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Palouse Clearwater Region



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Palouse-Clearwater Local Foods Resource Guide

Compiled by the Palouse-Clearwater Food Coalition

access to locally grown and produced foods. Food access in any form is an increasingly visible problem across America. We at the Palouse Clearwater Food Coalition want to bring attention to the many different avenues that can be taken to access to food at the local level.

The listings include the types of products sold along with contact information so that consumers can directly access farmers, ranchers and producers in their community. The Palouse Clearwater Food Coalition thanks you for buying foods that support local producers, the local economy, community and our future.

If you are a farmer or rancher who would like to be listed in this guide, or if you know of a farm, ranch or organization that you suggest we contact, please let us know by emailing us at cindaw@uidaho.edu.

**This guide is based on a booklets produced by the Adams County Food Policy Council and Rural Roots; a special thanks to those organizations for their guidance.*

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Why Buy Seasonally?

These days, you can buy almost any fruit or vegetable at the grocery store year round. Have you thought about where it came from? How long it has been traveling? How much more expensive it is out of season? And how it tastes? Buying local and in season can give you more value for your

dollar, you know that foods were picked at its height of flavor and nutrition. Here is a list of when fruits and vegetables are in season in your community.

What's In-season Local Produce Calendar

Produce Item	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Apricots				<input type="checkbox"/>	<input type="checkbox"/>			
Arugula		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		
Baby Bok Choy		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Baby Spinach		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		
Basil			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Blackberries				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Beets			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli					<input type="checkbox"/>	<input type="checkbox"/>		
Cabbage					<input type="checkbox"/>	<input type="checkbox"/>		
Cauliflower					<input type="checkbox"/>	<input type="checkbox"/>		
Carrots				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cherry Tomato			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Cilantro		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Collard Greens			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Cucumbers			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Dill			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Eggplant				<input type="checkbox"/>	<input type="checkbox"/>			
Fingerling Potato			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Garlic			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Garlic Scapes		<input type="checkbox"/>	<input type="checkbox"/>					
Green Beans			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Green Onions		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Herbs		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Huckleberries				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Italian Plums				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Kale		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Kohlrabi				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Leeks				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lettuce		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		
Melons				<input type="checkbox"/>	<input type="checkbox"/>			
Mint		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			

Onions				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Parsley		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Parsnips					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peaches				<input type="checkbox"/>	<input type="checkbox"/>			
Pears				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Peas	<input type="checkbox"/>	<input type="checkbox"/>						
Peppers				<input type="checkbox"/>	<input type="checkbox"/>			
Pie Pumpkins					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Potatoes				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Radishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Raspberries				<input type="checkbox"/>	<input type="checkbox"/>			
Rhubarb		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Salad Greens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Shallots				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Strawberries		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Summer Squash			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Sweet Corn				<input type="checkbox"/>	<input type="checkbox"/>			
Tomatoes			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Turnips		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Walnuts					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Winter Squash				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Farmers Markets

Farmers markets are an invaluable part of the community/farm link in the Palouse Clearwater region. In communities across the region, farmers markets continue to rise in number, as people increasingly look to local sources for quality, fresh, seasonal products directly from farms in their community.

Farmers Markets in our region also provide low-income residents, seniors, and mothers access to locally produced food through the local programs such as Supplemental Nutrition Assistance Program (SNAP), Senior Farmers' Market Nutrition Program (SFMNP) and the Women Infants Children (WIC) programs.

Clarkston Farmers Market

5th and Sycamore

Clarkston, WA 99403

Email: lrflerchinger@gmail.com

Phone: Doug Renggli (509) 552-9179

Website: <https://www.facebook.com/events/213751171978519/>

Nutrition Assistance Programs: Senior Nutrition checks, WIC checks and DSHS EBT Quest Debit cards are all accepted at the market.

Hours: June - September From 8 AM to Noon Every Saturday Morning

Grangeville Farmers Market

Pioneer Park E Main St, Grangeville, ID 83530

Email: Gina Campbell, info@grangevillefarmersmarket.org

Phone: (208) 983-2230 or (208) 451-6151

Website: <http://www.grangevillefarmersmarket.org>

Nutrition Assistance Programs: None

Hours: August 4 to October 6 Saturdays, 9 am - 1 pm

Kooskia/Kamiah Farmers Market

4192 Highway 12 Kamiah, Idaho 83536 at Longcamp RV Park, Mile Post 68

Email: LongCampRVPark@gmail.com

Phone: (208) 926-0013 or (208) 935-7825

Nutrition Assistance Programs:

Hours: May-October Saturday, 9:00 a.m.- 1:00 p.m

Lewiston Farmers Market

D Street Parking Lot Lewiston, ID 83501

Email: smalltownfoodsnoobs@gmail.com

Phone: (208) 790-1148

Website: <http://www.beautifuldowntownlewiston.org>

Facebook: <https://www.facebook.com/LewistonFM>

Nutrition Assistance Programs: None

Hours: 3:00pm - 6:00pm Every Wednesday Evening June- Mid October

Moscow Farmers Market

Main Street and Friendship Square Moscow, ID 83843

Contact: Kathleen Burns, farmersmarket@ci.moscow.id.us

Phone: (208) 883-7036

Website: <http://www.ci.moscow.id.us/arts/Pages/Farmers-Market.aspx>

Facebook: <https://www.facebook.com/MoscowFarmersMarket>

Nutrition Assistance Programs: EBT

Hours: every Saturday, May to October from 8:00am to 1:00pm

Moscow Grower's Market

121 E 5th St, Moscow, ID 83843

Email: growersmarket@moscowfood.coop

Phone: Britt Heisel, (208) 882-8537

Website: <http://moscowfood.coop/community/growers-market/>

Facebook: <https://www.facebook.com/pages/Moscow-Food-Coop-Tuesday-Growers-Market/107124975993233>

Nutrition Assistance Programs: EBT

Hours: Tuesday May 3- October 11 in the Co-op Parking lot

Moscow Winter Market

412 East Third Street Moscow, ID 83843

Email: 1912center@gmail.com

Phone: Jenny Kostroff ,(208) 669-2249

Website: <http://www.1912center.org/wintermarket1.php>

Nutrition Assistance Programs: None

Hours: (Some) Saturdays from 10 a.m. to 2 p.m November – March (contact for details)

Orofino Farmers Market

Orofino City Park, Orofino, Idaho 83544

Email: orofinofarmersmarket@gmail.com, clearwater@uidaho.edu

Phone: Grace Kehlet, (208) 476-5526

Website: <http://orofinofarmersmarket.com>

Facebook: [https://www.facebook.com/pages/Orofino-Farmers](https://www.facebook.com/pages/Orofino-Farmers-Market/139500116131731)

[Market/139500116131731](https://www.facebook.com/pages/Orofino-Farmers-Market/139500116131731)

Nutrition Assistance Programs:

Hours: 3 to 6 PM, on Tuesdays, for approximately four (4) months. June 14 to October 11.

Pomeroy Downtown Marketplace

708 Main Street Pomeroy

Email: lelund97@gmail.com

Phone: (509) 843-5110

Website: N/A

Facebook: N/A

Nutrition Assistance Programs:

Hours: Mon- Wed- Sat Year round 10AM - 4PM (Expanded Hours in summer)

Pullman Farmers Market

240 NE Kamiaken St Pullman, WA 99163

Email: pullmanfarmersmarket@gmail.com

Phone: (509) 334-3565

Website: <http://www.pullmanchamber.com>

Facebook: <https://www.facebook.com/pages/Pullman-Farmers-Market/276079342439344>

Nutrition Assistance Programs: EBT

Hours: 3-6PM 3rd Wednesday in May to 3rd Wednesday in October

Riggins Farmers' Market

Riggins City Park 100 Main Street, 83549

Email: rigginsfarmersmarket@yahoo.com

Phone: (208) 315-1639

Website: N/A

Facebook: <https://www.facebook.com/RigginsFarmersMarket>

Nutrition Assistance Program: None

Hours: Every Thursday 3-6 pm

St. Maries Farmers' Market

Downtown St. Maries, St. Maries, ID, 83861 adjacent to the Hughes Historical House on Main Street.

Email: benewah@uidaho.edu

Phone: Leah Semple (208) 245-4381

Website: [http://www.extension.uidaho.edu/benewah/Farmer's Market.htm](http://www.extension.uidaho.edu/benewah/Farmer's_Market.htm)

Facebook:

Nutrition Assistance Program:

Hours: May 17 – Oct. 4 Fridays 3 PM – 6:30 PM

Online Markets

Palouse Grown Online Farmers Market

Website: www.pgm.locallygrown.net

Email: palousegrownmarket@hotmail.com

Phone: (208) 882-0255

About: Online Farmer's Market with weekly pickup in Moscow, Idaho.

Nutrition Assistance Program: None

Food Banks and Pantries

A food bank is generally a charitable organization that seeks and warehouses donated food and other products. These operations can be large or small depending on the community it serves. They typically have low operation costs due to the tradition of community involvement, volunteerism, and industry support.

While food banks act as a storehouse and distribution site, independent food pantries act as the arms that reach into and directly serve a community. They are commonly faith and community based, and provide food only once or twice a month to those in need.

Asotin County

Asotin Food Bank

1546 Maple St Clarkston, WA 99403

Phone: (509) 758-7085

Program type: Food Bank

Hours: Mon-Fri 10 AM - 3 PM

Benewah County, ID

St. Maries Food Bank

416 Main Ave Saint Maries, ID 83861

Phone: (208) 245-9090

Program type: Food Bank

Hours: Call for information

Clearwater County, ID

Elk River Food Bank

112 Main St. Elk River, ID 83827

Phone: (208) 826-3305

Program type: Pantry

Hours: 3rd Monday of every month at 1:30 PM

Weippe Hilltop Senior Center

115 W 1st St. Weippe, ID 83553

Phone: (208) 435-4553

Program type: Senior Program

Hours: Mon and Thurs Noon-1PM; 7AM-2PM Office

Garfield County, WA**Garfield County Food Bank**

865 E Main St Pomeroy, WA 99347

Phone: (509) 843-6158

Program type: Food Bank

Hours: 3rd and 4th Thursday of every month 9AM - Noon

Idaho County, Idaho**Evergreen Food Bank**

407 E Main Grangeville, ID 83530

Phone: (208) 983-5475

Program type: Pantry

Hours: 4th Friday of Month 10AM - 1PM; on call 3rd Fri Nov & Dec

Idaho County Food Bank

113 W North St Grangeville, ID 83530

Phone: (208) 983-6114

Program type: Pantry

Hours: Mon - Fri 9AM - 4PM

Opportunities Unlimited- Grangeville

405 E Main Grangeville, ID 83530

Phone: (208) 983-0309

Program type: Feeding Site

Hours: Mon - Fri 8AM - 5PM

Sr. Citizens Dollar a Month Nutrition

510 Gilmore Cottonwood, ID 83522

Phone: (208) 962-7762

Program type: Senior Program

Hours: Tues Noon - 1PM and 7AM - 3PM office hours

Sr. Citizens Dollar a Month Nutrition

208 Grangeville Truck Rd Grangeville, ID 83530

Phone: (208) 983-2033
Program type: Senior Program
Hours: Mon and Fri Noon - 1PM. 7AM-3PM office hours

