



KLAMATH COUNTY

LOCAL FOOD GUIDE

Made possible by Adams Berries & Produce, Klamath Falls Farmers Market, Wyatt's American Eatery and A Leap of Taste

WHY LOCAL?

Support your local economy:

Spending your dollars with farmers, ranchers, and retailers that sell locally grown food keeps your money circulating in the community. This is because locally owned businesses, unlike many nationally owned businesses, purchase from other local businesses and farms. A growing body of evidence suggests that every dollar spent at a locally owned business generates two to four times more economic benefit for the community, measured in income, wealth, jobs, and tax revenue. Buying local food not only strengthens our existing regional food economy, but also encourages new family farmers to sell food locally.

Know where your food is coming from:

Knowing where your food comes from and how it is raised enables you to choose safe food from farmers you trust.

Eat fresh, healthy, and delicious food:

Farmers markets and roadside vendors are a source of the most nutrient-rich fruits and vegetables. When produce is shipped from out of the state or country, it is picked before it is ripe, in transit and cold-storage for days or weeks, and the nutritional value declines over time. In contrast, locally grown foods often reach the consumer within 24 hours of harvest. The freshness of these fruits and vegetables not only affects taste, but can also improve nutrition.

FIVE WAYS TO START EATING LOCALLY

- 1 | Buy fruits and vegetables at a weekly farmers market
- 2 | Participate in a community garden or grow your own garden
- 3 | Buy locally raised whole animals
- 4 | Join a CSA (Community Supported Agriculture)
- 5 | Ask your grocery store to source food locally

GROW FOOD FOR YOUR FAMILY

Local Nurseries

Local garden nurseries sell plants that are well suited to the unique conditions and climate of Klamath County. Buy your vegetable starts or seeds at one of the following nurseries:

Horizon Landscape Nursery
2155 Etna Street
Klamath Falls, OR 97603
541-884-1177

Keno Herbs and Nursery
Clover Creek Road and Highway 66
Keno, OR 97601
541-882-1620
www.kenoherbsandnursery.com

Liskey Farms Nursery (Flower Petals Inc.)
6750 South Sixth Street
Klamath Falls, OR 97603
541-885-8517

Mountain Valley Gardens
4800 Washburn Way
Klamath Falls, OR 97603
541-882-3962

Plantscapes of Oregon
4301 Highway 39
Klamath Falls, OR 97603
541-884-2283
www.klamathnursery.com



LOCAL AGRICULTURE

What is Community Supported Agriculture (CSA)?

CSAs are an excellent way to try a variety of fruits and vegetables that are grown locally. Participants in CSAs pay farmers at the beginning of a growing season or in regular installments to receive a weekly box of fresh produce, eggs, dairy products, grains, and/or meat. By receiving financial support in advance, farmers receive better prices for their crops and are relieved of constant marketing pressures throughout the season.

In order to become a CSA member, contact one of the CSAs listed and inquire about membership prices, season length, and types of produce each farm harvests in a season.

Fruit and Vegetable Producers

Aerie Acre (Summer CSA)

Bear Valley
440-554-9804
matt@dragonflytransitions.com
Aerieacre.com
Aerie Acre is a non-profit market garden run by volunteers at Dragonfly Transitions. Their goal is to provide the community with local, sustainable, and healthy produce. Aerie Acre sells a wide variety of seasonal vegetables at the Klamath Falls Farmers Market, Leap of Taste, and through their summer season CSA. Their CSA pick up location is 1010 Pine St. in Klamath Falls.
*Accepts Farm Direct Nutrition Program Checks

Fresh Green Organic Garden (Year-Round CSA)

4010 Lower Klamath Lake Road
Klamath Falls, OR 97603
541-798-4144
rick@freshgreenorganics.com
www.freshgreenorganics.com
Fresh Green Organic Garden sells a variety of nutritious microgreens, heirloom tomatoes, herbs, and other fresh vegetables. You can purchase their items through a CSA, at the Klamath Falls Farmers Market, Green Way EcoMart's Tuesday Market, and Leap of Taste. Their CSA Pickup Locations are at Fresh Green Organic Garden and Green Way EcoMart (249 East Main St., Klamath Falls) every Tuesday.

