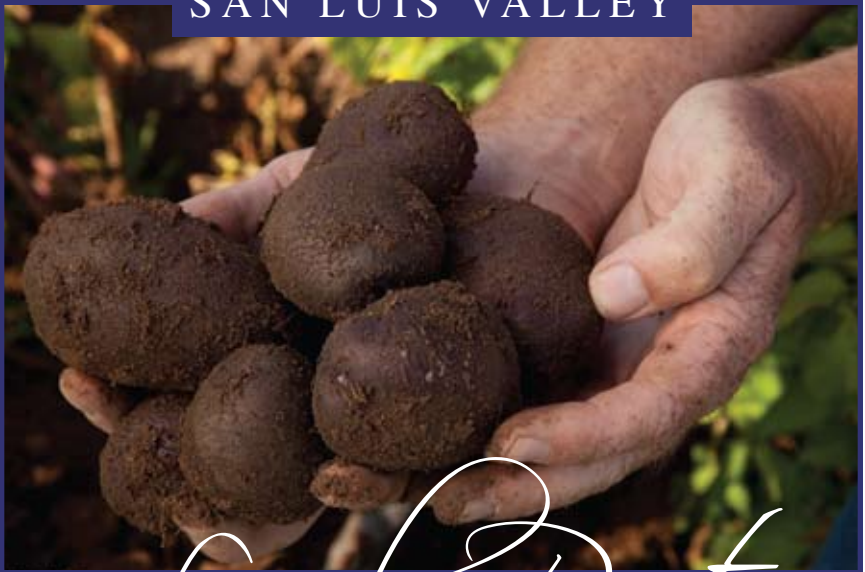


SAN LUIS VALLEY



Local Roots

LOCALLY GROWN FOOD, SOLD LOCALLY



A MOVEMENT TOWARD SUSTAINABILITY

TABLE OF CONTENTS

Why local foods? 2

The Harvest:

CELEBRATE THE ROOTS OF FARMING AND RANCHING IN THE SAN LUIS VALLEY 3

ALAMOSA COUNTY 4

CONEJOS COUNTY 7

COSTILLA COUNTY 9

MAP OF FARMS AND RANCHES 10

RIO GRANDE COUNTY 13

SAGUACHE COUNTY 17

Markets & Gardens:

SAN LUIS VALLEY FARMERS' MARKETS 18

SAN LUIS VALLEY COMMUNITY GARDENS 19



Why Local Food?

LOCAL FOOD IS THE FRESHEST FOOD!

Fruits and vegetables are deliciously ripe and taste better because they are most often picked within 24 hours of being sold. And did you know that fresh food is more nutritious?

BUYING LOCAL FOOD IS GOOD FOR FARMERS & FARMS

Local farmers who sell directly to YOU receive a larger share of the profit & in turn spend their money with local merchants. When money stays local longer, everyone benefits. Supporting local family farms, protects the wide open beauty and health of the local farmland & water of the San Luis Valley.

LOCAL FOOD INCREASES FOOD SAFETY & SECURITY

There is less risk of contamination from local family-owned farms. With our diverse local food system, the San Luis Valley could feed itself.



Sometimes just knowing the farmer makes food taste better!

CELEBRATE THE ROOTS OF FARMING AND RANCHING IN THE SAN LUIS VALLEY

On the following pages, you will meet the farmers and ranchers who are growing locally and making their abundance available to the good people of the San Luis Valley and beyond. Now all may enjoy the rich harvest of the Valley's local foods.

Two things were of core importance to the first settlers of the San Luis Valley, the family and a bountiful harvest from the family farm.

The first settlers made their homes in Costilla County in the 1850's and established long narrow farms, with acequias – communal irrigation systems. The acequias ensured that all farmers received the necessary life sustaining water for their crops so they could make it through the long cold winter. These historic farms have been in the family for generations and are still honored as the roots of self sufficiency and community sustainability.

