



2018

MOAB LOCAL FOOD GUIDE

art by Elly Bauer Grand County High School

QUICK GUIDE

FRUITS

	Ballard Fruit and Vegetables	Castle Valley Farms	Dunn, Jessica	Early Morning Orchard	Easy Bee Farm	Manzana Springs Vegetable Farm	Moonlight Mile	Olschewski Farms	Paradox Produce Company	Red Moon Lodge	Right Arm Farm	Sorrel River Ranch	Youth Garden Project
Apple		X	X	X									
Apricot		X	X	X									X
Canary Melon									X				
Cantaloupe		X		X		X		X	X	X			
Cherry		X	X	X									
Nectarine		X	X	X									X
Peach		X	X	X									X
Pear		X	X	X									X
Plum		X	X	X									X
Pluot			X										
Raspberry			X	X									
Serviceberry				X									
Strawberry				X									
Watermelon	X					X		X			X		

VEGGIES

	Ballard Fruit and Vegetables	Castle Valley Farms	Dunn, Jessica	Early Morning Orchard	Easy Bee Farm	Manzana Springs Vegetable Farm	Moonlight Mile	Olschewski Farms	Paradox Produce Company	Red Moon Lodge	Right Arm Farm	Sorrel River Ranch	Youth Garden Project
Artichoke				X									
Arugula		X	X	X		X				X			X
Asian Greens										X			
Asparagus		X										X	
Basil		X	X	X	X	X	X	X	X	X	X	X	X
Beets	X	X		X	X			X		X	X	X	X
Broccoli		X	X		X								
Broccoli Raab											X		
Burdock										X			
Cabbage		X		X	X			X					
Carrot		X	X	X		X		X		X	X	X	X
Celery		X								X			
Collards										X			
Corn, Sweet		X	X			X							
Cucumber		X	X	X	X	X	X	X		X	X		
Daikon Radish										X			
Edible Flowers											X		
Eggplant		X	X	X	X			X		X	X	X	X

QUICK GUIDE

	Ballard Fruit and Vegetables	Castle Valley Farms	Dunn, Jessica	Early Morning Orchard	Easy Bee Farm	Manzana Springs Vegetable Farm	Moonlight Mile Farm	Olschewski Farm	Paradox Produce Company	Red Moon Lodge	Right Arm Farm	Sorrel River Ranch	Youth Garden Project
Fennel				X							X	X	
Garlic		X	X	X	X	X	X	X		X		X	
Gourd				X		X		X					
Green Bean		X	X	X				X		X	X	X	
Herbs		X	X	X		X	X	X	X	X	X	X	
Kale		X	X	X		X		X	X	X	X	X	
Kohlrabi		X		X									X
Leek		X		X						X			
Lettuce		X	X	X				X	X		X	X	
Microgreens											X		
Minutina		X											
Mesclun Mix						X							
Mustard Green		X	X	X						X			
Okra		X											X
Onion		X	X	X		X				X	X	X	
Orach				X									
Parsnip								X					
Peas		X	X	X						X	X	X	
Pepper, Hot			X	X		X		X	X	X	X	X	
Pepper, Sweet		X	X	X	X			X			X	X	
Potato	X	X	X	X		X		X			X		
Pumpkin			X										
Raddichio				X									
Radish		X	X	X						X	X		
Roselle											X		
Shoots/Sprouts										X			
Spinach		X	X	X		X				X	X	X	
Summer Squash	X	X	X	X	X	X		X			X	X	
Sunflower			X										
Sweet Potato		X		X									
Swiss Chard		X	X	X	X	X		X		X		X	
Tomatilloe			X	X									
Tomato		X	X	X	X	X		X	X	X	X	X	
Turnip		X	X	X						X		X	
Winter Squash	X	X				X		X	X		X	X	

Moab Utah LOCAL FOOD Guide



Thank you for picking up this 2018 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, the Moab Farmers' Market, and Grand County Conservation District.

