



2010 Northeast Oregon Food and Farm Directory

Your Guide to Accessing Fresh Local Food in Union, Baker, and Wallowa

About this Guide...

This guide is designed to help community members and visitors in Union, Baker, and Wallowa Counties access food by providing information on how to purchase directly from farmers markets, shop at farmers markets, access emergency food, or get a community garden plot in Northeast Oregon.

You can find the most up to date version of this guide at <http://oregonrural.org/issues/northeast-oregon-food-and-farm-directory>

If you would like to be listed in this guide in the future please contact Teresa Roark at teresa@oregonrural.org at by phone at 541-975-2411

The MANY Joys of Eating Local

There are many benefits to purchasing fresh foods directly from producers. Here are a few important ones:

Rural Way of Life: Northeast Oregon is a beautiful place with pristine mountain ranges and many acres of farmland. Purchasing from local producers helps keep farming profitable. This means farmers and ranchers do not have to make difficult decisions about how to otherwise develop and utilize their land.

Economic Impact: When you buy from local farmers, the farmer receives a larger portion of the food dollar, compared to produce sold through national chains, which have the cost of transport, packaging and advertising. Buying from local farmers, and local independent businesses more generally, makes sure your money stays in the community. Studies have shown that about 3 times as much money stays in the community when you make a purchase from a local farmer or other local independent business. That's because local business owners do more of their business and personal spending here. They bank locally, hire local accountants, and buy supplies here. They have a personal and vested interest in the long-term health of the community.

Taste: Fruits and vegetables sold in most grocery stores have to travel thousands of miles to get there. In order to withstand this difficult journey large producers select varieties that are firm or keep for long periods of time. In contrast, local producers are able to select varieties based solely on their delicious taste.

What is Community Supported Agriculture (CSA)?

Community Supported Agriculture (CSA) is a convenient way to buy local, seasonal food directly from a farmer. Typically, a farmer offers "shares" to the public, usually a weekly box of farm-fresh produce, and in return the farm gets your financial support early in the season.

CSA shareholders join the farmer in assuming the costs, risks and rewards of the growing season. Farmers can market their products early in the season before they begin their long days in the field. They receive payment early in the season, helping their cash flow. In return, consumers receive fresh, nutritious fruits, vegetables, and occasional specialty products. Consumers also gain exposure to new foods and new ways of cooking. You get to know the farmer who grows your food and learn more about how the food is grown. It's a win-win situation.

Farmers in this guide who offer CSA shares are marked in bold.

What is Oregon Rural Action?

This Food Guide was developed by Oregon Rural Action (ORA).

ORA is working to promote social justice, agriculture and economic sustainability, and stewardship of the region's land, air and water.

Oregon Rural Action is a 501(c)(3), membership-based community organizing nonprofit. We're bringing people together to build strong communities by providing information and tools for local people to use in addressing the issues affecting our communities. Our membership has made supporting local agriculture a priority. For information on the *many* projects we are working on visit our website at www.oregonrural.org or stop by our office at 1702 4th St in La Grande, on the second floor of White House Coffee.

Oregon Rural Action would not exist without our wealth of involved members. **If you're not already a member, you should join us!** Visit www.oregonrural.org for information on how to become a member.

DIRECTORY OF LOCAL FARMERS AND RANCHERS

Baker County

Bonnie's Blossoms

Bonnie Gardner
Richland, Oregon
eieio@pinetel.com • 541-893-6027

Farm stand hours: 6-7am and 6-9pm

Vegetables, bedding plants, hanging baskets, container gardens, perennials, trees and living bouquets (all available starting in April); friendship pots (February-December); natural and conventional farm practices.

Dirty Hoe Farm

Amy Young
Baker City, Oregon
amy@quaker13.net • 541-523-5481

Sells at the Baker City Farmers Market

A variety of seasonal vegetables, available primarily from June to September.

