SEPTEMBER IS Eat LOCAL MONTH

Restaurants
LOCAL SPECIALS
ALL MONTH!

Marketsp
EAT LOCAL, FROM LOCAL!

Celebrate
LOCAL FARMS AND FOODS

Events & Activities

Local businesses taking action for a healthy community.
Whatcom County Farm Tour Guide
Sat. September 10, 10am-5pm

TOUR STOPS

1. BELLINGHAM FARMERS MARKET
   1130 Railroad Ave, Bellingham
   Bellinghamfarmers.org
   The nationally-recognized Bellingham Farmers Market is the perfect place to start your Farm Tour! Pick up a Farm Tour Map, talk face-to-face with local farmers selling at the market, and check out the delicious variety of produce, meats, cheeses and more grown and produced right in Whatcom and Skagit Counties. Stop by our Demo Sign booth to learn new recipes for school lunches and ask questions about how to prepare local veggies. The market is open from 10am-3pm.

2. JOE’S GARDENS
   3110 Taylor Ave, Bellingham
   joesgardens.com
   Joe’s Gardens is a 7-acre, family-run farm located in the heart of Bellingham. Enjoy a guided tour from Nathan or Jason Weston, our proud owners since 2007. Tours will include Q&A about gardening, soil quality, and a quick view of our fleet of restored “walk behind” tractors. Also enjoy a peek at over 40,000 bulbs of garlic being braided! Our retail stand will also be open, so load up on our naturally grown veggies for dinner. Tours on the hour 10am-4pm.

3. TWIN SISTERS FARMERS MARKET
   3705 Mt Baker Hwy, Deming / 8251 Kendall Rd, Maple Falls
   Twinsistersmarket.com
   Twin Sisters Market supports the development of a strong local food system in the foothills region of Whatcom County by increasing accessible local grown, healthy foods. Twin Sisters Market operates every Saturday, June through October, at Nugget’s Corner and Kendall. Farmers collaborate on supplying produce each week and take turns working the market. Eat & Shop Fresh & Fresh fruits accepted!

4. CLOUD MOUNTAIN FARM CENTER
   6206 Garden Rd, Everson
   Cloudmountainfarmcenter.org
   Cloud Mountain Farm Center is a nonprofit educational farm dedicated to building a vibrant local food system. Our programs are designed to help new and beginning farmers, established local farmers and home gardeners grow healthy food, successful crops and farm businesses. Enjoy hourly farm tours, fresh fruit and veggie tasting, and workshops at 11am & 3pm on harvesting fall fruit. Learn about growing your own food from our expert nursery staff and shop our fresh produce for sale.

5. VARTANYAN ESTATE WINERY
   1628 Huntly Rd, Bellingham
   Vartanyak.com
   Stop at the winery for the wine and barrel tasting in the production area! Learn about wine making, barrels, and taste the same wine from different vintages to compare how wine evolves over time. This small winery, owned and operated by one woman, Margarita Vartanyan, produces some of the finest limited edition wines in the region. Enjoy a glass in the tasting room, or outside on the patio with magnificent views of Mount Baker.

6. TEN FOLD FARM
   4634 Guide Meridian, Bellingham
   Tendfoldfarm.com
   Come out to Ten Fold Farm, a Certified Naturally Grown 9.5-acre family farm, practicing old-world planting and tending techniques. Learn about the wide variety of heirloom and non-GMO vegetables, herbs, fruits, and flowers we’re growing this season. We will be touring the vegetable gardens during the farm tour and will be offering a look on how farm planning can help local farms and homesteads in the area. And of course, please try our wonderful produce at the info booth!

7. BELLEWOOD ACRES AND DISTILLING
   6140 Guide Meridian, Lynden
   Bellewoodfarm.com
   A farm tour isn’t complete without a stop at BelleWood. Tour participants receive a free bin-train ride for the family and a free ticket for the corn maze, which teaches participants about the wonderful agricultural resources we have in Whatcom County. Enjoy a stream walk complete with educational signage describing how farms and fish can thrive together. Tickets are available for purchase to pick apples or experience the corn maze and new duck run. Join the fun of “HARVEST HAPPENED” at the orchard and enjoy the food in our lovely cafè.

8. TWIN BROOK CREAMERY
   9723 Double Ditch Rd, Lynden
   Twinbrookcreamery.com
   Twin Brook Creamery is a historic dairy, started all the way back in 1930. In 2007, we began selling our milk here on the farm in glass bottles. Bring your lunch for a picnic, take a wagon ride around the farm, visit a historic barn built in 1911, tour the processing facility, pet a baby calf, sample our chocolate milk (and regular too)! And of course, enjoy the beautiful northern Whatcom County scenery.

