San Luis Valley

Local Roots
Locally Grown Food, Sold Locally

A Movement Toward Sustainability

3rd Edition
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The Coalition hosts quarterly meetings, monthly workdays at the Rio Grande Farm Park, CSA workshares at the Valley Roots Food Hub, Cooking Matters volunteer opportunities and welcomes guest chefs at Healthy Habits cooking demos at the farmers market.

Join Us!
Growing up we ate so well, home-raised turkey roasted in our horno, veggies from the garden, milk and cheese from my Tia’s goats, bacon from the pig our neighbor raised, champe jam from my grandma, fresh eggs, and wild asparagus gathered along the road. The idea of going to the grocery store to buy basic necessities was a foreign concept.

Going off to college was a huge shock, from country girl to suddenly one student in a classroom of 600! I remember going to the store to buy food. So many questions. I had seen documentaries, all the horror stories, and my mind couldn't help but ask: Did this chicken have a good life? What did they spray on this lettuce? How did the farmer treat his workers? Eating well became an ordeal. I became vegetarian, because the meat I bought came in plastic wrap, no reference to the farm or how it was raised.

I began to meet people who said we can do better. They wanted to connect to their food. I wanted to be a part of that movement and began dreaming of coming home to the family farm. Growing up, I took for granted the connection I had to the land, coming home I had a new appreciation of my roots.

The reality is that not everyone can grow their own food, but by connecting back to our food system we can all eat the way I did growing up. The most powerful thing is that for every farmer trying to raise more ethical food, there is a customer on the other end looking for accountability in what they buy.

This book is an introduction to our farmers and ranchers. These are the people, like me, who work hard every day to grow the highest quality products. These people are those connections to the food we put in our bodies, feed our children, and share with our families. These are our neighbors and friends, people we can shake hands with and even see, with our own eyes, what goes into their products. I have a vision that when we look at our dinner plate we all can know for certain that the ingredients were grown with the greatest integrity, respect for life, and transparency possible.

Thank you to all the people who came together to make this guide. And thank you to the farmers, ranchers, consumers and community members who make our local food movement reality.

Elena Miller ter Kuile
Cactus Hill Farm and LFC Board Member
On the following pages, you will meet the farmers and ranchers who are growing locally and making their abundance available to the good people of the San Luis Valley and beyond. Now all may enjoy the rich harvest of the Valley’s local foods.

Two things were of core importance to the first settlers of the San Luis Valley, the family and a bountiful harvest from the family farm.

The first settlers made their homes in the southern part of the Valley in the mid-1800’s and established farms with acequias—communal irrigation systems. The acequias ensured that all farmers received the necessary life sustaining water for their crops so they could make it through the long cold winter. These historic farms have been in the family for generations and are still honored as the roots of self sufficiency and community sustainability.

Today these acequias are still in use alongside the now more than 80,000 acres of land under center pivot irrigation and the many thousands more acres being fed by ditch irrigation. The San Luis Valley continues to produce an abundant variety of food - from lettuce to lambs, potatoes to pork, beans to beef.

We know that the farmers and the wisdom they hold, the mineral rich soil and the generous San Luis Valley aquifer, all located in our high altitude air, continue to nourish these historic roots of self sufficiency and community sustainability through the bountiful harvest.

This guide is dedicated to those who till the earth and tend the animals: to those who grow their own food and to those who grow it for others. Thank you for the bountiful harvest.

Heather Green
Local Roots Guide

Legend

Note: These are self-reported practices and should be verified by relationship with your grower or Food Hub.

- Agritourism
- Grown in Living Soil
- Bio-Dynamic Practices
- Holistic Land Management
- Certified Organic
- Humane Animal Treatment
- Commercial Pesticide-Free
- Organic Practices
- Fair Labor Practices
- Permaculture
- GMO-Free
- Vendor to Valley Roots Food Hub

The orange star icon indicates that the landowners have protected their land with a conservation easement, conserving the land and water for the future of local foods, wildlife habitat and the scenic landscapes of the San Luis Valley.

The numbered circles locate those farms and ranches in the directory listing who welcome your visit to their place. Please look for the corresponding number in the listings and match it to the map in the center of this booklet.
Absmeier High Altitude Garlic
Garlic
At 7551 feet above sea level, mild summers and winter temperatures that can get 30 below zero for days at a time, you might wonder how garlic can survive. We offer 7 varieties of hardneck garlic, both as seed (for planting your own garlic) and food (for cooking), which include Krasnodar White, Georgian Fire, German Extra Hardy, Armenian, Leah, Chesnok Red, and Purple Glazer. Once we’ve harvested the end of July and allowed the garlic to cure, it will be ready for sale the middle of September. The shelf life is quite long and we usually have garlic available until the end of March.

Hours: By Appointment
Contact: Beth Quinlan
Phone: (719) 589-6994
Address: 11319 County Rd. 5 S, Alamosa
Web: absmeierhighaltitudegarlic.com

Brown’s Ranch
Lamb
Natural Boer goats, lamb and beef. Small bales of alfalfa available. Call the ranch.

Contact: Mark Brown
Phone: (719) 588-1551
Email: brownsranch@hotmail.com
Address: 4469 N County Rd. 109, Mosca

Colorado Gators
Tilapia, Fish, Veggies
An 87° geothermal well creates “an integrated ecosystem” providing fresh tilapia fish and farm goods and real educational fun while making full use of natural and recycled resources.

Hours: Spring and Fall 9am-5pm, Summer 9am-6pm, Winter 10am-4pm
Contact: Jay Young
Phone: (719) 378-2612
Email: colog8rs@gmail.com

Address: 9162 County Rd. 9N, Mosca
Web: coloradogators.com

Colorado Mushroom Farm
Mushrooms
Producing fresh White, Crimini, Portabella mushrooms in the San Luis Valley. Production of fresh daily picked mushrooms is a 365 day/year operation. Employing 120 local people year round. We produce our own compost from by-products of other commodities including wheat straw, chicken waste, gypsum, cotton seed meal, peat moss, and sugar beet lime to produce our fresh mushrooms.

Hours: Mon-Fri 8-5
Contact: Tiffanee Ross
Phone: (719) 589-5882
Address: 10719 County Rd. 5 S, Alamosa
Email: tiffaneerosscmf@gmail.com
Green Acres Hemp Farm
Hemp
Industrial hemp farm exploring beneficial uses of hemp for the community. CBD-infused olive oil supplements; lotions; lip balms.

Hours: By Appointment
Contact: Jim and Lisa Strang
Phone: (941) 782-7307 or (313) 407-1695
Address: 6344 County Rd. 116 S, Alamosa
Email: greenacreshempfarm@gmail.com
Web: greenacreshempfarm.com

Jones Farm Organics
Potatoes, Hay, Wheat
Third generation farmers raising Certified Organic potatoes and wheat. Call for information.

Contact: Rob & Beth Jones
Phone: (719) 588-2299
Address: 11221 E County Rd. 110 N, Hooper
Web: jonesfarmorganice.com

KW Farms
Beef, Pork, Lamb
John and Trudy raise USDA Certified Organic grass-fed beef. No grains, no hormones, no antibiotics. As John says, “We love the cows, nothing else we do is as much fun.” Call for information and to purchase beef. They also carry Salazar pork and Miller lamb.

Hours: By Appointment
Contact: John & Trudi Kretsinger
Phone: (719) 589-0429
Address: 7725 County Rd. 1 S, Alamosa
Email: kretsingerbeef@gmail.com
Web: kretsingerbeef.com

Lenore’s Spelticious Cookies
Baked Goods
Delicious spelt cookies made locally of healthy ingredients—Spelt Flour and no wheat. Available at local stores or call to order. Enjoy!