Double Diamond Ranch

Paul and Vicki Wares
45977 Houghton Creek Road • Baker City, Oregon
Call or email to arrange purchase
dbldimon@bakervalley.net • 541-853-2320

Certified organic grass-fed beef & lamb; individually wrapped cuts available year-round, halves or wholes available in the fall.

Eagle Creek Orchard

Rob and Linda Cordtz
43479 Old Foothill Road • Richland, Oregon • 541-893-6790
eagleorchard@eagletelephone.com •
www.eaglecreekorchard.com

Products available at the Bella Main Street Market in Baker City, the Greater Baker Food Co-op, Boise Co-op, Peaceful Belly CSA, **CSA available** for pick up at the Baker or La Grande Farmers Market. Or call to arrange an order
Specializing in tree-ripened hand-picked fruit - mainly peaches. The orchard is located in the peaceful Eagle Valley, east of Baker City. OR Tilth certified organic). Customers are ensured a long season with several varieties of peaches, apricots, pears, apples, plums and prunes.

Horsepower Organics

David and Deborah Mader
37035 Allstead Ln • Halfway, Oregon
541-742-4887 • mader@pinetel.com
Call to arrange order

Sweet corn, eggs, a variety of vegetables in season

Karen's Grass-fed Lamb

Karen Kettlety
37629 Woods Lane Richland, OR • 541-893-3090 •
kettletea@eagletelephone.com • karensgrassfedlamb.com

Call or email to arrange order

Whole and half lamb, September to December on-farm harvest; shipping available. Stock is bred for their lean, tender, mild-flavored meat.

McCleary Farm

Frank McCleary
43008 Old Foothill Rd • Richland
frank.mccleary@gmail.com • 541-893-6308

Products available at the Halfway Saturday Market, farm stand in Richland near post office, or call to arrange purchase
Orchard fruits, raspberries, and a variety of fresh vegetables available late June through September. Non-certified organic.

Sexton Ranches

Andi and Dick Sexton
47307 Anthony Lakes Hwy • Haines • 541-856-3939
info@sextonranches.com • www.sextonranches.com

Products available at Boise, Baker, La Grande, Pendleton, and Portland State University Farmers Markets, or call to arrange order
delivery available in Baker City, La Grande, and Pendleton
Grass-fed beef & lamb; individually wrapped cuts, sausages, whole chickens and eggs available year-round, halves or wholes available in the fall.

Starwood Eco-Farm

Laura Harryman
39015 French Gulch Road • Baker City, Oregon
lhspirited@hotmail.com • 541-523-9761

Products available at the Baker City Co-op and the Baker City Farmers Market

Full-season diversity of vegetables and berries grown with natural, no-spray farming practices.

Treasure from Heaven

Jason and Andrea Sandberg
PO Box 123 • Baker City
541-856-3641 • alkali_jason@yahoo.com

Products available at the La Grande Farmers Market, or call to arrange order, **CSA Available**

Asparagus, strawberries, blueberries, blackberries, green beans and a variety of other garden vegetables, Non-Certified Organic.

Val's Veggies

Rod and Valerie Tachenko
44889 Houghton Creek Rd • Baker City • 541-853-2358
valsveggies@yahoo.com • www.valsveggies.com

Products are available at La Grande Tuesday Market and Baker Wednesday Market, the Baker Food Co-op, the Union Market, and the Imbler and Union School Districts. **CSA Available**

A variety of seasonal fruits and vegetables, as well as eggs. They use no pesticides or chemical fertilizers, and use a green house to extend the season.

Tip from Val of Val's Veggies *You can thicken soup and chili using winter squash. Just cut the squash into cubes and throw it into the soup to simmer for about 30 minutes. Winter squash has a naturally creamy texture that is great in soup. Some people prefer to peel their squash, but it's not necessary. Winter squash stores well, so you can harvest in the fall and then pull it out in the middle of the long grey winter to add nutrients as well as a beautiful bright color to foods.*

DIRECTORY OF LOCAL FARMERS AND RANCHERS

Union County

Agri-Star, Inc.

