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*Congregation Shomrei Torah's*

# Guide to Locally Grown and Produced Foods



Farmers' Markets  
CSA (Community Supported Agriculture) Programs  
Local Markets & Other Sites  
Web Sites & Books  
Food/Garden Related Classes & Events

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## Just Table / Green Table

The Environmental Action Committee of Congregation Shomrei Torah is pleased to offer this guide to Sonoma County's year-round bounty. We encourage our members to take advantage of the abundance of fresh fruits, vegetables, eggs, olive oil, dairy products, honey, fish, herbs, meat and poultry available locally. The Union for Reform Judaism (URJ) selected the theme of "Just Table / Green Table" for their 2008-2010 Biennial Initiative. In this way, we are promoting what the URJ calls "ethical *kashrut*," or "ethical Jewish eating," with an emphasis on reducing our carbon footprint by supporting local farmers and eating food that is grown in an environmentally responsible manner.

**"Ethical *kashrut*," or "ethical Jewish eating"** encourages us to think of every food choice we make in the context of values that are part of our conscience and/or our Jewish tradition. Here is a list of traditional Jewish values that can help us make appropriate food choices for ourselves and our families. Let us consider:

**Respect for animals** (*Tza'ar ba'alei chayim*) literally, distress of those who possess life. For some, this suggests abstaining from the flesh of poultry or animals raised in "factory farm" conditions. For others, this value supports vegetarianism. Others extend the concept to honoring plant life, and restricting the use of fruits and vegetables treated with pesticides or foods that have been genetically manipulated.

**Protecting one's own body** (*Shmirat Haguf*) This value guides us to abstain from foods with carcinogens or dangerous levels of hormones, and to consume alcohol and caffeine in healthy moderation. This value also reminds us of the dangers of eating disorders, which make food into a weapon that we use against ourselves.

**Fair distribution of food** (*Tzedakah*) Practices that reflect this value include recognizing our bounty by sharing with those who would otherwise go hungry and donating a portion of our celebrations to Mazon or other hunger organizations such as Elisha's Pantry.

**Sanctifying the act of eating** (*Brachah and Kedushah*) When we eat, our tradition urges us to express gratitude by acknowledging the sources of our food, including celebrating the process and the journey from farm to table.

**Pursue peace and justice** (*Rodef Shalom v'Tzedek*) This value guides us to avoid food produced by companies or countries that violate values of fair pay, decent working conditions, and more.

Excerpted from URJ's Biennial Initiative  
For more information, visit [www.urj.org/life/food/](http://www.urj.org/life/food/)

Woodcut of Man at Work in Herb Garden  
by Hans Weidig

## Sonoma County Farmers' Markets

Farmers' Markets (a.k.a. greenmarkets) are places where farmers and other vendors sell their products directly to consumers, where one finds ultra-fresh produce, pastured meat and eggs, artisan cheeses, hand-harvested honey, and other fresh foodstuffs. They serve as venues for producers and consumers to come together, forge relationships, and exchange information.

City	Market Day, Time, Season	Address
Cloverdale CFM	Fri, 5:30-7:30P, Jun-Sep	Broad St. at N. Main St.
Cotati CFM	Thurs, 4:30-7:30P, May-Sept	W. Sierra at Old Redwood Hwy
French Garden FM	Sun, 10A-12:30P	8050 Bodega Ave., Sebastopol
Geyserville CFM	3 <sup>rd</sup> Thursday, 5:30-dusk, June-Oct	21714 Geyserville Ave.
Guerneville CFM	Tues, 4-7P, May-Oct	16209 1st St.
Healdsburg CFM	Sat, 9A-Noon, Apr-Nov	W. North St. at Vine St.
Healdsburg CFM	Tues, 4-6:30P, Jun-Oct	Matheson St. at Center St.
Monte Rio CFM	Sat, 11A-2P, May-Oct	Bohemian Hwy at Highway 116
Occidental CFM	Fri, 4P-dusk, Jun-Oct	3611 Bohemian Hwy
Petaluma CFM	Sat, 2-5P, May-Oct	4 <sup>th</sup> St. at D St.
Petaluma CFM	Wed, 4:30-8P, Jun-Aug	4 <sup>th</sup> St. at D St.
Santa Rosa Downtown CFM	Wed, 5-8:30P, May-Aug	4 <sup>th</sup> St. at B St.
Santa Rosa Oakmont CFM	Sat, 9A-Noon	White Oak Dr. at Oakmont Dr.
Santa Rosa Original Sat CFM	Sat, 8:30A-Noon	1351 Maple Ave.
Santa Rosa Original Wed CFM	Wed, 8:30A-Noon	1351 Maple Ave.
Sebastopol CFM	Sun, 10A-1:30P	Petaluma at McKinley
Sonoma CFM	Fri, 9A-Noon	1 <sup>st</sup> St. E at E. Spain St.
Sonoma CFM	Tues, 5:30-8:30P, Apr-Oct	Broadway at E. Napa St.
Windsor CFM	Sun, 10A-1P, May-Nov	7600 Bell Rd.
Windsor CFM	Thurs, 5-8P, Jun-Aug	7600 Bell Rd.