Staunton Family Farm (Summer CSA)

3524 Hill Road
Tulelake, CA
541-281-1551
stauntonfamilyfarm@gmail.com
www.Stauntonfamilyfarm.com

Staunton Family Farm is a fourth generation venture and Tulelake homestead that has been growing food since 1929, providing Organic produce certified by Oregon Tilth. The Staunton family is also a leader in the Walking Wetlands project, which involves the rotation of water on farmland for two to three years to increase waterfowl habitat. Their summer CSA box pickups will be Thursdays, 4:30-7 pm, at K.F. Friends Church (1918 Oregon Avenue, Klamath Falls), Staunton Farm (3524 Hill Road, Tulelake, CA), and The Running Y Market (5416 Running Y Rd).

Adams Berries and Produce

8448 Highway 140 East
Klamath Falls, OR 97603
(Located on the Southwest corner of Hwy 140 E & Vale Rd, approximately 3/4-1 mi east of Hwy 39 and 1/2 mile West of Shield Crest Golf Course. Watch for their sign on Highway 140 East.)
541-891-4996 (recording only)
adamsberries@gmail.com
www.adamsberries.blogspot.com
Adams Berries & Produce is a family owned & operated farm selling locally-grown strawberries and produce from mid June/July through September/October (depending on seasonal availability). Their farm specializes in strawberries & heirloom tomatoes, but also sells various peppers, cucumbers, squash, zucchini, green beans, swiss chard, eggplants, pumpkins, tomatoes, tomatillos, kohlrabi, peas, and herbs.

You can purchase ready picked produce directly from the farm stand only. Days and hours vary, so check their blog, access their Facebook page, or call their phone recording for details on availability of produce, and farm stand days/hours.
*Accepts Farm Direct Nutrition Program Checks



GROW FOOD FOR YOUR FAMILY

Community Gardens

Green Thumbs Up Community Garden

1917 Orchard Avenue
Klamath Falls OR 97601
541-274-9979 (Andrea Daly)
tonkabears@gmail.com

Want to have a place to grow your own food and flowers? Individuals can apply to use a half garden bed (4' x 10') for a \$10 water fee or a full garden bed (4' x 20') for a \$20 water fee. Plots are available throughout the summer gardening season and applications are available for pick up at 409 Pine St. Gardeners are required to use organic methods of gardening only.

Keno Community Greenhouse

Clover Creek Road and Highway 66
Keno OR 97601
541-882-1620 (Angela Reid)
kenoherbs@gmail.com
www.kenocommunitygreenhouse.org

Start your seeds on the community seeding start table and learn how to recycle every day products for "seed starting kits." Space, soil, recycled containers, and handouts are provided at no cost. Grow food for your family or sell it at the Keno Farmers Market!

Klamath Falls Community Garden

320 South 6th Street (Across from The Ledge)
www.healthyactiveklamath.org
Participants are assigned a 4' x 20' raised garden bed free of cost and are responsible for all aspects of planting, growing, cultivating, and harvesting their assigned plot. Although plots have already been allocated for this summer, please look out for applications next spring!

Youth Gardening Programs

"I Can Grow Things!" Summer Camp

June 28-July 21
10:00 - 12:30 pm Tuesdays & Thursdays
1918 Oregon Avenue
Klamath Falls (next door to Friends church)
oregonstate.edu/dept/kbrec

Campers will learn how to grow and cook food from the garden while having fun in an outdoor setting. This program is open to children entering grades two through six. Space is limited to the first 25 children that register by June 21, 2010 at OSU Extension Center, 3328 Vandenberg Road. Call 541-883-7131 or email Stacey.bennett@oregonstate.edu to register. Soon your child will be saying, "I can grow things...and cook them too!"

OSU Junior Master Gardeners

July 11-15
9 am - 12 pm, Monday through Friday
3328 Vandenberg Road
Klamath Falls (OSU Extension Center)
oregonstate.edu/dept/kbrec

During the camp, young garden enthusiasts, entering grades two through six, spend five, fun-filled days learning about the art and science of gardening, as well as how to prepare a variety of homegrown snacks and meals. Working alongside OSU faculty and Master Gardener volunteers, campers engage in stimulating, hands-on projects and activities that help them establish links between plants, gardening, and healthy living. Space is limited to the first 25 applicants. To register, call or email Jordan Rainwater at 541-883-7131 or jordan.rainwater@oregonstate.edu.

