BUY FRESH
BUY LOCAL

Where to find & enjoy
the local foods of
Ventura,
Santa Barbara,
& Northern Los Angeles Counties

RESTAURANTS
FARMS  FARM STANDS
CATERERS  GROCERS  CSAs
FARMERS MARKETS

Community Alliance with
Family Farmers

www.caff.org
VENTURA COUNTY CERTIFIED FARMERS’ MARKETS
“FRESH FROM THE FIELDS TO YOU!”
Four Outdoor Locations for Your Family to Enjoy

**SUNDAYS**
SANTA CLARITA
8:30 AM - 12:00 NOON
College of the Canyons
Valencia Boulevard
Parking Lot 8

**WEDNESDAYS**
MIDTOWN VENTURA
9:00 AM - 1:00 PM
Pacific View Mall
West Parking Lot, South of Sears
on Main Street

**THURSDAYS**
THOUSAND OAKS
2:00 PM TO 6:30 PM
The Oaks Shopping Center
East End Parking Lot • Wilbur Rd.

**SATURDAYS**
DOWNTOWN VENTURA
8:30 AM TO 12 NOON
City Parking Lot
Santa Clara & Palm Streets

FOR MORE INFORMATION (805) 529-6266
www.vccfarmersmarkets.com
About this Guide

This guide is your companion in discovering and enjoying the local foods of Ventura, Santa Barbara, and northern Los Angeles Counties.

Our region is fortunate to have rich soils, a year-round growing season, and a commitment to protecting our valuable farmlands. These assets are more important than ever in a world of rising energy and food costs, climate change, and growing concerns about food safety and food security. Like other areas on the urban fringe, however, there is enormous pressure to pave over farmland, and our farmers are stretched thin by complex regulations, weather and water uncertainties, labor shortages, and global price competition.

Buying locally grown foods won’t solve all our problems, but it’s a great step in the right direction. Buying local supports local farmers, teaches our kids about where food comes from, and supports a clean environment. Most importantly, buying and eating locally grown products is exceptionally nutritious, tasty, and fun!

Happily, interest in local foods is growing by leaps and bounds, and new sources for locally grown products seem to be springing up daily. For this first edition food guide, we worked with community partners to identify the growers, restaurants and retailers who buy and sell locally, but we have undoubtedly missed some sources. To get listed in future editions of the guide, or to get an early jump on advertising or sponsorship, please contact us at localfoodguide@venturacoafa.org.

View us online! All the information in this guide and more is available at www.buylocalca.org.

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This guide is a collaborative project of the Ventura County Ag Futures Alliance, Community Alliance with Family Farmers, and Environmental Defense Center.

About AFA

The Ventura County Ag Futures Alliance (AFA) is a collaboration of farmers, environmentalists, farm workers, and civic leaders dedicated to keeping agriculture viable in Ventura County. Our focus areas include regional food systems, agricultural and environmental stewardship, land use and farmland conservation, pesticide use, and farm worker housing and healthcare. We are happy to welcome the Santa Barbara County AFA as the newest member of the statewide AFA community. To learn more, sign up to receive action alerts, or join an action committee in your community visit www.venturacoafa.org.

About CAFF

The Community Alliance with Family Farmers is building a movement of rural and urban people to promote and support family farming as a strategy that provides fresh healthy food; takes care of the land; and contributes to building vibrant, economically just, and viable communities. For more information visit www.caaff.org.

About EDC

The Environmental Defense Center protects and enhances the local environment through education, advocacy, and legal action. Since 1977 EDC has empowered community based organizations to advance environmental protection within Santa Barbara, Ventura and San Luis Obispo counties. EDC program areas include protecting coast and ocean resources, open spaces and wildlife, and human and environmental health. To find out more about EDC, visit www.EnvironmentalDefenseCenter.org.
Thank You

Editors: Eric Cardenas, Karen Schmidt, Kristen Schroer
Graphic Design: Lisa Thompson/DuckDog Design
Contributing Writers: Eric Cardenas, Carrie Culver, Libby Earthman, Marty Fujita, Rod Fujita, Maricela Morales, Karen Schmidt, Kristen Schroer, Michael Woo
Production Assistant: Bridget Dobrowski

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Why Buy Local?

In today’s global economy, our food travels an average of 1,500 miles to get to our plate – even in agriculturally rich areas like Ventura and Santa Barbara Counties.

It’s not always possible to buy local foods. Many staple crops – wheat, rice, corn – aren’t grown in our region because other crops are more profitable. Other crops don’t do well in our climate – coffee and chocolate, for example. And many foods that are grown locally can’t be identified at the market because their origins aren’t labeled or tracked throughout the supply chain.

You don’t have to buy 100% of your food locally to make a difference, but when you do buy local, you will be richly rewarded. And the more local purchases you make, the easier it will become to find local products as farmers and retailers respond to our growing demand.

Local produce tastes better and it’s better for you.

Food grown in your own community was probably picked within the past day or two. It is crisp, sweet, and loaded with flavor. And when you buy locally, you can ask whether the farmers use safe farming practices, what they spray on their crops, and what they feed to their animals.

Local food is good for your community.

Buying local food helps family farms stay in business, creates jobs, and keeps your money circulating in your community.

Local food protects biological diversity.

Local farmers who sell direct to you or to your local restaurants and grocery stores grow a huge variety of produce selected for flavor – not for tough skins that can survive packing, transport, and a long shelf life in the store. These varieties contain the genetic diversity that may allow them to adapt to a changing environment.

Local food preserves open space and supports a clean environment.

Buying local food can reduce energy use and greenhouse gas emissions caused by long-distance food transport. Well-managed farms protect fertile soil and clean water, conserve resources, create attractive greenbelts and viewsheds, and provide habitat for wildlife and beneficial insect species. But the farm landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.

Local food is about the future.

By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food.
Ventura farms have been reinventing themselves for over 300 years. Cattle, grains, beans, sugar beets, nut and fruit orchards, vegetables and berries – almost anything grows in the mild climate and deep soils stretching from the Santa Clara River to the Oxnard Plain, from Ojai to Somis, Piru to Santa Paula.

Perched on the edge of Los Angeles, Ventura is unique in coastal southern California for having saved large expanses of the rich farmland surrounding its ten cities. Nearly one acre is still farmed here for every acre of urban development, with another two acres in open rangeland. Ventura’s lemons, oranges, avocados, strawberries, and vegetables of all kinds are enjoyed around the world. Luckily, Southern Californians can savor these products – and the landscape they come from – right here in our own backyard. Turns out that just a stone’s throw from Hollywood, you can eat the scenery – now that’s food for thought.
Bennett’s Honey Farm
3177 E Telegraph Rd
Fillmore, CA 93015
(805) 521-1375
www.bennethoney.com
Red and Ann Bennett started beekeeping in 1978 and today offer honey varieties ranging from clover to cactus. Their facility is entirely solar powered and they welcome visitors to their tasting room. Royal jelly, bee pollen, and propolis are also available, and if you can’t visit, they accept orders by email, fax, and phone.

Berry Farm Management
Greg Berry
6391 Gabbert Rd
Moorpark, CA 93021
(805) 732-6291
In 2001, Greg left his career in the biotech industry to work as a farmer. Today he grows organic blueberries, tangerines, and avocados on five acres—and uses solar panels to power the farmhouse and all the mechanics of the farm. He sells his produce through Growers Collaborative but it can also be found in organic retailers throughout Southern CA.

Beylik Family Farms
Scott and Laura Beylik
890 Oaks Ave
Fillmore, CA 93015
(805) 524-5533
www.beylikfarms.com
For over three decades, four generations of the Beylik Family have grown produce on their farm near Fillmore. They sell their hydroponically grown tomatoes, cucumbers, and an assortment of other vegetables at certified farmers markets from Santa Barbara to Los Angeles. A full list is available on their website.

Blue Hill Farm
Kim Hamilton
8625 N Ventura Ave
Ventura, CA 93001
(805) 284-5881
Not only does this farm offer organic gardening classes, they raise an astonishing diversity of heritage and specialty breed animals: Midget White turkeys, Rhode Island Red chicken, tufted Roman geese, pygmy goats, quail, pheasants, and peacocks, to name a few.

Buckhorn Canyon Ranch
Don Schram
PO Box 323
Fillmore, CA 93016
bcr@lock.net
Owners Don and Bobbie Schram have been farming Buckhorn Canyon Ranch for 18 years. Using Integrated Pest Management practices, they cultivate 66 acres of Valencia and Navel oranges, and sell some of this produce through the Growers Collaborative.

Carpenter Squab Ranch
Gary Carpenter
5207 Casitas Pass Rd
Ventura, CA 93001
(805) 649-1474
Founded in the 1920s by Gary Carpenter’s grandfather, the Carpenter Ranch was originally located in the Los Angeles area. It was known for its squab—a pigeon that’s approximately a month old. Today, they also raise geese and ducks. Look for their fowl on the menu at area restaurants including Downey’s and Square One.

Cheng Farm
Jason Cheng
Camarillo, CA
(626) 374-9525
ymacheng@aol.com
Family owned for over 20 years, Cheng Farm specializes in exotic vegetables and fruits such as Taiwanese golden watermelon, baby bok choy, bamboo shoots, and sweet potato leaves (try them boiled in coconut milk or stir fried with garlic). Look for their booth at the Thousand Oaks farmers market.

Churchill Orchards
Jim Churchill & Lisa Brenneis
PO Box 426
Ojai, CA 93024
(805) 646-4212
tangerineman.com
Located in the East End of the Ojai Valley, Churchill Orchards is best known for their pixie tangerines, but they also grow Kishu and Satsuma mandarins, pummelos, and Meyer lemons. Their products are available seasonally online, and their citrus can also be found on the menu in school cafeterias throughout Ventura County! Organic

Deardorff Family Farms
Scott Deardorff
P.O. Box 1188
Oxnard, CA 93032
(805) 487-7801
www.deardorfffamilyfarms.com
A family owned farm operated by the fourth generation of Deardorff’s, this

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What Do Ventura County Farms Mean For You?

- A safe and secure local food supply
- A thriving local economy
- A smaller global footprint
- Our children’s chance for a sustainable future
- Rich culture and communities rooted in the land
- A place to breathe deep and reconnect with the earth
- Nutritious, delicious, fresh foods on your fork!

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BUY FRESH. BUY LOCAL FOOD GUIDE
Local Food is the Main Dish at the Sidecar

Growing up on his family’s ranch in the rich agricultural area of Antelope Valley, Tim Kilcoyne developed a lasting love of farming and deep respect for ranchers and farmers and the food they produce.

Today, as the owner and Executive Chef of The Sidecar Restaurant in Ventura, Tim, 29, pays homage to his agricultural roots by creating seasonal menus inspired by his local farmers markets.

“Each season, there is different produce that I look forward to working with,” he says. “Blood oranges in winter, morels in spring, heirloom tomatoes in summer, and figs and butternut squash in the fall.”

Kilcoyne works with high quality, local products because the cornerstone of his cuisine is enhancing, rather than altering, his raw materials. “A lot of chefs still think that more is better…not true,” Tim explains. “Simplicity is what drives my cuisine. It’s the most important element yet the hardest to achieve.”

Located in a 1910 Pullman Car, the Sidecar Restaurant boasts an events calendar nearly as unique as its location: visit on Tuesdays for grilled cheese and jazz, Thursdays for burgers and martini night. They occasionally host special events like farmer dinners that feature regional growers—both on the menu and in the flesh!

www.thesidecarrestaurant.com

operation produces celery, strawberries, and vine-ripened tomatoes. They’re certified by SAFE—Socially Accountable Farm Employers—which means they’ve demonstrated a commitment to ethical labor practices.

Organic

DiTomaso Farms
Vince DiTomaso
Camarillo, CA
(805) 889-7766

Tangelos, Fuerte avocados, loquats, and fava beans are just a few of the fruits and vegetables grown at DiTomaso Farms. They’re also known for their wide variety of figs. Look for their booth at the Thousand Oaks farmers market as well as the Saturday Ventura market.