## Sonoma County Regional CSAs

Community Supported Agriculture (CSA) connects consumers with specific farms. Basically, one buys a share in a farm, and in return, gets a share of the harvest – the freshest, best produce the farm has to offer.

### **Beet Generation Farm, Santa Rosa**

families subscribed: 10±  
Duration: June-Nov 24 bi-weekly  
Contact: Libby Batzel 888-5434  
Web site: [www.beetgenerationfarm.com](http://www.beetgenerationfarm.com)  
Cost: \$585 for 14-week biweekly season  
Includes: dozen eggs, 1/2 lb butter, 5-8 veggies, herbs, fruit  
Home delivery in Santa Rosa

### **Bohemian Farmers' Collective, Occidental**

Sue 415/812-3924  
[bohemianfarmerscollective@gmail.com](mailto:bohemianfarmerscollective@gmail.com)  
P.O. Box 1195, Occidental, CA 95465

### **Canvas Ranch, Petaluma**

families subscribed: 125±  
Duration: Summer season is June-Nov (24 weeks)  
Winter season is biweekly Dec-Feb  
Contact: Deborah Walton, 766-7171 or  
[info@canvasranch.com](mailto:info@canvasranch.com)  
Web site: [www.canvasranch.com](http://www.canvasranch.com)  
Cost: \$590 for 24-week summer season (\$24.50 per week)  
4-week trial box (\$28 week)  
Options: eggs, flowers, fruit, bread, butter, cheese, meat  
Farm pickup and drop sites: Santa Rosa and Petaluma

### **First Light Farm, Sebastopol**

families subscribed: 75+  
Duration: year-around  
Contact: Nathan Boone, 480-5346  
Web site: [www.firstlightfood.com](http://www.firstlightfood.com)  
Cost: \$24 per week  
Payment options: monthly checks or auto credit card charge  
Drop sites: Sebastopol, Santa Rosa and Sonoma

### **Foggy River Farm CSA, Healdsburg**

Duration: May-Nov (31 weeks)  
Contact: Lynda or Emmett 483-1894 or  
[www.foggyriverfarm.org](http://www.foggyriverfarm.org),  
Web site: <http://farming101.wordpress.com>  
Cost: \$22 per week for farm  
Options: eggs  
Drop sites: Healdsburg, Windsor  
Wednesday box pick-up, Eastside Rd

### **Green Valley CSA, Sebastopol**

families subscribed: 30±  
Duration: 26 weeks  
Contact: 823-5352, 824-8586 or  
[green.valley.csa@gmail.com](mailto:green.valley.csa@gmail.com)  
Cost: \$25/week  
Initial membership fee: \$75. (\$50 is refundable deposit)  
Serving West Sonoma County, farm pick-up only

### **Laguna Farm, Sebastopol**

families subscribed: 425±  
Duration: Year round  
Contact: 823-0823 or [scott@lagunafarm.com](mailto:scott@lagunafarm.com)  
Web Site: [www.lagunafarm.com](http://www.lagunafarm.com)  
Cost: initial membership fee of \$75; then \$17 per week for farm pickup; delivery to drop-offs add \$4 per week. Options: bread, fruit, double salad mix, artisan store onsite  
Farm pick up and drop sites in Santa Rosa, Cotati, Petaluma

