

MOAB LOCAL FOOD GUIDE 2017

— 2017 —

Moab



Grown!

— ASK US HOW WE PARTNER —
— WITH LOCAL GROWERS! —

ART BY ANNA HAMMOND, GRAND COUNTY HIGH SCHOOL

QUICK GUIDE

FRUITS

	Ballard Fruit and Vegetables	Bristol, JoCynthia	Burnett, Jake	Castle Valley Farms	Dunham Farms	Dunn, Jessica	Early Morning Orchard	Easy Bee Farm	Manzana Springs Vegetable Farm	Olschewski Farms	Paradox Produce Company	Rockfield Place	Sorrel River Ranch	Tiny Veggies	Youth Garden Project
Apple				X		X	X								
Apricot				X		X	X								
Cantaloupe	X	X		X	X			X			X		X		
Cherry				X		X	X				X				
Nectarine				X		X	X								
Peach				X		X	X								
Pear				X			X								
Plum				X		X	X								
Pluot						X									
Raspberry						X	X				X				
Serviceberry							X								
Strawberry							X								
Watermelon	X	X		X	X						X		X		

VEGGIES

	Ballard Fruit and Vegetables	Bristol, JoCynthia	Burnett, Jake	Castle Valley Farms	Dunham Farms	Dunn, Jessica	Early Morning Orchard	Easy Bee Farm	Manzana Springs Vegetable Farm	Olschewski Farms	Paradox Produce Company	Rockfield Place	Sorrel River Ranch	Tiny Veggies	Youth Garden Project
Artichoke							X								
Arugula				X		X	X					X			
Asparagus				X											
Basil			X	X	X	X	X	X	X	X	X	X	X	X	X
Beets	X		X	X		X	X			X					X
Borage							X			X		X			
Broccoli				X	X		X				X				
Cabbage				X		X	X			X					
Carrot	X	X	X	X	X	X	X			X					X
Celery				X											
Chives			X		X	X	X						X		
Cilantro				X	X		X						X		
Corn, Sweet		X		X									X		
Cucumber		X	X	X	X	X	X	X	X	X	X	X	X		
Dill			X	X	X	X	X			X					X
Eggplant			X	X		X	X	X		X		X	X		X
Fennel					X		X								X
Garlic			X	X		X	X	X	X	X					X

QUICK GUIDE

	Ballard Fruit and Vegetables	Bristol, JoCynthia	Burnett, Jake	Castle Valley Farms	Dunham Farms	Dunn, Jessica	Early Morning Orchard	Easy Bee Farm	Manzana Springs Vegetable Farm	Olschewski Farms	Paradox Produce Company	Rockfield Place	Sorrel River Ranch	Tiny Veggies Youth Garden Project
Gourd								X			X			
Green Bean		X	X	X			X	X			X	X	X	
Kale				X			X	X			X			X
Kohlrabi				X				X						X
Lavender				X		X		X						
Leek				X				X						
Lettuce				X		X	X	X			X	X	X	X
Marjoram						X		X						
Mint						X		X						X
Minutina				X										
Mustard Green			X	X			X	X						
Okra			X	X		X		X						X
Onion				X			X	X				X		X
Orach			X					X						
Oregano						X		X						
Parsley			X	X			X	X			X			
Parsnip											X			
Peas		X	X	X			X	X				X		X
Hot Pepper	X		X	X		X	X	X			X	X	X	X
Sweet Pepper	X		X	X		X	X	X	X		X	X	X	X
Potato	X	X	X	X			X	X			X	X	X	X
Pumpkin					X								X	
Raddichio								X						
Radish			X	X			X	X						
Rosemary						X		X			X			
Sage								X						
Spearmint						X		X						
Spinach			X	X		X	X	X						X
Sprouts													X	
Summer Squash		X	X	X		X	X	X	X		X	X	X	X
Sweet Potato				X				X						X
Swish Chard			X	X			X	X	X		X			X
Thyme						X	X	X			X			
Tomatillo						X	X	X						
Tomato	X	X	X	X		X	X	X	X		X	X	X	X
Turnip				X			X	X						X
Winter Squash	X	X	X	X	X	X					X	X	X	X

Moab Utah LOCAL FOOD Guide



Thank you for picking up this 2017 Moab Utah Local Food Guide! Those growing and producing food within a 100 mile radius from Moab have been included in this guide to help YOU make locally sourced purchasing decisions.