Earthtrine Farm
Robert Dautch
1091 Cuyama Rd
Ojai, CA 93023
(805) 640-1423

Oranges, greens, figs, basil, and leeks are among the 100+ different varieties of produce Robert Dautch grows every year. He also grows lesser-known crops, like Papalo and Huanxontles—and even harvests edible weeds from the ground. Look for the Earthtrine booth at the Sunday Ojai market.

Organic

FAST Hydroponics, Inc.
Yasuo Kishi
3704 Shakespeare Dr
Oxnard, CA 93033
(805) 444-0085

Fast Hydroponics grows lettuce, spinach, strawberries, Japanese tomatoes, and Japanese cucumbers on four acres in Oxnard. But there’s no dirt to be found on this farm: this technology-savvy farmer grows all of his crops hydroponically, with their roots suspended in nutrient-rich water. FAST produce is sold through the Growers Collaborative.

Friends’ Ranches
Emily Thacher
15150 Maricopa Hwy
Ojai, CA 93023
(805) 646-6528
www.friendsranches.com

Using Integrated Pest Management practices, Friends’ Ranches produces twelve varieties of tangerines in addition to several other citrus fruits and avocados. Purchase from them directly at farmers markets including Sunday Ojai and Saturday Santa Barbara, or sample their fresh juices at Ojai Coffee Roasting Company.

Harry’s Berries
Molly and Rick Gean
5777 Vineyard Ave
Oxnard, CA 93036
(805) 659-4568
mollygean@gmail.com

Established by Harry Iwamoto in 1967, this family-operated farm on the edge of the Santa Clara River is best known for its strawberries. Find them at your local farmers market—they’re at 21 different markets weekly during the season. They’re also featured on the menu at a number of Los Angeles restaurants.

Healthy Family Farms
Sharon Palmer
6780 Wheeler Canyon Rd
Santa Paula, CA 93060
(805) 421-3301
sharonannpalmer@aol.com

Fresh, organic eggs from free-range chickens are just one the products available from Healthy Family Farms: they also sell organic chickens, turkeys (as Thanksgiving nears), and organic goat’s milk yogurts and cheeses. Look for the Healthy Family Farms booths at farmers markets in Ventura, Santa Barbara and Los Angeles counties.

Limoneira Company
Harold Edwards
1141 Cummings Rd
Santa Paula, CA 93060
(805) 525-5541
www.limoneira.com

Started in 1893, Limoneira cultivates a variety of citrus, including lemons and oranges, as well row crops like strawberries, cilantro, and artichokes. They offer ranch tours, packing house tours, gourmet dining in the orchard, and even hot air balloon rides—visit the website for prices and details.

McGrath Family Farm
Phil McGrath
1012 West Ventura Blvd
Camarillo, CA 93010
(805) 983-0333
www.mcgrathfamilyfarm.com

Farming on the Southern California coast for five generations, the McGrath family produces a diversity of fruits and vegetables year-round. Visit their recently opened farm center and produce stand, or look for their products at local farmers markets and on the menu at restaurants throughout the region. They also offer farm tours for school groups.

Organic

Mud Creek Ranch
Steve & Robin Smith
5682 Pine Grove Rd
Santa Paula, CA 93060
(805) 525-0758
A family owned and operated beehive company located in the Ojai Valley, Ojai Valley Bee Farm offers a variety of honey including orange, sage, buckwheat avocado, and wildflower. They also produce beeswax products including candles and skin cream. Visit their website for purchasing information.

Ojai Valley Sprouts
Buddy Barnett
558 El Sol St
Ojai, CA 93023
(805) 640-0926

Alfalfa and clover sprouts, mung beans, and fresh and sprouted wheat grass are just a few of the unique products grown at Ojai Valley Sprouts. They sell to restaurants (like Zookers in Carpinteria) and also at farmers markets: look for their booth at the Sunday Ojai market.

Ommaggio Farm/Regalo Extra Virgin Olive Oil
Jeff Luttrull
Ojai, CA 93023
(805) 701-4145
regalogift.com

Growing five types of olives on two acres, Ommaggio Farm produces two extra virgin olive oils: Amelia and Caterina (both named after the proprietor’s daughters). Their oils are available at markets and restaurants throughout Southern California; visit their website for more information.

Open Aire Produce
Ben Vasquez
645 West Laguna Rd
Camarillo, CA 93012
(805) 377-1736

Open Aire sells their hothouse tomatoes at farmers markets in Camarillo and Channel Islands. From beefsteaks to Romas, these tomatoes are never sprayed or waxed—just rinsed and packed.

Pettys Ranch
Chris Sayer
19867 E Telegraph Rd
Santa Paula, CA 93060

(805) 320-2157
www.saticoyroots.com

A fifth generation farmer whose family has farmed the same land for 130 years, Chris Sayer grows lemons, avocados, and specialty citrus including Meyer lemons, blood oranges, and cara cara navels. Some of his lemons end up in Ventura Limoncello—see the ‘Artisan’ section, below.

Rio Gozo Farm
Steve Sprinkel & Olivia Chase
1651 Rice Road
Ojai, CA 93023
http://www.farmerandcook.com/

An organic farm that supplies its own restaurant and store (Farmer and the Cook) as well as its CSA members, Rio Gozo Farm does it all! Organic produce includes lettuce, herbs, tomatoes, beets, carrots, leeks, and lots of other wonderful seasonal foods. Rio Gozo Farm also partners with local Ojai schools and the community to provide farm field trips and musical events to enhance agricultural literacy.

Rodriguez Brothers Farms
Ray Rodriguez
PO Box 2537
Camarillo, CA 93011
(805) 231-1833

Brothers Ray and Jose cultivate strawberries on their eight acres in Oxnard, and sell them at farmers markets in Thousand Oaks, Simi, Ventura (on Wednesday and Saturday), and Montecito. They also sell to the Growers Collaborative, and their berries have been featured in Ventura Unified School District’s cafeteria salad bars.

San Miguel Produce
Jan Berk
4444 Navalair Rd
Oxnard, CA 93033
ww.cutnclean.com

The people of San Miguel Produce—creators of Cut ‘n Clean Greens—have been farming for three generations. Today, they focus exclusively on greens (offering a new organic line!), and their triple washed, bagged products—which include rainbow kale, beet greens, collards, and spinach—can be found at local retailers including Trader Joe’s and Whole Foods. Visit their website for more details.

Scarborough Farms
Steve Tillotson
731 Pacific Ave
Oxnard, CA 93030
(805) 483-9113
www.scarboroughfarms.com

From popcorn and pea shoots to tatsoi and bull’s blood,
This lavishly illustrated coffee-table book follows several local farms and ranches through the seasons, taking readers behind the scenes of Ventura County’s signature industry. Based on an award-winning newspaper series, the 128-page hardbound volume includes nearly 100 color photos and makes a perfect gift for anyone who cares about food, farming, history or the local landscape.

Limited printing. Get your copy today!

Purchase Living Legacy for just $42.85 at the Farm Bureau of Ventura County, 5156 McGrath St., Ventura. Or order by phone at (805) 642-7504 and pay $49.80 (includes $6.95 shipping and handling).
Scarborough Farms grows a variety of specialty salads and fresh herbs. Their baby lettuce heads are occasionally available at Rainbow Bridge in Ojai, but they also sell at the Pacific Palisades farmers market and through the Growers Collaborative.

Sespe Finest Herbs
Pablo Gonzales
Fillmore, CA
sespeherbs@yahoo.com
A one-man operation, Pablo Gonzales has been growing gourmet herbs in Fillmore for ten years. Sespe Finest offers a wide selection of herbs, including rosemary, cilantro, basil, chives, sage, and mint. His products are available through the Growers Collaborative.

Tamai Family Farm
Jason Tamai
Oxnard, CA
(805) 907-1706
The Tamai family has been farming in Southern California for almost a century and today brothers Aaron and Jason grow a wide variety of produce—including beets, beans, artichokes, and tomatoes—using traditional, sustainable farming practices. Visit the farm on their annual u-pick strawberry day or find their fresh produce at farmers markets throughout the Los Angeles area.

Terry Berries
Edgar Terry
7618 Telephone Rd
Ventura, CA 93004
(805) 656-0310
www.terryberries.com
Although Terry Berries was born in 2003, the Terry family has farmed in Ventura County for over a century. They sell their berries—which include Gaviota, Chandler, and Albion varieties—at their Strawberry Stand, which is open Monday-Saturday in season (February through mid-June). They also host an annual Jam Berry Day for jam canners and jam lovers alike.

Timber Canyon Ranch
Mike Shore
19559 E Telegraph Rd
Santa Paula, CA 93060
(805) 525-0394
Timber Canyon Ranches grows an array of organic citrus fruit—including Navel and Valencia oranges, Clementine and Dancy tangerines, and blood oranges—in the Ojai Valley. Mike Shore, who inherited the farm from his father, sells his products at four farmers markets around Ventura County and through the Growers Collaborative.

Underwood Family Farms
Craig Underwood
5696 Los Angeles Ave
Somis, CA 93066
(805) 386-4660
www.underwoodfamilyfarms.com
From black eyed peas to yellow watermelons to mixed berries, Underwood utilizes sustainable farming practices to produce a plethora of fruits and vegetables on their 200 acres. This highly diversified farm also offers educational school tours, a u-pick, and an annual Fall Harvest Festival that is open to the community.

Vanoni Farms
Lucy Vanoni
11371 Darling Rd
Ventura, CA 93004
(805) 647-1555
Vanoni Farms grows lemons, avocados, mixed vegetables, and five types of blueberries. Look for their booth at the Wednesday and Saturday Ventura farmers market—and ask Lucy for her renowned blueberry muffin recipe!

What a Deal Seafood
Alicia Tharp
P.O. Box 1383
Oak View, CA 93022
(805) 646-2596
gwhatadeal@aol.com
Striving to use sustainable fishing practices, What a Deal Seafood operates six boats, primarily in the Santa Barbara Channel Islands area. Find their Pacific halibut, spiny lobster, and spot prawns at local farmers markets such as the Ojai Sunday Market. They’re also on the menu at restaurants including bouchon and Brophy Brothers.

White Dove Farm
John Koman
Santa Paula, CA
(805) 933-1884
jkdove@yahoo.com
Just a few miles inland from the beach, White Dove Farm enjoys ideal growing conditions—both cool Pacific breezes and inland heat—for producing plump, sweet passion fruit. Call or email for sales information.

Food Artisans
Knead Bakery
(805) 652-2136
www.kneadbakingcompany.com
Sweet scones with local honey, cardamom Italian breakfast cake, and chocolate walnut bars are just a few of

Santa Barbara:
Backyard Harvest
www.backyardharvest.org
Ventura:
FOOD Share
www.foodshare.com
Los Angeles:
Fallen Fruit
fallenfruit.org
the toothsome baked goods on offer by Knead Bakery, a mother-daughter duo that sells their wares at the Sunday Ojai market. Not only do they use local and organic ingredients, all of their packaging is made out of 100% recycled paper. Visit their website for additional purchasing information.

**Lourdes Gourmet**

[www.lourdesgourmet.com](http://www.lourdesgourmet.com)

Since 1993, Lourdes has been creating a diverse and delectable line of salsas, sauces, and spreads using seasonal ingredients from Ventura County. Her products—including Oxnard strawberry syrup, chimichurri grilling sauce, and the seasonally available blood orange marmalade—are available for purchase online and at Ventura County farmers markets.

**Ojai Olive Oil**

Ron Asquith
1811 Ladera Rd
Ojai, CA 93023
(805) 646-5964
[www.ojaioliveoil.com](http://www.ojaioliveoil.com)

Visit Ojai Olive Oil to tour their olive grove and see the barn where oil pressing takes place. There’s also a tasting room where you can sample and purchase their oils, which include their ‘Signature’ extra virgin and a mandarin flavored olive oil (delicious on root vegetables and salads). Other olive oil products, including handcrafted soaps and creams, are also available.