### **Love Farms, Healdsburg**

Contact: Bibiana 433-1230 or  
[www.lovefarms.com](http://www.lovefarms.com)  
serving Healdsburg, Dry Creek, and Alexander Valley  
On-site farmstand: 10-5pm, wknds or by appointment  
15069 Grove Street, Healdsburg

### **Orchard Farms, Sebastopol**

families subscribed: 25±  
Duration: 26 weeks (July – Dec)  
Contact: Ken Orchard, 823-6528  
Web site: [www.orchard-farms.com](http://www.orchard-farms.com)  
Cost: \$396./year in Sebastopol  
\$520.year for Santa Rosa  
or monthly \$72. in Sebastopol or \$100. in SR

### **Petaluma Bounty, Petaluma**

families subscribed: 40±  
Duration: Spring -Fall  
Contact: 775-3663 or [amy@petalumabounty.org](mailto:amy@petalumabounty.org)  
Web site: [www.petalumabounty.org](http://www.petalumabounty.org)  
Cost: \$22 per week for farm pickup; limited low income/wholesale option of \$11 per week.  
Options: bread, fruit, double salad mix  
Farm pick up and drop

### **Redwood Empire Farm, Rincon Valley**

Contact: Ariel 953-6150, or  
[redwoodempirefarm@gmail.com](mailto:redwoodempirefarm@gmail.com)  
Web site: [www.redwoodempirefarm.com](http://www.redwoodempirefarm.com)  
2 sizes \$20./\$28.  
options: eggs, and chicken meat  
Delivery to: Rincon Valley, Fountaingrove, Santa Rosa

### **Singing Frogs Farm, Sebastopol**

families subscribed: 72±  
Duration: May-Nov (28 weeks)  
Contact: Charlie, home: 829-1389 cell: 536-7171  
Cost: \$50 deposit; small \$595 (\$21.25 per week); large \$790 (\$28. per week); delivery to drop-off add \$50/yr  
Options: eggs, flowers  
Web site: [www.singingfrogsfarm.com](http://www.singingfrogsfarm.com)  
Serving: Santa Rosa, Sebastopol

### **Smiling Sun Farms CSA**

Contact: Alice McNair and Martha White, 824-9241  
[SmilingSunFarms@gmail.com](mailto:SmilingSunFarms@gmail.com)  
Cost: \$22/week  
Farm pick-up Tuesdays, 3—7pm  
Also pasture raised brown eggs & flower bouquets

### **Sonoma Mountain CSA (aka Wild Rose Ranch)**

families subscribed: 10±  
Duration: June-Nov (25 weeks)  
Contact: Balyn and Elli, 545-6062  
Web site: [sonomamountaincsa.blogspot.com](http://sonomamountaincsa.blogspot.com)  
Cost: Initial membership fee \$25; \$500 for 25 weeks  
Serving: Santa Rosa, and Glen Ellen

### **SRJC Shone Farm, Forestville**

(grown, harvested, and packed by Sustainable Agriculture students)  
families subscribed: 55 for summer  
Duration: summer 10 weeks; fall 15 weeks  
Contact: 887-1187  
Cost: \$240 for 10-week summer season  
Includes: Culinary Arts bakery item  
Delivery: SRJC Santa Rosa Campus Tues and Thurs;  
Petaluma Campus Thurs.; Shone Farm Friday

### **Tara Firma Farm, Petaluma (a quasi-CSA)**

Order specific veggies and quantities from website  
Contact: Tara Smith, 765-1202 or  
[farmhouse@TaraFirmaFarms.com](mailto:farmhouse@TaraFirmaFarms.com)  
Web site: [www.tarafirmafarms.com](http://www.tarafirmafarms.com)  
Cost: depends on what is ordered  
Serving: Marin County, Sonoma County, San Francisco  
Options: beef, chicken, turkey

### **Three Ox Farm, Sebastopol**

823-8303 or 829-9369  
2827 Blucher Valley Road Sebastopol, CA

### **Tierra Vegetables, Windsor**

families subscribed: 200±  
Duration: 29 weeks (June-Dec)  
Contact: 837-8366 or [evie@tierravegetables.com](mailto:evie@tierravegetables.com)  
Web site: [www.tierravegetables.com](http://www.tierravegetables.com)  
Cost: Basic Price is \$22.00 per week for farm pick up; delivery to drop-offs is an additional \$3 per week. Serving: Healdsburg, Windsor, and Santa Rosa