Today these acequias are still in use alongside the now more than 80,000 acres of land under center pivot irrigation and the many thousands more acres being fed by ditch irrigation. The San Luis Valley continues to produce an abundant variety of food - from lettuce to lambs, potatoes to pigs, beans to beef.

We know that the farmers and the wisdom they hold, the mineral rich soil and the generous San Luis Valley aquifer, all located in our high altitude air, continue to nourish these historic roots of self sufficiency and community sustainability through the bountiful harvest.



Photo: McNeil Ranch

Cathy McNeil riding the range.

This guide is dedicated to those who till the earth and tend the animals: to those who grow their own food and to those who grow it for others. Thank you for the bountiful harvest.

ALAMOSA

COLORADO GATORS ①

An 87° geothermal well creates “an integrated ecosystem” providing fresh tilapia fish and farm goods and real educational fun, while making full use of natural and recycled resources.

Contact: Erwin & Lynne Young
Phone: 719-378-2612
Web: www.coloradogators.com
Visit Us!: 17 miles North of Alamosa on Hwy 17, Open daily.

FISH

VEGGIES

COCHRAN RANCH ②

Grain or grass finished, hormone and antibiotic-free beef available throughout the year in wholes, halves and quarters on this 75 year old family ranch. Call or come by the ranch to purchase beef.

Contact: Chad Cochran
Phone: 719-480-2096
Visit Us!: 0521 E Road 1.25 South, Monte Vista.

BEEF

JONES FARM ORGANICS ③

Third generation farmers raising Certified Organic potatoes and natural beef. Call for information and to purchase beef.

Contact: Rob & Beth Jones
Phone: 719-588-4499.
Visit Us!: 1121 E County Rd 110N. Hooper, CO.

POTATOES

BEEF

KW FARMS

John and Trudi raise USDA Certified Organic Pasture Perfect beef. No grains, no hormones, no antibiotics. As John says, “We love the cows, nothing else we do is as much fun.”

Contact: John & Trudi Kretzinger
Phone: 719-589-0429
Call for information & to purchase beef.

BEEF

Why is Grass-Finished Beef so Good for You?

Compared to cattle raised on traditional feedlot fare, beef from cattle finished on grass... Has 2-4 times more omega-3 fatty acids, which are good for heart health. Is richer in antioxidants. Does not contain traces of added hormones, antibiotics or other drugs. Is leaner and research shows that lean beef actually lowers the “bad” cholesterol levels. And lower in fat means lower in calories.

ALAMOSA

LENORE'S SPELTICIOUS COOKIES

Delicious artisan crafted cookies made locally of healthy ingredients. Available at local stores or call to order. Enjoy!

Contact: Lenore Reinart
Phone: 719-588-9329

BAKED
GOODS

MOTTA BEEF MASTER CATTLE

Grass-fed Natural Beef available in the fall. Call in the summer to place an order.

Contact: Gil Motta
Phone: 719-587-5596

BEEF



A happy pastured hen.

RAKHRA MUSHROOM FARM

Rakhra Farms is a large producer of gourmet mushrooms. You've probably seen their semi-trucks rolling down the highway! Find them in all the major and local grocery stores or call to buy direct.

Contact: Brian Gallardo
Phone: 719-589-5882
Web: www.rakhramushroom.com

MUSHROOMS

"We all grew up with the bee business.

No kid in their right mind would want to make a career out of long nights, hard manual labor and thousands of bee stings every day. All of us thought our parents and uncles in the business were crazy for running bees, and yet six generations later my cousin Tom Haefeli, of Haefeli's Honey and I still derive some kind of inner satisfaction from the business and appreciation for the honey bee."
- Brent Edelen, Simply Honey, Alamosa

R&D FARMS

Raising poultry and eggs for the Valley Food Co-op.

Contact: Richard Vallone
Phone: 719-587-0436

POULTRY

EGGS

SIMPLY HONEY

As 6th generation migratory beekeeper, Brent harvests honey, beeswax, sells bees and provides pollination services. Available in local stores or call.