This guide was created through USU
Extension Sustainability and the USDA.
Shiree Duncan & Roslynn Brain



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HARVEST CALENDAR

FRUIT

	January	February	March	April	May	June	July	August	September	October	November	December
Apple							X	X	X			
Apricot							X	X				
Cantaloupe							X	X	X			
Cherry						X	X					
Nectarine							X	X				
Peach							X	X	X			
Pear								X	X	X		
Plum							X	X	X	X		
Pluot									X			
Raspberry							X	X	X			
Serviceberry					X							
Strawberry				X	X	X	X					
Watermelon							X	X	X			

VEGGIES

	January	February	March	April	May	June	July	August	September	October	November	December
Artichoke							X	X	X			
Arugula		X	X	X	X				X	X	X	
Asparagus		X	X	X	X							
Basil					X	X	X	X				
Beets			X	X	X	X	X	X	X	X	X	
Broccoli									X	X	X	X
Cabbage							X	X	X	X	X	X
Carrot	X	X	X	X	X	X	X	X	X	X	X	X
Chives		X	X	X	X	X	X	X	X	X	X	
Cilantro	X	X	X	X						X	X	
Corn, Sweet								X	X			
Cucumber							X	X	X			
Dill			X	X	X	X	X	X	X	X		
Eggplant							X	X	X	X		
Fennel				X	X	X	X	X	X	X		
Garlic	X	X					X	X	X	X	X	X

HARVEST CALENDAR

	January	February	March	April	May	June	July	August	September	October	November	December
Gourd								X	X	X		
Green Bean						X	X	X	X	X		
Kale			X	X	X	X	X	X	X	X	X	X
Kohlrabi			X	X	X	X	X		X	X	X	
Lavender							X	X	X			
Leek					X	X	X	X	X	X		
Lettuce			X	X	X	X			X	X	X	
Marjarom					X	X	X	X	X	X		
Mint				X	X	X	X	X	X	X	X	
Mustard Green			X	X	X	X	X	X	X	X		
Okra							X	X	X			
Onion	X	X	X	X	X	X	X	X	X	X	X	X
Orach	X	X	X	X	X	X			X	X	X	X
Oregano					X	X	X	X	X	X	X	
Parsley		X	X	X	X					X	X	
Parsnip									X	X	X	
Peas					X	X						
Hot Pepper							X	X	X			
Sweet Pepper							X	X	X			
Potato							X	X	X	X	X	
Pumpkin										X	X	X
Raddichio	X	X	X	X	X					X	X	X
Radish			X	X	X	X			X	X	X	
Rosemary	X	X	X	X	X	X	X	X	X	X	X	X
Sage				X	X	X	X	X	X	X	X	X
Spinach		X	X	X	X	X						
Sprouts	X	X	X	X	X	X	X	X	X	X	X	X
Summer Squash							X	X	X			
Sweet Potato								X	X			
Swish Chard			X	X	X	X	X	X	X	X	X	
Thyme					X	X	X	X	X	X	X	
Tomatillo							X	X	X	X		
Tomato							X	X	X	X		
Turnip			X	X	X	X	X		X	X	X	
Winter Squash	X							X	X	X	X	X



Ten Reasons to Buy Locally in Moab

1 You keep your money in our economy.

Locally owned businesses return four times the rate of their revenue to our Utah economy when compared to national chains.