### **Valley End Farm, Rohnert Park**

families subscribed: 100+  
Duration: year-round  
Contact: Sharon Grossi, 585-1123, cell 486-0600 or  
[sharon@valleyendfarm.com](mailto:sharon@valleyendfarm.com)  
Web site: [www.valleyendfarm.com](http://www.valleyendfarm.com)  
Cost: Small \$180/quarter, medium \$240/quarter, large \$300/quarter  
Serving: farm pickup only  
Options: cheese, bread, sauerkraut and pickles

### **You Are What You Eat CSA, Sebastopol**

families subscribed: 75±  
Nursery plant sales: 2051 Schaeffer Rd.  
Contact: 293-8639 or  
[youarewhatyoueatfarm1.vpweb.com](http://youarewhatyoueatfarm1.vpweb.com)

## **Meat CSAs**

### **Chileno Valley Ranch Meat**

Contact: 765-6664 or [www.chilenobnb.com/beef.html](http://www.chilenobnb.com/beef.html)

### **Sneaky Meats / Wyeth Acres**

Web site: [www.wyethacres.com](http://www.wyethacres.com)  
Pickup first Sunday of the month: in Healdsburg

### **Sonoma Meat Buying Club**

Web site: <http://groups.ucanr.org/LocalMeatProd>

### **Tara Firma Farm**

Web site: [www.tarafirmafarms.com](http://www.tarafirmafarms.com)  
Serving: Marin County, Sonoma County  
Options: beef, chicken, turkey.

### **Victorian Farmstead**

Contact: 332-4605 or [www.vicfarmmeats.com](http://www.vicfarmmeats.com)  
1220 Gravenstein Hwy N, Sebastopol

## Local Markets & Other Sites

Besides farmers' markets, numerous groceries and many national chain stores throughout the county carry organic produce, bought in season from local sources. If you shop at a national chain store, encourage them to expand their local procurement.

### **Andy's Produce Market**

1691 Hwy. 116 N.  
Sebastopol  
823-8661; Web site: [www.andysproduce.com](http://www.andysproduce.com)  
Daily 8:30A-8P

### **Bob's Fruit Truck**

4358 Sonoma Hwy.  
Santa Rosa  
537-6686  
M-Sa 9A-7P; Su 9A-6P

### **Bohemian Market**

3633 Main St.  
Occidental  
874-3312  
Daily 7A-9P

### **Community Market**

1899 Mendocino Avenue  
Santa Rosa  
546-1806; Web site: [www.srcommunitymarket.com](http://www.srcommunitymarket.com)  
M-Sa 8A-9P; Su 10A-8P  
10% Senior Discount Tu, Th & Sa

### **Fircrest Market**

998 Gravenstein Hwy. S.  
Sebastopol  
823-9171  
M-Sa 8A-9P; Su 9A-8P

### **Food For Humans**

16385 1<sup>st</sup> St.  
Guerneville  
859-3612  
Daily 9A-8P

### **G&G Supermarket**

701 Sonoma Mt. Pkwy.  
Petaluma  
765-1198; Web site: [www.gandgmarket.com](http://www.gandgmarket.com)  
M-Sa 8A-9P; Su 9A-8P

### **G&G Supermarket**

1211 W, College Ave.  
Santa Rosa  
546-6877; Web site: [www.gandgmarket.com](http://www.gandgmarket.com)  
Daily 7A-9P

### **Molsberry's Market**

522 Larkfield Shopping Ctr.  
Santa Rosa  
546-0307 or 546-2331; Web site:  
[www.molsberrymarket.com](http://www.molsberrymarket.com)  
M-Sa 7:30-9P; Su 8A-P

### **Glen Ellen Village Market**

13751 Arnold Dr.  
Gen Ellen  
996-6728; Web site: [www.sonoma-glenellenmkt.com](http://www.sonoma-glenellenmkt.com)  
Daily 6A-9P  
10% Senior Discount Tu., 6A-9P

### **Kaiser Permanente Medical Center**

401 Bicentennial Way  
Breezeway between West Building and Hospital  
Santa Rosa  
393-3246  
M 9:30A-1:30P; Closed in winter