Latah County, ID

Adventist Community Services

405 Main St. Deary, ID 83823
Phone: (208) 877-7414
Program type: Pantry
Hours: Tues and Thurs 10 a.m. - 3 p.m.

Bovill Food Bank

405 Fourth Ave Bovill, ID 83806
Phone: (208) 826-3247
Program type: Food Bank
Hours: By Appointment only

Genessee Food Bank

732 W Walnut Genessee, ID 83832
Phone: (208) 285-1195
Program type: Pantry
Hours: On call

J-K Good Samaritan Food Bank

614 Main St. Kendrick, ID 83537
Phone: (208) 276-4510
Program type: Pantry
Hours: Fri 1 p.m. - 3 p.m.

KJ Senior Meals

9th & Railroad St Kendrick, ID 83537
Phone: (208) 289-5031
Program type: Senior Program
Hours: Wed and Fri 11AM - 2PM

Milestone Decisions, Inc

611 S Main Moscow, ID 83843
Phone: (208) 883-8262
Program type: Pantry
Hours: Mon, Tues, Fri Noon-2pm

Opportunities Unlimited- Moscow

119 S 4th Moscow, ID 83843
Phone: (208) 883-5587
Program type: Feeding site
Hours: Mon-Fri 8a.m. - 5 p.m.

KJ Senior Meals

9th & Railroad St Kendrick, ID 83537
Phone: (208) 289-5031
Program type: Senior Program
Hours: Wed and Fri 11AM - 2PM

Spud Hill Seniors

703 Line St Deary, ID 83823
Phone: (208) 877-1717
Program type: Senior Program
Hours: Tues Noon - 3PM

Sojourner Alliance

627 N Van Buren Moscow, ID 83843
Phone: (208) 883-3438
Program type: Transitional Housing
Hours: 24 hours 7 days per week

Bovill Food Bank

405 Fourth Ave Bovill, ID 83806
Phone: (208) 826-3247
Program type: Food Bank
Hours: By Appointment only

Lewis County, ID

Kamiah Food Bank

4432 Hwy 12 Kamiah, ID 83536
Phone: (208) 816-6895
Program type: Pantry
Hours: On call

Pantry of Hope

500 Villard Craigmont, ID 83523
Phone: (208) 924-6659
Program type: Pantry
Hours: 3rd Thursday 3PM-6PM

Kamiah Senior Center

125 Maple St Kamiah, ID 83536
Phone: (208) 935-0244
Program type: Senior Program
Hours: Mon, Wed, Thurs, Fri Noon - 1PM

Sr. Citizens Dollar a Month Nutrition

413 Nez Perce Ave Winchester, ID 83555
Phone:(208) 924-6581
Program type: Senior Pantry
Hours: Wed Noon - 1PM (Lunch) Wed 7AM-3PM (Office Hrs)

Nez Perce County, ID

Lewiston Branch (Idaho Food Bank)

3600 E. Main St. Lewiston, ID 83501
Phone: (208) 746-2288
Program type: Food Bank
Hours: Mon-Fri 7:30 AM - 3:30 PM

Blessed Hope Assembly of God

1033 Burrell Ave Lewiston, ID 83501
Phone: (208) 743-4874
Program type: Pantry
Hours: Tues, Wed, Thrs 10 a.m. - 2 p.m.

Community Action Food Bank

133 New 6th St. Lewiston, ID 83501
Phone: (208) 798-4210
Program type: Pantry
Hours: Mon - Fri 9 a.m. - 4 p.m.

Nez Perce Tribe Emergency Food Bank

107 Lolo St Lapwai, ID 83540
Phone: 208-843-7305
Program type: Pantry
Hours: Mon - Fri 8 a.m. - 4:30 p.m., Closed 12-1 for Lunch

YWCA of Lewiston/Clarkston

300 Main St Lewiston, ID 83501
Phone: (208) 743-1535
Program type: Pantry
Hours: Mon - Fri 9AM-4:30PM

Valley Christian Center

3215 Echo Hills Dr Lewiston, ID 83501
Phone: (208) 746-0401
Program type: Pantry/ Feeding Site
Hours: Mon, Wed, Fri Noon - 5pm (Pantry) 3rd Thurs Noon-1pm (Lunch)

Opportunities Unlimited- Lewiston

2705 E Main Lewiston, ID 83501
Phone: 208-798-4595
Program type: Feeding Site
Hours: Mon - Fri 8AM-5PM

Salvation Army - Soup Kitchen

1835 G St. Lewiston, ID 83501
Phone: (208) 746-9653
Program type: Feeding Site
Hours: Tues-Fri 1PM-4:30PM (Pantry) / Mon, Tues, Wed, Fri 5pm-6pm (Dinner)

Whitman County, WA

Colfax/Steptoe Food Bank

418 S Main St Colfax, WA 99111

Phone: (509) 397-4611

Program type: Food Bank

Hours: Second Tues 4PM-6PM; Fourth Fri 1PM-3PM, Commodities given out the Fourth Friday 1PM-3PM

Colton/Uniontown Food Bank

110 Montgomery St. Uniontown, WA 99179

Phone: (509) 397-4611

Program type: Food Bank

Hours: Fourth Friday 8AM- Noon

Endicott Food Bank

201 C St. Endicott, WA 99125

Phone: (509) 397-4611

Program type: Food Bank

Hours: Fourth Thurs 6PM-7:30PM

North Palouse Area Food & Clothing Bank

PO Box 372 Garfield, WA 99130

Phone: (509) 635-1450

Program type: Food Bank

Hours: N/A

Garfield Community Center Food Bank

Please call to verify location

Phone: (509) 397-4611

Program type: Food Bank

Hours: Fourth Thurs 2PM-6PM

LaCrosse Food Bank

310 B 4th St LaCrosse, WA 99143

Phone: (509) 397-4611

Program type: Food Bank

Hours: Fourth Tuesday 9AM-Noon

Oakesdale Food Bank

209 W Bartlett St. Oakesdale, WA 99149

Phone: (509) 397-4611

Program type: Food Bank

Hours: Fourth Thurs 9:30AM -11AM

Palouse Community Center Food Bank

635 N Bridge St, Palouse, WA 99161

Phone: (509) 397-4611

Program type: Food Bank

Hours: Fourth Wednesday 1PM-3PM

Pullman Child Welfare

1125 NW Nye St #B Pullman, WA 99163

Phone: (509) 338-0801

Program type: Food Bank

Hours: N/A

Pullman Food Bank

350 SE Fairmount Pullman 99163

Phone: (509) 334-9147

Program type: Food Bank

Hours: Second Tues 4PM-6PM. Commodities given out at Rosalia Methodist church on fourth Wed 9AM-11AM

St. John Food Bank

Call to verify location

Phone: (509) 397-4611

Program type: Food Bank

Hours: Fourth Thurs 9AM-10AM

Tekoa Food Bank

109 W Poplar St. Tekoa, WA 99111

Phone: (509) 397-4611

Program type: Food Bank

Hours: Fourth Thurs 10AM - 2PM

Malden/Pine City Food Bank

11 NW Ash Malden, WA 99149

Phone: (509) 397-4611

Program type: Food Bank

Hours: Second Thurs 10AM-11AM

Community Food Organizations

Local food organizations throughout our community work to improve food-access, they educate the public, aid in economic development and strive to improve our food system and food communities. The following groups all play an integral part in growing the local food system. The success of these groups relies on involvement and support in the community. The Palouse Clearwater Food Coalition encourages members of the community to get involved in one of these fantastic organizations and make a difference in our food system.

2nd Harvest

1234 East Front Avenue Spokane, WA 99202

Email: rwieber@2-harvest.org

Phone: (509) 534-6678

Website: <http://www.2-harvest.org>

About: Fighting hunger, feeding hope: Second Harvest brings community resources together to feed people in need through empowerment, education and partnerships. Please visit our website for more information

Backyard Harvest

PO Box 9783 Moscow, ID 83843

Email: info@backyardharvest.org

Phone: (208) 669-2259

Website: <http://www.backyardharvest.org>

About: Backyard Harvest is a nonprofit (501c3) organization based in Moscow, Idaho. We connect low-income families, seniors, and individuals with fresh, local produce. Backyard Harvest relies on volunteers who share their backyard bounty and extra fruit to help make sure that everyone in our community has healthy food to eat.

Blue Mountain Action Council

1520 Kelly Place, Suite 140 Walla Walla, WA 99362

Email: info@bmacww.org

Phone: (509) 529-4980

Website: <http://bmacww.org/index.html>

About: Blue Mountain Action Council (BMAC), one of a number of Community Action Programs in Washington State, is a private, nonprofit, multipurpose agency, serving residents in Southeastern Washington. The mission of the Blue Mountain Action Council is to work together with low-income people to achieve their self-sufficiency by providing vital, self-help techniques, advocacy and limited financial assistance. Blue Mountain Action Council accomplishes this mission by: mobilizing resources in the public, private and nonprofit sectors of the communities; creatively and effectively utilizing these resources to benefit low-income persons; promoting better understanding and improving relationships among the people of all economic and social levels; seeking to make governing bodies in Columbia, Garfield and Walla Walla counties more responsive to the cultures, needs and problems of their low-income residents; and participating in a network of community action agencies in Washington State and the nation.

Idaho Food Bank

3600 E. Main Street Lewiston, ID 83501

Email: info@idahofoodbank.org

Phone: (208) 746-2288

Website: <http://www.idahofoodbank.org>

About: The Idaho Foodbank is an independent nonprofit organization that has worked with a network of partner agencies to distribute free emergency food to individuals and families in need for more than 25 years. More than a statewide distribution system, this network of more than 200 partner agencies consists of emergency food pantries, community kitchens, shelters and programs that collectively work together to relieve hunger in Idaho.

Inland Northwest Food Hub

PO Box 617 Lewiston, ID 83501

Email: jgilbert@cityoflewiston.org

Phone: (208) 746-1318

Website: <http://www.inlandnwfoodhub.com>

About: The Inland Northwest Food Hub is a group that came together to incubate regional food entrepreneurship, and help agricultural producers add value to their crops. In an effort to grow the local food system they are working on a food incubation center that will allow local start up and established businesses access to the equipment they need to grow their businesses.

Rural Roots

112 W 4th St # 6 Moscow, ID 83843

Email: r inquiry@ruralroots.org

Phone: (208) 883-3462

Website: <http://www.ruralroots.org>

About: Support and enhance sustainable and organic agriculture and local food networks in Idaho and the Inland Northwest. They look to enhance the economic viability of sustainable and organic farms, ranches and communities throughout Idaho and the Inland Northwest. Encourage the production and consumption of sustainably produced local foods. Lastly, to develop relationships, strengthen networks and increase collaboration between producers, consumers, food and agricultural organizations/agencies and policy makers.

The League of Women Voters

PO Box 9535 Moscow, ID 83843

Email: lwvmoscow@moscow.com

Phone: (208) 883-3676

Website: <http://community.palouse.net/lwvm/>

About: The League of Women Voters of Moscow, Idaho, began in the 1950s. It is a nonpartisan political organization that encourages citizens to play an informed and active role in government. At the local, state, and national levels, the League works to influence public policy through education and advocacy. They work specifically on food security in Latah County.