Doug and Mary Lewis
66474 Coughanour Lane • North Powder, Oregon
agristardoug@gmail.com • 541-898-2847
Call or email to arrange order
Potatoes September-April; Peppermint Oil all year; Mustard Seed Sept.; Soft White Wheat Sept.; & Peppermint Tea Leaf Sept. Agri-Star has been a family owned farm for more than four generations and is 100% Certified Organic.

Ardon Honey

Archie and Donna Patterson
2709 N. Depot • La Grande, Oregon
541-963-0440
Honey, prunes and plums.

Arrowleaf Farms

Shawn Steinmetz and Catherine Dickson
62365 Lizbeth Ln. • La Grande, Oregon • 541-963-6293
arrowleaf.farms@gmail.com • arrowleaffarms.blogspot.com
Products available at the La Grande Farmers Market or call to arrange order
Over 20 varieties of garlic, market vegetables primarily during late summer and fall. Non-certified organic.

Borum Farms

Dale and Cheryl Borum
Imbler, Oregon
cborum@oregontrail.net • 541-963-9571
Call to arrange order, early morning or before 9pm.
Local honey available year-round. Fresh brown eggs (May through September); no hormones or antibiotics used.

Cisco Family Farm

John Cisco
PO Box 91 • Summerville, OR • 541-534-4030
Products available at the La Grande Farmers Market or call to arrange order
Grow a variety of market vegetables including: greens, peas, beans, squash, beets, rhubarb, chard, tomatoes, and potatoes.

Cherrie Grove Orchard

Joyce Grove
La Grande, Oregon 62121 Star Ln • La Grande
541-910-4968
Farm direct sales, call to arrange order
Cherries available in July and August; limited pesticides and fertilizers.

Cop Copi Farms

Michael Bettis
La Grande, Oregon
spigold@yahoo.com • 541-786-5577
Call to arrange order
Local honey available year-round. Bees & queens available spring through fall. Pollination services.

Dora's Garden

Susan Boyd
Products are available at the Union Market in Union, Oregon Sells a full range of fruits and vegetables including fresh herbs, raspberries, and heirloom plums. Practices are transitioning towards organic.

Good Egg Inc.

Witten Family
62111 Lakeview Ln • La Grande • 541-963-4649
sales@goodegginc.com • www.goodegginc.com
Farm direct sales, call to arrange order, will deliver to La Grande and Cove
Cage free eggs in a variety of colors and sizes

Heritage Trail Farms

Larry Brooks
2807 N Fir St • La Grande, OR 97850
heritagetrail@eoni.com
Sells at the La Grande Farmers Market, or email to arrange purchase
Specializes in heirloom varieties of orchard fruits, also sells a variety of seasonal fruits and vegetables. Non-certified organic.

Icy River Ranch

Carole Halvorson and Bob Delve
58310 Grande Ronde River Rd. • Starkey, Oregon
541-528-2139 • icyriverran@earthlink.net
Farm direct sales, call or email to arrange order
Grass-fed beef, usually available in the fall. Non-certified organic.

James McIver

P.O. Box E • Union, Oregon
(541) 563-5396 • James.Mciver@oregonstate.edu
Call to reserve a cherry tree
You can reserve a cherry tree for the year for \$45 and James will contact you when it is time to pick your cherries. Each tree yields 50 to 75 pounds of cherries on average.

Kauffman's Greenhouse

60905 Love Rd. • Cove, OR
541-910-4632
Sells at La Grande Market and from greenhouse Mon-Sat 10 am to 6pm
Seasonal Greenhouse April-July, flowers and vegetable starts.

Mia's Garden

Mia Gregory
67274 Hunter Rd • Summerville, Oregon
534-5016 • miagregory4@gmail.com
Sells at the La Grande Farmers Market
Seasonal fruits and vegetables including lettuce, chard, other greens, and broccoli.

