Eating Sustainably

Resources for the San Francisco Peninsula and South Bay

EATING SUSTAINABLY — that is, eating seasonal, local, organically produced food, as well as foods lower on the food chain — is good for our health, the health of farmworkers, and the health of the Earth.

Here in the San Francisco Bay area, we are lucky to have an abundance of choices for eating sustainably. In this document we concentrate on sustainable food resources for the San Francisco Peninsula and South Bay, but we include some listings for those of you in the City and in the East Bay, too.

Compiled by the Valley of Heart’s Delight project and Common Ground Organic Garden Supply and Education Center.

Please send feedback to:
sstansbury@globalcommunity.org

For more copies of “Eating Sustainably,” please contact the Valley of Heart’s Delight project at 650-328-7756 or download it from www.globalcommunity.org/vhd/eatsusbay.pdf

WHAT’S COVERED HERE

There are many ways to eat more sustainably. The following pages provide information and resources to make it easier. We hope you choose to take advantage of some of them.

Supporting Local Farmers Directly
Local Farmers’ Markets
CSA Farms offering organic produce

Shopping For Food Sustainably
Grocery Stores offering organic produce
Organic Delivery Services
Local Organic Food Brands

Eating Out Sustainably
Restaurants - Organic, Vegetarian
Dinners & Potlucks - Organic, Vegetarian

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Community Gardens
Growing Circles

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About the Valley of Heart’s Delight project
LOCAL FARMERS’ MARKETS

Many stands at local Bay Area Farmer’s markets sell certified organic produce. Always look for the CCOF (California Certified Organic Farmers) sign somewhere on the stand, or ask if the farm is certified organic. The advantage of a Farmers’ Market is that you can select exactly what you want, out of the locally-grown, in-season produce, and because you are buying directly from the farmer, you can get to know who grows your food and also learn about how the food is grown!

Complete listings for the San Francisco Bay Area Farmers’ Markets can be found at the California Federation of Certified Farmers’ Markets website: http://www.cafarmersmarkets.com/

A Sampling of Peninsula and South Bay Farmers’ Markets organized alphabetically.

The Fresh Market, Burlingame
Howard Ave between Park and Primrose
Sundays, 9:00am-1:30pm, May – Nov
ONLY
650-344-1735

Campbell Farmers’ Market
East Campbell Ave. at 2nd St
Sundays, 9:00am-1:00pm, year round
510-745-7100

Daly City Certified Farmers’ Market
Serramonte Center/behind Target
Thursdays, 9:00am –1:00pm, year round
800-806-FARM

Los Altos Farmers’ Market
State St between Second and Third Streets
Thursdays, 4:00pm-8:00pm, May - Sept.
ONLY
510-745-7100

Los Gatos Farmers’ Market
Town Park Plaza (near Post Office)
Sundays, 8:00am-12:30pm, year round
408-353-4293

Menlo Park Certified Farmers’ Market
Crane & Chestnut
Sundays, 9:30am-1:30pm, year round
831-688-8316

Millbrae Certified Farmers’ Market
200 Block Broadway
Saturdays, 8:00am -1:00pm, year round
650-697-7324

Mountain View Farmers’ Market
Hope & Evelyn
Sundays, 9:00am-1:00pm, year round
800-806-FARM

Palo Alto Farmers’ Market
Gilman St between Hamilton and Forest
(behind the post office)
Saturdays, 8:00am –12:00pm, May 10 - Dec ONLY
650-328-2827

Redwood City Certified Farmers’ Market
Winslow & Middlefield
Saturdays, 7:00am -12:00 pm, April-Nov ONLY
650-592-4103
San Jose Japantown Farmers' Market  
Jackson St between 7th and 8th  
Sundays, 8:30am-12:00pm, year round  
408-298-4303

San Jose Willow Glen Farmers' Market  
Lincoln & Minnesota  
Saturdays, 8:30am-12:30pm,  
Apr-Nov ONLY  
408-367-0220

San Mateo Certified Farmers’ Market  
College of San Mateo parking lot  
Wednesdays, 9:00am-1:00pm; year round  
Saturdays, 9:00am -1:00pm, year round  
800-949-FARM

