



Farm News from King County Councilmember Pete von Reichbauer

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Dear Friends,

Did you know that for every \$100 spent at a farmers market, \$62 goes back into the local economy and \$99 out of the \$100 stays in the state? When you buy locally you are investing in our community. Each year I look forward to sending you this newsletter so you have the opportunity to visit our locally owned farms and support our regional economy.

King County's urban landscape and nearly 2 million residents make it easy for many people to overlook the importance of agriculture to our community. However, in 2006 King County's agricultural production was valued at over \$120 million! In addition to playing an important role in our economy, farming and agri-businesses help preserve open space, protect wildlife and contribute to our Northwest culture.

My hope is that this guide will encourage you to take advantage of our local farmers markets, with their fresh flowers, fruits, vegetables and more. I have included a map of local farms and markets in our area to make it easy for you to visit. For additional information please visit Puget Sound Fresh, an organization created to promote the purchase of locally grown products, at www.pugetsoundfresh.com or you can always call my office at (206) 296-1007.

I know you will enjoy using this guide and discovering the beauty and flavor of this season's harvest. There is much to see, taste, and experience.

See you at the market!

With best wishes,

Pete von Reichbauer
2007

Farms and Markets in Your Area

Please remember that weather conditions may change harvest dates, please call ahead to check product availability. This list was prepared with information provided by and with the permission of the Puget Sound Farm Direct Marketing Association. Complete copies of the "Farm Fresh Guide" are available at your local library or by visiting www.pugetsoundfresh.org.

1 Kennydale Blueberry Farm

Contact: Sue Kinzer

Address: 1733 NE 20th St

City: Renton

Phone: (425) 228-9623

Hours: 9am-6pm, Wed.-Sat. Call for dates.

Description:

Blueberry season usually begins in mid-July and runs until late September. Open for U-pick blueberries. We use no sprays on our berries. Naturally grown. Please limit your call to our business hours. We have clean fields and well-pruned, easy-picking bushes.

Directions:

We are located ten blocks off I-405 in Renton. Take Exit 6 (30th St.). We are on the east side of freeway. Follow the chainlink fence around Kennydale School to NE 28th and turn right, go ½ block, turn left on Jones Ave. NE, go 8 blocks to NE 20th St., turn left. Fourth house down the hill on the right.

2 Serena Farms

Contact: Jason Serena

Address: 4400 S. 212th St.

City: Kent

Phone: (253) 261-8789

Email: jser316@hotmail.com

Hours: Noon to Dusk, Oct. 6-31

Description:

Serena Farms has been family-owned and operated by Chris and Jason Serena since 1996. Serena Farms is the largest pumpkin grower inside the Kent city limits, and in addition to our famous pumpkins we offer a wide variety of winter squash to choose from. Come and enjoy our U-pick pumpkin patch this fall.



Directions:

The U-pick is located on the corner of 212th St. and Orillia Road, just south of the airport off of I-5. From I-5, take Orillia Rd. S. exit and turn right until it runs into 212th.

3 Carpinito Brothers Farm

Contact: Chet Dixon

Address: 1148 N. Central

City: Kent

Phone: (253) 854-5692

Email: leonar@carpinito.com

Hours: 9am-6pm Daily, Year-round

Description:

Family owned for over 30 years. June-November, we feature Carpinito-grown farm fresh produce picked daily: lettuces, spinach, greens, cabbage, corn, beets, carrots, leeks, English peas, broccoli, cukes, peppers, basil, cilantro, zucchini and winter squash. Washington items: berries, cherries, apricots, peaches, pears, apples,

beans, tomatoes, potatoes, pickling cukes, spices, vinegar, dill, raw honey and more. October: U-pick pumpkin patch and corn maze. December: huge selection of green or flocked Christmas trees, florist quality poinsettias, garlands and wreaths. Also open year-round for all your gardening and landscaping needs. Bark, topsoil & gravel - U-haul or delivered. Flowers, hanging baskets, vegetable starts, nursery stock, planters, seeds, tools, gloves, and more.