Shiree Duncan & Roslynn Brain McCann

shireeduncan@gmail.com

roslynn.brain@usu.edu



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White, Vice President for Extension and Agriculture, Utah State University.

HARVEST CALENDAR

FRUIT

	January	February	March	April	May	June	July	August	September	October	November	December
Apple							X	X	X			
Apricot							X	X				
Canary Melon							X	X	X			
Cantaloupe							X	X	X			
Cherry						X	X					
Nectarine							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	
Asian Greens			X	X	X	X	X	X	X	X	X	
Asparagus			X	X	X	X						
Basil						X	X	X	X			
Beet				X	X	X	X	X	X	X	X	
Broccoli									X	X	X	X
Broccoli Raab			X	X	X				X	X		
Burdock	X	X	X								X	X
Cabbage							X	X	X	X	X	X
Carrot	X	X	X	X	X	X	X	X	X	X	X	X
Celery										X	X	
Collards			X	X	X	X	X	X	X	X	X	X
Corn, Sweet								X	X			
Cucumber							X	X	X			
Daikon Radish								X	X	X	X	
Edible Flowers					X	X	X	X	X	X		
Eggplant							X	X	X	X		

HARVEST CALENDAR

	January	February	March	April	May	June	July	August	September	October	November	December
Fennel					X	X	X	X	X	X		
Garlic	X	X					X	X	X	X	X	X
Gourd									X	X	X	
Green Bean				X	X	X	X	X	X			
Herbs			X	X	X	X	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	
Leek	X	X				X	X	X	X	X	X	X
Lettuce			X	X	X	X			X	X	X	
Microgreens	X	X	X	X	X	X	X	X	X	X	X	X
Minutina		X	X	X						X	X	
Mesclun Mix			X	X	X	X	X	X	X	X	X	X
Mustard Green			X	X	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
Parsnip									X	X	X	X
Peas					X	X						
Pepper (Hot)							X	X	X			
Pepper (Sweet)							X	X	X			
Potato	X	X					X	X	X	X	X	X
Pumpkin										X	X	X
Radichio	X	X	X	X	X					X	X	X
Radish			X	X	X	X	X	X	X	X	X	
Roselle										X	X	
Shoots/Sprouts	X	X	X	X	X	X	X	X	X	X	X	X
Spinach		X	X	X	X	X						
Summer Squash							X	X	X			
Sunflower								X	X			
Sweet Potato								X	X			
Swiss Chard			X	X	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	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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Ballard Fruits and Vegetables

Brian Ballard
 435-260-8332
 brian.gvc@frontiernet.net
 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. Production levels are dependent upon snowpack. Top 3 favorite crops: beets, carrots and potatoes.

PRODUCE GROWN: Beets, potato and winter squash

RETAIL OUTLETS: Direct sales

Castle Valley Farms
 Raymond Betz and Josh Paton
 435-259-8099
 sales@castlevalleyfarms.com
 www.castlevalleyfarms.com
 https://www.facebook.com/
 CastleValleyFarms/
 40 acres alfalfa, 5 acres orchard,
 1/3 acre greenhouses and 1
 acre field production at 320
 Castleton Road, Castle Valley.

Raymond is a full-time farmer and plans to increase crop diversity and succession plantings. He works with the Daystar Academy students

(3 hours/day/student/5 days/ week) and there are volunteers from time to time. They strive to grow nutrient dense food using practices that are largely organic (not certified). They are committed to not using pesticides, herbicides or fungicides in the production of food for human consumption. Top 3 favorite crops: Napa cabbage, carrots and any successful planting. Josh is the field crops director at Castle Valley Farms. He harvests and sells the alfalfa hay.

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

RETAIL OUTLETS: Moonflower Co-op, Direct sales & Wholesale accounts

Dunn, Jessica

Jessica Dunn
(435) 260-0516
MoabMunchkinsLLC@gmail.com
250 square feet at 4508 Vista Verde Circle, Moab.