Contact: Lenore Reinhart
Phone: (719) 588-9329
Email: speltlicious@yahoo.com

Sea of S.A.G.E.
Stabilized Agro Environments
Veggies
Year-round vegetable growing in passive solar greenhouses, greenhouse design and construction. Sometimes dairy goats for sale. A Limited
Partnership Association
**Hours:** By Appointment  
**Contact:** Friend Darr  
**Phone:** (719) 486-6326  
**Mailing Address:** PO Box 1366  
**Physical Address:** 998 County Rd. 112 S, Alamosa  
**Email:** darr.friend@gmail.com

Simply Honey
Honey  
As 6th generation migratory beekeeper, Brent harvests honey, beeswax, sells bees and provides pollination services. Available in local stores!  
**Hours:** By Appointment  
**Contact:** Brent Edelen  
**Phone:** (719) 850-0255  
**Address:** 6204 Harmony Rd., Alamosa  
**Email:** grampashoney.1@gmail.com  
**Web:** grampashoney.com

Valley Mama CSA
Veggies, CSA  
Will be at Alamosa Farmers Market. Each week of the growing season I send out an email with what is available in the box that week and how much it is, and my customers get back to me with their order. One pick-up day a week at my house.  
**Hours:** Seasonally, By Appointment  
**Contact:** Allison Cruse  
**Phone:** (719) 589-2911  
**Email:** allisoncruse@gmail.com  
**Address:** 8125 South River Rd., Alamosa

Valley Pheasants
Turkeys, Eggs  
Heritage Turkeys, Poultry Turkeys and eggs naturally raised on the pasture to increase omega 3 fatty acids and vitamins A&D. Local feed from Circle K Mill who sources locally as possible.  
**Contact:** Cathy Morin  
**Phone:** (719) 589-0409  
**Address:** 3787 Road 12 South, Alamosa  
**Email:** riograndecath@gmail.com

Tierra Sana
Organic Produce by Antonio Garcia
**Veggies**  
Organic high-altitude practices with native non-GMO San Luis Valley seeds. Cooperative Rio Grande park farmer and at-home gardener, with various veggies including heirloom spinach and garlic.  
**Contact:** Antonio or Sandy Garcia  
**Phone:** (719) 589-8381 or (719) 588-8195  
**Address:** Rio Grande Farm Park, Alamosa  
**Email:** valleygirlsavon@yahoo.com

White Mountain Farm
Quinoa, Potatoes, Veggies  
Certified Organic quinoa and potatoes, and organically grown garden produce in the summer. Available through the Mosca Pit Stop and the Valley Roots Food Hub.  
**Contact:** Paul & Ernie New  
**Phone:** (719) 378-2345  
**Address:** Mosca Pit Stop Hwy 17, Mosca  
**Web:** whitemountainfarm.com
Bountiful Ventures, LLC (formerly Buhr Cattle)
Pork, Beef, Veggies
Natural Berkshire pork and grass-fed beef. Non-GMO feed, no antibiotics or growth hormones, humanely raising. Seasonal peppers, organic practices.

**Hours:** Mon-Fri 9-5
**Contact:** Mitchell and Jocelyn Buhr
**Phone:** (719) 580-2098
**Address:** 14859 County Rd. T, Bountiful
**Email:** info@bountifulventure.com
**Web:** bountifulventure.com

Cactus Hill Farm
Lamb, Veggies, Hay
Grass-fed naturally raised lamb and other great products like fiber and quality hay raised on multi-generational family farm. Call and leave message or email farm for information.

**Hours:** By Appointment
**Contact:** Elena Miller
**Phone:** (719) 849-9164
**Address:** 20566 County Rd. 9, La Jara
**Email:** cactushillco@gmail.com
**Web:** facebook.com/CactusHill

Jack Rabbit Hollow Farm
Eggs, Veggies, Compost, Dairy
Organic veggies and handcrafted goods from the farm. Fresh chicken and duck eggs from happy, healthy, loved birds. Cow milk shares seasonally. Manure for fertilizer composted and uncomposted. Order from Abe, VRFH, Farmers Markets, retail carriers such as Valley Food Coop and Elephant Cloud Market.

**Hours:** By Appointment
**Contact:** Abe Rosenberg
**Phone:** (719) 480-4911
**Address:** PO Box 13773 River Ranch Rd., Antonito
**Email:** jackrabbithollow@gmail.com
**Web:** jackrabbithollow.com

Lionel & Michelle Valdez
Lamb
Range fed lamb “on the hoof” or delivered for packing. Herd returns from the mountains in mid-September. Place order by September 1st.

**Contact:** Lionel & Michelle Valdez
**Phone:** (719) 274-5822
**Address:** 10418 County Rd. Y, La Jara
Nitschka Ter Kuile and Steve Miller
Beef, Goat, Dairy
Honoring the relationship between goats, good soil, and healthy produce, Nitschka and Steve have CSAs available for goat milk and cheese products. Grass-fed beef halves and quarters available to reserve.
Hours: By Appointment
Contact: Nitschka Ter Kuile and Steve Miller
Phone: (719) 588-6621
Address: 9790 County Rd. Y, La Jara
Email: nitchtk@gmail.com

Salazar Natural Meats
Beef, Pork
Salazar Natural Meats is committed to providing high-quality, humanely raised beef and pork to Colorado and northern New Mexico. As one of the few on-farm, USDA inspected meat processing facilities in the country, we are able to control the process from start to finish. Our 100% grassfed/grass-finished beef and free-roaming, heritage (Berkshire) hogs are guaranteed to meet certain quality standards. We ARE the butchers who make the final call on whether a carcass is “steak quality” or “sausage quality.”
Hours: By Appointment
Contact: Lucas Salazar
Phone: (719) 580-5264
Address: 20740 County Rd. M, Manassa
Email: orders@salazarnaturalmeats.com
Web: salazarnaturalmeats.com

Tamale Connection
Tamales
True Southwest foods available through the Valley Roots Food Hub.
Contact: Wayne Garcia
Phone: (719) 588-8245
Address: 217 Main St., Antonito

“All people have the right to decide what they eat and to ensure that food in their community is healthy and accessible for everyone. This is the basic principle behind food sovereignty...The system no longer values healthy, delicious food, productive and sustainable rural communities, or the people’s right to make decisions about managing their communities and farms.”

—National Family Farm Coalition and Grassroots International
The Mountain Shepherdesses
Garlic, Seeds, Beans, Lamb, Pork
We are certified organic on a beautiful ranch in the Ventero of San Luis.
Contact: Suzanne Sanford
Phone: (719) 588-8732
Email: sanfordsuzanne8734@gmail.com

Rio Culebra Coop
Beef, Beans, Chicos, Alberjon Maduros
Frozen grass-fed beef raised without hormones, antibiotics or corn, and butchered less than one year old. Beef is tender and delicious. Also heirloom products, Chicos del Horno (white corn cooked in an horno and dried), Bolita Beans unique to the San Luis Valley, and Haba Beans (dried fava beans) and a small crop of alberjon madura (dried ripened peas).
Hours: Mon–Fri 8am–2pm
Contact: Bernadette Lucero
Phone: (719) 672-0329 or (719) 588-9194
Address: 401 Church Place or PO Box 292, San Luis
Email: rioculebraorgs@yahoo.com
Web: rioculebra.com

“That food made from fresh ingredients is amazingly good. That farmers are interesting and worthwhile people to know. That gardening and farm work provide a healthy balance to a life spent mostly at a desk. And that turkey sex is a hoot to watch.”

—Barbara Kingsolver Interview in The Sun March 2014 when asked what she learned from her family’s commitment to eat only locally grown food for a year.

Ute Mountain Ranch
Baked Goods, Beef, Pork, Eggs, Compost
Home to Heaven Scent Bread, Happy Hams & West’s Best Soil and Compost. The heart of a family farm thriving, as Kelly West says, “in a culture of gratitude.” Find Kelly’s artisanal bread at the Valley Food Coop and Taos Farmer’s Market. Call to order grass-fed, hormone- and antibiotic-free beef or soil and compost.
Contact: Kelly & David West
Phone: (719) 672-4404, or for Soil and Compost Call David (575) 770-8841
Web: facebook.com/heavenscentbreads
Ab Yoder
Eggs, Tomatoes
Fresh eggs, tomatoes in season, we are pesticide-free, gmo-free. We plant in coconut core due to high salt content in soil.
Hours: By Appointment
Contact: Ab Yoder
Phone: (719) 852-2117
Address: 5190 E County Rd. 8 S, Monte Vista

Cochran Ranch
Beef
Grain or grass finished, hormone and antibiotic-free beef available throughout the year in wholes, halves and quarters on this 75 year old family ranch. Call or come by the ranch to purchase beef.
Hours: By Appointment
Contact: Chad Cochran
Phone: (719) 480-2096
Address: 499 Schutte Ln., Monte Vista
Email: cncbdb@hotmail.com
Web: cochranch.com

Gosar Ranch
Natural Foods and Mountain Mama Milling
Grains, Pork, Poultry
Producing 100% stone ground, high protein whole-wheat Mountain Mama brand flour, freshly milled to order since 1977 using locally grown bread and pastry wheats, transitional or certified when available. Also, sixth generation producers of gourmet European-style sausage, handmade in pork or chicken, USDA inspected daily, available in most regional, independent food stores and many restaurants.
Hours: Mon-Fri 8am-5pm
Contact: Kris, Greg, Jesue
Phone: (719) 852-2133 or (719) 580-5096
Email: gosarranch@gmail.com