Contact: Brent Edelen
Phone: 719-850-0255

HONEY

ALAMOSA

LEONARD SNOW

A menagerie of lambs, ducks, turkeys, chickens, eggs, and sometimes quail. Leonard will even raise a pig at request. All animals are antibiotic free and pasture fed.

Contact: Leonard Snow
Phone: 719-580-6614

POULTRY

PORK

EGGS

3 WOMEN & A HOE

A classic market garden providing an abundance of fresh heirloom vegetables. Find them at the Alamosa Farmers Market.

Contact: Allison Cruse, Becky Storey & Luette Frost
Phone: 719-588-9417

VEGGIES

VALLEY PHEASANTS

Turkeys and eggs naturally raised on the pasture to increase omega 3 fatty acids and vitamins A&D.

Contact: Cathy Morin
Phone: 719-580-8197
Email: cathymorin@amigo.net

POULTRY

EGGS

WHITE MOUNTAIN FARM 4

Certified Organic quinoa and potatoes, and organically grown garden produce in the summer. Call for availability or stop by the Mosca Pit Stop.

Contact: Paul & Ernie New
Phone: 719-378-2436 / 800-364-3019
Web: www.whitemountainfarm.com
Visit Us! Mosca Pit Stop Hwy 17, Mosca, CO.

GRAINS

POTATOES

VEGGIES



Allison Cruse at the Farmer's Market.



Photo: Kelly Morril

Paul New in Quinoa.

CONEJOS COUNTY

ARCHERS' VALLEY FARMS

Raising well-loved lambs on pasture. All natural, antibiotic and hormone free. Call or stop by the Alamosa Farmer's Market.

Contact: Jamey Archer
Phone: 719-274-3308

LAMB

LAWRENCE AND JULIE GALLEGOS

Specializing in onions and natural beef, as well as information on acequias and the history of water use in the San Luis Valley.

Contact: Lawrence and Julie Gallegos
Phone: 719-376-5971

BEEF

VEGGIES

What are Chicos?

Chicos are a traditional way of preserving corn. Fresh green corn is first steamed in an horno. It is then hung outside to dry while still on the cob. It is very important to protect the drying corn from birds and rain. The dried kernels are then shucked from the cob - this is chicos – and can be added to beans or soup for a delicious meal.

STEVE AND THERESA MEDINA

Steve and Theresa grow corn for chicos, a traditional way to preserve corn. They also raise purple skinned garlic. All produce is lovingly tended and organically grown. Call to purchase or stop by the Valley Food Co-op in Alamosa.

Contact: Steve and Theresa Medina
Phone: 719-274-4042

VEGGIES



Children and kids go together.

NITSHKA TER KUILE

Honoring the relationship between goats, good soil and healthy produce, Nitshka has organically grown fresh produce and goats for butchering. Call for details.

Contact: Nitshka ter Kuile
Phone: 719-588-6621

GOATS

VEGGIES

CONEJOS COUNTY

SHARP IRON FARM 5

A small farm promoting animal contentment and environmental stewardship and producing pasture raised & grain finished beef, eggs from pastured chickens and organically grown tomatoes.

Contact: Greg & Diane Johnson

Phone: 719-588-9015

Web: www.sharpirofarm.com

Visit Us!: Just south of La Jara on County Rd T.

BEEF

POULTRY

VEGGIES

EGGS

Bees – Smallest and Mightiest

Pollination is necessary for plants and trees to grow fruit and reproduce. When bees sip nectar, they collect pollen on their legs and bodies that is transferred from flower to flower as the bee travels. Honey bees are just one of many important wild pollinators and their health is at risk due to a mysterious Colony Collapse Disorder. While the cause of this collapse is not entirely understood, it is not hard to consider the impact chemical insecticides, pesticides and fertilizers might have on the health of pollinating insects. Part of a movement towards sustainability includes the health and wellness of these, our smallest yet mightiest, valley pollinators.

