

# Introducing...

Jeff & Annie Main

## Good Humus Produce

12244 Road 84A • Capay, CA 95607 • 530-787-3187 • [www.GoodHumus.com](http://www.GoodHumus.com)



*Jeff and Annie Main, long time producers in the Capay region, have operated Good Humus Produce in the Capay Valley region for twenty-nine years, where they produce fruits, vegetables, flowers, herbs, and lavender products. They also have created beautiful wreaths as well as mouth-watering jams and jellies.*

### Farm Name

Good Humus Produce

### Owners

Jeff and Annie Main

### Education

Civil Engineering, B.S. (Jeff)  
Renewable Natural Resources, B.S. (Annie)

### Family

Children Zach, Alison, Claire

### Community Involvement

Helped found Davis Farmers' Market & Davis Food Coop, Local Produce Marketing Cooperative, Yolo County CCOF, Davis Waldorf School, and currently working on a Land Preservation Project

### Number of Years Farming

29

### Our Farm

Using certified organic production practices, Good Humus Produce uses both permanent and seasonal workers to produce fresh and dried fruits, vegetables, jams and jellies, and herbs, on 20 acres.

Not only does Good Humus Produce cultivate delicious fruits and vegetables, but the farm currently offers flowers, lavender products, as well as beautiful wreaths.

The farm grows a variety of fruits and vegetables including eggplant, kale, spinach, persimmons, pumpkins, apricots, peaches & nectarines.

### Distribution of Product

One third of Good Humus Produce's production is sold to CSA members and one third is sold at local farmers' markets. The remaining production is sold to wholesaler Veritable

Vegetables or is retailed directly to consumers at the Davis Food Coop, Sacramento Coop, and Monterey Market. Consumers can also purchase products via the internet .

For immediate gratification, consumers can dine at two local restaurants where Good Humus Produce's products are prepared and enjoyed. For an enjoyable meal with excellent fruits and vegetables, consumers can go to Natural Food Works and California Café.

### Joys of Farming

We enjoy working on and caring for a twenty-acre ecosystem and being a part of an innovative, active farming community.

### Challenges of Farming

It's difficult to feel okay about being vulnerable to more powerful forces daily, monthly, and yearly. Sometimes filling out loan, tax, and employment forms can be a daunting task, but it's something we have to feel okay about.

