

Sustainable Food & Agriculture

www.yearofplenty.org

Food Access Coalition of Spokane County ntauzin@srhd.org
<http://www.realfoodspokane.org>
 Works to place real, nutritious, planet-friendly food into the kitchens, hands and mouths of all residents. Creates viable strategies to ensure people have reliable access to healthful foods.

ALLERGIES, FOODIES & ALTERNATIVES

ASTHMA & ALLERGY FOUNDATION OF AMERICA aafa.org 800-727-8462
FOOD ALLERGY & ANAPHYLAXIS NETWORK foodallergywalk.org 800-929-4040
INLAND NORTHWEST COALITION ON EATING DISORDERS incedspokane.org/
ROCKWOOD CLINIC ALLERGY CENTER 342-3400
SPOKANE FOOD ALLERGY SUPPORT NETWORK spokaneasn.org 730-5636

Gluten Free

Glutenfreespokane.com
www.glutenfreeregistry.com

Slow Food Upper Columbia

loralea1@centurytel.net
slowfooduppercolumbia.wordpress.com
 Supports local, sustainable food options and social events.

The Whole Plate

Jennifer Hall
thewholeplateonfacebook.com
 Events and information to help citizens support people and places engaged in work to improve health and accessibility of the food supply.

Vegan/Vegetarian

foodnotbombs.net happycow.net
spokanevegans.wordpress.com/
spokanevegan.com spokanevegfest.org
urbanspoon.com vegguide.org
INLAND NORTHWEST VEGAN SOCIETY
 PO Box 1119, Spokane 99201
INWVeganSociety@gmail.com
<http://www.inveg.org>

COMMUNITY GARDENS & GLEANERS

www.spokanegardens.com

Associated Garden Clubs

ASSOCIATED GARDEN CLUBS OF SPOKANE Jennifer 747-3930
 PO Box 8363, Spokane 99203
INLAND EMPIRE GARDENERS
 PO Box 13184 535-8434
 Spokane Valley WA 99213 tieg.org
 ViAnn Meyer tieg@comcast.net
 Build a community of gardeners
 Horticulture education &

Encourage home gardening.
 Aid in protecting forests, wildlife and birds.

Backyard Harvest 208-669-2259
 933 E 7th St backyardharvest.org
 PO Box 978, Moscow 83843
 Provides fresh produce to neighbors whose access to healthy foods is limited.

Community Roots 208-667-9093
KOOTENAI ENVIRONMENTAL ALLIANCE
 408 Sherman, Ste 301 Fax: 667-9093
 Coeur d'Alene 83814 kealliance.org
rootslfs@kealliance.org
 Donates produce from gardens and orchards for food banks, meal sites and community agencies.

Master Gardener Programs
WSU SPOKANE COUNTY EXTENSION
 222 N Havana St, Spokane 99202
dori.babcock@wsu.edu
masterygardener.wsu.edu
 Doris Babcock 477-2181

Trains volunteers to be community educators by providing science-based information on horticulture and environmentally sound garden practices. Master Gardener Foundation of Spokane County
 222 N Havana St, Spokane 99202
mgfsc.org 477-2193
ADAMS MG 659-3210
aarons@wsu.edu

FERRY MG
 Tonia Jordan 775-5225
PEND OREILLE MG 447-2401
cmack@wsu.edu
STEVENS MG 684-2588
dkollock@wsu.edu
WHITMAN MG 397-6290
schmidt@wsu.edu

UI EXTENSION 208-885-6635
ag.uidaho.edu/mg/
 State Coord: Robert Tripepi
BENEWAH MG 208-245-2422
BONNER MG 208-263-8511
BOUNDARY MG 208-267-3235
KOOTENAI & SHOSHONE 208-446-1680
LATAH MG 208-883-2267

Spokane Edible Tree Project (SETP) 998-6686
info@spokaneedibletreeproject.org
spokaneedibletreeproject.org
 Exec Dir: Kate Burke
 Increases amount of local food distributed at food banks, through registering, harvesting, and educating the public on fruit and nut tree maintenance.