**Ojai Valley Bee Farm**

Brian Cox
701 Park Rd
Ojai, CA 93023
(805) 646-2025
[www.ojaivalleybeefarm.com](http://www.ojaivalleybeefarm.com)

A family owned and operated beekeeping company located in the Ojai Valley, Ojai Valley Bee Farm offers a variety of honey including orange, sage, buckwheat avocado, and wildflower. They also produce beeswax products including candles and skin cream. Visit their website for purchasing information.

**Regalo Extra Virgin Olive Oil/Omaggio Farm**

Jeff Luttrull
Ojai, CA 93023
(805) 701-4145
[regalogift.com](http://regalogift.com)

Growing five types of olives on two acres, Omaggio Farm produces two extra virgin olive oils: Amelia and Caterina (both named after the proprietor’s daughters). Their oils are available at markets and restaurants throughout Southern California; visit their website for more information.

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**Ventura Limoncello**

2646 Palma Dr, Ste 160
Ventura, CA 93003
[www.venturalimoncello.com](http://www.venturalimoncello.com)

Using high quality lemons from local growers (including Petty Ranch), husband and wife team James and Manuela create handcrafted batches of limoncello and limoncello crema (described as a lemon creamsicle). Visit their website for purchasing information—salute!

**Grocers and Specialty Markets**

**A & F Country Market**

4550 Olivas Park Dr
Ventura, CA 93003
(805) 644-5470

**Farmer and the Cook**

339 W El Roblar Dr
Meiners Oaks, CA 93023
(805) 640-9608

**Farmer Fresh to You**

(805) 469-7604
[www.farmerfreshtoyou.net](http://www.farmerfreshtoyou.net)

**Lassen’s**

2207 Pickwick Dr
Camarillo, CA 93010
(805) 482-3287

3471 Saviers Rd
Oxnard, CA 93033
(805) 486-8266

2857 E Thousand Oaks Blvd
Thousand Oaks, CA 91362
(805) 495-2609

4071 E Main St
Ventura CA, 93003
(805) 644-6990

**Ojai Coffee Roasting**

337 E Ojai Ave
Ojai, CA 93023
(805) 646-4478

**Paradise Pantry**

677 Main St
Ventura, CA 93001
(805) 641-9440

211 E Matilija St
Ventura Limoncello
2646 Palma Dr, Ste 160
Ventura, CA 93003
[www.venturalimoncello.com](http://www.venturalimoncello.com)

Using high quality lemons from local growers (including Petty Ranch), husband and wife team James and Manuela create handcrafted batches of limoncello and limoncello crema (described as a lemon creamsicle). Visit their website for purchasing information—salute!
What could be more natural than kids learning about food, the environment, and healthy eating by meeting local farmers and chefs, enjoying delicious fresh salad bars in the cafeteria, and getting their hands dirty in the school vegetable garden?

Most kids (adults too) have no idea where their food comes from, let alone how to grow it or to prepare healthy meals. Farm-to-school programs are changing that by bringing gardening, nutrition, cooking, farm field trips, and waste management into all aspects of school life.

Universities, hospitals, even museums – like UC Santa Barbara, Kaiser Permanente, and the Getty – are getting into the act too, bringing locally grown fruits and vegetables into their cafeterias to benefit their employees, customers and the bottom line.

Los Angeles and Ventura County have been at the vanguard of the farm-to-school and farm-to-institution movements, and more programs are being added in Santa Barbara and around the region. To learn more or to help build a program at your school or office, visit one of these links:

**Farm to School Programs**
Food for Thought Ojai: [www.foodforthoughtojai.org](http://www.foodforthoughtojai.org)
Ventura Unified School District: [www.venturausd.org](http://www.venturausd.org)
Orfalea Fund’s Cool Food Initiative: [www.scoolfood.org](http://www.scoolfood.org)
LAUSD Healthy School Food Programs: [departments.oxy.edu/uepi/cj](http://departments.oxy.edu/uepi/cj)

**Farm to Institution Distributor**
Growers Collaborative: [www.growerscollaborative.org](http://www.growerscollaborative.org)
Buy Fair!

Buying fresh local produce helps keep local farming viable and our environment thriving. But how can you be sure that your actions are also supporting safe and fair working conditions for farmers and farm workers, here and around the world?

First, ask at your market for foods that carry a fair trade or fair labor certification (see “What’s in a Name” on p. 16 for more information).

Second, support local and global efforts to improve the lives and working conditions of the people that produce, harvest, process, deliver, prepare, and sell our food. Visit these websites to learn more and get involved:

- Ventura County Ag Futures Alliance Farm Worker Housing Task Force
  www.venturacoafa.org
- Environmental Defense Center Central Coast Environmental Health Project
  www.ccehp.org
- CAUSE Living Wage and Health Access Campaigns
  www.coastalliance.com
- TransFair USA
  www.transfairusa.org

Restaurant Key

- $ - under $10
- $$ - $11-$30
- $$$ - $31-60
- $$$$ - $61 +

Prices are averages per person and include meal, one drink, tax, and tip.

12 Ventura
JJ Brewsky’s
Restaurant and Bar
2433 Ventura Blvd
Camarillo, CA 93010
(805) 482-5249
American
$$

Iron Horse Restaurant
134 N Mill Ave
Santa Paula, CA 93060
(805) 933-3534
American
$$

Nature’s Grill
566 E Main St
Ventura, CA 93001
(805) 643-7855
Vegetarian, Tex-Mex
$

Piatto
101 S Westlake Blvd
Thousand Oaks, CA 91362
(805) 371-5600
Italian
$

Ranch House
S Lomita Ave
Ojai, CA 93023
(805) 646-2360
California Cuisine
$$$

Safire American Bistro
4850 Santa Rosa Rd
Camarillo, CA 93012
(805) 389-1227
American, Pizza
$$

Scotch and Sirloin
1510 Anchors Way Dr
Ventura, CA 93001
(805) 644-5566
Steakhouse
$$$

Seafresh
533 E Ojai Ave
Ojai, CA 93023
(805) 646-7747
Seafood
$

Sidecar Restaurant
3029 E Main St
Ventura, CA 93003
(805) 653-7433
California Cuisine
$$

Suzanne’s Cuisine
502 W Ojai Ave
Ojai, CA 93023
(805) 640-1961
California Cuisine
$$$

Tierra Sur at Herzog
Wine Cellars
3201 Camino Del Sol
Oxnard, CA 93030
(805) 983-1560
Mediterranean, Kosher
$$$

Prices are averages per person and include meal, one drink, tax, and tip.
Caterers

Four Worlds Catering
805-646-9660
fourworlds4u@yahoo.com

Main Course California
1363 Donlon St, Ste 11
Ventura, CA 93003
(805) 658-8900
www.maincoursecalifornia.com

Organic Planet Catering
(416) 465-6838
www.organicplanetservices.com

Vesta
242 E Ojai Ave
Ojai, CA 93023
(805) 646-2339
www.vestaojai.com

Community Supported Agriculture (CSA) provides a great way to get in touch with a local farm and the growing seasons of our region. CSAs allow consumers to buy a share in a farm’s production and receive, via weekly drops or on-farm pick ups, a box of whatever vegetables (and sometimes fruit, eggs, meat, or flowers) are ready for market that week. Bundled CSAs combine the production of a few local farms for a wider selection of produce.

The following is a list of selected area farms offering CSA programs. For more information, visit their listing within the appropriate county section of the guide.

In Ventura
McGrath Family Farm
Rio Gozo Farm
Underwood Farms

In Santa Barbara
Center for Urban Agriculture at Fairview Gardens
Blosser Urban Garden
Givens Farms
WHAT’S IN A NAME?

Food labels contain a wealth of information to help you make informed choices at the market, but they can also be confusing and even misleading. Visit the websites listed below for more information about labeling and certification programs, and next time you’re at the market, take a look at the fine print. Better yet, ask the produce manager or the farmer about where your food comes from and how it is grown.

Local – There are no consistent standards for use of the term, which may refer to a region, a state, or the immediate ridgeline or watershed. It may also be applied to products that are made locally but of imported ingredients (chocolates, cheeses, pastries, locally roasted coffees.)

Organic – Certified by the US Department of Agriculture (www.usda.gov, www.ccof.org) to meet standards that disallow the use of most conventional pesticides, genetic engineering, and routine use of antibiotics and growth hormones in livestock.

Sustainable – “Sustainable food” certification programs address an array of social and environmental issues that go beyond “organic,” including safe and fair working conditions, healthy and humane care for livestock, reduced pesticide use, reduced water and non-renewable energy use, and enhanced soil health. Visit the Food Alliance (www.foodalliance.org) and Scientific Certification Systems (www.scscertified.com) to learn more.

Fair Trade – Fair trade partnerships seek to offer better trading conditions to, and secure the rights of, marginalized producers and workers, especially in developing countries. Certification by the Fair Trade Labeling Organizations International (www.fairtrade.net) guarantees that a product’s fair trade claims have been independently audited and verified.

Fair Labor – Currently two organizations certify safe and fair ag labor practices in the United States: www.scscertified.com and www.safeeagemployer.org. Criteria include equitable hiring and employment practices, safe workplace conditions, workers right to organize, worker housing, child labor, and access to health, education, and transportation services.

Clean – Foods certified by organizations like Scientific Certification Systems (www.scscertified.com) to have met voluntary standards in one or more areas of potential concern, including pesticide residues, food pathogens, industrial contaminants and heavy metals, and food safety procedures and practices throughout the food supply chain.
Promoting growth and prosperity in Ventura County

NCHC has been providing quality legal services to the county’s agricultural community for decades. We offer a team of experts across multiple practice areas, flexible meeting times and locations, and a personal commitment to help you build and protect your business.

That’s why NCHC has been proudly serving Ventura County for more than 65 years.

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Fax (805) 988-8387 • www.nchc.com • atty@nchc.com

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Call or visit our website
805-469-7604
www.farmerfreshctoyou.net

www.farmerfreshctoyou.net

Just Up The Road:
Mediterranean Delights
Produced in Ojai’s Perfect Climate

EXTRA-VIRGIN OLIVE OILS
FLAVORED OLIVE OILS
OLIVE OIL CREAMS & SOAPS

OLIVE TREES
(7 varieties)
Grown in our Nursery

BALSAMIC VINEGARS
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Saturdays or by appointment

(805) 646-5964
info@ojaioliveoil.com
www.ojaioliveoil.com

Ojai Olive Oil
California Grade Extra Virgin

VOTE WITH YOUR FORK

BUY FRESH. BUY LOCAL FOOD GUIDE 75
If Santa Barbara were a jewel perched atop a queen’s crown, it would be sapphire blue for the Pacific Ocean and the year round color of our skies. It is these unique resources and conditions that enable Santa Barbara to grow and harvest some of the most diverse and healthy produce in the world. From the fertile, river-fed valleys of the north comes broccoli and celery, strawberries, squash, nuts and more. From the south comes citrus, avocados, herbs and hard to find fruits like cherimoyas. Add to this the long standing beef industry, abundant seafood resources around the Santa Barbara Channel, and the booming wine industry and you’d think this was heaven on Earth. To many, it is. Long known as a place for healing and respite, in Santa Barbara life is good. Enjoy.
Calimoya Exotic Fruit
Jay Ruskey
1362 Farren Rd
Goleta, CA 93107
(805) 685-4189
www.calimoya.com

There’s more to local agriculture than strawberries—Calimoya uses sustainable practices to grow cherimoyas, avocados, and passion fruit. Find their products at New Frontiers, Blue Agave, Hungry Cat, and the Isla Vista Coop.

Center for Urban Agriculture at Fairview Gardens
Sunshine Caulfield
598 N Fairview Ave
Goleta, CA 93117
(805) 967-7369
www.fairviewgardens.org

A nonprofit organization founded in 1997 to preserve the agricultural heritage of this 100-year-old farm, the Center for Urban Agriculture grows over 100 types of fruits and vegetables on just 12.5 acres. Find their produce at the Tuesdays and Saturday farmers’ markets in Santa Barbara, or stop by the farm stand on Fairview Avenue—it’s open daily from 10 AM to 6 PM. CSA shares available.