Sunnyvale Farmers' Market  
Murphy between Washington & Evelyn  
Saturdays, 9:00am -1:00pm, year round  
Wednesdays, 5:00pm-8:30pm Jul-Sept ONLY!  
510-745-7100

**ORGANIC COMMUNITY SUPPORTED AGRICULTURE (CSA) FARMS**

Community Supported Agriculture (CSA) farms provide fruits and vegetables directly to you. Those listed below are certified organic. Typically they have a weekly drop-off point somewhere near you, where they leave you a box of what’s fresh and in season off the farm. You contract directly with the farm, either on a weekly, seasonal, or other periodic basis. This is a good way to know exactly where your food is coming from, and to help local organic farmers have a more steady stream of income.

**Finding a CSA farm near you** (organic and non-organic), organized by county:  
http://www.localharvest.org/  
Their CSA locator provides contact information, farming practices, and delivery costs and arrangements, including more complete information on the CSAs listed below.

**Q&A on Community Supported Agriculture:**  

**Organic CSAs in Santa Clara County**  
For handy reference, here are the organic farms providing CSA to the peninsula.

**Farm Fresh to You**  
Contact: Georgette  
23808 State Hwy 16  
Capay, CA 95607  
Ph: 800-796-6009 Fax: 530-796-3344  
www.farmfreshtoyou.com

**Full Belly Farm**  
Contact: Dru Rivers  
Road 43  
Guinda, CA 95637  
www.fullbellyfarm.com  

**Peninsula CSA:**  
P.O. Box 251, Guinda, CA 95637  
Ph: 530-796-2214  
belly@fullbellyfarm.com
Full Belly Farm
East Bay CSA:
P.O. Box 220, Guinda, CA 95637
Ph: 800-791-2110
eastbaycsa@fullbellyfarm.com

Herbert Family Organic Farm
Contact: becky@herbertranch.com
1941 Fallon Road, Hollister, CA 95023
Phone 831-637-9571 Fax 831-637-9584
www.herbertfamilyorganicfarm.com

Hidden Villa CSA
Contact: Andrew Scott
26870 Moody Road
Los Altos Hills, CA 94022
Ph: 650-949-8647 Fax: 650-948-4159
www.hiddenvilla.org/Assets/CSA.htm

Homeless Garden Project
Contact: Darrie Danzhorn, Patrick Williams, Chrissy Brewer, Rosie Demmin
P.O. Box 617 (mailing)
Santa Cruz, CA 95061
Ph: 831-426-3609 Fax: same number
www.homelessgardenproject.org

Live Earth Farm
Contact: farmers@cruzio.com
PO Box 3490
Freedom, CA 95019-3490
Ph: 831-763-2448 Fax: 831-728-0439
www.liveearthfarm.com

Two Small Farms
(Mariquita Farms and High Ground Organics)
Contact: csa@mariquita.com
PO Box 2065
Watsonville, CA 95077-2065
Ph: 831-786-0625
www.TwoSmallFarms.com
**GROCERY STORES**
More organic food is being sold in grocery stores now than ever before. The market has been growing by 20% per year by some estimates. The advantage of shopping in grocery stores is that you can select what you want, but the disadvantages are that often you don’t know how far away the food has come from, the food is less fresh, and often you pay more than you would at a Farmer’s Market, CSA farm, or even with a delivery service.