Directions:

From I-405, take Hwy 167 S, 84th Ave. exit. Left on 84th, ½ mile on left.

4 Fresh Flower Farm

Contact: Yee or Paochia Hang

Address: 28229 W. Valley Hwy

City: Kent

Phone: (253) 941-2380

Email: freshflowerfarm@msn.com

Hours: 10am-6pm Daily, June-November

Description:

Fresh Flower Farm is owned by the Hang family and has operated since 1997. We have many kinds of fresh cut flowers, arrangement bouquets, U-cut flowers, dry flower bouquets and farm fresh produce. Bring your kids and your camera and come enjoy full fields of all kinds of fresh flowers in bloom.

Directions:

From SR 167 between Kent and Auburn, take S. 277th exit. Go West on 277th, then take a left onto W. Valley Highway. Go south about ½ mile. We are on the right hand side.

5 Whistling Train Farm

Contact: Mike & Shelley Verdi

Address: 27127 78th Ave. S

City: Kent

Phone: (253) 859-5197

Email: shelley@whistlingtrainfarm.com

Website: www.whistlingtrainfarm.com

Hours: Wed. 2-7pm, Sat. 10am-5pm, mid-June-Nov.

Description:

Certified Naturally Grown. We grow a huge variety of vegetables - everything from artichokes to zucchini - harvested fresh for each day's sales. We grow for flavor, quality and health! We also have local, organic fruit and berries for sale in season. Call ahead or check our website for availability. Ask about our subscription programs. Enjoy our produce at Flying Fish and other select restaurants. Fresh eggs from happy, healthy, pastured hens. Fresh, naturally-raised Berkshire pork available year-round by contract. Individual frozen cuts available at West Seattle and U-District farmers markets only. Check ahead for availability.

Directions:

From I-5 take 272nd St. exit, drive east into valley for 3 miles. Turn left on 78th Ave. From Kent East Hill, head west on 277th St. into valley and turn right on 78th Ave. From Hwy. 167, take 277th St. exit and turn left on 78th Ave. Farm is ½ mile down 78th on left.

6 Trees 'n Bees, Inc.

Contact: Carolyn Elliott

Address: 34747 162nd Ave. SE

City: Auburn

Phone: (253) 939-1149, (866) 627-2857

Email: info@treesnbees.com



Website: www.treesnbees.com

Hours: Sat. 10am-4pm, Mon. 4-7pm, Thurs. 12-7pm, Year-round, 9am-7pm Daily, day after Thanksgiving-Dec. 22

Description:

Trees 'n Bees, Inc. has been serving the Puget Sound area since 1972. Located just east of Auburn, this family-owned tree farm operates 34 acres, growing Christmas trees and raising honeybees. The Store offers fresh local honey, beekeeping supplies, unique gift items and Christmas decorations plus all-day seminars for those interested in honeybees and beekeeping. During the Christmas season, in addition to trees, you will find complimentary beverages, snack bar, play area for kids with Christmas videos, and Mrs. Claus. We grow Douglas, Noble, Grand, Pacific Silver, and Sub Alpine firs, Norway Spruce and others.

Directions:

Off I-5, take Exit 142A. Go 6 miles east on Hwy 18, take Auburn-Black Diamond Rd. exit. Turn right at stop sign, cross river and turn right at the stop light. Turn right on SE Lk Moneysmith Rd., go one mile. Farm is on right.

7 Foxberry Farm

Contact: Ron & Cindi Fox

Address: 4220 Gay Road East

City: Tacoma

Phone: (253) 926-8407

Email: foxsrpyllp@aol.com

Hours: Open Thurs., Fri., Sat. 9am-5pm,

Sundays 10am-4pm; closed Mon., Tues., Wed.

Opens July 5 for the season

Description:

Come on down and visit Foxberry Farm. Relax and enjoy your lunch that you bring and eat it in our orchard after picking your items. We provide a lot of different types of fresh fruit, berries and produce but please call ahead for availability. We also cut grass hay in late June or early July, depending on the weather.

