

Sustainable Food & Agriculture

SUSTAINABLE FOOD & AGRICULTURE

www.yearofplenty.org

ALLERGIES, FOOD ISSUES & ALTERNATIVES

ASTHMA & ALLERGY FOUNDATION OF AMERICA aafa.org 800-727-8462

FOOD & ALLERGY RESEARCH & EDUCATION 800-929-4040
foodallergy.org

GLUTEN FREE
GlutenfreeSpokane.com
glutenfreeregistry.com

GMO FREE – SPOKANE/ GMO LABEL WASHINGTON – SPOKANE
gmlabelspokane@gmail.com
GMOLabelSpokane on FB

ROCKWOOD CLINIC ALLERGY CENTER
400 E Fifth Ave 342-3400
Spokane 99202 rockwoodclinic.com/services/allergy-center

TEAM ANAPHYLAXIS
TeamAnaphylaxis@yahoo.com
<http://bit.ly/teamanaphylaxis>

Vegan/Vegetarian
foodnotbombs.net happycow.net
spokanevegans.wordpress.com/
urbanspoon.com vegguide.org

INLAND NORTHWEST VEGANS
POB 40052, Spokane 992201
spokanevegfest.org inveg.org

ANIMAL ADVOCATES OF THE INLAND NW
PO Box 493, Liberty Lake 99019
animaladvocatesnw.org 570-2141
Brock Baker earthpeace7@msn.com
Bob Anderlik 255-6001

COMMUNITY GARDENS & GLEANERS

www.spokanegardens.com

Associated Garden Clubs
ASSOCIATED GARDEN CLUBS OF SPOKANE
PO Box 8363, Spokane 99203
AssociatedGardenClubs@gmail.com
AssociatedGardenClubs.org
Co-Presidents: Lucretia Pladera, Norma Gavin 315-752-6863
Brings together garden clubs and individuals to provide education to grow food and fine flowers for the home gardener and the community.

INLAND EMPIRE GARDENERS
PO Box 13184 535-8434
Spokane Valley 99213 tieg.org
ViAnn Meyer tieg@comcast.net
Build a community of gardeners, Horticulture education & encourage home gardening. Protecting forests, wildlife and

birds.

INLAND EMPIRE WATER GARDEN & KOI SOCIETY iewgks.org 924-7672
Argonne Library, 4322 N Argonne
lindalifeisgood@gmail.com

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
206 E Indiana Ave #112 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
mastergardener@spokanecounty.org
mastergardener.wsu.edu 477-2181
Trains volunteers to be community educators by using based information on horticulture and environmentally sound garden practices.

Master Gardener Foundation of Spokane Cnty mgfsc.org 477-2193
ADAMS/LINCOLN MG 659-3210
jmkiehn@wsu.edu 725-4171
ga.mgvolunteers@ad.wsu.edu
ASOTIN COUNTY 243-2009
jreed@co.asotin.wa.us
COLUMBIA COUNTY 382-4741
columbia@wsu.edu
FERRY MG 775-5225
jordant@wsu.edu
GARFIELD COUNTY 843-3701
lisbeth.randall@wsu.edu
PEND OREILLE MG 447-2401
cmack@wsu.edu 447-7436
STEVENS MG 684-2588
asabins@wsu.edu
WALLA WALLA MG 524-2685
becki.green@wsu.edu
WHITMAN MG 243-2009
jreed@co.asotin.wa.us
UI EXTENSION
extension.uidaho.edu/mg/
NORTHERN 208-263-8511
jenjensen@uidaho.edu
BONNER MG 208-263-8511
BOUNDARY MG 208-267-3235
LATAH MG 208-883-2267

Spokane Edible Tree Project (SETP) 998-6686
info@spokaneedibletreeproject.org
spokaneedibletreeproject.org
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>

LOCALLY SOURCED, OR REGIONAL PRODUCE ASSN

yearofplenty.org
*note: These organizations are not necessarily related to Organic/Natural definitions, but focus on networking, public policy and education related to produce in Washington State
DRY PEA & LENTIL COUNCIL, USA
2780 W Pullman Rd 208-882-3023
Moscow 83843 Fax: 882-6406
pea-lentil.com

GREEN BLUFF GROWERS ASSOCIATION
PO Box 1117, Mead 99021

greenbluffgrowers.com

NATIONAL LENTIL FESTIVAL
415 N Grand Ave 800-365-6948
Pullman 99163 lentilfest.com 334-3565

SPOKANE FOOD POLICY COUNCIL
ntauzin@srhd.org
<http://spokanefoodpolicy.org>
Works to develop a just and integrated policy and action recommendations that promote health, sustain and strengthen the local and regional food system, and engage and partner with agriculture, business, communities and governments in the region.