Mt Emily Partners

Dorene and Tim McCarthy

La Grande, Oregon

mtemily@eoni.com • 541-963-5462

Farm direct sales, call to arrange an order

Produce, eggs, feeder goat's milk and French Alpine goat stock. Train a few select Hanoverian sport horses for the dressage or jumping oriented rider. Primarily organic practices for the benefit of ourselves, our animals, the earth and those that purchase or trade with us.

PD Farms

Phil and Dianne Greif

Elgin, Oregon • 541-437-0223

pdfarms@live.com • <http://www.facebook.com/pages/Elgin-OR/Pd-Farms/124161761765>

Products available at the La Grande and Gresham Farmers Markets

Salad greens, fruits, vegetables (June-Oct), Grass fed beef available year round. Cattle are raised the old fashioned way through managed herd rotation. The livestock enjoy grazing on fresh green pastures and drinking clean water.

Redwing Farm

Mary McCracken

63036 Buchanan Ln. • La Grande Oregon

mcmcc@uci.net

Email to arrange order

Lamb & mutton, whole or half available (order before Sept). Pastured and wormed.

Shoto Farm LLC

Danae Yurgel

La Grande, Oregon

shoto@eoni.com • 541-562-2365/541-786-0696

Call or email to arrange order

Fresh & dried flowers & herbs, special roses, lavenders, wild-crafted foods. No pesticides, herbicides, or artificial fertilizers. Wildlife & pollinator-friendly.

Stargazer Perennials

Nick Nickens and Karyn Bischoff

69611 Summerville Road • Summerville, Oregon

541-786-1791

info@stargazerperennials.com • www.stargazerperennials.com

Hardy perennials (400+ varieties); ornamental shrubs, hardy ornamental grasses, trees, fruit trees, fresh herbs and veggie starts, fresh flowers and vegetables and salad greens in season; organic fertilizers. Grown by sustainable organic methods.

Wild Friends and Flowers

Dianne Smith

218 N 5th • Union, Oregon • 541-562-5643

dianne@wildfriendsandflowers.com

wildfriendsandflowers.com

Sells at the La Grande Farmers Market or call to arrange order
Fruits, cherries, Vegetables, soap, lotions, jewelry.

Wallowa County

6 Ranch

Liza Jane Nichols

65917 Sunrise Rd • Enterprise, OR

541-426-3827 • 6ranch@gmail.com

Call or email to place order

Corriente Beef and Eggs. Corriente cattle are small and sturdy, their beef is especially lean and tender. The ranch has been in our family since 1884. We use traditional methods of raising cattle to preserve the western culture. We work with Nature and believe that wildlife, fish, plants and humans can co-exist to achieve a sustainable business raising healthy food.

Backyard Gardens

Beth Gibans

705 S. East Street • Joseph, Oregon

bgibans@eoni.com • 541-432-0930 or 541-398-0707

Products available at the Enterprise Farmers Market as well as multiple restaurants and retail outlets in Wallowa County. CSA shares are available to be picked up in Elgin and La Grande
Backyard mission is to produce high quality, nutritious and beautiful produce grown in an environmentally and socially friendly manner. We specialize in salad greens, Asian greens, vegetables, flowers and herbs. All available beginning in May.

Bunchgrass Beef

Michael Hale

64370 Dobbin Rd. • Joseph, Oregon

bunchgrass@gmail.com • 541-426-4819

Call or email to place an order

Corriente and Longhorn cattle raised without hormones or antibiotics in the Imnaha canyon. Healthy, lean grass-fed beef available in the fall.

Carmen Ranch

Cory Carman

67357 Promise Rd • Wallowa, OR • 541-263-0812

cory@carmanranch.com • www.carmanranch.com

100 % grassfed beef, pastured pork and eggs

fresh beef in summer and fall, frozen year round

Farmer's market, and online orders

100% grass-fed and certified sustainable by Food Alliance. Carmen Ranch holds themselves to high standards during the two and one-half years it takes to bring Carman Ranch beef to your table. You can taste the close attention we pay to our cattle and the land in our beef, which has a complex, earthy flavor.

