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Your donation supports us in building a robust food system for all in and around the Rogue Valley

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Community News & Upcoming Events

While in-person events have been canceled for the foreseeable future, there is an abundance of virtual events happening, including content that has been newly made freely available! Stay tuned to the Rogue Valley Food System Network Instagram and Facebook pages for more upcoming events.

OSU Dry Farming Project 2020 Virtual Field Tour Series

The 2020 Dry Farm Project field tours will be held on Wednesday mornings at 10:00AM in August and September. There will be nine field tours featuring different elements of the five core projects. Click the link for more information and to register for the first two sessions: Site Suitability for Dry Farming on August 5th and Soil Management Trial on August 12th.

The Art of Root Cellars online course

Thursday, August 6th from 6 to 7:00pm

Enjoy an informative and entertaining look at historic and present-day techniques for extending your garden produce throughout the winter months. Learn more and sign up online at [the link](#) or register through the OSU Extension at 541-776-7371. Cost is \$15 per person or sliding scale.

Bi-weekly Farmer Socials on Racial and Food Justice

Join Friends of Family Farmers for a series of virtual Farmer Social to continue the conversation about farmers' roles at the intersection of food justice and racial justice. The next events are August 10th and 24th. [RSVP to join the conversation!](#)

Seed Saving for Farmers (and Gardeners too!) 10-Week Online Course

Join Rocky Mountain Seeds along with guest presenters, seed farmers (including Siskiyou Seeds' Don Tipping!), and seed visionaries for this dynamic online adventure that will include hands-on activities (some assembly required), interactive discussions, and seedy teachings from instructors active in the field of seeds. Cost for the course is \$229. A sliding scale and scholarships are available. [Learn more.](#)

2020 Online Land Steward Course

This course from Oregon State University Extension features a blend of self-paced online lessons and instructor-led online meetings running from September 11th through November 30th. It includes nine self-paced online lessons and three "webinar" online meetings with natural resource experts. The course is well-suited for busy adults who enjoy online learning and want to know how to improve their land. Tuition is \$150 or \$90 through August 31st with early bird pricing. [Learn more and register online here.](#)



Partner Spotlight: Kristen Lyon of Jefferson Farm Kitchen

541-531-6740 | [135 S. Oregon Street, Jacksonville, OR 97530](#)

Jefferson Farm Kitchen is Rogue Valley's only Farm to Table & whole foods meals-to-go delivery service. They source local produce and meats from sustainable and organic family farms and are now offering **memberships** to join a wholesale buyers club for high quality groceries and get access to other perks, like annual member events, free deliveries, Farm-To-Table style private events and more! Chef and Owner Kristen Lyon serves on and is an active member of the RVFSN council. Meet Chef Kristen!

RVFSN: Tell us about yourself and your work in the food system.

Kristen: I have been involved in the Rogue Valley local food system through the lens of a chef, market manager, Thrive board member, Farm to School educator, procurer and eater! I have found that some of my most rewarding and meaningful relationships in the Rogue Valley have been forged through food as a common denominator in social activity, business, politics, and deep healing. I have always seen food as the thing all people have in common and love that my business allows me to make connections and engage with the local food system on a daily and weekly basis, not only for myself, but for all my customers and members. Seeking to support the local food system has ten fold supported me professionally and personally.

As for my engagement in the local food system, I am constantly expanding with how much my small business can buy locally. Every year we increase our local purchases, now reaching into tens of thousands of dollars spent per year. It has been a long journey of learning how to serve my customers with the highest quality foods while being able to afford the cost of buying local. It is SO IMPORTANT to me that we all figure this out together, because we need to pay farmers fair prices to really thrive and stay in business, plus have a good quality of life for themselves and their employees! This challenge has been a blessing in so many ways, as it not only gives me the best local produce to work with, but the relationships with each producer, some who have become close friends over the years.

RVFSN: What does your vision of a resilient and sustainable local food system look like?

Kristen: This means eating more seasonally and retaining foods when they are available through freezing, drying and canning. It means spending more money than you might at the grocery store because your dollars are all staying in your community and supporting the livelihood of someone you are a neighbor to, who also provides jobs and environmental stewardship in the place where we live. It means getting involved in local, statewide and national politics to make sure laws are supporting small farms and not being dominated by large industrial farming practices. It means choosing locally owned restaurants, grocery stores, CSAs, and farmers markets. It means having buying from the businesses who have the highest standards of environmental care and consideration, who create regenerative systems instead of highest yield practices. It means knowing where our food comes from!

RVFSN: How do you imagine that vision being accomplished?

