

Introducing...

Larry & Lynn Rolston FreeHeart Farm

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Larry and Lynn Rolston, relative newcomers to farming in the Capay Valley region, have operated FreeHeart Farm in the Lamb Valley for eight years, where they produce almonds, walnuts and Larry's candied nuts, delicious almonds covered in a flavored chocolate wrap or a crunchy Cinnamon Vanilla coating.

Farm Name

FreeHeart Farm

Owners

Larry and Lynn Rolston

Education

Larry - Doctor of Pharmacy degree (Pharm.D.) - USC 1973

Lynn - Bachelor of Arts degree - UC Davis 1979

Family

Christa Humes, Scott Adams, Danielle Rolston, Ken Rolston, and two grandchildren, Lacey and Harrison

Community Involvement

CVV Ag Task Force, Friends of Esparto, Regional Library, WYORKA

Number of Years Farming

8

Our Farm

Using conventional production practices, FreeHeart Farm uses contract workers to cultivate Non-Pariel, Butte and Carmel Almonds as well as Chandler and Hartman Walnuts on just over 37 acres.

The farm includes the original 1929 "Sears and Roebuck Kit" farm house, our beautiful new farm house and an office cabin complete with a small kitchen, bath and upstairs bedroom offering views of the farm, the rose garden, orchards and surrounding mountains.

In addition to wholesale and retail products, the farm grows a variety of fruits and vegetables including figs, pears, peaches, apples, plums & citrus.

Distribution of Product

Eight-five percent of FreeHeart Farm's production is sold on the wholesale market to top purchasers such as Rottaviel Orchards, Blue Diamond and California Almond Growers. The remaining production is turned into Larry's candied almonds and are retailed directly to consumers via the internet, mail order request and at several wineries located throughout the wine regions of Northern California.

Larry's almonds come in eight ounce packages and six flavors: Milk Chocolate, Dark Chocolate, Chocolate Jordan Almonds, Dark Chocolate Truffle Almonds, Mint Chocolate and Cinnamon Vanilla Coated Almonds. Our nuts are great with a glass of wine or just as a snack.

Joys of Farming

We enjoy the lifestyle of farming; being outdoors and working hard to see the fruit of our labor.

Challenges of Farming

Turning a profit on the product. Between maintaining critical equipment and arranging for the utilization of contract labor as it's needed, profits can be a challenge.