Prairie Creek Farm

Gene and Patrick Thiel

Joseph, Oregon

432-2361 or (503) 871-3659 (Pat Cell)

Call to place an order. Orders can be picked up at our packing shed. Store and restaurant orders can be delivered weekly in Portland, Wallowa County and Hood River.

Oregon Tilth Certified Organic potatoes, carrots, beets, asparagus, onions, shallots. Uncertified organic parsnips and garlic. The majority of our crops are available during the fall, winter, and spring of the year.

Ruby Peak Jacobs

Kate Barrett

541-569-2499 • kbarrett@bmi.net

Call to place an order.

Grass fed lamb available in the fall (custom slaughter and cut). Jacob Sheep provide an extremely lean cut of lamb, are smaller in size, making the purchase of an entire lamb within the reach of a smaller household. The sheep are grown without any antibiotics or hormones. Tanned hides, fleeces and roving can also be purchased. Also, no spray: Provence and Grosso Lavender, fresh from mid to late July and dried year round.

Sally B. Farms

Wendy McCullough

62456 Bowerman Rd • Joseph, OR

541-432-4832 • wendy@sallybfarms.com

Grass finished goat meet whole or half, Goat milk soap.

South Fork Fields

June Colony

67597 Lostine River Rd. • Lostine, Oregon

grassjune@hotmail.com • 541-569-2388

Organic produce, available year round depending on item.

Strangel's Buffalo Ranch

Bob Strangel

Shop 426-4919 Bob's cell: 398-0594

Available at the Dollar Stretcher in Enterprise, or call the ranch to place an order for custom butcher or on-ranch purchase.

Retail and wholesale sales.

USDA inspected and custom butchered grass-fed buffalo meat available year round. Stangel buffalo are raised on our family ranch using all natural feeds without the use of antibiotics or hormones.

Crooks Farm

Tom and Treva Crooks

541-432-2580

U-Pick thornless sweet red raspberries, call early to schedule an appointment to pick

All of our raspberries have been grown without herbicides or pesticides. Crooks Farms supplies all of the materials necessary to harvest and take home fresh raspberries, this coupled with the thornless variety make for very easy pickin'. Ready by the end of July.

Local Lamb recipe from Andi Sexton of Sexton Ranches: For roast leg of lamb preheat over to 250 degrees. Slit roast in several places and insert garlic. Combine ¼ tsp each of oregano, thyme, and sage, and 2 tsp of salt. Mix herbs with ¼ cp olive oil, rub mixture over roast. Pour ½ cp red wine into roasting dish, add roast. Sprinkle roast with rosemary and arrange quartered potatoes, onions, carrots, and mushrooms around in dish. Cook covered until internal temp. is 150 degrees (Approx. 45 min. per pound). Let sit for 5 – 10 min. Enjoy!

Farmers Markets

Further information about each of these markets can be found at: <http://oregonrural.org/farmers-markets>

Farmers Markets allow local producers a “store front” where they can sell directly to other community members. This allows the farmer to cut out the middleman and keep a greater portion of the profit. The USDA estimates that nationally of every dollar spent on food only 20 cents goes to the farmer or rancher who grew the food.

In addition to benefiting local producers Farmers Markets benefit the community by increasing access to healthy foods such as fresh fruits and vegetables, and providing a fun place for members of the community to come together.

Baker City

Geiser-Pollman Park

On the corner of Grove and Campbell Streets, Baker City

Saturdays from 10am to 1pm

Wednesdays from 3:30 pm to 6:30 pm

WIC, SNAP, and FDNP vouchers accepted

Cove

Cove Pool

907 Water Street, Cove, OR

Thursdays from 1pm to 5pm

Enterprise

Court House Lawn

Thursdays from 4pm to 7pm

SNAP, WIC, and FDNP vouchers accepted

Joseph

Joseph St., west of Main Street

Saturdays from 10am to 2pm

SNAP, WIC, and FDNP vouchers accepted

La Grande

Max Square

Corner of Adams and 4th, La Grande, OR

Saturdays from 9am to noon

Tuesdays from 4pm to 6pm

WIC, SNAP, and FDNP vouchers accepted



Food Security

Part of a healthy community is making sure that everyone has access to a sufficient amount of healthy food. We are lucky enough to live in a community where there are a variety of programs to help individuals and families have the food they need to be happy, healthy, productive members of society.