2 You embrace the character of our community.

3 You create local jobs.

4 You help the environment.

5 You benefit from our passion and expertise.

6 You keep your tax dollars here.

7 You encourage innovation and product diversity.

8 You love your neighbors.

Studies show that locally owned businesses in Utah donate to community causes at nearly three times the rate of national chains.

9 You keep the American dream alive.

10 You make us a destination.

Join the buy local movement!
Visit us online at LocalFirst.org
to learn more.



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FRUITS AND VEGETABLES

Ballard Fruits and Vegetables

Brian Ballard
435-260-8332

[Email](#)

5 acres up Hang Dog Road,
Moab.

Brian is a farmer part-time and also operates a construction business. He has 2 part-time employees and will maintain the same level of production next season. Top 3 favorite crops: beets, carrots and potatoes.

PRODUCE GROWN:

Cantaloupe, watermelon, beets, carrot, peppers (hot & sweet), potato, tomato, winter squash

RETAIL OUTLETS: Direct sales

Bristol, JaCynthia

JaCynthia Bristol
435-686-2584

[Email](#)

About 3 acres, 113 South
Lisbon Valley Road, La Sal.

JaCynthia is a backyard gardener and will decrease production next year as they are building a new house. Top 3 favorite crops: tomatoes, winter squash and watermelon.

PRODUCE GROWN:

Cantaloupe, watermelon, carrot, sweet corn, cucumber, green bean, peas, potato, squash (summer & winter) and tomato

RETAIL OUTLETS:

Moonflower Co-op and direct sales

Burnett, Jake

Jake Burnet
435-259-4319

1500 square feet in production at 158 Buchanan Lane, Castle Valley.

Jake is a backyard gardener part-time and is employed as a carpenter. He will maintain the same level of production next season. Top 3 favorite crops: potatoes, orach and squash.

PRODUCE GROWN:

Basil, beets, carrot, chives, cucumber, dill, eggplant, garlic, green bean, mustard green, okra, orach, parsley, peas, pepper (hot & sweet), potato, radish, spinach (palco), squash (summer & winter), swiss chard and tomato

RETAIL OUTLETS:

Moab Farmers' Market, Moonflower Co-op and direct sales

Castle Valley Farms

Shawn Speidel
435-259-8099

[Email](#)

[Website](#)

[Facebook](#)

50 acres alfalfa, 5 acres orchard,
1/3 acre greenhouses and 1
acre field production at 320
Castleton Road, Castle Valley.

Shawn is a full-time farmer and plans to increase crop diversity and succession planting next season. He works with the Daystar Academy students (3 hours/day/student/5 days/week) and there are volunteers from time to time. Top 3 favorite crops: Napa cabbage, carrots and any successful planting.

PRODUCE GROWN: Alfalfa, apple, apricot, cantaloupe, cherry, nectarine, peach, pear, plum and watermelon, arugula, asparagus, basil, beets, broccoli, cabbage, carrot, celery, cilantro, sweet corn, cucumber, dill, eggplant, garlic, green bean, kale, kohlrabi, lavender, leek, lettuce, minutina, mustard

green, okra, onion, parsley, peas, pepper (hot & sweet), potato, radish, spinach, squash (summer & winter), sweet potato, swiss chard, tomato and turnip

RETAIL OUTLETS: Moonflower Co-op, Jeffrey's Steakhouse, Direct sales

Dunham Farms

Chris Dunham
435-820-8202, 435-564-8396

[Email](#)

800 acres at 1200 North
Hastings Road, Green River.

Chris is a full-time farmer with 4 employees. He plans on decreasing melon production next year.

PRODUCE GROWN:
Cantaloupe, watermelons,
pumpkin and winter squash

RETAIL OUTLETS: Local stand in Green River, Grand Junction Farmers Market, Moab Farmers' Market, Salt Lake City Farmers Market



Dunn, Jessica

Jessica Dunn
435-260-0516

[Email](#)

250 square feet at 4508 Vista Verde Circle, Moab.