SOFFEL HONEY

With bees moving between California in the winter to pollinate almond trees and the San Luis Valley in the summer, Soffel's produce lovely, flavorful honey. Call or stop by the Alamosa farmers' market.

Contact: Ashley

Phone: 719-588-0397

HONEY

LIONEL & MICHELLE VALDEZ

Range fed lamb "on the hoof" or delivered for packing. Herd returns from the mountains in mid-September. Place order by September 1st.

Contact: Lionel & Michelle Valdez

Phone: 719-274-5822

LAMB

VALDEZ RANCH

A family farm with deep history and knowledge of farming traditional crops of the southwest for self-sufficiency. Now growing many varieties of beans, including favas, anasazi, pinto and more. Find them at the Alamosa Farmers' Market or call.

Contact: Vicente Valdez

Phone: 719-274-5700

VEGGIES



COSTILLA COUNTY



Navarro's Geodesic Greenhouse Dome.

ANA & MARTINE NAVARRO

The Navarro's grow year round in a beautiful 50ft greenhouse dome. The sunlight reflecting off lush tomatoes, peppers, beans, cantaloupe, tomatillos and more is inspiring. Find them at the La Jara Farmers' Market or call for year round fresh local produce.

Contact: Ana & Martine Navarro
Phone: 719.672.0382

VEGGIES

QUINTANA FARM

Embracing a deep reverence for land and animal, the Quintana's grow veggies, and raise sheep, pigs and eggs. Find them at various Farmers' Markets, through Rio Culebra Cooperative or call.

Contact: Arturo & Suzanne Quintana
Phone: 719.672.0316

VEGGIES

LAMB

PORK

POULTRY

UTE MOUNTAIN RANCH

Home to Heaven Scent Bread & West's Best Beef & West's Best Soil and Compost. The heart of a family farm thriving, as Kelly West says, "in a culture of gratitude." Find Kelly's artisanal bread at the Valley Food Coop, in White Mountain Farm food baskets and the Taos Farmers' Market. Call or email to order their grass fed, hormone and antibiotic-free beef.

Contact : Kelly & David West

Phone: 719-672-4404

Email: westsbestbeefllc@hotmail.com

BAKED
GOODS

BEEF

"In the Spanish tradition, cows get to have a nice life. We know that the quality of the milk or meat will be better if the animals are allowed to live full and happy animal lives. We want the grace of the cow to be in the milk - this is the best milk."

Suzanne Quintana

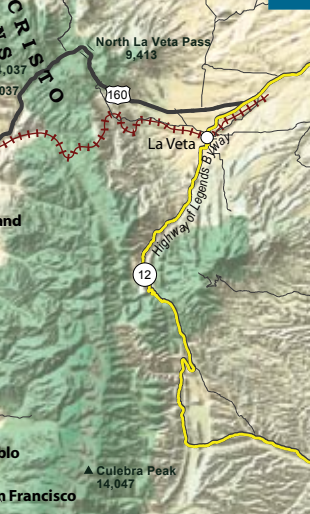


SAN LUIS VALLEY



This map was paid for in part by a grant from the Colorado Historical Society's State Historical Fund and the Colorado Tourism Office Heritage Tourism Program.

LOCAL FARM & RANCH MAP



Visit these farms and ranches for a taste of local culture and to purchase their locally grown produce and meats.

The blue circled numbers locate those farms and ranches in the directory listing who welcome your visit to their place.

Please look for the corresponding number in the listings.

Farms are working places, it is suggested you call before visiting to ensure the farmer is there.



COSTILLA COUNTY

RIO CULEBRA AGRICULTURAL COOPERATIVE 6

The Rio Culebra Agricultural Cooperative is comprised of 52 traditional farmers working together to revitalize community agriculture by integrating the best of old and new practices, sustainable economics, youth education and use of renewable fuels. Call them for a complete listing of farmers and products.