For information and referral services for community health, social, and mental health services in Northeast Oregon, or around the state call: 1-800-SafeNet (1-800-723-3638)

To print out and fill out an application go to:

<http://www.oregon.gov/DHS/assistance/foodstamps/snap-info.shtml#apply>

You can then mail your application to one of the offices listed below

SNAP Program

The Supplemental Nutrition Assistance Program, formerly the Food Stamp Program, is a federal nutrition program that focuses on putting healthy food within reach of low income Oregonians. In addition to helping community members access healthy food the SNAP Program helps support the local economy and is a way to make sure our tax dollars help our community. According to the Oregon Hunger Task Force if everyone eligible for the SNAP program were enrolled it would mean an additional **\$1,427,337 EACH MONTH** for this area.

The SNAP card can be used to purchase:

- Vegetable seeds and starts for home gardeners
- Fresh produce at Farmers Markets'
- Groceries

To enroll in the SNAP Program visit your local Self Sufficiency Office:

Union County
1607 Gekeler Lane
La Grande, OR 97850

Wallowa County
104 Litch Street
PO Box A
Enterprise, OR 97828

Baker County
3165 10th Street, Suite 100
Baker City, OR 97814

WIC

The Women, Infants, Children Program is a supplemental nutrition program that helps families with young children access nutritious food. Nutrition education is a cornerstone of the WIC Program. New this year, a portion of the WIC Food Instrument can be used to purchase fresh local fruits and vegetables at the Farmers Market.

Local WIC Clinics:

Baker County Health Department:
3330 Pocahontas Rd
Baker City, OR 97814

Union County Center for Human Development
2301 Cove Ave
La Grande, OR 97850

Wallowa County Health Department
758 NW First
Enterprise, OR 97828

Emergency Food

The mission of the Oregon Food Bank is to eliminate hunger and its root causes...*because no one should be hungry*

Oregon was one of the first states in the country to start a coordinated food banking system. This allows the Oregon Food Bank to move food quickly and efficiently to people who are hungry throughout Oregon. In Northeast Oregon the Oregon Food Bank works with Community Connection, who then distributes food to a variety of different partner agencies around the area.

Anyone who is hungry can receive one food box per month. Each food box has a three to five day supply of food and varies based on the number of people in a family. To receive a food box you should go to the most convenient partner agency and bring a proof of address, such as a piece of mail. You do not need an I.D. and you should not be turned away because of lack of a permanent address.

For the most up-to-date information on emergency food in this area, call Community Connection of NE Oregon at: (541) 963-7532

If you are hungry you can get food at:

Union County:

Neighbor to Neighbor Ministries:
507 Palmer Ave. La Grande

Open on the last Saturday of the month from 9am to noon
Clients can receive perishable items such as fruits, vegetables and milk every Tuesday from 9am to noon.

Elgin Food Bank

Open on the 3rd Saturday of the month from 9:30 to noon
Clients can receive perishable items such as fruits, vegetables and milk every Wednesday from 4pm to 5pm.

North Powder Food Bank

Open on the 3rd Wednesday of the month from 3pm to 6pm
Clients can receive perishable items such as fruits, vegetables and milk every Thursday from 11am to 1pm

Union/Cove Community Food Bank

Methodist Church 661 N Main St, Union
Open on the 3rd Saturday of the month from 9am to 11am
Clients can receive perishable items such as fruits, vegetables and milk every Monday from 11am to noon.