9. MYSHAN DAIRY
   112 H St Rd, Lynden
   Myshandairy.com
   Myshan Dairy is a small Guernsey dairy North of Lynden. We vat pastureure, bottle and distribute to 25 stores, from Lynden South to Everett. Cows are fed a non-GMO grain diet and we are currently working to become non-GMO certified. Come meet us and feed our gentle Guernseys, pet the town and white-colored calves, enjoy a hay ride tour of our farm, learn about A2 milk, see the processing facility, taste the “Golden Guernsey Goodness,” and learn about the health benefits of Golden Guernsey milk.

10. THE CHEESE SHOP AT APPLEGARMS
    6605 Northwest Dr, Ferndale
    Applegarms.com
    Applegarms started with a young man's dream to be a dairy farmer. That dream carried him from his home and family in Holland to a bright future in the United States. He established his farm in 1697, and later began making cheese. Our passion behind Applegarms cheese comes from our love of farming, family, the land, and the community that we live in, and that is what we want to share with you!

11. ULRICH FARM & NURSERY
    2194 Ulrich Rd, Ferndale
    Ulrichfarmandnursery.com
    Ulrich Farm and Nursery is a small farm, located on the corner of Ulrich and Ferndale Roads in Ferndale. We focus on growing small fruit perennial plants, which we offer for sale. We also grow organic berries, fruits and vegetables. We follow permaculture principles and attempt to grow in harmony with nature (neat till, food forests, guilds, etc.). We have a 1000 sq. ft. seasonal greenhouse outside growing tomatoes, peppers, melons and some tropical fruits, and we also offer specialty tubers for sale.

12. FERNDALE FARMSTEAD
    2780 Aldergrove Rd, Ferndale
    Ferndalefarmstead.com
    You’ve heard of farm-to-table, but what about seed-to-cheese? Come experience how the Ferndale Farmstead puts sustainable principles in action to produce their crafted cheeses. Sitting on a 500 acre farm, the Ferndale Farmstead grows their own feed and raises their own cows to produce the milk for their creamery. Tour the facility, walk the farm and learn about the seed-to-table process, with cheese tasting at the end of course.

Eat!

Need something quick to grab and go on the tour? Stop by:
- Good to Go Meat Pies
  128 W Main St, Everson & 305 Glover St, Lynden
- Twin Sisters Creamery - 6202 Portal Way, Ferndale
- Rome Store - 2908 Mt Baker Hwy, Bellingham

Farm Tour BIKE RIDE!

Join up with the Mt. Baker Bicycle Club for a group 50 mile loop and 7 stops on the tour! Find all the details at www.eatlocalFirst.org

For all the tasty details, visit www.eatlocalFirst.org


Sustainable Connections
Local businesses taking action for a healthy community.
Downtown MARKET WALK

BINGO

Fill up your Bingo card with 5 stamps for a chance to win mouth-watering prizes!
1. Get a stamp at each Market Walk BINGO stop you visit.
2. Visit 5 or more stops and turn in your card at any of the participating locations.
3. You automatically be entered to win a local foodie prize package. Visit 6 stops & you’ll be entered twice!

**Taste of Bellingham Prize Package**
- $15 Bellingham Farmers Market bonus
- $10 Duke’s Market gift card
- $15 S&S Market gift card
- $15 Zupan’s gift card
- $15 Wine Club gift card
- $50 Burien Kitchen gift card
- $25 Great Northern Brewing Co. gift card
- $25 Aisu Sushi gift card
- $25 Wally’s Wine Bar & Grill gift card
- $25 The Fish Market gift card

**Local Sips & Savor Prize Package**
- $15 Peninsula Kitchen gift card
- $25 Great Northern Brewing Co. gift card
- $25 Aisu Sushi gift card
- $25 Wally’s Wine Bar & Grill gift card
- $25 The Fish Market gift card
- $25 Local Goodies gift card
- $25 The Fish Market gift card

**Winners**
- First place: Two people
- Second place: Two people
- Third place: Two people

**Stamps**
- 1. Biola Dairy Farm & Bakery
- 2. The Fish Market
- 3. S&S Market
- 4. Duke’s Market
- 5. Burien Kitchen
- 6. Zupan’s Market
- 7. Aisu Sushi
- 8. Wally’s Wine Bar & Grill
- 9. The Fish Market

Local businesses taking action for a healthy community.
Where Do Your Flowers Come From?

74% of consumers don't know where their flowers came from.

Flower Farms: Flower farms are big and small. Many of the flowers we use are shipped from far away, often from countries that specialize in growing flowers. Shipping flowers can be expensive and can have a large environmental impact.

Imported Flowers: Most commercial airport handling 1,500,000,000 flowers per year.

91% of flowers are imported per year.

40,000 Square Feet of Flowers ACCREDITED

SEVEN Daily Flights SIX Days per Week

Flower Travel: A single round trip flight can send over 1,000,000 flowers from the USA to the Netherlands. These flowers come from farms all over the world, which are often located in countries with different climates.

Why Buy American-Grown Flowers?

Why are American-grown flowers important?

Local businesses taking action for a healthy community.
Thank you!

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