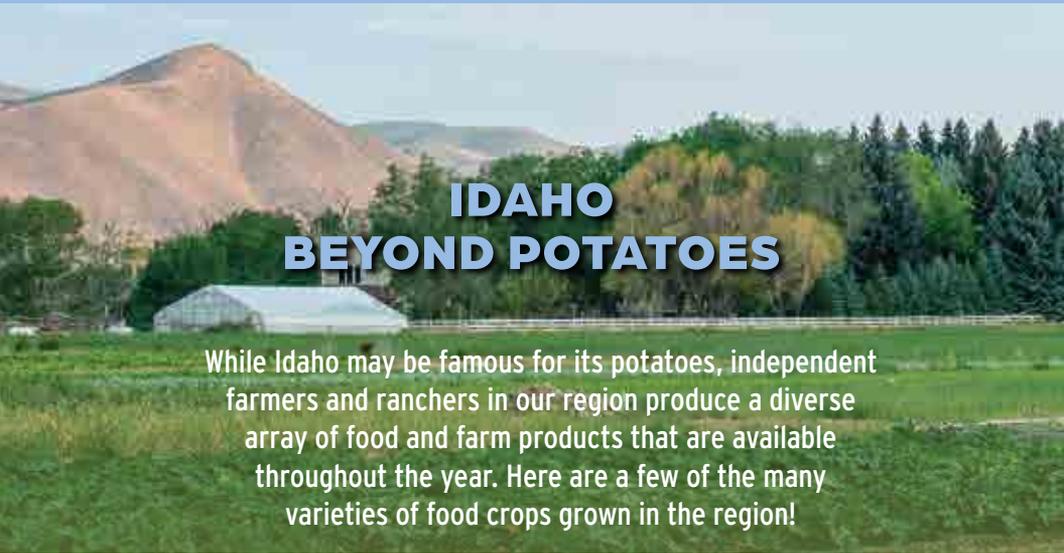
FARMS AND RANCHES: AT A GLANCE

	VEGGIES AND/OR FRUIT	GREENS AND/OR MICROGREENS	DAIRY AND/OR EGGS	FLOWERS	GRAIN, FLOUR, AND/OR BEANS	SEEDS AND/OR PLANT STARTS	HONEY	MEAT, POULTRY, OR FISH	CSA	VALUE-ADDED PRODUCTS	FARMERS MARKET VENDOR
1,000 Springs Mill					X						
Agrarian Harvest	X	X	X	X				X		X	X
Alderspring Ranch			X					X		X	
American Ostrich Farms								X		X	X
B&G Produce	X	X									
Bluerock Farm	X	X									
Big Lost River Ranch								X			
Boise River Lamb								X			
Brasil Beef								X		X	
Buckwild Beef								X			
Buttercup Farms				X					X		X
Deer Creek Berry Farm	X						X			X	
Desert Mountain Grass-fed Beef								X			
Drinkers of the Wind	X	X		X							X
Ernie's Organics	X				X	X					
Groves Country Farms										X	
Hale Land & Livestock								X			
Hillside Grain					X					X	X
Hyndman Peak Beef and Cattle Co.								X			
Itty Bitty Farms	X	X							X	X	
Kasota Hydroponics	X	X									
King's Crown Organic Farm	X		X		X		X	X			X
Koehn Trout Farms								X		X	X

Our regional farmers and ranchers produce a rich diversity of crops (see page 14 - Beyond Potatoes). To make it easier for you to find the type of ingredients you are looking for, we've categorized the offerings from all the listed farms and ranches.

	VEGGIES AND/OR FRUIT	GREENS AND/OR MICROGREENS	DAIRY AND/OR EGGS	FLOWERS	GRAIN, FLOUR, AND/OR BEANS	SEEDS AND/OR PLANT STARTS	HONEY	MEAT, POULTRY, OR FISH	CSA	VALUE-ADDED PRODUCTS	FARMERS MARKET VENDOR
Lava Lake Ranch								X			X
Northern Latitude Foods					X						
Oasis Market Garden	X	X								X	
Peters Family Farm	X		X					X			
Prairie Sun Farm	X	X						X			X
Raw Life Farms			X					X			X
Red Star Ranch								X			
Riverence Provisions								X			
River Road Farm	X										
Rustic Petals				X							X
Shooting Star Farm	X										X
Silver Oaks Creamery			X								X
Six Fold Ranch								X			
Southern Idaho Culinary Mushrooms	X										X
Squash Blossom Farm	X	X			X		X	X	X	X	X
Swift River Farm	X			X	X						
Tara's Market & Garden	X	X									X
Thomas Cattle Co.								X			
Tubbs Berry Farm	X				X	X				X	
Waterwheel Gardens	X	X	X	X						X	X
Wild Flora Farm				X					X		
Wild Spaces Farm	X		X								X
Wood River Ranch Beef								X			X

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 in the region!

FRUITS

apples
apricots
blackberries
blueberries
cherries
currants
gooseberries
grapes
huckleberries
melons
peaches
pears
plums
raspberries
rhubarb
strawberries

VEGETABLES

asparagus
beets
cabbages
carrots
cucumbers
eggplants
garden beans
garlic
herbs
leafy greens
micro-greens
onions
peas
peppers
pumpkins
radishes
squash
sweet corn
tomatoes

BEANS & GRAINS

barley
black beans
buckwheat
flour
garbanzo beans
oats
pinto beans
popcorn
quinoa
red beans
rye
teff
wheat
white beans

MEAT & DAIRY

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!

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 10 and 11.

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, Tara's Market & Garden

BUHL, IDAHO



AGRARIAN HARVEST

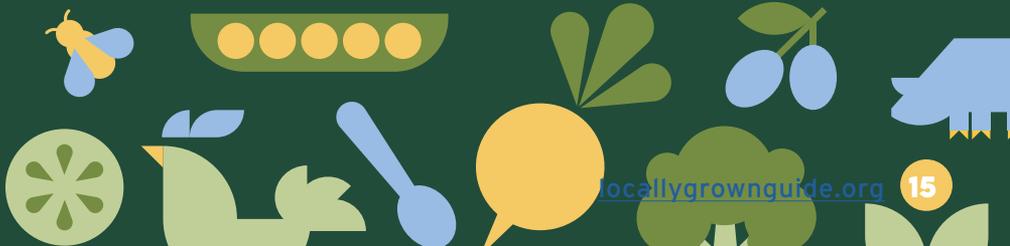
agrarianharvest.com



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, or unnecessary antibiotics.

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

Available at: Direct from farmer, CK's Real Food, Cookbook Restaurant, From Scratch by Chef Laura Apschaga, Fruitage Baking Co., NourishMe, Raspberries, Tara's Market & Garden, The Valley Club, Wood River Farmers Markets



FARMS AND RANCHES

MAY, IDAHO



ALDRSPRING RANCH

alderspring.com



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

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

Available at: Direct from farmer

KUNA, IDAHO



AMERICAN OSTRICH FARMS

americanostrichfarms.com



American Ostrich Farms offers a healthy, environmentally sustainable red meat option. Ostrich tastes like grass-fed beef or bison; the meat is rich, succulent, and every bit as versatile. 'The Healthy Red Meat' is up to 97% lean; a good source of healthy Omega-3s, iron, and B vitamins; and even recommended by the American Diabetes Association. An on-site USDA facility ensures that our high standards of quality are maintained from hatch to humane harvest, and beyond - all the way to the hands of our customers.

Products: meat products, value-added products, pet treats, skin care

Available at: Direct from farmer, Atkinsons' Markets, Enoteca

HAILEY, IDAHO



B&G PRODUCE



Bea Sloan and Greg Greenfield have more than 45 years of experience 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

Available at: Direct from farmer, CK's Real Food, Gretchen's, Idaho Rocky Mountain Ranch, Konditorei, NourishMe, Tara's Market & Garden

FARMS AND RANCHES



BLUEROCK FARM TWIN FALLS, IDAHO

See their listing on page 38

MACKAY, IDAHO



BIG LOST RIVER RANCH

biglostbeef.com



The Big Lost River Ranch is located in the Mackay Valley. The Big Lost River runs through the middle of our 1,000-acre ranch. Our mission is to reclaim the historic ranch we purchased seven years ago into a model of how regenerative ranching can improve the soil and ensure honest healthy meat. Last year Big Lost River Ranch was awarded the "Grassman of the Year Award" for the state of Idaho. The NRCS (National Resource Conservation Service) awarded their efforts to transform the ranch's soil through the use of rotational grazing and no-till farming, without the use of synthetic chemicals. Visit the ranch and try our beef; you can see and taste the difference.

Products: meat products

Available at: Direct from farmer, Atkinsons' Markets, NourishMe

CALDWELL, IDAHO



BOISE RIVER LAMB

boiselamb.com



We are second-generation sheep producers and sixth-generation Idaho ranchers. Our focus is prioritizing our animals' well-being while being considerate of the impact we are having on our land. We aim to provide high-quality lamb for all occasions and every decision we make on the ranch is made to ensure an overall positive eating experience for you. We ship lamb into the Wood River Valley, but you can also find our lamb at Atkinsons' Market in Ketchum and Hailey.

Products: meat products

Available at: Direct from farmer, Atkinsons' Markets

SHOSHONE, IDAHO



BRASIL BEEF

208-420-7106 • facebook.com/brasilstrailsendranch



Brasil Beef raises American Wagyu. We offer grass-fed and -finished or non-GMO grain-finished meat, never using antibiotics or hormones. We strive to closely follow the Japanese traditions and treat our animals with the best of the best, taking 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, tallow lotion, dog treats

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

FARMS AND RANCHES

BELLEVUE, IDAHO



BUCKWILD BEEF

buckwildbeef.com



Buckwild 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

HAILEY, IDAHO



BUTTERCUP FARMS

Instagram @idaho.buttercup



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

ourselves on only selling what we grow on the farm.

Products: flowers

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

PINE, IDAHO



DEER CREEK BERRY FARM

208-866-3653



Deer Creek Berry Farm started as a blueberry farm in 2010 and we were certified organic in 2018. We have blueberry u-pick mid-July through mid-September. We also have a farm stand May through October with products made from our blueberries, currants, elderberries, chokecherries, apples, and honey. The amazing honeybees are located near the field and pollinate the berries as well as an abundance of wild-flowers. The honey is truly pristine! We will be selling some of our big, beautiful blueberry plants in the spring and fall, so you can grow your own!

Products: seasonal fruits, honey, value-added products

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

FARMS AND RANCHES



HAMMETT, IDAHO



DESERT MOUNTAIN GRASS-FED BEEF

desertmountaingrassfed.com



Desert Mountain Grass-fed Beef is a Northwest Cooperative of family 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



DRINKERS OF THE WIND

drinkersofthewind.farm



Drinkers of the Wind is a family horse ranch and alfalfa/hay farm that is transitioning acreage to regenerative agroforestry. In addition to producing a variety of fruits, nuts, vegetables, herbs, and cut flowers, the farm's underlying goal is to provide a demonstration of the ways agriculture can combat climate change, improve biodiversity, and protect water quality and quantity, while providing nutrient-dense food for the community. Check out our website to learn more about our products and purpose!