Co-op Kids

121 E. 5th Moscow, ID 83843

Email: amamaswork@yahoo.com

Phone: (208) 882-8537

Website: <http://moscowfood.coop/community/co-op-kids/>

About: Co-op Kids is an Outreach program of the Moscow Food Co-op designed to build community among our youngest shoppers. The program runs every Tuesday, mainly in the Co-op café, from 9:00-10:00am. Designed for 3-5 year olds, Co-op Kids offers a wide variety of craft activities, music education, food education and so much more. For a schedule of the month's activities, please check this page or the Co-op Community News, which is published monthly.

Mamas & Papas: A supportive group for moms + dads + wee ones

521 South Main Street Moscow, ID 83843

Email: ewagner@moscowfood.coop

Phone: (208) 882-8537

Website: <http://moscowfood.coop/community/mamas-papas/>

About: Our Mamas + Papas group is an Outreach program of the Moscow Food Co-op designed to offer education to parents of babies and young children. They meet the second Tuesday of each month at the 1912 Center in Moscow from 5:30-6:30pm and discuss a wide variety of topics. Past discussions have included breast feeding, homeopathy, cold and flu remedies and surviving the winter with your Co-op kid. Classes are free and light refreshments and childcare assistance are always provided. The learn more about upcoming Mamas + Papas classes, please check this page or the Co-op Community News, which is published monthly.

Good Food Book Club

121 E. 5th Moscow, ID 83843

Email: bookclub@moscowfood.coop

Phone: (208) 882-8537

Website: <http://moscowfood.coop/community/read-it/>

About: A book club with a food focus. Join us in reading the Co-op Good Food Book Club selection.

Co-op Crop Mobbing

121 E. 5th Moscow, ID 83843

Email: ewagner@moscowfood.coop

Phone: (208) 882-8537

Website: <http://moscowfood.coop/community/mob-it/>

About: In the spirit of the co-operative movement, we are excited to offer an innovative program to our community called Crop Mobbing! This program provides community members with an opportunity to maximize their collective efforts by helping our local growers with hands-on farm projects. And with your help they can continue to provide us with delicious, healthy, locally-grown food!

Because farm labor is so intensive and our growers work so hard to provide us with sustainably grown food, we think it's only fair to help them out a bit. Want to join a Crop Mob? Once we hear from our growers about specific projects they need help with on their farms, we'll advertise them in the newsletter and through our new email program. We'll tell you the date, time, if a carpool is being arranged and what you need to bring. All you have to do is show up, help your local farmer and witness first-hand the dedication and passion they have for farming.

Grow-op

1725 East F Street Moscow, ID 83843

Email: ewagner@moscowfood.coop

Phone: (208) 882-8537

Website: <http://moscowfood.coop/grow-op/>

About: We are proud to begin a new program that will get your hands a little dirty and the community a little greener: The GROW-Op Garden! This program brings volunteers from the Moscow Food Co-op and Backyard Harvest together to grow a garden cooperatively.

If you are interested in volunteering with the GROW-Op Garden, join us on the first and third Sundays of the month from 1-4pm with Aven Julye, our Volunteer Garden Coordinator. Once you are familiar with the garden plot and the program rules, we welcome you to go out to the garden whenever you have time. The garden is located at the Hamilton Community Garden at 1725 East F Street in Moscow.

Fed Initiative

121 E. 5th Moscow, ID 83843

Email: ewagner@moscowfood.coop

Phone: (208) 882-8537

Website: <http://moscowfood.coop/getfed/>

About: The FED Initiative or Food Education and Demo Initiative is an educational program from the Co-op. Each Friday customers can expect to taste delicious local and seasonal items, while also learning about cooking with different grains, the health benefits to certain foods and where your food is coming from.

Palouse Clearwater Food Coalition

220 E 5th St. Rm 336 Moscow, ID 83843

Email: latah@uidaho.edu

Phone: (208) 883-2267

Website: N/A

About: The Palouse Clearwater Food Coalition is a community group working to advance the regional food system. The mission of Palouse-Clearwater Food Coalition is to strengthen the health and vibrancy of the Palouse-Clearwater Food System and increase the production, distribution and consumption of locally grown food and agriculture products.

Food Access Programs

Food assistance programs increase food security and reduce hunger by providing children and low-income people access to food, and healthful diet, and nutrition. Emergency food assistance programs are not a long-term solution to food insecurity but provide a safety net for those in immediate need.

State of Idaho

Aging & Long-Term Care of Eastern Washington

1222 North Post Street Spokane, WA 99201

Email: action@altcew.org

Phone: (509) 458-2509

Website: <http://www.altcew.org>

Coverage area: North Idaho and Northeastern Washington (Benewah and Whitman Counties)

About: Nutrition Programs, and Senior Health Services

Backpack program

3600 E. Main Street Lewiston, ID 83501

Email: info@idahofoodbank.org

Phone: (208) 746-2288

Website: <http://www.idahofoodbank.org/?page=backpack-program>

Coverage area: State of Idaho

About: The Idaho Foodbank (IFB) works in partnership with school officials to identify chronically hungry children who can benefit from the With parental permission backpacks are distributed discreetly to participating children on Fridays or the last day of the school week. The weekend backpack weighs about six pounds and includes two breakfasts, two lunches, two dinners, and two snacks that are nonperishable, child-friendly, and easy to prepare. Backpack Program.

Beef Counts Idaho

PO Box 15397 Boise, ID 83715

Email: info@idahocattle.org

Phone: (208) 343-1615

Website: <http://www.beefcounts.org/Home.aspx>

Coverage area: Idaho

About: Idaho beef industry campaign to reduce hunger and provide a consistent supply of nutrient-rich beef for The Idaho Food Bank network.

Grocery Alliance Program (GAP)

3600 E. Main Street Lewiston, ID 83501

Email: info@idahofoodbank.org

Phone: (208) 746-2288

Website: <http://www.idahofoodbank.org/?page=grocery-alliance>

Coverage area: Idaho

About: The Grocery Alliance Program (GAP) with The Idaho Food bank is a partnership with generous grocers throughout Idaho. The grocers donate food that does not meet the stores' standards to sell to customers, but is still perfectly good food for human consumption. This may include product with imperfect, but food-safe packaging, product that has reached, but not exceeded its sell-by date, or other product that a store wishes to rotate off of its shelves.

Idaho Community Gardens Program

3600 E. Main Street Lewiston, ID 83501

Email: digin@idahofoodbank.org

Phone: (208) 577-2683

Website: <http://idahofoodbank.org/community-gardens/>

Coverage area: Idaho

About: coordinates food distribution between local community gardens and emergency food pantries throughout the state.

Idaho Physical Activity and Nutrition

8500 N. Atlas Road Hayden, Idaho 83835

Email: wfehringer@phd1.idaho.gov

Phone: (208) 415-5140

Website: <http://www.phd1.idaho.gov/preventative/nutrition/idahophysical.cfm>

Coverage area: Panhandle Health District, Idaho

About: Action for Healthy Kids works with teams in each state to create school environments that support health and academic achievement. In Idaho, the team developed "Idaho Recommendations for Promoting a Healthy School Nutrition Environment." The recommendations help schools choose food and drinks that are on the USDA's dietary guidelines.

Mobile Pantry

3600 E. Main Street Lewiston, ID 83501

Email: info@idahofoodbank.org

Phone: 208-746-2288

Website: <http://www.idahofoodbank.org/?page=mobile-pantry>

Coverage Area: Idaho

About: The Mobile Pantry Program distributes dry and frozen food to underserved, usually rural, communities. This program helps communities that do not have access to or have difficulty accessing emergency food.

Picnic in the Park

3600 E. Main Street Lewiston, ID 83501

Email: info@idahofoodbank.org

Phone: (208) 746-2288

Website: <http://www.idahofoodbank.org/?page=picnic-in-the-park>

Coverage area: Idaho

About: During the school year many children rely on free and reduced-price breakfasts and lunches through the School Breakfast and National School Lunch Programs, but what happens when school is out? According to the U.S. Department of Agriculture, "Lack of nutrition during the summer months may set up a cycle for poor performance once school begins. Hunger makes children more prone to illness and other health issues."

WIC is the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Address: unknown

Email: info@idahofoodbank.org

Phone: (208) 799-0390

Website:

<http://www.healthandwelfare.idaho.gov/FoodCashAssistance/WomenInfantsandChildren/tabid/92/Default.aspx>

Coverage area: Idaho

About: WIC improves health and nutrition status of pregnant women, new mothers, infants and children under five. WIC provides health screening, nutrition education, nutrient-rich foods, breastfeeding support and referrals to other health and social services.

State of Washington

Aging & Long-Term Care of Eastern Washington

1222 North Post Street Spokane, WA 99201

Email: action@altcew.org

Phone: (509) 458-2509

Website: <http://www.altcew.org>

Coverage area: North Idaho and Northeastern Washington (Benewah and Whitman Counties)

About: Nutrition Programs, and Senior Health Services

Beef Counts Eastern Washington

Address: N/A

Email: N/A

Phone: Media: Washington State Beef Commission (206) 444-2902

Industry: Washington Cattlemen's Association (509) 925-9871

Website: <http://www.beefcounts.org/wa/Default.aspx>

Coverage area: Eastern Washington

About: The Beef Counts program ensures that Spokane-based Second Harvest can provide food bank clients across Eastern Washington with high quality protein hungry families need, but often go without.

Child and Adult Care Food Program (CACFP)

600 Washington St. S.E., Olympia, WA 98504

Email: N/A

Phone: (360) 725-6001

Website: <http://www.k12.wa.us/ChildNutrition/Programs/CACFP/default.aspx>

Coverage area: Washington

About: The Child and Adult Care Food Program (CACFP) provides federal funds to nonresidential child care and adult care facilities to serve nutritious meals and snacks. The goal is to improve and maintain the health and nutritional status of children and adults in care while promoting the development of good eating habits.

CACFP Specialists (by county):

Asotin County

Contact: Judy Larsen

Email: judy.larsen@k12.wa.us

Phone: (509) 575-2427

Garfield County

Contact: Terri Adolfson

Email: terri.adolfson@k12.wa.us

Phone: (509) 789-3542

Whitman County

Contact: Terri Adolfson

Email: terri.adolfson@k12.wa.us

Phone: (509) 789-3542

Emergency Food Assistance Program (EFAP)

Address: N/A

Email: See below

Phone: See below

Website: <http://agr.wa.gov/foodprog/EFAP.aspx>

Coverage area: Washington

About: To alleviate hunger in the state of Washington by providing funds, technical assistance, and information to community programs that deliver emergency food and services to hungry people.

Asotin and Garfield Counties

Blue Mountain Action Council

Email: kathyc@bmacww.org

Phone: (509) 529-4980

Website: <http://bmacww.org>

Whitman County

Council on Aging & Human Services

Email: coascott@qwestoffice.net

Phone: (360) 397-4611

Website: <http://www.coa-hs.org>

Farmers Market Nutrition Program (FMNP)

Address: N/A

Email: FMNPteam@doh.wa.gov

Phone: (800) 841-1410

Website: <http://www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket.aspx>

Coverage area: Washington

About: WIC FMNP is part of the Special Supplemental Nutrition Program for the Women, Infants and Children (WIC) Program which provides nutrition to lower income families. To be eligible for the FMNP, a family must be participating in the WIC program. Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!