Phone: 719-672-0329

Visit us!: 903 Main Street,
San Luis, CO

*A Cooperative allows us to do
together what we cannot do alone.*



RIO GRANDE COUNTY

BARTEE RANCH

Natural hormone-free beef, homegrown on the Bartee's Ranch straight to your kitchen. Call for information and to purchase beef.

Contact: Deanna Bartee
Phone: 719-754-2175

BEEF

CATLIN'S GREENHOUSE 7

Growing a wide variety of seedlings for spring and delicious vine ripe tomatoes, beans and more through the summer.

Contact: Rick & Joyce Catlin
and Brad & Lori Catlin
Phone: 719.852.2140
Visit us!: Stop on by, east of Monte Vista on Hwy 160

VEGGIES

CORSET RANCH

A Colorado Centennial Ranch raising native-grass fed beef from birth to harvest with respect for cow and earth on lush river-fed pastures.

Contact: David & Nemonie Colville
Phone: 719.-657-4684
Email: nativegrassbeef@gmail.com.

BEEF



Photo: Topher Donahue

Early morning chores on Corset Ranch.



Homegrown tomatoes right off the vine.

ED CRONA

A retired school teacher, Ed now grows some tasty roots - carrots and garlic. Find him at the Alamosa Farmers' Market or call.

Contact: Ed Crona
Phone: 719-852-2835

VEGGIES

FORD FARM

Certified Organic potatoes: red, purple, russet and Yukon Gold. Call for availability.

Contact: Jenna Ford
Phone: 719-754-3545

VEGGIES

GOSAR RANCH

Lovingly growing wheat for many years, the Gosar's produce Certified Organic Mountain Mama Flour: whole wheat, pastry or white. Available in stores locally.

Contact: Greg & Suzanne Gosar
Phone: 719.852.2133

GRAINS

RIO GRANDE COUNTY

HAEFELI'S HONEY 8

The Haefeli family are 5th generation beekeepers, caring for bees and producing honey in the San Luis Valley since 1907. Haefeli's produce around 350 barrels of honey in Colorado a year, as well as pollinating crops in the San Luis Valley, Texas and California.

Contact: Laura Haefeli
Phone: 719.657.2044
Web: www.haefelihoney.com.
Visit Us!: Haefeli's Honey store in downtown Del Norte.

HONEY

CYNTHIA & LAVERN HART

A thoughtful homestead with bounty to share - chickens, a garden and a cow. Call in the Spring for the years offerings.

Contact: Cynthia & LaVern Hart
Phone: 719-852-3032

VEGGIES

POULTRY

"My husband added up all the money we were spending on store bought milk, and realized we would save money if we had our own cow. So he went out and bought a cow."

Cynthia Hart



Beehives being loaded on a Haefeli's trailer in 1937.

LAZEWE 2 BAR GOAT DAIRY 9

A family ranch since 1878, LazEwe produces artisan goat cheeses in many gourmet flavors from their lively goat herd.

Contact: Jenny Knoblauch
Phone: 719-589-5882 / 719-850-9914
Email: lazu2bar@fone.net
Visit Us!: 10530 County Rd 15, Del Norte.
It is best to call first.

CHEESE

MCNEIL RANCH, DIAMOND F BRAND BEEF 10

This Colorado Centennial Farm produces their USDA certified grass-fed and finished, hormone and antibiotic free beef with tender loving care. They also have handmade burritos and tamales featuring their grass finished beef.

Contact: Mike & Cathy McNeil
Phone: 719-852-2458
Web: www.grassfedandhealthy.com
Visit Us!: Farm store 4 miles south of Monte Vista on Hwy 15.

BEEF

RIO GRANDE COUNTY

MILLER FAMILY BAKERY 11

Fresh baked pies, breads, cookies and pastries. Find them at the Alamosa Farmers' Market or come by their store, open Thursday - Saturday 8 am - 5 pm.

Phone: 719-852-0967
Visit us!: 10 miles south of Monte Vista at the corner of Hwys 15 and 370.

