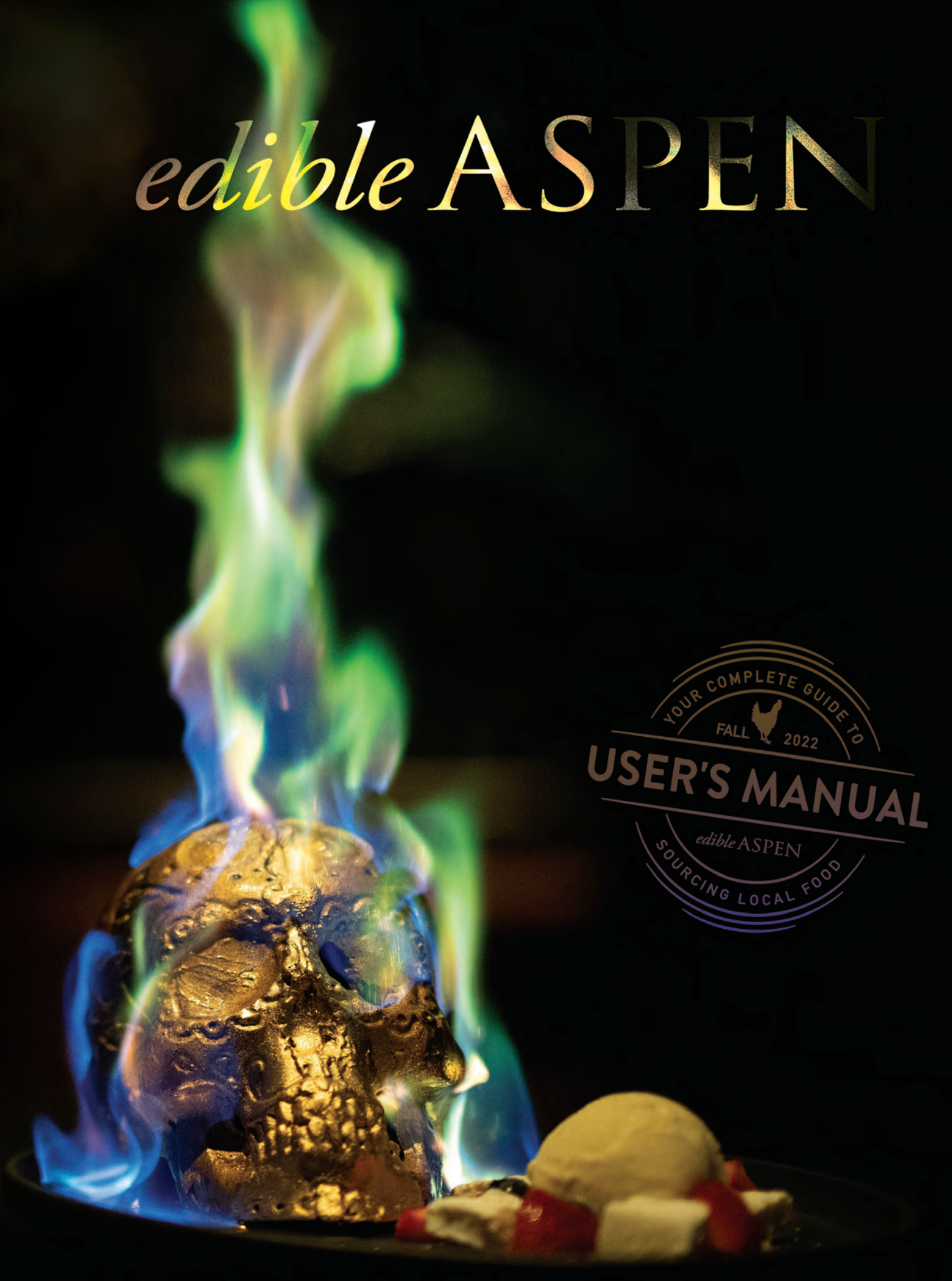


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YOUR COMPLETE GUIDE TO
FALL 2022
USER'S MANUAL
edible ASPEN
SOURCING LOCAL FOOD



PHOTOS BY DAN BAYER
& BRITTA GUSTAFSON

Playing with your food: From field to plate, our harvests holler with voices full of unique textures, colors, smells, and patterns. Gaze into the face of your food and let it guide you to play. Carrot noses and green bean goblins will make any eater a happy one!