Grow a Little Extra and Donate it!

There are emergency food programs and community agencies throughout the county that are in need of fresh produce this summer. Grow an extra row and donate it to a local food pantry or the IYS Summer Lunch program! Whether the donation is small or large, any amount of fresh produce helps!

IYS Summer Lunch Program

1011 Main Street
Klamath Falls, OR 97601
www.iyskfall.org

To donate to the IYS Summer Lunch Program, contact Craig Schuhmann at 541-850-7385 or outreachdir@iyskfalls.org.

Klamath-Lake Counties Food Bank

To donate garden produce to a pantry in your neighborhood, deliver to any of the following locations on the day and time listed, preferably immediately before the pantry opens.

KLAMATH PANTRY

DAY	LOCATION	TIME	ADDRESS
MONDAY	Klamath Lutheran	5:30 - 6:30 PM	1175 Crescent Ave.
TUESDAY	Salvation Army	8-10 AM	4243 Winter Ave.
	Keno Savings Grace Lutheran	3 - 4:30 PM	15681 Highway 66
(Last two Tuesdays of Month)	Friends Church	4:30 - 6:30 PM	1910 Oregon Ave.
WEDNESDAY	St. Paul's	9 - 12 PM	801 Jefferson St.
	St. Vincent de Paul	4:30 - 6 PM	4880 Bristol Ave.
THURSDAY	Salvation Army	8-10 AM	4243 Winter Ave.
FRIDAY	Nazarene Church	3 - 5 PM	2142 Carlson Dr.
(Last Friday of Month)	Stewart Lennox Baptist	4:30 - 5:30 PM	3510 Emerald Ave.

BLY PANTRY

3RD WEDNESDAY	Christian Missionary and Alliance Church	9:30 - 11:30 AM	61125 Hwy 140 E, Bly
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MALIN/MERRILL PANTRY

2ND WEDNESDAY	Civic Center	10 - 12 AM	365 W Front St., Merrill
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Gleaning

Gleaning is a practice of gathering food that would otherwise be left in fruit trees and fields to rot, and distributing it to food pantries and other individuals interested in using it. The Local Food Network of Klamath Sustainable Communities would like to organize a gleaning network to coordinate growers, volunteers, and other individuals interested in gleaning. If you have a fruit tree that needs harvesting or ripe veggies that may go to waste, please contact Dwight Long at 541-884-9942 or oh_otter@charter.net. If you are an individual, church group, or family interested in gleaning, and you would like to receive notice of gleaning opportunities, please contact Dwight to receive his gleaning network notices.

BONANZA PANTRY

DAY	LOCATION	TIME	ADDRESS
3RD TUESDAY	Living Springs Fellowship Church	9 - 11 AM	31897 Mission St. Bonanza

CRESCENT PANTRY

TUESDAYS	Ponderosa Christian Fellowship	10 - 12 AM	135836 Main St., Crescent
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SPRAGUE RIVER PANTRY

WEDNESDAYS	The Friends Community Church	9 - 1 PM	23840 3rd Ave. Sprague River
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CHILOQUIN PANTRY

4TH WEDNESDAYS	Chiloquin Food Pantry	10 - 1 PM	112 First St., Chiloquin
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LAKEVIEW PANTRIES

TUESDAYS	Faith Center	10-12 PM	324 North M St., Lakeview
FRIDAYS	1st Presbyterian	2-5 PM	619 South 1st St. Lakeview

CHRISTMAS VALLEY PANTRY

3RD TUESDAY	North Lake County Food Share	9-2 PM	
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PAISLEY FOOD PANTRY

2ND TUESDAY	Paisley Food Share	5-7 PM	723 Chewaucan Rd. Paisley
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Belweather Farm

Keno
belweatherfarm@gmail.com
belweatherfarmdays.blogspot.com
Belweather Farm sells a variety of produce including tomatoes, sweet peppers, sweet onions, shallots, garlic, and head lettuce. Their products are available at the Klamath Falls Farmers Market, and farm visits are encouraged by appointment only.
*Accepts Farm Direct Nutrition Program Checks

Big John's Garden

17356 Hill Road
Klamath Falls, OR 97603
541-798-5941
john@bigjohnsgarden.com
www.bigjohnsgarden.com
Big John's Garden is very proud to be a supplier of the very best certified organic garlic and shallots, both to eat and plant. Big John sells 15 varieties of garlic and 5 varieties of shallots that are very well suited to the climate and soil in the Klamath Basin. To purchase these items, please call John and make an appointment to pick them up. Garlic and shallots are easy to store, so enjoy their freshness for several months after harvest!