### **Kendall Jackson Wine Center**

4007 Fulton Rd.  
Fulton  
571-8100 or 571-7500  
1<sup>st</sup> Sa of the month July — October

### **Oakville Grocery**

124 Matheson St.  
Healdsburg  
433-3200; Web site: [www.oakvillegrocery.com](http://www.oakvillegrocery.com)  
Daily 8A-6P

### **Oliver's Market**

546 E. Cotati Ave.  
Cotati  
795-9501; Web site: [www.olversmarket.com](http://www.olversmarket.com)  
M-Su 7A-11P  
10% Senior Discount Wed. 7A-4P

**Oliver's Market**

560 Montecito Center  
Santa Rosa  
537-7123; Web Site: [www.olversmarket.com](http://www.olversmarket.com)  
Daily 7A-10P  
10% Senior Discount Wed. 7A-4P

**Oliver's Market**

461 Stony Point Rd.  
Santa Rosa  
284-3530; Web site: [www.olversmarket.com](http://www.olversmarket.com)  
Daily 7A-9P  
10% Senior Discount Wed. 7A-4P

**Oliver's Market**

429 E. Cotati Ave.  
Cotati  
Daily 7A-11P  
795-9501; Web Site: [www.olversmarket.com](http://www.olversmarket.com)  
10% Senior Discount Wed. 7A-4P

**Pacific Market**

901 Golf Course Dr.  
Rohnert Park  
585-9643  
M-Sa 7A-9P; Su 8A-8P

**Pacific Market**

1465 Town and Country Dr.  
Santa Rosa  
546-3663  
M-Sa 7:30A-9P; Sun 8A-8P

**Pacific Market**

550 Hwy. 116 N.  
Sebastopol  
823-9735 or 823-4916  
M-Sa 7A-9P; Su 8A-8P

**Petaluma Market**

210 Western Ave.  
Petaluma; M-Su 7A-9P  
763-8452; Web site: [www.petalumamarket.com](http://www.petalumamarket.com)

**Pohley's Market**

341 Windsor River Rd.  
Windsor  
838-2266; Web site: [www.pohleysmarket.com](http://www.pohleysmarket.com)  
Daily, 7A-10P

**Shelton's Natural Foods Market**

428 Center St.  
Healdsburg  
431-0530 ; Web site: [www.sheltonsmarket.com](http://www.sheltonsmarket.com)  
Daily 8A-8P

**Sonoma County Farm Trails**

Produce from local farms  
Web Site: <http://farmtrails.org/index.html>

**Sonoma Market**

500 W. Napa St., Suite 550  
Sonoma  
996-3411; Web site: [www.sonoma-glenellenmkt.com](http://www.sonoma-glenellenmkt.com)  
M-Su 6A-9P  
10% Senior Discount Tu, 6A-9P

**Speer's Market**

7891 Mirabel Rd  
Forestville  
887-2024  
Daily 8A-8P

**The French Garden Farm Market**

8050 Bodega Ave.  
Sebastopol  
824-2030; Web site: [www.frenchgardenrestaurant.com](http://www.frenchgardenrestaurant.com)  
Sa & Su 11A-12P  
Call for winter hours

**Traverso's Gourmet Foods**

2097 Stagecoach Rd.  
Santa Rosa  
542-2530; Web site: [www.traversos.com](http://www.traversos.com)  
Shone Farm produce stand in front on Th,  
Spring — Fall; Call Traverso's for dates & times

**Zazu Restaurant & Farm**

3535 Guerneville Rd.  
Santa Rosa, CA  
523-4814; Web site: [www.zazurestaurant.com](http://www.zazurestaurant.com)  
Farm Stand: Sa 11A-2P  
Spring — Fall, call for winter hours