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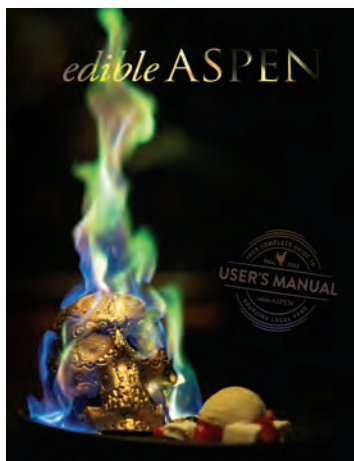
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On the Cover

A little heat helps diners feel all the flavor coming out of Chica's kitchen. The Aspen restaurant's chocolate lava cake dessert is a flaming reminder to savor all the ways that we celebrate food.

PHOTO BY DAN BAYER

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Trial by Fire

Fresh take on a classic dessert at CHICA By Catherine Lutz

Chica Pastry Chef Jessica Scott wanted to reimagine the lava cake.

“It’s such a classic dessert from the ’80s, and you still see it on menus now and then,” she says, “but it needed a little refresher.”

Scott isn’t keen on how traditional lava cake looks—its warm, soft exterior doesn’t hold frosting and isn’t easy to dress up. She wanted a fun, interactive dessert with an exciting presentation—but one that’s approachable *and* delicious.

And so Chica’s insanely popular Flaming Skull dessert was born. An intricate chocolate shell (the custom mold, made in France, went through several design iterations to get just right) is hand-painted gold and has a *Día de los Muertos* vibe—creative and vibrant, it ties in with Chica’s décor. Doused with flaming alcohol, the skull melts open within seconds, revealing Scott’s reimagined lava cake. Cutting into the cake, Scott notes, is like a fondue experience: There’s so much ganache filling inside. But it’s not an entirely chocolate experience: Served alongside is homemade horchata ice cream, made with toasted rice and cinnamon; corn marshmallows, which cut the sweetness; and fresh fruit.

“There’s so much flavor packed into an otherwise unassuming dessert,” says Scott, who conceived the dish during the pandemic—a time she said was a great opportunity to reimagine concepts and constantly create.



Chef Jessica Scott’s Lava Cake

MAKES 1 DOZEN PORTIONS

- 2½ cups semi-sweet chocolate chips
- 1½ cups unsalted butter, melted
- 7 eggs
- 6 egg yolks
- ⅔ cup granulated sugar
- ½ cup all-purpose flour

Preheat oven to 350°F.

Place the chocolate in a medium bowl (glass or stainless steel).

Place about 2 inches of water in a medium pot on the stove over medium heat. Place the bowl on top to carefully melt the chocolate. Once melted, turn off the heat and remove the bowl of chocolate from the pot.

Add the melted butter and use a whisk to combine. Set aside.

In a standing mixer with a whip attachment, whip the eggs, egg yolks, and sugar to “ribbon stage.” This means the ingredients have gotten so thick that when the whip attachment is removed from the bowl it leaves a ribbon of cream settled on top.

Add the melted chocolate to the egg mixture and use a whisk to combine.

Sift the flour and add to the batter. Use a rubber spatula to fold the flour into the batter.

Make sure the batter is combined completely.

Use pan spray to grease the bottom and sides of 12 (4-ounce) ramekins, metal cups, or other baking dishes with the same volume. Using a 4-fluid-ounce ice cream scoop, portion 1 flat scoop of batter into each prepared baking dish.

Bake at 350°F for 10–12 minutes, or until the sides of the cake bounce back when pressed lightly but the inside of the cake does not (this means that the cake is cooked, but is still “lava” on the inside).