Directions:

From I-5, take exit 135 (Hwy 167), pass Emerald Queen Casino; go approx. 2 miles. Turn at 2 Bear Espresso (right); go 1/2 mile. Farm is on the left - follow signs.

8 Canter-Berry Farms

Contact: Doug Cross, Clarissa Metzler-Cross

Address: 19102 SE Green Valley Rd

City: Auburn

Phone: (253) 939-2706

Email: cbfdoc@prodigy.net

Website: www.blueberries4u.com

Hours: 8am-6pm, Harvest Season 10am-6pm, Off Season, Call Ahead

Description:

Our small, friendly farm raises both Blueberries and American Saddlebred Show Horses. Our farm, homesteaded in the 1870's, has been family owned for the past 52 years. We offer U-pick blueberries and fresh flowers in season and frozen blueberries as available. Our Fresh Blueberry Jam, Syrup, Vinegar and Chutney are available all year at our farm salesroom and at our



farmer's table at the Pike Place market. Please call ahead or check our website for picking days. Open 8am-6pm on picking days. Tours (15-50 people) by appointment. Mail-order.

Directions:

From I-5, take Hwy 18 east. Take Auburn-Black Diamond Rd. exit. Keep turning right to SE Green Valley Rd. Farm is 5.5 miles on the left, 2 1/2 miles west of Flaming Geyser State Park.

9 Rockridge Orchards & Bamboo

Contact: Wade Bennett

Address: 41127 212th Ave. SE

City: Enumclaw

Phone: (360) 825-1962

Hours: Please call first; Farm open by appointment only

Description:

Our philosophy has always been life, food and farming should never be boring. We continue to expand our varieties of exotic, heritage, and heirloom fruits and vegetables, seeking out the very best flavors from every corner of the world. 2006 additions include some truly unusual herbs, tomatoes, cucumbers, melons, fruits and greens from China, Japan, Italy, France, South America and Russia. Newly bonded winery offers unique hard ciders and wines. Find us at Columbia City, Bellevue, University District, Federal Way and West Seattle farmers' markets.

Directions:

Take Hwy 164 from Auburn. Turn left on 400th St. At the next flashing light (212th) turn right. We are on top of the hill on right.

10 Duris Cucumber and Strawberry Farms, LLC

Contact: Sondra Andrews

Address: 6012 44th St. E

City: Puyallup, Kent

Phone: (253) 922-7635

Hours: 9am-6pm Daily, early June-Sept.

Description:

We grow and sell fresh strawberries, green beans, pickling cucumbers, slicing cucumbers, zucchini and yellow squash, and dill from our farm market. It is open to the public beginning about June 1 for strawberries, July 15 for veggies. Also, visit our Strawberry farm in Kent for U-pick strawberries beginning about June 1.

Directions:

Farm market is located between Puyallup and Tacoma on Highway 167 (River Road Highway). Strawberry farm is on Frager Road in Kent, just off of West Valley Highway.

11 Sunrise Blueberry Farm

Contact: Tom Maskal

Address: 1501 13th St. SE

City: Puyallup

Phone: (253) 845-2856

Hours: 8am-5:30pm, Fri.-Tues. July, August, Sept. Call ahead.

Description:

Certified WSDA/NOP organic since 1976. The sweetest blueberries you'll ever taste! "We feed the soil, and the soil feeds the plant!" No herbicides, no fungicides, no synthetic pesticides, no chemical fertilizers. Hand-picked at their peak of freshness! Fresh flats, washed and ready-to-freeze cases, and already frozen cases available. Try our exclusive 20-lb. freezer case, no repackaging necessary! Use them right out of the case all year long. Quantity discounts for 10, 20, 30, 40 and 50 pounds. Stock up for winter! Per pound price less than Saturday markets. Your complete satisfaction guaranteed! Sorry! No U-pick available. Save time and gas. Always call ahead to double check our hours, for availability of berries and to place orders of 50 pounds or more.

