<table>
<thead>
<tr>
<th>FRUITS</th>
<th>CASTLE VALLEY FARMS</th>
<th>DUNHAM FARMS</th>
<th>EASY BEE FARM</th>
<th>MOAB HOME GROWN</th>
<th>PARADOX PRODUCE COMPANY</th>
<th>SHUMWAY FARMS</th>
<th>SORREL RIVER RANCH</th>
<th>WHITE EAGLE BOTANICALS</th>
<th>YOUTH GARDEN PROJECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apricot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elderberry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grape</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nanking Cherry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nectarine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plum</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serviceberry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>CASTLE VALLEY FARMS</td>
<td>DUNHAM FARMS</td>
<td>EASY BEE FARM</td>
<td>MOAB HOMEGROWN</td>
<td>PARADOX PRODUCE COMPANY</td>
<td>SHUMWAY FARMS</td>
<td>SORREL RIVER RANCH</td>
<td>WHITE EAGLE BOTANICALS</td>
<td>YOUTH GARDEN PROJECT</td>
</tr>
<tr>
<td>---------------------</td>
<td>---------------------</td>
<td>--------------</td>
<td>---------------</td>
<td>----------------</td>
<td>-------------------------</td>
<td>---------------</td>
<td>---------------------</td>
<td>------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Artichoke</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arugula</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basil</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bok Choy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cilantro</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collards</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dill</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Edible Flowers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fennel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic Scapes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gourd</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Herbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Horseradish</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kohlrabi</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>CASTLE VALLEY FARMS</td>
<td>DUNHAM FARMS</td>
<td>EASY BEE FARM</td>
<td>MOAB HOMEGROWN</td>
<td>PARADOX PRODUCE COMPANY</td>
<td>SHUMWAY FARMS</td>
<td>SORREL RIVER RANCH</td>
<td>WHITE EAGLE BOTANICALS</td>
<td>YOUTH GARDEN PROJECT</td>
</tr>
<tr>
<td>-------------------------</td>
<td>---------------------</td>
<td>--------------</td>
<td>---------------</td>
<td>----------------</td>
<td>------------------------</td>
<td>---------------</td>
<td>-------------------</td>
<td>------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Lavender</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leek</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Microgreens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mint</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed Greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mustard</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parsley</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parsnip</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radish</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potato</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swiss Chard</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatillo</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnip</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Thank you for picking up this Moab Utah Local Food Guide. Those growing and producing food within a 100 mile radius from Moab have been included in this guide to help YOU make locally sourced purchasing decisions!
In its programs and activities, including in admissions and employment, Utah State University does not discriminate or tolerate discrimination, including harassment, based on race, color, religion, sex, national origin, age, genetic information, sexual orientation, gender identity or expression, disability, status as a protected veteran, or any other status protected by University policy, Title IX, or any other federal, state, or local law. Utah State University is an equal opportunity employer and does not discriminate or tolerate discrimination including harassment in employment including in hiring, promotion, transfer, or termination based on race, color, religion, sex, national origin, age, genetic information, sexual orientation, gender identity or expression, disability, status as a protected veteran, or any other status protected by University policy or any other federal, state, or local law. Utah State University does not discriminate in its housing offerings and will treat all persons fairly and equally without regard to race, color, religion, sex, familial status, disability, national origin, source of income, sexual orientation, or gender identity. Additionally, the University endeavors to provide reasonable accommodations when necessary and to ensure equal access to qualified persons with disabilities. The following office has been designated to handle inquiries regarding the application of Title IX and its implementing regulations and/or USU’s non-discrimination policies: The Office of Equity in Distance Education, Room 400, Logan, Utah, titleix@usu.edu, 435-797-1266. For further information regarding non-discrimination, please visit equity.usu.edu, or contact: U.S. Department of Education, Office of Assistant Secretary for Civil Rights, 800-421-3481, ocr@ed.gov or U.S. Department of Education, Denver Regional Office, 303-844-5695 ocr.denver@ed.gov.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth L. White, Vice President for Extension and Agriculture, Utah State University.