Invert each baking cup onto a dessert plate to release the cake.

Serve with fresh fruit, corn marshmallows, and/or ice cream. 🍷



Play With Your Food!

Use your creativity to turn garlic into a decorative braid.

By the Farm Collaborative Eco-Apprentices

When we play with our food, our sensory creative thinking increases. (We know this from experience, not data or studies.) Exploring the look, feel, and smell of our food helps ignite our inventive side—while enhancing our respect for food and our pleasure in eating it—and encourages us to see the world anew.

And so we've learned that it's meaningful not only to prepare dishes that smell and taste great, but also to enjoy food with our hands and our eyes. And what better way to do so than with edible art? It adds a timely

beauty—but not waste—to your seasonal and holiday decor, and can be just as much fun to make as it eventually will be to prepare and eat.

Garlic braids make great gifts and decorative items. Fresh garlic braids stay edible for about six months, while ornamental ones will last for at least two years. Every bunch of garlic is different, ensuring a unique outcome each time, and the act of braiding—like braiding hair—is thoughtful and caring, adding a therapeutic element to the creative process.

Here's how to do it. >>



Fresh Garlic Decorative Braids

Follow this step-by-step guide to learn how to braid garlic; how much creativity and fun you add is up to you. You'll likely be craving your favorite garlic dish by the time you've finished, so be sure to keep some extra on hand.

INGREDIENTS:

About 12 garlic plants, including bulbs, stems, and leaves. Of the two common varieties of garlic, softnecks are better for braiding and over-winter storage. (Hardnecks yield larger cloves, are easier to peel, and have a stronger flavor, so are preferred in most kitchens.)

STEP BY STEP:

Dry the Garlic—It is necessary to remove some moisture from the stalks so they don't spoil. However, if they dry too much, they will be too brittle to braid, so it's a fine line. One way to cure them is by attaching two bunches of garlic together and hanging one on each side of a railing, chair, or ladder. You can hang them in your kitchen or outside in the shade where they will stay dry. (Keep garlic that you're curing out of direct sunlight because the heat can start to cook it and change its flavor.)

If the stalks and leaves have started to dry when you're ready to braid, you can moisten them by sandwiching between two wet towels. Just make sure the bulbs don't get wet. Let them sit for 15 to 30 minutes.

Clean the Bulbs—It's not necessary to clean the garlic before curing it, but you should remove any dirt before braiding. You can easily do this by removing the top layer of skin, or, simply rub the dirt off with your fingers. If the bulbs are really dirty, try using a soft cloth to clean them; if that doesn't work, remove more layers of the outer skin. If you reach the cloves, you've gone too far.

Trim the Garlic—For a neat, pretty braid, trim the garlic before you start braiding. Long, scraggly roots are often attached to the bulbs—trim those to about ¼-inch. Trim the leaves if any of them are jagged (or look like they're having a bad hair day). Regular scissors should work for trimming—or use a harvesting machete for flair.

Prep Garlic for Braiding—Choose the three largest bulbs to start the braid. Lay them on a flat surface with one bulb in the center, one to its left, and one to its right. The center bulb's stalks and leaves should be pointed toward you, while the others' should criss-cross over one another to form an X over the center bulb. We recommend securing the garlic—at the top of the stalks where the bulbs overlap—with a zip tie or a long piece of twine (keeping the excess for the next bulbs).

Repeat this placement with three more bulbs, keeping them tight together and matching up the stems and leaves. Use more of the twine to secure as needed.

Begin Braiding—When everything is lined up, it's time to start braiding. You should have three sets of stems and leaves. Take two from the right side and cross under the middle ones (so that now they're in the center); then take two from the left and cross them under. Repeat the process.

Once you've started the braid, you can add more bulbs, weaving the stems into the braid for a fuller effect. It's helpful to secure the bundle with more twine before adding bulbs—tie the knot in the back to keep it looking neat. Repeat the process until you've added all the bulbs you want.