Bustin Blooms

18211 Freight Rd Ln.
Keno, OR 97627
541-892-5468
bustinblooms@gmail.com
Bustin Blooms sells herbs, tomatoes, green beans, peas, zucchini, cucumbers, radishes, leaf lettuce, spinach, swiss chard, beets, and vegetable starts for the garden. All their herbs and vegetables are organically grown and their hanging baskets are bustin' with blooms. They sell at the Klamath Falls Farmers Market and Keno Saturday Market. In addition, they take special orders for flowers, vegetables, and herbs.
*Accepts Farm Direct Nutrition Program Checks

Chenard Farms

Corner of S. Bypass & Hwy 39
Klamath Falls, OR
530-605-2569
Danchen33@gmail.com
Chenard Farms sells fresh fruits and veggies, and specializes in sweet strawberries! Their naturally grown products include blackberries, snow peas, sugar peas, garlic, green beans, red onions, and yellow onions. Produce is available for purchase at the Klamath Falls Farmers

Market and at the Chenard Farm-Stand.
*Accepts Farm Direct Nutrition Program Checks

Collier Farms

Klamath Falls, OR
Calvin96657@yahoo.com
Collier Farms sells raspberries at the Klamath Falls Farmers Market.

Cornelius Family Farms

9037 Hwy 66
Klamath Falls, OR 97601
benbarbkf@gmail.com
Cornelius Family Farms has a U-Pick pumpkin patch and a variety of gourds, winter squash, potatoes, cucumbers, and beets available late summer through October at the farm.
*Accepts Farm Direct Nutrition Program Checks

Mountain Valley Gardens

4800 Washburn Way
Klamath Falls, 97601
541-882-3962
Beyond selling nursery plants, Mountain Valley sells produce grown in their garden 7 days a week during the Klamath vegetable growing season. Depending on seasonal availability, they sell tomatoes, peppers, salad greens, cabbage, beets, broccoli, carrots, corn, pumpkins, green beans, peas, summer and winter squash, cucumbers (pickling and slicing), peaches, pears, berries, apples, and herbs. They also sell their products at the Merrill and Klamath Falls Farmers Markets.
*Accepts Farm Direct Nutrition Program Checks

Wild Duck Farms

21010 Cinder Court,
Bly, OR 97622
541-353-2225
wildduckfarms@gmail.com
Wild Duck Farms is a small farm located in Bly, Oregon selling watercress, stevia, bolete mushrooms, strawberries, peas, lemon balm, horseradish, rhubarb, mint, oregano, sage, beans, salad greens, and more. They encourage visitors to the farm by appointment and sell their products at the Klamath Falls Farmers Market.
*Accepts Farm Direct Nutrition Program Checks

Wong Potatoes

17600 Hwy 39, Klamath Falls
541-798-5353
www.wongpotatoes.com
A variety of potatoes, including reds, yellows, russets, fingerlings,

purples, and Klamath Pearls are available at the Wong Potatoes Shed seasonally. Products are also available at Sherm's Thunderbird, Safeway and Albertson's in Klamath Falls.

Local Eggs

Anderson Egg Farm

9809 Matney Way
Klamath Falls 97603
541-882-5100 (Keith Anderson Construction, leave message)
andersonsfarm@gmail.com
Anderson Eggs are vegetarian fed, all natural range eggs. Eggs are available at Green Way Eco Mart, Sherm's Thunderbird, Gino's, Mac's Store, Joey's Mini-mart, The Market at the Running Y, Leap of Taste, Tombstone Boutique and Grocer, Martin Food Center, and Malin Farmers Market.

Cackleberry Farm

Chiloquin
541-783-7801
Cackleberry Farm strives to produce quality eggs from happy, healthy, free range chickens, using heritage breeds and having chicks hatched naturally by hens raised on their property. Cackleberry Farm eggs are available at Leap of Taste in Klamath Falls or Bindi's Beauty Barn in Chiloquin.