WALLA SWEET ONION MARKETING COMMITTEE 525-1031
PO Box 644 Fax: 522-2038
Walla Walla 99362 sweetonions.org

WASHINGTON ASSN OF WHEAT GROWERS 659-0610
109 E First, Ritzville 99169
Fax: 659-4302
INFO@WAWG.ORG WAWG.ORG

WASHINGTON DAIRY PRODUCTS COMMISSION 425-672-0687
Washington Dairy Center
4201 198th St SW 800-470-1222
Lynnwood 98036 Fax: 672-0674
info@havemilk.com havemilk.com

WASHINGTON GRAIN COMMISSION
2702 W Sunset Blvd, Ste A
Spokane 99224 456-2481

WASHINGTON STATE UNIVERSITY
SPOKANE COUNTY EXTENSION




Through Master Gardeners we answer home gardening questions

Through Small Farms we help small farmers grow better crops and animals

Through Food Preservation we help you learn to preserve produce and meat

Through FNEP and SNAP-Ed we teach low income communities about good food and good food choices

Through 4-H we provide young people with mentoring and personal development



Check us out at:
<http://extension.wsu.edu/spokane/>
Call us at (509) 477-2160
Visit us: 222 N Havana St
Spokane WA 99202

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

wagrans.org Fax: 456-2812

WASHINGTON PORK PRODUCERS
901 SR 272, Colfax 99111 595-8417

WOOL GROWERS ASSN, WA
16413 W Stoughton Rd 765-4087
Cheney 99004 Fax: 765-8102

YEAR OF PLENTY yearofplenty.org

ORGANIC/GOURMET & FAIR TRADE/ ORGANIC FOOD

foodsecurity.org foodroutes.org
localharvest.org naturallygrown.org
nica.ic.org organicconsumers.org
spokanegardens.com
sustainabletable.org/home.php

tilthproducers.org
washingontilth.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.

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.

Farmers Market Networks
farmersmarketonline.com/fm/
Washington.htm
idahofma.org
farmersmarketonline.com/fm/Idaho.htm

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	May-end 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	clarkstonfarmersmarket@gmail.com	June-Sept	8-12, Sat	X	clarkstonfarmersmarket@gmail.com ClarkstonFarmersMarket On FB
Clayton	Clayton Farmers Market	4616 Wallbridge Dr	276-9644/951-4207	June-Sept	noon-4, Sun		claytoncommunityfair.com
Coeur d'Alene	Kootenai County 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
Grangeville	Grangeville Farmers Market	Main & State St/Pioneer Park	208-983-1569	mid July-late Sept	9-1, Sat		www.facebook.com/groups/
Hayden	Kootenai County Farmers Market	Hwy 95 & Prairie Ave	208-659-8330	May- Oct	9-1:30, Sat		kootenaicountyfarmersmarket.org
Liberty Lake	Liberty Lake Farmers Market	1421 N Meadowwood Ln	290-3839	mid-May - mid-Oct	9-1, Sat	X	llibertlakefarmersmarket.com
Millwood	Millwood Farmers Market	3223 N Marguerite	924-2350	mid May - end Sept	3-7, W	X	millwoodpc.org/millwood-farmers-market/
Moscow	Moscow Farmers' Market	Friendship Sq & Main St	208-883-7036	May - Oct	8-1, W	X	www.ci.moscow.id.us/arts/Pages/Farmers-Market.aspx
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	336-9838	May-mid Oct	3:30-6, W		pullmanfarmersmarket@gmail.com pullmanmarket on FB pullmanchamber.com/visit-pullman/things-to-do-in-pullman/farmers-market
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-end Sept	3-7, F	X	http://market.emersongarfield.org
Spokane	Fairwood Farmers Market	319 W Hastings Rd	466-0682		3-7, T		fairwood.market@gmail.com http://fairwoodfarmersmarket.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 Falls Community College Farmers Market	SUB Lobby	533-3500	Match-June, Sept-Oct	noon, Th		facebook.com
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
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		shane@downtownwallawalla.com farmersmarketdowntown on FB downtownwallawalla.com/