Finish the Braid—After you've added all the bulbs, continue braiding the leaves until you get to the length of your choice. Tie off the ends to secure the braid. Trim the ends—as well as the fine roots on the bulbs—to give the finished product a tidy look.

This is when you can add some extra creative flourish to your braided garlic. Tuck or tie in stalks of grain, edible flowers, decorative herbs, etc. Hang in an area out of direct sunlight, and enjoy all winter long. 🌱

Eco-Apprentices who participated in the Farm Collaborative's summer 2022 program for teens and tweens and created this DIY project are: Iola Bennett (11), Maya Calle (12), Estella Egan (11), Kirilee Eklund (15), Leo Gilson (11), Lia Hodgson (13), Noa Hodgson (11), and Bija Vardy (11).



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SOUTH of the border

Food system collaboration abounds in the Baja desert.

BY EDEN VARDY



In the hot, dusty desert of Baja California Sur, where dry arroyos replace rivers and sand dominates the landscape, the dripline is the lifeline of the farm. With an average of less than 10 inches of annual rainfall, innovation and resilience are key for agriculture and the food system at large. And the dripline, a water-saving irrigation system that does it out drop by drop along carefully placed pipes, is an example of both.

While Baja's predictable climate has long served as a refuge for winter-weary Americans, its lesser-known opposite growing season (production starts during fall, harvesting finishes in spring) offers a meaningful cultural and informational exchange for farmers and food entrepreneurs. I was recently invited to meet and share ideas with regional food system leaders, hosted by the Food Security Alliance of Baja California Sur (ASA) and the International Community Foundation.

ASA and its extensive network of collaborators are keeping the farmer renaissance alive and well in this part of Mexico. And while the organization is young (officially forming just before COVID hit), and the number of farmers, like the region's population, is limited, there is much we in Colorado can learn from their approach, which supports all elements of the food system—from fine dining to emergency food pantries—and from their collaborative efforts, which are driving farmer persistence in the region.

Our journey kicked off with a visit to well-established organic farms around San Jose del Cabo. I did a double take when the landscape suddenly changed from rolling hills of sand and thorns to a sea of green—nourished by driplines—as we entered Felipe Fisher's farm. His tomatoes and basil are exported as part of the Del Cabo cooperative of organic farmers, whose products are staples at stores like Whole Foods and Trader Joe's across the West.

There's a strong community of young farmers, inspired and eager to grow a new and more localized food system.

"We used to be the largest source of winter basil for the U.S. market," says Fisher, who runs an efficient farm with beautiful tomatoes. "All that changed when disease limited our basil production. So we are always looking at how we can adapt and evolve."

As much as I love getting tomatoes in January in the Colorado mountains, I couldn't help but feel guilty knowing that a significant amount of groundwater in this region of little rain is being exported to the United States in the form of these beautifully plump cherry tomatoes that we can buy throughout our winter.

This feeling was emphasized at another diversified farm we visited, Rancho El Martillo. Farmer Lupe Espinoza shared that he cannot come close to meeting local market demand, as his farm grows nearly all of its products for Flora Farms, a farm-to-table restaurant in San Jose del Cabo that is leading the way globally in the industry. (The restaurant grows the majority of its food on its own onsite farm and through Espinoza's, serving several hundred seated guests every night of the year.)

We left Fisher's farm with crates of his tomatoes: extras that, instead of being exported by the co-op, he was donating to an emergency food pantry supported in part by ASA, that we would visit later that day. In Los Cabos and surrounding communities, the booming tourism sector and need for labor is at odds with accelerating land and housing prices. The result is a surge of informal communities sprouting up in the surrounding arroyos, micro-towns built mostly



Top: During a local food economy workshop in Todos Santos, Baja California, participant Enrique Abed shares thoughts in a discussion that launched a loan-making club for farmers and food entrepreneurs.

Bottom: Farmers Felipe Fisher, Lupe Espinoza, and Espinoza's son present their ideas on connecting local farms with the local market during the local food economy workshop.

from construction waste and tarps. Systemic poverty in these settlements means that significant portions of the population are food insecure, with the meals provided by community pantries and kitchens being the primary source of nourishment for the children.