POEtential Eggs

27392 N. Poe Valley Road
Klamath Falls 97603
541-545-6164
POEtential farm sells free range eggs at Sherm's Thunderbird, Diamond S. Meat Co., Howards Meat Center, Portland Street Market, and Big Springs Market in Bonanza. Wyatt's American Eatery also uses their eggs at their restaurant.

Meat

Flying T Ranch

Sprague River
541-533-2416
cattle@flyingtsalers.com
www.flyingtsalers.com
Flying T Ranch is a family owned and operated cattle ranch, raising free range Salers beef in the Sprague River Valley with no hormones or antibiotics. Their beef can be purchased at Leap of Taste in Klamath Falls, The Market at the Running Y, and Sherm's Thunderbird Market in Klamath Falls. In the summer, beef is available at the Klamath Falls Farmers Market and during the winter, at a drop off in Klamath Falls and on their ranch. They also have locker beef on request. Flying T Salers sells

locker beef, by the quarter or half and retail beef by the cut. They also sell Beef Sticks.

Ramifications

37291 Agency Lake Loop
Road, Chiloquin
541-783-2827
Ballen004@centurytel.net
www.oregonwool.com
Ramifications sheep have nice fleeces and their lambs produce good, healthy meat. In addition to selling USDA certified lamb, Ramifications sells wool items, wool yarn, and raw wool. Their 4th annual Barn Sale will be held the 2nd Saturday of October. They will sell their meat along with crafts, produce, jams, and relishes.

Rodriquez Farm

Klamath Falls
541-274-0015
Justinrodriquez@wildblue.net
Rodriquez Farm sells farm fresh Klamath lambs by the whole or half. Lambs are typically available in November or December, but reservations are required in August. Rodriquez farm has a natural, pastured, contented herd that is grass fed and finished. Prices are \$125 for a whole lamb plus local cut and wrap at Diamond S (Approximately \$5-6 per pound).

Tomboy Enterprises, LLC/ Oregon Ostrich LLC

Hwy 97 S, Klamath Falls
541-852-2179
Ostriches provide very low fat meat and durable leather. Tomboy Enterprises sells ostrich meat, ostrich egg shells, chicken eggs, duck eggs, and ostrich feathers at the Klamath Falls Farmers Market. Visitors are also welcome to the farm by appointment.

Yainix Ranch

28080 Godowa Springs Road
Beatty, Oregon, 97621
541-533-2756
yainix@mac.com
Yainix ranch belongs to the Country Natural Beef cooperative. Their beef is available locally at Diamond S. Meat Company and is both Food Alliance and GAP 4 certified. Free range fresh ranch eggs are available through the Staunton Family Farm CSA in August of 2011. They also have a sign up sheet for weaner pigs (all 2011 piglets are sold). The ranch is operated by Taylor, Becky, Lizzie, Jack, Henry and Levi Hyde. Thanks for supporting local agriculture!

Wine, Beer, and Jam

Plum Ridge Farms

5817 Havencrest Drive
(orchard is on Old Fort Road)
www.plumridgefarms.com
For almost 10 years, Plum Ridge Farms has been combing ridges, valleys, and forests in search of the perfect wild plum tree. After arduous years of hunting, grafting, and experimenting, they have accumulated a wide variety of species to create a fine wild plum orchard, consisting of over 50 different varieties. Their products include Wild Plum Jam, Wild Plum Butter, Wild Plum Chutney, and HOT Pepper Plum. Their products are sold at Quackenbush Coffee Company, Dick Howard's Meat Center, The Daily Bagel, Big R Supply, and Balin's Tower Drugs & Gifts.

12 Ranch Wines

4550 Burgdorf Road
Bonanza, OR 97623
541-545-1204
www.12ranchwines.com
12 Ranch Wines is a small family owned winery located in Bonanza, Oregon. They specialize in small, handcrafted lots of Merlot, Cabernet Sauvignon and Syrah. Grapes are handpicked from select vineyards in the Rogue Valley of Southern Oregon. Their products are available at M'Bellish on Main Street in Klamath Falls, and they also encourage visitors to their winery by appointment.