Food Distribution Program

600 Washington St. S.E., Olympia, WA 98504

Email: adele.roberts@k12.wa.us

Phone: 1-866-328-6325

Website: <http://www.k12.wa.us/ChildNutrition/programs/FoodDistribution/default.aspx>

Coverage area: Washington

About: Public and Private schools, RCCIs, and approved state agencies that participate in the National School Lunch Program (NSLP) are eligible to receive food purchased by the U.S. Department of Agriculture (USDA). In 2010, USDA foods valued at over \$25 million and totaling over 21 million pounds were allocated. Each month schools are in session, approximately two million pounds of USDA foods are distributed by the USDA Food Distribution section of Child Nutrition Services.

Fresh Fruit and Vegetable Program (FFVP)

600 Washington St. S.E., Olympia, WA 98504

Email: jennifer.mitchell@k12.wa.us

Phone: (360) 725-6056

Website: <http://www.k12.wa.us/ChildNutrition/programs/FFVP/default.aspx>

Coverage area: Washington

About: The Fresh Fruit and Vegetable Program (FFVP) provides all enrolled students in participating elementary schools with a variety of free fresh fruits and vegetables throughout the school day—separate from the lunch or breakfast meal in one or more areas of the school. The program's main goal is to combat childhood obesity by helping students learn more about healthful eating habits.

National School Lunch and Breakfast Program

600 Washington St. S.E., Olympia, WA 98504

Email: N/A

Phone: (360) 725-6000

Website: <http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/default.aspx>

Coverage area: Washington

About: The National School Lunch Program (NSLP) and the School Breakfast Program (SBP) are designed to promote the health and well-being of children by providing nutritious meals to children. Currently, there are 373 participants in Washington state; this includes public school districts, private schools, and residential child care institutions (RCCIs).

Seamless Summer Feeding Program

600 Washington St. S.E., Olympia, WA 98504

Email: donna.parsons@k12.wa.us

Phone: (360) 725-6200

Website: <http://www.k12.wa.us/ChildNutrition/programs/SummerPrograms/SeamlessSummerFeeding.aspx>

Coverage area: Washington

About: The Seamless Summer Feeding Program (SP) combines features of the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Simplified Summer Food Program (SSFP). The purpose of the program is to reduce the administrative burden and paperwork requirements placed on districts/schools to operate a summer feeding program. Only local education agencies (LEAs) are allowed to operate under the SP option.

Senior Farmers Market Nutrition Program (SFMNP)

PO Box 45600, Olympia, WA 98504-5600

Email: biggire@dshs.wa.gov

Phone: (360) 725-2466 or toll-free 1-800-422-3263

Website: <http://www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket.aspx>

Coverage area: Washington

About: The Senior Farmers Market Nutrition Program (SFMNP) provides fresh fruit and vegetables to lower-income seniors and supports local farming by increasing the use of farmers markets, roadside stands, and community supported agriculture. Produce is also purchased directly from farmers for delivery to seniors. The program is funded by the U.S. Department of Agriculture (USDA), State of Washington funds, and some local area funds.

Simplified Summer Food Program (SSFP)

600 Washington St. S.E., Olympia, WA 98504

Email: donna.parsons@k12.wa.us

Phone: (360) 725-6200

Website: <http://www.k12.wa.us/ChildNutrition/programs/SummerPrograms/SimplifiedSummerFood.aspx>

Coverage area: Washington

About: The Summer Food Service Program (SFSP) was established to ensure that children in lower-income areas would continue to receive nutritious meals during long school vacations, when they do not have access to school lunch or breakfast.

State Food Assistance Program (FAP)

Address: N/A

Email: foodassistance@agr.wa.gov

Phone: 1-877-501-2233

Website: <http://www.dshs.wa.gov/onlinecso/fap.shtml>

Coverage area: Washington

About: FAP is the state food assistance program that provides benefits to legal immigrants who are not eligible for the federal Supplemental Nutrition Assistance Program (SNAP), called Basic Food in Washington, solely because of immigration status.

Washington Supplemental Nutrition Assistance Program (SNAP)

Address: N/A

Email: foodassistance@agr.wa.gov

Phone: 1-877-501-2233

Website: http://foodhelp.wa.gov/basic_food.htm or <http://www.benefits.gov/benefits/benefit-details/1364>

Coverage area: Washington

About: Supplemental Nutrition Assistance Program (SNAP), called Basic Food in Washington, is a USDA program that helps people make ends meet and improve their diet. The Washington Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families obtain a more nutritious diet by supplementing their income with SNAP benefits.

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Washington State WIC Nutrition Program PO Box 47886 Olympia, WA 98504-7886

Email: wic@doh.wa.gov

Phone: 1-800-841-1410

Website: <http://www.doh.wa.gov/YouandYourFamily/WIC.aspx>

Coverage area: Washington

About: WIC improves health and nutrition status of pregnant women, new mothers, infants and children

under five. WIC provides health screening, nutrition education, nutrient-rich foods, breastfeeding support and referrals to other health and social services.

Picnic in the Park Locations (Idaho)

During the school year many children rely on free and reduced-price breakfasts and lunches through the School Breakfast and National School Lunch Programs, but what happens when school is out? According to the U.S. Department of Agriculture, "Lack of nutrition during the summer months may set up a cycle for poor performance once school begins. Hunger makes children more prone to illness and other health issues."

The Picnic in the Park Program provides nutrition for food-insecure children during the summer months, when the school lunch they depended on is unavailable. The program helps fill the nutritional gap so children can get the food they need.

More information can be found at:

<http://www.sde.idaho.gov/site/cnp/summerFoods/map.htm>

Benewah County, Idaho

Heyburn Elementary School

1405 Main Street St. Maries, ID 83861

Sponsor: St. Maries Jt. S.D. #041

Contact Name: David Barker

Phone: (208) 245-1309

Dates and Hours: Lunch 06/08/2013-06/08/2013,Sa,11:00AM-12:30PM

Lakeside Middle School

1255 E. Street Plummer, ID 83851

Sponsor: Plummer-Worley Jt. S.D. #044

Contact Name: Michelle Triplett

Phone: (208) 686-2194

Dates and Hours: Breakfast 06/10/2013-06/20/2013,MTWTh,8:00AM-8:45AM; Lunch 06/10/2013-06/20/2013,MTWTh,11:30AM-12:15PM

Clearwater County, Idaho

Bird Nest Learning Center

337 College Avenue Orofino, ID 83544

Sponsor: Orofino Jt. S.D. #171

Contact Name: Carmen Griffith

Phone: (208) 476-4810

Dates and Hours: Sponsor: Breakfast 06/10/2013-07/05/2013,MTWThF,8:15AM-8:45AM; Lunch 06/10/2013-07/05/2013,MTWThF,11:30AM-12:00PM

CHEEP (Child Hood Early Enrichment Program)

230 115th Street Orofino, ID 83544

Sponsor: Orofino Jt. S.D. #171
Contact Name: Carmen Griffith
Phone: (208) 476-4810
Dates and Hours: Breakfast 06/10/2013-07/03/2013,MTWThF,9:00AM-9:30AM; Lunch 06/10/2013-07/03/2013,MTWThF,12:00PM-12:30PM

Orofino High School

300 Dunlap Road Orofino, ID 83544
Sponsor: Orofino Jt. S.D. #171
Contact Name: Carmen Griffith
Phone: (208) 476-4810
Dates and Hours: Breakfast 06/10/2013-06/27/2013,MTWThF,7:45AM-8:15AM; Lunch 06/10/2013-06/27/2013,MTWThF,10:30AM-11:00AM

Orofino Elementary School

1000 Michigan Avenue Orofino, ID 83544
Sponsor: Orofino Jt. S.D. #171
Contact Name: Carmen Griffith
Phone: (208) 476-4810
Dates and Hours: Breakfast 06/10/2013-07/05/2013,MTWThF,8:30AM-9:00AM; Lunch 06/10/2013-07/05/2013,MTWThF,11:00AM-12:00PM

St. Teresa's Catholic Church

510 Brown Avenue Orofino, ID 83544
Sponsor: Orofino Jt. S.D. #171
Contact Name: Carmen Griffith
Phone: (208) 476-4810
Dates and Hours: Lunch 06/17/2013-06/21/2013,MTWThF,12:00PM-12:30PM

Pierce Community Center

105 W Carle Street Pierce, ID 83546
Sponsor: Orofino Jt. S.D. #171
Contact Name: Carmen Griffith
Phone: (208) 476-4810
Dates and Hours: Breakfast 06/17/2013-06/28/2013,MTWThF,7:30AM-8:45AM; Lunch 06/17/2013-06/28/2013,MTWThF,11:00AM-12:30PM

Timberline Junior-Senior High School

22869 Hwy 11 Weippe, ID 83553
Sponsor: Orofino Jt. S.D. #171
Contact Name: Carmen Griffith
Phone: (208) 476-4810
Dates and Hours: Breakfast 06/10/2013-06/27/2013,MTWThF,8:00AM-8:30AM; Lunch 06/10/2013-06/27/2013,MTWThF,11:00AM-11:30AM

Idaho County, Idaho

Clearwater Valley Elementary

306 East Pine Street Kooskia, ID 83539

Sponsor: Mountain View S.D. #244

Contact Name: Miya Roberts

Phone: (208) 926-4681

Dates and Hours: Breakfast 06/10/2013-07/19/2013,MTWThF,8:00AM-8:30AM; Lunch 06/10/2013-07/19/2013,MTWThF,11:30AM-12:00PM

Grangeville Elementary & Jr. High

400 S. Idaho Ave. Grangeville, ID 83530

Sponsor: Mountain View S.D. #244

Contact Name: Deb Ringer

Phone: (208) 983-0400

Dates and Hours: Lunch 06/10/2013-08/09/2013,MTWThF,12:00PM-1:00PM

Prairie Elementary School

1916 East Street Cottonwood, ID 83522

Sponsor: Cottonwood Jt. S.D. #242

Contact Name: Lynn Rehder

Phone: (208) 962-3521

Dates and Hours: Lunch 06/03/2013-08/09/2013,MTWThF,11:15AM-12:15PM

Latah County, Idaho

Eggan Youth Center

1515 East D Street Moscow, ID 83843

Sponsor: Moscow S.D. #281

Contact Name: Mimi Pengilly

Phone: (208) 892-1123

Dates and Hours: Lunch 06/10/2013-08/16/2013,MTWThF,11:30AM-12:30PM

West Park Elementary

510 Home St Moscow, ID 83843

Sponsor: Moscow S.D. #281

Contact Name: Mimi Pengilly

Phone: (208) 892-1123

Dates and Hours: Lunch 06/10/2013-08/16/2013,MTWThF,11:30AM-12:30PM

Lewis County, Idaho

Kamiah Elementary School

711 9th Street Kamiah, ID 83536

Sponsor: Kamiah Jt. S.D. #304

Contact Name: Karen Moffett

Phone: (208) 935-4010

Dates and Hours: Lunch 07/08/2013-08/09/2013,MTWThF,11:30AM-12:45PM

Nez Perce County, Idaho

Centennial Elementary School

815 Burrell Avenue Lewiston, ID 83501

Sponsor: Lewiston S.D. #340

Contact Name: Jodi Hoff

Phone: (208) 748-3573

Dates and Hours: Breakfast 06/10/2013-08/16/2013,MTWThF,7:30AM-8:30AM; Lunch 06/10/2013-08/16/2013,MTWThF,11:00AM-12:15PM

Jenifer Junior High School

1213 16th Street Lewiston, ID 83501

Sponsor: Lewiston S.D. #340

Contact Name: Jodi Hoff

Phone: (208) 748-3064

Dates and Hours: Breakfast 06/10/2013-08/09/2013,MTWThF,7:30AM-8:30AM; Lunch 06/10/2013-08/09/2013,MTWThF,11:00AM-12:30PM

