

CAPAY VALLEY HARVEST



Vol 1
Issue 3

A newsletter from farms & ranches around the Capay Valley Region

Dec.
2005

Community Supported Agriculture

by Paul Muller, Ag. Task Force Chairman

The small farmers of the Capay Valley region need to be innovative with their marketing if they wish to stay in business. While growing a crop presents the variable challenges of weather, disease and insect pressure, and ever rising costs, marketing remains the most important factor for farm profitability. To grow a crop is the easy part in comparison to finding a market and selling your crop for a fair price.

Farmers generally receive a small percentage of what most consumers pay for food. On average, farms receive less than 25 percent of the consumer food dollar. After a product leaves the farm, it often travels through the hands of wholesalers, processors, packagers, distributors and retailers before it reaches your table. Each segment takes its profit, and adds to the ultimate cost of food. But each is supported by the raw farm goods that enter the stream at the beginning.

Many local farms have turned to strategies that get them closer to your table. Farmers Markets, for example, allow farmers to have a direct face to face relationship with their customers. Farmers can sell flavor, freshness, ripeness, while establishing a personal relationship based on trust, experience and letting the customers tastebuds guide their purchases. Quality becomes personal; eating in season becomes the basis for supporting the local

economy; and more of the food dollar is returned to the producer.

A new approach to this direct to customer trend is called Community Supported Agriculture (CSA). Area farms are now providing weekly boxes of produce to thousands of families in the region-from the Bay Area to Sacramento to Esparto. The Boxes include a diverse mix of quality, fresh produce, grown on the local farm, that is in season and has been picked at its flavor peak. Generally, the box is paid for in advance of the delivery and is dropped at central locations, or in some instances, on the customer's doorstep. The farm provides information about ongoing farm activities, such as planting, weather related issues, or changes in seasonal availabilities in farm newsletters that go into the boxes. The program allows produce farmers to shorten the marketing chain, while educating consumers about the realities of food production. This relationship-driven marketing creates a partnership supporting local farms and improving farm profitability while creating local access to fresh wholesome foods. It's nothing but great for everyone!

For more information on Local CSA farms, contact one of the Capay Valley Grown Farm & Ranch partners that provide CSA delivery (listed on the following page).

REGIONAL AGRICULTURE CALENDAR

December 1: CVV Ag. Task Force, 7-9 p.m., Esparto Library.

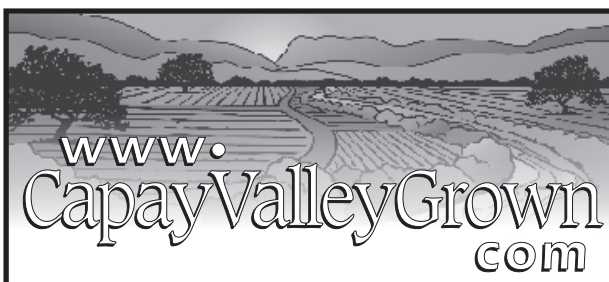
December 3: Capay Valley Regional Farmers' Market, 9 a.m.-12 p.m., Esparto Park.

January 5: CVV Ag. Task Force, 7-9 p.m., Esparto Library.

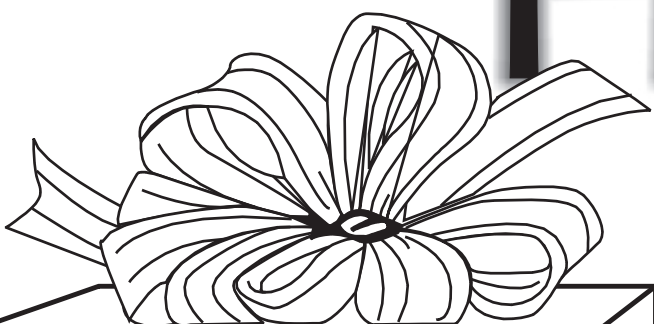
February 2: CVV Ag. Task Force, 7-9 p.m., Esparto Library.

February 26: Almond Festival, Madison, Esparto, Capay, Brooks, Guinda and Rumsey, www.espartochamber.org.

April 1: Season Opening of the Capay Valley Regional Farmers' Market in Esparto Park.



HOLIDAY



CAPAY CANYON RANCH



Capay Canyon Ranch

Esparto, California
(530) 787-3521

Organic Raisins from Red Flame Grapes.