Mia and Pia's

3545 Summers Lane
Klamath Falls, OR 97601
541-884-4880
www.miapia.com
Located in Klamath Falls, Mia's and Pia's is Klamath County's first, and finest, entertainment, micro-brewery, brew pub, & Pizzeria. Microbrews served fresh daily in their pub and restaurant.

The Creamery Brew Pub and Grill

1320 Main Street, Klamath Falls
541-273-5222
kbbrewing.com
Located in the heart of the historic downtown and in the Klamath Falls Creamery Building, the Klamath Basin Brewing Company is the only known brewing operation that uses geo-thermally heated water for beer production. The company uses Klamath Basin barley and Northwest hops in their brewing operation.



FARMERS MARKETS

Green Way EcoMart Tuesday Market

249 East Main St.
Klamath Falls, OR
Tuesdays
3-6 pm
greenwayecomart.com

Keno Saturday Market

Keno Plaza 15555 Hwy 66
First Saturday of the month
June - October
9-1 pm
Booth space is \$8



Klamath Falls Farmers Market

Downtown Klamath Falls on 9th and Main Street
Saturdays
June 12 - October 16
9 am - 1 pm
Charlie@klamathfallsfarmersmarket.org
www.klamathfallsfarmersmarket.org
Promoting healthy, locally produced food and goods; supporting local sustainable agriculture; and preserving the Klamath Falls Farmers Market as a creative environment and vibrant community gathering place.

Sprague River Farmers Market

28400 Sprague River Drive
Chiloquin (Outside of the Coyote Butte General Store)
Saturdays
Mid June - Mid October
10 - 1 pm
Produce, Jams, and crafts available

Chiloquin Farm and Craft Market

Chiloquin Parking Lot (at Chocktoot and 1st Street)
Fridays
May - October
4 - 8 pm
Baked Goods, Crafts, and Garden Produce available.

Merrill/Malin Farmers Market

Civic Center, 365 W Front St,
Merrill, OR
Thursdays
Mid July - Mid October
4pm-6pm
Booth space is free. So, people are welcome to stop by and sell extra produce from their gardens.

RETAIL LOCATIONS

Bly Mountain Crafters' Mall

Hwy 140 and Bly Mountain Cutoff.
541-810-3686
http://blymtcraftersmall.com/
In addition to selling local crafters' items, Bly Mountain Crafters' Mall sells locally grown organic produce seasonally.

A Leap of Taste

907 Main Street,
Klamath Falls, OR, 97601
541-850-9414
aleapoftaste.com
A Leap of Taste offers a unique shopping experience with a wide variety of items to choose from. The store sells as many local goods as possible including coffee, produce, beef, honey, cheese, and chocolate. Farm produce from Fresh Green Organic Garden, Aerie Acre, and Belweather farm is available at the store, along with Flying T Beef, local eggs, and bulk items. Enjoy shopping at A Leap of Taste and eating lunch at their café/deli.
*Accepts Oregon Trail Cards (SNAP/Food Stamps)



Diamond S. Meat Company

7400 Kings Way,
Klamath Falls, OR 97603
541-884-8767
www.diamondsmeat.com

Diamond S Meat Co. carries Country Natural Beef and specializes in curing without chemicals. The store offers custom mobile slaughtering, locker beef by the whole or half, local BBQ sauce, mustard, and seasonings.
*Accepts Oregon Trail Cards (SNAP/Food Stamps)

The Market at the Running Y

5416 Running Y Road, in the Running Y village
541-273-7246
runningymarket.com
The Market was established in April of 2009 and has provided outstanding service and products ever since. They sell local products, including Flying T Beef, Green Blade pastries and bread, Anderson Farm Eggs, Oregon wines, Rogue Creamery cheeses, local BBQ sauce, seasoning packets, and gourmet salsa.

Sherm's Thunderbird Market

1877 Avalon Street
Klamath Falls, OR 97603
(541) 882-4340
Sherm's carries a large selection of organic and natural foods. They also supply local eggs, beef, tilapia, and produce seasonally.
*Accepts Oregon Trail Cards (SNAP/Food Stamps)

BAKERIES

Bonnie Nork's Custom Baked Goods

541-273-1036
bonnienork@hotmail.com
kfallscsb.blogspot.com
For custom cakes, treats, and other delectable, high quality desserts, contact Bonnie Nork at 541-273-1036. Bonnie uses local and/or organic ingredients whenever possible, and can accommodate special dietary interests, such as gluten-free, whole grains, low sugar, etc. Her baked goods are also available every Tuesday at Green Way EcoMart, 3 - 6 pm.