Lapwai Elementary School

170 Agency Road Lapwai, ID 83540

Sponsor: Lapwai S.D. #341

Contact Name: Ann Munstermann

Phone: (208) 843-2241

Dates and Hours: Breakfast 06/10/2013-06/28/2013,MTWThF,8:30AM-9:30AM; Lunch 06/10/2013-08/16/2013,MTWThF,11:30AM-12:30PM

Lewiston Valley Boys & Girls Club Fenton Park Gym

1203 8th Avenue Lewiston, ID 83501

Sponsor: Lewiston S.D. #340

Contact Name: Jodi Hoff

Phone: (208) 748-3064

Dates and Hours: Lunch 06/10/2013-08/15/2013,MTWThF,12:00PM-12:45PM; PM Snack 06/10/2013-08/15/2013,MTWThF,3:15PM-4:00PM

McGhee Elementary School

636 Warner Avenue Lewiston, ID 83501

Sponsor: Lewiston S.D. #340

Contact Name: Jodi Hoff

Phone: (208) 748-3620

Dates and Hours: Lunch 06/10/2013-08/16/2013,MTWThF,11:00AM-12:15PM

Nez Perce County Fairgrounds

13th Street & Burrell Avenue Lewiston, ID 83501

Sponsor: Lewiston S.D. #340

Contact Name: Jodi Hoff

Phone: (208) 748-3064

Dates and Hours: Supper 07/11/2013-07/12/2013,ThF,4:45PM-5:15PM

Whitman Elementary School

1840 9th Avenue Lewiston, ID 83501

Sponsor: Lewiston S.D. #340

Contact Name: Jodi Hoff

Phone: (208) 748-3064

Dates and Hours: Breakfast 06/10/2013-08/16/2013,MTWThF,7:30AM-8:30AM; Lunch 06/10/2013-08/16/2013,MTWThF,11:00AM-12:15PM

Senior Nutrition Programs

Seniors are some of the most vulnerable to food insecurity in our community. These local senior nutrition programs provide meals to seniors every day in our region. Some programs are located at community churches or senior centers while others deliver meals directly to the homes of seniors with limited mobility. If you would like to volunteer, are in need or assistance or know a senior citizen who could benefit from these services, we encourage you to contact an organization in your community.

State of Idaho

Senior Meals

711 Jefferson Ave. St Maries, ID 83861

Phone: (509) 245-3546

Coverage area: Benewah County

Cottonwood Community Church

PO Box 485 Cottonwood, ID 83522

Phone: (208) 952-7762

Coverage area: Idaho County

Grangeville Senior Center

109 Truck Route Grangeville, ID 83530

Phone: (208) 983-2033

Coverage area: Idaho County

Moscow Meals on Wheels

PO Box 8591 Moscow, ID 83843

Phone: (208) 882-0907

Coverage area: Latah County

Area Agency on Aging of North Central Idaho

124 New Sixth St. Lewiston, ID 83501

Phone: (208) 798-4194

Coverage area: Nez Perce County

Valley Meals on Wheels

PO Box 1711 Lewiston, ID 83501

Phone: (208) 799-5767

Coverage area: Nez Perce and Asotin Counties

State of Washington

Asotin Methodist Church Round Table Nutrition

313 2nd St. Asotin, WA 99402
Phone: (509) 758-3816
Coverage area: Asotin County

Clarkston Pautler Center Round Table Nutrition

549 5th St. Clarkston, WA 99403
Phone: (509) 758-3816
Coverage area: Asotin County

Pomeroy Senior Center Round Table Nutrition Program

695 Main Pomeroy, WA 99347
Phone: (509) 843-3008
Coverage area: Garfield County

Council on Aging and Human Services

210 S Main St, Colfax, WA 99111
Phone: (509) 397-4305 or 1-800-482-3991
Coverage area: Whitman County

Pullman Senior Center

325 SE Paradise St, Pullman, WA 99163
Phone: (509) 332-1933
Coverage area: Whitman County

Catholic Charities- Senior Services

12 East 5th Avenue Spokane, WA 99202
Phone: (509) 397-4305
Coverage area: Asotin, Garfield and Whitman Counties

Wineries and Breweries

Lewis and Clark AVA (application pending)

The proposed Lewis and Clark Valley American Viticulture Area (AVA) is the oldest wine producing region in the state of Idaho with vines dating back to 1862. The vineyards and wineries closed during prohibition and remained in disrepair until 15 years ago when production resumed. This proposed AVA extends into Latah, Clearwater, Nez Perce, Lewis, Idaho and (possibly) Asotin Counties and with approval of the designation will indicate a regional tipicity found nowhere else.

The designation of an American Viticulture Area as a wine grape-growing region with distinguishable geographic, climate, historical and geological boundaries as defined by the Alcohol and Tobacco Tax and Trade Bureau can bring notoriety and distinctiveness to wineries in that region. This system of designating and controlling stands to benefit the region and its growing local food movement.

Wineries

Basalt Cellars

906 Port Drive Clarkston, WA 99403

Phone: (509) 758-6642

Email: info@basaltcellars.com

Website: <http://www.basaltcellars.com>

About: Committed to making premium handcrafted wines.

Camas Prairie Winery

110 S Main Street Moscow, ID 83843

Phone: (208) 882-0214

Email: winemaker@camasprairiewinery.com

Website: <http://www.camasprairiewinery.com>

About: Camas Prairie Winery is northern Idaho's oldest production winery established in 1983 by Stuart and Susan Scott. Under new ownership since January 2011, successors Jeremy and Heidi Ritter continue to produce the same quality and value table, sparkling and mead wines.

Clearwater Canyon Cellars

1708 6th Avenue N, Ste. A Lewiston, ID 83501

Phone: (208) 816-4679

Email: kcumiker@cccellars.com

Website: <http://www.clearwatercanyoncellars.com>

About: We enjoy making ultra-premium wines from grapes grown on the slopes of the Clearwater River. We are driven by a desire to work together each day to produce ultra-premium wines. We hope to bring notoriety back to the Lewis Clark Valley as a world-renowned wine-growing region.

Colter's Creek Winery

308 Main Street Juliaetta, ID 83535

Phone: (208) 276-3342

Email: contact@colterscreek.com

Website: <http://www.colterscreek.com>

About: Our goal is to grow grapes sustainably and create estate wines unique to our region.

Lindsay Creek Vineyards LLC

8233 Powers Ave, Lewiston, ID 83501

Phone: (208) 743-1668

Email: lcvineyard@lewiston.com

Website: <http://lcvineyards.com>

About: Founded in 2012 and coming soon to the Pacific Northwest

Merry Cellars

1300 NE Henley Court Pullman, WA 99163

Phone: (509) 338-4699

Email: BeMerry@merrycellars.com

Website: <http://www.merrycellars.com>

About: Merry Cellars' new winery is located on the outskirts of Pullman in the Port of Whitman County.

Surrounded by rolling wheat fields and beautiful vistas, you are invited to sample our craft wines, mingle in the barrel room and tour our state of the art facility.

Wawawai Canyon Winery

5602 State Route 270 Pullman, WA 99163

Phone: (509) 338-4916

Email: wines@wawawaicanyon.com

Website: <http://www.wawawaicanyon.com>

About: Extreme heat, marginally fertile soil and steep, steep slopes characterize the canyonlands at Wawawai. A formidable site on which to grow wine grapes— newly established vines may take up to five years before reaching adequate maturity for production. An acre of grapes grown in the Canyon will yield approximately 1-2 tons of fruit during a good year (whereas most commercial vineyards will yield anywhere from three to five tons per acre). Berries are notably small and flavors tend to be intense and concentrated. High acid levels and relentless structure make for earthy wines that reward cellaring.

Local Breweries and Cideries

Moscow Brewing Company

630 N Almon St #130 Moscow, ID 83843

Phone: (208) 874-7340

Email:

Website: <http://www.moscowbrewing.com>

About: Opened in Spring of 2013, the Moscow Brewing Company has brought beer back to Moscow.

M.J. Barleyhoppers

621 21st St Lewiston, ID 83501

Phone: (509) 295-1199

Email: ewilson@redlionlewiston.com

Website: http://www.redlionlewiston.com/mj_barleyhoppers.htm

About: Lewiston's Red Lion Hotel is the home of M.J. Barleyhopper's, the area's largest sports bar and brew pub! We are non-smoking facility and the deck is open! We produce 7 year-round hand-crafted ales and 5 seasonals.

Riverport Brewing

150 9th St Clarkston, WA 99403

Phone: (509) 758-8889

Email: pete@riverportbrewing.com

Website: <http://www.riverportbrewing.com>

About: Riverport Brewing Company is nestled beneath the grain-rich rolling hills of the Palouse in Clarkston, Washington, near the confluence of Idaho's Clearwater River and the mighty Snake River.

Paradise Creek Brewery

245 SE Paradise St. Pullman, WA 99163

Phone: (509) 338-9463

Email: info@paradisecreekbrewery.com

Website: <http://paradisecreekbrewery.com>

About: In early 2010, Paradise Creek Brewery was born in Pullman's Old Post Office building. Our ales & lagers are crafted in the basement with some of the finest malts and Yakima hops we can get our hands on.

We started Paradise Creek with one goal in mind: to locally craft exceptional beer and share it with our friends, which is why we brew all of our beers 100% right here in Pullman, Washington.

Whiskey Barrel Cider Company

3431 Airport Rd. Pullman, WA 99163

Phone: (509) 592-8219

Email: whiskeybarrelcider@gmail.com

Website: <http://www.whiskeybarrelcider.com>

About: Trent, the company's Cidermaster, was enrolled in culinary school in Seattle when he approached friend and former roommate Brian about starting a business that would make a great local cider produced from the finest local apples grown in the heart of the Columbia River Valley.

Community Supported Agriculture programs

CSAs are a great option for local produce. But without community support, they cannot survive. In our region, the counties of Latah and Whitman are the only two that have CSAs available.

One way that people across the country are getting in touch with farms in their community is through Community Supported Agriculture (CSA). Put simply, a CSA member or shareholder joins a community of people that agree pay in advance for whatever is grown at the farm. In return, each member receives shares of the farm's bounty on a regular basis throughout the growing season.

Below are CSAs, farms and ranches across the Palouse Clearwater region. Many of them sell directly to members of the community, through CSAs or in local stores. If you're interested in a CSA program, contact a farmer before the growing season begins.

Latah County

Deep Roots Farm

225 E Henley Moscow, ID 83843

Email: deeproots.csa@gmail.com

Phone: (208) 301-4538

Website: www.deep-roots-farm.com or <https://www.facebook.com/pages/Deep-Roots-Farm/120397358006937>

CSA: Yes

About: Deep Roots Farm & Design was started when Marci and Greg were just finishing college at the University of Idaho. After several farm apprenticeships each, they decided to venture out on their own. Growing slowly and sustainably has been a key to their success so far. Selling vegetables at the Tuesday Grower's Market in Moscow, ID and directly to restaurants in the area has created a solid foundation for the future.