Classic Organic Farm and Produce Stand
Helmut Klauber
2323 Old Coast Hwy
Gaviota, CA 93117
(805) 714-4420

Farming organically since 1971, Helmut grows lettuces, tomatoes, carrots, watermelons, strawberries, cucumbers, peppers, fennel, and a number of other fruits and vegetables. Visit the farm stand—operated on the honor system—or do the work yourself at the u-pick, open daily from mid-Spring through the first of November.

Organic

Clos Pepe Vineyards
Stephen Pepe
4777 E Highway 246
Lompoc, CA 93436
805-735-7867
clospepe.com

Farming with an eye for detail and sustainability, Clos Pepe is a family-owned vineyard and winery that utilizes organic and biodynamic practices. In addition to wine grapes, they harvest a couple of tons of olives per year. The same crew is employed year-round, so the same hands prune, culture, tend and harvest both the vines and the olives. Tours available by appointment; visit the website for more details.
Goleta Valley Organic
Paul DeSales
1002 E Ortega
Santa Barbara, CA 93103
(805) 896-3608
gvorganics@gmail.com

A family-run business since 1960, Goleta Valley Organic grows strawberries, squash, salad mix, broccoli, and other mixed vegetables. Find their fruits and vegetables at Tri-County Produce.

Organic

Wine Country of the South Central Coast

From strawberries and citrus to avocados and mixed vegetables, farmers on the Central Coast cultivate an incredible diversity of fruits, vegetables and other agricultural commodities for millions to enjoy. But even before the release of Sideways—in fact, as far back as the late 1700s—another crop has claimed a place in the region’s agricultural landscape, and is fast becoming a heavyweight: Wine grapes (and, naturally, the wines they produce).

There’s no need to swear off French Champagne or Alsatian Gewurztraminer, but you’ll find a dizzying array of varietals and growing styles to pick from in the Central Coast. Santa Barbara is known for its Chardonnay and Pinot Noir—particularly in the Santa Rita Hills and Santa Maria winegrowing areas. There are fewer vineyards in Ventura County, but the number of vintners is growing, and many of these wineries make a point to source wine grapes that are grown regionally and using sustainable practices.

In fact, wine grapes may be grown conventionally or organically, and some are even certified biodynamic—which refers to a holistic farming practice that shies away from synthetic substances and chemicals, relying on the use of cover crops and crop rotation—and even taking into account the lunar cycle and other natural forces. To learn more about wineries’ efforts to reduce their environmental impacts, visit www.sustainablewinegrowing.org.

Buying locally doesn’t have to end at the farmers’ market. The next time you share dinner with friends or family, pick up a bottle of local wine and raise a glass to our community’s growers and vintners. Cheers!

Resources:
Santa Barbara County Vintners’ Association
www.sbcountywines.com
Ventura County Wine Trail
www.venturacountywinetrail.com
Destination Wine Country
www.destinationwinecountry.com

Finley Farm
Johanna and Chris Finley
1702 N Refugio Rd
Santa Ynez, CA 93460
(805) 686-0209
johanna_farm@hotmail.com

Heirloom tomatoes, sweet corn, winter greens, and a profusion of other fruits and vegetables are grown on Finley Farms’ 20 acres. They offer some educational events and opportunities—call for more details—and consumers can find their produce at retailers including Los Olivos Grocery, New Frontiers, and the Isla Vista Food Coop.

Organic

Forbidden Fruit Orchards
Sandra Davis
4001 Forbidden Fruit Lane
Lompoc CA 93436
forbiddenfruitorchards@public-ease.com

Started in 2003, Forbidden Fruit is now producing plump, fresh organic blueberries on six acres in northern Santa Barbara county. Blueberry lovers can buy local earlier than ever—their crop starts coming in during Spring.

Fred Munch Farming with Buttonwood Farms
Fred Munch
Farm stand address:
1500 Alamo Pintado
Solvang, CA 93463
(805) 688-6160

Farmer Fred Munch uses organic growing practices to produce his pears, peaches, and almonds. Stop by the farm stand, or look for Buttonwood Farms produce at New Frontiers, Lazy Acres, and the Isla Vista Food Coop. Educational farm tours by appointment, call for more information.

Organic

Givens Farms
John Givens
1133 N Fairview Ave
Goleta, CA 93117
(805) 964-4477

givensfarms@verizon.net

Growing at least 75 different varieties of fruits and vegetables each year, the folks at Givens Farms sell their produce at 11 farmers markets throughout the Southern California region—and it’s often on the menu at local restaurants including the Blue Agave and Savoy Café, among others.

Organic

Jaime Farms
Jose and Edgar Jaime
(909) 395-7818
www.jaimefarms.com

On four fields—in Santa Maria, Lucerne Valley, Yucca Valley, and the City of Industry—the Jaime family uses sustainable practices to cultivate melons, guavas, herbs, greens, and mixed vegetables. Visit their website for purchasing information, or stop by their stand at the Hollywood and Wednesday Santa Monica farmers market.

Jimenez Family Farm
Marcie Jimenez
1834 W Hwy 154
Santa Ynez, CA 93460
(805) 688-0597
marciejime@aol.com

Dedicated to growing products without chemicals or pesticides, Jimenez Family Farm produces green beans, sweet corn, heirloom tomatoes, and other mixed vegetables on 12 acres. They also raise lamb and make their own pies and preserves! Their products can be found at Los Olivos Grocery, New Frontiers in Solvang, and Ballard Inn.

Lane Farms
John and Ruth Lane
308 S Walnut Ln
Santa Barbara, CA 93111
(805) 964-3773

The Lanes are a local farm family that’s been in the area since 1868. Their produce stand hasn’t been around for quite as
long—it was started in 1939—but residents can still stop by and purchase fresh produce including strawberries, sweet corn, squashes, and oranges. While not certified organic, they do employ organic methods.

Los Olivos Homegrown
Paul Palmer
Grand and Jonata
Los Olivos, CA 93441
(805) 488-1140
ppalmer55@comcast.net

With 60 kinds of garlic growing on three acres, it’s no wonder Paul Palmer is known as the ‘Garlic Guy.’ His farm stand, located at the entryway to Los Olivos, is open weekends and by appointment. Look for his alliums at The Hitching Post and Patrick’s Side Street Café.

Nojoqui Farms
John Kiddie
1889 S Highway 101
Gaviota, CA 93117
(805) 686-0194
nojoquifarms.org

To the Chumash, Nojoqui meant ‘peaceful valley,’ and at Nojoqui Farm, they believe in cultivating the earth in cooperation with nature. Their produce can be found at Sojourner Café, Lazy Acres, and other local outlets. Farm tours by appointment.

Organic

OstrichLand USA
610 E Highway 246
Buellton, CA 93427
(805) 686-9696
www.ostrichlandusa.com

One ostrich egg is about equivalent to two-dozen chicken eggs, and at OstrichLand USA, these enormous eggs (which are hormone free and free range) are available nearly year-round. Fresh emu eggs are also available in the winter and spring. Visitors are welcome (you can even feed the ostriches!), check the website or call for more information.

Rancho La Viña
Jose Baer
PO Box 429
Lompoc, CA 93438
(805) 705-4707
www.rancholavina.com
www.lanogalarawalnutoil.com

A family-owned ranch continually operating for 130 years, Rancho La Viña sells walnuts, walnut oil, and tomatoes at the Santa Barbara Tuesday and Saturday markets and the Ojai Sunday market. They also grow Pinot Noir wine grapes and a variety of other crops uniquely suited to the local climate.

Rancho Olivos
Shannon Casey
2390 North Refugio Rd
Santa Ynez, CA 93460
(805) 686-9653
www.ranchoolivos.com

Using organic practices, Rancho Olivos grows olives for their award-winning extra virgin olive oil. They’re open for tastings on the weekends, and their oil is also available at the Los Olivos Market.

Rancho San Julian Beef
Elizabeth Poett
6000 San Julian Rd
Lompoc, CA 93436
(805) 729-3303
www.ranchosanjulianbeef.com

Practicing an integrated agriculture in which humans, animals, crops, and the environment are viewed holistically, Rancho San Julian Beef produces grassfed and farm-finished beef using no hormones or antibiotics. Steers are born and raised on the ranch, and hay and grain are grown on site or purchased locally. Call or visit the website for ordering information.

Flower Power—Rooted Close to Home

The U.S. commercial flower industry began in the 1870s when a Ventura County homemaker, Theodosia Shepherd, started selling calla lilies and other flowers grown in her garden to local markets. Other local women soon followed suit, and California’s flower industry was born.

For the next century, the industry experienced major growth throughout the state, due largely to Japanese and Dutch immigrants and other entrepreneurs who planted acres and acres of flowers, developed new techniques and technologies, and perfected the art of cultivation in California’s open fields and greenhouses. In 2006, California led the nation with $316 million in cut flower sales, representing 77 percent of the U.S. total. Santa Barbara and Ventura counties remain among the state’s top producers.

From gerberas and daisies to orchids and tuberoses, you’ll find a colorful assortment of fresh and fragrant flowers at your nearest farmers’ market. Toss a handful of nasturtiums into a salad, steep lemon verbena to make a tisane, or just surprise a friend with a bunch. They’ll smell that much sweeter for being grown at the birthplace of the modern-day flower industry.

For an extra-sweet bouquet, look for the “Veriflora” label that tells you your flowers were produced and handled using certified sustainable growing methods and socially responsible practices.

To learn more, visit the California Cut Flower Commission website at www.ccfc.org and Veriflora at www.veriflora.com.
Locally Grown. Closer to Home. Eat Wisely!

Protecting the local environment since 1977. www.edcnet.org

Buy Local. Eat Organic.
Join your local CSA. Something Good!
john@jeansfarm.com
805-964-4477

Sojourner
Cafe & Restaurant
805-965-3922
WWW.SOJOURNERCAFE.COM
740 EAST CANON PERDIDO ST., SANTA BARBARA

Walk Your Talk Productions
Films about Farming

“Good Stewards”
Stewardship roles for consumers, farmers, & policymakers

“Home Grow’n”
Farmland preservation through Smart Growth

“Mi Casa es Su Casa”
The need for Farm Worker Housing

ORDER ON-LINE:
www.walkyourtalkproductions.com

Locally grown: adj.
Applies to food grown and sold in the same bioregion.

Locally owned: adj.
Applies to a business owned by residents in the community which it serves.

The Isla Vista Food Co-op is a full-line natural foods store owned by over 2000 community members. Everyone can shop; anyone may join.
6575 Seville Road • Isla Vista • (805) 968-1401
open daily 8am-10pm • www.islavistacoop.com
Are you a Locavore?

Do you know the name of the person that grows your greens? Do your dinnertime conversations include discussions about your food producers? Do you shop at a local farmers’ market or receive weekly boxes of produce from a local farm?

If you answered yes to any of these questions, chances are that you’re a locavore – and you’re not alone. The idea is getting so big that locavore was chosen as the 2007 New Oxford American Dictionary’s Word of the Year.

People around the country are taking up the locavore challenge to eat tastier foods and support farmers and food producers who live near their homes. To learn more about the locavore movement, or to get involved in a home-grown locavore project here in our region, visit www.eatlocaloneyear.com.

Roots Farm
Jacob Grant
1759 Laurrell Ave
Solvang, CA 93463
(805) 680-1030
Tomatoes, leeks, carrots, peppers, and a plethora of other crops abound at Roots Farm. Visit them at a local farmers’ market, or find their produce in restaurants including the Hungry Cat, Santa Ynez Burrito and The Hitching Post.
Organic

Santa Barbara Mariculture Co
Bernard Friedman
210 Wilson St
Santa Barbara, CA 93101
(805) 886-1283
www.sbmariculture.com
SB Mariculture is an open ocean shellfish farm on the west coast, and uses sustainable techniques to cultivate oysters, mussels, clams, and scallops in the nutrient rich waters of the Santa Barbara Channel. Pick a pound or two at the Saturday Santa Barbara Farmers’ Market or at The Fish Market on Harbor Way.