BAKED
GOODS

MOUNTAIN VALLEY MEATWORKS

Providing all-natural, hormone-free chicken and turkey sausages as Gosar Sausages and Mountain Valley Meatworks Sausages. Find them at local stores and restaurants.

Contact: Don Weed
Phone: 719-580-2387

SAUSAGE

What is a Centennial Farm?

Colorado's Centennial Farms designate farms and ranches that have been owned and operated by the same family for 100 years or more. These farms represent the strength, courage and perseverance of the families who have worked their land for multiple generations despite the economic challenges of modern agriculture.

OFF ISLAND RANCH

A Colorado Centennial Farm raising grass fed and finished, antibiotic and hormone free beef, on the lush green pastures next to the Rio Grande.

Contact: David Off
Phone: 719-580-2387
Email: davidaooff@hotmail.com

BEEF

KEVIN OFF

A happy herd of buffalo, wandering the pastures from birth to harvest producing delicious hormone-free lean meat. Wholes, halves, quarters available.

Contact: Kevin Off
Phone: 719-850-0291

BUFFALO

SHADY CORNER DELIGHT 12

Homemade jams and jellies. Find them at the local Farmers' Market.

Contact: Rachel Nissley
Phone: 719-852-0223
Visit Us!: On the corner of 370 and 5 East, South of Monte Vista.

JAM



RIO GRANDE COUNTY

THREE BARREL BREWING COMPANY

Artisan crafted brews produced from San Luis Valley grown malt, hops, honey and fresh mountain water. Found in many local establishments, or call for direct sales.

Contact: John Bricker
Phone: 719-657-0681 / 719-850-1949
Web: www.threebarrelbrew.com.

ARTISAN
CRAFTED



TWIN MOUNTAIN MILKHOUSE 13

Twin Mountain offers Cow Shares for raw milk and handcrafted artisan cheddar cheeses. Cows are antibiotic & hormone free and well-loved.

Contact: Gina McCormick
Phone: 719-873-5030
Visit Us!: The farm store 6 miles west of Del Norte on Hwy 160.

DAIRY

CHEESE



Twin Mountain's contented cows.

WORLEY SEED 14

Carl Worley started growing potatoes in 1945 for a 4H project and never stopped. He grows a variety of fresh potatoes.

Contact: Carl Worley
Phone: 719-852-4097
Email: worleyseed@amigo.net
Visit Us!: Hi-Land Potato Co. on 2468 E County Rd 6N Monte Vista.

POTATOES

What is a CSA?

Community Supported Agriculture allows individuals and families to buy a share of the farmer's harvest at the beginning of the season. It is way to nourish farmers economically while providing a weekly box of farm fresh goodies to the CSA member throughout the entire growing season.

SAGUACHE COUNTY

CHOKECHERRY FARM 15

A homestead CSA, growing a bountiful garden, pastured chickens and eggs, artisan bread and more. Call for details or find them at the Crestone Saturday Market.

Contact: Alycia & Nick Chambers
Phone: 719-256-5572
Email: chokecherry@fairpoint.net
Visit Us!: 459 Alder St. in the Town of Crestone.

It is best to call first.

VEGGIES

BAKED
GOODS

POULTRY

EGGS

CSA

CHO-KU-REI RANCH

Raising vegetables, free-range brown eggs and Tibetan Yak, while building 3 large greenhouses with a vision to create a system whereby institutions have their own onsite food production. Call for details or find them at the Crestone Saturday Market.

Contact: Kyle & Tiana Grote
Phone: 719-256-4599
Email: chokureille@gmail.com

VEGGIES

POULTRY

YAK

DRAGONBREW KOMBUCHA

Artisan-crafted bottled Kombucha Tea. Call for details, find them at Black Bear Media in Crestone or the Crestone Saturday Market.