Graber’s Produce and Worth the Drive Family Bakery
Veggies, Baked Goods
Our flavorful, non-GMO, pesticide-free, big Dena tomatoes are better than what you can find in the grocery store. Grown in our off-the-grid greenhouse. Our fresh-baked goods are well worth the drive. Free coffee and donuts while supplies last. Limit one per customer. Famous jalapeno cheese bread, cinnamon rolls, but we specialize in Amish fry pies.
Hours: Summer Tue-Fri 7am-5pm, Winter Thu-Fri 9am-4pm
Contact: Allen and Irene Graber
Phone: (719)852-0967
Address: 5115 E County Rd. 9 South, Monte Vista
Web: gosarranch@gmail.com

Grande Island Bison
Bison
A happy herd of buffalo, wandering the pastures from birth to harvest producing delicious hormone-free lean meat. Various cuts, roasts, and ground meat available, also whole, halves, and quarters.
Contact: Kevin Off
Phone: (719) 657-3439
Address: 0892 County Rd. 14, Del Norte
“Organic? That is just how we always grew food.”
—Dennis Lopez from Capulin, in conversation
Grande Natural Meats
Game Meat and Pet Food
Natural meat distributor of several varieties, including jerky and burgers/steaks. We also ship hunters’ meat frozen. Our network of ranches is pasture-raised, no hormones. Hours: Mon-Fri 8am-6pm Contact: Rich Forest Phone: (719) 657-0942 or (888) 338-4581 Address: 19612 W Hwy 160, Del Norte Email: grandemeats@gmail.com Web: elkusa.com

Lazewe 2 Bar Goat Dairy
Cheeses, Goat Chevre, Feta and Aged cheese, Yak Cheese and Sheep Manchego
A Colorado Centennial Ranch producing farmstead goat, cow, sheep and yak cheeses through sustainable land management practices located between Del Norte and Southfork. The ranch’s pastures are managed without synthetic herbicides, pesticides or insecticides. The animals graze the seasonally flood irrigated fields during the late spring and summer. During the winter, they are sheltered and fed ranch-raised hay. The fifth generation Knoblauch Family raises steroid, hormone and antibiotic free animals on the ranch where the dairy is located and the cheeses are handcrafted, perfectly fitting the definition of farmstead production. Our well-known for chevre and feta goat cheeses are available in many stores across the Valley and the state. Its cow, sheep and yak cheeses are reserved for sale at farmers’ markets and at the ranch, which is open to tours and cheese sampling. The dairy also offers a raw cow and goat milkshare program. Milkshare programs offer individuals the opportunity to buy into the herd and, as a result, they are provided with weekly raw milk. In 2012, the ranch combined resources with the Rio Grande Dairy to include raw cow milk and to supply more customers in the Valley and throughout the San Juan Mountains. Call to visit.
Contact: Jenny Knoblauch Phone: (719) 850-9914 or (719) 937-1565 Address: 10530 County Rd. 15, Del Norte Email: lazue2bar@gmail.com Web: lazewe2bargoatdairy.weebly.com
Off Family Ranch
Beef
A Colorado Centennial farm raising grass-fed and finished, antibiotic and hormone-free natural beef, on the lush green pastures next to the Rio Grande.

**Hours:** By Appointment  
**Contact:** David Off  
**Phone:** (719) 580-2387  
**Address:** 10587 US Hwy 160, Del Norte  
**Email:** offamilyranch@gmail.com  
**Web:** beefbison.com

Rio Grande Dairy & Creamery
Goat, Eggs
Goat Shares and Eggs. Planning to add more items in the future.

**Contact:** Mollie Wells  
**Phone:** (719) 850-0549  
**Address:** 10530 County Rd. 15, Del Norte  
**Email:** riograndedairy@gmail.com  
**Web:** riograndedairyandcreamery.weebly.com

Seven L Diamond Ranch
Lamb, Beef, Hay
Fryer or live rabbits available. Call for availability of hay.

**Contact:** Pete & Leah Clark  
**Phone:** (719) 850-2720 or (719) 849-8223 or (719) 852-5625  
**Address:** 3693 S County Rd. E, Monte Vista  
**Email:** 7Ldiamondranch@gmail.com

Shady Corner Delight
Jam
Homemade jams and jellies. Find them at the local Farmers’ Market or on the corner of 370 and 5 East, South of Monte Vista.

**Contact:** Rachel Nissley  
**Phone:** (719) 852-0223  
**Address:** On the corner of 370 and 5 E, Monte Vista

Sol Mountain Farm
Veggies, Eggs, Pork
Permaculture Beyond 100% Organic Pesticide Free, No Till, Pasture raised animals, GMO-free, Holistically raised animals, humanely raised animals, GMO-free, Holistic Land Management.

**Hours:** By Appointment  
**Contact:** Wesley O’Rourke  
**Phone:** (719) 580-4863  
**Address:** 440 Valley View Dr., South Fork  
**Email:** wesleyoco@gmail.com

Three Guys Farms
Veggies, Eggs, Bakery Goods, Hay
We are the Three Guys from Ukraine building a farm business bringing fresh produce, pasture-raised pork, delicious and yummy pastries to our community.

**Hours:** By Appointment  
**Contact:** Alex Notov  
**Phone:** (719) 992-0225  
**Address:** 1335 US Hwy 285, Monte Vista  
**Email:** info@threeguysfarms.com  
**Web:** threeguysfarms.com

Two Creek Ranches
Lamb, Beef
All natural, no antibiotics, no hormones. Churro Sheep, Beef and Hides. Eggs from free range chickens.

**Hours:** By Appointment  
**Contact:** John Noffsiker  
**Phone:** (719) 649-0397 or (719) 852-5460  
**Address:** 4300 County Rd. 29, Monte Vista  
**Email:** john@twocreekranches.com  
**Web:** twocreekranches.com
Blue Range Ranch
Beef
We are a certified organic, family owned ranch that has been in operation since 1897. We are deeply committed to sustainable ranching and farming based on our values: increasing the biodiversity of our land, providing wholesome food at an affordable price, and raising our animals in a humane and loving manner. Our cattle are never confined, never fed grain or animal by-products, and never given hormones.

Hours: By Appointment
Contact: George Whitten & Julie Sullivan
Phone: (719) 655-2003
Address: 52501 County Rd. U, Saguache
Email: moovcows@gmail.com
Web: bluerangeranch.com

Cho Ku Rei Ranch
Yak, Eggs, Hay
Raising free-range brown eggs and Tibetan Yak utilizing the Ranch’s natural resources as well as a 6500 sq ft greenhouse supported by alternative energy. Offering organic compost for sale.

Hours: Mon–Fri 9am-5pm
Contact: Kyle Grote
Phone: (719) 256-4599
Address: 61187 County Rd. T, Moffat
Email: chokureiranch@yahoo.com
Web: chokureiyakranch.com

Chokeycherry Farm
Teas
Ancient art apothecary, teas, tinctures, salves, living art systems, food and energy systems, designs, installations.

Hours: By Appointment
Contact: Alycia & Nick Chambers
Phone: (719) 256-5572
**Haugen’s Mountain Grown Lamb**
Lamb  
USDA inspected, raised on natural forage, antibiotic-free, hormone-free, pesticide-free lamb. Raised by Sherry a fifth generation rancher in the San Luis Valley. Call to purchase.

**Hours:** By Appointment  
**Contact:** Sherry Haugen  
**Phone:** (719) 754-2176  
**Address:** 45995 County Rd. J, Center  
**Email:** haugenlamb@gmail.com  
**Web:** haugenslamb.com

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**Frontier Trout Ranch**
Trout, Fertilizer  
Frontier Trout Ranch raises hearty, healthy and happy Rainbow, Cutthroat, German Brown and Brook trout - available as fresh -never frozen whole-gutted, butterfly fillets, and fillets to restaurants, retailers, and consumers across Colorado. Our fish is antibiotic, hormone, and gluten free. Call to visit us and purchase trout straight from the ranch!

**Hours:** Thu–Fri 9am–5pm  
**Contact:** Kermit Krantz  
**Phone:** (913) 226-7557  
**Address:** 46301 County Rd. N, Saguache  
**Email:** kermitkrantz@att.net  
**Web:** frontierroutranch.com

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**JB Farms and Colorado Specialty Potatoes**
Potatoes  
Located in the heart of Colorado’s San Luis Valley, at an altitude of 7,500 feet, we have optimal growing conditions which ensure superior vitamin and other nutrient values for our complete line of unique potatoes. Specialty potatoes offer something new and exciting for everyone. Restaurants love the ability to create interesting, nontraditional dishes. Consumers enjoy something out of the ordinary for the table, and cooking aficionados can offer innovative and tasty creations. Look to us as your Specialty Potato Expert.

**Hours:** Call  
**Contact:** Pam Vogel, Jan  
**Phone:** (719) 754-3219 or (719) 588-3012  
**Web:** coloradospecialtypotatoes.net

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“**You may pay a few pennies more per pound, but you will save in the long run through reduced payments for medical expenses. Nutrient-dense foods produced in season by local farms provide health care—a wiser strategy than buying medical care.**”

**Mudita Camel Dairy**

Dairy  
Mudita means our happiness comes from your happiness (Sanskrit). Husband and wife duo who operate a camel dairy here in the SLV.  
We also offer farm tours and wonderful chocolates and soaps made from the milk from our camels. Meghan is also a fiber artist working with our camel fiber making hats, knitted items and so much more.  