Directions:

In Puyallup off E. Pioneer. From Seattle: Take Highway 167 South to Highway 512 (Puyallup & Olympia), take the 1st exit off 512 (Pioneer Ave.), turn right on

Pioneer, go one long block to 13th St SE (Spinning School), turn right on 13th St. SE and go 2 stop signs, and look for the red shed at the end of the farm road. From Tacoma: Take I-5 Northbound, take Exit 135 (Puyallup, Highway 167 North, River Road), in Puyallup, turn right on Meridian at the Ford dealership, go 5 traffic lights, and turn left on Pioneer, after going under Highway 512, follow the directions above to the farm.

12 Linbo's Blueberry Farm

Contact: Richard M. Linbo

Address: 8405 Fruitland Ave. E

City: Puyallup

Phone: (253) 229-6438

Hours: 9am-7pm, Daily; beginning in early July

Description:

The farm has grown blueberries for more than 50 years. Since 1999 it has been a U-pick operation. There are 4 acres of mixed cultivars. Pick to the sound of classical music from early July until the end of the season. Nothing has been applied to the plants for at least 7 years.

Directions:

Hwy 167 to River Rd. to Meridian (downtown Puyallup). West on Pioneer (approx. 2 miles). Left onto Fruitland at the light. 1 mile up hill. Farm is on the left at 84th

13 Terry's Berries

Contact: Terry Carkner

Address: 4520 River Road

City: Tacoma

Phone: (253) 922-1604

Email: terryann@terrysberries.com

Website: www.terrysberries.com

Hours: Farm store open 10am-6pm, Tues.-Wed., May-Oct.



Description:

Berries, veggies & apples, too, we grow organic just for you! 20 years of growing great berries and veggies in the Puyallup Valley. Shop at our farm store or join our CSA to reserve your share of the harvest for more than 10 months of the year. Choose from the huge variety of veggies, pick-your-own flowers and herbs. Savor freshly-picked berries in season. Farm-fresh eggs available year around. Join us for apple picking & cider pressing October weekends and pick your own pumpkin in our pumpkin patch. School tours by appointment.

Directions:

Two miles from I-5, Exit 135 toward Puyallup. For more information and detailed directions, visit our Web site.

14 The Meat Shop of Tacoma**Contact:** Lee Markholt**Address:** 13419 Vickery Rd. E**City:** Tacoma**Phone:** (253) 537-4490**Email:** organicmeatshop@att.net**Website:** www.meatshopoftacoma.com**Hours:** Mon.-Fri. 8am-6pm, Sat. 10am-5pm, Closed Sundays & holidays**Description:**

The Meat Shop offers the finest certified organic beef, pork, chicken and turkey. Chemical-free ham, bacon, sausage & lunch meats. Also naturally-grown lamb. We also do custom cutting and wrapping and poultry processing. Stop by and visit us sometime.

Directions:

Take Exit 127 off I-5. Go east on SR 512 to Portland Ave. South on Portland Ave. to 112th Street. East on 112th to Vickery Ave. South on Vickery 1½ miles to shop, on left.

15 Spooner Farms**Contact:** Andrea Spooner**Address:** 9710 State Route 162 E**City:** Puyallup**Phone:** (253) 840-2059**Email:** aspooner@spoonerfarms.com**Hours:** 9am-6pm Daily, June-Oct. Call for availability.**Description:**

Start your summer with our own daily-picked strawberries, raspberries, marionberries, boysenberries and kotatas. Fall time is great family fun in our 5-acre corn

maze. 53 varieties of u-pick pumpkins, gourds, squash and Indian corn. Pumpkin slingshots, concessions, animals, old fashioned candy store, gift shop and lots of fall decorations. Bring your camera to meet Patty Pumpkin. Also, fall group tours available weekdays by reservations.