Jessica is a hobby farmer with chickens & ducks practicing permaculture. She uses environmentally friendly pest control when necessary, like diatomaceous earth and garlic/water/oil spray. The chickens do most of the pest control. Top 3 favorite crops: Cucumbers, mint and tomatoes.

PRODUCE GROWN:

Basil, broccoli, chives, sweet corn, cucumber, mint, oregano, pepper (hot & sweet), pumpkins, sage, summer squash, sunflower, tomato

VALUE ADDED PRODUCTS:

Eggs (chicken & duck)
Plant Starts (mint, peppers & mint)

RETAIL OUTLETS:

Direct Sales and Moab Farmers Market

Early Morning

Orchard

Skip Doty
970-464-1349



skipsfarmtomarket@gmail.com
www.earlymorningorchard.com
<http://www.facebook.com/earlymorningorchard>
24 acres at 3694 G 4/10 Road, Palisade, CO.

Skip is a full-time, year round farmer with 6 full-time employees. Growing methods include natural growing techniques and cover cropping. Top 3 favorite crops: peaches, tomatoes and plums.

PRODUCE GROWN: Apple, apricot, cherry, nectarine, peach, pear, 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 & eggs



RETAIL OUTLETS

Delivery service, Glenwood Springs Farmers Market, Moab Farmers Market, Moonflower Co-op, Parachute Farmers Market, Rifle Farmers Market, Skip's Farm to Market in Basalt and an artisan market to open soon in Silt

Easy Bee Farm

Rhonda Gotway Clyde
and Jess Oldham

435-260-2231

easybeefarm@gmail.com

www.easybeefarm.com

<https://www.facebook.com/easybeefarm/>

[instagram.com/easybeefarm](https://www.instagram.com/easybeefarm)

[instagram.com/easybeefarm](https://www.instagram.com/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. Growing practices: organic (not certified), minimal tillage, crop rotation, cover cropping, green manure, compost mulching and drip irrigation for water conservation. Top 3

favorite crops: romaine lettuce, tomato, garlic.

PRODUCE GROWN: Apple, apricot, cantaloupe, cherry, nectarine, peach, pear, plum, raspberry, serviceberry and strawberry

Artichoke, arugula, basil, beets, borage, broccoli, cabbage, carrots, chives, cilantro, cucumber, dill, eggplant, fennel, garlic, gourd, green beans, kale, kohlrabi, lavender, leek, lettuce, marjoram, mint, mustard green, okra, onion, orach, oregano, parsley, peas, peppers (hot and sweet), potato, radicchio, radish, rosemary, sage, spearmint, spinach, squash (summer), sweet potato, swiss chard, thyme, tomatillo, tomato and turnip

RETAIL OUTLETS:

Community Supported Agriculture and guest appearances at the Moab Farmers Market



Manzana Springs Vegetable Farm

Chris Kauffman and Adrea Lund
435-260-8775
christopherkauffman@yahoo.com
www.manzanasprings.com/farm.htm
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. Organic (uncertified) growing practices. 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, Village Market

Moonlight Mile Farm

Matt Langer
435-260-0854
moonlightmilefarm@gmail.com
moonlightmilefarm.com
instagram.com/moonlightmilefarm
facebook.com/moonlightmilefarm
1 acre in production at 180 Shafer Lane, Castle Valley.



This is a full-time business using organic growing practices (not certified), low-till and biointensive planting. Top 3 favorite crops; potatoes, turnips, rutabagas

PRODUCE GROWN:
Cantaloupe and watermelon
Arugula, basil, carrots, chiles, cilantro, corn (sweet), cucumbers, garlic, gourd, kale, mesclun mix, onion, parsley, potato, spinach, squash (summer & winter), swiss chard, tomato

VALUE ADDED PRODUCTS:
Eggs

RETAIL OUTLETS:
Moab Farmers Market

Olschewski Farms

Jon Olschewski
435-258-6086
oldchefski@hotmail.com
<http://www.stateslisting.com/biz/moabgardencreation>
www.facebook.com/jonathan.olschewski
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. Growing practices are non-certified organic, herbicide and pesticide free.

