

A sampling of Coalition Partners:

- ❖ **Citizens for Responsible Government**
www.crgredding.org
- ❖ **Healthy Lunch & Lifestyle Project**
www.helpshasta.com
- ❖ **Healthy Shasta**
www.healthyshasta.org
- ❖ **People of Progress**
www.peopleofprogress.org
- ❖ **Redding Compost Tea**
www.reddingcomposttea.com
- ❖ **Shambani Organics**
www.shambaniorganics.com
- ❖ **Shasta County Public Health**
www.shastapublichealth.net
- ❖ **Shasta Growers Association**
www.shastagrowersassociation.com
- ❖ **Slow Food Shasta Cascade**
email: slowfoodshastacascade@yahoo.com
- ❖ **SOL Communications**
- ❖ **Sustainable Earth Alliance of Northern California**
www.seancplanet.org
- ❖ **Tehama Together**
www.tehamatogether.org
- ❖ **The University of California Cooperative Extension (UCCE), Shasta & Trinity Counties**
http://ceshasta.ucdavis.edu/Nutrition%2C%5FFamily%5Fand%5FConsumer%5FSciences/Nutrition,_Family_and_Consumer_Science.htm

JOIN US!

We meet the 2nd Monday of each month at 5:30 pm.
Location announced by email.

Website coming soon!

Google us: Shasta-Cascade
Farm & Food Coalition

CONTACT US:

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From: *In a North State Garden*
<http://jewellgarden.com>

SHASTA-CASCADE FARM & FOOD COALITION

Local Healthy Food for All

VISION

Shasta-Cascade Farm & Food Coalition (SCFFC) strives to create a healthy, sustainable, accessible local food system from seed to table and back to soil.



The Shasta-Cascade Farm and Food Coalition, a grassroots movement, has united diverse people from agriculture, health, government, education, nonprofits, community organizations, and interested local citizens. With an intense focus on the local food systems in the Shasta-Cascade region of Northern California, SCFFC strives to provide healthy, fresh, safe food to everyone in our local communities by:

- ❖ Promoting local food production from home grown to family farm.
- ❖ Promoting agricultural land preservation and environmental conservation.
- ❖ Increasing production of, access to, and consumption of healthy local food.
- ❖ Advancing social and economic justice for consumers and small family farm enterprises.

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## **Community Supported Agriculture (CSA)**

**Churn Creek Meadow Organic Farm**  
www.ccmof.com

**Happy Valley Farm Trail**  
www.clearcreekcsd.com/farm.html

**Twining Tree Farm**  
www.twiningtreefarm.wordpress.com

## **Local Farmers' Markets**

**REDDING SATURDAY MARKET**  
Civic Center West Parking Lot  
777 Cypress Avenue, Redding  
April 4<sup>th</sup>-December 19<sup>th</sup> ~ 7:30 am-noon

**TURTLE BAY SUNDAY MARKET**  
Turtle Bay Parking Lot  
840 Sundial Bridge Drive, Redding  
June 14<sup>th</sup>-September 27<sup>th</sup> ~ 9:30 am-2 pm

**MARILYN MILLER TUESDAY MARKET**  
Shasta Center Parking Lot  
1700 Churn Creek Road, Redding  
June 16<sup>th</sup>-October 13<sup>th</sup> ~ 7:30 am-noon

**BURNEY WEDNESDAY MARKET**  
Angelina's Restaurant Parking Lot  
37143 Main Street, Burney  
July-October ~ 3-6 pm

**ANDERSON THURSDAY MARKET**  
Shasta District Fairgrounds  
1890 Briggs Street, Anderson  
June 4<sup>th</sup>-October 1<sup>st</sup> ~ 7:30 am-noon

**MARKETFEST THURSDAY MARKET**  
Placer Street, between California &  
Oregon Streets, Redding  
June 25<sup>th</sup>-August 27<sup>th</sup> ~ 4:30-8:30 pm

**COTTONWOOD CREEK FARMERS'  
MARKET & ARTISAN FAIR**  
Etc. Mercantile Parking Lot  
3308 Main Street, Cottonwood  
Every Friday ~ 3-7 pm

## **WHY EAT LOCAL?**

**Food travels 1,300 miles on average from farm to table.**

- Fruits and vegetables shipped long distances can spend anywhere from 7 to 14 days in transit before they arrive in the supermarket.
- Most fruit and vegetable varieties sold in supermarkets are chosen for their ability to withstand industrial harvesting equipment and extended travel – not taste.

**Taste the difference in fresh, local food and judge for yourself!**

- Locally grown produce is usually sold within 24 hours of being harvested. Produce picked and eaten at the height of ripeness has exceptional flavor and is packed with nutrients.
- By choosing local produce at farmers' markets, pick-your-own farms and grocery stores, you pay for taste, not transportation and packaging.
- Local farmers often grow a large assortment of unique varieties of products to provide the most flavorful choices throughout the season.

**Buying local is easy.**

- Shop at your local farmers' market or farm stand for the freshest, best tasting food available. There are over 3,100 farmers' markets in the U.S. – Check the list in this brochure to find a market near you!
- Encourage your local grocery stores and restaurants to purchase more of their products from local farmers.

Adapted from [www.foodroutes.org](http://www.foodroutes.org)