Tired of cooking by yourself, in YOUR kitchen?  The Ellensburg Community Kitchen meets twice a month (typically 2nd and 4th Saturdays) at FISH. We plan a healthy, delicious "scratch" menu in advance, bring ingredients, knead, etc. together. Then we eat lunch, share the cleanup chores, and take servings and recipes home.

Resources

FARMERS MARKETS

Kittitas County Farmers Market  4th Avenue, Downtown Ellensburg  Season: May – October  Hours: Saturdays 9 am – 1 pm

These grocery stores are a great place to buy fresh produce!

- Better Life Natural Foods: 201 S. Water Street, Ellensburg
- Boys and Girls Club: 500 W. 3rd Avenue, Ellensburg
- Daily Bread & Mercantile: 741 State Route 906, Snoqualmie
- Dutch Grocery: 5231 Thorp Prairie Road, Thorp, 509-964-2474
- Gibson’s Produce: 410 Gladmar Road, Thorp
- Irish Eyes Garden Seeds: 5045 Robinson Canyon Road, Ellensburg
- Maggie’s Pantry: 111 W. 6th Avenue, Ellensburg
- Meat Market: 1711 Canyon Road, Ellensburg
- Super One: 201 S. Water Street, Ellensburg
- Ranch and Home: 615 S. Main Street, Ellensburg
- Ronald General Store: 705 N. Ruby Street, Ellensburg
- Safeway: 400 N. Ruby Street, Ellensburg
- Vantage General Store: 521 E. Mountain View Avenue, Ellensburg

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If you have questions, please contact healthpromotion@co.kittitas.wa.us.

For more information contact:

Ellensburg Community Kitchen
203 W. Washington Avenue, Ellensburg
509-925-5051
servings and recipes home.

Antique Mall
400 N. Ruby Street, Ellensburg
804 W. 1st Street, Cle Elum

Carlson’s Quality Produce
1711 Canyon Road, Ellensburg
www.thorpfruit.com
509-964-2474

Food Resource Guide
Kittitas County Healthy Food Resource Guide is aimed at helping community members access local foods in our county. Farmers Markets Produce Stands Farms Ranches Community Gardens and More!

2014-15 Kittitas County

http://www.co.kittitas.wa.us/healthfoodresourceguide/
**Foods Access Kittitas County**

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**Green Bow Farm**
8892 Howard Road, Ellensburg
For more information contact: info@greenbowfarm.com www.greenbowfarm.com

Green Bow Farm is a 23-acre, grass-based operation offering lamb, grass-fed beef, free-range pastured turkeys, and eggs. They also produce sheep wool and honey. Farm visits are available upon request.

**Kittitas Valley Greenhouse**
4461 Umtanum, Ellensburg
www.kittitasvalleygreenhouse.com

Grown fresh tomatos, eggplant, cucumber, and basil in greenhouses and garlic and sweet corn outside. They have almost 40 varieties of tomatoes, both heirloom and hybrid.

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**Paterson Community Garden**
507 N. Namum Street, Room #2
For more information contact: www.patersoncommunitygarden.org

- Savor your home grown vegetables and herbs
- Lark Meadows Farm, a diversified farm committed to organic growing techniques and sustainable practices. They raise nutrient dense fruits & veggies, medicinal herbs, hay, free-range dairy sheep, pigs, boar, goats, chicken, eggs, and a Jersey cow. Pastured: raised, lamb & goat; cold½ cold½ and full, cut and wrapped to your specification. Speas
- The Ahearn family raises grass-fed beef and grass-finished turkey for retail and wholesale.
- Ground beef and fork meat are available year-round from the ranch directly or from local processors like The Cattle’s Quality Products. Longhorn Cattle Company also partners with Ideal Protein and CrossFit. All products are hormone and antibiotic free, USDA harvested and processed.
- Michael's Garden
19613 Maple Rd, Ellensburg
For more information contact: Michael Walker, 509-925-7642

Many varieties of tomato and pepper plants. Fresh garden vegetables in season.

- Nanaimo Farm
24404 Upper Badger Pocket Road, Ellensburg
For more information contact: Nicole Burk, 509-859-3847
info@nanaimofarm.com

Fresh produce, pasture-raised chicken, eggs and turkeys. Grass-fed beef and lamb. Fresh produce. Please call before visiting.

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**Rivers Farm Organic Produce**
12610 Hwy 10, Ellensburg
For more information contact: 509-607-3495
riverfarm@outlook.com

Certified organic produce and free-range pork available.

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**Sage View Farm**
Ellensburg
For more information contact: 509-607-3801, sageviewfarm@yahoo.com www.sageviewfarm.com

Sage View Farm provides custom, pasture-raised, naturally grown beef, pork and lamb that are free of hormones and antibiotics. J. Hutton is approved by Animal Welfare (.org) and Eat Wild (.com).

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**Winzer Farm**
404 Robinson Creek Road, Ellensburg
For more information contact: Dan Wedin, 509-707-1080, danwinewine@gmail.com windywines.com

Windy N Ranch is dedicated to be certified organic for all pastures & animals! Pigs and all fields are certified organic, and they produce the animals in follow season. Grass-fed beef, grass-fed lamb, grass-free, poultry, pasture-raised pears, and seasonal produce. Thanksgiego turkey, and free-range brown eggs are available.

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**Your Community, Your Food**
Small changes in the input system can make a big difference to the health of our community. Support local farmers and vendors.
- Be local for what you eat and in the community where you grew up.
- Visit local farmers and vendors' websites and Facebook pages to learn more.
- Ask your local schools, hospitals, and other institutions to offer healthier meals.
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