

## Rogue Valley Food System Network Spring 2018 Newsletter



*We believe that good food has the power to foster healthier and happier lives, unify our community, and even change the world. We envision a Rogue Valley that is celebrated for its healthy, sustainable soil, where everyone producing our food, from field to table, is a thriving participant in the local economy, and where locally grown and produced food is available to all.*



- Fresh veggies at the Rogue Valley Growers and Crafter's Market.

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Dear RV Food System Network supporter:

The Rogue Valley Food System Network (RVFSN) recently merged with The Rogue Valley Initiative for a Vital Economy (THRIVE). By educating, fostering collaboration and shared leadership among network partners and the broader public about the challenges and opportunities in our food system, and by celebrating our farmers and food artisans, we work to make our shared vision a reality.

[Read More](#)

## Attend our next public presentation!

Wednesday, April 4th

4pm - 5pm (stay afterwards for networking)

[The Cafe at Medford Food Co-op](#)

**Topics:** Cannabis Working Group updates and Double Up Food Bucks program

We are thrilled to be publishing the 14th Rogue Flavor Guide! If you are a farmer or owner of a food-based business, and you want to be in this annual guide of celebration and connecting the community to good food, the deadline is Friday, March 16th.

Email [Kayla Wilhelm](mailto:kayla.wilhelm@medfordfoodcoop.com) or 541-660-1599.



## Of Change and Resilience: Stories of Southern Oregon Project



When you start watching a video in the Stories of Southern Oregon collection, you'll first hear music and then the voice of a family member from a century farm in the Rogue Valley, or a rancher from Eagle Point, or any number of individuals whose interest or lives revolved around the pear industry. Currently, there are over 90 stories about agriculture, logging, mining, farm succession, labor and more on the Stories of Southern Oregon [Youtube Channel](#). These videos are eventually added to the Southern Oregon Digital Archives (SODA), a nationally recognized digital archive.

[Read More](#)

Photo credit: Southern Oregon Digital Archives



Wednesday, April 11

6 pm - 8 pm

**Southern Oregon Research and Extension Center**

We are partnering with Friends of Family Farmers and Our Family Farms to get the word out about the farmer and rancher listening sessions that take place every other year in Oregon. For more information about how these sessions help inform policy, go [here](#).

[Full flyer](#); [RSVP Here](#)



### **Double Up Food Bucks program on board for 2018!**

Thanks to the support of many healthcare partners in the valley, the Rogue Valley Growers and Crafters Market is happy to announce the continuation of the Double Up Food Bucks (DUF) program for its third year. The program enables Oregon

Trail cardholders to increase their dollars at each market day at certain markets. The details of this year's Double Up Food Bucks Program through RVGCM will be announced in April. Please check their [website](#) for the most updated information.

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This year the BBB will benefit the network and Rogue Farm Corps! We're excited for

another full day of good local food, tasty  
brews, and toe-tapping tunes!

Saturday, June 2nd

12 pm - 8 pm

RoxyAnn Winery

Buy your tickets [here](#), and  
visit [www.roguebbb.org](http://www.roguebbb.org) for more  
information soon.

[Sign up](#) to volunteer!



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## Food System Happenings

**ACCESS** - Annual Spring Cooking Skills Educator class, April 10th or 12th (you choose).  
Email [Michele Pryse](#) or call 541-690-3989 to register. Volunteer for the **Healthy Mobile Food  
Pantry**, contact [Tyler Johnson](#) for more information; [Food Share Garden Workshop](#), April 21. Learn  
how to build healthy soil!

**Ashland Food Co-op** - [Community Grants Program](#) applications are due on Mar. 23rd. Non-profit  
organizations are encouraged to apply for funds for food and environment programs.

[Blue Zones Project Grants Pass](#) - Restaurant/Grocery Store Summit, May 16. Find out about  
becoming a "Blue Zone Approved Restaurant." BZ is also looking for farmers who would be  
interested in being on a local suppliers list. Email [Gabrielle](#) or call 541-479-5556.

**Josephine County Food Bank/Raptor Creek Farms** - Check out the [Say Cheese  
Fundraiser](#) through March. Volunteer for this growing season or [Adopt-a-crop](#). Volunteers are also  
needed to help in the warehouse, with special events, as well as for cooking demos in food  
pantries (which take place the last Wed. and Thurs. of each month). **Grants Pass Food Project**, a  
neighborhood-based donor drive to benefit the food bank, is looking for more neighborhood  
coordinators. Go [here](#) to sign up or learn more. Contact [Gabrielle Rysula](#) for any questions about  
volunteering.

[Leightman Maxey Foundation](#) - Great Start, Eat Smart meeting, April 18th. Contact [DeeAnn Harris](#)  
for more information.

**Medford Food Co-op** - [Good Food Festival](#), May 20. Join the Co-op for FREE food and beverage  
samples, family-friendly activities, and delicious culinary demonstrations.

**Our Family Farms** - Several dates are left in [The Future of Soil](#) workshop, and it's not too late to  
sign up! This workshop series is educating the community as to how their food is produced using

both cutting-edge technology and time-tested farming techniques.

**Rogue Farm Corps** - [Changing Hands: A Workshop on Farm Succession and Access to Land](#), April 23; [Spring Block Party](#), May 6th.

**Rogue Valley Farm to School** - [Siskiyou Challenge](#), April 28th. Race towards a stronger food system!

[Rogue Valley Farm Tour](#), July 22. Meet your local farmers for the opportunity to visit multiple local farms and vineyards around the Rogue Valley; participate in a variety of activities from tastings to field tours, and learn about the abundance of our local food system!

**OSU/Oregon Food Bank/ACCESS** - Seed to Supper is a 6 wk. FREE gardening class. Click [here](#) for more info about Jackson Co. classes. Starts soon!

**SO Health-E and Rogue Community College** - [The Landscape of Justice](#), April 19 - Dinner and a discussion about climate, environmental and social justice, food security and health outcomes.

**Southern Oregon Research and Extension Center (SOREC)** - Check out the spring [calendar](#) which includes a class on the ethnobotany and cuisine of acorns, making bio char, climate-friendly farming, fermentation and much more! The [Growing Seed Agripreneurs](#) class starts in April. It's a 7-month course to develop your seed stewarding and farming skills.

**Sodexo Future Chefs Competitions** - Future Chefs is happening all over the Rogue Valley this spring - it is an annual competition for elementary age students to develop a recipe on *Healthy Asian Fusion Foods*.



### **Organizations represented by the council:**

[1000 Friends of Oregon](#) (Greg Holmes)

[ACCESS](#) (Philip Yates)

[AllCare Health](#) (Kari Swoboda)

[Blue Zones Community Demonstration Project](#) (Diane Hoover)

[ByGeorge Farm](#) (Tyson Fehrman)

[Friends of Josephine Co. Food Bank](#) (Sam Engel)

[Medford Food Co-op](#) (Anne Carter)

[OSU Small Farms Program](#) and [Siskiyou Sustainable Cooperative](#)

(Maud Powell)

[Pholia Farm](#) (Vern Caldwell)

[Rogue Farm Corps](#) (Stu O'Neill)