Jessica is a part-time farmer and owns and operates a state licensed daycare- Moab Munchkins. She will maintain current production levels next year. Top 3 favorite crops: cucumbers, mint and tomatoes.

PRODUCE GROWN: Basil, broccoli, carrot, chives, cilantro, cucumber, dill, fennel, lavender, lettuce, marjoram, mint, okra, oregano, pepper (hot & sweet), rosemary, spearmint, spinach, squash (summer & winter), thyme, tomatillo, tomato, and chicken and duck eggs

VALUE ADDED PRODUCTS: Bread, fire starters, jams, salsa, seed pits and seedlings

RETAIL OUTLETS: Direct sales and Moab Farmers' Market

Early Morning Orchard

Skip Doty
970-464-1349

[Email](#)

[Website](#)

[Facebook](#)

24 acres at 3694 G 4/10 Road, Palisade, CO.



Skip is a full-time, year round farmer with 6 full-time employees. Next season he plans on increasing production. Top 3 favorite crops: peaches, tomatoes and plums.

PRODUCE GROWN: Apple, apricot, cherry, nectarine, peach, plum, pluot and raspberry, arugula, basil, beets, cabbage, carrot, chives, cucumber, dill, eggplant, garlic, green bean, kale, lettuce, mustard green, onion, parsley, peas, pepper (hot & sweet), potato, radish, spinach, summer squash, swiss chard, thyme, tomatillo, tomato and turnip

VALUE ADDED PRODUCTS: Dried fruit



RETAIL OUTLETS: Delivery service, Moab Farmers' Market, Moonflower Co-op, Basalt Sunday Market, Palisade Sunday Farmer's Market, Parachute Farmers Market, Rifle Farmers Market, and 2 artisan markets open soon in Silt and Basalt

Easy Bee Farm

Rhonda Gotway Clyde
and Jess Oldham
435-260-2231

[Email](#)

[Website](#)

[Facebook](#)

Instagram: @easybeefarm
2 acres at 4065 Easy Street, Moab.



This is a full-time enterprise and Rhonda also works for Grand Rental Center and Jess operates her business Farm Yard. They offer 6 work share positions and 30 membership shares in their CSA. Next year they plan to increase production, expanding their CSA shares, restaurant sales & the occasional Farmer's Market. Top 3 favorite crops: romaine lettuce, tomato, garlic.

PRODUCE GROWN: Apple, apricot, cantaloupe, cherry, nectarine, peach, pear, plum, raspberry, serviceberry, strawberry, artichoke, arugula, basil, beets, borage, broccoli, cabbage, carrot, chives, cilantro, cucumber, dill, eggplant, fennel, garlic, gourd, green bean, kale, kohlrabi, lavender, leek, lettuce, marjoram, mint, mustard green, okra, onion, orach, oregano, parsley, peas, peppers (hot and sweet), potatoe, radicchio, radish, rosemary, sage, spearmint, spinach, summer squash, sweet potato, swiss chard, thyme, tomatillo, tomato and turnip

RETAIL OUTLETS: Community Supported Agriculture, guest appearances at the Moab Farmers' Market, 98 Center and Twisted Sistas

Manzana Springs Vegetable Farm

Chris Kauffman and Adrea Lund
435-260-8775

[Email](#)

[Website](#)

6 acres at 1851 Spanish Valley Drive, Moab.

Chris and Adrea are part-time farmers and both also work for Grand County. Work-trade positions and one live-in volunteer position are available. Will maintain the same level of production next season. Top 3 favorite crops: basil, garlic and tomatoes.

PRODUCE GROWN: Basil, cucumber, eggplant, garlic, sweet pepper, summer squash, swiss chard and tomato

RETAIL OUTLETS: Desert Bistro, Moab Farmers' Market, Moonflower Co-op, Peace Tree Cafe, Paradox Pizza, Village Market

Olschewski Farms

Jon Olschewski
435-258-6086

[Email](#)

[Website](#)

[Facebook](#)

5 acres at 4275 Heather Street, Moab and 1000 linear feet at his home garden.