Taber Ranch

Capay, California

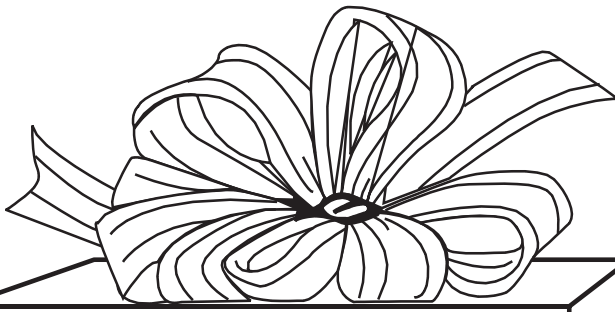
2005 Best of Show at the Yolo County Fair. This year's harvest is a well balanced Arbequina Extra Virgin Olive Oil. For pre-holiday delivery, order now at (530) 796-4983.

The Taber Ranch Event Center
After hosting the Taste of Capay fundraiser feast for Capay Valley Vision on October 30th, the Taber Ranch Event Center is quiet for the wet winter months. We will be open again next April, so if you are planning a wedding, a family reunion, a company picnic, or any other event in 2006, now is the time to call Kim Chevalier at (530) 908-2359 and book a date for your special gathering.

Haag Farm

Esparto, California
(530) 787-3606
www.walnuts.us

The only red walnut grower in Northern California. Yolo Red walnuts have a beautiful natural red skin and a white mellow-tasting crunchy interior.



Full Belly Farm

Guinda, California
(530) 796-2214
www.fullbellyfarm.com

Certified Organic wool, dried fruit, nuts, fresh produce, & CSA delivery in Esparto. Farm Stand Open Fridays 2:00 to 6:00 pm at Full Belly Farm, County Rd. 43.

Cache Creek Lavender

Rumsey, California
(800) 323-0063
www.cachecreeklavender.com

Fresh Lavender and Lavender Products like Soaps, Oils, Creams, Gift Baskets, and More.

Bloom Ranch

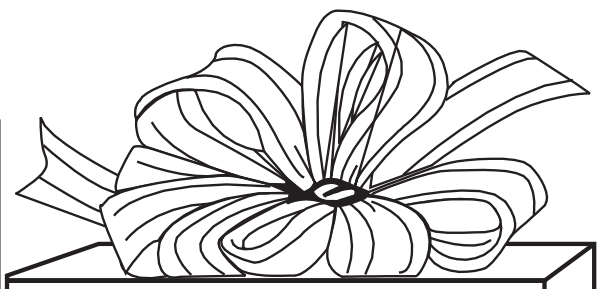
Brooks, California
(530) 796-3357
www.bloomranch.com

Almonds & Walnuts
Natural & Flavored

McDonald Orchards

Capay, California
(530) 796-3821

Honey, Walnuts, & Almonds



FreeHeart Farm

Esparto, California
(530) 787-4444
www.freeheartfarm.com

Candied Almonds including Chocolate Jordan Almonds, Truffle Almonds, and more delicious varieties.

Winter Creek Ranch

Brooks, California
(530) 796-3723
www.wintercreekranch.com

Organic Hartley Walnuts, "Walnutty" Granola, and Almonds from III Docs Almond Ranch

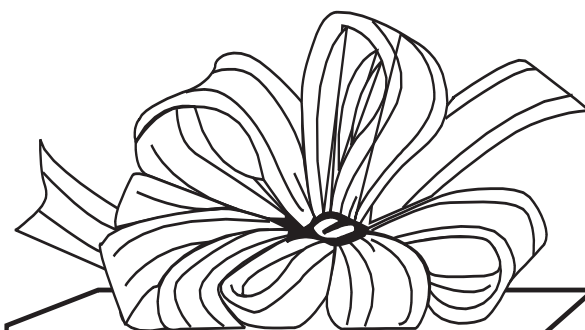
West Valley Alpacas

Esparto, California
(530) 662-8630
www.westvalleyalpacas.com

Fibers, Alpaca teddy bears, scarves, hats, gloves, socks, shawls, knitting & weaving kits, cool buttons, looms, spinning wheels & other great gifts on sale. Call for appointment. West Valley Alpacas Holiday Sale Dec. 3 & 4, 10 am to 4 pm

Support local farms, ranches, and businesses while you share the bounty of the Capay Valley with the ones you love.