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

Available at: Direct from farmer, Wood River Farmers Markets

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 Fred and Cooper Brossy 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, vegetable and cover crop seeds

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

FARMS AND RANCHES

PARMA, IDAHO



GROVES COUNTRY FARMS

grovescountrymushrooms.com



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

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

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

MACKAY, IDAHO



HALE LAND & LIVESTOCK

hleat.com



Hale Land & Livestock offers pasture-raised pork and grass-fed and -finished Angus beef and Angus beef finished on ancient grains grown in the Lost River Valley. We aim to provide premium-grade meats that are raised in a natural low-stress environment with health and quality of life being first and foremost. With the use of regenerative practices, we raise the highest quality crops while continually increasing the health of our land.

Products: meat products

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

HILLSIDE GRAIN BELLEVUE, IDAHO

See their listing on page 60

KETCHUM, IDAHO



HYNDMAN PEAK BEEF AND CATTLE CO.

hyndmanbeef.com



Hyndman Peak Beef & Cattle Co. is a regenerative-based ranching operation specializing in grass-fed and -finished Highland and American Wagyu beef in south central Idaho. They provide 100% grass-fed and -finished, regeneratively raised beef to the local community.

Products: meat products

Available at: Direct from farmer, Apple's Bar & Grill, The Valley Club

FARMS AND RANCHES



CAREY, IDAHO



ITTY BITTY FARMS

ittybittyfarmstore.com



Itty Bitty Farms description, change to: Itty Bitty Farms is a family-owned farm and greenhouse operation that specializes in microgreens, salad greens, herbs, and other veggies. Products are grown organically, sold throughout the Wood River Valley and delivered to Ketchum, Hailey, and Bellevue.

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

Available at: Direct from farmer, Atkinsons' Market Hailey, Cafe Della/Della Provisions, NourishMe, Tara's Market & Garden, Village Market

HAZELTON, IDAHO



KASOTA HYDROPONICS

darlharms@gmail.com

Kasota Hydroponics is a hydroponic greenhouse located in the sunny Magic Valley. We grow a variety of greens including lettuce, basil, arugula, and microgreens 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: 2 Talls Pizzeria, Atkinsons' Markets, CK's Real Food, Café Della, Ketchum Grill, Maude's Coffee and Clothes, NourishMe, Raspberries, Tara's Market & Garden



FARMS AND RANCHES

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 or flours, dried beans

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

BUHL, IDAHO



KOEHN TROUT FARMS

koehntroutfarms.com



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

Products: meat products, value-added products

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

CAREY, IDAHO



LAVA LAKE RANCH

lavalakelamb.com



Lava Lake is a family-run ranch outside of Carey, Idaho. Our wild range lambs graze freely on nearly one million acres of rangeland, raised with care by seasoned shepherds in much the same way they have been raised for centuries. The ranch is wildlife-friendly, which means we use nonlethal deterrents to coexist with apex predators like wolves, and we practice regenerative and sustainable ranching. Our sheep 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.

FARMS AND RANCHES



Products: meat products

Available at: Direct from farmer, Bittercreek Alehouse, Cafe Della, The Cellar Pub, CK's Real Food, From Scratch by Chef Laura Apshaga, Ketchum Grill, NourishMe, Ramen Cowboy, Red Feather Lounge, Rickshaw, The Salted Sprig, Tara's Market & Garden

BELLEVUE, IDAHO



LOOKOUT FARM

lookout.farm



Lookout Farm grows diverse, high-quality vegetables for wholesale customers. 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. Their annual pumpkin patch party is an October Wood River Valley tradition.

Products: seasonal vegetables

COEUR D'ALENE, IDAHO



NORTHERN LATITUDE FOODS

northernlatfoods.com



Northern Latitude Foods has chosen wild rice to showcase how multicultural ecosystems and regenerative agriculture can produce world-class food. We began with a foraging model but now also include designed paddies where >15% of farmable acreage is dedicated to waterfowl habitat.

Using airboats to harvest the rice allows us to navigate the shallow waters and delicate ecosystems with minimal impact, ensuring that we leave the environment as we found it. We take great care to ensure that our farming practices are sustainable and respectful of the natural environment.

We look forward to sharing one of Idaho's most unique agricultural gems with you.

Products: rice

Available at: Direct from farmer, Atkinsons' Markets, Village 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 seven years. We grow a variety of fresh, naturally grown produce, and our homemade oat burgers can be found at several local restaurants and NourishMe. There is no greater joy than to provide the Wood River Valley with high-quality produce.

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

Available at: Direct from farmer, CK's Real Food, NourishMe, Powerhouse, Sawtooth Club, Tara's Market & Garden, 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 in the Magic and Wood River Valleys. Farming practices promote healthy plants, soil, and people.

Products: seasonal fruits and vegetables, herbs, eggs

Available at: Direct from farmer, Tara'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 Markets

FARMS AND RANCHES



MELBA, IDAHO



RAW LIFE FARMS

rawlifefarms.org



Raw Life Farms desires to work with nature as a companion to produce the most natural and healthy farm products available. These include raw milk, raw cream, and raw butter from our dairy herd working towards A2 genes, a non-GMO grain-free diet with as much green pasture as they can get. We are antibiotic-free, vaccine-free, and chemical-free. 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

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

HAZELTON, IDAHO



RED STAR RANCH

redstargrassranch.com



We raise grass-finished/grass-fed beef and pastured poultry to help manage our lands while producing high-quality meats. We offer bulk purchase or individual cuts of beef, pork, and chicken in the Wood River and Magic Valleys.

As fourth-generation farmers, our aim is to leave our family's land better for the next generation. We focus on no-till or minimum till practices, cover crops, and innovative irrigation technology to limit our use of resources.

Products: meat products

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

BUHL, IDAHO



RIVERENCE PROVISIONS

riverence.com



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

Products: seafood

Available at: Direct from farmer, Atkinsons' Markets

FARMS AND RANCHES

BUHL, IDAHO



RIVER ROAD FARM

Instagram @river.road.farm



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

Products: seasonal fruit

Available at: Direct from farmer, CK's Real Food, Hank & Sylvie's, Raspberries, Turf Club in Twin Falls

BUHL, IDAHO



RUSTIC PETALS

Instagram @_rustic_petals_



My farm is near Buhl where I grow fresh-cut flowers. I make fresh and dried flower bouquets, and sell cut flowers by the stem.

Products: Flowers

Available at: Direct from farmer, Ketchum Farmers Market

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, Sawtooth Brewery, Tara's Market & Garden, Wood River Farmers Markets

FARMS AND RANCHES



BURLEY, IDAHO



SILVER OAKS CREAMERY

208-421-2595



We are a small dairy/creamery. We have Nigerian goats as well as large breeds (Saanans, Nubians, Alpines, and Lamanchas). We produce raw yogurt, cheese, and whole milk. Kefir is coming soon!

Product: raw dairy products

Available at: Direct from farmer, Atkinsons' Market, Cafe Della, NourishMe, Tara's Market & Garden, Village Market

FAIRFIELD, IDAHO



SIX FOLD RANCH

sixfoldranch.com



We are a family-owned ranch raising Scottish Highlands on the Camas Prairie. Our practice focuses on being stewards of the land and our livestock using a regenerative approach. We raise quality grass-finished heritage beef starting from the soil and pastures our cattle graze on. Feed for the winter months is also raised by us, here on the Camas Prairie. No added hormones, no antibiotics, no vaccines, one steer origin, and dry-aged guarantee. We offer individual cuts, bundles, and beef shares.

Products: meat products

Available at: Direct from farmer

TWIN FALLS, IDAHO



SOUTHERN IDAHO CULINARY MUSHROOMS

southernidahoculinarymushrooms.com



Southern Idaho Culinary Mushrooms (SICM) started with a single morel mushroom in Pine, Idaho, during the pandemic. From there, owner and grower Brady Boteilho dove into mushroom research, from foraging to growing a variety of gourmet mushrooms. This grassroots and self-funded business is now in its third season. You can find its mushrooms at the Market on Main Farmers Market in Twin Falls, at the Hailey and Ketchum Farmers Markets and on menus in restaurants throughout southern Idaho. SCIC also founded the Greater Southern Idaho Mycology Club to help people better understand and find fungi! SICM genuinely loves this region and appreciates being accepted into the Wood River Valley community!

Products: mushrooms

Available at: Direct from farmer, CK's Real Food, Tara's Market and Garden, Wood River Farmers Markets

FARMS AND RANCHES

BELLEVUE, IDAHO



SQUASH BLOSSOM FARM

squashblossom.farm



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

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

Available at: Atkinsons' Markets, At Your Place Catering, CK's Real Food, Cookbook Restaurant, Enoteca, From Scratch by Chef Laura Aphaga, Fruitage Baking Co., Hank & Sylvie's, Ketchum Grill, NourishMe, Raspberries, Salted Sprig, Sunbeam Café, Sun Valley Culinary Institute, Tara's Market & Garden, Twisted Roots, The Valley Club, Wood River Farmers Markets

FAIRFIELD, IDAHO



SWIFT RIVER FARM

swiftriverfarm.org



Swift River Farm is a small certified organic seed and vegetable farm, nestled in the heart of Idaho's Salmon River country. Each season, we work hard to create dynamic and enduring partnerships between our farm and our community, striving for ecological, economical, and socially just ways to grow and eat our food.

Products: seasonal vegetables, culinary and seed garlic, regionally adapted seeds

Available at: Direct from farmer, Snake River Seed Cooperative

TARA'S MARKET & GARDEN CAREY, IDAHO

See their listing on page 39

OREANA, IDAHO



THOMAS CATTLE COMPANY

thomascattlecompany.com



Thomas Cattle Company, a multi-generational family ranch in Oreana, Idaho, helmed by Seth and Elizabeth Thomas and Logan and Kristin Thomas, specializes in raising all-natural Angus beef.

Nestled in the Owyhee Mountains, the ranch spans vast acres of varied terrain, enabling the cattle to roam freely for most of the year. The Thomas Cattle Company team takes pride in their commitment to providing top-quality beef through their dedication to ranching and their herd's well-being. Buy TCC beef online and have it shipped to your door every week! Shop individual cuts, beef bundles, and beef shares.

Products: meat products

Available at: Direct from farmer, Village Market

FARMS AND RANCHES



TWIN FALLS, IDAHO



TUBBS BERRY FARM

tubbsberryfarm.com



Tubbs Berry Farm Straw Maze and Pumpkin Patch may be the place for fall fun, but we are also 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 constantly look for ways to produce products more naturally and environmentally friendly. Bee Days in April are a chance for the community to come 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 seed

Available at: Direct from farmer

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, CK's Real Food, Cookbook Restaurant, Enoteca, Hangar Bread, Hank & Sylvie's, Hemingway School, Ketchum Grill, Limelight Hotel, Mountain High Creamery, NourishMe, Redfish Lodge, Sunbeam Cafe, Tara's Market & Garden

BELLEVUE, IDAHO



WILD FLORA FARM

thewildflorafarm.com



Wild Flora Farm grows beauty right in your backyard! We grow sustainable cut flowers for any occasion. Find our flowers at weddings, in local florists' coolers, and on your kitchen counter with our coveted CSA subscription. You will find stunning, captivating, and even unusual flowers in every arrangement, all grown without chemicals and pesticides. Reach out today for a local delivery or to inquire about your event.