*Hours: By Appointment*  
*Contact: Megan and Adam Stalzer*  
*Phone: (303) 550-1482*  
*Address: 26132 Hammond Ave., Moffat*  
*Email: muditacamels@gmail.com*  
*Web: muditacameldairy.com*  

**Red Starr Microfarm**

Chicken, Dairy, Veggies, Baked Goods, Catering  
*Hours: By Appt.*  
*Contact: Lynette and Scott Tieder*  
*Phone: (719) 256-5879*  
*Address: 164 Wagon Wheel Rd., Crestone*  
*Email: lynettecrestone@gmail.com*  

**Rockey Farm**

Potatoes, Seeds  
Specialty potatoes in 50 lb. bags. Also certified seed packets.  

*Hours: By Appt*  
*Contact: Sheldon or Brendon Rockey*  
*Phone: (719) 754-3744*  
*Address: 48444 County Rd. C, Center*  
*Email: rockeyfarm@hotmail.com*  

**The Sauder Family Farm**

Cowshares, Eggs, Veggies  
Cowshares. Fresh farm eggs. Fresh produce during the summer at the farm and at the Del Norte Farmers’ Market.  

*Hours: By Appointment*  
*Contact: Marlin Sauder*  
*Phone: (719) 754-0542 or (719) 480-1851*  
*Address: 9100 County Rd. 45, Center*  
*Email: marlinsauder@hotmail.com*  

**Shangrilah Greenhouse Construction and Milkyway Mountain Caprines Dairy**

Milkyway Mountain Caprines is the culmination of 22 years of goat husbandry for Heather D’Alessio, who raises dairy goats in response to a deep personal calling. The farm has non-transferable shares available for purchase, the benefits of which include a weekly ration of raw milk, caprine friendship, and manure for your garden. Goats are also available for sale each fall.  

*Hours: By Appointment*  
*Contact: Nathan Good*  
*Phone: (719) 256-4768 or (719) 588-1067*  
*Email: shangrilahstove@gmail.com*  
*Web: shangrilahcolorado.com*  

“I think about our goat herder, Dougie Newbold, who says that when she kisses her goats’ ears, it makes the cheese better.”  
—Judy Wicks, White Dog Café
Sundance Farm
Veggies, Rabbit, Poultry, Eggs
Small scale farming at its best, offering rabbits, poultry, eggs, and fresh garden produce. Call to arrange for pick-up in Moffat, CO.

Contact: Melinda Myers
Phone: (719) 256-4773
Email: naturessundance@hotmail.com
Address: Moffat

Tortilleria La Unica
Tortillas
Handmade flour and corn tortillas. Deliver throughout the SLV.
Hours: Mon-Sat 8am-7pm,
Sun 9am-3pm
Contact: Martine Palma
Phone: (719) 754-3772
Address: 267 Worth St., Center

“We know all too well that climate affects our food systems, but we are now realizing that our food systems are affecting our climate. This in turn affects our ability to grow food. To break this cycle, we need healthy local food systems that are resilient in the face of a changing climate and reduce the greenhouse gasses that can cause even more climate change. These systems would be energy-wise, community-centered, and based on production systems that rely on natural biological processes.”

—Climate-Friendly Food Systems. For more information visit hcs.org.
“The man who molds a beautiful statue of clay is an artist; so is the man who tills the soil in the right spirit. Taking care of cattle is as noble as climbing trees of knowledge, sowing seed if properly understood is on par with preaching a sermon; both have to be done in the right manner and in the right spirit to be among the fine arts.”

—The New Farmer’s Almanac 2015
Chaffee County

Don’t Go Nuts
Snacks, Packaged Foods
Don’t Go Nuts creates foods that are nut-free, gluten-free, organic, non-GMO and kosher-dairy. Current products include six snack bars and five roasted soybean spreads. Our products are differentiated by our ingredients and by our Field to Fingers Process & Facility, which ensure our foods are safely nut-free and gluten-free. Two of our snack bars feature a blend of alfalfa and clover honey from a local fourth generation beekeeping family, Beekeeper’s Honey Boutique.

Contact: Customer Care Director
Phone: (855) 666-8826
Address: PO Box 927, Salida
Email: information@dontgonuts.com
Web: dontgonuts.com

Seasons Cafe
Restaurant
Seasons Cafe is proud to support our local food producers with our farm to table brunch cafe using local, organic, fair trade, or non-GMO ingredients. Come join us at our NEW location on the banks of the mighty Arkansas River.

Hours: Wed-Mon 7am-2pm
Phone: (719) 530-9524
Address: 300 W Sackett Ave., Salida
Web: seasonssalida.com

Vino Salida
Wine Bar & Tasting Room
Wine
Lovingly crafted wine and mead reflecting the local spirit of community and fun! 20+ varieties including Chardonnay, Riesling, Merlot, Syrah and more. Wine tasting and tours, local music acts, non-alcoholic beverages, patio games, private parties, special events, membership discounts and more.

Hours: Mon-Fri 12pm-8pm
Contact: Steve Flynn or Jessica Shook
Phone: (719) 539-6299
Address: 10495 County Rd. 120, Poncha Springs
Web: vinosalida.com

Weathervane Farm
Veggies
Weathervane Farm operates on seven acres of river bottom land along Cottonwood Creek near Buena Vista, CO. A mix of vegetables are produced and sold primarily at local farmers markets, a CSA share program, restaurants and natural food stores.

Hours: By Appointment
Contact: Caitlin Roberts
Phone: (719) 395-8356
Address: 29135 County Rd. 31,
Buena Vista
Email: caitlin@weathervanefarmbv.com
or sethro@weathervanefarmbv.com
Web: weathervanefarmbv.com

Fremont County
Ring a Ding Farms
Veggies
The only lettuce producers in what used to be the largest producing region in the country.
Contact: Adam Ring
Email: ringadingfarms@gmail.com

Pueblo County
Farm Direct Organic Seed
Certified Organic Open-Pollinated Seed
Farm Direct Organic Seed is owned and operated by Hobbs Family Farm. We are located in southeastern Colorado in one of the prime seed production regions of the world. Our arid climate, mineral-rich soils, clean irrigation water, hot days and cool nights lends to exceptionally high quality seeds. We grow certified organic garlic, shallots, and open pollinated vegetable, flower and herb seeds for farmers and gardeners. We select varieties for suitability to organic systems, drought hardiness, storage, early maturation, and specialty markets. We also work with several other experienced seed growers in southern Colorado and northern New Mexico to manage isolation distances and expand our offerings.
Hours: By Appointment
Contact: Dan Hobbs
Phone: (719) 250-9835
Address: PO Box 411, Avondale
Email: info@farmdirectseed.com
Web: farmdirectseed.com

Mineral County

4UR Ranch
Guest Ranch
The 4UR’s Colorado guest ranch has it all, and then some. Natural historic hot springs. A highly personalized horseback riding program. And, miles of private tailwater and Rio Grande fly fishing. Whether you seek the finest Colorado fly fishing vacation, a truly memorable horseback riding vacation, or just perfect solitude in the Rocky Mountains, this magical luxury guest resort will exceed your expectations in every way. Gourmet farm to table cuisine is provided by Chef Wray Warner, including fresh garden vegetables grown at the Ranch.
Hours: June 1-Oct 1 8am-5pm
Contact: Aaron Christensen
Phone: (719) 658-2202
Address: 1.0 Goose Creek Rd., Creede
Email: aaron@4urranch.com
Web: 4urranch.com

Creede Farmers Market
Farmers Market
Seasonal Farmers Market featuring produce, kids events, workshops, crafts, chile roasting. The market is animal friendly. New Vendors Welcome.
Hours: June–Labor Day 10am-2pm
Fridays with some Holiday Sundays
Phone: (719) 873-5466
Address: Days of 92 mining events area - behind
Dasham Park, Creede
Email: mkmillermink@aol.com
Web: creedefarmersmarket.com
Visit these farms and ranches for a taste of local culture and to purchase their locally grown produce and meats. The numbered squares locate those farms and ranches in the directory listing who welcome your visit to their place. Please look for the corresponding number in the listings. Farms are working places, it is suggested you call before visiting to ensure the farmer is available.
FARM, RANCH & GARDEN Supplies

Compost, Gardens & Greenhouses

Alamosa Community Greenhouse
Gardens & Greenhouses
We are an organic gardening educational facility with a passive solar greenhouse.
Hours: Sundays, 1:30-3:30pm
Contact: Jan Oen
Phone: (719) 480-4771
Address: 1201 Edison Ave., Alamosa
Web: facebook.com/alamosacommunitygreenhouse