It was therefore so beautiful to see kilos of healthy tomatoes and other vegetables reaching these pantries in areas where fresh food is otherwise hard to come by, through a network of farms and food recovery efforts choreographed by ASA, which has also established the first formal food bank in the state.

Both Fisher and Espinoza did not shy from the fact that they're getting older, and only had so many more years of farming in them before they'd be ready to pass on their enterprises to the next generation. I was thrilled to learn that just like in the United States and Europe, there's a strong community of young farmers, inspired and eager to grow a new and more localized food system. (Corruption and bribery have long driven local farmers to focus on the export market, but that may be changing, I was pleased to learn.)



Jan Bird, a 36-year-old farmer, developed a low-operating-cost ecological farm at Baja Sage, a regenerative community in Pescadero, an important agricultural region on the cooler Pacific coast that is rapidly giving way to development.

“We use successive agroforestry to grow what I call minimum viable regeneration,” says Bird. Like Espinoza, Bird uses bananas, papayas, and other fruit trees to grow much-needed shade for the more sensitive crops to grow in the alleys between fruit trees.

Near the Baja California Sur capital of La Paz, in the much drier and hotter highlands above the town of Los Planes, we met Cameron Dalton, an innovative young farmer from California. Dalton established a regenerative farm on Rancho Cacachilas, a large conservation and adventure ranch owned by Walmart heiress Christy Walton. Employing a similar shaded-alley system, Dalton created a small oasis out of sand, using the moringa tree as a fast-growing superfood to generate shade, mulch for building soil, and as feed for goats for the onsite cheesemaking operation.

While farmers in the region are individually growing healthy products, most encouraging is the deep sense of collaboration and camaraderie they share with each other. On the final day of our visit, our hosts Kelsey Bearden and Luis Garduño of ASA, together with McKenzie Campbell of the International Community Foundation (which incubated ASA and is helping to finance these projects), put together a day-long workshop that brought together farmers of all



Top: Rancho El Martillo, one of the main suppliers of Flora Farms, is located in the desert north of San José del Cabo. It was one of the stops on an agroecology learning exchange and food system tour hosted by the Food Security Alliance of Baja California Sur (ASA) and the International Community Foundation in May 2022.

Bottom: Participants circle up with members of ASA and ICF at the beginning of the local food economy workshop to share experiences and envision better ways forward for a local food economy in Baja California Sur.

ages and people from across the food system to learn from each other and exchange ideas. After a great discussion on the viability of starting a loan-making club based on the concept of regenerative philanthropy, something magical happened. Before creating a formal group or spending months on studies and diligence, the group collaboratively brought the concept to life in

real time—when 26 of the 50 participants (most of whom were farmers) stood up and pledged their own money to start the club! This new club was modeled after the Farm Collaborative’s 2Forks Club, in which club members make zero-percent-interest loans to farmers and food entrepreneurs with donated funds—a model inspired in turn by Woody Tasch’s Slow Money organization. I have been engaged in the creation of a half dozen of these clubs, but have never seen one sprout so quickly or be birthed by farmers!

I left Baja realizing the importance and value of stepping outside of our bubble in the mountains and seeing how other regions are innovating their foodsheds. In Baja California Sur, climate adaptation coupled with a commitment to learning exchanges are incubating the conditions for farmers and ranchers of all ages and backgrounds to thrive. Faced with ever-changing global and social conditions, collaboration is key to finding and implementing solutions. And in the drylands of Baja California Sur, collaboration is alive and well. 🌱



