Moab Grown!

ASk us how we partner with local growers!

Art by Anna Hammond, Grand County High School
## FRUITS

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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.
Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran’s status. USU’s policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decisions. Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran’s status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities. This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth L. White, Vice President for Extension and Agriculture, Utah State University.
### Harvest Calendar

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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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9 MEAT
11 PLANT NURSERIES
14 VALUE-ADDED PRODUCTS
19 RETAIL OUTLETS
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21 EXEMPLARY COMMUNITY MEMBERS
22 OTHER RESOURCES
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

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

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.
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

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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), potato, 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

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.
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
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
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

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

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
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
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.
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

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**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.

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Sister Root Medicinals and Wise Raven Herbs
Ali Root
435-259-7315
970-676-1032
[Email](#)
[Website](#)
[Facebook](#)
[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. 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
Sundial Medicinals
Emily Stock
435-260-8556
Email
Website
Facebook
750 square feet at the home garden at 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 OUTLET: 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
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.
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
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
Facebook Moab Gardeners Group

Moab Foodies Google Group

Moab Online Farmers Market

USU Extension Sustainability