INTENTIONAL COMMUNITIES

<http://www.ic.org>

NW Intentional Communities Assn (NICA) nica.ic.org
 4106 224th St SE #1, Bothell 98021
nwcommunities.org nica.ic.org

Rainbow Family welcomehome.org
<http://rainbowgatherings.org>
<https://www.facebook.com/rainbowfamilygatherings>

ORGANIC/GOURMET & FAIR TRADE/ ORGANIC FOOD

farmersmarketonline.com/fm/Washington.htm
<http://www.farmersmarketonline.com/fm/Idaho.htm> foodsecurity.org
foodroutes.org localharvest.org
naturallygrown.org nica.ic.org
organicconsumers.org
spokanegardens.com
sustainabletable.org/home.php
tilthproducers.org
washingtontilth.com

Catering: Nonprofit

CHRIST KITCHEN
 2410 N Monroe, Spokane 99205
christkitchen.org 325-4343
 Jan Martinez janbow@msn.com
 Dir: Kim Kelly kim@christkitchen.org
 A nonprofit Christian ministry providing work, job training and fellowship for women in poverty in Spokane through production and sales of food gift baskets, soups, breads, cookies and holiday items and catering.
NEW LEAF BAKERY CAFE & CATERING - TRANSITIONS 496-0396
 12 E 5th Ave, 99202 help4women.org
 Mail: 3128 N Hemlock, Spokane 99205
newleaf@help4women.org
 Prog Dir: Jamie Borgan
 Helping women develop marketable skills for employment.

Community Supported Agriculture

Organic produce harvest and distribution, membership based.
COLBERT LOCALLY GROWN 238-4969
colbertlocallygrown@air-pipe.com
cottonpickinfarm.locallygrown.net
FULL CIRCLE 866-EAT-WELL
fullcirclefarm.com
LINC FOODS
 1820 E 9th Ave, Spokane 99202
info@lincfoods.com lincfoods.com
 Beth Robinette 990-4247
 Joel Williamson 230-1223
PALOUSE GROWN MARKET
 Holly Coleman 868.5596
palousegrownmarket@gmail.com
<http://pgm.locallygrown.net>
URBAN EDEN FARM 953-7863
urbanedenfarm@gmail.com
 Jim Schrock urbanedenfarm.com

MY SQUARE GARDEN
 603 S Flint Rd, Airway Heights
mysquaregarden.com
ROCKY RIDGE RANCH 953-0905
 36196 Oehlschlaeger Rd N
 PO Box 175, Reardan 99029
rockyridgeranchspokane.com
ELITHORP FARM
elithorpfarm.com 276-6647
TOLSTOY FARMS 725-FARM (3276)
 32280 Mill Canyon Rd
 Davenport 99122 tolstoyfarms.org
 IN IDAHO: (208)
SIX RIVER'S MARKET 946-5562
 PO Box 255, Sandpoint 83864

Fair Trade/Organic Coffee

delocator.net/index.php
CRAVEN'S COFFEE 800-214-BEAN
cravenscoffee.com
DOMINION TRADING CO 255-1212
 PO Box 751, Liberty Lake 99010
dominiontrading.com
EQUAL EXCHANGE 774-776-7366
equalexchange.com/interfaith
INDABA 443-3566
 1425 W Broadway Ave
 Spokane 99201 indabacoffee.com
MAYA EARTH COFFEE 892-3193
 PO Box 1161, Airway Hghts 99001
coffee@mayaeearthcoffee.com
mayaeearthcoffee.com
NECTAR OF LIFE COFFEE CO
 PO Box 945 979-5245
 Veradale 99037 nectaroflife.com

Farmers Market Networks

RURAL ROOTS, INC
 PO Box 8925 colette@ruralroots.org
 Moscow 83843 ruralroots.org
 A small farming organization, supports and enhances sustainable farms and local food.
WASHINGTON STATE FARMERS' MARKET ASSN 206-706-5198
 PO Box 707, Tacoma 98401
execdirector@wafarmersmarkets.com
<http://wafarmersmarkets.com/>
 Exec Dir: Karen Kinney
 Encourages farmers markets so small farmers can market to consumers and consumers can talk to growers, buy fresh produce and experience its health-giving effects.

Catholic Charities Food for All/ Fresh Bucks

459-6163
 PO Box 2253 Spokane 99210
foodforall@ccspokane.org
catholiccharitiesfoodforall.org
 Program Coordinator: Brian Estes
 Food for All and Food for All Farm supports a regional food system that is healthy, equitable and prosperous through education, advocacy, and coordinated programming. Fresh Bucks SNAP/ EBT recipients receive \$2 in Fresh Bucks for every \$5 spent at

participating farmers markets and FFA annually distributes Senior Farmers Market Nutrition Program vouchers as well.

GMO Free – Spokane/ GMO Label Washington – Spokane

gmlabelspokane@gmail.com
GMOLabelSpokane.org or [GMO-LabelSpokane on facebook.com](https://www.facebook.com/GMOLabelSpokane)
 Spokane area based GMO labeling action group that works to ensure a future where citizens will have a choice to buy non-GMO food.