This guide is funded through Moab Grown merchandise sales, USU Extension Sustainability, participating restaurants, and the Synergy Company.
THE SYNERGY COMPANY™ is committed to enhancing the health and wellness of its various stakeholders and the places where it conducts business. Their approach to corporate giving and community investment is founded on the belief that good business is eminently compatible with social, environmental, and economic regeneration. And their corporate giving and community investment guidelines help to actualize this belief.
<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Fruits and Vegetables</td>
</tr>
<tr>
<td>14</td>
<td>Meat</td>
</tr>
<tr>
<td>16</td>
<td>Plant Nurseries and Garden Amendments</td>
</tr>
<tr>
<td>18</td>
<td>Value Added Products</td>
</tr>
<tr>
<td>21</td>
<td>Free Food Resources</td>
</tr>
<tr>
<td>22</td>
<td>Free Forage Sites</td>
</tr>
<tr>
<td>23</td>
<td>Grow Your Own Food Resources</td>
</tr>
<tr>
<td>24</td>
<td>Retail Outlets</td>
</tr>
<tr>
<td>25</td>
<td>Restaurants Committed to Sourcing Local</td>
</tr>
</tbody>
</table>
CASTLE VALLEY FARMS
40 acres alfalfa hay, 5 acres orchard, 20 acres seed potato production, 1/2 acre greenhouses, and 1 acre field production at 320 Castleton Road, Castle Valley

Fred Facemire (Farm Manager), Luke Cook (Industries Manager), Sean Strack (Customer Service & Market Garden Manager) and Tommy Mayer (Bakery) | sales@castlevalleyfarms.com

Website: castlevalleyfarms.com

Social: facebook.com/CastleValleyFarms, instagram.com/castlevalleyinc

Growing Practices: Organic (not certified)

Produce: Strawberries, arugula, asparagus, cabbage, carrot, corn, cucumber, eggplant, garlic, garlic scapes, green bean, herbs (basil, cilantro, dill, horseradish, lavender, and parsley), kale, lettuce, microgreens, mixed greens, mushrooms, mustard greens, okra, onion, pepper (hot & sweet), potato, radish, spinach, sweet potato, swiss chard, and tomato

Value Added Products: Alfalfa hay, lavender essential oil, seed potato, and Tommy’s Tonic

Retail Outlets: Direct sales, Moonflower Community Cooperative, and restaurants

DUNHAM FARMS
500 acres at 1200 North Hastings Road, Green River

Chris Dunham - (435) 820-8202, (435) 564-8224 (melon stand, end July-October)

Produce: Melons and winter squash

Value Added Products: Alfalfa hay

Retail Outlets: Direct sales at produce stand in Green River, Grand Junction Cross Orchard Farmers Market, Moonflower Community Cooperative, and Murray Park SLC Farmers Market
**EASY BEE FARM**

2 acres under production at 4065 Easy Street, Moab

**Rhonda Gotway-Clyde** - (435) 260-2231
easybeefarm@gmail.com

**Website:** easybeefarm.com/
**Social:** facebook.com/easybeefarm/,
instagram.com/easybeefarm/

**Growing Practices:**
Organic (not certified), spray-free, biodynamic, use of cover crops, compost, crop rotation, IPM tools, and regenerative practices

**Produce:**
Nanking cherry, peach, serviceberry, and strawberry
Artichoke, arugula, beans (dry & snap), beets, bok choy, cabbage, carrot, cucumber, eggplant, fennel, garlic, garlic scape, herbs (basil, cilantro, chives, dill, lavender, lemon balm, marjoram, mint, oregano, parsley, rosemary, sage, sorrel, tarragon, and thyme), kale, kohlrabi, leeks, lettuce, melon, mixed greens, okra, onion, parsnip, peas, pepper (hot & sweet), potato, radish, spinach, squash (winter & zucchini), sweet potato, swiss chard, tomatillo, tomato, and turnip

**Value Added Products:** Dried floral arrangements and fresh flower bouquets
Dried herbs, eggs, fresh veggie dips, salad dressings, sourdough bread, sun dried tomatoes, and tea blends

**Retail Outlets:**
Direct sales; 50 member CSA subscription, online sales (app.barn2door.com/easybeefarm/all) and onsite farmstand sales at 4051A Easy Street, Moonflower Community Cooperative, and restaurants