Elk Meadow Farm and Nursery

1069 Elk Meadow Lane Deary, ID 83823

Email: farmermike@elkmeadownursery.com

Phone: (208) 669-0908

Website: <http://elkmeadownursery.com>

CSA: Yes

About: Michael Robison and Denice Moffat started Elk Meadow Farm & Nursery Dec. 24, 2008 on their

home on 40 beautiful acres in the country and little community of Avon. In 2011 they will be offering a "Build Your Own CSA" punchcard which can be used for any of the plants, product and products they offer.

Jim's Year-Round Produce

23281 US Hwy 12 Juliaetta, ID 83535

Email: jjmaxx@wildblue.net

Phone: (208) 791-8167

Website: <https://www.facebook.com/pages/Jims-Year-Round-Produce/337280016397705?ref=stream>

CSA: Yes

About: Jim's Year Round Produce is available at Moscow Food Co-op, Moscow Farmers Market, their roadside stand in Juliaetta, Orofino Farmers Market, and to any one interested in local produce can contact them directly. They sell in bulk.

Living Soil Microfarms

830 S. Lynn Moscow, ID 83843

Email:

Phone: (208) 882-0410

Website: <http://livingsoilmicrofarms.com>

CSA: Yes

About: At Living Soil Microfarms raised beds are used to grow a large variety of crops in a small space. The use of hand tools and manual labor are emphasized to promote a close relationship with nature. A diversity of crops help maintain a healthy agroecosystem.

Mary Jane's Farm

1000 Wild Iris Lane Moscow, ID 83843

Email: iris@maryjanesfarm.org

Phone: (208) 882-6819

Website: www.maryjanesfarm.org or www.facebook.com/MaryJanesFarm

CSA: Yes

About: MaryJanesFarm boasts a wide variety of certified organic fruits and vegetables available to our u-Pick country club members. We are committed to promoting sustainable agriculture and fair trade. Our products are found locally at the Moscow Food co-op, Huckleberry's in Spokane and other health food retailers.

Soil Stewards at University of Idaho

Dept. of PSES Box 442339 University of Idaho Moscow, ID 83844

Email: soilstewards@stuorgs.uidaho.edu

Phone: (208) 885-9245

Website: http://www.uiweb.uidaho.edu/student_organizations/soilstewards/

CSA: Yes

About: Student run certified organic farm growing fresh seasonal vegetables for CSA shares, on-campus farmstand and serving the campus community. The purpose of the farm is for experiential learning and participation in the community food system.

SpringSong Farm

3110 Darby Rd. Moscow, ID 83843

Email: janice@springsong-farm.com

Phone: (208) 892-2270

Website: <http://www.springsong-farm.com>

CSA: Yes

About: SpringSong Farm raises Corriedale sheep and Boer-cross goats. We offer naturally raised lamb and Chevon (goat) that are grass-fed. We use llamas for predator control and no growth-promoting antibiotics or hormones. We also offer Corriedale wool products including spinning fleeces, roving and yarn. New in 2009 is our fiber CSA, offering yarn or roving shares of our fiber crop.

Whitman County

O mache Farm

Pullman, WA 99164

Email: OmacheFarm@gmail.com

Phone: (509) 334-4202

Website: <http://www.omachefarm.blogspot.com>

CSA: Yes

About: We are a small farm just south of Pullman, WA. We raise vegetables and sheep with plans to add eggs, chicken, pork and small grains in the future.

Washington State University Organic Farm

Department of Crop and Soil Sciences PO Box 64620 Pullman, WA 99164

Email: melissa.bean@wsu.edu

Phone: (509) 335-5893

Website: www.css.wsu.edu/organicfarm

CSA: Yes

About: The WSU Organic Farm was established in 2004 and provides on-site education in small-scale organic agriculture. The farm offers a Practicum in Organic Agriculture spring, summer, and fall terms.

Farms and Ranches

There are so many great reasons to buy local. Most importantly, it tastes great! When you buy local, you're supporting yourself and your community. Local food builds community and creates good local jobs. But despite all this, one of the biggest challenges is getting to know your local farmers beyond your farmers market or farmstand. For many small farms, the direct sale from the farm, to the consumer keeps them in business.

Asotin County, Washington

Wilson Banner Ranch

16397 Highway 12 Clarkston, WA 99403

Email: bannerranch@hotmail.com

Phone: (509) 758-2664

Website: <http://www.wilsonbannerranch.com>

CSA: No

About: Our landmark family heritage farm has been sustainably run and diversified for over 100 years. The orchards have many varieties dating back to the first fruit trees in the state. We believe in using environmentally friendly, scientifically proven methods of farming. These include minimal tillage, crop rotation, and cover cropping to keep any noxious weeds in check. In order to provide the highest quality produce, our integrated pest management program relies on pheromones, chickens, organically certified

materials, and a minimum of soft FDA approved products under the recommendation of Washington State University's Cooperative Extension.

Hagen Orchard

2255 Reservoir Rd Clarkston, WA 99403

Email: sales@hagensorchard.com

Phone: (509) 758-3450

Website: <http://www.hagensorchard.com>

CSA: No

About: We are a family based business growing fruit for Southeastern Washington for over 50 years. Our fresh fruit can be found for sale in our family store in the Clarkston Heights, at the Moscow Farmers Market in the summer, and in the produce section of many of your local stores.

Wild Canyon Organics

49377 Joseph creek Rd. Asotin, WA 99402

Email: magden@hughes.net

Phone: ~~4509~~ (509) 243

Website: N/A

CSA: No

About: USDA certified organic. Mixed vegetables: tomatoes, eggplants, peppers, cucumbers and much more. Herbs both culinary and medicinal.

Zakarison Partnership

8992 SR 27 Pulman, WA 99163

Email: eric_zakarison@hotmail.com

Phone: (509) 595-3585

Website: N/A

CSA: No

About: Zakarison Partnership produces pastured poultry, lamb, & organic hard white wheat. Our chickens & turkeys are raised on grass in mobile pens, and fed grains produced on our farm. Poultry processed on farm by WSDA permit & inspection. Our lambs are born/raised on grass, finished with organic hay & oats. Poultry available June–Nov, lamb Dec–March.

Benewah County, Idaho

Sheep Creek Ranch

PO Box D Santa, ID 83866

Email: N/A

Phone: (208) 245-1481

Website: N/A

CSA: No

About: Sheep Creek Ranch is our family farm in the Clearwater Mountains of north Idaho. We are surrounded by timbered mountains and mountain meadows. We share the area with the local wildlife which includes deer, elk, moose, bear and wild turkeys. Turkeys, chickens and rabbits are raised on our farm. All our animals are cared for in a low stress and respectful environment.

Pokey Creek Farm

3234 Pokey Creek Rd. Santa, ID 83866

Email: N/A

Phone: (208) 245-4381

Website: N/A

CSA: No

About: Homesteaded in 1978, this remote 24 acres of steep mountain land has been carved over 30 years into a richly productive organic farm.

Clearwater County, Idaho

TGIYak (Thank God It's Yak!)

4319 Thornton Rd Orofino, ID 83544

Email: debi@tgiyak.com

Phone: (208) 435-4446

Website: <http://www.tgiyak.com>

CSA: No

About: TGIYak breeds the highest quality of Tibetan yaks for sale. In addition, we are specializing in crossbreeding of yaks with Jersey cows for both meat and milking. All animals and products are naturally raised, grass-fed and finished. No chemicals or hormones allowed onsite! Eggs available year-round, chicken and vegetables are seasonal.

J-D Farms

4618 Harmony Heights Lp. Orofino, ID 83544

Email: N/A

Phone: (208) 476-4758

Website: N/A

CSA: No

About: J-D Farms offers local farm-raised -- and USDA inspected -- pork and beef products

Hayden's Harvest

Email: N/A

Phone: (208) 827-0799

Website: N/A

CSA: No

About: Hayden's Harvest, featuring a smattering of produce, and a rich collection of jams with creative names such as Lerry Berry (lemon-wild cherry), Bingle Berry (bing cherry-pineapple), and Buckle Berry (blackberry-huckleberry).

Pomeroy County, Washington

Caruso's Honey Co.

P.O. Box 714 Pomeroy, WA 99347

Email: carusohoney@wildblue.net

Phone: (208) 791-4978

Website: <http://www.carusohoney.com/index.html>

CSA: No

About: Caruso's Honey is a small family owned and operated farm, nestled in one of the many beautiful canyons along the Snake River within the Walla Walla Valley Region of Southeastern Washington State.

Providing pollination & bee swarm removal services, and producing high quality local gourmet honey varieties, seasonal cut comb, bee pollen, beeswax, flavored creamed honey spreads, and other specialty gourmet food products made with our farm fresh honey.

Idaho County, Idaho

Galm's Gourmet Garlic and other bulbs

1016 Clearcreek Road Kooskia, ID 83539

Email: N/A

Phone: (208) 926-7317

Website: N/A

CSA: No

About: Galm's produces asparagus, bread, eggs, garlic, grapes, okra, popcorn, pumpkins, raspberries, strawberries, summer squash, tomatoes, winter squash, zucchini and all their garlic is deep well watered in greenhouses and grown in custom soil.

Double Aught Ranch

379 Lee Rd Harpster, ID 83552

Email: callahagle@hotmail.com

Phone: (208) 926-4545

Website: <http://2lazyh.wix.com/lowlineangus>

CSA: No

About: Double Aught Angus Ranch, located near the South Fork of the Clearwater River in northern Idaho, is a small family farm dedicated to raising quality beef by providing our cattle a quality life.

Fiddle Creek Fruit

10649 highway 95 S. Lucile, ID 93542

Email: drupp8755@gmail.com

Phone: (208) 628-3712

Website: <https://www.facebook.com/FiddleCreekFruit>

CSA: No

About: Family owned Fruit, produce, flowers, trees, lawn care and feed and hardware store!

Summerhill Farms

PO Box 299 Kooskia, ID 83539

Email: N/A

Phone: (208) 926-4186

Website: http://www.harvest4life.com/harvestforlife/Photo_Gallery.html

CSA: No

About: Summer Hill Farms features fresh, organically grown produce, homemade granola, raw honey, bulk nuts and beans.

Two Ravens Herbals, LLC

205 cedar Hollow Lane Kooskia, ID 83539

Email: tworavens@mtida.net

Phone: (208) 926-7833

Website: www.tworavensherbals.com

CSA: No

About: Idaho state cert. organic #0-368. We incorporate sustainable concepts in our growing operation

including: composting, cover cropping, crop rotation, planting high diversity non-hybrid plants, seed collecting, water conservation, mulching, and using animal & green manures. We also grow and produce apples, pears, plums, grapes, garlic, medicinal & culinary herbs, oils, tinctures, teas, lotions, salves & balms.

Latah County, Idaho

Affinity Farm

810 Empire Lane Moscow, ID 83843

Email: N/A

Phone: (208) 892-9000

Website: N/A

CSA: No

About: Affinity Farm is a Certified Naturally Grown farm located within the city limits of Moscow, Idaho. We use organic methods to produce a wide variety of seasonal vegetables. We can be contacted weekly between May and October at the Tuesday Growers Market at the Moscow Food Co-op and at the Moscow Farmers Market.

Allan Family Farm

2651 Old Moscow RD Pullman, WA 99164

Email: N/A

Phone: (575) 545-4759

Website: N/A

CSA: No

About: Our purpose is to provide the Pullman/Moscow community with quality, local produce. Everything is grown naturally, meaning no pesticides or herbicides are used. We believe in honoring nature's beautiful, complex systems with simply good produce.