Santa Barbara Olive Company
Allison Day
12477 Calle Real
Santa Barbara CA 93117
(800) 624-4896
www.sbolive.com
SB Olive Company boasts over 5,000 trees on 100 acres. Plenty of local retailers—including Tri-County Produce and Lazy Acres—offer their products, and the ranch has even been featured on the Food Network and Travel Channel.

Santa Barbara Pistachio Company
Gale Zannon
PO Box 21957
Santa Barbara, CA 93121
www.santabarbarapistachios.com
Flavored, dried, and packaged right on the farm, Santa Barbara Pistachios are available in a myriad of flavors, including chile lemon, crushed garlic, and hickory smoked. Purchase these 100% natural nuts online, or find them at local markets including Cantwell’s, Mesa Produce, and Hungry Cat.

Shepherd Salad
Tom Shepherd
PO Box 817
Carpinteria, CA 93014
(805) 729-4402
Farming using organic practices since 1973, Shepherd’s Salad is in the process of obtaining organic certification. Their spinach and greens are available at Mesa Produce and Lazy Acres in addition to a number of restaurants including Pascucci, Emilio’s, and Pane e Vino.
Organic

Sommerset Farm
Alexandra and Ted Geremia
3450 Baseline Ave
Santa Ynez, CA 93460
(805) 350-2894
Utilizing Integrated Pest Management (IPM) practices, Sommerset Farm grows a variety of delectable berries, fresh garbanzo beans, and other mixed vegetables. Call for information about their educational tours and pumpkin patch; find their produce at restaurants including the Vineyard House and Ellen’s Danish Pancake House.
Organic

Tutti Frutti Farms
Chris Cadwell
Lompoc, CA
www.tuttifruttifarms.com
Fifth-generation farmer Chris Cadwell cultivates a variety of vegetables ranging from broccoli to burdock root. Certified organic since 1988, Tutti Frutti Farms sells at Southern California farmers markets including Ventura (on Saturdays) and Santa Barbara (Tuesdays and Saturdays).

Whitney Ranch
Rachel & Ralph Whitney
401 Lambert Rd
Carpinteria, CA 93013
Because of the temperate growing conditions at their family farm near the ocean, Whitney Ranch has blueberries and Meyer lemons nearly year round. They also grow avocados, figs, and persimmons, and sell their produce at the Saturday Santa Barbara downtown farmers market.

Winfield Farm
Bruce and Diane Steele
1570 W Highway 246
Buellton, CA 93427
(805) 866-9312
dplesch@earthlink.net
Grown using organic practices, heirloom tomatoes, melons, sweet corn and other mixed vegetables are available at the on-site farm stand. Or, visitors are welcome to pick their own. Winfield Farm produce can also be found at El Rancho Market and the Firestone Restaurant.

Yankee Farm Garden
Callie Bowdish
Goleta, CA 93117
(805) 886-2767
www.calliebowdish.com/YankeeFarm.htm
SB Olive Company boasts over 5,000 trees on 100 acres. Plenty of local retailers—including Tri-County Produce and Lazy Acres—offer their products, and the ranch has even been featured on the Food Network and Travel Channel.

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Bruce and Diane Steele
1570 W Highway 246
Buellton, CA 93427
(805) 866-9312
dplesch@earthlink.net
Grown using organic practices, heirloom tomatoes, melons, sweet corn and other mixed vegetables are available at the on-site farm stand. Or, visitors are welcome to pick their own. Winfield Farm produce can also be found at El Rancho Market and the Firestone Restaurant.

Yankee Farm Garden
Callie Bowdish
Goleta, CA 93117
(805) 886-2767
www.calliebowdish.com/YankeeFarm.htm
Santa Barbara
Lassen’s
5154 Hollister Ave
Santa Barbara, CA 93111
(805) 683-7696

Lassen’s 
1790 S Broadway
Santa Maria, CA 93457
(805) 925-3432

Lazy Acres Market
302 Meigs Rd
Santa Barbara, CA 93109
(805) 564-4410

Los Olivos Grocery
2621 Highway 154
Santa Ynez, CA 93460
(805) 688-5115

Harbor Meat and Seafood
215 Helena Ave
Santa Barbara, CA 93101
(805) 965-6112

Here’s the Scoop
1187 Coast Village Rd
Montecito, CA 93108
(805) 969-7020

Isla Vista Food Coop
6575 Seville Rd
Isla Vista, California 93117
(805) 968-1401

Kanaloa Seafood
618 E Gutierrez St
Santa Barbara, CA 93103
(805) 966-5159

From lettuce and herbs to tomatoes, cucumbers, and cabbage, all the fruits and vegetables produced on Yankee Farm Garden’s 1.25 acre plot are sold exclusively at farmers markets—look for their stall at the Tuesday Santa Barbara market.

Organic

FOOD ARTISANS

Jessica Foster Confections
PO Box 21332
Santa Barbara, CA 93121
(805) 637-6985
www.jessicafosterconfections.com

Available in flavors like white chocolate meyer lemon, many of Jessica Foster’s truffles reflect the seasonal bounty of the Central Coast. Others—like milk chocolate star anise and thyme—recall more exotic locales, but they’re all lovingly handcrafted in Santa Barbara County and available for purchase online.

Solvang Pie Company
(805) 688-8948
www.solvangpieco.com

Part of Creekside Apple Ranch, Solvang Pie Company bakes several different kinds of pie from locally grown fruits—they even grow some of their own wheat! Cherry, peach, and apple-raspberry are just a few of the variations they offer. Find their pies at markets including Lazy Acres and Los Olivos Grocery, or visit them at the Wednesday Solvang or Tuesday and Saturday Santa Barbara farmers markets.

GROCERS & SPECIALTY MARKETS

C’est Cheese
825 Santa Barbara St
Santa Barbara, CA 93103
(805) 965-0318

El Rancho Marketplace
2886 Old Mission Dr
Solvang, CA 93463
(805) 688-4300

Garden Market
3811 Santa Claus Ln
Carpinteria, CA 93013
(805) 745-5505

Edible Landscapes

It doesn't get more local than your own back (or front!) yard. More and more people are replacing tired lawns and ornamentals with fruit trees and vegetable gardens. They’re doing it for delicious fresh edibles, to reduce their food and water bills, and for the simple satisfaction of playing in the dirt, watching things grow, and feasting on the results with family and friends. Communities are organizing barn-raising-style garden installation parties, planting fruit trees, and reviving community gardens and victory gardens to restore local food security.

Even if you think you don't have a green thumb, there are plenty of resources to help you get started on your own home-grown adventure. Check out these groups for some fresh ideas:

Grow Food Party Crew

www.myspace.com/growfoodpartycrew
Santa Barbara Food Not Lawns

www.mesaexchange.org
University of California Cooperative Extension

ucanr.org/ce.cfm

To learn about the Chumash Indians who harvested the original edible landscapes (and seascapes) of our region, visit www.sbnature.org/chumash.

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RESTAURANTS

805 Deli
135 East Carrillo St
Santa Barbara, CA 93101
(805) 962-5596
Deli
$

Aldo’s Italian Restaurant
1031 State St
Santa Barbara, CA 93101
(805) 963-6687
Italian
$$

Ballard Inn & Restaurant
2436 Baseline Ave
Ballard, CA 93463
(805) 688-7770
Pacific Rim, California Cuisine
$$$

Bella Vista at the Four Seasons Biltmore
1260 Channel Dr
Santa Barbara, CA 93108
(805) 969-2261
California Cuisine
$$$$

Blue Agave
20 E Cota St
Santa Barbara, CA 93101
(805) 899-4694
California Cuisine
$$$

Bouchon Santa Barbara
9 W Victoria St
Santa Barbara, CA 93101
(805) 730-1160
French, American
$$$

Brophy Brothers
119 Harbor Way
at the Breakwater
Santa Barbara, CA 93109
(805) 966-4418
Seafood
$

Brothers’ Restaurant at Mattei’s Tavern
2350 Railway Ave
Los Olivos, CA 93441
(805) 688-4820
California Cuisine
$$$

Café Quackenbush
458 Bell St
Los Alamos, CA 93440
(805) 344-4440
Deli
$

Cantwell’s Market
1533 State St
Santa Barbara, CA 93101
(805) 962-9929
Deli
$

Chef Rick’s Ultimately Fine Foods
4860 S Bradley Rd
Santa Maria, CA 93455
(805) 937-9512
Southern, American
$$

Epiphaniess
21 W Victoria St
Santa Barbara, CA 93101
(805) 564-7100
California Cuisine
$$$$

Ellen’s Danish Pancake House
272 Avenue of the Flags
Buellton, CA 93427
(805) 688-5312
Coffee shop, Danish-Scandinavian
$

Emilio’s Restaurant and Bar
324 W Cabrillo Blvd
Santa Barbara, CA 93101
(805) 966-4426
Italian
$$$

Elements Restaurant and Bar
129 E Anapamu St
Santa Barbara, CA 93101
(805) 884-9218
Fusion
$$$

Eladio’s at the Harbor View Inn
28 W Cabrillo Blvd
Santa Barbara, CA 93101
(805) 963-0780
California Cuisine
$$

Ellen’s Danish Pancake House
272 Avenue of the Flags
Buellton, CA 93427
(805) 688-5312
Coffee shop, Danish-Scandinavian
$

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Italian
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California Cuisine
$$$$

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Santa Barbara, CA 93101
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Ballard Inn & Restaurant
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Ballard, CA 93463
(805) 688-7770
Pacific Rim, California Cuisine
$$$

Bella Vista at the Four Seasons Biltmore
1260 Channel Dr
Santa Barbara, CA 93108
(805) 969-2261
California Cuisine
$$$$

Blue Agave
20 E Cota St
Santa Barbara, CA 93101
(805) 899-4694
California Cuisine
$$$

Bouchon Santa Barbara
9 W Victoria St
Santa Barbara, CA 93101
(805) 730-1160
French, American
$$$

Brophy Brothers
119 Harbor Way
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Cantwell’s Market
1533 State St
Santa Barbara, CA 93101
(805) 962-9929
Deli
$

Chef Rick’s Ultimately Fine Foods
4860 S Bradley Rd
Santa Maria, CA 93455
(805) 937-9512
Southern, American
$$

Restaurant Key

$ - under $10
$ - $11-$30
$$ - $31-60
$$$$ - $61 +
Prices are averages per person and include meal, one drink, tax, and tip.