Kristen: I believe if we all do our part we can accomplish much more than we ever imagined. My business is SMALL. I serve about 30-40 families per week providing healthy prepared meals. I spend a few hundred dollars a week on local foods and value added products, including bread, beef, produce, eggs, honey, flowers, pasta and pesto, teas, tinctures, dog biscuits, spice blends; and we are adding more constantly! It is so fun to connect with people through food. AND, if ten small businesses made the same choices, or 100 or MORE, just imaging the impact we can have on our local economy. That creates land stewardship, local jobs, better health for workers and consumers, stronger community relationships, yummiier food!, and food security, so that when tough times come, we can take care of each other. Flexibility with the menu is key, so CHEF CHALLENGE to all the locals. Make it sexy for customers. Let's get away from the "convenience" model and learn how to feed our customers local food!

RVFSN: What's your favorite food to eat that's in season now?

Easy. Sweet corn. Grilled. Roasted. Steamed. Raw. In salads. On the cob. In relish. Chowder. Salsa.

Wait, I forgot peaches. Fresh. Grilled. Salsa. Pizza. Sorbet. Smoothies. Quick bread. Dehydrated. Canned. YUM!

You can find Kristen Lyon and Jefferson Farm Kitchen online and sign up for her newsletter [here](#) or follow her on [Instagram](#) and [Facebook](#) to stay up to date and see her latest delicious creations!



Food Access

Your signature is needed! Since COVID-19 hit, Oregon schools have been feeding our communities. In our community alone, [Rogue Valley Farm to School](#) provides more than 8,000 people with free organic fruits and veggies each week! Yet the Oregon state legislature wants to cut Oregon Farm to School and School Garden Network funding -- \$7.8 million dollars, most of which would go to our schools to purchase healthy, locally grown food for our children. [Learn more and sign the petition to stop cuts to funding for House Bill 2579 today.](#)

Call On Our Senators to Expand SNAP! The Senate is drafting its version of the next COVID19 relief package. We're joining the Food Research and Action Center (FRAC) and organizations and communities across the country in demanding that the next [#COVID19](#) relief package strengthens SNAP! SNAP provides direct food assistance to families, drives local economies by increasing spending, and helps kids get the nutrition they need

To participate, call your senator about boosting SNAP, and use your social media to promote this important message and [#BootSNAPNow!](#)

@SenJeffMerkley, 503-362-8102

@RonWyden, 503-589-4555

Pay-What-You-Can Veggie Stand provided by ACCESS

4 to 5:45pm Wednesdays August 26, September 30, & October 28

Fresh, Local, Organically Grown Food for Everyone! Receive up to \$15 of produce at no charge. Your donation helps provide local food for all. Find us at the corner of Cardinal Ave and Aviation Way in Medford



Utilizing Abundance

Love and Food are meant for sharing, not wasting. Yet 30% of food that is grown is thrown away. That means that nearly one-third of food that we grow does not get eaten; it gets thrown into the trash.

Everyone has a lot going on right now. We are living in crazy times. Despite the many layers of variables in our lives, this is an important time of year to make a plan about maximizing produce from our gardens, fresh food, and actively working to reduce food waste.

As I write this, I am looking at a very full plum tree, and I am realizing I need a plan! If you are also being faced with a ton of...abundance... that you know that you won't be able to eat, can, and dehydrate your way out of– there are some local options to help.

Emerging Futures and the **Southern Oregon Food Solutions** team are working hard to keep food waste diversion at the front of our minds right now, and are partnering to offer some great resources and tools to reduce food waste. Stay tuned for more updates, coming soon.

Food Angels helps other organizations serving low income people in the Rogue Valley, primarily through the daily collection and redistribution of food retrieved from markets, bakeries and local organic farmers.

Neighborhood Harvest is an organization dedicated to harvesting fruits, nuts, and other produce that would otherwise go to waste from yards, gardens, and farms in and around Ashland, Oregon and sharing the abundance with the community.

Myself, I am making a plan to make some more **organic plum jam!** Yum!

To subscribe to the Southern Oregon Food Solutions newsletter so you hear about their programs, [click here](#). After all, “you waste life when you waste good food” –Katherine Anne Porter

Just plum happy,



RVFSN COVID-19 Resource List

See our [list](#) of food and farm resources available in the Rogue Valley and across the state to support our communities as we work to identify and address some of the unforeseen challenges that have arisen at this time. Take care and support your local food system!

Farmer Feedback Wanted!