Jon is a part-time farmer and backyard gardener. He also builds tube amplifiers and plays music for Stonefed. There are work-trade and volunteer positions available for garlic harvest. He plans on increasing production next year.

PRODUCE GROWN: Garlic

RETAIL OUTLETS: Moab Farmers' Market and Moonflower Co-op

Paradox Produce Company
Martha (Marty) Warner and Greg Spaulding
970-859-7207

[Email](#)

[Website](#)

0.6 acres or 26000 sq. feet at 5739 U5 Road Paradox, CO.

This a full-time and year-round operation, just 9 miles over the Utah state border. Growing since 2004 they specialize in variety and deliver weekly to Moab, or as needed. Top 3 favorite crops: tomatoes, cucumbers, carrots.

PRODUCE GROWN: Cantaloupe, watermelon, basil, beets, borage, cabbage, carrot, cucumber, dill, eggplant, garlic, gourd, green bean, kale, lettuce, parsley, parsnip, pepper (hot & sweet), potato, rosemary, squash (summer & winter), Swiss chard, thyme and tomato

VALUE ADDED PRODUCTS: They are beekeepers and currently produce honey, beeswax and honey candy

RETAIL OUTLETS: Norwood Farm and Craft Market (Norwood, CO), direct sales, the FRESH Food Hub (Norwood, CO), Moonflower Co-op and they also sell to Early Morning Orchard

Rockfield Place

Louise Meier and Terry Boekhout
970-864-7382

[Email](#)

80 acres at 29162 DD 31 Trail Nucla,
CO.

Full-time farming for Louise and part-time for Terry who is also an excavator operator. Next year they plan to decrease vegetable production and increase fruit and honey production. Top 3 favorite crops: tomatoes, cherries and raspberries.

PRODUCE GROWN: Raspberries, tart cherries, broccoli, green bean, lettuce, peas, pepper (hot & sweet), potato, squash (summer & winter), tomato

VALUE ADDED PRODUCTS: Hay, jams, honey and tart cherry juice

RETAIL OUTLETS: Direct sales, Norwood Farm and Craft Market and FRESH Food Hub (Norwood, CO)

Sorrel River Ranch Resort & Spa

Wyatt Custer
785-249-3020

[Website](#)

[Facebook](#)

Instagram: @sorrelriverranch
1.75 acres at HC64 Box 4002 Mile 17
Highway 128, Moab.

This is a full-time enterprise which employs 4 full time employees.

A green, leaf-shaped graphic containing the word 'NATURAL' in white, uppercase, sans-serif font. The graphic is positioned over the bottom right corner of the page, overlapping the onion image.

NATURAL



PRODUCE GROWN:

Cantaloupe, watermelon, basil, borage, cilantro, chives, corn (sweet), cucumber, eggplant, green bean, lettuce, onion, peppers(hot & sweet), potato, pumpkin, squash (summer & winter), and tomato

VALUE ADDED PRODUCTS:

Heirloom varieties of plant starts

RETAIL OUTLETS: Direct sales and periodic Moab Farmer's Market

Tiny Veggies

Robin Dahm
609-668-7421



[Email](#)
[Website](#)

60 square feet at 3436 Lemon Lane, Moab.

Robin is a part-time indoor farmer and also a part-time freelance technical editor. Next season she plans on increasing production.

PRODUCE GROWN: Soil sprouts

RETAIL OUTLETS: Moab Farmers' Market, Direct Sales

Youth Garden Project

Ruth Linford
435-259-2326



[Email](#)
[Website](#)
[Facebook](#)
[Instagram](#)
[Twitter](#)

1 acre in production at 530 South 400 East, Moab.