National Lentil Festival

415 N Grand Ave **800-365-6948**
 Pullman 99163 lentilfest.com 334-3565

Natural & Organic Food Grocers & Farmers Coops

FARMERS MARKET & GARDEN CENTER
 1420 E Sprague, 99202 **534-2651**
LORIE HERBS & NATURAL FOODS
 1102 S Perry St, 99202 **456-0702**
MAIN MARKET COOP mainmarket.coop
 44 W Main, 99201 **458-2667**
MOTHER'S CUPBOARD
mothersnutrition.com
LIBERTY LAKE
 1233 N Liberty Lake Rd, Ste 108
 Liberty Lake 99019 **444-5028**

NORTH SPOKANE **466-9661**
 9984 N Newport Hwy, Spokane 99218
SOUTH HILL **533-0554**
 3001 E 29th Ave, Spokane 99223
SPOKANE VALLEY
 109 N University Rd **922-3655**
 Spokane Valley WA 99206
MOTHER'S CUPBOARD - HAYDEN
 293 W Prairie Shopping Center
 Hayden 83835 **208-762-2141**

Small Farming, Education & Networks

COMMUNITY AGRICULTURAL DEVELOPMENT CENTER
 985 S Elm, Colville 99114 **684-2588**

communityagcenter.org
CULTIVATING SUCCESS
info@cultivatingSUCCESS.org
cultivatingSUCCESS.org
 Education for small farms.
GREEN BLUFF GROWERS ASSOCIATION
 PO Box 1117, Mead 99021
godma2010@gmail.com
greenbluffgrowers.com
INLAND NW FOOD NETWORK
 PO Box 610 **208-546-9366**
 Coeur d'Alene 83816
info@inwfoodnetwork.org
www.inwfoodnetwork.org
 Founder/Exec Dir: Teri McKenzie

FARMERS MARKETS

* - FMNP, WIC and Senior Voucher Farmers' Market Nutrition Program

City	Farmers Market	Location	Phone	Dates	Hours	*	Contact
Bonnets Ferry	Bonnets Ferry Farmers Market	City Parking Lot, 6181 Kootenai St (& Hwy 95)	208-267-2780 208-304-6625	late Apr-early Oct	8-1, Sat		bonnetsferryfarmersmarket.org
Cheney	Cheney Farmers Market	Marketplace Bakery and Deli, 1011 First St	235-2225	mid May-late Sept	2-6, T	X	Cheney-Farmers-Market on facebook.com
Chewelah	Chewelah Farmers Market	North end of Chewelah City Park, 700 N Park St & Hwy 395	680-2032	mid May-end Oct	11:30-5:30, F	X	chewelahfarmersmarket.com
Clarkston	Clarkston Farmers Market	Twin River Bank parking lot, 5th & Sycamore		June-Sept	8-12, Sat	X	ClarkstonFarmersMarket on facebook.com
Clayton	Clayton Farmers Market	4616 Wallbridge Dr	276-9644	June-Sept	noon-4, Sun		claytoncommunityfair.com
Coeur d'Alene	Downtown Farmers Market	Sherman & 5th	208-659-8330	May- Sept	4-7, W		kootenaicountyfarmersmarket.org
Colville	NEW Farmers Market	121 E. Astor	517-414-0399	May-Oct	9-1, WSat	X	http://newfarmersmarket.org
Davenport	Davenport Market	Pioneer Plaza, 6th & Morgan	280-9896	June-Sept	3-7, F	X	BRBFarmersMarket on facebook.com
Dayton	Dayton Farmers Market	700 Artisan Way	386-6431	mid May-early Oct	11-3 Sat		bluemountainstation.com
Grangeville	Grangeville Farmers Market	Main & State St/Pioneer Park	208-983-1569	mid July-late Sept	9-1, Sat		www.facebook.com/groups/128365537173880/
Hayden	Kootenai County Farmers Market	Hwy 95 & Prairie Ave	208-659-8330	May- Oct	9-1:30, Sat evening Th		kootenaicountyfarmersmarket.org
Lewiston	Lewiston Farmers Market	Parking lot, 5th and "D" Sts	208-244-2563	June-Oct	5-8, W		beautifuldowntownlewiston.com/lfm/
Liberty Lake	Liberty Lake Farmers Market	1421 N Meadowwood Ln	290-3839	mid-May - mid-Oct	9-1, Sat	X	llibertakefarmersmarket.com
Millwood	Millwood Farmers Market	3223 N Marguerite	924-2350	mid May - end Sept	3-7, W	X	http://www.millwoodpc.org/millwood-farmers-market/
Moscow	Moscow Farmers' Market	Friendship Sq & Main St	208-883-7036	May - Oct	8-1, W	X	MoscowFarmersMarket on facebook.com
Newport	Pend Oreille Farmers Market	Spruce & Union	671-3389	May-Sept	9-1, Sat	X	smallfams.wsu.edu/fams/farmers_markets.asp
Pullman	Pullman Farmers Market	In the Spot Shop Parking Lot, 240 NE Kamiaken St	334-3565	May-mid Oct	3:30-6, W		pullmanmarket on facebook.com
Rathdrum	Rathdrum Farmers Market	Rathdrum City Park, Hwy 53	208-640-9315 208-687-2399	mid May-Sept	9-1, 2nd & 4th Sat		http://www.rathdrum.org
Sandpoint	Sandpoint Farmers Market	Farmin Park, 3rd & Oak	208-597-3355	May-mid Oct	3-5:30, W; 9-1, Sat	X	sandpointfarmersmarket.com
Spokane	Emerson-Garfield Farmers Market/Project Hope	IEL Adult Education Center 2310 North Monroe	389-0964	June-mid Oct	3-7, F	X	http://market.emersongarfield.org
Spokane	Kendall Yards Market	Summit Parkway, east of Cedar St	321-5888	mid-May to mid-Oct	4 - 8, W		kendallnightmarket.org
Spokane	Spokane Farmers Market	10 W 5th	995-0182	mid June-Oct	8-1, WSat	X	spokanefarmersmarket.org
Spokane	Thursday Market	The Shop, 924 S Perry St	720-8449	June-Oct	3-7, Th	X	thursdaymarket.org Winter: across the street
Spokane	West Central Marketplace/Project Hope	West Central Community Cntr/ Cannon Park, 1920 W Maxwell	780-6229	Mid June-mid Oct	3-6, T	X	projecthopespokane.org
Walla Walla	Downtown Farmers Market	Crawford Park / Market Station at the corner of Main & Fourth Streets	240-2898 990-1678 529-8755	end April - end Oct	9-1, Sat		http://farmersmarket.downtownwallawalla.com