Compost Technologies
Compost, Potting Soil
Compost out of manure, straw and sawdust made to organic standards. Most to agricultural fields. Garden compost, potting soil, organic certified liquid nutrient and biological products also available. Also worm casting tea. Call for availability.
Contact: Mark Inness
Phone: (719) 754-9092
Address: 51201 County Rd. G, Center
Email: composttech@yahoo.com

High Ground Gardens
Seeds
We grow, clean, pack and sell sustainably produced, open-pollinated, vegetable, flower and herb seeds.
Contact: Bryon Pike
Phone: (719) 588-2933
Address: PO Box 777, Crestone
Email: highgroundgardens@gmail.com
Web: highgroundgardens.com

Frontier Trout Ranch
Fertilizer
See listing p. 18

Jack Rabbit Hollow Farm
Compost
See listing p. 11

Kirby House Agro
Gardens & Greenhouses
Garden Seed, Bedding Plants, Drip Irrigation
Hours: May 1 - July 4
Mon - Sat 10am-6pm
Contact: Paul Niebel
Phone: (719) 298-0106
Address: 960 Main St., Sanford
Email: pniebel@yahoo.com

La Garita Mountain Nursery
Gardens & Greenhouses
Hours: Mon-Sat 9am-5pm
Contact: Peg Varoz
Phone: (719)754-3630 or (719) 588-1380
Address: 0004 Eldorado Ln., South Fork (find us on the map on p. 24! Google will get you lost)
Email: sevenarun@hotmail.com

The Mountain Shepherdesses
Seeds
See listing p. 13

Farm Direct Organic Seed
Seeds
See listing p. 22
Compost, Gardens & Greenhouses

**North River Greenhouse**
Gardens & Greenhouses
All vegetables seeded and grown here; heirloom varieties, heirloom tomatoes and heirloom seeds available. All varieties selected are conducive to San Luis Valley growing conditions. Bedding plants are received as seedlings and grown to maturity at the greenhouse.

*Summer Hours*: Mon-Sat 8am-6pm, Sun 11am-4pm
*Contact*: Wade and Stephanie
*Phone*: (719) 589-5660
*Address*: 1155 7th St., Alamosa
*Email*: nrg.landscape@gmail.com or steph.nrglandscape@gmail.com
*Web*: northrivergreenhouse.com

**Rockey Farm**
Potatoes, Seeds
See listing p. 19

**Shangrilah Greenhouse Construction**
and **Milkway Mountain Caprines**
Compost
See listing p. 19

**Ute Mountain Ranch**
Compost
See listing p. 13

Hay & Animal Feed

**Bigelow Farm**
Alfalfa
*Contact*: Pam Vogel, Jannette
*Phone*: (719) 754-3219 or (719) 588-3012
*Email*: bigelowfarm@amigo.net
*Web*: coloradospecialtypotatoes.net

**Cactus Hill Farm**
Hay
See listing p. 11

**Cho Ku Rei Ranch**
Hay
See listing p. 17

**Circle K Mill**
Animal Feed

*Hours*: Tues-Sat 9-5:30
*Contact*: Mary and Mike Kester
*Phone*: (719) 274-0157
*Address*: 307 Broadway, La Jara
*Web*: circlekmill.com

**Davie Ranch**
Alfalfa
Alfalfa bales.
*Contact*: Rick and Lugail Davie
*Phone*: (719) 588-7425
*Address*: 0316 County Rd. 17, Del Norte

**Seven L Diamond Ranch**
Hay
See listing p. 16

**Three Guys Farms**
Hay
See listing p. 16
GROCERS & RESTAURANTS
Carrying Local Goods

4th Street Diner and Bakery Restaurant
You won’t regret stopping here on your way through. Great home style cooking and awesome friendly service. Get your local juicy beef burger, potatoes and local greens when available. Visit us!

Hours: Mon-Sun 7am-3pm
Contact: Esther Last
Phone: (719) 655-6411
Address: 411 4th St., Saguache

4th Street Food Store
Local and Healthy Foods
The 4th Street Food Store is a non-profit project of Saguache Works. Our mission is to support local food producers and to provide affordable access to fresh healthy foods with an emphasis on serving low-income Saguache County residents. We are pleased to participate in the Colorado Double Up SNAP program as well as the SHED program which stands for Saguache Healthy Elders Discount Program. 4th Street Food Store is also a distribution point for the Valley Roots Food Hub CSA program in the north end of the SLV.

Hours: Sat-Wed 10am-4pm, Thu-Fri 10am-5pm
Contact: Laura Lozano
Phone: (719) 655-0216
Address: 404 4th St., Saguache
Email: saguacheworks@yahoo.com
Web: saguacheworks.org

The Cloud Station Cafe
Espresso bar and cafe serving freshly made organic paninis, salads, and more!

Hours: Summer Mon-Sun 7:30am-3:30pm, Winter Mon-Fri 7:30am-1pm, Sat-Sun 7:30am-3:30pm
Contact: Benjamin Byer and Michell Beelendorf
Phone: (719) 496-0966
Address: 300 Cottonwood St., Crestone
Web: elephantcloudmarket.com

Crestone Brewery
Brewery
Elevated pub fare and hand-crafted beer in a warm friendly environment.

Hours: Mon 5pm-11pm, Tue-Thur 3:30pm-11pm, Fri-Sat 12pm-12am, Sun 12pm-10pm
Contact: Dave Carlberg, Greg Foley, Tim & Kira Riley
Phone: (719) 256-6400
Address: 187 W Sliver Ave., Crestone
Email: info@crestonebrewingco.com
Web: crestonebrewingco.com

Crestone Mercantile
Grocery and Retail Store
Grocery store providing local products. In addition we have laundry service, a diner, and a hardware store on site. Stop in!

Hours: Mon-Sun 8am-8pm
Contact: Elaine Johnson
Phone: (719) 256-5887
Address: 182 & 191 E. Galena, Crestone

Dos Rios Restaurante
Restaurant
Specialties, Seafood, American Lunch Buffet Tuesday-Friday. Dinner Buffet Friday-Saturday.

Hours: Tues-Sat, Summer 11am-2pm, 5pm-9pm, Winter 11am-2pm, 5pm-8pm.
Contact: Mike Rios
Phone: (719) 852-0545 or (719) 852-0969
Address: 1635 N Hwy 285, Monte Vista
**GROCERS & RESTAURANTS**

**Carrying Local Goods**

**Elephant Cloud Tea Shop & Grocery**
*Grocery Store*

Highest grade loose-leaf teas from Asia, locally grown fresh organic produce, groceries & snack foods; highest quality delicious & nutritious superfoods. We serve hot Gong-Fu Style tea.

**Hours:** Winter Mon–Sat 8am–7pm, Sun 9am–7pm, Summer Mon–Sat 9am–6pm (Mon and Thurs 9am–8pm)

**Contact:** Benjamin Byer and Michell Beelendorf

**Phone:** (719) 496–0966 or (719) 796–0967

**Address:** 200 Cottonwood St., Crestone

**Email:** elephantcloudtea@gmail.com

**Web:** elephantcloudtea.com

**Feelin’ Good Coffee House and Café**
*Restaurant*

Serves local organic produce and beer made with San Luis Valley barley.

**Hours:** Mon–Sat 7am–2pm

**Contact:** Blair or Deanna

**Phone:** (719) 873–5150

**Address:** 20 Lodge Dr. E., South Fork

**Email:** feelinggoodcoffeehouse@hotmail.com

**Locavores Restaurant**
*Restaurant and Catering*

Locavores is a fast casual restaurant serving fresh local foods. Good For Groups, Good For Kids, Take Out, Outdoor Seating. Locavores also caters anything from prime rib dinners to cold box lunches!

**Hours:** Mon–Sun 11am–9pm

**Contact:** Wendy

**Phone:** (719) 589–2175

**Address:** 2209 Main St., Alamosa

**Email:** hello@eatlocavores.com

**Web:** eatlocavores.com

**Mary Sue’s Morsels**
*Catering*

Decadent, Healthy, Catering designed by budget for every appetite. Featuring Local Foods.

**Contact:** Mary Sue Morgan

**Phone:** (719) 589–6953

**Address:** 0651 Hwy 17, Alamosa

**Email:** marysuemorsels@hotmail.com

**Mirage Trading Company**
*Coffee, Restaurant*

Considered some of the best coffee in the San Luis Valley. Whole beans available for sale by the pound. Wholesale quantities available to retailers. Variety of coffee and expresso drinks available as well as locally made pastries and other treats.