Restaurant Key

$ - under $10
$ - $11-$30
$$ - $31-60
$$$$ - $61 +
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<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Address</th>
<th>City, State</th>
<th>Zip Code</th>
<th>Phone Number</th>
<th>Cuisine Type</th>
<th>Price</th>
</tr>
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<tr>
<td>Fresco Cafe &amp; Bakery</td>
<td>3987 State St</td>
<td>Santa Barbara, CA</td>
<td>93105</td>
<td>(805) 967-6037</td>
<td>American</td>
<td>$</td>
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<tr>
<td>Full of Life Flatbread</td>
<td>225 Bell St</td>
<td>Los Alamos, CA</td>
<td>93440</td>
<td>(805) 344-4400</td>
<td>Bakery, Pizzeria</td>
<td>$</td>
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<tr>
<td>Harbor Restaurant</td>
<td>210 Stearns Wharf</td>
<td>Santa Barbara, CA</td>
<td>93101</td>
<td>(805) 963-3311</td>
<td>Seafood</td>
<td>$</td>
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<tr>
<td>The Hitching Post</td>
<td>3325 Point Sal Rd</td>
<td>Casmalia, CA</td>
<td>93429</td>
<td>(805) 937-6151</td>
<td>Barbecue</td>
<td>$$$</td>
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<tr>
<td>Hungry Cat</td>
<td>1134 Chapala St</td>
<td>Santa Barbara, CA</td>
<td>93190</td>
<td>(805) 884-4701</td>
<td>Seafood</td>
<td>$$$</td>
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<tr>
<td>Intermezzo</td>
<td>813 Anacapa St</td>
<td>Santa Barbara, CA</td>
<td>93101</td>
<td>(805) 966-9463</td>
<td>Wine bar</td>
<td>$</td>
</tr>
<tr>
<td>Los Olivos Café</td>
<td>2879 Grand Ave</td>
<td>Santa Barbara, CA</td>
<td>93441</td>
<td>(805) 688-7265</td>
<td>Mediterranean</td>
<td>$</td>
</tr>
<tr>
<td>Opal Restaurant and Bar</td>
<td>1325 State St</td>
<td>Santa Barbara, CA</td>
<td>93101</td>
<td>(805) 966-9676</td>
<td>California Cuisine</td>
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<tr>
<td>Pane e Vino</td>
<td>1482 E Valley Rd</td>
<td>Montecito, CA</td>
<td>93150</td>
<td>(805) 969-9274</td>
<td>Italian</td>
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<tr>
<td>Paradise Café</td>
<td>702 Anacapa St</td>
<td>Santa Barbara, CA</td>
<td>93101</td>
<td>(805) 962-4416</td>
<td>California Cuisine</td>
<td>$</td>
</tr>
<tr>
<td>Restaurant Mimosa</td>
<td>2700 De La Vina St</td>
<td>Santa Barbara, CA</td>
<td>93105</td>
<td>(805) 682-2272</td>
<td>French</td>
<td>$$$</td>
</tr>
<tr>
<td>Restaurant Roy</td>
<td>7 W Carillo St</td>
<td>Santa Barbara, CA</td>
<td>93101</td>
<td>(805) 966-5636t</td>
<td>American</td>
<td>$</td>
</tr>
<tr>
<td>Rodney’s Steakhouse at Fess Parker’s Doubletree Resort</td>
<td>633 E Cabrillo Blvd</td>
<td>Santa Barbara, CA</td>
<td>93103</td>
<td>(805) 564-4333</td>
<td>Steakhouse</td>
<td>$$$</td>
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<tr>
<td>Sojourner Café</td>
<td>134 E Canon Perdido St</td>
<td>Santa Barbara, CA</td>
<td>93101</td>
<td>(805) 965-7922</td>
<td>Vegetarian</td>
<td>$</td>
</tr>
<tr>
<td>Spiritland Bistro</td>
<td>230 E Victoria St</td>
<td>Santa Barbara, CA</td>
<td>93101</td>
<td>(805) 966-7759</td>
<td>Global, Fusion</td>
<td>$$$</td>
</tr>
<tr>
<td>Square One</td>
<td>14 E Cota St</td>
<td>Santa Barbara, CA</td>
<td>93190</td>
<td>(805) 965-4565</td>
<td>American</td>
<td>$$$</td>
</tr>
<tr>
<td>The Stonehouse at San Ysidro Ranch</td>
<td>900 San Ysidro Lane</td>
<td>Montecito, CA</td>
<td>93108</td>
<td>(800) 368-6788</td>
<td>California Cuisine</td>
<td>$$$</td>
</tr>
</tbody>
</table>
Taproom Restaurant at Firestone Walker Brewing Company
620 Mc Murray Rd
Buellton, CA 93427
(805) 686-1557
Pub
$$

Vineyard House
3631 Sagunto St
Santa Ynez, CA 93460
(805) 688-2886
California Cuisine
$$$%

Wine Cask
813 Anacapa St
Santa Barbara, CA 93101
(805) 966-6750
American
$$$%

Wine Cottage Bistro
285 S Broadway St
Orcutt, CA 93455
(805) 934-4546
Wine bar
$$

Zookers Café & Juice Bar
5404 Carpinteria Ave
Carpinteria, CA 93013
(805) 684-8893
California Cuisine
$$

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CATERERS

Ambrosia Catering
(805) 684-5948 (office)
(805) 455-9852 (cell)
ambrosiagourmetcatering.com

Duo Catering
110 Santa Barbara St
Santa Barbara, CA 93101
(805) 957-1670
www.duoevents.com

New West Catering
P.O. Box 596
Buellton, CA 93427
(805) 688-0991
www.newwestcatering.com

Pure Joy Catering
710 E Haley St
Santa Barbara, CA 93101
(805) 963-5766
www.purejoycatering.com

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• Chef menus featuring fresh seasonal produce

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Downtown Oxnard Farmers Market
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Plaza Park, 5th & C Street
805-483-7960

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Stop by the California Welcome Center in Oxnard for more information on local and regional culinary attractions.
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101 Fwy, Exit Oxnard Blvd. Follow the signs!
805-988-0717 • VisitOxnard.com
Our Greens Just Got “GREEN”


Health conscious consumers want easy to prepare organic foods that are high in vitamins and nutrients. With the growing trend for going “green” and healthy, Organic Cut ‘n Clean Greens are the natural solution. San Miguel Produce now offers a complete line of organic and conventional bunch-greens, as well as packaged Cut ‘n Clean Greens including new Organic Rainbow Kale, and new Organic Garden Greens.

Join CAUSE and make Sustainable Development and Health Access and Equity a reality for people in Ventura and Santa Barbara counties!

CAUSE is working with the Ventura County Ag Futures Alliance (AFA) Health Care Committee and the California Roots of Change Fund to improve farm worker health access. Together we’re helping to create a system that ensures a healthy agricultural workforce where all farm workers and their families have access to affordable health care services that include prevention, treatment and education.

If you’re interested in improving farm worker health access, contact Maricela Morales, CAUSE Associate Executive Director, at 805-658-0810 x 203 or Maricela@coastalliance.com.

2021 Sperry Ave., Ste 18, Ventura, CA 93003
805-658-0810 * www.coastalliance.com
House Farm Workers!

House Farm Workers is a project of the Ag Futures Alliance Farm Worker Housing Task Force founded in 2004. We support and promote the provision of safe, decent and affordable housing for farm workers of Ventura County, including the building of new housing and upgrading or preserving existing housing. This objective is accomplished through community education, advocacy, and linking of resources.

For more information, please contact:

House Farm Workers!
P.O. Box 402
Santa Paula, CA 93061
Telephone: (805) 921-0430
Fax: (805) 525-7636
E-mail: housefarmworkers@verizon.net

www.agfuturesalliance.org/housefarmworkers

EDUCATION. ADVOCACY. LEGAL ACTION.

Environmental Defense Center

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www.edcnet.org

805.963.1622 I 906 Garden Street I Santa Barbara, CA

www.buttonwoodwinery.com

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Almonds
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Peppers
Tomatillos
Squash
Greens
Herbs
Peonies
Sunflowers
and more...

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Solvang, California, 93463
805.688.3032
www.buttonwoodwinery.com

www.edcnet.org
805.963.1622 I 906 Garden Street I Santa Barbara, CA

EDUCATION. ADVOCACY . LEGAL ACTION.
The days when milk trucks from local dairies trundled down the residential streets of LA and orange blossoms scented the San Fernando Valley are long gone. But the most populous county in the nation, encompassing ten million residents and over 500 miles of freeways, hasn’t lost all connection with its agricultural past. There are still pockets of farming in dense urban areas as well as more remote regions such as the Antelope Valley. There are farmers markets every day of the week in dozens of diverse neighborhoods, and chefs such as Suzanne Goin and food writers including Russ Parsons of the LA Times are promulgating the benefits of seasonal, locally grown foods to a wide audience of hungry Angelenos.

The Los Angeles County listings cover the northwestern portion of the county, roughly the area west of Interstate 5 and north of the Santa Monica Freeway. We hope to be able to include all of Los Angeles County in future editions of the guide.
Growers

Forneris Farm
John Forneris
15299 Rinaldi St
Mission Hills, CA 91345
(818) 361-0714
www.fornerisfarms.com

One of the few remaining farm stands in the San Fernando Valley, Forneris Farm Market is open daily from 9 AM - 6 PM, April through December. Farming for over 40 seasons, John grows corn, tomatoes, strawberries, flowers, and a number of other crops. During the fall, he offers school tours, a corn maze, and other harvest activities.

Hayground Organic Gardening
Jimmy Williams
567 N Bronson Ave
Los Angeles, CA 90004
(323) 216-0379

Starting with seeds from plants which have been passed down in his family for generations since his great-grandmother arrived in South Carolina as a slave, Jimmy and his son Logan have become well-known for growing Goosecreek tomato seedlings (and other heirloom vegetables and herbs) which they sell at the Hollywood Farmers Market and other local certified farmers markets.

Maggie’s Farm
Dennis Peitso
Agoura, CA 91356

On six acres, Dennis and his son Nate grow gourmet greens (such as mizuna and tatsoi), nettles, fresh herbs, and edible flowers. Often found on restaurant menus throughout Los Angeles, Maggie’s Farm produce is also available at the Encino and Santa Monica farmers markets.

M&M Peach Ranch
Bill Basner
48745 Three Points Rd
Lake Hughes, CA 93532
(661) 674-7151

A nurseryman by trade, Bill has been in the peach business for over eight years. Located on sixty-five acres north of Palmdale, his ranch primarily produces ‘Last Chance’ peaches, a rosy, late-season hybrid. They’re sold at the M&M farm stand, which is open through mid-October.

Tapia Brothers
5251 Hayvenhurst Ave
Encino, CA 91316
(818) 905-6155

A farm stand in the middle of the San Fernando Valley, Tapia Brothers is open from April through mid-November, from 9 AM to 6 PM Monday through Saturday and 9 AM to 5 PM on Sunday. Pick up tomatoes, corn, and stone fruit during the summer, and visit in October for pumpkins.

Tenerelli Orchards
John Tenerelli
Little Rock, CA

Located in what’s know as the “Fruit Basket of the Antelope Valley,” Tenerelli grows Persian mulberries, pears, nectarines, and peaches. They grow the popular O'Henry peach, but also offer heirloom varieties including the Sangre de Toro and Indian Blood. Look for their stand at farmers markets including Santa Monica (Wednesday), Studio City, Hollywood, and Beverly Hills.

Theodore Payne Foundation for Wildflowers and Native Plants
10459 Tuxford St
Sun Valley, CA 91352
(818) 768-1802
www.theodorepayne.org

The leading Southern California resource for native plants (and edible berries, curants, elderberries, acorns, and mints and sages which can be used for making tea), it includes 22 acres of propagation and growing yards, demonstration garden areas, a picnic area, a wildflower nature trail, and a nonprofit retail nursery, bookstore, and seed source. Classes and other programs available year-round.

Topanga Green Nursery
Topanga, CA 90290
topangagreen.com

Nestled deep in Topanga Canyon, this family-owned ‘micro-farm’ sells strawberry plants, tomato seedlings, and herb starts in the spring. Call or refer to their website for visiting or purchasing information.

Weiser Family Farm
Alex Weiser & Daniel Weiser
Rancho Cucamonga, CA
(310) 930-0903
www.weiserfamilyfarms.com

A fixture at the Wednesday farmers market in Santa Monica, as well as others including Beverly Hills and Hollywood, the Weiser family began farming in 1976. Today they operate around 170 acres, growing a plenitude of crops—including almonds, carrots, and dozens of varieties of potatoes—each year.
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>City, State</th>
<th>Phone</th>
<th>Cuisine</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angeli Caffe</td>
<td>7274 Melrose Ave</td>
<td>Los Angeles, CA 90046</td>
<td>(323) 936-9086</td>
<td>Italian</td>
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<td>Chameau</td>
<td>339 N Fairfax Ave</td>
<td>Los Angeles, CA 90036</td>
<td>(323) 951-0039</td>
<td>French, Moroccan</td>
<td>$$$</td>
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<tr>
<td>Chinois On Main</td>
<td>2709 Main St</td>
<td>Santa Monica, CA 90405</td>
<td>(310) 392-3037</td>
<td>Asian Fusion</td>
<td>$$$</td>
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<tr>
<td>City Bakery</td>
<td>225 26th St</td>
<td>Santa Monica, CA 90402</td>
<td>(310) 656-3040</td>
<td>Breakfast, brunch</td>
<td>$</td>
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<tr>
<td>Clementine</td>
<td>1751 Endsley Ave</td>
<td>Los Angeles, CA 90024</td>
<td>(310) 552-1080</td>
<td>Bakery, breakfast and lunch</td>
<td>$</td>
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<tr>
<td>Craft</td>
<td>10100 Constellation Blvd</td>
<td>Los Angeles, CA 90067</td>
<td>(310) 279-4180</td>
<td>American</td>
<td>$$$</td>
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<tr>
<td>Cut</td>
<td>The Regent Beverly Wilshire 9500 Wilshire Blvd</td>
<td>Beverly Hills, CA 90212</td>
<td>(310) 276-8500</td>
<td>Steakhouse</td>
<td>$$$</td>
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<tr>
<td>The Dressing Room</td>
<td>14622 Ventura Blvd</td>
<td>Sherman Oaks, CA 91403</td>
<td>(818) 788-4882</td>
<td>Salad, soup</td>
<td>$</td>
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<tr>
<td>Figtree's Cafe</td>
<td>429 Ocean Front Walk</td>
<td>Venice, CA 90291</td>
<td>(310) 392-4937</td>
<td>American</td>
<td>$$$</td>
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<td>(818) 845-7411</td>
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<td>(818) 761-8985</td>
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# ANGELENOS EAT HERE!