Contact: Amy Priest
Phone: 719-671-5179
Email: dragonbrewkombucha@gmail.com

ARTISAN
CRAFTED

GREEN EARTH FARM 16

Green Earth Farm is a Colorado Certified Organic farm growing gourmet potatoes and barley, a lush vegetable garden for CSA membership and various SLV Farmers' Markets as well as a wide variety of medicinal and culinary herbs, herbal tinctures, and natural body care products.

Contact: Tom & Lillian McCracken
Phone: 719-655-2655 / 877-674-3276
Web: www.greenearthfarm.com
Visit Us!: Give us a call first to come visit our Saguache, CO farm.

POTATOES

VEGGIES

CSA

HAUGEN'S MOUNTAIN LAMB

USDA inspected, raised on natural forage, antibiotic, hormone and pesticide free lamb. Raised by Sherry, a 5th generation rancher in the San Luis Valley. Call for a farm tour and to purchase lamb.

Contact: Sherry Haugen
Phone: 719-754-2176
Web: www.haugenslamb.netfirms.com
Visit Us!: From 285 south of Saguache, turn west onto CR J, go 1 mile and look for the sign.

LAMB

ROCKEY FARM 17

Stop by their farm for fresh taters.

Contact: Sheldon Rockey
Phone: 719-754-3744
Visit us! 1.5 miles east on Rd C
North of Center on Hwy 285.

POTATOES

SAGUACHE COUNTY

SAN JUAN RANCH

Certified Organic grass-fed beef available year round. Call for information & to purchase beef.

Contact: George Whitten & Julie Sullivan

Phone: 719-655-2003

BEEF

SUNDANCE FARMS

Small scale farming at its best, offering rabbits, eggs, and fresh garden produce. Call to arrange for pick-up in Moffat, CO.

Contact: Melinda Myers

Phone: 719-256-4773

VEGGIES

RABBITS

POULTRY

SAN LUIS VALLEY FARMERS' MARKETS

Farmers' Markets lie at the heart of re-localization providing an opportunity for farmers and families to meet and greet over the harvest. Shop at your local farmers' market for the freshest, best tasting food available, and support family farms by keeping money local longer.

ALAMOSA FARMERS' MARKET ¹⁸

7 am - 2 pm Saturdays
mid-July through mid-October
Downtown Alamosa
For info: 719-580-8125
www.alamosafarmersmarket.com

MONTE VISTA SUNSHINE MARKET ¹⁹

8 am - 5 pm Fridays
June, July and August
Fullenwider Park,
Downtown Monte Vista
For Info: 719.852.2731

SOUTH FORK FARMERS' MARKET ²⁰

8 am - 12 pm Fridays
July 4 - August 29, 2009
At South Fork Visitors Center
For info: 303-204-4164

CRESTONE SATURDAY MARKET ²¹

9 am - 3 pm Saturdays
late-June through mid-September
On Silver Street at the Park
For info: 719-588-1278

LA JARA FARMERS' MARKET ²²

3 pm - 7 pm Fridays
July through early September
South of La Jara on 285 at
Our Lady of the Valley Church
For info: 719-274-0104

SAN LUIS VALLEY COMMUNITY GARDENS

ALAMOSA COMMUNITY GREENHOUSE

1201 Edison St. in Alamosa
Community workdays are
Sundays from 1-3 pm.
Community workshops are offered
throughout the year.
For information, call
Terry McClaughry 719-589-3605
or Jan Oen 719-587-5529

ALAMOSA COMMUNITY GARDENS

The Alamosa Community Gardens
cares for two gardens in Alamosa.

Polston Garden at Polston Elementary School

On Hwy 17 near the intersection
of Hwy 160 in Alamosa
Community Work Night
Tuesdays 5-7 pm

Boyd Garden at Boyd School

At the intersection of State
Avenue and 12th in Alamosa
Community Work Day Tuesdays
9 am -12 pm

To volunteer at either garden contact
Rhonda Mouser at 719-588-3689
or email
alamosacommunitygardens@gmail.com

To join in the harvest, call the
Alamosa Food Bank at 719-589-4567.