Ann's Farm

1060 Wallen Road Moscow, ID 83843

Email: ann@drawmusic.com

Phone: (208) 883-5548

Website: <http://annsfarm.com> or www.facebook.com/AllanFamilyFarm/info

CSA: No

About: A Farm is a small family farm that raises quality lamb for those who appreciate the excellent taste and wholesomeness of grass grown meat. We use no hormones and do not finish our lamb on grain. The flock grazes on pasture in season and is given hay out of season with some supplementary grain when the ewes are pregnant and nursing. These are hair sheep, ideal meat sheep suitable for the most discriminating palate.

Big Meadow Creek Alpacas

1021 McKeehan Road Troy, ID 83871

Email: admin@bigmeadowcreekalpacas.com

Phone: (208) 882-3556

Website: <http://bigmeadowcreekalpacas.com>

CSA: No

About: I specialize in alpaca fiber, offering yarn made from the animals on the farm for knitters and weavers. Alpaca manure--black gold--provides a safe, natural fertilizer for gardens. Besides using it on our own gardens, we've donated to both the Troy and Moscow community gardens. We also sell the manure if you come and pick it up.

Brush Creek Creamery

1311 Brush Creek Rd. Deary, ID 83823

Email: info@brushcreekcreamery.com

Phone: (208) 877-1118

Website: <http://www.brushcreekcreamery.com/contact-us.html>

CSA: No

About: We use absolutely no hormones, nor chemical pesticides or fertilizers. Our butter and cheese varieties are made from raw, unpasteurized milk, with all its benefits

Cochrane Farms

3750 Hwy 6 Princeton, ID 83857

Email: cochranefarm@hotmail.com

Phone: (208) 669-0106

Website: <https://www.facebook.com/Cochranefarms>

CSA: No

About: We are a small family farm that is focusing on locally grown grass fed beef, goat and also farm fresh eggs.

Deep Roots Farm

225 E Henley Moscow, ID 83843

Email: deeproots.csa@gmail.com

Phone: (208) 301-4538

Website: www.deep-roots-farm.com or <https://www.facebook.com/pages/Deep-Roots-Farm/120397358006937>

CSA: Yes

About: Deep Roots Farm & Design was started when Marci and Greg were just finishing college at the University of Idaho. After several farm apprenticeships each, they decided to venture out on their own. Growing slowly and sustainably has been a key to their success so far. Selling vegetables at the Tuesday Grower's Market in Moscow, ID and directly to restaurants in the area has created a solid foundation for the future.

Elk Meadow Farm and Nursery

1069 Elk Meadow Lane Deary, ID 83823

Email: farmermike@elkmeadownursery.com

Phone: (208) 669-0908

Website: <http://elkmeadownursery.com>

CSA: Yes

About: Michael Robison and Denice Moffat started Elk Meadow Farm & Nursery Dec. 24, 2008 on their home on 40 beautiful acres in the country and little community of Avon. In 2011 they will be offering a "Build Your Own CSA" punchcard which can be used for any of the plants, product and products they offer.

Fosbiz Gardens

Moscow, ID 83843

Email: fosbiz008@gmail.com

Phone: (208) 882-2613

Website: N/A

CSA: No

About: We are a small farm located in town, just 1 mile from the Moscow Farmers Market.

Genesee Valley Daoist Hermitage

1010 Genesee-Troy Road Moscow, ID 83843

Email: daoisthermitage@gmail.com

Phone: (208) 285-0123

Website: No

CSA: No

About: The hermitage was founded in 1994. It is located in rural Genesee, Idaho amid wheat, barley and lentil fields. We participate in the Moscow Farmers' Market 6 months a year on Saturdays from May through October. We grow organic fruits, vegetables and herbs.

Haley's Truck Farm

Juliaetta, ID 83535

Email: N/A

Phone: (208) 276-8519

Website: N/A

CSA: N/A

About: Tons of fresh produce, dozens of beautiful veggie and fruit offerings.

Idaho Herbs

Moscow, ID 83843

Email: drlinda@idahoHerbs.com

Phone: (208) 596-4353

Website: www.idahoherbs.com

CSA: No

About: Organically grown and sustainably wild crafted herbs and flowers. Custom blended medicinal herbal teas and liquid herbal extracts formulated by herbalist & holistic nutritionist Dr. Linda Kingsbury. Holistic health consultations in Moscow, Idaho and over the phone. class schedule at www.idahoHerbs.com.

JerryLee Farm

1270 W. Cove Rd. Viola, ID 83872

Email: jerryandlee@sheepskinsnyarn.com

Phone: (208) 858-2103

Website: <http://www.sheepskinsnyarn.com>

CSA: No

About: We sell only home grown sheepskins, fleeces, and yarn. The farm's name is for Jerry and Lee Bates and has been a joint venture of love, hard work and vision. Our picturesque Idaho homestead lends itself to the highest quality sheepskins, fleeces, and yarn.

Jim's Year-Round Produce

23281 US Hwy 12 Juliaetta, ID 83535

Email: jjmaxx@wildblue.net

Phone: (208) 791-8167

Website: <https://www.facebook.com/pages/Jims-Year-Round-Produce/337280016397705?ref=stream>

CSA: Yes

About: Jim's Year Round Produce is available at Moscow Food Co-op, Moscow Farmers Market, their roadside stand in Juliaetta, Orofino Farmers Market, and to any one interested in local produce can contact them directly. They sell in bulk.

Kent Farm

1670 Flannigan Creek Rd. Potlatch, ID 83855

Email: N/A

Phone: (253) 561-4002

Website: N/A

CSA: No

About: We use no chemicals, only Ladybugs, herbs and flowers to combat pests. Our specialties are: Tomatoes, peppers, maple trees, hollyhocks, squash, pears, raspberries, asparagus, tomatillos, lettuce, prunes, plums, borage, lovage, fennel, basil, sunflowers and more.

Living Soil Microfarms

830 S. Lynn Moscow, ID 83843

Email:

Phone: (208) 882-0410

Website: <http://livingsoilmicrofarms.com>

CSA: Yes

About: At Living Soil Microfarms raised beds are used to grow a large variety of crops in a small space. The use of hand tools and manual labor are emphasized to promote a close relationship with nature. A diversity of crops help maintain a healthy agroecosystem

Mary Jane's Farm

1000 Wild Iris Lane Moscow, ID 83843

Email: iris@maryjanesfarm.org

Phone: (208) 882-6819

Website: www.maryjanesfarm.org or www.facebook.com/MaryJanesFarm

CSA: Yes

About: MaryJanesFarm boasts a wide variety of certified organic fruits and vegetables available to our u-Pick country club members. We are committed to promoting sustainable agriculture and fair trade. Our products are found locally at the Moscow Food co-op, Huckleberry's in Spokane and other health food retailers.

Mellifera Farm

1151 Burnt Ridge Rd. Troy, ID 83871

Email: beesevolve@hotmail.com

Phone: (509) 432-3066

Website: N/A

CSA: No

About: Mellifera Farm is set on rolling forests, grassland and shaded draws near Troy, Idaho. Homesteaded in the late 1800's, maintained as a diverse family farm for much of the next century, the current iteration specializes in the sustainable production of queen bees, beeswax, honey and Icelandic/Shetland sheep for meat and fiber. Our queen bees are bred and selected for local Pacific Northwest conditions.

Orchard Farm

2351 Orchard Ave Moscow, ID 83843

Email: katejaeckel@gmail.com

Phone: (208) 892-0655

Website: <https://www.facebook.com/OrchardFarmSoap>

CSA: No

About: We are a small family-run farm in northern Idaho. Our farm uses no pesticides

or herbicides

of our crops. We manage our soil fertility with compost, kelp and fish fertilizers, cover crops, and crop rotation. We are committed to a healthy planet. lotions, tea blends, and lip balms that we sell at the Saturday Moscow Farmers Market and the Moscow Food co-op.

Palouse Natural Beef

1189 Eid Road Moscow, ID 83843

Email: N/A

Phone: 208-874.3246

Website: <https://www.facebook.com/pages/Palouse-Natural-Beef/111137415595421>

CSA: No

About: Tasty grass-fed beef for the Inland Northwest!

Palouse Prairie Farms

1051 Pleasant Hill Rd Troy, ID 83871

Email: jen@palouseprairiefarms.com

Phone: (208) 835-4246

Website: <http://www.palouseprairiefarms.com>

CSA: No

About: Palouse Prairie Farms is a small family owned and operated farm that raises grassfed beef, lamb, and turkey, as well as wool fleeces for spinning and weaving. our heritage b

fed homegrown hay. We utilize sustainable practices such as rotational grazing, cover crops, and compost. Our farm and animals are hormone, antibiotic, and pesticide free. Products sold farm direct.

Skylines Farm

4551 Highway 6 Harvard, ID 83843

Email: melissa@skylinesfarm.com

Phone: (208) 875-8747

Website: <http://www.skylinesfarm.com>

CSA: No

About: We are a small lavender farm in the Lewis Clark Valley. We have around 300 lavender plants. We hand make craft products with our lavender. We sell dried lavender bundles, dried lavender buds, lavender wreaths, lavender wands, lavender eye masks and lavender filled neck wraps. Please contact for pictures, prices and availability.

Soil Stewards at University of Idaho

Dept. of PSES Box 442339 University of Idaho Moscow, ID 83844

Email: soilstewards@stuorgs.uidaho.edu

Phone: (208) 885-9245

Website: http://www.uiweb.uidaho.edu/student_organizations/soilstewards/

CSA: Yes

About: Student run certified organic farm growing fresh seasonal vegetables for CSA shares, on-campus farmstand and serving the campus community. The purpose of the farm is for experiential learning and participation in the community food system.

Skaar Ranches

2750 Linden Rd. Kendrick, ID 83537

Email: N/A

Phone: (208) 289-2432

Website: N/A

CSA: No

About: Quality grass and grass/legume hay in 3x3x8 bales (approx. 725 lb each). all natural grass-raised feeder cattle. Boer goats and kids. Fresh eggs. Please call with inquiries and for availability.

SpringSong Farm

3110 Darby Rd. Moscow, ID 83843

Email: janice@springsong-farm.com

Phone: (208) 892-2270

Website: <http://www.springsong-farm.com>

CSA: Yes

About: SpringSong Farm raises Corriedale sheep and Boer-cross goats. We offer naturally raised lamb and Chevon (goat) that are grass-fed. We use llamas for predator control and no growth-promoting antibiotics or hormones. We also offer Corriedale wool products including spinning fleeces, roving and yarn. New in 2009 is our fiber CSA, offering yarn or roving shares of our fiber crop.

Sticky Fingers Farm LLC

4410 Highway 8 Troy, ID 83871

Email: stickyfingersfarm@gmail.com

Phone: (208) 835-4018

Website: <http://sticky-fingers-farm.com>

CSA: No

About: Sticky Fingers Farm is operated by Keith, Amanda, and their 5 month old son. This 134 acre family farm specializes in producing fresh, organic, and local ingredients for homemade ice cream and hummus.

Three Sisters Eggery

1055 S. Avon Rd. Deary, ID 83823

Email: mountainlichen@yahoo.com

Phone: (347) 602-0600

Website: N/A

CSA: No

About: We specialize in pasture raised broilers, freezer ready, available in the fall. Also eggs, available almost all year. We offer weekly home delivery. We rotate our flocks through orchard, garden, and hay pasture and plant cover crops of locally grown grains and legumes to use as feed rations to decrease our footprint and increase the network of agricultural products on the Palouse.