**By Michael Woo**

Strawberries that taste like cardboard. Tomatoes raised for shipping, not flavor. Plums that have earned more frequent-flyer miles than you have. These are just a few of the reasons why a growing number of Angelenos are snapping up locally-grown fruits and vegetables.

Once upon a time, Los Angeles was the farming capital of the nation. The world’s largest olive grove was located in Sylmar, and the local dairy industry was thriving. Oranges and other citrus crops became so closely identified with the local economy that, in 1925, the new L.A. Chamber of Commerce building was christened with a bottle of orange juice.

But most L.A. farmers sold their land for suburban subdivisions during the post-World War II boom that made Southern California a bastion of freeways and urban sprawl. Angelenos became accustomed to produce marketed and processed through an ever-lengthening supply chain that today puts an average of 1500 miles between consumers and the places where their food was grown.

In recent years, Southern Californians have begun rediscovering the pleasures of fresh, locally-grown produce. Luckily, world-class farmland is still close at hand, much of it in neighboring counties like Ventura and Santa Barbara – though some unpaved pockets of urban agriculture survive even in the heart of L.A. Certified farmers markets thrive across the region. A growing number of chefs spotlight local farmers on their menus. Even some conventional supermarkets are highlighting their patronage of local farms.

This could be nothing more than the latest fad of urban consumers. Or it could be something more: Angelenos taking responsibility for the food we eat and the impact of our choices on the environment, the community, and the livelihood of local farmers.

By demanding local produce, you are participating in an historic turn away from an unsustainable way of life, and instead embracing urban-rural partnerships, reduced waste and pollution, and local farmland conservation – not to mention tomatoes and strawberries worthy of celebration!

*Michael Woo is chairman of the board of directors of Sustainable Economic Enterprises of Los Angeles (SEE-LA), the nonprofit organization which runs the Hollywood Farmers Market and six other certified farmers markets, and serves on the board of California Food Policy Advocates. Formerly a Los Angeles City Councilman, Woo teaches urban planning at USC and is an L.A. City Planning Commissioner.*
What we eat may contribute more to global warming than the cars we drive. Our oil-dependent food system accounts for a third of worldwide emissions of carbon dioxide and other climate-changing greenhouse gases. A low-carbon diet means shifting toward foods and eating habits that reduce those emissions and help minimize our climate impact.

So what are the culprits? Air freighted food, for one. Fish and out-of-season fruits and vegetables often fly – sometimes, halfway around the world – to get to our plate. In general, foods in season in your region are lower in carbon, and they’re fresher, too.

Processed and packaged foods also require high-energy inputs to make, and often contain ingredients (such as high fructose corn syrups) that are processed themselves. Snacks like local fruits and nuts are usually lower carbon items – with higher nutritional values.

Cows are contributors too. It takes a lot of water and energy to turn grain into beef or milk, and cows themselves emit methane gas, a greenhouse gas 25 times as potent as carbon dioxide. Livestock is responsible for more than half of food’s global warming impact, so cutting back – a little or a lot – can make a big difference.

The easiest way to cut carbon in your diet is something you’ve certainly heard before: don’t waste food! Not cleaning your plate (or saving the leftovers) means that the energy used to grow, transport, and cook your food is wasted. It also means that the waste will go on to the landfill, where it will release methane.

If you think of diet as a dirty word, remember: this one doesn’t require deprivation or calorie counting. For more information on ways to reduce the carbon footprint of your food consumption, visit www.eatlowcarbon.org.
Local and Sustainable Seafood

The waters off the coast of California teem with delectable seafood. The Santa Barbara Channel, from Point Conception to Point Mugu (a transition zone where northern and southern species mingle), is particularly rich in sea life. Commercial fishermen here harvest squid, sea urchins, rock crab, spiny lobster, white seabass, yellowtail, rockfish, and many other species for local and international consumption.

In spite of this nearby abundance, finding local and sustainably harvested seafood can be a challenge. Ask your grocery store buyer where they get most of their fish, and the answer is likely to be “at the airport.” Many kinds of fish have become global commodities that pass through multiple, practically untraceable, steps between the ocean and your freezer. Too many of them come from fish populations and habitats that have been pushed beyond their limits.

Buying seafood as directly as possible – from the fisherman who caught it if you can – reduces the number of miles it travels and makes sure that you get the freshest and best-tasting ocean fare. It also makes it much easier, not to mention more satisfying, to find where and how your meal was harvested, discover what’s in season, and even to gather new recipes.

Some fishermen sell seafood directly to the public at fish or farmers markets. You can buy right off the boat at the Santa Barbara Harbor from 7am to 10am on Saturday mornings. At the market or in a restaurant, refer to handy wallet guides (click on “Seafood Selector” at www.edf.org) or use your cell phone (m.edf.org/seafood) to look up what’s in season from sustainable fisheries.

To learn more about sustainable and seasonal seafood, visit the Institute for Fisheries Resources at www.ifrfish.org, or check out Fish Forever by chef and leading sustainable fish monger Paul Johnson.

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Source: Ventura County Sea Grant Extension, 4-H Programs of the UCCE; information originally provided from the Joint Oil/Fisheries Liaison Office, Santa Barbara.
Notes: 1. This is a limited selection of available species. 2. Seasons illustrated are based on 2007 regulations. 3. Check commercial fishing regulations for specific fishing seasons.
What’s in Store *this* Season...?

Even in sunny Southern California, fresh fruits and vegetables have seasons – but there are plenty of local choices available year round.

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<td>Potatoes</td>
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<td>Squash, Summer</td>
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<td>Squash, Winter</td>
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<td>Tomatillos</td>
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</table>
Come to a Farmers Market near you!

Farmers market days, times, and locations may vary seasonally. For additional information, contact the individual market or visit California Federation of Certified Farmers Markets at www.cafarmersmarkets.com.

### Ventura

<table>
<thead>
<tr>
<th>DAY</th>
<th>MARKET</th>
<th>TIME</th>
<th>TYPE</th>
<th>ADDRESS</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>Ojai</td>
<td>9AM–1PM</td>
<td>y/r</td>
<td>300 E. Matilija St</td>
<td><a href="http://www.ojaicertifiedfarmersmarket.com">www.ojaicertifiedfarmersmarket.com</a> (805) 698-5555</td>
</tr>
<tr>
<td>Sun</td>
<td>Oxnard, Channel Islands Harbor</td>
<td>10AM–2PM</td>
<td>y/r</td>
<td>Channel Islands Blvd &amp; Harbor, on water</td>
<td>(805) 643-6458 <a href="mailto:fmoch@hotmail.com">fmoch@hotmail.com</a></td>
</tr>
<tr>
<td>Wed</td>
<td>Ventura Midtown</td>
<td>9AM–1PM</td>
<td>y/r</td>
<td>Pacific View Mall in front of Sears</td>
<td><a href="http://www.vccfarmersmarkets.com">www.vccfarmersmarkets.com</a></td>
</tr>
<tr>
<td>Thu</td>
<td>Oxnard Downtown</td>
<td>9AM–1PM</td>
<td>y/r</td>
<td>Downtown Plaza Park, 5th and C</td>
<td><a href="http://www.sfma.net">www.sfma.net</a> (805) 483-7960</td>
</tr>
<tr>
<td>Thu</td>
<td>Thousand Oaks</td>
<td>2PM–6:30PM</td>
<td>y/r</td>
<td>403 W Hillcrest Dr rooftop of Recreation &amp; Park Building</td>
<td><a href="http://www.vccfarmersmarkets.com">www.vccfarmersmarkets.com</a></td>
</tr>
<tr>
<td>Fri</td>
<td>Simi Valley</td>
<td>3PM–7:30PM</td>
<td>Mar–Nov</td>
<td>Simi Valley Town Center 1555 Simi Town Center Way</td>
<td>(805) 643-6458 <a href="mailto:fmoch@hotmail.com">fmoch@hotmail.com</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Camarillo Hospice</td>
<td>8AM–12PM</td>
<td>May–Nov</td>
<td>2220 Ventura Blvd</td>
<td><a href="http://www.camarillohospice.org">www.camarillohospice.org</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Ventura Downtown</td>
<td>8:30AM–12PM</td>
<td>y/r</td>
<td>Santa Clara and Palm Sts</td>
<td><a href="http://www.vccfarmersmarkets.com">www.vccfarmersmarkets.com</a></td>
</tr>
</tbody>
</table>

### Santa Barbara

<table>
<thead>
<tr>
<th>DAY</th>
<th>MARKET</th>
<th>TIME</th>
<th>TYPE</th>
<th>ADDRESS</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>Goleta Camino Real Marketplace</td>
<td>9AM–1PM</td>
<td>y/r</td>
<td>7004 Marketplace Dr</td>
<td><a href="http://www.sbfarmersmarket.org">www.sbfarmersmarket.org</a></td>
</tr>
<tr>
<td>Tue</td>
<td>Orcutt</td>
<td>10AM–1PM</td>
<td>y/r</td>
<td>Bradley Road &amp; Clark Ave</td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td>Santa Barbara Old Town</td>
<td>3PM–6:30PM (winter)</td>
<td>4PM–7:30PM (summer)</td>
<td>500-600 blocks State St</td>
<td><a href="http://www.sbfarmersmarket.org">www.sbfarmersmarket.org</a></td>
</tr>
<tr>
<td>Wed</td>
<td>Santa Barbara La Cumbre Plaza</td>
<td>1PM–5PM (winter)</td>
<td>2PM–6PM (summer)</td>
<td>La Cumbre Plaza, 110 S. Hope Ave</td>
<td><a href="http://www.sbfarmersmarket.org">www.sbfarmersmarket.org</a></td>
</tr>
<tr>
<td>Wed</td>
<td>Santa Maria</td>
<td>12:30PM–4:30PM</td>
<td>y/r</td>
<td>100 S Broadway at Main</td>
<td>(805) 459-6050</td>
</tr>
<tr>
<td>Thu</td>
<td>Solvang Village</td>
<td>3PM–6PM (winter)</td>
<td>4PM–7PM (summer)</td>
<td>Copenhagen Dr &amp; 1st St</td>
<td><a href="http://www.sbfarmersmarket.org">www.sbfarmersmarket.org</a></td>
</tr>
<tr>
<td>Thu</td>
<td>Carpinteria</td>
<td>3PM–6PM (winter)</td>
<td>4PM–7PM (summer)</td>
<td>800 block Linden Ave</td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>Goleta Calle Real Center</td>
<td>3PM–6PM</td>
<td>y/r</td>
<td>5748 Calle Real Shopping Center</td>
<td><a href="http://www.sbfarmersmarket.org">www.sbfarmersmarket.org</a></td>
</tr>
<tr>
<td>Fri</td>
<td>Lompoc</td>
<td>2PM–6PM</td>
<td>y/r</td>
<td>Ocean and I St</td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>Montecito Coast Village</td>
<td>8AM–11:15PM</td>
<td>y/r</td>
<td>1200 Coast Village Road</td>
<td><a href="http://www.sbfarmersmarket.org">www.sbfarmersmarket.org</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Santa Barbara Downtown</td>
<td>8:30AM–12:30PM</td>
<td>y/r</td>
<td>Santa Barbara and Cota Sts</td>
<td><a href="http://www.sbfarmersmarket.org">www.sbfarmersmarket.org</a></td>
</tr>
</tbody>
</table>
# Los Angeles Farmers Markets

This abridged list covers only northern Los Angeles County, roughly the area west of Interstate 5 and north of the Santa Monica Freeway. For a complete listing of farmers markets throughout Los Angeles County visit [www.see-la.org](http://www.see-la.org) or [www.ccfm.org](http://www.ccfm.org).