GIFT IDEAS



Capay Valley Grown Gift Baskets

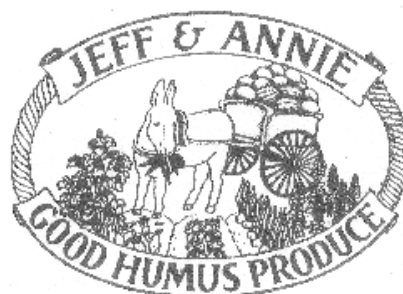
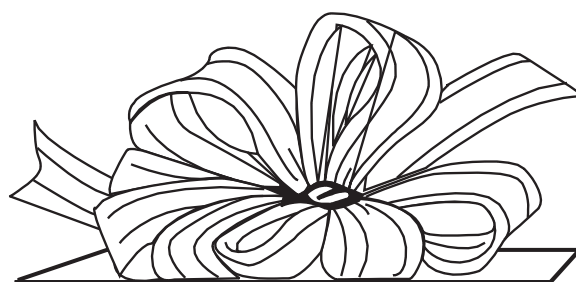
Order a beautiful Capay Valley Grown gift basket for someone special as a holiday gift. The Capay Valley Grown Partners in collaboration with Capay Valley Regional Farmers' Market and Capay Valley Vision created these bountiful baskets from our region. Baskets will be available for pick up at the Capay Valley Regional Farmers' Market on December 3 in Esparto. Call Temra Costa at (530) 756-8518 ex. 18 to order a basket before December 9.



Wine & Inspiration \$40.00
 Syrah from Capay Valley Vineyards, Truffle Almonds from FreeHeart Farm, Lavender Soap from Cache Creek Lavender, Olive Oil from Live Oak Farm



Nuts & Sweets \$25.00
 Almond Butter from Full Belly Farm, Apricot Jam from Good Humus Produce, Honey Beer from McDonald Orchards, Walnuts from Bloom Ranch



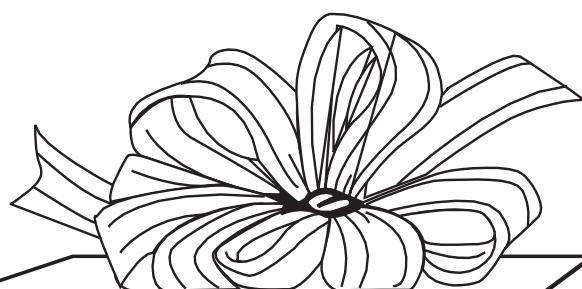
Good Humus Produce
 Capay, California
 (530) 787-3187
www.goodhumus.com

Fresh Organic produce, jams, jellies, syrups, dried fruit, dried herbs, wreaths, & CSA



Dream Gourds
 Rumsey, California
 (530) 796-3799
gceteras@earthlink.net

Gretchen Ceteras of Rumsey grows and creates whimsical designs on her Dream Gourds.



Capay Valley Vineyards
 Brooks, California
 (530) 796-4110
www.capayvalleyvineyards.com

Viognier, Tempranillo, & Syrah
 Gifts like a bottle of Syrah dipped in ½ lb dark chocolate, assorted Wine gift boxes, and more. Tours available by appointment.

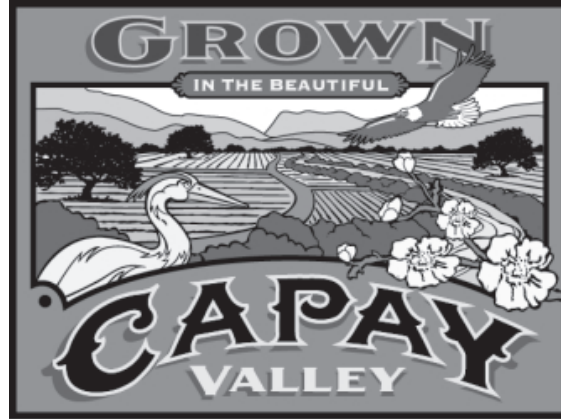


Double Bar O Angus Ranch
 Esparto, California
 (530) 787-3228
www.doublebaroangus.com

Grain-Fed Angus Beef sold by split quarter, half or whole animal; aged, cut, & wrapped at below grocery store price with restaurant quality.

Be a Capay Valley Grown Partner & Supporter

Over the past two years Capay Valley Grown has blossomed. Capay Valley Grown's reputation for fresh high quality products has spread throughout the region, state, and beyond. Currently, there are over 25 partners (see below). We would like to invite you to join your community in supporting local agriculture through Capay Valley Grown by becoming a Capay Valley Grown Partner.



There are two kinds of Partnership; Farm & Ranch Partners for farms and ranches in the Capay Valley Region and Business Partners for businesses that wish to support Capay Valley Grown. For individuals there is also an Individual Supporter category. To find out more go to the Capay Valley Grown website at www.capayvalleygrown.com or call the Capay Valley Vision office at (530) 787-3353.