DEL NORTE COMMUNITY GARDEN

Located at High Valley Community
Center on Grande Avenue
in Del Norte.

All are Welcome to Participate!
Please contact 719-675-2172

THE FORT GARLAND GREENHOUSE PROJECT

The project has just completed
construction on a permanent
greenhouse, and welcomes volunteers
to help this garden grow, contact
Brother Richard Blakelee
at 719-206-0294

THE SAGUACHE COMMUNITY GARDEN

Located at Mountain Valley
School in Saguache.

For information contact Leigh Mills
at 719-655-2011 or
alchemy9@hughes.net.



Local is where you live.

Local Food is fed by the earth upon which we walk. It grows by the light of the sun that warms our days. It is watered by the life-giving storms and rivers and ancient pools of deep earth water.

Local Food is grown in the backyard, the school yard, the church yard, the community center and farm. It is tended by your neighbors, by my neighbors. And we become neighbors.

Local Food nourishes our health. Fresh and nutrient rich, it strengthens and grows our young people well. It feeds our minds and hearts so that we think and act clearly. It helps us to remain disease-free, gently aging our bodies with grace.

Local Food nourishes families. To cook and eat together is to connect with one another and share in the vital nourishment of food and relationship.

Local Food nourishes local economy. To support our local farmers, our community breadwinners, we nurture a vibrant local economy.

Local Food nourishes the earth. Care of the Valley's mineral rich fertile soil and wise use of our precious water will ensure the harvest remains abundant and nutritive for our great grandchildren and beyond.

Local Food nourishes community, for community is a tapestry made strong by the health of its individuals, families, economy and environment.

This is an ancient cycle.

Local Food nourishes the roots of self-sufficiency and community sustainability through the bountiful harvest.

Local is where you live. Your food is already there. Enjoy.

This directory was compiled by Heather Pollock Green with much gratitude to the farmers and ranchers who participated and a warm welcome to those who would like to be listed in the next print edition. Please see the back cover for more pathways to be included in the SLV Local Food movement!

The San Luis Valley Local Roots Guide

IS A COMMUNITY SERVICE
TO ENCOURAGE BUYING AND EATING
HEALTHY LOCAL FOODS.

In creating this guide, farmers and ranchers were found and contacted by word of mouth, newspaper ads, phone calls, emails and visits to the various Valley Farmers' Markets.

We know there are many more wonderful farmers and ranchers who have local food that is available locally. If you would like to have your farm or ranch listed in the next print issue or on the website, or if you are simply interested in local foods, please contact The San Luis Valley Local Foods Coalition at: slvlocalfoods@gmail.com.

*The online local food directory and map can be found at:
www.slvheritage.org/localfoods*

and is sponsored by the San Luis Valley Tourism Association with generous funding from the Colorado Tourism Office, for more information about the San Luis Valley Tourism Association contact: partners@slvheritage.org.



The San Luis Valley Local Roots Guide was created by the San Luis Valley Regional Medical Center with funding from Live Well Alamosa in conjunction with the **San Luis Valley Local Food Coalition**.

THANK YOU TO OUR PARTNERS:



The SLV Local Food Coalition was created to develop local networks, educate the community, and promote programs and policies that create a sustainable local food system for the San Luis Valley. www.slvlocalfoods.com

The San Luis Valley Regional Medical Center: Making Exceptional Health Care Personal. SLVRMC recognizes the importance of good nutrition and is committed to supporting families and the local economy. www.slvrmc.org



Live Well Alamosa at Valley-Wide Health Systems
Live Well Alamosa works in collaboration with community partners to make the healthy choice the easy choice and to inspire healthy eating and active living across the lifespan. www.vvhs.org



The San Luis Valley Tourism Association

Committed to developing responsible economic growth by promoting the San Luis Valley's authentic cultural heritage. www.slvheritage.org

WWW.SLVHERITAGE.ORG/LOCALFOODS