Green-Blade Bakery

1400 Esplanade Ave.
Klamath Falls, OR 97601
541-273-8999
info@green-blade.com
green-blade.com
Green Blade is a family-run artisan bakery in downtown Klamath Falls. The bakery specializes in naturally leavened breads, including baguettes, whole and multi-grains, ciabattas, focaccias, ryes, and many others. Also available are a full line of laminated pastries, Danish, buttermilk muffins, cream scones, quick breads, cinnamon streusel rolls, oat bran sticky buns, and much more. They make everything from scratch, by hand, and use locally grown products as much as possible. >>>



RESTAURANTS

Back 40 Café

541-205-6966
5833 South 6th Street, Klamath Falls, OR 97603
Uses local dairy products and Prather Ranch beef.

Tobiko Asian Fusion/ Waldo's Bar and Grill

610 Main Street Klamath Falls, OR 97601
541-884-7874
Uses local micro greens from Fresh Green Organics.

Wyatt's American Eatery

5417 Running Y Road, Klamath Falls, OR 97601
541-205-5005
www.eatatwyatts.com
Wyatt's uses Fresh Green Organic Garden produce, POEtential Eggs, and Rogue Valley cheeses in their breakfast, lunch, and dinner. They also have beer from Southern Oregon Brewing Company and Klamath Basin Brewing Company.



PRESERVING

Preserving your fruits and veggies is one way to enjoy good food after the growing season is over. Food preservation stops or slows the spoilage of these foods so that the nutritional content and quality are preserved. To learn how to safely preserve food by freezing, drying, canning, pickling, and smoking, enroll in a workshop with OSU Extension Center.

The following workshops cost \$10.00 each or \$35 for all four. They are located at OSU Extension Auditorium, 3328 Vandenberg Road. Pre-registration and payment are required to hold your spot. Call or email at 541-883-7131 or Claudia.tosh@oregonstate.edu.

Cheese Making: The Basics

June 23rd 1 – 3:30 PM
Learn how to make soft cheeses that are safe and delicious. Taste samples of Feta, Neufchatel, and more.

Getting Started: Fruit/Fruit Pie Filling

June 25th 9 - 12 PM
Learn how easy it is to preserve fruit and pie fillings; take home a jar to share with a friend.

Pressure Canning Vegetables and Meat

July 9th 9 – 12 PM
Don't be intimidated by your pressure canner; learn the basics of home canning from experienced food preservers.

Water Bath Canning: Pickling

July 16th 9 – 12 pm
Learn how to use your water bath canner to make pickled vegetables including carrots, beans, and asparagus.

A GUIDE TO BUYING LOCAL WHOLE ANIMALS

Buying a Whole Animal Direct from the Producer and Having it Processed

Locating the animal:

Find and get to know a local meat producer. If possible, visit the ranch or farm to learn about how the animals are raised and treated.

Buying the animal:

The cost depends on how producers weigh the animal. So, be sure to ask the producer how you will be charged.

1. Live weight (on the hoof): You pay for the entire animal as you see it standing in the field.
2. Hanging weight: You pay for the animal as it is hanging on the rail, or the edible parts of the animal. The price for this is higher per pound than that of the live animal.
3. Estimated pounds of wrapped meat. This would be a pre-estimated yield from a live animal. You will know how much to expect when the meat is finally delivered.

Processing the meat:

You must purchase the animal live in order to fall under the USDA custom-exempt slaughter regulation. This gives you the right to control how and where your meat is processed and you are assured that the animal is healthy at the time of slaughter. After you have chosen a processor, consider the following questions about the cutting/wrapping of the carcass:

1. What types of cuts will you cook now? Thick steaks or BBQ?
2. Do you like stew meat or ground meat better?
3. Lean vs. extra lean?
4. What size meat packages do you need? How many people will you feed at one meal?
5. Do you want the heart, liver, and other organ meat?
6. Do you want dog bones?

