



FOOD & FARMING











SEPTEMBER IS *Eat* LOCAL MONTH



WHATCOM COUNTY
FARM TOUR
SATURDAY, SEPTEMBER
10TH
10AM-5PM
MAP INSIDE!

Restaurants
LOCAL
SPECIALS
ALL MONTH!

Markets
EAT LOCAL,
FROM LOCAL!



Events & Fest

How to *Eat LIKE A LOCAL!*
Celebrate
LOCAL FARMS AND FOOD

Whatcom County Farm Tour Guide

Sat. September 10, 10am-5pm

TOUR STOPS

1 BELLINGHAM FARMERS MARKET

1100 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 being grown and produced right in Whatcom and Skagit Counties. Stop by our Demo Days booth to learn new recipes for school lunches and ask us 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 affordable access to locally grown, healthy foods. Twin Sisters Market operates every Saturday, June through October, at Nugent's Corner and Kendall. Farmers collaborate on supplying produce each week and take turns working the markets. EBT/SNAP & Fresh Bucks accepted!

4 CLOUD MOUNTAIN FARM CENTER

6906 Goodwin 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 & 2pm 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 Huntley Rd, Bellingham
Vewinery.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 matures 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
Tenfoldfarm.com

Come on 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
Bellewoodfarms.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 cannon and new duck run. Join the fun of "HARVEST HAPPENS" at the orchard and enjoy the food in our lovely cafe.

8 TWIN BROOK CREAMERY

9728 Double Ditch Rd, Lynden
Twinbrookcreamery.com

Twin Brook Creamery is a historic dairy, started all the way back in 1910. In 2007, we began bottling our own 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 pasteurize, bottle and distribute to 25 stores, from Lynden South to Everett. Cows are fed a non-GMO grass diet and we are currently working to become non-GMO Certified. Come meet and feed our gentle-natured Guernseys, pet the fawn 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 APPEL FARMS

6605 Northwest Dr, Ferndale
Appel-farms.com

Appel Farms 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 dream farm in 1967, and later began making cheese. Our passion behind Appel Farms 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
Greenconversion.net

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 (no till, food forests, guilds, etc.). We have a 1000 sq. ft. four season greenhouse onsite for 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!



Need something quick to grab and go on the tour? Stop by:

- A Good to Go Meat Pies
128 W Main St, Everson & 305 Grover St, Lynden
- B Twin Sisters Creamery - 6202 Portal Way, Ferndale
- C Rome Store - 3908 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



This map will give you a general idea of locations. We encourage visitors to use a professional map with more details to aid in travel. A complete map of the tour can be found at eatlocalfirst.org.

4 For all the tasty details, visit www.EatLocalFirst.org



Free. Family Friendly. Self-guided.





Eat DRINK. EXPLORE.

NW WASHINGTON CULINARY AGRITOURISM MAP

Farms • Gardens • Markets • Restaurants
Lodging • Vineyards • Breweries



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Choose local businesses taking action for a healthy community.



Local businesses taking action for a healthy community.



February 2017
 Melange 2014 - Bordeaux blend
 wine that is always made from
 blending Cab Sauv and Merlot together
 (plus other 4 varietals in small quantities)
 though proportion of Cab and Merlot vary

Left bank  Right bank
 Bordeaux area 

Note for Left or Right
 Cab Sauv - 60% Merlot - 40%
 Merlot - 20% Cab Sauv - 20%

Cab Fr
 Malbec
 Petit Verdot > 20%
 Carmeset

October 2016
 Vertical Barrel tasting
 when you taste the same wines but
 different years to compare how are
 the same grapes are different over time
 the same vineyard and how aging
 change the wine, Merlot 2016-2014
 Cab Sauv 2013-2014, Cab Fr 2013-2014

April 2017
 Port 2011 - No Cab
 60 months in a barrel

July 2017
 New Trilogia 2014
 Cab Sauv
 Merlot
 Cab Fr
 Malbec
 Petit Verdot
 Tempranillo
 Merlot
 Petit Verdot

Bottle yourself





Where Do Your Flowers Come From?