<table>
<thead>
<tr>
<th>DAY</th>
<th>MARKET</th>
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<th>ADDRESS</th>
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<tbody>
<tr>
<td>Mon</td>
<td>West Hollywood (Plummer Park)</td>
<td>9AM–2PM</td>
<td>1200 N Vista St at Fountain Ave</td>
<td>(323) 845-0171</td>
</tr>
<tr>
<td>Tue</td>
<td>Culver City</td>
<td>2PM-7PM</td>
<td>Main St between Venice and Culver Blvds</td>
<td>(310) 739-5028</td>
</tr>
<tr>
<td>Wed</td>
<td>Hollywood (Sears)</td>
<td>12PM-5:30PM</td>
<td>5601 Santa Monica Blvd</td>
<td>(323) 463-3171</td>
</tr>
<tr>
<td>Wed</td>
<td>La Cienega (Kaiser)</td>
<td>9AM-1:30PM</td>
<td>6041 Cadillac Ave</td>
<td>(562) 495-1764</td>
</tr>
<tr>
<td>Wed</td>
<td>Los Angeles (St. Agnes Church)</td>
<td>2PM-6PM</td>
<td>West Adams Blvd at Vermont Ave</td>
<td>(323) 777-1755</td>
</tr>
<tr>
<td>Wed</td>
<td>Northridge (Fashion Center) April-Oct</td>
<td>5PM-9PM</td>
<td>Tampa Ave south of Plummer St</td>
<td>(805) 643-6458</td>
</tr>
<tr>
<td>Wed</td>
<td>Santa Monica</td>
<td>8:30AM-1:30PM</td>
<td>2nd St and Arizona Ave</td>
<td>(310) 458-8712 <a href="http://www.smgov.net/farmers_market">www.smgov.net/farmers_market</a></td>
</tr>
<tr>
<td>Thu</td>
<td>Century City</td>
<td>11:30AM-3PM</td>
<td>Constellation Blvd and Avenue of the Stars</td>
<td>(818) 591-8161</td>
</tr>
<tr>
<td>Thu</td>
<td>Glendale</td>
<td>9:30AM-1:30PM</td>
<td>100 block of N Brand</td>
<td>(818) 548-2005</td>
</tr>
<tr>
<td>Thu</td>
<td>La Cienega Plaza</td>
<td>3PM-7PM</td>
<td>1801 S La Cienega Blvd</td>
<td>(562) 495-1764</td>
</tr>
<tr>
<td>Thu</td>
<td>Los Angeles Chinatown</td>
<td>2PM-6PM</td>
<td>727 N Hill St</td>
<td>(213) 680-0243 <a href="http://www.chinatownla.com">www.chinatownla.com</a></td>
</tr>
<tr>
<td>Thu</td>
<td>Westwood</td>
<td>12PM-6PM</td>
<td>Sepulveda Blvd at Constitution Ave</td>
<td>(310) 861-8188 <a href="http://westwoodfarmersmarket.com">westwoodfarmersmarket.com</a></td>
</tr>
<tr>
<td>Fri</td>
<td>Echo Park</td>
<td>3PM-7PM</td>
<td>Logan St south of Sunset Blvd</td>
<td>(323) 463-3171</td>
</tr>
<tr>
<td>Fri</td>
<td>Venice</td>
<td>7AM-11AM</td>
<td>Venice Way and Venice Blvd</td>
<td>(310) 399-6690 <a href="http://www.venicefarmersmarket.com">www.venicefarmersmarket.com</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Burbank</td>
<td>8AM-12:30PM</td>
<td>291 E Orange Grove Blvd</td>
<td>(818) 847-4774</td>
</tr>
<tr>
<td>Sat</td>
<td>Calabasas Old Town</td>
<td>8 AM-1PM</td>
<td>23504 Calabasas Rd</td>
<td><a href="http://www.cityofcalabasas.com/farmersmarket.html">http://www.cityofcalabasas.com/farmersmarket.html</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Leimert</td>
<td>10 AM-3PM</td>
<td>Degnan Blvd and 43rd St</td>
<td>(323) 463-3171</td>
</tr>
<tr>
<td>Sat</td>
<td>Santa Monica Pico</td>
<td>8AM-1PM</td>
<td></td>
<td>(310) 458-8712 <a href="http://www.smgov.net/farmers_market">www.smgov.net/farmers_market</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Santa Monica (organic)</td>
<td>8:30AM-1PM</td>
<td>3rd St at Arizona Ave</td>
<td>(310) 458-8712 <a href="http://www.smgov.net/farmers_market">www.smgov.net/farmers_market</a></td>
</tr>
<tr>
<td>Sat</td>
<td>Silver Lake</td>
<td>8AM-1PM</td>
<td>3700 Sunset Blvd</td>
<td>(323) 661-7771</td>
</tr>
<tr>
<td>Sat</td>
<td>Torrance Wilson Park</td>
<td>8AM-1PM</td>
<td>2200 Crenshaw Blvd</td>
<td>(310) 328-2809</td>
</tr>
<tr>
<td>Sat</td>
<td>Westchester Promenade at Howard Hughes Center</td>
<td>8:30AM-1PM</td>
<td>6081 Center Dr</td>
<td>(310) 582-5850 <a href="http://westchesterfarmersmarket.com">westchesterfarmersmarket.com</a></td>
</tr>
<tr>
<td>Sun</td>
<td>Atwater</td>
<td>10AM-2PM</td>
<td>3250 Glendale Blvd</td>
<td>(323) 463-3171</td>
</tr>
<tr>
<td>Sun</td>
<td>Beverly Hills</td>
<td>9AM-1PM</td>
<td>9300 block of Civic Center Drive</td>
<td>(310) 285-6830 <a href="http://www.beverlyhills.org">www.beverlyhills.org</a></td>
</tr>
<tr>
<td>Sun</td>
<td>Brentwood</td>
<td>9AM-2:30PM</td>
<td>741 Gretna Green Way</td>
<td>(310) 591-8161</td>
</tr>
<tr>
<td>Sun</td>
<td>Encino</td>
<td>8AM-1PM</td>
<td>17400 Victory Blvd</td>
<td>(818) 708-6611 <a href="http://www.onegeneration.org">www.onegeneration.org</a></td>
</tr>
<tr>
<td>Sun</td>
<td>Hollywood</td>
<td>8AM-1PM</td>
<td>Ivar Ave between Sunset and Hollywood Blvds</td>
<td>(323) 463-3171</td>
</tr>
<tr>
<td>Sun</td>
<td>Los Angeles Larchmont Village</td>
<td>10AM-2PM</td>
<td>209 Larchmont Blvd, between 1st St and Beverly Blvd</td>
<td>(818) 591-8161</td>
</tr>
</tbody>
</table>
## Are All Farmers Markets Created Equal?

At certified farmers markets, the agricultural products—such as fruits, vegetables, nuts, honey and eggs—are produced in California by the farmer that sells them to you, on farms that serve as the economic nucleus for many of California’s rural areas.

At a certified farmers market, you won’t find bananas or pineapples, and you won’t find every variety of produce year round. But you will find a wide and diverse selection of crops that are grown and picked for taste rather than their ability to be shipped long distances.

Not only do farmers markets enable shoppers to find the freshest produce available, they also provide an opportunity to ask farmers about their growing methods—and even for recipes!

For more information, visit www.cafarmersmarkets.com.

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## Still Hungry?

Satisfy your appetite with these great resources on local food and farming:

### Local Groups, Websites, Periodicals & More

- **Edible Ojai & Ventura County**
  - [www.edibleojai.com](http://www.edibleojai.com)
- **Edible Los Angeles**
  - [www.ediblelosangeles.com](http://www.ediblelosangeles.com)
- **Slow Food**
  - [www.slowfoodla.com](http://www.slowfoodla.com)
  - [www.slowfoodsanctabarbara.com](http://www.slowfoodsanctabarbara.com)
- **Croparazzi.com**
  - [www.croparazzi.com](http://www.croparazzi.com)
- **LA Farm Girl**
  - [www.lafarmgirl.blogspot.com](http://www.lafarmgirl.blogspot.com)
- **Good Food with Evan Kleiman**
  - [www.kcrw.com/etc/programs/gf](http://www.kcrw.com/etc/programs/gf)

### Books

- **Animal, Vegetable, Miracle** by Barbara Kingsolver
- **The Omnivore’s Dilemma** by Michael Pollan
- **Food Fight: A Citizen’s Guide to the Farm Bill** by Dan Imhoff
- **The Santa Monica Farmers Market Cookbook** by Amelia Saltsman
- **Living Legacy: The Story of Ventura County Agriculture** by John Krist

### Films

- **Walk Your Talk Productions**
  - [www.walkyourtalk.tv](http://www.walkyourtalk.tv)
- **Metro Farming Film Project**
  - [www.metrofarming.com](http://www.metrofarming.com)
- **Eat At Bill’s: Life in the Monterey Market**
  - [tangerineman.com/eab.htm](http://tangerineman.com/eab.htm)

For more films and other resources, visit [www.scoolfood.org](http://www.scoolfood.org)

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</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>Los Angeles Melrose Place</td>
<td>10AM-2PM</td>
<td>Melrose Place and Melrose Ave</td>
<td>(818) 591-8161</td>
</tr>
<tr>
<td>Sun</td>
<td>Mar Vista</td>
<td>9AM-2PM</td>
<td>Venice Blvd and Grand View Blvd</td>
<td>(310) 861-4444</td>
</tr>
<tr>
<td>Sun</td>
<td>Montrose Harvest Market</td>
<td>9AM-2PM</td>
<td>2200 block of Honolulu Ave</td>
<td>(818) 249-2499 <a href="http://www.shopmontrose.com">www.shopmontrose.com</a></td>
</tr>
<tr>
<td>Sun</td>
<td>Pacific Palisades</td>
<td>8AM-1PM</td>
<td>1037 Swarthmore Ave</td>
<td>(818) 591-8161</td>
</tr>
<tr>
<td>Sun</td>
<td>Santa Clarita</td>
<td>8:30AM-12PM</td>
<td>College of the Canyons Valencia and Rockwell Canyon</td>
<td>(805) 529-6266 <a href="http://www.vccfarmersmarkets.com">www.vccfarmersmarkets.com</a></td>
</tr>
<tr>
<td>Sun</td>
<td>Santa Monica</td>
<td>9:30AM-1PM</td>
<td>2640 Main St at Ocean Park Blvd</td>
<td>(310) 458-8712 <a href="http://www.smgov.net/farmers_market">www.smgov.net/farmers_market</a></td>
</tr>
<tr>
<td>Sun</td>
<td>Studio City Ventura Place</td>
<td>8AM-1PM</td>
<td>between Ventura and Laurel Canyon Blvs</td>
<td>(818) 655-7744</td>
</tr>
<tr>
<td>Sun</td>
<td>West Los Angeles</td>
<td>9AM-2PM</td>
<td>11360 Santa Monica Blvd behind the public library</td>
<td>(310) 281-7855 <a href="http://www.westlafarmersmarket.com">www.westlafarmersmarket.com</a></td>
</tr>
<tr>
<td>Sun</td>
<td>Westwood Village</td>
<td>10AM-3PM</td>
<td>Broxton Ave between Weyburn and Kinross aves</td>
<td>(310) 739-5028</td>
</tr>
</tbody>
</table>

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Our Food, Our Future
Nuestros Alimentos, Nuestro Futuro

www.sCoolFood.org