Cove Food Pantry

1708 Jasper, Cove
Open on the 3rd Saturday of the month from 9am to noon

Community Gardens

Baker County

Bread of Life

Corner of 16th and H, Baker City

Open the 2nd and 4th Tuesday of each month from 9am to noon

Halfway Lions Club

Open the 3rd Monday of each month from noon to 3pm

Salvation Army

2505 Broadway, Baker City

Open Monday, Wednesday, and Friday each week from 1:30 to 4pm

In addition to emergency food the Salvation Army offers a variety of services including rent assistance, and energy assistance.

Wallowa County

Wallowa People's Pantry

702 NW First St. Enterprise

Open Monday, Wednesday and Friday each week from 1pm to 4pm

Wallowa Food Bank

104 South Storie, Wallowa

Open the 2nd and 4th Tuesday of each month from 1pm to 4pm



Baked Fish and Vegetables: Preparing foods from seasonal, whole ingredients can make it possible to enjoy a delicious, and nutritious meal even on a budget. This recipe can be adapted to incorporate whatever vegetables are in season, and it comes together quickly.

Preheat oven to 450 degrees. Place one white fish filet, such as cod or perch, or one chicken breast, or one slice extra firm tofu on the center of a 10 x 12 piece of tin foil. Add ¼ pound of whatever mixed vegetables you found at your local farmers market. Sprinkle with lemon juice and parsley, or other seasonings of your choice and Bake for 10 minutes. This recipe can also be multiplied.

Community Gardens promote food security by increasing access to nutritious food.

La Grande Community Garden

The La Grande Community Garden provides a space for individuals to grow a portion of their own food. Many gardeners are low income and live in apartments. Having a community garden plot, and growing their own food, increases access to nutritious, fresh fruits and vegetables. Many individuals also donate a portion of the produce they grow to the food bank and the garden is incorporated into educational activities at Head Start, the Ag Extension, and Oregon Rural Action Blue Mountain Chapter gardening workshops.



Baker Community Garden

Baker County Fair Grounds

2010 will be the first year for the Baker community garden. Oregon Rural Action Baker County Chapter is working with the Baker County Fair Board on this exciting project. At the Baker Community Garden organizations, such as churches and civic groups, can rent a garden plot to grow food for the local food bank.

For information on how to get a garden plot, or start a community garden in your neighborhood, contact: Nella Parks at nella@oregonrural.org or (541) 974-2411

Tip for preserving green beans from OSU Extension: Canning is a great way to preserve the abundance of summer fruits and vegetables for the long cold winter. To raw pack green beans, Pack beans tightly into jars. Add salt, if desired. Cover beans with boiling water, leaving 1 inch headspace. Tap sides of jars with a utensil to remove air bubbles. Wipe rims, adjust lids, and process in a pressure canner. Process at 240 F: Pints for 20 minutes; quarts for 25 minutes.



**OREGONrural
ACTION**

SOWING SEEDS OF **CHANGE**

Oregon Rural Action

Oregon Rural Action is a community-based organization. Our mission is to bring people together to build strong communities. We do this by providing information and tools for local people to use in addressing the issues affecting our communities and by helping community members develop and implement solutions that work. Oregon Rural Action is working to promote social justice, agricultural and economic sustainability, and stewardship of the region's land, air and water.

The Northeast Oregon Food and Farm Guide
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and Wallowa County*

The Food and Farm Guide is published annually with the generous contributions of Oregon Rural Action members. To help us continue with this great publication, please consider becoming a member.

To learn more about the work we do, visit our website at www.oregonrural.org

Support Oregon Rural Action by becoming a member or by making a donation online at www.oregonrural.org/join



Be Part of Oregon Rural Action's Sustainer's Circle!

You now have the opportunity to provide on-going support to Oregon Rural Action with an automatic monthly or quarterly donation from your checking account. Join the Sustainer's Circle and become part of our backbone of support!

General donations are tax-deductible to the extent allowed by US tax law

30% Post Consumer



NonProfit Organization
U.S. Postage Paid
Permit No. 24
La Grande, OR 97850

Oregon Rural Action
PO Box 1231
La Grande, OR 97850