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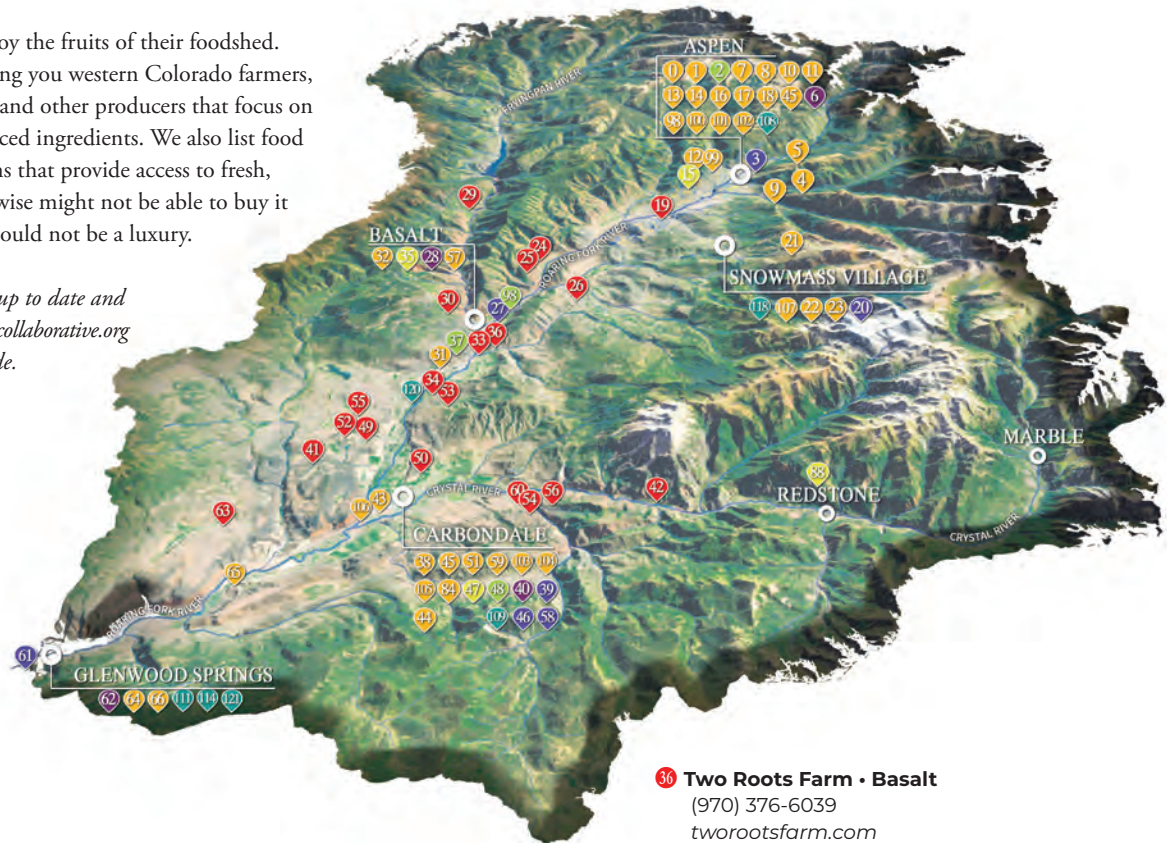
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LOCAL FOOD Source Guide



Everyone should be able to enjoy the fruits of their foodshed. On the following pages, we bring you western Colorado farmers, ranchers, restaurants, markets, and other producers that focus on seasonal and sustainably produced ingredients. We also list food pantries and other organizations that provide access to fresh, local food for those who otherwise might not be able to buy it regularly. Because local food should not be a luxury.

Please help us keep these listings up to date and inclusive. E-mail sonya@thefarmcollaborative.org with any suggestions for this guide.



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SNOWMASS VILLAGE

- 22 The Crêpe Shack
by Mawa's Kitchen**
61 Wood Rd
(970) 452-2137
thecrepeshack.com

- 107 mix6**
49 Wood Rd
Snowmass Base Village
(970) 429-8506
eatmix6.com

- 23 TORO Kitchen & Lounge
at the Viceroy**
130 Wood Rd
(970) 923-8008
viceroyhotelsandresorts.com/snowmass

FOOD MARKETS

- 15 Roxy's Market & Café**
119 Aspen Airport Business Center
Aspen
(970) 920-7699
roxymarket.com