**SNAP:** Yes

---

**MOAB HOMEGROWN**

3 acres under production at 4100 Easy Street, Moab

**Forrest Nunley** - (801) 455-5070 | moabhomegrown@gmail.com

**Website:** moabhomegrown.com
**Social:** instagram.com/moabhomegrown

**Growing Practices:** Organic (not certified), spray-free, biodynamic, conventional, and crop rotation

**Produce:** Grapes, peach and plum
Beans (snap), corn, cucumbers, kale, lettuce, peas, peppers (hot & sweet), potato, squash (summer & winter), and tomato
PARADOX PRODUCE COMPANY
0.6 acre at 5739 U5 Road, Paradox, CO
Marty Warner and Greg Spaulding - (970) 859-7207
paradoxproducecompany@frontier.com
Website: paradoxproducecompany.com
Social: facebook.com/profile.php?id=100079456873668
Growing Practices:
Organic, use of cover crops, compost, crop rotation, and IPM tools
Produce: Melon
Beets, cabbage, carrot, cucumber, eggplant, garlic, gourd, green bean, herbs (basil, borage, dill, parsley, rosemary, and thyme), kale, lettuce, parsnip, pepper (hot & sweet), potato, squash (summer & winter), swiss chard, pepper (hot & sweet), and tomato
Value Added Products: Beeswax and honey. Assist mountain bike tours as the bikers pass through Paradox Valley on their way to Moab. Providing farm to table dinners, part runs, back-country mud rescues, and shuttle service
Retail Outlets: Direct sales, Easy Bee Farmstand, Moonflower Community Cooperative, and restaurants

SHUMWAY FARMS
4 acres at Shirtail Way, Blanding, UT
Logan Shumway - (435) 459-9878 | loganshumway84@gmail.com
Growing Practices: Conventional and crop rotation
Produce: Cantaloupe and watermelon
Onions, peppers (hot & sweet), pumpkins, squash (summer & winter), sweet corn, and tomato
Retail Outlets: Direct sales and Moonflower Community Cooperative

SORRELL RIVER RANCH
1.75 acres at Mile 17 HWY 128, Moab
Jamie Williams, Garden Manager - (435) 259-4642 | garden@sorrelriver.com
Website: sorrelriver.com
Social: facebook.com/SorrelRiverRanch/, instagram.com/sorrelriverranch/
Growing Practices:
Organic (not certified), no-till, compost, crop rotation, and IPM tools
Produce: Blackberry and strawberry
Arugula, carrot, corn, cucumber, edible flowers, eggplant, fennel, garlic, green beans, herbs (basil, chervil, lavender, lovage, mint, oregano, rosemary, and thyme), kale, kohlrabi, lettuce, okra, peas, pepper (hot & sweet), radish, spinach, squash (summer & winter), and tomato
Retail Outlets:
Restaurants; JJ’s Mercantile and River Grill, both onsite at Sorrel River Ranch
**WHITE EAGLE BOTANICALS**

2 acres at 94 South, Beeman Street, La Sal

**Victoria White Eagle** - (435) 260-2938
whiteeaglebotanicals@gmail.com

**Website:** whiteeaglebotanicals.com

**Social:** facebook.com/whiteeaglebotanicals

**Growing Practices:** Organic (not certified), spray free, use of cover crops, compost, crop rotation and regenerative practices

**Produce:** Apple, blackberry, elderberries, serviceberry, and strawberry
Carrots, cucumber, herbs (chervil, oregano, peppermint, summer savory and tarragon), nasturtiums, okra, squash (summer & winter), tomato and turnips

**Value Added Products:**
Baked goods, body care products, candles, eggs, flowers, soaps, and tea blends

**Retail Outlets:** Arts & Ag Market

---

**YOUTH GARDEN PROJECT**

1.5 acres at 530 South 4th East, Moab

**Sarah Bowen** - (435) 259-2326
info@youthgardenproject.org

**Website:** youthgardenproject.org

**Social:** facebook.com/youthgardenproject
instagram.com/youthgardenproject/

**Growing Practices:** Organic (not certified), use of cover crops, compost, crop rotation, IPM tools, and season extension buildings

**Produce:**
Apricot, nectarine, peach, cherries, and plums
Beets, bok choy, broccoli, cabbage, carrot, collards, cucumber, edible flowers, eggplant, fennel, green bean, herbs (basil), kale, kohlrabi, leeks, lettuce, onion, peas, pepper (hot & sweet), potato, radish, spinach, squash (winter & zucchini), swiss chard, tomato, and turnip

**Retail Outlets:**
Direct sales, Moonflower Community Cooperative, and restaurants
RUBY RANCH
1 Ruby Ranch Road, East of Green River
Noel Roberto LLC
Chase Vallejo, Sales Manager - (801) 362-4035
Growing Practices: Grass fed and grass finished
Meat Produced: Beef, lamb, pork
Value Added Products: Alfalfa hay
Retail Outlets: Direct sales, Milt’s Stop N’ Eat and Moonflower Community Cooperative
**CANYON NURSERY**