NORTH IDAHO FARMERS' ASSOCIATION
302 E Linden Ave, Ste102
Coeur d'Alene 83814
linda@northidahofarmers.org
northidahofarmers.org

RURAL ROOTS, INC
PO Box 8925 rriquiry@ruralroots.org
Moscow 83843 ruralroots.org

WASHINGTON STATE FARMERS' MARKET ASSN
PO Box 707 **206-706-5198**
Tacoma 98401
execdirector@wafarmersmarkets.com
<http://wafarmersmarkets.com/>

Online Farmers' Markets

Organic produce harvest and distribution, membership based.

COLBERT LOCALLY GROWN 238-4969
colbertlocallygrown@air-pipe.com
cottonpickinfarm.locallygrown.net

ELITHORP FARM
elithorpfarm.com **276-6647**

LINC FOODS 990-4247/ 230-1223
1820 E 9th Ave, Spokane 99202
info@lincfoods.com lincfoods.com
Beth Robinette, Joel Williamson

MY SQUARE GARDEN
603 S Flint Rd, Airway Heights
mysquaregarden.com

PALOUSE GROWN MARKET
Holly Coleman **868-5596**
palousegrownmarket@gmail.com
<http://pgm.locallygrown.net>

ROCKY RIDGE RANCH 953-0905
36196 Oehlschlaeger Rd N
PO Box 175, Reardan 99029
rockyridgeranchspokane.com

TOLSTOY FARMS 725-FARM (3276)
32280 Mill Canyon Rd
Davenport 99122 tolstoyfarms.org

URBAN EDEN FARM 953-7863
urbanedenfarm@gmail.com
Jim Schrock urbanedenfarm.com

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

INDABA 443-3566
1425 W Broadway Ave, 99201
210 N Howard, Spokane 99201
indabacoffee.com **492-2067**

MAYA EARTH COFFEE 892-3193
PO Box 1161, Airway Hghts 99001
coffee@mayaeearthcoffee.com
mayaeearthcoffee.com

NECTAR OF LIFE COFFEE Co 979-5245
POB 945, Veradale 99037
nectaroflife.com

Food Network/Food Security

INLAND NW FOOD NETWORK
PO Box 610, Coeur d'Alene 83816
info@inwfoodnetwork.org
inwfoodnetwork.org **208-546-9366**

PALOUSE-CLEARWATER FOOD COALITION
pcfcoalition@gmail.com
pcfcoalition.org

THE WHOLE PLATE Jennifer Hall
thewholeplate.on.facebook.com
Events and information to help citizens support people and places engaged in work to improve health and accessibility of the food supply

Natural & Organic Food Grocers & Farmers Coops

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 922-3655
109 N University Rd
Spokane Valley 99206

Small Farming, Education & Advocacy -

**CULTIVATING SUCCESS
WSU & UI EXTENSIONS**
info@cultivatinguccess.org
cultivatinguccess.org

**IDAHO STATE DEPARTMENT OF
AGRICULTURE - ORGANICS PROGRAM**
PO Box 790 **208-332-8539**
Boise ID 83701 **Fax: 334-2170**
<http://www.agri.idaho.gov>

INLAND NW PERMACULTURE GUILD
Inland-Northwest-Permaculture-Guild.on.FB **486-4056**
inlandnorthwestpermaculture.com

INLAND NW WOMEN IN AG
Inland.NW.Women.AC.in.FB

PAY DIRT FARM SCHOOL 888-750-6004
PO Box 8691, Moscow 83843
iris@maryjanesfarm.org
maryjanesfarm.com/about/paydirt

THE OAK TREE FOOD & JUSTICE TASK FORCE
theoaktreefoodnjjusticetaskforce.on.FB

**WASHINGTON SUSTAINABLE FOOD &
FARMING NETWORK 360-336-9694**
419 S First St Ste 201 **Fax: 336-1579**
PO Box 762, Mt Vernon 98273
info@wsffn.org wsffn.org

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