<table>
<thead>
<tr>
<th>Grocery Store</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td><strong>Berkeley Bowl Marketplace</strong></td>
<td>2020 Oregon St, Berkeley, CA</td>
<td>510-843-6929</td>
<td><a href="http://www.berkeleybowl.com">www.berkeleybowl.com</a></td>
</tr>
<tr>
<td><strong>Country Sun Natural Foods</strong></td>
<td>440 S. California Avenue, Palo Alto, CA</td>
<td>650-324-9190</td>
<td><a href="http://www.countrysun.com">www.countrysun.com</a></td>
</tr>
<tr>
<td><strong>Earthbeam Natural Foods</strong></td>
<td>1399 Broadway, Burlingame, CA</td>
<td>650-347-2058</td>
<td><a href="http://www.earthbeamfoods.com">www.earthbeamfoods.com</a></td>
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<tr>
<td><strong>Sigona's Farmers Market</strong></td>
<td>399 Stanford Shopping Ctr, Palo Alto, CA</td>
<td>650-329-1340</td>
<td></td>
</tr>
<tr>
<td><strong>Webb Ranch</strong></td>
<td>2720 Alpine Rd. at Hwy 280, Portola Valley, CA</td>
<td>650-854-5417</td>
<td>This local farm and farm stand offers pesticide-free produce.</td>
</tr>
<tr>
<td><strong>Whole Foods Market</strong></td>
<td>3000 Telegraph Ave, Berkeley, CA</td>
<td>510-649-1333</td>
<td><a href="http://www.wholefoods.com">www.wholefoods.com</a></td>
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ORGANIC PRODUCE DELIVERY SERVICES
These are real time-savers. If shopping time is a barrier to your cooking, consider these handy services. They deliver fresh fruits and vegetables right to your door, once a week or every two weeks. They bring whatever’s in-season. You can usually select veggies only, fruit only, or the standard veggie-fruit combo. Most now allow you to special-order extra food, and can be reached via the web. Usually the food is well-tagged with info on what farms the food comes from.

Bay Area Organic Express (the BOX)
P.O. Box 460411
San Francisco, CA 94146
415-695-9688
415-ORGANIC
www.organicbox.com

Planet Organics
915 Cole St #172
San Francisco, CA 94117
1-800-956-5855
service@planetorganics.com
www.planetorganics.com

Westside Organics
3202 Investment Blvd
Hayward, CA 94545
510-786-1300
www.westsideorganics.com

Wilbur’s Garden
86 Linda Vista
Benicia, California 94510
Tel/Fax: 707-745-1523
orders@wilbursgarden.com
www.wilbursgarden.com
Weekly home delivery of fresh cut flowers and organic produce, as well as cooked meals, and other goodies.

For more local stores carrying organic products, please take a look at the wonderful directory at: www.organicconsumers.org/foodcoops.htm
LOCAL ORGANIC FOOD BRANDS
Buying local brands saves the large energy costs involved in the long-distance transport of foods, and also supports your local economy. Here’s a sampling of organic foods that are being made right in our back yard, the greater Bay Area. All are family-run operations. All are available in your local organic grocery - look for them and support them!

Acme Bread Company’s delicious organic loaves are made in Berkeley. Donna’s Tamales are all vegetarian and vegan, made with organic corn masa. She uses Straus Family cheeses and Wildwood tofu in her fillings. She makes the tamales in Fairfax. Giusto’s organic flours and other baking products are produced in San Francisco. Grace Baking Company sells many (though not all - look at the label) organic breads, made in Oakland and Albany.

Lydia’s Organics produces organic, vegan sprouted grains, seeds and nuts, along with dehydrated fruits, vegetable, herbs and seaweeds. Lydia Kindheart is based in Fairfax and has two restaurants there, as well as a catering service. Now and Zen makes its vegan cakes, cookies, meat alternative products and toppings right in San Francisco.

Santa Cruz Organic juices, applesauce, chips, hummus, and other products are produced and mostly grown in the Santa Cruz area. Straus Family Creamery organic dairy products are produced in Tomales Bay in Marin. Elizabeth Straus and the Straus family have been instrumental pioneers in preserving small, local farms with the Marin Agricultural Land Trust movement. Taylor Maid Farms in Sebastopol grows much of its own organic herbal teas right there on the farm. (They also offer coffee and teas grown organically from around the world, and are fair trade certified.) Vital Vittles Organically great breads and baked good are made in Berkeley. WholeSoy makes soy yogurt, frozen yogurt, and soy drinks using 100% organic soybeans. They are headquartered in San Francisco and make their products in Modesto. Wildwood Natural Foods organic tofu and soy foods are made in Santa Cruz and Fairfax.

Find more organic brands (not quite as local) at www.organickitchen.com/foods.html
RESTAURANTS
There are a number of great sustainable restaurant options all over the Bay Area, for special occasions, or when you just don’t feel like cooking. All of these restaurants offer organic food, are exclusively vegetarian, or both. Vote for sustainability with your eating-out dollars!