Dedicated to growing a healthy, fair, and accessible regional food system.

INLAND NW PERMACULTURE GUILD
inlandnorthwestpermaculture.com

A network of permaculture practitioners who inhabit a region of the northwestern U.S. between the Cascade Mountain Range and the Rocky Mountain Range. Hosts annual gatherings and operate this interactive website to facilitate communication among guild members.

INLAND NW WOMEN IN AG
Inland.NW.Women.AG in [facebook.com](https://www.facebook.com)

Links and supports women and their families with resources, education & skills related to

starting, sustaining, and supporting local food systems and agricultural endeavors through programming and networking opportunities.

PALOUSE-CLEARWATER FOOD COALITION
pcfoodcoalition@gmail.com
<http://www.pcfoodcoalition.org>

Community based initiative bringing a collaborative, grassroots approach to growing the local food system.

PAY DIRT FARM SCHOOL
PO Box 8691 **888-750-6004**
Moscow 83843

iris@maryjanesfarm.org
maryjanesfarm.com/about/paydirt
Nonprofit education program that offers farm apprenticeship and introduces people to the

operations of an organic farm.

PINE MEADOW FARM CENTER
10425 S. Andrus Rd **448-3066**
Cheney, WA 99004
zone1@pinemeadowfarm.org
pinemeadowfarm.org

regional destination for experiential education about nutrition, farming, gardening, food-system literacy and sustainable living skills. The Center has programs for audiences of all ages.

THE OAK TREE FOOD & JUSTICE TASK FORCE
[theoaktreefoodndjusticetaskforce on facebook.com](https://www.facebook.com/theoaktreefoodndjusticetaskforce)

WASHINGTON SUSTAINABLE FOOD & FARMING NETWORK
419 S First St Ste 201 **360-336-9694**

PO Box 762 **Fax: 336-1579**
Mt Vernon WA 98273 wsffn.org
info@wsffn.org

Serves as a voice for sustainable agriculture and catalyst for change in food policy and farming practices by education, grassroots organizing and policy advocacy.

WSDA ORGANIC FOOD PROGRAM
1111 Washington St **360-902-1805**

PO Box 42560 **Fax: 902-2087**
Olympia 98504 agr.wa.gov
Brenda Book organic@agr.wa.gov

Protects consumers, supports organic food industry. Ensures integrity of organic food by setting standards and certifying producers, processors and handlers. Helps develop markets for organic food.