

# REDUCE • REUSE • RECYCLE

by Jeanne Roy



## BUYING LOCALLY GROWN PRODUCE

*Here is something you can do that is good for your health, good for the environment, and saves money: buy locally grown food directly from the farmer.*

Locally grown produce is tastier, fresher, and free of fungicides used to preserve supermarket produce. When you buy directly from the farmer, you pay for food, not marketing. Buying direct also avoids food transported over long distances. A typical mouthful of food in our country travels 1500 miles from farm field to dinner plate. By preferring local produce, we help keep small Oregon growers in business around the cities. That's the only kind of agriculture that's sustainable in the long run.

**MAKE A WEEKLY VISIT** to your closest farmer's market open each Saturday or Sunday morning June through October:

### Saturday Farmer's Markets

|             |  |
|-------------|--|
| Beaverton   | SW Washington bet. 3rd and 5 <sup>th</sup> , 8:00-1:30 |
| Cedar Mill  | NW Cornell Rd. & Murray, 8:00-1:00                     |
| Aloha       | SW 185 and TV Hwy., 9:00-3:00                          |
| Gresham     | N Main and 3 <sup>rd</sup> , 8:30-2:00                 |
| Hillsboro   | NE 2nd & E Main St., 8:00-1:30                         |
| Hollywood   | NE Hancock bet. 44th & 45 <sup>th</sup> , 8:00-1:00    |
| Portland    | SW Broadway at Montgomery, 8:30-2:00                   |
| Interstate  | 7528 N Fenwick, 9:00-1:30                              |
| St Johns    | N Lombard and Philadelphia, 9:00-2:00                  |
| Parkrose    | NE Shave & 122 <sup>nd</sup> , 9:00-3:00               |
| Lake Oswego | 1st and A Ave., 8:30-1:30                              |
| Oregon City | 270 Beavercreek Rd., 9:00-2:00                         |
| Gladstone   | 580 Portland Ave., 9:00-2:00                           |
| Troutdale   | 551 E Historic Columbia River Hwy.<br>10:00-2:00       |
| Sherwood    | 22560 SW Pine St., 9:00-1:00                           |

### Sunday Farmer's Markets

|                 |  |
|-----------------|--|
| Hillsdale       | SW Capitol Hwy/Sunset Blvd, 10:00-2:00       |
| Lents           | SE Foster and 92 <sup>nd</sup> , 9:00-2:00   |
| King            | NE 7th and Wygant, 10:00-2:00                |
| Irvington       | NE 16 <sup>th</sup> and Broadway, 10:30-2:30 |
| Woodstock       | SE 46 <sup>th</sup> and Woodstock, 9:00-1:00 |
| Montavilla      | SE Stark & 76 <sup>th</sup> , 10:00-2:00     |
| Milwaukie       | SE Main & Harrison, 9:30-2:00                |
| Orencia Station | 61st & NE Cornell, 10:00-2:00                |
| Tigard          | Hwy. 99 & Hall Blvd., 9:00-2:00              |

**BECOME A SHAREHOLDER** in an organic farm. You pay an annual fee and receive your share of the produce each week. Farms with drop sites in the metro area are now too numerous to list, but here is a sampling. Call to see which one best fits your needs.

- 47th Avenue Farm, Portland, 503-777-4213, SE Portland
- Abundant Harvest, 503-380-3739, North Plains, SE and NW Portland
- Braeside Farm, 503-630-5861, home delivery
- Dancin' Roots Farm, 503-695-3445, NE Portland
- Deep Roots Farm, 541-917-8944, Beaverton, SW, and downtown Portland
- Gathering Together Farm, 541-929-4270, Downtown, NE, Hillsdale, and Beaverton
- Groundwork Organics, 541-998-0900, NE and SE Portland
- La Finquita del Buho, 503-647-2595, at farm in Hillsboro
- Love Farm Organics, 503-515-9939, NE and SW Portland and Hillsboro
- Natural Harvest Farm, 503-824-4036, SE Portland
- Pumpkin Ridge Gardens, 503-647-5023, parts of Multnomah & Washington counties
- Sauvie Island Organics, Portland, 503-621-7921, NE, SE, SW, and NW Portland
- Square Peg Farm, 503-357-1214, SE and NE Portland and Lake Oswego
- Sungold Farm, 503-357-3851, Downtown, Beaverton, Hillsdale, and at Forest Grove farm
- Viridian Farms, 503-830-7086, Downtown Portland
- Winter Green Farm, 541-935-1920, downtown Portland

**BUY FROM A FARMER'S** produce stand or pick it yourself. The Tri-County Farm Fresh Produce Guide lists over 60 farmers who offer produce already picked or U-pick. Go to [www.tricountyfarm.org](http://www.tricountyfarm.org), click on "map," then type in the fruit or vegetable you are looking for. Another option is to check the newspaper classified ads under "Fresh Produce."