**The BayLeaf Cafe**
520 Ramona Street
Palo Alto, CA 94301
650-321-7446
info@thebayleafcafe.com
www.thebayleafcafe.com
Cindy Liang and Ravi Shivanna have opened a nice, cozy cafe in downtown Palo Alto. They serve organic appetizers, sandwiches, soups, and salads. Try the samosas or the BBQ tempeh sandwich or the Mighty Carrot Roll. You'll love the organic fruit as a side.

**Café Gratitude**
2400 Harrison St.
San Francisco, CA 94110
415-824-4652
This new café uses organic products, supports local farmers, sustainable agriculture and environmentally friendly products. Check it out!

**Chez Panisse**
1517 Shattuck Ave
Berkeley, CA
510-548-5525
www.chezpanisse.com
Alice Waters started this original, upscale shrine to locally-grown, organic, seasonal food. A great treat for a festive occasion. Or try the café for something a little more casual. Not vegetarian.

**The Cool Café**
Cantor Arts Center
Stanford, CA
650-725-4758
info@cooleatz.com
www.cooleatz.com
Another Jesse Cool delight of deliciously Sustainable Cuisine. The sandwiches are out of this world. Great place to eat if you are on or near the Stanford Campus. Lots of light, same great food as JZCool Eatery. Dinner on Thursday nights.

**Flea Street Cafe**
3607 Alameda de las Pulgas
Menlo Park, CA
650-854-1226
info@cooleatz.com
www.cooleatz.com
Don't miss! Jesse Cool features elegant, Sustainable Cuisine in this upscale, country cottage restaurant. This venerable Menlo Park eatery is one of the restaurants that started off the organic trend over 22 years ago! Emphasis is on fresh, organic, locally produced foods.
**Garden Fresh**
1245 W El Camino Real
Mountain View, CA
650-961-7795
Not organic, but all forms of meatless "meat dishes" via tofu and wheat gluten. Try the "Orange Peel Beef!"

**Greens Restaurant**
Fort Mason in San Francisco, on the Marina
415-771-6222
http://greensrest.citysearch.com/1.html
If you feel like trekking to the City. Beautiful picture-book windows overlooking the Marina, and of course the legendary vegetarian food that helped start it all.

**Green Valley Restaurant**
422 San Mateo Ave
San Bruno
650-873-6677
This favorite is gone. Boo hoo. If you know the chef, please contact lessa@stanfordalumni.org.

**Herbivore**
983 Valencia
San Francisco, CA 94110
(415) 826-5657
531 Divisadero
San Francisco, CA 94117
(415) 885-7133
http://www.herbivore-restaurant.com/
Great (both in taste and size!) vegan sandwiches, wraps, noodles, and more serious entrees like the lentil loaf w/ mashed potatoes, mushroom gravy, seasonal greens, beet sauce, and crostini, all at modest prices, serve to make Herbivore a must-stop point on a trip to the City. The Divisadero spot serves breakfast on the weekend.

**Juicy Lucy’s**
703 Columbus (at Filbert)
San Francisco, CA
415-786-1285
www.juiceylucy.com
Juicy Lucy’s is an all-organic juice bar and restaurant that serves vegan choices. Catering available.

**jZCool Eatery and Catering Company**
827 Santa Cruz Ave
Menlo Park
650-325-3665
info@cooleatz.com
www.cooleatz.com
Jesse Ziff Cool features Sustainable Cuisine in all her restaurants, including this cafe and catering company that serves casual organic and seasonal food. Jesse's specialty is comfort food. Many of the recipes are her mother's or from cookbooks from the 1950s. Jesse is a major figure in local sustainability circles, promoting awareness of how our food is produced. jZCool catering service does business meetings to weddings, box lunches to appetizer spreads and multi-course meals, all with the same deliciously Sustainable Cuisine.
Millennium Restaurant
580 Geary St.
San Francisco, CA 94102
415-345-3900 (phone)
415-345-39411 (fax)
info@millenniumrestaurant.com
www.millenniumrestaurant.com
Millennium recently moved from McAllister St. to Geary St. Serving the kind of food you wouldn't make at home everyday because it's just too darned complicated, Millenium is great for a birthday treat or a special get-together with friends. They make mouth-watering things out of tempeh, seitan, all kinds of vegetable combinations, phyllo, and all kinds of sauces, sauces, sauces. Don't miss dessert!