Currently, the U.S. imports around 80% of flowers sold. With the support of consumers, American flower farms could be filling many more vases across the country.

74%
of consumers don't know the origins of their flowers

58%
of consumers would prefer American-Grown, if given a choice

58%
of U.S. flower farms have gone out of business since 1992 because they can't compete with low-cost imports.

Flower Farmers Flower farms, large and small, are located in all 50 states. Most are family owned. They use many sustainable practices to grow thousands of beautiful varieties to supply the distribution channels of the floral industry.

Wholesalers Many wholesalers purchase flowers globally in a marketplace where country of origin labeling is not required or enforced. Some wholesalers source from domestic flower farms, but the majority do not.

Grocers Grocery stores and supermarkets purchase large quantities of flowers by the bunch or in mixed bouquets. They typically source from wholesalers, although some import flowers directly. Some also source flowers from U.S. flower farms.

E-commerce Most large online floral retailers buy directly from South American farms and ship those bouquets to U.S. consumers. Others act as the marketing middlemen for florists who fulfill orders with mostly imported flowers.

Florists Florists purchase flowers and greens from wholesalers and flower farms. Only those who buy directly from U.S. flower farms or from wholesalers who label the source of flowers can honestly tell customers where their flowers were grown.

YOU: the floral consumer

Imported Flowers

Miami International Airport handles **91%** of the fresh flowers imported per year

200,132 TONS of flowers land in Miami each year

40,000 boxes of flowers ARRIVE DAILY

During the week of Valentine's Day and Mother's Day

80,000-120,000 boxes of flowers ARRIVE DAILY

That Equals:

SEVEN Daily Flights **SIX** Days per Week

Imported Bouquets
Mixed Bouquets: \$1.1 Billion
Rose Bouquets: \$10.5 Million
Valentine's Day Roses
225 Million Roses sold in 2013
Only 2% were American-Grown

Over **1.6 billion** stems of roses are imported annually into the United States. That is in stark contrast to our country's domestic production of just over **30 million** stems per year.

Flower Power

The floral market is booming! U.S. flower farms can meet the demand and supply an increasing market of consumers who care about American-Grown blooms. There are approximately 1,000 small and large flower farms in the U.S., large and small, located in all 50 states. Many farms use many sustainable practices to grow thousands of beautiful varieties to supply the distribution channels of the floral industry.

Big Money

\$3.23 Billion Annual Retail Value of U.S. Cut Flower Wholesale



America's Cut
\$482.2 million Annual Value of Fresh Cut American-Grown Flowers & Plants

That is only **7%**

80% of flowers are imported

Colombia	65%
Ecuador	12%
Bolivia	2%
Costa Rica	4%
Other countries	17%

20% are grown in America

California	76%
New Jersey	6%
Washington	6%
Ohio	4%
Florida	2%
North Carolina	2%
Other States	2%

THE IMPORTED CUT FLOWERS BY STEM

Rose	1.6 Billion
Cerise	302.9 Million
Peony	248.8 Million
Lily	200.9 Million
Mini Gerbera	199.8 Million
Chrysanthemum	132.2 Million

Why Buy American-Grown Flowers?

You support local jobs and the economy

Your dollars create a smaller transportation footprint. It also helps preserve farmland.

You know the source of your purchases through history and transparency in flower labeling and flower farmers.

The products were sustainable and environmentally sound practices.



How can you help?

Ask your florist, grocer or wholesaler to supply American-Grown flowers. Look for origin-specific labeling on state-grown produce. Label like "Grown, T. Florida, imported" is not the "Flower" badge.

For more information, visit www.americangrowncolorado.org or call 1-800-877-8777



Slow Flowers
A national network of growers and retailers committed to local, seasonal, and sustainable flower production.





Thank you!



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