Where to Find Capay Valley Grown Products in Yolo County

Stores

- Cache Creek Mini-Mart, Brooks
- The Corner Store, Guinda
- Davis Food Co-op
- Nugget Market, Woodland and Davis
- Town & County Market, Winters

Farmers' Markets

- Capay Valley Regional Farmers' Market, Esparto
- Davis Farmers' Market
- Woodland Farmers' Market

Farm Stands

- Full Belly Farm Stand, Guinda
- West Valley Alpacas Store (by appt.)

**Some farms and ranches are open for direct sales, feel free to contact them to find out more about getting their products.
**Seasonal list*

CAPAY VALLEY GROWN FARM & RANCH PARTNERS

B-Z Bee Pollination, Inc.

Honey (530) 787-3044; www.BZ-Bee.com

Bloom Ranch

Almonds, Walnuts, Pistachios, Mandarins, & Peaches (530) 796-3357; www.bloomranch.com

Blue Heron Farm/Dream Gourds

Organic Oranges, Walnuts, Tomatoes, Figs, & Decorative Gourds (530) 796-3799

Cache Creek Lavender

Fresh Cut Lavender & Lavender Products (530) 796-2239; www.cachecreeklavender.com

Cache Creek Nursery

Organic Vegetable Starts, California Natives, Perennial Shrubs, & Herbs (530) 796-3521; www.cachecreeknursery.com

Capay Canyon Ranch

Organic Red Flame Grapes (530) 662-2372

Capay Valley Vineyards

Wine (530) 796-4110; www.capayvalleyvineyards.com

Circle K Ranch: Walnuts (530) 796-2216

Fiddler's Green Farm

Farm Mixed Organic Produce, CSA (530) 796-2184

FreeHeart Farm

Almonds, Candied Almonds, & Eggs (530) 787-4444; www.freeheartfarm.com

Full Belly Farm

Mixed Organic Produce, Natural Wool, & CSA (530) 796-2214; www.fullbellyfarm.com

Gold Oak Ranch: Mandarins & Walnuts

Good Humus Produce

Mixed Organic Produce, Dried Fruit, Jams, Jellies, & CSA (530) 787-3187; www.goodhumus.com

Haag Farm

Walnuts (530) 787-3603; www.walnuts.us

Hatanaka Farming

Tomatoes, Cucumbers, Melons, Peppers, Squash, Onions, Pumpkins (530) 787-4970

III Docs Almond Ranch

Almonds (530) 796-4141

Lamb Valley Farm: Citrus

Live Oak Farm

Olive Oil, Mixed Organic Produce, & CSA (530) 796-4084

Manas Ranch/Double Bar O Angus Ranch

Peaches & Grain-fed Beef (530) 787-3228; www.manasranch.com

McDonald Orchards

Almonds, Walnuts, & Honey (530) 796-3821

Murphy Ranch

Natural Beef Cattle & Cowsters

The Old Green Go

Apricots, Plums, Asian Pears, Melons, Oranges (530) 796-3855; webaker@ucdavis.edu

Oldani Family Farm

Oranges, Pistachios, Apricots, Plums, Figs, & Persimmons (530) 796-4143; coldani@yolo.com

Riverdog Farm

Mixed Organic Produce & CSA (530) 796-4100; www.riverdogfarm.com

Rumsey Farms/Dos Brujas

Herbal Products Nuts, Oranges, Herbs, & Herbal Cosmetic Products (530) 796-3060

Taber Ranch

Almonds & Olive Oil (530) 796-4983

TS Ranch: Beef Cattle (530) 796-3755

West Valley Alpacas

Alpacas & Alpacas Fibers (530) 662-8630; www.westvalleyalpacas.com

Winter Creek Ranch

Organic Walnuts (530) 796-3723; www.wintercreekranch.com

BUSINESS PARTNERS

AgriForm (A division of The Tremont Group, Inc.)

Chemical Products and Farm Equipment Rental (530) 662-5442

Chamberlain Farms

Hay, Straw, & Holstein Heifers for Dairies (530) 662-2620

Community Medical Centers, Inc.,

Esparto Family Practice
Health & Medical Services for Capay Valley (530) 787-3435

InterState Oil Company

Wholesale Petroleum Product Distributor (530) 662-5481

Marin County Farmers' Market Association

Farmers' Market Management (415) 472-6100; www.marincountyfarmersmarkets.org

NAPA Auto Parts Woodland

Auto Parts and Parts for Farm Equipment (530) 666-0951

NAU Country Insurance-California Crop

Insurance Services
Crop Insurance Service Support for Yolo Country Insurance Agents (530) 662-7466

Valley Hydraulics & Machine, Inc.

Equipment Repairs (530) 666-3646