**Hours:** Mon–Sun 8am–4pm

**Contact:** Sharon Ray

**Phone:** (719) 256–4357

**Address:** 17555 Hwy 17, Moffat

**Email:** coffeegirl@miragetradingco.com

**Web:** miragetradingco.com

**Fried Pumpkin / Squash Blossoms**

Make a thin batter using an egg, about half a cup of flour, and milk. Dip the blossoms in it, and fry in deep hot grease. Serve as you would any vegetable.

—Mountain Recipes

*p. 168 in The Foxfire Book 1972*
O.F.I.A. Our Food Is Art
Catering
Full Service Catering and Bakery that uses local, wholesome, organic ingredients. Specializes in gluten-free baking. Works out of the Living Art Commercial Kitchen.

**Hours:** By Appointment
**Contact:** Lynette Tieder
**Phone:** (719) 256-5879
**Address:** 459 North Alder, Crestone
**Email:** lynettecrestone@gmail.com

San Luis Valley Brewing Company
Restaurant
Featuring a full menu highlighting local products. Craft beers and sodas made on premises. Stop by for lunch or dinner and brewery tour. Menu features Gosar Sausages, Rakhr mushrooms, Salazar Organic Beef, Simply Honey, products from Three Guys Farms, barley from Colorado Malting Company, local potatoes, wheat, honey, and hops.

**Contact:** Scott and Angie
**Phone:** (719) 587-2337
**Address:** 631 Main St., Alamosa
**Email:** angie@slvbrewco.com
**Web:** slvbrewco.com

Sand Dunes Swimming Pool Grille
Restaurant
Here at the Sand Dunes Swimming Pool we strive for excellence! Our menu is no exception. We have something to satisfy everyone’s cravings! Including local offerings like Three Guys Farm products and Gosar Sausage; and Three Barrels Brews at the Steel Box Bar in the Greenhouse.

**Hours:** Mar 1-Nov 30 10am-10pm, Dec 1-Feb 28 1pm-8pm. Closed Thu year-round for cleaning.
**Contact:** Donnie Bautista

Phone: (719) 378-2807
Address: 1991 County Rd. 63, Hooper
Web: sanddunespool.com

Three Barrel Brewing Company
Restaurant, Brewery
Artisan crafted brews produced from San Luis Valley grown malt, hops, honey and fresh mountain water. Found in many local establishments, or call for direct sales. Located in Del Norte, open 7 days a week from 11am to 9pm. Wood-fired pizza and calzones from local ingredients.

**Hours:** Mon-Sun 11am-9pm
**Contact:** John or Will
**Phone:** (719) 657-0682
**Address:** 475 Grande Ave., Del Norte
**Web:** threebarrelbrew.com

Valley Food COOP
Food Coop, Retail Store
A member owned cooperative where every member has a voice. Featuring local meats, cheese, eggs. Specializes in organic and gmo-free products. Wide variety of bulk bins, teas, herbs and supplements.

**Hours:** Mon-Sat 9-7pm, Sun 11-5pm
**Phone:** (719) 589-5727
**Address:** 3211 Main St., Villa Mall, Alamosa
**Web:** valleyfoodcoop.com

Windsor Hotel & Restaurant
Restaurant
Locally and seasonally driven.

**Hours:** Mon–Fri 11-2 and 5-8, Sat 5-8:30, Sun 10am - 1:30
**Phone:** (719) 657-9031
**Address:** 605 Grande Ave., Del Norte
**Email:** windsorluxury@gmail.com
**Web:** windsorhoteldelnorte.com
**Meat Processors**

*Mel’s Custom Meat Processing*

Meat Processing

Beef, Pork, Lamb, Buffalo. USDA Organic and Not for Resale.

**Contact:** Mel  
**Phone:** (719) 843-5850  
**Address:** 602 2nd Ave., Romeo

*Valley Meat Company & Sanford Processing*

Meat Processing

Wholesale, retail, custom meat processing, USDA facility.  
**Hours:** Mon-Fri 8am-5:30pm, Sat 8am-2pm  
**Contact:** Tammy  
**Phone:** (719) 274-5159  
**Address:** 1212 W 8th, Alamosa

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“I envision a time, soon, when being a chef working to feed children fresh, delicious, and nourishing food will no longer be considered renegade.”

—Chef Ann Cooper, “The Renegade Lunch Lady”

“He insisted that quality was a more important evaluative standard than quantity. He saw that the soil was more a process than a substance, that its life was more important than its analyzable contents, that its health was not a matter of inert proportions but a balance of live forces, and that therefore “the correct relation between the processes of growth and the processes of decay is the first principle of successful farming.”

Sir Albert Howard, *An Agricultural Testament*
Alamosa Farmers’ Market
Farmers Market
You can visit the Market every Saturday during the months of July through October. At the Alamosa Farmers’ Market you can find fresh, local and regional produce, baked goods, crafts, cooking demos, live music, kids activities, and cultural events. Come out and support local food and local growth by visiting the Alamosa Farmers’ Market. Rio Grande Farm Park Location on Hwy 17 just north of Hwy 160. Season runs on Wednesdays from August through September, 4pm to 6pm. 
**Hours:** Saturdays 8am-1pm, mid-July to early October
**Contact:** Mandy Pittman
**Phone:** (719) 480-4365
**Address:** State Ave. & 6th St, Alamosa
**Email:** alamosafarmersmarket@gmail.com
**Web:** alamosafarmersmarket.org

La Jara Farmers Market
Farmers Market
Produce and crafts from local artists.
**Hours:** Aug and Sept Fri 3pm-6pm
**Contact:** Krista Ross
**Phone:** (719) 274-5363
**Email:** assistantclerk1lajara@yahoo.com
**Address:** Broadway Ave. in front of Town Hall

Monte Vista Farmers Market
Farmers Market
Located in parking lot at 1st and Jefferson, across from the Monte Villa Inn. Fridays 8:00-1:00 from mid-July through September.
**Hours:** Fridays 9am-1pm, mid-July to September.
**Contact:** Deanne Elliott
**Phone:** (719) 850-8170
**Address:** SW corner at 1st and Jefferson St., Monte Vista
**Email:** montefarmersmarket@gmail.com

Creede Farmers Market
Farmers Market
Seasonal Farmers Market featuring produce, kids events, workshops, crafts, chile roasting. The market is animal friendly. New Vendors Welcome.
**Hours:** June–Labor Day 10am-2pm
Fridays with some Holiday Sundays
**Phone:** (719) 873-5466
**Address:** Days of 92 mining events area - behind
Dasham Park, Creede
**Email:** mkmillermink@aol.com
**Web:** creedefarmersmarket.com

South Fork Farmers Market
Farmers Market
Seasonal Farmers Market featuring produce, Kids Events; workshops; crafts, chili roasting. The Market is animal friendly. New vendors welcome.
**Hours:** Sat 10am-2pm and maybe Thu 12pm-4pm, June to Labor Day
**Contact:** Karen Miller
**Phone:** (719) 873-5466
**Address:** 0168 Four Seasons Dr., South Fork
**Email:** mkmillermink@aol.com
**Web:** southforkfarmersmarket.com

Laminas were what some zoot-suited pachucos used to call the tortillas made by their mothers, sisters and sweethearts in...the forties. Long-playing records they called them. records of their mothers’ skill, their sisters; and girlfriends; apprenticeships with teh masters. The makers of the master disks.”
—Gary Paul Nabhan in Desert Terroir
SAN LUIS VALLEY
Community Gardens

Mountain Valley School and Community Garden
Community Garden
“Growing Seeds, Minds, and Connections.” We currently have 5 community members who use the garden and the remaining beds produce fresh vegetables which go directly to the school cafeteria. This year the school children harvested over 400 pounds! The school portion is used as a teaching venue for the science classes.

Contact: Mountain Valley School
Phone: (719) 655-2578
Address: Mountain Valley School, 403 Pitkin Ave., Saguache

Valleybound - Antonito School and Community Garden
School And Community Garden
Valleybound is an empowering educational space that promotes healthy living practices through local agriculture, conservation, and sustainability. You can find us next to South Conejos Schools in Antonito, Colorado.

Contact: Abe Rosenberg
Phone: (719) 480-4911
Address: 6157 County Rd. 13, Antonito
Email: abe@cccwater.org
Web: valleybound.org

VEGI
School And Community Garden
The Valley Educational Gardens Initiative (V.E.G.I.) is a program of La Puente Home, Inc. that connects community members in the San Luis Valley with opportunities to grow food and eat nutritiously through hands-on educational lessons, events, and volunteer opportunities. Boyd Community Garden hosts weekly Garden Nights during the growing season, and contributes thousands of pounds of produce each year to benefit the Food Bank Network of the San Luis Valley, the homeless shelter, school cafeteria meals, and community meals. V.E.G.I. partners with schools and community agencies to provide garden spaces, lessons, and camps, to provide resources, and to share the many benefits of growing food as a community.