Minako
2154 Mission St
San Francisco, CA 94110
(415) 864-1888
Organic ingredients and lots of vegetarian options at this casually funky Japanese restaurant on Mission Street. Thanks to Tara Bloyd for catching this one! She says, "They do an amazing job sourcing organic ingredients, and will happily talk with you about what is and isn't (thus far the only "isn't"s that we've dealt with are their wasabi and the gyoza wrappers). Their sushi would be wonderful even if it weren't organic -- creative, imaginative, TASTY; they have an amazing amount of vegan food on the menu; their fried eggplant with miso sauce is seriously melt-in-your-mouth tender."

Razan’s Organic Kitchen
2119 Kittredge
Berkeley, CA 94704
International wraps, burritos, plates, and organic juices. Thanks to Hari for pointing this one out.

Roxanne's
This organic raw food is now out of business. Too bad!

Siyrahvah
366 El Camino Real
San Carlos, CA
(650) 637-1500
A choice for those of us further up the Peninsula! Serving organic Thai food, including organic veggies, free range chicken, wild-catch line-caught fish.
Stoa's Restaurant
632 Emerson St.
Palo Alto, CA 94301
650-328-2600
www.stoarestaurant.com
Recently moved to downtown Palo Alto, this upscale vegetarian restaurant & winebar uses fresh locally-grown ingredients and serve wines from around the world. They also have Sunday brunch!

Urban Forage
254 Fillmore Street@Haight
San Francisco, CA  94117
415- 255-6701
www.urbanforage.com
Call before going. The website is down and noone answered the phone at this publication. Urban Forage serves raw, organic, vegan entrees, salads, wraps, smoothies, and more.

Vegetarian House
520 E. Santa Clara St.
San Jose, CA 95112
408-292-3798
http://www.vegetarianhouse.us
This restaurant features international cuisine and is a favorite in the South Bay.

Vino Locale
431 Kipling St.
Palo Alto, CA 94301
650-328-0450
www.vinolocale.com
This new restaurant serves only fresh food produced and prepared locally and prepared locally. As members of Slow Food International, they support local organic farmers, artisan producers, and vintners.

White Lotus Restaurant
80 N Market St
San Jose, CA 95113
408-977-0540
For when you just have to have the tomatoes with stuffed tofu. Yum! Features tofu and wheat gluten dishes. Not organic.

Zuni Café
1658 Market St
San Francisco, CA
415-552-2522
Lots of organic, seasonal produce on the menu of this award-winning, upscale but casual restaurant. The theme is Mediterranean. Not vegetarian.
OTHER RESTAURANT RESOURCES

Happy Cow
www.happycow.net
A general list of Veggie restaurants

San Francisco Vegetarian Restaurants
daveola.com/Pages/Vegetarian/Restaurants/
A great home-grown list and reviews.

Vegetarian Dining List
www.vegdining.com
A general list of Veggie restaurants

ONGOING ORGANIC AND VEGETARIAN POTLUCKS AND DINNERS
Join together with others who share your quest for healthy organic eating. Most of the potlucks below emphasize organic foods.

Weekly Vegetarian Gourmet Dinners,
sponsored by the Peninsula Macrobiotic Community. Chef Gary Alinder uses organic ingredients when possible. Every Monday, 6:30 PM at First Baptist Church, Palo Alto. 305 North California Avenue at Bryant, 1/4 mile East of Alma.
Sit Down or Take-out, $13.
Reservations Required.
Call 650-599-3320 by Monday 9:30 AM.
www.peninsulamacro.org

Monthly Vegan Potlucks, in Palo Alto, call 650 321-4978 or 650 856-1125.