Products: flowers

Available at: Direct from farmer, Cafe Della, Tara's Market & Garden

FARMS AND RANCHES

GLENN'S FERRY, IDAHO



WILD SPACES FARM

wildspacesfarm.com



Wild Spaces Farm is a fledgling raw milk, grass-based, micro dairy located in Glens Ferry, Idaho. We operate our farm on a parcel managed by King's Crown Organic Farm. We are avid learners of nature and passionate about stewarding within an ecological framework while providing highly nutritious food. Join us on our mission to rewrite the script of dairying in southern Idaho!

Products: seasonal fruits, raw dairy products, eggs

Available at: Direct from farmer, Atkinsons' Market Ketchum, Boise Farmers Market, Café Della, NourishMe, Six Creeks Mercantile

BELLEVUE, IDAHO



WOOD RIVER RANCH BEEF

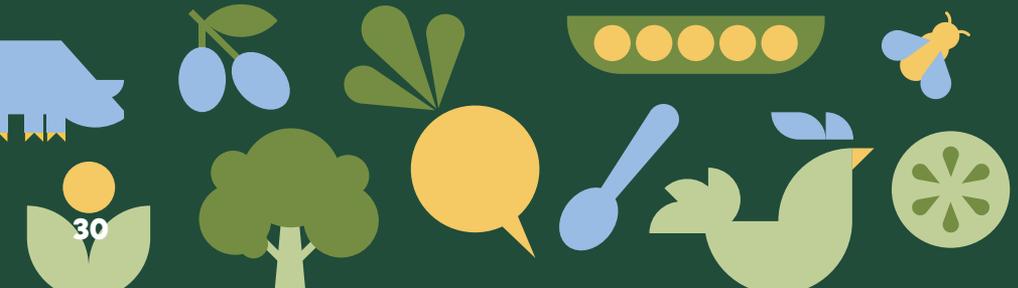
woodriverranchbeef.com



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, CK's Real Food, From Scratch by Chef Laura Aphsaga, Tara's Market & Garden, Wood River Farmers Markets



GATHERING A FOOD COMMUNITY

Access to healthy, locally grown food should be a right, not a privilege. Yet, economic barriers make obtaining nutritious, local food difficult. Fortunately, community-driven initiatives are expanding access, educating people on seasonal cooking, and bringing neighbors together around shared meals.

A strong local food system thrives when the entire community comes together to grow, prepare, rescue, and share food. We spoke with The Hunger Coalition (THC) about how you can help create a more inclusive food system for everyone.



COMMUNITY GARDENS

Community gardens are a direct way to support local food access. THC offers volunteer opportunities at Hope Garden in Hailey and the Bloom Community Food Center Garden in Bellevue. Volunteers help with planting, soil preparation, weeding, and harvesting. The produce goes into The Hunger Coalition's food distribution and community meals.

These "Volunteer for Veggies" events run from June to September on Mondays (5:30 - 7:00 pm) and Wednesdays (5:30 - 7:00 pm) at the Hope Garden in Hailey, and Thursdays (10:30 am - 12:00 pm) at the Bloom Community Food Center in Bellevue—no registration required. Every volunteer takes home fresh produce! Visit thehungercoalition.org/community-gardens for details.

THE COMMUNITY KITCHEN

The Bloom Community Food Center's Community Kitchen offers opportunities for everyone to help, from experienced chefs to beginning cooks. Volunteers come together to prepare nutritious free community meals, served every Monday (4-6 pm) and Thursday (12-2 pm).



To sharpen your seasonal cooking skills, join the Cooking Club, a weekly class on Tuesdays where a diverse group of participants prepare and enjoy a meal together. There can only be so many cooks in the kitchen though. Both of these kitchen-based events require registration. Visit this webpage for details: thehungercoalition.org/community-kitchen/

THE BLOOM TRUCK & BOOKMOBILE

During summer, the Bloom Truck and The Community Library's Bookmobile travel from Carey to Ketchum, delivering healthy sack lunches to children. This program ensures kids have nutritious meals and a safe place to learn and socialize while school is out. Volunteers are needed to help with meal prep—sign up at thehungercoalition.org/volunteer.

FOOD RESCUE

In 2023, 38% of the U.S. food supply went unsold or uneaten (ReFED). THC rescues safe, high-quality food from local grocery stores and restaurants, redirecting it to community members. Volunteers with flexible schedules are needed to collect food when it is available. Interested in helping? Contact Lynea Newcomer: lnewcomer@thehungercoalition.org.

GLEANING

Fresh fruit is expensive, yet a large percentage of locally grown fruit goes unharvested each fall. THC mobilizes volunteers to pick apples, cherries, apricots, pears, and more, from private landowners' trees that would otherwise go uneaten. The gleaned fruit is distributed through the food pantry and community meals. Do you have a fruit tree in your yard that doesn't get harvested? Let The Hunger Coalition help. They always need more pickers too!

A resilient, equitable food system depends on community participation. Whether volunteering in gardens, preparing meals, rescuing surplus food, or sharing locally grown food, everyone can contribute.

We invite you to engage with the Valley's food system. Together, we can ensure fresh, local food is accessible to all.

For volunteer opportunities, contact The Hunger Coalition at info@thehungercoalition.org.

EATING WITH THE SEASONS

EATING LOCALLY IS ALL ABOUT FOLLOWING THE SEASONS.
Use this chart to find out when your favorite ingredients are usually available from local producers.

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

EATING WITH THE SEASONS

Future Roots

LOCAL FOOD. LASTING IMPACT.

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

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

BEVERAGES FLOUR

DRIED BEANS AND GRAINS

DAIRY EGGS FISH

MEAT ONIONS POTATOES

PRESERVED AND VALUE-ADDED FOODS

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



FARMERS MARKETS

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

CAREY FARMERS MARKET

tarasmarketandgarden.com • 20444 N. Main St., Carey, Idaho

Fridays, 6 - 8 pm, June 13 - October

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 Tara's Market & Garden lot on Main Street to increase visibility, parking, and access to facilities.

NOURISHME MINI MARKETS

journourishme.com • 151 Main St., Ketchum, Idaho

Tuesdays, 1 - 5 pm, year-round

Every Tuesday from 1 to 5pm, Waterwheel Gardens sets up a mini market in-store at NourishMe. In season, they offer an extensive selection of orchard fruits and produce. Depending on temperatures and Idaho moisture, you'll find berries galore from late June through October. During the fall and winter months the market is stocked with produce from their greenhouses and oranges and grapefruits from a partner organic farmer in Arizona. In addition to fresh produce, they bring their ever-popular jams, jellies, dried apples, pickles, and salsas year-round.

WOOD RIVER FARMERS MARKET – KETCHUM

wrfarmersmarket.org • Forest Service Park

Wednesdays, 12 - 4 pm, June 11 - October 8

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



WOOD RIVER FARMERS MARKET – HAILEY

wrfarmersmarket.org • Roberta McKercher Park

Saturdays, 9 am - 1 pm, June 14 - October 18

No market on October 11 due to Trailing of the Sheep Festival

The Hailey Farmers Market is a fun, family-friendly atmosphere with live music from local musicians and plenty of grass and shade. We have over 25 vendors selling local produce, meats, cheeses, flowers, baked goods, and local artisans selling their goods. There are local food and beverage offerings too! Bring the family, shop for local goods, grab a bite to eat and a drink while enjoying your Saturday morning at the market!



25 YEARS OF THE FARMERS MARKET

Twenty-five years ago, farmers, local businesses, and community members came together to form our markets. They continue to be a staple of our community food system, providing more than fresh produce and locally raised meat and dairy. The markets provide a community gathering space, a place for connection and camaraderie. Locations, dates, and times have shifted over the years but the farmers, ranchers, and artisans show up from early June to mid-October to ensure a reliable access point to the flavors of our region.

Future Roots has partnered with the market since our inception, highlighting the markets as a premier place for strengthening the affinity between producers and consumers. We congratulate the Wood River Farmers Markets (WRFM) on its 25th anniversary this year while looking forward to what the next 25 years holds. Future Roots is proud to have the WRFM as a long-term partner and we salute their dedication to connecting producers to consumers every year.

Farmers markets are an integral part of a community's commitment to local food sources. Under the umbrella of the WRFM, the Ketchum and Hailey markets have continually provided Valley locals with fresh, organic produce and a variety of other goods over the years.

Make sure you never miss a market day by signing up for Future Roots friendly Wednesday and Saturday text reminders (sign up at futureroots.org).



RETAIL OUTLETS

From meats and cheeses to honey and dried beans, locally and regionally produced food is available throughout the year at the following retail locations. If you don't find the local product you're looking for, let the store staff know. The more customer feedback buyers hear about local products, the more they'll prioritize local products in their store!

KETCHUM • HAILEY • BELLEVUE, IDAHO

ATKINSONS' MARKETS

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

The Wood River Valley's go-to grocery store was founded in 1956. Atkinsons' has been serving our community for over 65 years over four different generations with the highest quality foods available and featuring over 100 local products and vendors.

Products: Seasonal produce, Salad greens/leafy greens, Micro-greens, Dairy products, Beef, Lamb, Pork, Poultry, Fish, Flour, Dried beans or grains, Honey, Value-added products, Beer, wine, or other beverages

TWIN FALLS, IDAHO

BLUEROCK FARM MARKET

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

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

Products: Seasonal produce, Salad greens/leafy greens, Dairy products, Beef, Pork, Poultry, Dried beans or grains, Value-added products, Plant starts, Fresh-cut flowers

CAFÉ DELLA HAILEY, IDAHO

See their listing on page 45



KETCHUM, IDAHO

KETCHUM KITCHENS

ketchumkitchens.com • 451 4th St. E. (Giacobbi Square), Ketchum

Ketchum Kitchens is a specialty kitchen store featuring a gourmet marketplace full of hand-made local food from restaurants around Sun Valley, as well as wine, candy, chocolate, oils, vinegar, cheese and charcuterie, crackers, nuts, drink, mixes, pickled vegetables, cookies, and many other foods that your heart loves.

Products: Dairy products, Fish, Flour, Dried beans or grains, Honey, Value-added products, Beer, wine, or other beverages

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 9:00-6:00 Monday through Friday, Saturday 10:00-5:00, and Sunday 11:00-4:00. Our grill is open between 11:00-3:30 daily.

Products: Seasonal produce, Salad greens/leafy greens, Micro-greens, Dairy products, Beef, Lamb, Pork, Poultry, Fish, Dried beans or grains, Honey, Value-added products, Beer, wine, or other beverages

RASBERRYS KETCHUM, IDAHO

See their listing on page 44

CAREY, IDAHO

TARA'S MARKET & GARDEN

tarasmarketgarden.com

Tara's Market & Garden offers home delivery to customers in the Wood River Valley and Carey. Online ordering opens up on Friday mornings at 8am, closing Sunday evenings at 7pm. Deliveries are made on Wednesdays. 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 and delivering fresh local products right to their doors.