1 acre at 436 Rimrock Lane, Castle Valley

**Alice and Ken Drogin** - (435) 259-8274 | canyonlandscape@icloud.com

**Website:** canyonlandscape.com  
**Social:** facebook.com/CanyonNursery/

**Fruit Trees:** Apple, apricot, cherry, peach, pear, pistachio, and plum  
**Vegetable Starts:**  
Broccoli, cabbage, eggplant, kale, leek, onion, pepper (hot and sweet), spring greens, swiss chard, and tomato  

**Value Added Products:**  
A bouquet CSA - Bodacious Blooms  

**Retail Outlets:**  
Art & Ag Market, direct sales, Moonflower Community Cooperative, and the Youth Garden Project annual plant sale

---

**CANYONLANDS SOLID WASTE AUTHORITY**

1000 Sand Flats Road, Moab  

**Mike Kennerley** (Executive Director) - (435) 259-6314 | swssd1@swssd1.org

**Website:** swssd1.org  

**Hours:**  
Monday-Friday 8 AM - 4 PM | Saturday 8AM - 12 PM  
Closed Sundays and holidays  

**Value Added Products:**  
Unscreened mulch

---

**DELECTATION OF TOMATOES**

4,500 square feet at 170 West Geneva, East Carbon, UT

**Dale Thurber** - (801) 651-5953 (text)  
dale@gianttomatoseeds.com

**Website:** delectationoftomatoes.com, delectationoftomatoes.wordpress.com

**Growing Practices:**  
Organic (not certified) and use of compost  

**Value Added Products:**  
Seed production of over 4,000 varieties of garden vegetables; 3,000 tomatoes, plus melons, peppers, etc. Seedling production of up to 200 tomato varieties per year, and small quantities of fresh garden produce offered on site  

**Retail Outlets:** Direct sales and Moonflower Community Cooperative
PROFESSOR VALLEY RANCH
Jason Matz (Ranch Manager) - (970) 676-1934
Growing Practices: USDA certified organic
Value Added Products: Alfalfa/grass hay mix
Retail Outlets: Direct sales

WILDLAND SCAPES LLC
1.25 acres at 1471 South Mill Creek Drive, Moab
Kara Dohrenwend - (435) 259-0820
nursery@revegmoab.com
Website: revegmoab.com
Social: facebook.com/WildlandScapesNativePlantNursery/
Fruit Trees: Almond, apple, apricot, cherry, fig, nectarine, peach, pear, plum, pomegranate, serviceberry, and walnut
Berry Starts: Blackberry, boysenberry, currant, grape, raspberry, and strawberry
Vegetable Starts: Arugula, asparagus, broccoli, cabbage, celery, collards, cucumber, eggplant, garlic, herbs (basil, dill, mint, parsley, rosemary, sage, sorrel, and thyme), jerusalem artichoke, kale, lettuce (head), melons, onion sets, pepper (hot and sweet), spinach, sweet potato, swiss chard, tomato, and tomatillo. Plus vegetable seeds of all kinds
ADOBE GARDEN
APOTHECARY

225 South 400 East, Moab

Desirae Miller - (435) 228-5232 | adobegardenmoab@gmail.com

Website: adobegardenapothecary.com

Social: instagram.com/adobegarden

Plants Grown: Edible flowers (borage, calendula, chamomile, cosmos, hibiscus, hollyhocks, lavender, marigolds, nasturtium, pansies, sunflowers, violas, and zinnias

Value Added Products: Dehydrated goods, edible flower pastries and baked goods, house-made ice cream (rotating seasonal flavors), jam, simple syrups, and tea blends

ADOBE MILLING

60740 Highway 491, Dove Creek, CO

(970) 677-2620 | adobemilling@gmail.com

Website: anasazibeans.com

Growing Practices: Conventional dry land farming with low inputs

Value Added Products: Beans; anasazi, black, bolita, mayacoba yellow, and pinto. Blue corn meal, flour, and popcorn.