Our friends at OSU Extension Service are hearing that some farmers are losing business now that people are back shopping at grocery stores. This is especially true from farmers that sold to restaurants and institutions (colleges, etc.) and added weekly boxes as an offering. [Friends of Family Farmers](#) created a survey to hear from Oregon farmers--do you have a decline or increase in sales compared to previous years? [Fill out this 2-minute survey!](#)

Need Food?

There are new and expanded resources available to help meet your needs. Visit needfood.oregon.gov for information about meals available at schools and food pantries, applying for SNAP benefits, and how to access Meals on Wheels.



Job & Volunteer Opportunities

Rogue Valley Farm to School is hiring 1-2 new Garden Educators to join their teaching team! Rogue Valley Farm to School (RVF2S) educates children about our food system through hands-on farm and garden programs, and by increasing local foods in school meals. They inspire an appreciation of local agriculture that improves the economy and environment of our community and the health of its members. Garden Educators work with public elementary schools in Ashland, Phoenix-Talent, Medford, and Central Point School Districts. Bilingual Spanish-English preferred. [Learn more at the link!](#)

Illinois Valley Gleaning Project Coordinator 2020 with Spiral Living Center. Learn more and apply at the link!

Garden Volunteers Needed! Do you like fresh vegetables? Want to try gardening? Want to give back to your community? Volunteer at an ACCESS garden and take home free veggies! Call 541-841-6487 or email freshaccess@accesshelps.org.



Grants Pass Growers Market

9:00am to 1:00pm
4th & F Street, Grants Pass

Rogue Valley Growers Markets

Tuesdays 8:30am-1:30pm through November
[Ashland Armory](#), 208 Oak St, Ashland

Thursdays 8:30am-1:30pm through November
[Hawthorne Park](#), [501 E Main Street](#), Medford

Saturdays, 8:30am-1:00pm through October
Oak Street, Downtown Ashland

Cave Junction Farmers Market

Fridays 4:00-7:00pm
NEW LOCATION! [24100 Redwood Highway](#) across from the Kerbyville Museum
This is a temporary change due to COVID-19

Williams and Jacksonville Farmers Markets are Cancelled until Further Notice

Please support our local farms at one of the other markets!



Links from Around the Web

Get Smarter: Take the Rethink Food Waste Challenge! Wasting food has social, financial, and environmental implications. Especially now during this pandemic, food insecurity is a real and tangible and GROWING issue for many of us. Over the course of the challenge, you will learn many things about the state of wasted food.

Death by 1000 Cuts: A 10-Point Plan to Protect Oregon's Farmland 1000 Friends of Oregon's new report demonstrates the strength of Oregon's statewide land use system in protecting farmland and identifies key factors putting farmland at risk.

Soul Fire Farm Action Steps & Policy Platform for Food Sovereignty This document is designed for anyone who has ever asked, "How can I help make the food system more just?" and was compiled by the Soul Fire Farm community and Northeast Farmers of Color alliance.

Rogue Flavor Guide Spotlight: Rogue Produce

Year-round, online market • www.rogueproduce.com • 541-301-3426



Rogue Produce is an online farmers market offering community-supported agriculture and home delivery. We work with all of your favorite local farms and producers to bring you the highest quality, fresh produce, meats, cheeses, breads, eggs, and so much more. We provide the best of what's local and give you the greatest selection of options for optimum convenience. Our CSA features four shares from which to choose for each delivery: the Veggie, the Omnivore, Keto, or Breakfast. They often come with recipes from the farmers and producers for making the best dishes! The community compost program makes our service full-circle.



Now, in response to interest from the community during the pandemic,

Rogue Produce has teamed up with **RVFSN**, the **Maslow Project**, and **Southern Oregon Jobs with Justice** to accept donations that provide fresh produce to people in need.

There are two options for those looking to donate-- by purchasing a "Peace Meal bundle," ranging from \$40 to \$60 a week and including specific items requested by Peace Meal volunteers, or by donating an open amount donation through the Rogue Valley Food System Network for the Maslow Project. Rogue Produce is matching 10% of each donation to the Maslow Project, the donations of which go toward food that Rogue Produce delivers to individuals receiving services through the Maslow Project.

[Donate Now!](#)





It is more important than ever to support our local food purveyors: the restaurants, farmers, ranchers and artisanal food folks who keep us well fed. [Check out our 2020 Rogue Flavor Guide](#) online or grab one for free at lots of local locations to find out who in your area is providing nutritious local food.



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You are receiving this email because you indicated interest in the Rogue Valley Food System Network or were a previous supporter of The Rogue Initiative for a Vital Economy.

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