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, Beverages, Plant-starts, Seeds, Fresh-cut flowers



RETAIL OUTLETS

KETCHUM, IDAHO

VILLAGE MARKET

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

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

Products: Seasonal produce, Salad greens/leafy greens, Micro-greens, Dairy products, Beef, Lamb, Pork, Poultry, Fish, Honey, Value-added products, Beer, wine, or other beverages

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 34), 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. Future Roots facilitates food procurement agreements that emphasize local ingredients. If you are connected with an institution, connect them with us. We can help prioritize local food in their purchasing decisions.

INVEST IN LOCAL FOOD

From CSAs to our impact fund, put your money to work in support of local food producers in our community.



PAINTING Judy Stoltzfus judysdesignhouse.com

RESTAURANTS

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

LOCAL BASKET RATINGS! We've rated each restaurant based on the number of local producers used in their dishes. Check out the platinum, gold, silver, and bronze basket winners in the following pages!



PLATINUM BASKET

The business has signed a Local Food Procurement Policy (see page 44)



GOLD BASKET

10+ local producers



SILVER BASKET

5-9 local producers



BRONZE BASKET

1-4 local producers

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.

Local Sources: Agrarian Harvest, B&G Produce, Ballard Cheese, Desert Mountain Grass-fed Beef, Double Springs Ranch, Five Bee Hives, Hillside Ranch Flour & Grain, Kasota Hydroponics, Koehn Trout Farms, Lava Lake Ranch, Oasis Market Farm, Prairie Sun Farm, River Road Farm, Shooting Star Farm, Squash Blossom Farm, Wagon Wheel Produce, Waterwheel Gardens, Wood River Ranch Beef

RESTAURANTS



ENOTECA

300 N. Main St., Ketchum

208-928-6280 • ketchum-enoteca.com



Centrally located in an 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.

Local Sources: American Ostrich Farm, Cedar Draw, Cinder Winery, Five Bee Hives, Holesinsky Winery, IdaWater, Lava Lake Ranch, Mason Family Provisions, M and N Cattle Company, Riverence Trout, Sawtooth Brewery, Sockeye Brewery, Split Rail Winery, Squash Blossom Farm, Sun Valley Mustard, Tara's Market & Garden, Wagon Wheel Produce, Wood River Valley Farmers Markets

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 over three decades. The menu features New American cuisine with an Idaho emphasis that is sure to have something to please everyone's palate.

Local Sources: Cinder Winery, Kasota Hydroponics, Koehn Trout Farm, Lava Lake Ranch, Mason Family Provisions, Sawtooth Brewery, Split Rail Winery, Squash Blossom Farm, Waterwheel Gardens, Wood River Valley Farmers Markets

NOURISHME

151 North Main St., Ketchum

208-928-7604 • journourishme.com



NourishMe is a unique health food store/deli. Julie, the owner, 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.

Local Sources: Agrarian Harvest, B&G Produce, Ballard Cheese, Big Lost Beef, Deer Creek Berry Farm, Evans Farmstead Cheeses, Five Bee Hives, Groves Country Farms, Hale Land & Livestock, Hillside Ranch Flour & Grain, Hangar Bread, Itty Bitty Farm, Kasota Hydroponics, King's Crown Organics, Koehn Trout Farms, Lava Lake Ranch, Oasis Market Farm, Prairie Sun Farm, Paradise Grove, Raw Life Farms, Squash Blossom Farm, Wagon Wheel Produce, Waterwheel Gardens, Wild Spaces raw milk, Wood River Ranch Beef



RESTAURANTS

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 deli cases are always stocked with a variety of 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, bone broths, pottery, jams, and seasonal goodies. Rasperrys has been voted a Best Lunch Restaurant and Best Caterers in the Valley.

Local Sources: Agrarian Harvest, Ballard Cheese, Deer Creek Berry Farm, Hillside Ranch Flour & Grain, Itty Bitty Farms, Kasota Hydroponics, On the Lam, King's Crown Organics, Lookout Farm, M&M Heath/Sunset Butte Organics, Squash Blossom Farm, Wagon Wheel Produce

A PLEDGE TO SUPPORT LOCAL

Wood River Valley businesses are stepping up to support regional farmers, ranchers, and producers. Through local procurement policies, Future Roots is helping interested businesses identify regional food sources and create frameworks for ongoing purchasing, even in the case of staff turnover and changing seasons. To date, five local businesses have signed agreements: CK's Real Food, Enoteca, Ketchum Grill, NourishMe, and Rasperrys. The Locally Grown Guide has created a new Platinum Basket designation to celebrate the commitment made by these businesses. You'll find their listings at the start of the restaurants section on page 42.

The program puts year-round purchasing plans in place that favor regional products. Fostering consistent purchasing keeps more of our food dollars in southern Idaho, supporting local families and local communities. The increased volume of food purchased locally helps provide living wages for workers and maintains the protection and stewardship of regional agricultural lands. Shortening the supply chain creates an affinity between producers and consumers, leading to a transparent and ethical food economy based on trust and mutual benefit.

Local procurement policies and pledges furthermore decrease our collective impacts on the climate. Replacing imported food with regionally produced products decreases the emissions from transportation. The mileage food travels via trucking, air, and waterways accounts for up to 20% of total emissions from food and agriculture.

Future Roots continues to facilitate procurement policy agreements with restaurants and businesses in Blaine County. If you are interested in learning more or participating in this opportunity, please email our Program Coordinator: lyndsey@futereroots.org.

RESTAURANTS



CAFÉ DELLA

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



Cafe Della serves consistently excellent everyday food in an updated, approachable environment. From house-made pastries to vegetable-forward dishes and elevated classics, we embrace life's everyday celebrations with quality seasonal ingredients, simply prepared. Our daily from-scratch breakfast and lunch are served with fresh baked goods, espresso drinks from DOMA Coffee Roasting Company, Rishi teas, and Hot Eric golden milks. Our prepared foods and market offer fresh housemade provisions, dinners to-go, local products (meat, fish, and more), curated gourmet food favorites, craft beers, and natural and organic wines.

Local Sources: 5Bison, Agrarian Harvest Farms, Falls Brand Bacon, Five Bee Hives Honey, Hillside Ranch Flour & Grain, Itty Bitty Farms, Lava Lake Ranch, Lookout Farm, Peters Family Farms, Southern Idaho Culinary Mushrooms, The Spice Shack of Sun Valley, Squash Blossom Farm, Sun Valley Mustard, Two Rivers Smoked Fish, Waterwheel Gardens, Wild Flora Farm, Wild Spaces Farm, Wood River Ranch Beef

HANK & SYLVIE'S

91 E. Croy St., Hailey AND 580 4th St., E., 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 and locally grown fresh flowers. Custom cakes, desserts and flower arrangements are available for special order through Hank & Sylvie's website.

Local Sources: Buttercup Farms, Della View Rhubarb, Five Bee Hives Honey, Florage Flower Farm, Kasota Hydroponics, Peters Family Farm, River Road Farm, Squash Blossom Farm, Waterwheel Gardens, Vogel Farms

LIMBERT'S

401 Redfish Lake Lodge Rd., Stanley
208-774-3536 • redfishlake.com



Our Stanley, Idaho, restaurant is open to guests, as well as the public. If you're looking for local fare and a friendly atmosphere, come to enjoy our selection of dining options. On the main level of the rustic lodge, you'll taste a true Idaho mountain brand of comfort food - a cuisine that will pleasantly surprise you in this remote and rugged country. We start with as many local Idaho grown ingredients as we can, and then add our own blend of flavors from the Northwest's wild resources.

Local Sources: Ballard Cheese, Caffaina Roasting Company, Countryside Market, Dry Creek Farm, Groves Country Farms, Hendricks Homestead, Little Cow Mountain Farm, McIntyre Pastures, Nosh Foods, Ohana No-Till Farm, Waterwheel Gardens



RESTAURANTS

SALTED SPRIG HAILEY, IDAHO

See their listing on page 55

SUNBEAM CAFÉ

100 Yankee Fork Rd., Sunbeam

208-838-2326 • nancy@whiteotter.com



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

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



RESTAURANTS



FIAMMA

211 Leadville Ave. N., Ketchum
206-304-6780 • fiammasunvalley.com



Fiamma is a live fire, Italian-inspired restaurant in Ketchum, focusing on locally and regionally sourced ingredients, handmade craft pastas, and meats cooked over an open flame. Food tastes better when it is sourced as close to home as possible.

Local Sources: American Ostrich Farms, B&G Produce, Cloverleaf Creamery, Fish Breeders of Idaho, Hillside Ranch Flour & Grain, Koehn Trout Farms, Lava Lake Ranch, Riverence

GRILL AT KNOB HILL INN

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



The Grill at Knob Hill is casual and comfortable yet sophisticated. We offer distinctively Northwest cuisine featuring a variety of American and European classics, including anticipated highlights such as Idaho Ruby Red Rainbow Trout, prime steaks, and local lamb. Every evening, The Grill also offers creative specials to round out the 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.

Local Sources: Ballard Cheese, Buttercup Farms, Double Springs Ranch, Hangar Bread, Tara's Market & Garden, Tubbs Berry Farm, Wagon Wheel Produce

Photo Courtesy of The Wylde Beet by Jarod Langdon





RESTAURANTS

IDAHO ROCKY MOUNTAIN RANCH

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



Idaho's finest guest ranch - Nestled amidst Idaho's snow-capped Rocky Mountain peaks and the meandering Salmon River, the Idaho Rocky Mountain Ranch has flourished as a western ranch vacation retreat for 80 years.

The living history of the Old West mingles with the solitude and peace of this 900-acre ranch offering freedom, breathtaking natural beauty, and a relaxed atmosphere. And the view from the porch? Well, you just have to experience that for yourself.

Local Sources: Alderspring Ranch, Ballard Cheese, Cloverleaf Creamery, Desert Mountain Grass-fed Beef, Double Springs Ranch, Riverence

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.

Local Sources: Agrarian Harvest, American Ostrich Farms, Ballard Cheese, Cloverleaf Creamery, Five Bee Hives, Hangar Bread, Itty Bitty Farm, Koehn Trout Farms, Riverence, Waterwheel Gardens

RAMEN COWBOY

640 N. Main St., Ketchum
ramen-cowboy.com



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

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

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!

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

THE WYLDE BEET

400 N Main St., Hailey
wyldebeet.com



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

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

Local Sources: Bigwood Bread, Hillside Grain & Bread, Idaho Co. Kombucha, Lizzy's Fresh Coffee, Squash Blossom Farm

Photo Courtesy of The Wylde Beet by Jarod Langdon





RESTAURANTS

BIGWOOD BREAD

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



We have been baking locally in Sun Valley since 1997 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.

Local Sources: Waterwheel Gardens

BLACK OWL COFFEE

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



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

Local Sources: Maps Coffee, Sawtooth Brewery

THE CELLAR PUB

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



The best pub food and spirits in the Sun Valley/Ketchum area. Whether you live in the area or are visiting for the first time, come on down to The Cellar Pub.