PRODUCE GROWN: Garlic

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

Paradox Produce Company
Martha (Marty) Warner and Greg Spaulding
970-859-7207
paradoxproducecompany@frontier.com
www.paradoxproducecompany.com
26000 sq. feet at 5739 U5 Road Paradox, CO.

This is a full-time and year-round operation, beekeeping and mountain biker support, providing laundry, shower, lounge area, farm to table meals (by reservation) and shuttle service for parts or other needs. Growing practices are to NOFA (Northeast Organic Farming Association) standards, because they

are stricter than USDA, although uncertified at this time. Top 3 favorite crops: tomatoes, cucumbers, carrots.

PRODUCE GROWN: Cantaloupe and 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: Direct Sales, Moonflower Co-op and sell to Early Morning Orchard

Red Moon Lodge

Deanna King
435-260-9027
georgeredmoon@gmail.com
www.redmoonlodge.com
1 acre at 2950 Old City Park, Moab. This is a part-time farming enterprise while also running a B&B and retreat center on 6 acres. Volunteer positions and 2 work-trade positions are available. Organic practices (not certified) and drip irrigation for water conservation. Top 3 favorite crops: tomatoes, flowers, melons.

PRODUCE GROWN: Canary melon and cantaloupe
Chives, cilantro, dill, kale, lavender, lettuce, marjoram, oregano, pepper (hot), rosemary, thyme, squash (winter), tomato (heirloom)

VALUE ADDED PRODUCTS: Eggs and flowers

RETAIL OUTLETS: Direct sales and Moonflower Co-op

Right Arm Farm

Shiree Duncan and Hayley Olsen

435-881-9060, 435-770-1515

rightarmfarm@gmail.com

<https://www.facebook.com/Right-Arm-Farm-532450147135913/>

1250 square feet at 817 Mountain View Drive, Moab and 1250 square feet in Spanish Valley.

This is a part-time enterprise with organic growing (uncertified), no-spray practices and using cover crops. Top 3 favorite crops; Beets, cherry tomatoes and kale.

PRODUCE GROWN: Cantaloupe
Arugula, asian greens, basil, beets, broccoli raab, burdock, carrot, celery, cilantro, collards, cucumber, daikon radish, dill, eggplant, garlic, green bean, kale, leeks, mustard green, onion, peas (snap), pepper (hot), radish, scallion, shiso, spinach, swiss chard, tomato, turnip

VALUE ADDED PRODUCTS: Flower bouquets

RETAIL OUTLETS: Moab Farmers' Market









Sorrel River Ranch

Resort & Spa

435-259-4642

garden@sorrelriver.com

<http://www.sorrelriver.com>

<https://www.facebook.com/SorrelRiverRanch/>

[\[https://www.instagram.com/\]\(https://www.instagram.com/1.75 acres at HC64 Box 4002 Mile 17 Highway 128, Moab.\)](https://www.instagram.com/1.75 acres at HC64 Box 4002 Mile 17 Highway 128, Moab.</p></div><div data-bbox=)

1.75 acres at HC64 Box 4002 Mile 17

Highway 128, Moab.



Youth Garden

Project

Ruth Linford

435-259-2326

ruth@youthgardenproject.org

www.youthgardenproject.org

<https://www.facebook.com/youthgardenproject/>

<https://www.instagram.com/youthgardenproject/>

<https://twitter.com/youthgardenmoab>

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



Sorrel River Farm is focused on building healthy soil to produce the most nutritionally dense food that nature has to offer. The farm employs four full time growers throughout the season. They grow heirloom and non-gmo varieties exclusively. Farming practices include; no-till, sheet composting, and fertilizing with biological amendments (activated biochar and worm castings, made on site), and follow IPM. They do not use any inorganic fertilizers or other chemicals.