How much meat to expect:

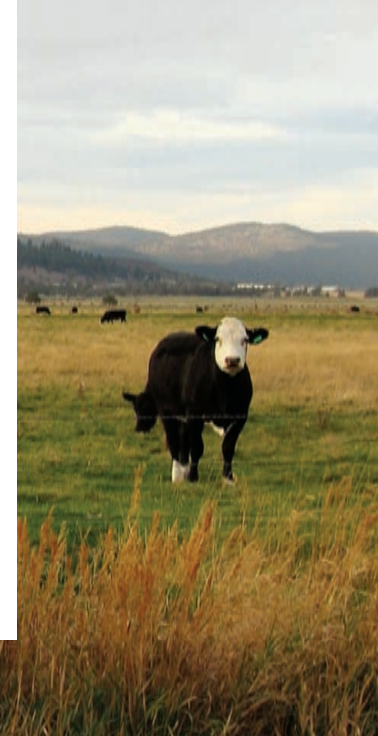
Each processor has a unique process of cutting, so visit with your processor to get a feel for how your meat will be processed and how much you will receive. The following are approximations.

½ beef weighing 300 pounds

- 12 T-Bones Steaks ¾"
- 12 Rib Steaks ¾"
- 8 Sirloin Steaks ¾"
- 8 Round Steaks
- 2 Sirloin Tip Roast (3lb)
- 6 Chuck Roast (4lb)
- 4 Arm Toast (3lb)
- 2 Rump Roast (3lb)
- 8 Pkgs Stew Meat (1lb)
- 4 Pkgs Short Ribs
- 4 Pkgs Soup Bone
- 80-100 Ground Beef

½ Hog weighing about 80-90 pounds live weight

- 24-28 Pounds Pork Chops
- 6-10 Pounds Pork Sausage
- 2 Pkgs Spare Ribs
- 1 Ham (15-18lb)
- 2 Shoulder Roast (4lb)
- 8-10 Pounds Bacon
- 1 Smoke Hock



Storing your meat:

In general, 50 lbs of meat will fit in about 2.5 cu.ft. of cooler/freezer space. An average size empty freezer compartment of a home refrigerator is approximately 4.8 cu.ft, and will hold 1/8 of a beef (50-60 lbs) or ½ a hog (60-70 lbs). A stand-alone freezer will allow for more storage space and keep meat colder over long-term storage.

Meat Processing

Diamond S. Meat Company

7400 Kings Way,
Klamath Falls, OR 97603
541-884-8767

<http://www.diamondsmeat.com>
Diamond S Meat Co. offers a mobile harvesting service in Klamath County & very-northern California. Book your harvest date ahead of time to ensure your spot. They specialize in curing without chemical nitrites and have a large selection of sausages that are gluten free and made without preservatives. They can also make products from your meat.

Custom Prices

Pork: \$70 harvest, \$0.55 to cut and wrap
Beef: \$100 harvest, \$0.55 to cut and wrap
Sheep: \$60 harvest, \$60 to cut and wrap

Merle's Custom Butchering

North Main & East 4th St.,
Merrill OR 97633
541-798-5425

Merle's Custom Butchering provides a mobile slaughter service from Chiloquin to McArthur. Customers can also bring live animals to the shop for slaughter, but please call ahead of time to make an appointment. Merle's also sells hamburgers, bacon, and sausage at the store.

Custom Prices

Pork: \$75 kill charge, \$0.60/lb to cut and wrap
Beef: \$100 kill charge, \$0.60/lb to cut and wrap
Lamb: \$60 kill charge, \$60 to cut and wrap



This Local Food Guide was developed by Roopika Subramanian, an AmeriCorps/RARE Participant working on projects to improve the local food system in Klamath County, and Klamath Sustainable Communities. For more information on local food system projects, please contact Dwight Long at 541-884-9942 or oh_otter@charter.net.



To view the Klamath County Local Food Guide online, please visit one of the following websites:
www.klccas.org • www.klamathfallsfarmersmarket.org • www.klamathsustainablecommunities.org

**If you do not see your business listed in this guide, please contact Dwight Long at 541-884-9942 or oh_otter@charter.net to be listed in next year's Klamath County Local Food Guide.