Local Sources: Lava Lake Ranch

COOKBOOK RESTAURANT

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



Opened in 2018 by Vita and Burke Smith, Cookbook Restaurant serves local 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.

Local Sources: Agrarian Harvest, Five Bee Hives Honey, Tara's Market & Garden, Waterwheel Gardens

RESTAURANTS



GALENA LODGE

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



A community-owned lodge nestled in the Boulder 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 whenever possible.

Local Sources: Lava Lake Ranch, Lizzy's Fresh Coffee

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.

Local Sources: Itty Bitty Farms

RICKSHAW

460 North Washington Ave., Ketchum
208-726-8481 • eat-at-rickshaw.com



A cozy neighborhood restaurant serving creative, small plates inspired by the flavors of southeast Asia and beyond. Dinner Tuesday through Saturday 4:30-10:30pm plus ski season Sundays 4:30-9:30pm and lunch on Fridays only 11:30am to 2pm. No reservations.

Local Sources: Lava Lake Ranch

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.

Local Sources: Salmon River Honey, homegrown rhubarb



RESTAURANTS

STANLEY SUPPER CLUB

250 Niece Ave, Stanley
208-774-2102 • stanleysupperclub.com



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

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

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!

Local Sources: Cloverleaf Creamery, Itty Bitty Farms

WARFIELD DISTILLERY & BREWERY KETCHUM, IDAHO

See their listing on page 67

WISEGUY PIZZA PIE

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



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

Local Sources: Pendleton Power Flour, Sawtooth Brewery



ZENERGY CAFE

245 Raven Rd., Ketchum

208-725-0595 • zenergysv.com



The Zenergy Cafe serves up seasonal, fresh offerings created in-house with a strong nod towards nourishment and big flavor. Unique favorites include Hyndman Peak Beef-White Cheddar-Horseradish Sliders, Vegan Red Lentil Dal with Papadum, Herb Roasted Turkey Protein Packs, Tibetan Chickpea Salad, and Japanese Chop Salad. The protein-packed smoothie menu has been the local's favorite for post-recovery fueling for over 20 years. You'll also find fresh, ready-made meals from Bigwood Bread.

Stop by for a quick snack or a grab-and-go lunch or dinner side. The cafe is open to members and non-members.

Local Sources: Agrarian Harvest, Bigwood Bread, Fruitage Baking Company, Hillside Grain, Hyndman Peak Beef

Photos Courtesy of Enoteca by Lyndsey Mason



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.



CK'S REAL FOOD HAILEY, IDAHO

See their listing on page 42

NOURISHME KETCHUM, IDAHO

See their listing on page 43

MASON FAMILY PROVISIONS KETCHUM, IDAHO

See their listing on page 60

RASBERRYS KETCHUM, IDAHO

See their listing on page 44



HAILEY, IDAHO

BETTER ASK BRENDA

208-481-0323 • betteraskbrenda.com



Whether catering extravagant weddings or intimate family dinners, Brenda brings her artistry and expertise to your occasion, ensuring each event is a feast for the senses. She sources ingredients from local farmers and ranchers, and together with her team, creates dishes that are as nourishing and delicious as they are beautiful. Her "Farm to Fridge" concierge service fills empty refrigerators with ready-made options, including fresh pressed juices, nourishing soups, vibrant salads, wholesome snacks and protein-rich biohacking bowls, supporting your nutrition goals and fueling your active Sun Valley life.

Sources: 1,000 Springs Mill, Alderspring Ranch, American Ostrich Farms, Ballard Cheese, Cloverleaf Creamery, Deer Creek Berry Farm, Desert Mountain Grass-fed Beef, Ernie's Organics, Fish Breeders of Idaho, Five Bee Hives Honey, Hale Land & Livestock, Hillside Ranch Flour & Grain, Itty Bitty Farms, Kasota Hydroponics, King's Crown Organics, Koehn Trout Farms, Lookout Farm, Prairie Sun Farm, Riverence, Shooting Star Farm, Tara's Market & Garden, Tubbs Berry Farm, Waterwheel Gardens, Wood River Ranch Beef

FROM SCRATCH - LAURA APSHAGA

BELLEVUE, IDAHO See her listing on page 59

CATERERS & PRIVATE CHEFS



HAILEY, IDAHO

CHEF MELISSA MAUSELLE

503-880-7646 • chefmauselle.com



Private chef and caterer available for families, private events, and social gatherings. 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 also am available for consulting, private cooking classes, and food education. When I'm not cooking for clients, I'm a partner chef at the Sun Valley Culinary institute where I teach community cooking classes and host dinners.

Sources: 1000 Springs Mill, Agrarian Harvest, B&G Produce, Ballard Cheese, Buckwild Beef, Buttercup Farms, Cloverleaf Creamery, Deer Creek Berry Farm, Double Springs Ranch, Evans Farmstead Cheese, Fish Breeders of Idaho, Five Bee Hives Honey, Floral Avenue Gardens, Groves Country Farms, Hale Land & Livestock, Hillside Ranch Flour & Grain, Itty Bitty Farms, Ka-sota Hydroponics, King's Crown Organics, Koehn Trout Farms, Peters Family Farm, Prairie Sun Farm, Red Star Ranch, Riverence, Shooting Star Farm, Squash Blossom Farm, Tara's Market & Garden, Tubbs Berry Farm, Wagon Wheel Produce, Waterwheel Gardens, Wood River Ranch Beef

KETCHUM, IDAHO

SALTED SPRIG

208-957-3092 • saltedsprig.com



Private event catering company offering menus for groups of four people to four hundred. Fully customized menus for each of our clients, giving huge breadth to our style and type of food offerings. We operate a brick and mortar deli style take-away business for both refrigerated and frozen foods as well as retail wine sales. Our goal is to make accessible food for everyone, emphasizing health- and allergen-conscious options.

Sources: 5B Bison, Agrarian Harvest, American Ostrich Farms, Ballard Cheese, Buttercup Farms, Cloverleaf Creamery, Evans Farmstead Cheese, Hillside Ranch Flour & Grain, Itty Bitty Farms, King's Crown Organics, Lava Lake Ranch, Riverence, Squash Blossom Farm, Tommy's Microgreens, Wagon Wheel Produce, Waterwheel Gardens

Caterers & Private Chefs continued on page 56

CATERERS & PRIVATE CHEFS



KETCHUM, IDAHO

PARADISE FOODS - LISAMARIE AULT



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

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

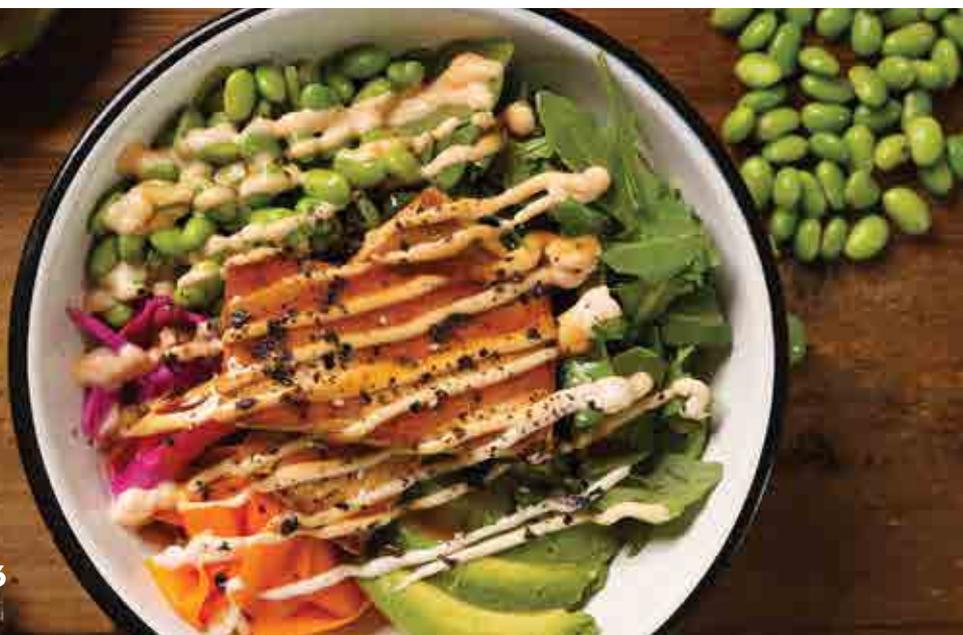
SAWTOOTH BREWERY HAILEY, IDAHO

See their listing on page 49

THE WYLDE BEET HAILEY, IDAHO

See their listing on page 49

Photo Courtesy of The Wylde Beet by Jarod Langdon





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

ARCO, IDAHO

ATOMIC POTATO CHIP COMPANY

atomicpotatochipcompany.com



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

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

GOODING, IDAHO

BALLARD CHEESE

ballardcheese.com



At Ballard Cheese LLC in Gooding, Idaho, we proudly create our award-winning cheeses: 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, Huck-leberry Cheddar, Parmarono (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 is from 100% Jersey cows.

Available at: Direct, Atkinsons' Markets, BlueRock Farm Market, M&W, NourishMe, Swensen, Tara's Market & Garden, Village Market, Winco, Select local restaurants

BIGWOOD BREAD KETCHUM, IDAHO

See their listing on page 50



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 facelift—same great taste with 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

BUHL, IDAHO

EVANS FARMSTEAD CHEESE

evansfarmsteadcheese.com



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

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

HAILEY, IDAHO

FIVE BEE HIVES

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

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



BELLEVUE, IDAHO

FROM SCRATCH BY CHEF LAURA APSHAGA

lauraapshaga@gmail.com

As a longtime WRV chef, it has been my mission to provide better than restaurant-quality prepared foods made from as many locally grown ingredients as possible, made "From Scratch" and fresh! 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 Gremolata with Garlic Olive Oil Mashers and Roasted Root Veggies or Chicken Piccata with 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, promoting locally grown food and business!

Available at: Direct, Tara's Market & Garden

BLACKFOOT, IDAHO

GOMM'S WARM COOKIES

gommscookies.com



Getcha some Gomm's! We are a big-hearted, for-purpose, heart-warming, low-processed cottage bakery. We produce homemade baked goods and treats for various dietary needs. Each batch is custom-baked with family-sourced recipes from four generations. We sell direct to customers, through our website, at farmers markets, and at events. We also make donations to Idaho and out-of-state organizations, community trunk or treats, Veterans Day meals, Christmas meals, community events, and Thanksgiving turkey giveaways.

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

HAILEY, IDAHO

HANGAR BREAD

562-248-9323



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

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

FOOD ARTISANS

BELLEVUE, IDAHO

HILLSIDE GRAIN

hillsidegrain.com



At the headwaters of Silver Creek, we grow organic grains on our longtime family farm and stone mill on-site, producing fresh, identity-preserved flours. Our flours retain more naturally occurring bran and germ for a greater nutritional value and flavor profile than typical white flour. Our grains are non-GMO and never treated with glyphosate or other chemicals. What sets us even further apart is that we never enrich, bromate, bleach, or alter our flours in any way.

To complete the circle, we are also baking artisan sourdough bread purely from our fresh flours. It turns out fresh bread is even better with fresh flour!