Directions:

9710 SR 162 East, Puyallup (old Sumner-Orting Hwy.)

Farmers Markets

16 Kent Farmers Market**Contact:** Brian Ipsen**Phone:** (253) 486-9316**Email:** kentfarmersmarket@hotmail.com**Website:** www.kentfarmersmarket.com**Hours:** Saturdays from June 3-Oct. 14.**Description:**

Come join the fun during Kent's third season as an open air market. This farmers Market continues to be one of South King County's oldest farmers' markets, with a rich history of 32 years featuring in-season vegetables, fruits, flowers, plants and juried crafts all direct from the producer. Weekly activities and entertainment. See our Web site for details.

Directions:

Market is located in Kent City Center, with easy parking and delicious ideas from our local farms and crafters. Take Hwy 167 south to Willis Street exit, SR 516. Turn east to 4th and head into Downtown Kent. Watch for signs. Check our Web site for updates.

17 Des Moines Farmers Market on the Waterfront**Contact:** Wendie Dyson**Address:** Des Moines Marina, S. 227th & Dock Ave. S.**Phone:** (206) 622-1340**Email:** dmfm@farmingandtheenvironment.org**Website:** www.farmingandtheenvironment.org**Hours:** Saturdays 10am-2pm, June 17-Oct. 28.**Description:**

NEW farmers market at the beautiful Des Moines Marina! Pick up fresh, nutritious foods grown by local family farms dedicated to good stewardship of our environment and your health. Our bustling marketplace will host up to thirty vendors with a bounty of freshly harvested

products direct from the farmer, fresh cut flowers, juried local crafts, and prepared foods. Visit our Web site for a weekly listing of seasonal farm fresh foods you'll find at the market, fun events for the whole family, and our complete vendor listing.

Directions:

From I-5, take Kent/Des Moines exit, head west on S. Kent Des Moines Rd. Continue straight onto Marine View Drive S. (Rt. 509). Turn west onto S. 227th St. to the Marina. Market is near Anthony's Restaurant in South Marina Park. Bus route 131.

18 Puyallup Main Street Farmer's Market**Contact:** Janie Morris**Address:** Pioneer Park Pavilion, 330 S. Meridian**Phone:** (253) 840-2631**Email:** fmkt@puyallupmainstreet.com**Website:** www.puyallupmainstreet.com**Hours:** Saturdays 9am-2pm, May 6-Aug. 26; 10am-2pm, Sept. 2-Oct. 28.

Sundays 10am-2pm, May 7-Aug 27.

Description:

Join us all season long for a fun-filled market packed with locally-grown fresh produce, seafood, healthy nursery stock, flowers, yummy baked goods, crafty gifts and delicious foods. A delightful indoor-outdoor setting in the Pavilion at Pioneer Park. Watch for informal gardening; food preparation and preservation classes; canine agility runs; Art at the Market, a creative hands-on booth for children staffed by Valley Arts United, and lots of other family fun.

Directions:

From I-405 S., take the WA-167 S exit toward Kent/Auburn, follow 167S to Hwy 512 Puyallup, take Pioneer Exit, turn left (west), left at Meridian. End at 330 S. Meridian, Puyallup.





19 Tacoma Farmers Market

Contact: Kira Doley

Phone: (253) 272-7077

Email: kira@tacomafarmersmarket.com

Website: www.tacomafarmersmarket.com

Hours: Dome District – Tuesdays 3-7pm
June 6-Sept. 12. Broadway – Thursdays
10am-3pm, May 18-Aug. 31; 10am-2pm
Sept. 7-Oct. 19

Description:

Both markets offer fresh local produce, nursery items and processed farm goods, while the Broadway Market additionally includes handmade crafts and prepared food. Fruits and vegetables, picked “morning fresh” are available for tonight’s dinner. Or, have the family meet you for some after-work fun, shopping and perhaps dinner at one of Tacoma’s many new local restaurants. Don’t miss monthly KIDS’ DAY events at the Broadway Market, June 22nd, July 20th and August 24th.

