

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

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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:

<http://www.fearlessfoods.com/organic/info/csa.html>

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.farmfresh toyou.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.

Berkeley Bowl Marketplace

2020 Oregon St
Berkeley, CA
510-843-6929
www.berkeleybowl.com

Country Sun Natural Foods

440 S. California Avenue
Palo Alto, CA 94306
650-324-9190
www.countrysun.com

Earthbeam Natural Foods

1399 Broadway
Burlingame, CA
650-347-2058
www.earthbeamfoods.com

Rainbow Grocery Co-Op

1745 Folsom St
San Francisco, CA
415-863-0620
www.rainbowgrocery.org

Sigona's Farmers Market

The Sigonas are very personable local produce vendors. They provide a year-round assortment of certified-organic and pesticide-free choices from local farmers.

399 Stanford Shopping Ctr
Palo Alto, CA
650-329-1340

2345 Middlefield Rd
Redwood City, CA
650-368-6993

Webb Ranch

2720 Alpine Rd. at Hwy 280
Portola Valley, CA 94028
650-854-5417

This local farm and farm stand offers pesticide-free produce.

Whole Foods Market

www.wholefoods.com

3000 Telegraph Ave
Berkeley, CA 94705
510-649-1333

774 Emerson St
Palo Alto, CA 94301
650-326-8676

1690 S Bascom Ave
Campbell, CA 95008
408-371-5000

20830 Stevens Creek Blvd
Cupertino, CA 95014
408-257-7000

15980 Los Gatos Blvd
Los Gatos, CA 95032
408-358-4434

1970 Innes Ave
San Francisco, CA 94124
415-206-9380

1550 Bryant St
San Francisco, CA 94103
415-431-6777

1010 Park Place
San Mateo, CA 94403
650-358-6900

For more local stores carrying organic products, please take a look at the wonderful directory at: www.organicconsumers.org/foodcoops.htm

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@wilburgarden.com
www.wilburgarden.com
Weekly home delivery of fresh cut flowers and organic produce, as well as cooked meals, and other goodies.

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 goods 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 cafe 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, Millennium 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!

Sivrahvah

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 Mediteranean. 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.veg dining.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.commongroundinpaloalto.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.

Common Ground Organic Garden Supply and Education Center

559 College Avenue
Palo Alto, California 94306
Ph: 650-493-6072

www.commongroundinpaloalto.org
manager@commongroundinpaloalto.org



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.