Available at: Direct, Atkinsons' Markets, BlueRock Farm Market, Café Della, NourishMe, Raspberries, Village Market, Wood River Farmers Markets

CAREY, IDAHO

IDAHOUND

idahound.com



Idahound uses premium and grass-fed local ingredients to create an “evolutionary” and farm-driven diet while pursuing minimal environmental impacts. We make whole foods as dog intended—slaughtering, 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. Since 2014, 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, Natural Grocers, Sun Valley Animal Center, Tara's Market & Garden, Thunderpaws, Village Market

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, handcrafted sauces, soups, cookies, private event catering, and more. Fresh pastas and sauces are available for pickup at Ketchum Kitchens or delivery through Tara's Marketplace. For private event catering services or special orders from the Mason Family, please get in touch with us at mfrprovisions@gmail.com.

Available at: Direct, Café Della, Ketchum Kitchens, Tara's Market & Garden



NOURISHME KETCHUM, IDAHO

See their listing on page 43

BELLEVUE, IDAHO

ON THE LAM, LLC

alifeontheLAM.com



Branded for quality over quantity, on the LAM, LLC is a small, family-owned business. We are unfolding a sincere enterprise where we can support the health and hearts of local communities with no compromise of quality and no compromise of support for our local vendors. Locally, we offer a multitude of staple products, made with our promised mindset of 'quality over quantity,' and we will keep it that way. We are best known for our 'Sipping Stocks,' Happy-Gut Whole Wheat Sourdough, gourmet eggs, and a growing list of food and non-food mercantile products. Made with love in small batches the old-fashioned way. While preparing farmstead goods is not possible for all, our mission is to bring the farmstead to your home.

Available at: Direct, Atkinsons' Market, NourishMe, Raspberries, Tara's Market & Garden, Village Market

SALMON, IDAHO

ORCHESTRA PROVISIONS

orchestraprovisions.com



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

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

HAILEY, IDAHO

PIEDAHO

piedaho.com



Piedaho is a family-owned bakery bringing award-winning pies from the beautiful mountains of Idaho to your table. We use the best local fruit from farms like Kelley's Canyon Orchard, Symm's, and Waterwheel along with ingredients from companies like Bob's Red Mill and Wheat Montana to produce the highest-quality, best-tasting pies 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, NourishMe, Village Market

FOOD ARTISANS

RASBERRYS KETCHUM, IDAHO

See their listing on page 44

KETCHUM, IDAHO

RED BARN GRANOLA

redbarngranola.com



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

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

ELKO, NEVADA

REDWOOD FAIRY HERBS & FERMENTS

facebook.com/RedwoodFairy



Originally founded in the Wood River Valley, Redwood Fairy Herbs & Ferments is now operated in Elko, Nevada, 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: NourishMe

HAILEY, IDAHO

SUN VALLEY MUSTARD

sunvalleymustard.com



Sun Valley Mustard has been locally-owned and -operated since 1984. Our gourmet mustard has been a staple in the Wood River Valley for years and we have recently expanded our product line to include a mustard dry rub and mustard-roasted pecans. We are grateful to be a part of the local food system in our Valley and appreciate the support of our community!

Available at: Direct from producer, Albertsons Market, Atkinsons' Markets, Café Della, Ketchum Kitchens, Tara's Market & Garden, Village Market



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, The Pioneer Saloon, Sun Valley Lodge, Village Market

KETCHUM, IDAHO

TONI'S SUN VALLEY ICE CREAM

sunvalleyicecream.com

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

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

HAILEY, IDAHO

WILSON'S WILD SALMON

wilsonswildsalmon.com



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

Available at: Direct, Apple's Bar and Grill, Cafe Della, Galena Lodge, Idaho Food Co-op, NourishMe, Tara's Market & Garden, Village Market

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 Old World cider with the new.

Available at: Direct, Atkinsons' Markets, Café Della, Enoteca, Sawtooth Brewery, and Scout Wine & Cheese

GARDEN CITY, IDAHO

ERTH BEVERAGE COMPANY

erthbeveragecompany.com

ERTH Beverage Co. crafts refreshing, small-batch drinks using simple, high-quality ingredients. Made with care and minimal processing, our beverages highlight the natural flavors of real, plant-based ingredients—delicious clean, and made for everyday enjoyment.

Available at: Direct, 4 Roots Ketchum, Atkinsons' Markets, Café Della, CK's Real Food, Mountain Village Resort, NourishMe, Paikka Bakery, Roots Wine Bar & Bottle Shop, Tara's Market & Garden, Wylde Beet Café, Y Knot Winery

GINGER SWEET JUICE BAR KETCHUM, IDAHO

See their listing on page 51

BUHL, IDAHO

HOLESINSKY VINEYARD AND WINERY

holesinsky.com



At Holesinsky Winery, we don't just make wine—we grow Idaho. For over 25 years, we've cultivated grapes in the heart of Buhl, becoming Idaho's only USDA Certified Organic vineyard. Every bottle, can, and pouch is crafted with care, reflecting the land we love and the people who inspire us.

Available at: Idaho State Liquor Stores, Albertsons Market, Atkinsons' Markets, Duchin Room, Enoteca, Sun Valley Company, SV Wine Company, Village Market, Select restaurants

LOCAL BEVERAGE CRAFTERS



BOISE, IDAHO

IDAHO KOMBUCHA CO.

idahokombucha.com



Idaho Kombucha is a small-batch brewery in Boise. Our sparkling probiotic tea is lovingly crafted using organic, local, and wild foraged ingredients. Each brew is aromatic with nuanced flavor and a crisp, dry finish. We have five year-round flavors and one seasonal release in 12-ounce aluminum cans and draft.

Idaho Kombucha is bubbly, delicious, and nutritious - certified organic, non-alcoholic, vegan, gluten-free, low-sugar, and low-calorie. Teeming with natural probiotics to aid digestion, reduce inflammation, boost energy, and enhance immunity - it's functional fuel for all your adventures!

Available at: Albertsons Market, Atkinsons' Markets, BlueRock Farm Market, Natural Grocers, NourishMe, Rickshaw

BUHL, IDAHO

IDAWATER

idawater.com



The best water comes from the best source. Naturally filtered through ancient geological formations, Idawater flows from a deep, pristine aquifer, replenished by pure mountain snowmelt from some of the state's most untouched regions. Inspired by the art of Champagne-making, Idawater's carbonation delivers an exquisite burst of pinpoint bubbles for a refined drinking sensation.

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

KETCHUM, IDAHO

JOE'S JUICE

Instagram: @joesjuiceketchum



Cold-pressed all-organic juices, lemonade, smoothies, and snacks. Attending Ketchum and Hailey Farmers Markets as well as events and festivals in Blaine County and beyond. We operate on solar power and use locally grown produce when available. We strive to bring healthy food and beverage choices to events around the Wood River Valley.

Available at: Wood River Farmers Markets, events and festivals in Blaine County and beyond



LOCAL BEVERAGE CRAFTERS

KETCHUM, IDAHO

LIZZY'S FRESH COFFEE

lizzysfreshcoffee.com



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

Available at: Direct, Select restaurants

HAILEY, IDAHO

MAPS COFFEE

discovermapscoffee.com



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

Available at: Direct, Atkinsons' Markets, Boise Co-op, Select restaurants

HAILEY, IDAHO

PARTY ANIMAL VODKA

partyanimalvodka.com



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

Available at: Idaho State Liquor Stores, Select restaurants

KETCHUM, IDAHO

SATORI SAKE BREWING



Satori Sake Brewing began with what owner and founder Shin Hasegawa calls his "satori" moment. He'd recently quit his job in tech, moved to the Wood River Valley, and wasn't sure what to do next. One day, while sitting on the chairlift in the clouds, it struck him: he wanted to brew sake and share a part of his Japanese heritage with his new hometown. And with that, the dream of Satori Sake Brewing was born. Satori Sake's premier sake is the Pioneer Nama, a genshu namazake, meaning it's unpasteurized, 100% pure sake with no additives. This sake embodies the adventurous and innovative pioneer spirit, offering a boldly robust flavor profile and unforgettable taste experience.

Available at: Direct, Atkinsons' Market (Ketchum), Café Della, Ketchum Kitchens, NourishMe, Rickshaw, Sushi on Second

LOCAL BEVERAGE CRAFTERS



HAILEY, IDAHO

SAWTOOTH BREWERY

sawtoothbrewery.com



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

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

BUHL, IDAHO

TWIN FALLS DISTILLERY

tfdistillery.com



Experience the true spirit of Idaho with Twin Falls Distillery's Craft Vodka. Handcrafted in small batches using locally grown Idaho potatoes and pure, crystal-clear spring water, this vodka embodies exceptional craftsmanship and simplicity. It greets you with a distinct, slightly sweet aroma and delights the palate with a remarkably clean flavor and creamy mouthfeel. With its incredibly smooth finish, it's perfect for elevating your signature cocktails or savoring neat. Proudly produced by Twin Falls County's first legal distillery, this vodka is a testament to Idaho's rich heritage and dedication to quality.

Available at: Idaho State Liquor Stores, Select restaurants

KETCHUM, IDAHO

WARFIELD DISTILLERY & BREWERY

drinkwarfield.com



A certified organic brewery and distillery, Warfield provides gastro-pub fare in a comfortable neighborhood pub setting. The menu features local and seasonal ingredients, honoring their commitment to quality organic ingredients, time-honored processes, and classic pub settings. Come warm yourself by the fire on a cold winter's day, or soak up the rays on their sun-filled deck in the summer – either way, you'll find your way to a classic mountain pub experience with exceptional and organic food and spirits!

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





THE WYLDE BEET CAFE
100% PLANT BASED



**Full Espresso Bar - Breakfast
& Lunch - Baked Goods**
400 N Main St, Halley, ID
@thewyldebeet | wyldebeet.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 | 8am - 6pm 



When you support local farms and growers, you are making an investment in the people and future of the Wood River Valley.
#supportlocalfarmers

SUE ENGELMANN
208.720.0680
sue@sueengelmann.com

BERKSHIRE HATHAWAY
HOMESERVICES

SUN VALLEY PROPERTIES

WE LISTEN TO MOTHER NATURE
And She Knows Wine.



HOLESINSKY
VINEYARD AND WINERY
SINCE 2001



BUHL, IDAHO | 208 539 8360 | HOLESINSKY.COM

**YOU CAN
HELP
MAKE THIS
GUIDE
EVEN
BETTER!**

Take this quick survey
and you could win a
basket full of locally
grown foods!