EarthSave (Bay Area Chapter) Dinners and Lectures
EarthSave is an organization which promotes food choices that are healthy for people and for the planet. Dinners are vegetarian or vegan and usually in Sunnyvale or Palo Alto.
P.O. Box 865
Cupertino, CA 95015
408-380-1214
bayarea@earthsave.org
www.bayarea.earthsave.org

SF Vegetarian Society Monthly Potlucks and Events
A great calendar of events, including names like Howard Lyman, etc.
Email contact@sfvs.org
Phone 415-273-LIV1
SF Vegetarian Society, P.O. Box 2510, San Francisco, CA, 94126-2510
www.sfvs.org/events.html
**GROW YOUR OWN**
There is nothing like growing your own food to provide a sense of connection to where you live – the soil, the weather, the local plants and animals. You’ll know exactly what’s in your food if you grow it yourself! Plus, it’s fun to grow your own fruit and vegetables.

Common Ground and the Valley of Heart’s Delight project are here to help. Common Ground provides you the tools, growing materials, and information to grow your own food in an organic, sustainable manner. The Valley of Heart’s Delight project provides you the community and support to grow your own food and enjoy doing it by sharing your experiences with others.

**COMMUNITY GARDENS**

**Palo Alto Community Gardens**
Contact: Virginia Gibbons  
650-463-4907  
Four beautiful organic gardens comprising over 60,000 square feet.  
www.city.palo-alto.ca.us/ross/recreation/garden.html

**Mountain View Community Gardens**
There are two city-run community gardens in Mountain View, one at the Senior Center (for seniors only), and the Willowgate Community Garden on Andsbury Avenue. Both gardens have waiting lists, but to get on the list, go to the Senior Center at 266 Escuela Ave.

**Urban Agriculture Project by Acterra**
Acterra runs a local community garden in Midtown, Palo Alto. It is located near Middlefield and Colorado Avenue.  
MidtownGarden@Acterra.org  
Call Susan Stansbury at 650-328-7756

**San Carlos Community Garden**
The Senior Center Garden is on the Senior Center property at 601 Chestnut Street. Vegetables and herbs are used in the weekly Senior Lunch Program. They have 5 raised beds and a small compost bin. Garden duties done by volunteers.  
Contact: Allison Anson, garden coordinator, at 650-591-0341 x 239.

**San Jose Community Gardens**
408-277-5208  
joe.garvin@sanjoseca.gov  
www.sjcommunitygardens.org

**Berkeley Community Gardening Collaborative**
Supports community gardens throughout Berkeley.  
P.O. Box 2164  
Berkeley, CA 94702  
510-883-9096  
www.ecologycenter.org/gardening/gardenin g.html
GROWING CIRCLES
A Growing Circle is a neighborhood-based group of organic gardeners getting together to support one another, exchange ideas, seeds, plants, and just plain old have fun. There are over a dozen of them on the peninsula and in the South Bay. To join an existing Growing Circle or start a new one, please contact the Valley of Heart’s Delight project, or check online at: http://www.commongroundinpalalto.org/growingcircles.html

White Colander by Mary Azarian
ABOUT COMMON GROUND ORGANIC GARDEN SUPPLY & EDUCATION CENTER

Common Ground's mission is to support and grow the local organic gardening and sustainable agriculture communities, through providing materials and know-how to home organic gardeners and mini-farmers.

Common Ground offer classes, a library, and information sheets on topics such as composting, soil preparation, organic plant care, pest control, bio-diversity, and native plants. Common Ground is also a local source for: open-pollinated seeds; organic vegetable seedlings and flowering plants; organic fertilizers, mulches, and composts; and organic pest controls.

Common Ground is a project of Ecology Action, a 501(c)(3) non-profit organization.

ABOUT THE VALLEY OF HEART’S DELIGHT PROJECT

The Valley of Heart's Delight
c/o Foundation for Global Community
222 High Street, Palo Alto, CA  94301
Ph: 650-328-7756
http://www.globalcommunity.org/vhd

The Valley of Heart's Delight project's mission is to reconnect people to their sources of food as a way to connect back to their community, bioregion and our planet. We do this through cultivating enthusiasm and avenues for the production and consumption of locally and organically grown foods in the Santa Clara Valley and neighboring agricultural regions.

The Valley of Heart’s Delight is a project of the Foundation for Global Community, a 501(c)(3) non-profit organization.