Contact: Claudia Ebel
Phone: (719) 589-4567
Address: VEGI Office: 513 6th St., Alamosa (Food Bank); Boyd Community Garden: Corner of 11th and State Ave. in south Alamosa; GrowDome: behind the La Puente Shelter; Alamosa Elementary School Garden: northeast corner of school campus, 1707 W. 10th Street (access from 8th St.)
Email: vegi@lapuente.net
Web: apuente.net/programs/vegi
Cottage Foods Act Explained
In 2012, the Colorado Legislature passed the Colorado Cottage Foods Act, a bill allowing individuals to produce and sell certain types of foods using a home kitchen, thereby asking it easier for smaller producers to sell their goods. This law was updated and expanded in 2016 to include pickled fruits and vegetables as well as spices, teas, dehydrated produce, nuts, seeds, honey, jams, jellies, preserves, fruit butter, flour, and some baked goods, including candies. In order to quality, net sales for each product cannot exceed $5,000 annually and all products must be labeled and sold directly to the consumer including your local farmers’ market. In addition, a producer may now sell up to 250 dozen chicken, quail, duck or turkey eggs per month. If home businesses follow the Cottage Foods Act rules, a permit or license for your cottage food operation is not required.

Labeling Requirements
Cottage foods must have the following information printed in English: identification of product; producer’s name and address where the food was produced, producer’s current phone number and email address; date the food was produced; complete list of ingredients; and this statement: “This product was produced in a home kitchen that is not subject to state licensure or inspection and that may also contain common food allergens such as tree nuts, peanuts, eggs, soy, wheat, milk, fish and crustacean shellfish. This product is not intended for resale.” The following information is required on egg cartons: The address at which the eggs originated and the packaging date. Additionally, any eggs not treated for salmonella must also include the following statement on the package: "Safe Handling Instructions: To prevent illness from bacteria, keep eggs refrigerated, cook eggs until yolks are firm, and cook any foods containing eggs thoroughly. These eggs do not come from a government-approved source.” Labeling requirements apply to poultry (see below).

Safe Food Handling Requirement
A producer must be certified in safe food handling and processing by a third-party certifying entity. In-person classes are available through the following:

- **CSU Extension San Luis Valley**
  Mary Ellen Fleming (719) 852-7381, Maryellen.fleming@colostate.edu

- **Alamosa Public Health Department**
  Lynnea Rappold (719) 589-6639

**Online Sources**
[online.colostate.edu/topics-of-study/agriculture](http://online.colostate.edu/topics-of-study/agriculture) & [statefoodsafety.com](http://statefoodsafety.com)

**ServSafe® Classes**
Meets food safety requirements for retail food service managers and for Colorado Cottage Food Act.
Certified ServSafe® Instructor: Carol Keith (719) 580-1289, ckeith589@gmail.com.

**Eggs, Eggs, Eggs!**
A person or company that sells eggs within Colorado must be licensed by the Colorado Department of Agriculture (CDA) per CRS 35-21-104. This applies only to domesticated chicken eggs. If eggs are sold anywhere off the farm, except CSAs and Farmers’ Markets,
Other Resources

The Colorado Department of Public Health and Environment (CDPHE) requires they be from a licensed Egg Producer and inspected by CDA. Obtain Egg Dealer forms and info at: [colorado.gov/pacific/aginspection/eggs](http://colorado.gov/pacific/aginspection/eggs). For chicken eggs, contact the Colorado Department of Agriculture at 303-477-0076. For all other types of shell eggs, contact the Manufactured Food Program at 303-692-3645, option 2.

MEAT PROCESSING

**Poultry**

In 2016, the Colorado Legislature amended the meat processing law to allow producers of less than 1,000 poultry annually to raise, process and sell whole poultry directly to consumers. The Colorado Department of Agriculture, Inspection & Consumer Services Division oversees the related labeling and record keeping requirements. See also: [http://bit.ly/2u2maWV](http://bit.ly/2u2maWV)

**THE INTEGRATED NUTRITION EDUCATION PROGRAM (INEP)**

INEP is a school-based, hands-on nutrition education program in elementary schools throughout Colorado. INEP provides a creative and fun way for kids to learn about healthy eating in their classroom and to share what they learn with their families. Each lesson includes a hands-on cooking activity that teaches students how to prepare and taste new fruits and vegetables. INEP is funded by SNAP-Ed and conducted through partnerships with the University of Colorado and school districts around the state. INEP is one of many programs in the San Luis Valley whose goal is to help improve the health of its citizens, and it works with a wide variety of partners to create healthy environments for students and families. INEP strives to increase fruit and vegetable consumption, overall healthy eating, willingness to try new foods, and physical activity. In the San Luis Valley, INEP partners with the SLV Local Foods Coalition, Cooking Matters Colorado, school garden programs, school wellness teams, and others to accomplish these goals and instill life-long nutrition behaviors that prevent disease and increase overall health.

**THE COLORADO FOOD SYSTEMS HUB**

[communitycommons.org/groups/colorado-food-system](http://communitycommons.org/groups/colorado-food-system)

The Colorado Food Systems Hub is a community resource designed to support healthy, resilient food systems across the state by providing relevant, reliable data—including enhanced mapping and reporting—in a collaborative environment that promotes peer-to-peer learning to increase impact and effect change.

This Hub was created by LiveWell Colorado in response to local food system coalitions’ need for more relevant and easily accessible data and mapping capabilities in order to advance healthy food access at the state and local levels. There is a strong desire to learn from one another and avoid duplicating efforts in Colorado, and we believe that identifying where other food systems-related activity is happening across the state will strengthen research, policy advocacy, and fundraising efforts for everyone working in the food systems space. Check it out!
**COLORADO ENTERPRISE FUND**
Founded in 1976, Colorado Enterprise Fund (CEF) provides loans up to $500,000 to finance small businesses and startups unable to secure funding through traditional banks. With a mission to accelerate community prosperity by financing and supporting entrepreneurs and small businesses, CEF has provided over $56 million in loans to more than 1,900 businesses to help create or retain over 16,000 jobs in the state. A nonprofit Community Development Financial Institution, CEF offers flexible financing statewide including its Healthy Foods Fund with special rates for businesses serving lower income populations in areas with limited access to fresh, healthy foods. [coloradoenterprisefund.org](http://coloradoenterprisefund.org)

**NATURAL RESOURCES CONSERVATION SERVICE**
Helping People Help the Land  

*Conejos County Conservation District*  
Jason Coombs, President: farmercoombs@hotmail.com

*Mosca-Hooper Conservation District*  
Kelley Baily, District Manager: (303) 880-6135, moscahoopercd1@gmail.com

*Center and Rio Grande Conservation District*  
(719) 754-3400, ext. 104

*Area Rangeland Specialist*  
Cynthia Villa, USDA/NRCS: 0048 W CR 10N, Center, CO 81125  
Mobile: (719) 588-4155, Office: (719) 754-3400 x116

**SOIL HEALTH SERVICES**  
Patrick O’Neill, patrick@soilhealthservices.com

“In light of such events of the $13.4 billion proposed purchase of Whole Foods by Amazon, our small potatoes ag seems meaningless. And yet, there is nothing more powerful than regenerating the Earth and building our local food economy while producing food, fiber, and fuel, which is what we are doing. Never in human history have we done this at such scale. It is an opportunity we should seize.”

—Trudi Kretsinger, KW Farms
ROCKY MOUNTAIN FARMERS UNION
Rocky Mountain Farmers Union is an advocate for family farmers and ranchers, local communities, and consumers. Founded in 1907, the principles promoted by RMFU are fundamental for the profitability of farmers and ranchers, assuring food, security, and strengthening energy independence. As a grassroots organization, RMFU opens doors for its members to be at the table in developing policy and having a voice in issues important to rural America. Rocky Mountain Farmers Union places its primary focus on education, legislation, and cooperation, believing the best way to create change is through working together.
rmfu.org

COLORADO FARM BUREAU
At its heart, Colorado Farm Bureau exists to ensure the success of farming, ranching and our shared rural heritage in the state of Colorado. Founded in 1919, the Colorado Farm Bureau seeks to promote and protect the future of agriculture and rural values. Participating in your county Farm Bureau organization opens opportunities to serve your community, develop leadership skills, network with other agriculturalists and influence policy. For more information, visit coloradofarmbureau.com or email Lori@coloradofb.org.
got roots?

60 Producers at Your Fingertips
Produce, Meat, Dairy, Value-Added

Wholesale
Community Supported Agriculture (CSA)
Colorado Food Hub Network

Owned Locally,
Producer Managed

Quality  Consistency  Service

Contact us:
www.valleyrootsfoodhub.com
sales@valleyrootsfoodhub.com
719-588-8245
VISIT US!