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
blainescdorg.com

THE COMMUNITY LIBRARY

415 Spruce Ave., Ketchum
comlib.org

FARE IDAHO

PO Box 7225, Boise
fareidaho.org

FUTURE ROOTS

311 N. Main St, Suite 212, Ketchum
futureroots.org

HAILEY PUBLIC LIBRARY

7 W. Croy St., Hailey
haileypubliclibrary.org

THE HUNGER COALITION

110 Honeysuckle St., Bellevue
thehungercoalition.org

THE NATURE CONSERVANCY

Regenerative Agriculture
Demonstration Farm
Kimberly
nature.org/idaahoagriculture

NOURISHME

151 N. Main St., Ketchum
jjnourishme.com

SAWTOOTH BOTANICAL GARDEN

11 Gimlet Rd., Ketchum
sbgarden.org

THE SENIOR CONNECTION

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

SUN VALLEY CULINARY INSTITUTE

211 N. Main St., Ketchum
sunvalleyculinary.org

TRAILING OF THE SHEEP FESTIVAL

Hailey
trailingofthesheep.org

UNIVERSITY OF IDAHO EXTENSION

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

UPPER BIG WOOD RIVER GRANGE

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

WOOD RIVER COMMUNITY YMCA

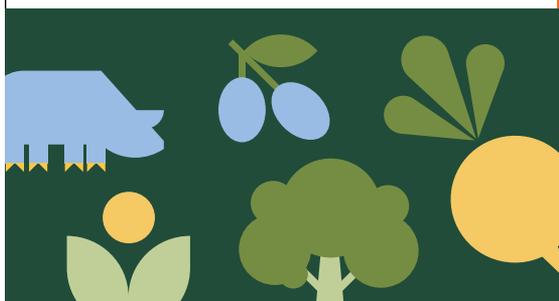
101 Saddle Rd., Ketchum
woodriverymca.org

WOOD RIVER LAND TRUST

119 E. Bullion St., Hailey
woodriverlandtrust.org

WOOD RIVER SEED LIBRARY

Hailey
woodriverseeds.net





HERE'S TO... AN EDUCATION THAT IS LOCALLY GROWN



SUN VALLEY
COMMUNITY
SCHOOL

Want to learn more about the benefits of being part of a
Pre-K - 12 school community, let's talk!
admissions@communityschool.org, 208-622-3960 x117
¿Quiere saber más acerca de los beneficios de ser parte
de una comunidad escolar Pre-K - 12? ¡hablemos!
admissions@communityschool.org, 208-622-3960 x117



PLANTING A FOREST OF FOOD

“Put simply, agroforestry is farming with trees,” explains Brooke Bonner, owner of Drinkers of the Wind Farm. “That can mean anything from a homeowner’s backyard food forest to a large-scale system that integrates tree crops with a traditional cash crop like grain or hay.”

For Brooke, agroforestry is about intentionally mimicking the diversity of a natural ecosystem. Her farm has planted over 100 varieties so far, creating a layered agricultural system with plants on the ground, shrubs above them, and a canopy of trees overhead.

“Implementing agroforestry has allowed us to make more efficient use of land that was already impacted by agriculture,” she continues. By incorporating three vertical layers of crops, Drinkers of the Wind produces more from the same agricultural footprint. As Brooke describes it, “We’re turning the same amount of sun, soil, and water into more nutrition for the community than if we were just producing one layer of a single crop in each field.”

But agroforestry isn’t just about maximizing production – it’s also about ecosystem health. At Drinkers of the Wind, the focus is on increasing plant diversity, improving soil health, and working in concert with the land. “I have a vivid memory of visiting the orchard last spring and being stopped in my tracks by the cacophony of buzzing from all the insects feasting on our flowering trees and cover crops,” Brooke recalls. “Three years before, that exact spot had been nothing but compacted, bare soil and noxious weeds. It was a night-and-day difference.”

Agroforestry isn’t limited to farms. Over the past year, Future Roots, as part of the Wood River Valley Forest Collaborative, has coordinated several tree-planting projects in both natural and urban environments. At Balmoral/Kiwanis Park in Hailey, 30 volunteers planted 12 trees around the playground to provide shade, reduce noise pollution, and offer fresh apples to neighborhood families. This project, funded by Cox Communications, was a collaboration with The Arbor Day Foundation and the City of Hailey. Additionally, 12 volunteers planted over 1,000 Douglas fir seedlings in the Ross Fork Fire burn area to aid biodiversity recovery, prevent erosion, and increase carbon sequestration.

This year, Future Roots is partnering with the Blaine County School District on two tree-planting projects across three school sites. At Hailey Elementary and Alturas Elementary, community volunteer events will add trees—including fruit trees—to provide shade and serve as sound and air pollution barriers due to the schools’ proximity to Friedman Memorial Airport. Additionally, Future Roots is working with stakeholders in hopes of planting an orchard onsite at the Wood River Middle School, alongside the construction of a greenhouse.

At Sun Valley Community School, they plan to expand their campus garden by adding native shrubs, vines, grasses, and forbes species, as well as several fruit trees that thrive in colder environments. Their goal is to create a system that nurtures curiosity, nourishes the health and wellness of students, and gives back to the nature surrounding the garden.



“Between our campus kitchen and the meals in residence hall, the school serves over five hundred meals a week,” says teacher Sarah White. “The inspiration for the agroforestry project comes from the Community School’s culture, part of which is gathering together to enjoy a meal. Through student harvests, we hope to bring food circularity into our lunch room and residence hall kitchens...and educate students about the power and importance of local food production.”

The garden and forest are a living classroom for students, including young scientists performing soil quality tests and tracking plant growth, world language classes creating cultural dishes with food from the garden, and more.

“We hope to educate students and our community about the importance of being connected to the food we eat and the environment around us,” adds Sarah. “The emergence of a campus garden will enrich learning opportunities for students and support connection to plants, food, and the broader community.”

From restoring agricultural lands, inspiring students, and improving public spaces, agroforestry offers a range of benefits. As these projects take root and grow, they will provide shade, cleaner air, and increased biodiversity. By integrating trees into both agricultural and urban landscapes, these projects are taking steps towards a healthier, more resilient environment in the Wood River Valley. Do you know of other agroforestry projects in the Wood River Valley? Let us know by emailing locallygrown@futureroots.org.



SEASONAL RECIPES

Learning to cook with what is in season will help you to make the most out of local food and minimize the number of items purchased from distant suppliers. Cooking with the seasons is all about flexibility and the spontaneity of working with what's available. For a bit of inspiration, we asked our team member and chef, Lyndsey Mason, to share some of her favorite seasonal recipes. No matter what time of year it is, use the seasonal eating chart on page 34 to discover available ingredients.

SEARED KOEHN FAMILY TROUT WITH CITRUS-SPRING GARLIC COMPOUND BUTTER

INGREDIENTS:

(SERVES 4)

4 trout fillets
4 lemons
1-2 Tbl. lemon zest
4 Tbl. chopped spring garlic
1 lb. unsalted butter
2 tsp. Himalayan pink salt

Sources: Koehn Family Trout,
B&G Produce, River Road Farms,
Waterwheel Gardens



DIRECTIONS FOR COMPOUND BUTTER:

Bring butter to room temperature. In a standing mixer fitted with a paddle attachment, whip together the butter, lemon zest, lemon juice, salt, pepper, and chopped spring garlic until thoroughly mixed. Transfer butter mixture to the middle piece of parchment paper and roll into a log about 5 inches long and 2 inches thick. Place in the fridge and chill for at least 2 hours. Slice in rounds, removing parchment paper when ready to use. Any leftover butter can be stored in the fridge for 3 weeks.

DIRECTIONS FOR TROUT:

Preheat the oven to 450°F. Prepare trout fillets by sprinkling salt, pepper, and other desired spices or herbs on flesh. Using two large cast iron or teflon pans, heat on stovetop over medium/high heat. Add 2 Tbl. olive oil to each pan and place trout flesh side down, searing for 1 minute or until golden brown. Flip trout over gently using a fish spatula and keep on medium high heat for 30 more seconds. Place pans and trout in the oven skin side down and cook for 5-8 more minutes (depending on size of trout) and until trout is cooked through and flakes easily off skin with a fork.

Serve each trout fillet with compound butter, lemon, and desired sides.

SEASONAL RECIPES

TOMATO BISQUE

INGREDIENTS: (SERVES 6-8)

1/4 cup butter
2 Tbl. minced garlic
1 large yellow onion diced
2 cups roasted cherry tomatoes
3 cups diced tomatoes
1 can fire roasted tomatoes
1/4 cup tomato paste
4-6 cups chicken or vegetable stock
1 cup heavy cream
1 Tbl. red pepper flakes
2 bay leaves
2 tsp. smoked paprika
1 tsp. chopped fresh thyme
1 tsp. chopped fresh rosemary
Salt and pepper to taste

DIRECTIONS:

Preheat the oven to 450°F. Place whole cherry tomatoes on a half sheet pan with a drizzle of oil, salt and pepper, red pepper flakes, and a pinch of chopped rosemary. Roast in the oven for 30-40 min or until tomatoes have blistered and softened. While cherry tomatoes roast in the oven dice the onions and sauté in butter or olive oil in a thick bottomed pot over medium heat stirring regularly until onions are translucent. Add in minced garlic and continue cooking for 2-3 minutes. Deglaze pot with 1/4 cup white wine and allow alcohol to cook off for 3 minutes. Add diced tomatoes, canned tomatoes, paprika, remaining rosemary, remaining pepper flakes, thyme, salt and pepper. Cook for 3 minutes or until tomatoes are slightly softened. Add stock and cherry tomatoes, bring to a boil and reduce heat allowing liquid to simmer for 20-30 min. Remove from heat and blend until smooth using an immersion blender. Return to stove top, add in cream and tomato paste stirring well until tomato paste is well incorporated. Season with salt and pepper. Serve immediately with fresh basil, and grated parmesan cheese. Store the cooled leftovers in an airtight container in the refrigerator for up to 6 days or freeze until next use.

Sources: King's Crown Organics, Whaterwheel Gardens Cherry Tomatoes, Wood River Farmers Market, Purple Sage Farms, Kasota Hydroponics, Cloverleaf Creamery, Mountain Valley Farmstead



To try Lyndsey's favorite summer and winter seasonal recipes, visit locallygrownguide.org/whats-fresh/

locallygrownguide.org 75

STUDENT-LED COMPOSTING

Over the past several years, Future Roots has been collaborating with schools throughout Blaine County to launch lunchtime composting initiatives. Each program is optimized and designed around unique lunch schedules and student culture. Food waste is diverted from Milner Butte Landfill to Winn's Compost out Ohio Gulch, with transportation provided by Clear Creek Disposal.



Hailey Elementary was the first school to launch in the spring of 2023. "Composting has become an integral part of our school culture, though it wasn't an immediate buy-in from everyone. To encourage participation, we began weighing our compost daily and graphing the results, giving students a clear visual of how much food waste was being diverted from the trash each day, week, and month. This hands-on approach made a significant impact, increasing student awareness and engagement," says Sarah Polk, the lead teacher on the project.

By June of 2025, Hailey Elementary will have diverted approximately 12,500 pounds of food waste from the landfill, which is consistent with district-wide averages of 14-16 pounds of food waste, per student, per school year. Wood River Middle School was the second school to launch in spring of 2024, and many

incoming 6th graders remember composting routines from their time at Hailey Elementary.

Hemingway STEAM School is the most recent BCSD school to participate in launching a composting initiative, starting in April of 2025. In addition to food waste pick-up, Hemingway students will also have a 106-gallon composting tumbler system on site, and will be able to test and observe composting in real time.