Retail Outlets: Direct sales, Moab City Market, Moonflower Community Cooperative, and Ye Ol Geezer Meat Shop

BELLE TIGE ORGANIC
SKINCARE

5 acres at 438 Castle Valley Drive, Castle Valley

Katrina Gillette - (619) 578-3112
beauty@belletige.com

Website: BelleTige.com

Social: instagram.com/belle.tige

Growing Practices: Organic (not certified), spray-free, biodynamic, and use of compost

Value Added Products: Skin care products

Retail Outlets: Direct sales, Moab Made, and Moonflower Community Cooperative
CASTLE VALLEY FARMS BAKERY

320 Castleton Road, Castle Valley

Tommy Mayer - (435) 259-8099

Value Added Products:
English muffins, cinnamon rolls, cookies, gluten free bread, and sourdough bread

Retail Outlets: Direct sales and Moonflower Community Cooperative

FARM YARD

1/2 acre at 2431 Mesa Road, plus three satellite backyard garden sites, Moab

Jess Oldham - (435) 260-2582
farmyardmoab@gmail.com

Website: farmyard.co

Social: instagram.com/farmyardmoab/

Growing Practices: Organic (not certified), cover crops/green manure, compost production & application, crop rotation, and IPM practices

Flowers Grown: Specialty cut flowers. Spring: Alliums, anemones, narcissus, ranunculus, tulips. Summer/Fall: Amaranth, china asters, cosmos, dahlias, garden roses, scabiosa, statice, strawflower, sunflowers, and zinnias

Value Added Products: Floral event design and installation, flower arrangements for special events, mixed market bouquets, and dried floral goods

Retail Outlets: Direct sales and CSA sales

SISTER ROOT MEDICINALS & WISE RAVEN HERBS

500 square feet in Castle Valley

Ali Fuller Matz - (970) 676-1032
sisterroot@gmail.com

Website: sisterrootmedicinals.com
wiseravenherbs.com

Social: facebook.com/Sister-Root-Medicinals-166353460068262
instagram.com/sisterrootmedicinals/
facebook.com/wiseravenherbs, instagram.com/wiseravenherbs/

Produce Grown: Culinary and medicinal herbs

Value Added Products: Cocktail/medicinal bitters, body and facial care products, herbal formulas, liniments, poultices, salves, teas, and tinctures

Retail Outlets: Direct sales, Moab Made, and Moonflower Community Cooperative
SPANISH VALLEY VINEYARDS AND WINERY
5.5 acres at 4710 Zimmerman Lane, Moab
Jared Richards - (435) 634-1010
info@moabwinery.com
Website: moabwinery.com
Social: instagram.com/moabwinery/
Growing Practices: Organic (not certified) and conventional
Value Added Products: Cabernet, Gewurztraminer, Riesling, and Syrah wines
Retail Outlets: Direct sales, Moab Liquor Store, and restaurants

SUNDIAL MEDICINALS
750 square feet at the home garden and apothecary at 550 North Main Street, Moab
Emily Stock - (435) 355-0692
sundialmedicinals@gmail.com
Website: sundialmedicinals.com
Social: facebook.com/SundialMedicinals
instagram.com/sundialmedicinals/
Plants Grown: Over 60 herb varieties
Value Added Products: Tinctures, medicinal teas, herbal body care products and more
Retail Outlets: Moab Made, Moonflower Community Cooperative, and Sundial Medicinals Apothecary

WILD BLOOM FERMENTATIONS
51 East 100 South, Moab
Lisa Carter - (801) 388-9247
wildbloommoab@gmail.com
Website: Moab-Kombucha.com
Social: facebook.com/wildbloommoab
instagram.com/wildbloomfermentations/
Value Added Products: Small batch kombucha
Retail Outlets: Direct sales, Moonflower Community Cooperative, restaurants, and Village Market
**EPISCOPAL CHURCH**
250 Kane Creek Boulevard, Moab

**Father Dave** - (435) 259-5831

**Food Pantry on Fridays** (5 - 7 PM summer hours and 4 - 6 PM winter hours)

**Soup Lunch** - free meal on Thursdays (11:30 AM - 1 PM)

Church hours: Sundays 10 AM

Potluck Sunday: 1st Sunday of each month

---

**GRAND COUNTY FOOD BANK**
56 North 200 East, Moab

(435) 259-6456

10 AM - 12 PM Tuesdays and Thursdays

Can call to arrange another time for donations only

---

**MOAB MANNA PROJECT**
Mary McElhaney of the Moab Seventh-day Adventist Church

(435) 260-8499

Potatoes grown in the Moab Valley and donated to the Grand County Food Bank (see information above) and the Our Village food bank (Wednesday afternoons)

Volunteer opportunities for weeding and harvest

---

**MOAB SOLUTIONS**
Sara Melnicoff - (435) 401-4685

Website: moab-solutions.org

Administers an emergency needs fund to address urgent needs across the community

---

**MOAB VALLEY MULTICULTURAL CENTER**
156 North 100 West, Moab

(435) 259-5444

Website: moabmc.org

- People have access to this food bank for bi-weekly use
- Monday-Friday 9 AM - 5 PM (summer Friday hours 9 AM - 12 PM) excluding lunch hour break, 12 PM - 1 PM daily
- Office is closed to walk-in’s Wednesdays from 12 PM - 5 PM
- For donations call first to check for space availability
Harvest sustainably and responsibly, only taking what you need and leaving plenty for others and for the plants to regrow. Please leave an offering to the garden when harvesting.