The Youth Garden Project is focused on offering high-quality educational programs for youth and community members in Moab. YGP sits on 1.5 acres next to Grand County High School and has 4 full-time staff members and 4-7 full time interns in the spring/summer/fall. Will maintain current production levels next year. Youth who come to the garden love the spinach, sungold tomatoes, carrots, and peaches that they grow on-site.

PRODUCE GROWN: Arugula, basil, beets, carrot, dill, eggplant, fennel, garlic, kale, kohlrabi, lettuce, mint, okra, onions, peas, pepper (hot & sweet), potato, spinach, squash (summer & winter), sweet potato, swiss chard, tomato and turnip

VALUE ADDED PRODUCTS:

A variety of preserves for sale, mostly jam, but also pickles, apple butter, and salsa. Also, fruit leather and apple chips

RETAIL OUTLETS: CSA share program, Moab Farmers' Market, Moonflower Co-op



The South
Garden
Project

Growing
Kids, Food
& Community

MEAT

Duncan, Jazmine
Orville or Jazmine
435-259-1064

[Email](#)

2 acres at 161 Buchanan,
Castle Valley.

Jazmine is a backyard
gardener and will have the
same level of production or
decreasing production next
year. Top 3 favorite crops:
greens, potatoes and fruit.

MEAT PRODUCED: Live
rabbits

PRODUCE GROWN: Apple,
apricot, cherry, peach,
pear, beets, carrot, lettuce,
peas, pepper (hot), potato,
pumpkin, radish, spinach,
swiss chard and tomato

RETAIL OUTLETS: Direct
sales

Ken's Meats
Ken Helfenbein
435-210-1595

[Email](#)

11.5 acres at 2931 East
Bench Road, Moab.

Ken is a full-time farmer
and will be decreasing
production next year to 5 or
6 cows and 30 lambs.

MEAT PRODUCED: Beef
and lamb

VALUE ADDED
PRODUCTS: Hay

RETAIL OUTLETS: Direct
sales

Roan Creek Ranch
Kathryn Bedell
970-270-2099

[Email](#)

[Website](#)

[Facebook](#)

4000+ acres at 2114 J Road,
Grand Junction, CO. Retail
address 119 East Aspen,
Fruita CO.

This is a full time ranch
with 2 employees. They plan
on maintaining current
production levels next year.

MEAT PRODUCED: Cattle,
sheep, pork

RETAIL OUTLETS:
Moab Farmers' Market,
Moonflower Co-op, Roan
Creek Ranch Grocery in
Fruita, Moab Foodies
Google group- deliveries
monthly



Ruby Ranch

Kerry Rozman
435-650-3193

[Email](#)

900 acres in Green River.

This is a full-time family farm and ranch with no employees. They plan to increase production of direct sales beef and increase production of

alfalfa seed to another 100 acres next year.

MEAT PRODUCED: Beef and live cattle

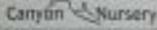
VALUE ADDED PRODUCTS: Alfalfa, alfalfa seed and hay

RETAIL OUTLETS: Moonflower Co-op, Ye Ol Geezer Meat Shop, direct sales

PLANT NURSERIES

Canyon Nursery

Alice Drogin
435.259.8274



[Email](#)
[Website](#)
[Facebook](#)

1 acre at 436 Rimrock Lane,
Castle Valley.

Alice is a full-time gardener and has 2 employees. Work-trade available for nursery credit. They will have the same level of production next year.

FRUIT TREES: Apple, apricot, cherry, peach, pear, and plum

VEGETABLE STARTS:
Broccoli, cabbage, eggplant, kale, leek, onion, pepper (hot & sweet), spring greens, swiss chard and tomato

RETAIL OUTLETS: Direct sales

Wildland Scapes LLC

Kara Dohrenwend
435-259-0820

[Email](#)
[Website](#)
[Facebook](#)



1.25 acres at 1471 South Mill
Creek Drive, Moab.

Assisting with re-establishing production on 30 acres along the river.

Kara is a full-time farmer though their food production is part time. They have three employees and will be increasing production next year slightly.