Alamosa’s Rio Grande Farm Park (RGFP) in full bloom is a sight to behold. The community farm park is within walking distance of downtown Alamosa and serves our diverse community as a place to gather and celebrate, connecting east and west Alamosa through the city’s trail system.

Incubator farmer program | Recreation on the Rio | Orchard
Environmental education | River Trail | Volunteer work days

LOCATION: The Rio Grande Farm Park is located at the east entrance of Alamosa in south-central Colorado on Hwy 17 just north of Hwy 160.

CONTACT US: 412 State Street, PO Box 181, Alamosa, CO 81101
Julie Mordecai, director: 719.580.0379

RioGrandeFarmPark.org
The Local Foods Coalition has proudly supported Cooking Matters since 2012 to expand outreach and education about local food systems and healthy living. Cooking Matters partners with community organizations and volunteers to offer free six-week courses and one-time grocery store/farmers market tours to community members throughout the San Luis Valley.

Participants are taught the skills and confidence to be self-sufficient in the kitchen and create low cost nourishing meals that are balanced and delicious. This program highlights the importance of food in our lives as nourishment to our well-being and as a way to create community wealth.

For more information about Cooking Matters or to enroll in a course or volunteer please email: marlayna.slvlocalfoods@gmail.com or call: 719-937-2319
Healthy Habits is a project of the San Luis Valley Local Foods Coalition promoting a healthy diet that is rich in fruits, vegetables and other healthy local foods. Healthy Habits grew out of a collaborative of dedicated community members that has promoted access to healthy, seasonally fresh produce in the San Luis Valley since 1996.

Colorado Double Up:
The SLV Local Foods Coalition worked as part of the LiveWell Colorado team to bring Double Up Food Bucks to Colorado for Colorado-grown produce purchases.

Available at the Alamosa Farmers Market, South Fork Farmers Market, the Valley Food Coop and Fourth Street Food Store in Saguache

Thanks to 1st SouthWest Bank for providing a generous Double UP match!

MOKI Demonstrations:
During the growing season cooking demonstrations are held at SLV Farmers Markets highlighting the delicious spectrum of local produce available in the San Luis Valley. Free samples and recipe cards are given out wherever our Mobile Kitchen goes! In addition, for a $5 donation – people can get a bowl of the featured dish that day.

Contact:
SLV Local Foods Coalition
412 State Avenue Alamosa, CO
719-537-2319
slvlocalfoods@gmail.com
Throughout the San Luis Valley isolation, poverty, geographic expanse, and limited economic opportunities give way to great human need. As a result, food insecurity is rampant. Individuals and families often find themselves choosing between buying groceries and paying for housing or other essential expenses. Rising food insecurity is a growing reality nationwide and in the rural San Luis Valley that increasing need is no different.

An average of 1 in 4 families living in the Valley utilize the Food Bank Network at some point during the year. More and more families are turning to emergency food banks as part of their long term strategies to meet monthly shortfalls in food. It is for this reason that the Food Bank Network of the San Luis Valley exists.

The Food Bank Network is comprised of 13 food banks located throughout the San Luis Valley. Each Food Bank offers nutrient dense perishable and nonperishable food options to anyone in need.
The Valley Educational Gardens Initiative (V.E.G.I.) is a program of La Puente Home, Inc. that connects community members in the San Luis Valley with opportunities to grow and eat nutritious food through hands-on educational lessons, events, and volunteer opportunities.

The Boyd Community Garden and school gardens around the valley provide year round opportunities for kids and volunteers to dig their hands into healthy eating habits and agricultural skills. The gardens also contribute thousands of pounds of produce each year to benefit the Food Bank Network of the San Luis Valley, La Puente Home, school cafeterias, and garden participants.

V.E.G.I. partners with schools and agencies to provide garden spaces, lessons, camps, resources, and to share the many benefits of growing food as a community. Volunteers and donations are always welcome and needed to maintain the V.E.G.I. program and allow it to grow. Volunteers are welcome to share the work and share the harvest.

Find us on Facebook!
(Valley Educational Gardens Initiative)
(719) 589-4567
vegi@lapuente.net
www.lapuente.net
DOUBLE YOUR FOOD DOLLARS
Get FREE fresh fruits & veggies with your Food Stamps

BUY $1 SNAP-ELIGIBLE FOODS
GET $1 FRUITS & VEGGIES (UP TO $20 PER VISIT)

HOW IT WORKS
SHOP WITH YOUR QUEST CARD at participating farmers markets or grocers.

BUY SNAP-ELIGIBLE FOODS at the market with your SNAP dollars.

WE’LL MATCH WHAT YOU SPEND with Double Up Food Bucks — up to $20, every time you visit.
Use them right away or later on to buy FRESH FRUITS & VEGETABLES grown in Colorado.

DoubleUpColorado.org | 720-573-3632
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alamosa Farmers Market</td>
<td>Corner of State &amp; 6th, Alamosa, CO</td>
<td>Sat. 8 am – 1 pm</td>
</tr>
<tr>
<td>Creede Farmers Market</td>
<td>23 S. Main St., Creede, CO 81130</td>
<td>Fri. 10 am – 1 pm</td>
</tr>
<tr>
<td>4th St. Food Store</td>
<td>404 4th St., Saguache, CO 81149</td>
<td>Open Daily, 10 am – 4 pm</td>
</tr>
<tr>
<td>Monte Vista Farmers Market</td>
<td>1st &amp; Jefferson, Monte Vista, CO</td>
<td>Fri. 8 am – 1 pm</td>
</tr>
<tr>
<td>South Fork Farmers Market</td>
<td>28 Silver Thread Ln., South Fork, CO</td>
<td>Sat. and Sun. 10 am – 2 pm</td>
</tr>
<tr>
<td>Valley Food Coop</td>
<td>Villa Mall, 3211 Main Street # G, Alamosa, CO</td>
<td>Mon. – Sat 9 am – 7 pm &amp; Sun 11 am – 5 pm</td>
</tr>
<tr>
<td>Valley Roots Food Hub Fresh Box Pickup</td>
<td>404 4th St., Saguache, CO</td>
<td>Fri. 3 pm</td>
</tr>
<tr>
<td>Valley Roots Food Hub Fresh Box Pickup</td>
<td>Choke Cherry Farm, Crestone, CO</td>
<td>Fri. 2 pm</td>
</tr>
</tbody>
</table>

Find your closest location at DoubleUpColorado.org.
Worksongs are one of the secret tools that the old-timers used in cultures all over the world…. They are value-added: they take a raw product or process and make it more valuable to you and your customers. And they have low overhead: you already have the equipment necessary. What’s more, they tie you to a place and a tradition, much like heritage breeds and seeds.

—Bennett Konesni, Worksongs

Seed for Tomorrow:

Words and Music by Bernie Asbel

Dig your hand in the land; and listen to my story
Feel the Cotton, Wheat, and Corn; the riches and the glory
Feel the sweat and strain; of those who worked before me
Dig your hands, down in the land

Dig your hand in the land; and touch the toil and sorrow
In the soil where the greenbacks never grow on what I borrow
Dig down and tell, where’s my seed for tomorrow
Dig your hands, down in the land

Dig you hand in the land; there’s going to be a meeting
For a million hands across the land; they’ll be no more weeping
Sow the seed today; tomorrow do the reaping
Dig your hands, down in the land

Dig your hand in the land; keep your eye’s on the new horizon
Dig your hand in the land; for there’s a new sun arising
To shine on that seed; to help us organize
And keep our hands, down in the land
And keep our hands, down in the land
We the people declare our independence from the global industrial food system. We join a growing community of eaters and local food producers who are building regional foodsheds. Together, we are reclaiming our food sovereignty by shifting our food supply from the global to the local. We hold local food and our foodsheds as sacred.

—Michael Brownlee, Local Food Revolution

LOCALFOODREVOLUTION.NET
THE SAN LUIS VALLEY LOCAL FOODS COALITION

Extends Special Thanks to:

OUR VOLUNTEERS

Krystin Chee, Carol Pastore, Brandon Cox,
Shea Richland, Heather Scott and Amber Middleton

OUR LOCAL FOOD CHAMPIONS

SLV Conservation and Connection Initiative through the LOR Foundation, Alamosa Marketing District,
4UR Ranch, Archaic Orchard, Cactus Hill Farm,
Colorado Enterprise Fund, Colorado Gators,
Frontier Trout Ranch, High Ground Gardens,
Colorado Mushroom Farm, Monte Vista Farmers Market,
Three Guys Farms, Valley Food Co-op, O&V Printing,
Valleybound - Antonito School and Community Garden,
Valley Educational Gardens Initiative (VEGI)

“We vote for the food system we want three times a day.”
—Nick Chambers, Valley Roots Food Hub General Manager

SLVLOCALFOODS.ORG