COMMUNITEA GARDEN
A Resiliency Hub project at 100 West and Walnut Lane, Moab
Various herbs, jujube, and mulberry

DIXIE PARK
400 East 300 South, Moab

YOUTH GARDEN PROJECT NIBBLE GARDEN
530 South 4th East, Moab
MOAB BEE INSPIRED GARDENS
Website: beeinspired.usu.edu
Social: facebook.com/beeinspiredmoab/

MOAB COMMUNITY GARDENS
mocomgardens@gmail.com
Social: facebook.com/mocomgardens,
instagram.com/moabcommunitygardens

MOAB GARDENERS AND FARMERS FACEBOOK GROUP
Social: facebook.com/groups/2016428205164557

MOAB GARDEN CLUB
Social: facebook.com/Moab-Garden-Club-130885136950739/

MOAB GLEANERS GROUP
Social: facebook.com/groups/1125565427805791

UTAH STATE UNIVERSITY EXTENSION
Website: extension.usu.edu/grand/
Social: facebook.com/grandcountyextension
ARTS & AG
Swanny Park, 400 North 100 West, Moab
435-259-6272  |  marcadmin@moabcity.org
Website: moabarts.org/arts-and-ag
1st Friday of the month; June, July, September, and October. 5-8 p.m.

MOONFLOWER COMMUNITY COOPERATIVE
39 East 100 North, Moab
Shane Huggar (General Manager) - (435) 259-5712  |  info@moonflower.coop
Website: moonflower.coop
Social: facebook.com/moonflowercoop, instagram.com/moonflowercooperative
Open everyday 8 AM - 8 PM

YE OL GEEZER MEAT SHOP
1240 South Hwy 191, Moab
Henry Evans - (435) 259-4378 geezer@geezermeats.com
Website: geezermeats.com
Social: facebook.com/search/top?q=ye%20ol%20geezer%20meat%20shop
instagram.com/geezer_meats/
Hours: Tuesday - Saturday 10 AM - 6 PM
The following 10 restaurants found in the Moab area are committed to sourcing locally grown produce and value added products!

Look for the Moab Grown window decal (as shown on the right) on their windows, shelves and menus.

In addition to superior taste and higher nutritional value, local food sourcing also helps diversify the income in Moab and keeps local dollars in our community!

Moab Grown Participating Restaurants

98 CENTER MOAB
Asian And Local Fusion Restaurant
98 East Center Street, Moab
(435) 355-0098

CONFLUENCE: CATERING & CUSTOM EVENTS
Farm to table full service wedding and event catering
Seasonal | Locally Sourced | Farm to Table
(208) 946-3886
confluencecusomevents@gmail.com
DESSERT BISTRO
Adventurous Cuisine With A Southwestern Flair
36 South 100 West, Moab
(435) 259-0756

LOVE MUFFIN CAFE
Local Organic Seasonal Vegan Gluten Free
139 North Main, Moab
(435) 259-6833

MILT’S STOP N’ EAT
Featuring Locally Sourced, Hand-Pattied, Grass-Fed Beef
400 East and Millcreek Drive, Moab
(435) 259-7424

MOONFLOWER’S DATURA DELI
Local Organic Nourishing Diet-Conscious
39 East 100 North, Moab
(435) 259-5712

RED ROCK BAKERY
Homemade Baked Goods And Fresh Moab Coffee
74 South Main, Moab
(435) 259-5941
SABAKU SUSHI
Bringing Sushi To The Desert Since 2010
90 East Center, Moab
(435) 259-4455

SORREL’S RIVER GRILL
Serving Locally And Regionally Sourced Ingredients
Mile 17, UT-128, Moab
(435) 259-4642

SOUTH MOUNTAIN PROVISIONS
Adventure and event catering
Healthy food made from scratch to fuel your adventures from river bottom to mountain top, to canyon rim and back
mmkennard@gmail.com