PRODUCE GROWN:

Watermelon

Asparagus, basil, beets, borage, carrot, cilantro, cucumbers, dill, eggplant, fennel, green bean, kale, lettuce, marigold, microgreens, mizuna, nasturtium, onion, peas, peppers (hot & sweet), potato, radish, roselle, spinach, squash (summer & winter) tomato

VALUE ADDED PRODUCTS:

Heirloom varieties of plant starts

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

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. Youth who come to the garden love the spinach, sungold tomatoes, carrots, and peaches that they grow on-site. YGP follows organic practices (not certified) and exercises no-till farming. They make use of a variety of cover crops and practice strict crop rotations from season to season to maintain and improve soil quality.

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 Program and Moab Farmers Market

Ken's Meats

Ken Helfenbein
435-210-1595
kenhelfenbein@gmail.com
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
kathy@roancreekranch.com
www.roancreekranch.com
[https://www.facebook.com/
RoanCreekRanch/](https://www.facebook.com/RoanCreekRanch/)
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 raise grass
fed lamb and beef and also
sell pork from hormone and
antibiotic free happy pigs.

MEAT PRODUCED: Cattle,
sheep and pork

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

Ruby Ranch

Kerry Rozman
435-650-3193
kerry@ftitel.net
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 60
acres next year.

MEAT PRODUCED: Beef and
live cattle

VALUE ADDED PRODUCTS:
Alfalfa, alfalfa seed and hay

RETAIL OUTLETS: Direct
Sales, Moonflower Co-op
and Ye Ol Geezer Meat Shop



PLANT NURSERIES GARDEN AMENDMENTS

Canyon Nursery
Alice Drogin
435.259.8274
canyonlandscape@icloud.com
www.canyonlandscape.com
<https://www.facebook.com/CanyonNursery/>
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

Solid Waste Special Services District #1

District Manager: Deborah Barton or Senior Operator: Adam Watkins

435-259-3867
gcswmss@gmail.com
www.solidwastessd1.com
Moab Landfill at 1282 Sand Flats Road, Moab

A full time enterprise with employees (Equipment Operator I & II). Moab Landfill/Compost
Hours: Monday, Tuesday, Thursday-Saturday 9 am to 4:45 pm, closed holidays.

GARDEN AMENDMENTS: Mulch and unscreened compost

Wildland Scapes LLC
Kara Dohrenwend
435-259-0820
nursery@reveg.org
www.revegmoab.com
www.facebook.com/



WildlandScapesNativePlant Nursery/1.25 acres at 1471 South Mill Creek Drive, Moab. Assisting with re-establishing production on 30 acres along the river.

Kará 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



Nunn Better Jerky Products

Greg Nunn
435-259-8607
gregn@citlink.net



www.nunnbetterjerky.com
<https://www.facebook.com/Nunn-Better-Jerky-1391385404417635/>
About 3000 square feet at 306 E. Holyoak Lane, Castle Valley. Greg is a full time farmer. Work trade positions, up to 6 people to help plant carrots. Top 3 favorite crops: carrots, chili pasilla, and garlic. Organic growing methods (uncertified) and cover cropping.

PRODUCE GROWN:
Carrots, chili pasilla and garlic

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

RETAIL OUTLETS:
Moonflower Co-op

Sister Root Medicinals and Wise Raven Herbs



Ali Root
435-259-7315, 970-676-1032
sisterroot@gmail.com
www.sisterrootmedicinals.com
<https://www.facebook.com/Sister-Root-Medicinals-166353460068262/>
Instagram

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. Growing practices are organic (not certified) and free of herbicides, pesticides or any other

toxic/petro-chemicals. Compost is produced from Castle Valley carbon and in-house nitrogen from lamb raised on farm for their family. Any other amendments for growing are always certified organic. Lunar rhythms guide planting and she follows many biodynamic practices as well. Top 3 favorite crops: garlic, winter squash and calendula.