Recent studies have shown that each pound of food waste in landfills creates an average of 3.8 pounds of carbon and methane emissions (EPA). With three schools participating, this amounts to over 75,000 pounds of emissions avoided per school year. Most importantly, these initiatives foster stewardship of our food system, community, and planet, and empower students to engage in everyday climate action.

COMPOSTING AT HOME

Composting at home is a great way to minimize the amount of food waste that ends up in the landfill. There are a number of composting methods, so be sure to choose one that will work best for your space and routine!

TRY A TUMBLER SYSTEM!

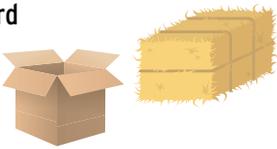
Tumblers keep compost contained and can keep composting throughout the winter, especially if your tumbler is in a sunny location. When adding compostable material, you'll want to aim for one part "green" or nitrogen-rich materials, to three or four parts "brown" or carbon-rich materials.



WHAT TO COMPOST:

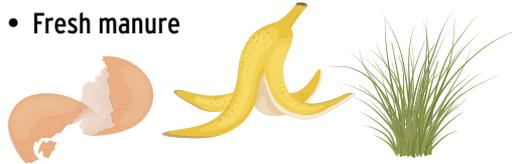
CARBON (BROWNS)

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

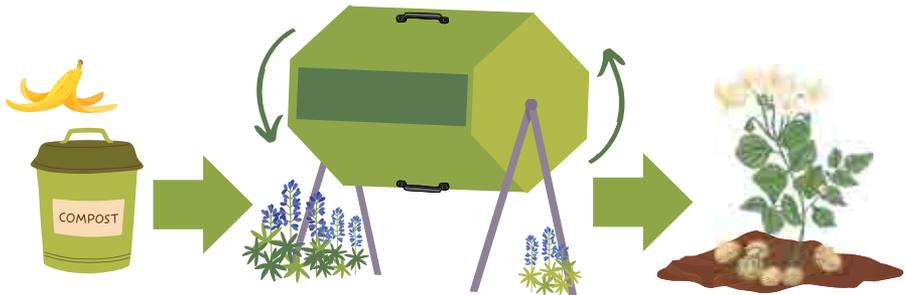


NITROGEN (GREENS)

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



Stop adding material once your tumbler becomes hard to turn. After that, give the bin a few turns and check that the composting material is moist every couple of days. Your compost is done when it has a dark, crumbly texture - like garden soil, a pleasant, earthy smell, and you don't see any recognizable food scraps. After that, add the finished compost to your garden for healthy, nutrient-dense soil!



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



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COMMUNITY FOOD EVENTS

The Wood River Valley always has something going on. Whether attending small local workshops or nationally renowned festivals, you'll find that food plays a central role in how we celebrate. Join a signature food-related event for a taste of what the Wood River Valley is all about.

Our Locally Grown Guide website is the best place to find out about food-centric events in the Wood River Valley. We are always adding new events. Check back often.

locallygrownguide.org/event-list



Photo Courtesy of Trailing of the Sheep
by Carol Waller

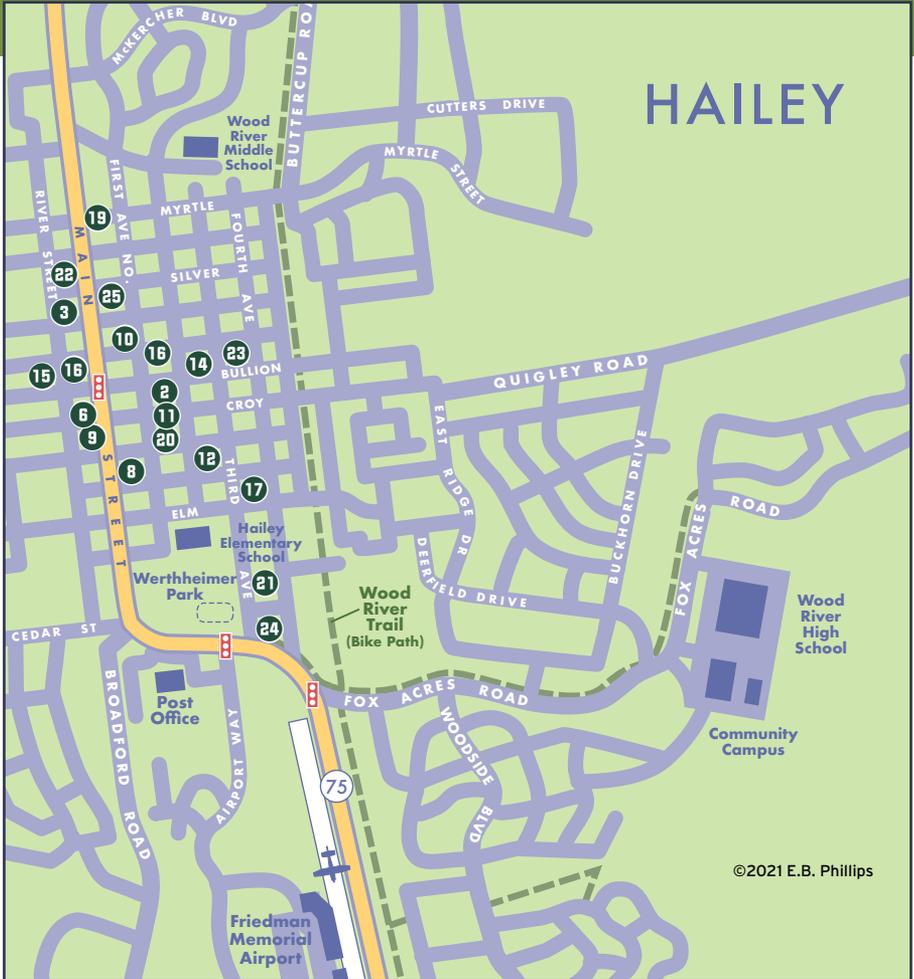






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|---|--|



BELLEVUE



BELLEVUE

SOUTH of BELLEVUE



CAREY

- 4
- 7
- 18

WATER-WISE FARMING



Water availability has always been a challenge for farmers in the Wood River Valley. Now, climate change, population growth, and increased residential and commercial use are putting serious pressure on producers. Local farmers are stepping up with innovative and practical ways to use water more efficiently. We spoke with Justin Stevenson from Hillside Ranch, Brooke Bonner from Drinkers of the Wind Farm, and Kathy Noble to learn about the changes they're making to conserve water and regenerate the aquifer.

ADAPTING TO A NEW WATER REALITY

"The future of water is the biggest uncertainty for farming in the Valley," says Justin Stevenson, owner of Hillside Ranch in the Bellevue Triangle. His family has been growing grain here since the 1970s, and over the years, they've had to adjust to shifting water availability. Today, Hillside Ranch grows barley, alfalfa, and wheat varieties, some of which his sister, Brett Stevenson, uses in Hillside Grain's locally milled flours.

Hillside Ranch, like the majority of agricultural producers in the Wood River Valley, relies on surface and groundwater supplies fed by mountain snowpack. Declining and variable snowpack has reduced available water, resulting in new regulations for farmers. "It was a mindset shift for farmers. We have to be ready to adapt each year based on water availability," Justin explains. Hillside Ranch has been on the cutting-edge of water-use innovation for years, working to implement a variety of water reduction and soil management strategies that prepare them for the uncertain water availability.

WATER-SAVING STRATEGIES

"We've upgraded our sprinklers to more efficient systems, lowered their height to cut down on evaporation, and added variable rate pivots—these adjust watering speed based on soil conditions," Justin says.

One of the biggest game-changers has been installing soil moisture sensors throughout the fields. These sensors send real-time data to Justin's phone, letting him know exactly when and where water is needed.



For Hillside Ranch, water conservation is more than changes to their irrigation practices—it's also about increasing soil health. Justin is shifting toward minimal tillage to preserve soil structure and water-holding capacity. "We're working to reduce soil disturbance and increase organic matter to improve water retention," he says.

RESTORATION AGRICULTURE

Brooke Bonner vividly remembers the struggle of taking a soil sample during her first year managing Drinkers of the Wind Farm. "I was jumping on the shovel, and I couldn't get any soil out at all," she recalls.

For 50 years, Brooke's stepfather, Archie Bouttier, bred champion endurance Arabian horses along the Big Wood River south of Bellevue. When he passed away unexpectedly in 2021, Brooke and her mother faced a tough decision—sell the property or find a way to preserve it.

"The credit goes to my mom," says Brooke. "She believed in my dream of turning this into a regenerative farm."

The rock-hard patch of compacted soil in a former horse pasture is now thriving with a variety of cover crops, trees, and shrubs, thanks to a system of swales and berms engineered to follow the land's natural contours. This is the start of what Brooke identifies as "restoration agriculture."

"The swales break up soil compacted by years of horse hooves, collect every drop of water, and allow it to soak in rather than run off," Brooke explains. "Our goal is to turn the soil into a sponge."

The increased water holding capacity generated by the swales supports over 4,000 trees and shrubs (more than 100 varieties), which help enrich and shade the soil, sequester carbon,

BEFORE



AFTER



WATER-WISE FARMING



and produce food. “As their root systems get established over the next few years, we’re looking forward to being able to dramatically reduce the need for supplemental irrigation, further protecting our valuable aquifer.”

While these perennial crops mature, the farm has also launched a half-acre market garden. “We’re minimizing plastic use, using drip irrigation, cover cropping after each season, and keeping a diverse mix of grasses, clovers, and even weeds between our rows,” Brooke says. Their produce is available at the Wood River Farmers Market and their farmstand on Lower Broadford Road.

TECHNOLOGY MEETS TRADITION

Local farmer and landscape architect Kathy Noble is tackling water conservation from multiple angles. On her farm south of Bellevue, she’s using an advanced irrigation system that reads soil moisture at different depths and locations, then adjusts watering automatically.

“Most people overwater,” says Kathy. “With our sandy soil, that extra water just drains below the plant’s roots.” In

one test on a neighboring farm, this technology helped maintain the same crop yield while using 20% less water.

Beyond farming, Kathy is passionate about native landscaping. She grows native and drought-tolerant plants on her property and collaborates with the Environmental Resource Center to teach workshops on selecting and caring for these species. She’s also helping the Wood River Land Trust revamp its Trout Friendly Lawn program. “Since we need water to grow food, we have to do whatever we can to reduce household and residential water use. The best way to accomplish that is by designing residential landscapes that are drought-tolerant and use far less water,” Kathy states.

Kathy believes municipalities should take action, too. She’s advocating for irrigation training and policies to reduce public water use and hopes each town will create a high-visibility demonstration garden with native plants. “These gardens will be a hands-on way for communities to learn about plant selection, irrigation, and maintenance,” she says.

CONCLUSION

As Kathy Noble says, “Climate change will have a stronger and stronger impact on our snowpack and the resulting available water.” Addressing this reality requires a wide range of solutions from residential lawns to agricultural fields. The farmers and advocates highlighted in this article are taking different approaches to the same end goal, producing nutritious food while minimizing the impact on the Valley’s water resources.

You can help too. Choose locally grown food and take the opportunity to ask your farmer about their water usage. Check with ERC about Kathy’s upcoming workshops and start planning a transition to drought-tolerant landscaping.



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