Directions:

This year, the Tacoma Farmers Market will again take place twice a week in two great locations. The Dome District Market is located on East 25th Street across from Freighthouse Square. The Broadway Market is located downtown on Broadway Street between 9th and 11th.

20 Proctor Farmers Market

Contact: Bruce Larson

Address: N. 27th & Proctor, Tacoma

Phone: (253) 219-9427

Email: larsombrown@yahoo.com

Website: www.proctorfarmersmarket.com

Hours: Saturdays 9am-2pm, April 29-
Oct. 28

Description:

Our open air farmers’ market is located in the heart of Tacoma’s historic Proctor Dis-

trict. It features organic fruits, vegetables, herbs, plants, fresh cut flowers, fresh salmon, grass fed meats, hot food, bakery items and live music.

Directions:

From I-5, City Center Exit, take Schuster Parkway to N. 30th Street. Travel on N. 30th St. to Proctor. Turn left onto Proctor. Market is on N. 27th St. at Proctor.

21 Federal Way Farmers Market

Contact: Karla Kolibab

Location: Sears Parking Lot, 1701 S.

320th St., Federal Way

Phone: (253) 261-8157

Email: federalwayfarmersmarket@yahoo.com

Website: www.federalwayfarmersmarket.com

Hours: Sat. 9am-3pm, May 13-Oct. 28

Description:

We have fresh fruit, vegetables, organic fruit and vegetables, fresh flowers, processed foods, fresh bread, pastries, coffee, espresso, cheese, nuts, Kettle Korn. Miro’s Polish Food and other vendors selling shish ka bob, chicken teriyaki, and more. Crafts include carved wood products, bird houses, jewelry, candles, and lavender products. Also a nursery with plants, flowers, and pottery. Master Gardeners’ clinics throughout the season and entertainment each week. Special events include senior days, kid’s days, pet days, western days, multi-cultural days and festival day.

Directions:

I-5 to 320th, go west on 320th to the Sears Parking Lot at The Commons Mall.

22 Renton Farmers Market

Contact: Sara Garner

Address: S. 3rd St. between Logan & Burnett in Downtown Renton

Phone: (425) 226-4560

Email: Farmersmarket@gorenton.com

Website: www.GoRenton.com/farmersmarket.htm

Hours: Tues. 3pm-7pm, June 6-Sept. 19

Description:

Featuring fresh, grown-in-Washington

produce, flowers, and select locally-made food products at Renton’s beautiful downtown Piazza Park. Enjoy live entertainment, children’s activities, and visits by talented chefs and Master Gardeners!

Directions:

Adjacent to the Renton Transit Center. From I-405, take Exit 2 and proceed north on Rainier Ave. to S. 3rd St. Turn right. Head east. The Piazza is located on S. 3rd St. between Logan and Burnett Avenues.

23 Country Farmers Market

Contact: Janice Hammerstrom

Address: 40709 264th Ave. SE

City: Enumclaw

Phone: (360) 802-6800

Email:

jhammer@countryfarmersmarket.com

Website: www.countryfarmersmarket.com

Hours: 10am-7pm Daily, May-Oct.

Description:

Country Farmers Market is a full-service produce stand specializing in all in-season local produce and products from Eastern and Western Washington. Stop by, tour the market, vegetable and flower gardens, and see the beautiful views of Mt. Rainier. During the fall season, select your fall decorations and hunt the pumpkin patch for your perfect eating or carving pumpkins.

Directions:

Two miles north of Enumclaw on the west side of Hwy 169.





Councilmember

Pete von Reichbauer

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An Alpaca makes its case to be “Royal Critter” and mascot of the King County Fair.



Stop by Neely Mansion (253 833-9404 by appointment) on your way out to the Green River Valley Farms!



Enumclaw Mayor John Wise and Pete talk about the value of rural areas.



Zong and Leema Cha own Garden Flowers, a successful business in South King County.



Pete rides atop the Wells Fargo wagon at the Festival Days parade in South King County.



Emerald Downs founder Ron Crockett and Pete discuss the importance of the equine industry in South King County.