FRUIT TREES: Apple, apricot, cherry, nectarine, peach, pear, plum, chestnut, almond and walnut

BERRY STARTS: Blackberry, boysenberry, grapes, and raspberry

VEGETABLE STARTS: Beets, eggplant, herbs (basil, dill, mint, parsley, rosemary, sage, sorrel, thyme), jerusalem artichokes, onion sets, pepper (hot & sweet) and tomato | Vegetable seeds of all kinds. They carry approximately 100 varieties regularly, but can order a packet of almost anything

RETAIL OUTLETS: Direct sales, contract growing available







Kaki's Kitchen

Kaki Hunter
435-259-8378

[Email](#)

[Website](#)

[Facebook](#)

256 East 100 South, Moab.

Kaki creates her products part-time and is also a natural builder and performance artist. She will have the same production next year as this year. Loves making bread because it's magic!

VALUE ADDED PRODUCTS:

Granola, artisan sourdough bread, fermented foods and cookies

RETAIL OUTLETS: Moab Farmers' Market, Moab Foodies Google Groups, and Moonflower Co-op

Nunn Better Jerky Products

Greg Nunn
435-259-8607

[Email](#)

[Website](#)

[Facebook](#)

About 3000 square feet at 306 E. Holyoak Lane, Castle Valley.



VALUE-ADDED PRODUCTS

Greg is a full-time farmer. Work trade positions, up to 6 people to help plant carrots. He plans to increase production next year. Top 3 favorite crops: carrots, chili pasilla, and garlic.

PRODUCE GROWN: Carrots, chili pasilla and garlic

VALUE ADDED PRODUCTS: Beef and bison jerky and Chili Pasilla powder

RETAIL OUTLETS: Moonflower Co-op

Spanish Valley Vineyards and Winery

Curt and Alesia
Stripeika

801-419-9470

[Email](#)

[Website](#)

[Facebook](#)

5.5 acres at 4710 Zimmerman Lane, Moab.

Curt and Alesia are farmers raising grapes and producing wine. This is a full-time enterprise and they have a part-time employee and also hire extra help at harvest time. They will have the same level of production next year as this past year.

PRODUCE GROWN: Grapes



VALUE ADDED PRODUCTS:
Wine and cherry fruit wine

RETAIL OUTLETS: Onsite at the tasting room, open 12PM-6PM March-November, liquor stores, Desert Bistro, Moab Brewery and Eddie McStiff's.

Sister Root Medicinals and Wise Raven Herbs

Ali Root

435-259-7315

970-676-1032

[Email](#)

[Website](#)

[Facebook](#)

Instagram: @sisterrootmedicinals
1 1/2 acre pasture and 1/2 acre herb production in Castle Valley.



Ali is a part-time backyard gardener who also does landscaping and massage therapy. She plans to increase production next year. Top 3 favorite crops: garlic, winter squash and calendula.

MEAT PRODUCED: Lamb (live)

PRODUCE GROWN: Medicinal and culinary herbs

VALUE ADDED PRODUCTS:
Liniments, lip balm, poultices, salves, sunscreen, tinctures and toothpowder and custom formulas

RETAIL OUTLETS: Canyonlands Copy Center, Moab Barkery, Moonflower Co-op, Phoenix Rising Center, Spa Moab, The Farm Bistro in Cortez, Dolores Food Market, Dancing Willow Herbs in Durango, Peace Tree Cafe in Monticello, Zuma Natural Foods in Mancos and Direct sales

Sundial Medicinals

Emily Stock
435-260-8556

[Email](#)

[Website](#)

[Facebook](#)



750 square feet at the home garden the apothecary at 550 North Main Street, Moab.

Emily is a full-time medicinal herb farmer. Work-trade positions are available and she plans to increase production next year. Top 3 crops: ashwagandha, violet and angelica.

PLANTS GROWN: Over 60 herb varieties, half perennial and half biennial/annual.