## **Sonoma County Web Sites**

Bauman College: <http://www.baumancollege.org/>  
Beekind — Classes: [http://www.beekind.com/beekeeping\\_classes.shtml](http://www.beekind.com/beekeeping_classes.shtml)  
Buy local Sonoma County information: <http://guide.buylocalca.org/search-result.php>  
California School of Herbal Studies — Classes: <http://www.cshs.com/>  
Daily Acts — Sustainability series: <http://www.dailyacts.org/sustainability-series>  
Harmony Farm Supply & Nursery — Classes: [www.harmonyfarm.com](http://www.harmonyfarm.com): Books:  
<http://harmonyfarm.com/prostores/servlet/Search?category=Index+Book>  
Occidental Arts and Ecology Center — Classes: <http://www.oaec.org/courses>  
Permaculture Resources for Northern California and Beyond: <http://permie.net/>  
Ramekins Culinary School — Classes: <https://www.ramekins.com>  
Relish Culinary Adventures — Classes for adults and children <http://www.relishculinary.com/>  
iGrow: <http://www.igrowsonoma.org>  
Santa Rosa Dept. of Recreation and Parks — Gardening and Cooking Classes:  
<http://ci.santarosa.ca.us/DEPARTMENTS/RECREATIONANDPARKS/PROGRAMS/Pages/default.aspx>  
Sonoma County Farm Trails: <http://www.farmtrails.org>  
Sonoma County Master Gardeners: <http://groups.ucanr.org/sonomamg/>  
SRJC Agriculture/Natural Resources Department:  
[http://www.santarosa.edu/instructoin/instructional\\_departments/agriculture/](http://www.santarosa.edu/instructoin/instructional_departments/agriculture/)  
SRJC Community Education — Courses and Workshops:  
<https://busapp02.santarosa.edu/CommunityEducation/SelectCategory.aspx?ID=201072>  
VIVA — Classes: <http://saiprograms.com/viva/>  
West County Seed Bank: <http://westcountyseedbank.blogspot.com/>

## **Other Web Sites**

Community Alliance with Family Farmers (CAFF): [www.buylocal.org](http://www.buylocal.org)  
Environmental Working Group — Shopper's Guide to Food/Pesticides: <http://www.foodnews.org/>  
Heirloom Vegetable Gardening: <http://www.halcyon.com/tmend/heirloom.htm>  
Michael Pollan: [www.michaelpollan.com](http://www.michaelpollan.com) (for resources on Sustainable Eating and Nutrition, Growing Food and more, as well as Books)  
Marion Nestle: <http://www.foodpolitics.com/>  
Regenerative Design Institute — Classes: <http://www.regenerativedesign.org/courses-events/permaculture>  
Superfoods: <http://www.webmd.com/diet/features/superfoods-everyone-needs>  
Union of Reform Judaism's Just Table/Green Table Program: <http://urj.org/life/food/index.cfm?>  
Whole Spice: [www.wholespice.com](http://www.wholespice.com)

## **Books**

“Food Rules” and other books by Michael Pollan: [www.michaelpollan.com](http://www.michaelpollan.com)  
“Superfoods: The Food and Medicine of the Future” by David Wolfe  
“The China Study” by T. Colin Campbell  
“What to Eat” by Marion Nestle (and other books she has written), see [www.foodpolitics.com](http://www.foodpolitics.com))