PRODUCE GROWN:
Medicinal and culinary herbs

VALUE ADDED PRODUCTS:
Herbal oils, liniments, lip balm, poultices, salves, sunscreen, teas, tinctures, toothpowder and custom formulas

RETAIL OUTLETS:
Canyonlands Copy Center, Direct sales, Moab Barkery, Moab Made, 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, and Zuma Natural Foods in Mancos

Spanish Valley Vineyards and Winery



Curt and Alesia Stripeika
801-419-9470
curt@spanishvalleyvineyards.com
www.moab-utah.com/
spanishvalleywinery/
<https://www.facebook.com/Spanish-Valley-Vineyards-and-Winery-344853999000718/>
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.

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.

Sundial Medicinals

Emily Stock.

435-260-8556

sundialmedicinals@gmail.com

www.sundialmedicinals.com

<https://www.facebook.com/SundialMedicinals/>

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



farmer's
market



Emily is a full-time medicinal herb farmer. Work-trade positions are available. 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 tinctures and tonics.

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



Wild Bloom Fermentations

Lisa Carter

801.388.9247

wildbloommoab@gmail.com

www.wildbloommoab.com

<https://www.facebook.com/wildbloommoab/>

225 S. 400 E. 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

Tommy's Tonics

Tommy Mayer

760-799-5121

tommy@tommytonics.com

www.sozo.com

<https://www.facebook.com/TommysTonics/>

320 Castleton Road, Castle Valley.

Tommy is a part-time farmer and also works as a teacher at Daystar Academy.

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

VALUE ADDED PRODUCTS : Tonic and lavender essential oil

RETAIL OUTLETS: Moab Made, Moonflower Co-op, Spa Moab







RETAIL OUTLETS

Moab Farmers' Market
Shiree Duncan, Market
Manager
435-259-2326

shireeduncan@gmail.com
www.moabfarmersmarket.com
www.facebook.com/
moabfarmersmarket
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
info@moonflower.coop
www.moonflower.coop
https://facebook.com/
Moonflower-Community-
Cooperative-260421563433/

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

Ye Ol Geezer Meat Shop
Henry Evans
435-259-4378
geezer@geezermeats.com
www.geezermeats.com
https://facebook.com/geezer.
meats
https://facebook.com/
Ye-Ol-Geezer-Meat-
Shop-102303772045/
Twitter- @Geezer_meats
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

Grand Conservation District

We protect agriculture, promote conservation, and help communities stay strong!

Grand Conservation District helps people implement local solutions that sustain and improve Grand County's natural resources through partnerships, planning, and programs.

We protect against damage from soil erosion, manage flood waters, and safeguard against pollution.

Our group works with farms, ranches, and forest land to improve their soil productivity, water quality, air quality, and wildlife habitats.

Our board consists of:

- ◆ *Sam Cunningham, Co-Chair* ◆ *Rhonda Gotway Clyde, Co-Chair*
- ◆ *Dr. Philip Koppel, Treasurer*
- ◆ *Kara Dohrenwend, Supervisor* ◆ *Dee Taylor, Supervisor*
- ◆ *Robin B. Dahm, Clerk*



OTHER RESOURCES

Facebook Moab Gardeners Group

[http://www.facebook.com/
groups/2016428205164557/
?ref=ts&fref=ts&_nodl](http://www.facebook.com/groups/2016428205164557/?ref=ts&fref=ts&_nodl)

Moab Foodies Google Group

moabfoodies@googlegroups.com

Sustainable Moab Office

<https://sustainablemoab.com>

USU Extension Sustainability

extensionsustainability.usu.edu