VALUE ADDED PRODUCTS: Balms, bath soaks, deodorant spray, ear oil, herbal honeys, salves, tea blends and tonics.

RETAIL OUTLETS: Moab Made, Moonflower Co-op, Sundial Medicinals Apothecary.



Tommy's Tonics

Tommy Mayer

760-799-5121

[Email](#)

[Website](#)

[Facebook](#)

320 Castleton Road, Castle Valley.

Tommy is a part-time farmer and also works as a teacher at Daystar Academy. He plans to increase production next year.

PRODUCE GROWN: Onion, garlic, habaneros, ginger and lavender

VALUE ADDED PRODUCTS : Tonic and lavender essential oil

RETAIL OUTLETS: Moab Farmers' Market, Moab Made, Moonflower Co-op, Spa Moab

Wild Bloom Fermentations

Lisa Carter

801.388.9247

[Email](#)

[Website](#)

[Facebook](#)

550 North Main Street, Suite D. Moab.



Part-time. Also, self employed as a massage therapist at Lotus Massage.

VALUE ADDED PRODUCTS: Kombucha and kefir waters available in bulk. Additional pickled and fermented foods/drinks available in the future.

RETAIL OUTLET: Taproom hours: Wed-Sat, 2-6 PM







RETAIL OUTLETS

Moab Farmers' Market
Greg Hernandez, Market
Manager
435-259-2326

[Email](#)

[Website](#)

[Facebook](#)

Swanny Park (400 North 100
West Moab). April-October on
Fridays 4:30-7PM

Moonflower Community
Cooperative

Derek Whitworth, General
Manager

435-259-5712

435-259-5657 fax

[Email](#)

[Website](#)

[Facebook](#)

39 East 100 North Moab.
Open everyday 8 AM-8 PM.

Ye Ol Geezer Meat Shop

Henry Evans

435-259-4378

[Email](#)

[Website](#)

[Facebook](#)

Twitter: @geezermeats

Instagram: @geezer_meats

1240 S Hwy 191, Moab. Tues-
Sat 10AM- 6PM.

This is a full time, year round
storefront where 3 persons
are employed. All meat either
USDA or state inspected.



DONATE SURPLUS
PRODUCE AND FRUIT

Grand County

Food Bank

56 North 200 East, Moab.

435-259-6456

Hours of operation: 9:30-12

PM, Tuesdays and Thursdays.

Drop off during business hours

or call during these times to

arrange a different drop off

time.

Moab Valley

Multicultural Center

156 North 100 West, Moab.

435-259-5444

Call first for space availability

Tax ID# 20-8007037

EXEMPLARY COMMUNITY MEMBERS

Edwards, Tom

Tom Edwards

[Email](#)

2500 square feet at 4300 Easy Street, Moab.

Tom is retired and is a backyard gardener. He grows an abundance of produce and generously donates to the Food Bank and the Multicultural Center. Next year he wants to grow a less diverse production focusing on growing more of what he can give away; beets, cabbage and turnips.

PRODUCE GROWN AND DONATED:

Beets, broccoli, brussels sprouts, cabbage, cauliflower, cucumber (slicers & picklers), dill, eggplant, epazote, fennel, garlic, okra, onion, pepper, potato (Cranberry Reds), radish, sweet potato, tomato (Manitoba and San Marzano), turnip, winter squash and zucchini

The Black Walnut

Tom Noce

435-259-5676

[Email](#)

3 acres at 108 Pace, Castle Valley.

Tom is retired and is a part-time backyard gardener. He will sustain current levels of production next year. He generously donates to the Food Bank and the Multicultural Center.

PRODUCE GROWN AND DONATED:Asparagus and many varieties of fruit





OTHER RESOURCES

[Facebook Moab Gardeners Group](#)

[Moab Foodies Google Group](#)

[Moab Online Farmers Market](#)

[USU Extension Sustainability](#)