Tourmaline Farms LLC

Watts Rd. PO Box 107 Deary, ID 83843

Email: kyle@tourmalinefarms.com

Phone: (208) 877-1700

Website: www.tourmalinefarms.com

CSA: No

About: Producing organic eggs, organic chicken & turkey, grassfed beef. Tourmaline Farms offers our fine food items at the Moscow Farmers Market (Saturdays), Moscow coop Growers Market (Tuesdays 4-6pm) and on the farm. Pre-orders for chicken, & turkey suggested, as the season is limited. Thank you all for all of your past and future support.

Wandering Moose Farm

1190 Grieser Road Genesee, ID 83832

Email: earthmamajen@yahoo.com

Phone: (208) 224-6961

Website: <https://www.facebook.com/pages/Wandering-Moose-Farm/313405595374654>

CSA: No

About: We are a family farm providing legal raw, unpasteurized milk and milk products. We currently sell Jersey cow's milk, cream, and cheese. We also sell vegetables in season and farm fresh eggs. We raise purebred Berkshire pigs and grass fed beef.

Nez Perce County, Idaho

Bellpepper Farm

1507 Grelle Ave Lewiston, ID 83501

Email: N/A

Phone: (208) 743-1228

Website: N/A

CSA: No

About: A small farm located in Lewiston, Idaho.

Canyon Lavender & Wool Farm

Peck, ID 83545

Email: cherylmaas@wildblue.net

Phone: (208) 486-6017

Website: N/A

CSA: No

About: Canyon Lavender & Wool Farm offers dried and fresh vegetables and fruits, as well as jams, cookies, and paper crafts. And of course, a wide selection of sinfully scented and beautiful lavender products.

Hope House Lavender

1220 Alder Ave Lewiston, ID 83501

Email: N/A

Phone: (509) 295-1445

Website: N/A

CSA: No

About: We are a small lavender farm in the Lewis Clark Valley. We have around 300 lavender plants. We hand make craft products with our lavender. We sell dried lavender bundles, dried lavender buds, lavender wreaths, lavender wands, lavender eye masks and lavender filled neck wraps. Please contact for pictures, prices and availability.

Mini Cattle Country

29977 Sweetwater Lane Lapwai, ID 83540

Email: usminicattle@yahoo.com

Phone: (208) 843-2929

Website: <http://www.minicattlecountry.com/index.html>

CSA: No

About: Mini Cattle Country a small family operated ranch, specialized in breeding small framed and miniature cattle. We raise both beef and dairy type cattle. These cattle are ideally suited for small family owned and operated farms and ranches. Genetically selected for optimum performance on grass based organic operations

The Spinner's Flock at Rosebrush Farm

37081 Hanks Grade Lenore ID 83541

Email: sheepster@cpcinternet.com

Phone: (208) 836-5646

Website: <http://www.thespinnersflock.com>

CSA: No

About: The spinner's Flock sheep are lovingly raised to provide wool workers with beautiful clean fiber to spin, knit, weave and felt. Naturally raised Bluefaced Leicester, Corriedale and Moorit fine wool sheep in natural colors including white, gray, black, brown, & variegated silver. dairy goats, breeding stock, locker lamb, and free range chicken eggs are available for purchase on farm, or prearranged delivery.

Woodland Apiaries

1527 Bryden Ave. Lewiston, ID 83501

Email: N/A

Phone: (208) 743-9117

Website: N/A

CSA: No

About: Woodland Apiaries is a locally owned and operated beekeeping business. Our honey is available in a variety of sizes and is both raw and natural.

Harvest Ridge Organics

3233 Powers Ave Lewiston, ID 83501

Email: hro@harvestridgeorganics.com

Phone: (208) 743-1668

Website: www.harvestridge.co

CSA: No

About: We are local fifth generation farmers, growing our rain-fed grains here in the Banana Belt of north Idaho and selling local grain products to local people. Harvest Ridge Organics is certified organic by the Idaho State Dept. of Agriculture and a member of Idaho Preferred. We have a small mill and make delicious, nutritious flour from hard red wheat for breads and rolls, soft white wheat, for pie crusts, pastries, and cookies, Semolina and durum flour for pasta and noodles from Durum wheat as well as rolled oats for cereal, granola, and cookies. At this time, Harvest Ridge is the only certified organic grain producer in North Idaho.

Morgan Orchards

Lewiston, ID 83501

Email: tmlmorgan@cableone.net

Phone: (208) 798-8375

Website: N/A

CSA: No

About: fresh local produce from their Lewiston-based garden which they refer to as "Morgan Orchards"! On this fine early July day, they brought lettuce, spinach, beets, zucchini, kohlrabi, eggs, specialty potatoes, dried fruit, and cabbages the size of soccer balls.

Whitman County, Washington

Allan Family Farm

2651 Old Moscow RD Pullman, WA 99164

Email: N/A

Phone: (575) 545-4759

Website: <https://www.facebook.com/AllanFamilyFarm/info>

CSA: No

About: Our purpose is to provide the Pullman/Moscow community with quality, local produce. Everything is grown naturally, meaning no pesticides or herbicides are used. We believe in honoring nature's beautiful, complex systems with simply good produce.

Eaton Natural Beef

11601 Wawawai Rd Colton, WA 99113

Email: nikki@eatonbeef.com

Phone: (509) 332-1270

Website: N/A

CSA: No

About: We raise our cattle in the most natural way possible. They enjoy a 100% grass-fed diet grazing our grassy pastures in summer and eating nutritious hay in winter. Our cattle are free of hormones and antibiotics. We sell our USDA certified beef at Moscow Farmers Market, restaurants, stores such as Moscow Co-op, and to families. We harvest every month so you can order your beef whenever you like.

Grey Duck Garlic LLC

3151 Parvin Rd. Colfax, WA 99111

Email: jfluegel@colfax.com

Phone: (509) 595-3288

Website: www.greyduckgarlic.com

CSA: No

About: Grey duck Garlic, LLC is a women owned and operated certified organic farm. We grow great tasting gourmet hardneck garlic in a sustainable and fun fashion. In 2009 we are conducting research on organic garlic production and engaging in a weed trial study funded by the organic Farming Research Foundation.

Joseph's Grainery

PO Box 662 Colfax, WA 99111

Email: info@josephsgrainery.com

Phone: (509) 397-3670

Website: <http://www.josephsgrainery.com/p/contact-us.html>

CSA: No

About: Joseph's Grainery is your source for thoroughly cleaned whole grains direct from the farm. Located in the beautiful rolling hills of the Palouse in Southeastern Washington State, the Pea and Lentil Capitol of the World, we take pride in offering you exceptional quality grains at very competitive prices.

Maple K Farms LLC

1102 Kammerzell Road Colfax, WA 99111

Email: maplek@pionnetwb.com

Phone: (509) 397-4589

Website: www.maplehighlands.com

CSA: No

About: Maple K Farms was established in 1936 in the lush rolling hills of the Palouse. We provide natural grass fed beef by raising Highland cattle originally from Scotland. Their meat is known for its lean healthy attributes as well as the rich robust flavor. Maple K Farms provides grass-fed Highland beef in the spring and

fall by the 1

/4, 1/2, or who

open pastures with abundant water. Our natural Highland beef is available only from the farm.

Moffett's Organics

12552 Wawawai Rd Colton, WA 99113

Email: smoffett@wsu.edu

Phone: (509) 332-7313

Website: N/A

CSA: No

About: We live in Wawawai Canyon, where we can see the Snake River from the vineyard. We grow for the market: vegetables, herbs, fruit, nuts and flowers. We also make jelly, jam, preserves and marmalade in the commercial kitchen that is part of the winery, and bake pies, scones, and other baked goods using our own fruit. We have free-range chickens and sell eggs.

O mache Farm

Pullman, WA 99164

Email: OmacheFarm@gmail.com

Phone: (509) 334-4202

Website: <http://www.omachefarm.blogspot.com>

CSA: Yes

About: We are a small farm just south of Pullman, WA. We raise vegetables and sheep with plans to add eggs, chicken, pork and small grains in the future.

Palouse Paradise

701 Parvin Road Colfax, WA 99111

Email: N/A

Phone: (509) 432-5755

Website: N/A

CSA: No

About: We raise pastured sheep, cattle, chicken, and heritage turkeys on our small farm. We feed locally produced and milled grains, including dry peas, hay, and alfalfa. Our Great Pyrenees dogs protect our animals from predators, mainly coyotes. All of our animals are treated with calm, compassionate care. Chickens and turkeys have housing available but range freely over large pastures. They are fed treats including fruit from our orchard and fresh raw milk.

Runner Bean Ranch

17892 S.R. 272 Palouse, WA 99161

Email: runnerbeanranch@gmail.com

Phone: (509) 878-1728

Website: www.facebook.com/RunnerBeanRanch

CSA: No

About: We are a small all natural vegetable farm just outside of Palouse Washinton. We think good healthy food shouldn't be a luxury it should be the standard.

Palouse Brand

4932 State Route 27 Pullman, WA 99163

Email: customerservice@palousebrand.com

Phone: (509) 332-1535

Website: www.palousebrand.com

CSA: No

About: We sell a variety of beans and grains in different sizes from 1.5 lbs to 100 lbs and then by the truckload. Non GMO Garbanzo, Split Peas, Lentils, Hard White, Red, Soft White grains.

Washington State University Organic Farm

Department of Crop and Soil Sciences PO Box 64620 Pullman, WA 99164

Email: melissa.bean@wsu.edu

Phone: (509) 335-5893

Website: www.css.wsu.edu/organicfarm

CSA: Yes

About: The WSU Organic Farm was established in 2004 and provides on-site education in small-scale organic agriculture. The farm offers a Practicum in Organic Agriculture spring, summer, and fall terms.

Wawawai Canyon Vineyard and Winery

12552 Wawawai Rd. Colton, WA 99113

Email: dfmoffett@yahoo.com

Phone: (509) 332-7313

Website: www.wawawaicanyon.com

CSA: No

About: We have the only commercial vineyard in Whitman county. We use sustainable methods to raise wine grapes. With our winemaker son Ben, we make wine in our winery. Our tasting room is on the Pullman-Moscow Highway. Our farm also produces Moffett's brown eggs and a variety of berries, tree fruit and walnuts. Our free-range turkeys are pastured in the vineyard to eat the grasshoppers!

About: The Palouse Clearwater Food Coalition

The Palouse Clearwater Food Coalition was developed in response to the increased demand for locally produced foods, preservation of agriculture, health, food access and bringing together existing organizations in the Palouse Clearwater region to improve the local food system. The coalition of community members from all sectors of the food system works to encourage collaboration between existing groups, promote economic development, educate, increased communication and growth in the regional food system.

Because food encompasses all sectors of the community, the coalition is comprised of community members from the food industry, education, hunger relief, agriculture, local government and economic development organizations. The coalition takes a place based comprehensive approach, pursues long-term strategies and tangible solutions and seeks buy in from all sectors of the local food system.

Recent project include:

- *A completed regional food systems infrastructure assessment identifying gap and shortcomings in our local food system. 2013*
- *Produced and distributed this local food resource guide educating people about food in their community. 2013*
- *An evaluation of the city and county comprehensive plans for "food friendly" planning ordinances. 2013*