## Upcoming Food/Garden Related Classes & Events

2010 —

- Oct 2 'Herbs for Cold and Flu' at CA School of Herbal Studies, in Forestville  
*www.CSHS.com*
- 2 'EZ Mushrooms' 10A-2P, \$30 *www.dailyacts.org/sustainability-series*
- 2 Shone Farm You Pick 10:30A-2P
- 2-4 Sonoma County Harvest Fair, at Santa Rosa Fairgrounds
- 3 'Calabash- Celebration of the Gourd' 1-5P, \$35./40. at Food For Thought AIDS food bank in Forestville
- 3 'Fruit and Cheese Tasting' 1-4P, \$20. Sponsored by CAFF, Slow Food, CA Rare Fruit Growers, 544-4582
- 9 CA Native Plant Society huge Plant Sale! 9A- Santa Rosa Veterans Hall
- 9 Wise Water Management at OAEC 10A-1P, \$35 with Brock Dolman  
*www.oaec.org/water-institute*
- 9 Petaluma Bounty Farm work day 9A-3P, potluck lunch,  
*www.petalumabounty.org/programs/bounty-farm*
- 9 Shone Farm You Pick 10:30A-2P
- 9 'Grow your own Wine' Free at Windsor Regional Library by Master Gardeners, 10:30A-12:30P
- 9 'Native Shrubs and Small Trees For Son. Co.' Free at Rincon Valley Library by Master Gardeners, 10:30A-12:30P
- 13 'Canning and Preserving Fruits + Vegetables 9A-3:30P, \$81.  
*www.santarosa.edu/CommunityEducation*
- 15-17 Bioneer's Conference in San Rafael, *www.bioneers.org*
- 16 Shone Farm You Pick 10:30A-2P
- 16 'Conquering Gophers and Moles' Free at Rincon Valley Library by Master Gardeners, 10:30A-12:30P
- 16+17 Sturgeon's Mill (steam timber cutting) open house, free, 10A-3P
- 23 Shone Farm You Pick 10:30A-2P
- 23+24 Bio-Intensive Gardening Workshop, 9-5pm lunch incl., Bishop's Ranch Healdsburg \$50. (work trade avail)
- 29 Occidental Farmers Market 6<sup>th</sup> annual 'Harvest Market Festival' 4-7P downtown Occidental
- 30 SSU Insect Palooza Event in Bio Dept. Darwin Hall, 9A-4P
- 30 West County Seed Bank (lecture + exchange) 10A-1P, potluck at Noon,  
*westcountyseedbank.blogspot.com*
- 30 'Fungi Pharmaceuticals + Delectable Wild Edibles' at CA School of Herbal Studies  
*www.CSHS.com*
- 30 'The Fall + Winter Kitchen Garden' Free at Rincon Valley Library by Master Gardeners, 10:30A-12:30P
- 31 Mushroom Cultivation 10A-4P, \$85. in Bolinas, *www.regenerativedesign.org/courses-events*
- Nov 6 'Grow Your Own Wine' Free at Sebastopol Regional Library by Master Gardeners, 10:30-A12:30P
- 12 Shabbat Evening Service-Life Long Learning with Deborah Newbrun, Bay Area Director of Hazon, Congregation Shomrei Torah, 2600 Bennett Valley Rd, Santa Rosa, 7:30-9P
- 13 '2010 Marin Agricultural Summit' *www.growninmarin.org*

- 13 'Beeswax Candle Making' workshop at Beekind in Sebastopol, \$20.  
*www.beekind.com*
- 13 'Super Succulents' Free at Windsor Library by Master Gardeners, 10:30A-12:30P
- Dec 4 'Herbal Holiday Gifts' at CA School of Herbal Studies, in Forestville *www.CSHS.com*
- 11 "Holiday Arrangements from the Garden' Free at Windsor Library by Master Gardeners,  
10:30A-12:30P
- 23-26 Hazon's Food Conference West, Walker Creek Ranch, 1700 Marshall-Petaluma Rd, Petaluma,  
CA; *http://www.hazon.org/go.php?q=/food/conference/2010FLF/theHazonFoodConference.html*

Ongoing:

Occidental Arts & Ecology Center (OAEC) workdays Wednesdays 10A-5P (lunch included)  
*www.oaec.org/participate/garden-volunteer*

Bayer Farm workdays Wed 9:30A-12:30P and Fri 2:30-5:30P, kids welcome, 1550 West  
Ave. in Roseland, Santa Rosa

Petaluma Bounty Farm open house every Sa 9A-1P, work-day second Sa of the Month/ Volunteers also  
needed at their farmer's market booth Wed evening or Sat afternoon. call 364-4883 to book your  
volunteer slot.

Tara Firma Farm free Su tours starting at 10A-4P, *www.tarafirmafarms.com*

Compiled by H. Herrmann, SRJC Sustainable Agriculture  
Updated by EAC

**For additions and/or corrections to these lists, contact Susan Richter at *susanrichter@earthlink.net***

### **Mission Statement**

The mission of Shomrei Torah's Environmental Action Committee is to encourage environmental stewardship and to promote awareness and sound ecological practices within the synagogue, our congregation and the wider community. In order to respond to the global challenges that we all face, the Committee focuses on four areas:

- Green Shomrei Torah: Develop policies and practices that diminish the synagogue's environmental footprint.
- Education and Awareness: Educate members of the congregation about sound environmental practices.
- Community Involvement: Work with other organizations in Sonoma County to advance the protection and sustainability of our resources and environment.
- Advocacy: Advocate for governmental policies that improve environmental practices in the county and state.

**We invite you to consider becoming a member of our committee, to attend our next meeting and learn more about our current projects. Please contact the office staff, 578-5519, and check us out at *www.shomreitorah.org/environ.html***