- 35 Skip's Farm to Market**
227 Midland Ave, Unit 11A
Basalt
(970) 927-7650
skipsfarmtomarket.com

- 47 Mana Foods**
792 Highway 133
Carbondale
(970) 963-1137
mana-foods-organic-food-store.business.site

- 88 Redstone General Store**
292 Redstone Castle Dr
Redstone
(970) 963-3126
Instagram: Redstone General Store

SPIRITS & BREWS

- 2 Aspen Brewing Co.**
121 S Galena St, Aspen (Aspen Tap)
(970) 710-2461
aspenbrewingcompany.com

- 98 Aspen Distillers**
info@aspendistillers.com
aspendistillers.com

- 37 Woody Creek Distillers**
60 Sunset Dr, Basalt
(970) 279-5110
woodycreekdistillers.com

- 48 Marble Distilling Co.**
150 Main St, Carbondale
(970) 963-7008
marbledistilling.com





FARMERS' MARKETS

- 6 Aspen Saturday Market**
E Hopkins Ave, S Hunter St, and E Hyman Ave, Aspen
Saturdays, 8:30 a.m. – 2 p.m.
June – October
aspen-saturdaymarket.com
- 28 Basalt Sunday Market**
Midland Spur Rd, Basalt
Sundays, 10 a.m. – 2 p.m.
June – September
basaltsundaymarket.com
- 40 Carbondale Farmers' Market**
4th and Main, Carbondale
Wednesdays, 10 a.m. – 3 p.m.
June – September
carbondalefarmersmarket.com
- 62 Glenwood's Downtown Market**
7th St, between Colorado and Cooper Ave, Glenwood Springs
Tuesdays, 4 – 8 p.m.
June – September
glenwoodmarket.com
- 84 Rifle Farmers' Market**
Heinze Park, Rifle
Fridays, 4 – 8 p.m.
June – August
riflefarmersmarket.com
- 70 Silt Farmers' Market**
Veterans' Park, Silt
Wednesdays, 4:30 p.m. – 7:30 p.m.
July – August

COMMUNITY GARDENS

- 3 Aspen Community Garden**
Marolt Open Space, Aspen
aspencommunitygarden@gmail.com
cityofaspen.com/1383
- 27 Basalt Community Gardens**
West of Basalt High School, Basalt
basaltcommunitygardens@gmail.com
basalt.net
- 39 Hendrick Community Garden**
Holland Dr and Hendrick Rd
Carbondale
- 46 Good Seed Community Garden**
110 Snowmass Dr,
Carbondale
(970) 963-8773
theorchardlife.com

- 58 Town of Carbondale's Demeter's Garden**
579 S 2nd St, Carbondale
(970) 510-1290
- 61 Glenwood Community Garden**
100 Wulfsohn Rd
Glenwood Springs
glenwoodcommunitygarden.com
- 20 Community Garden at Cathy Robinson Park**
4598 Owl Creek Rd, Snowmass Village
(970) 922-2240
snowmassrecreation.com

FOOD ACCESS

Lift Up Headquarters & Admin
(970) 625-4496, info@liftup.org
liftup.org

- 108 Aspen Pantry of Choice**
465 N Mill St
Tuesdays, 2 – 6 p.m.
- 109 Carbondale Pantry of Choice**
Third Street Center, 520 S 3rd St, #35
Mondays, 10:30 a.m. – 12:30 p.m.
- 111 Glenwood Springs Pantry of Choice**
1004 Grand Ave
Thursdays, 10:30 a.m. – 12:30 p.m.
- 114 Glenwood Springs Extended Table**
First United Methodist Church,
824 Cooper Ave
Monday – Friday, 5 – 6 p.m.
- 115 New Castle Pantry of Choice**
126 N 4th St
Wednesdays and Fridays, 9 a.m. – 1 p.m.
- 116 Rifle Pantry of Choice**
800 Railroad Ave
Fridays, 1 – 4 p.m.
- 117 Rifle Extended Table**
Rifle United Methodist Presbyterian
Church in the Lovell Building,
200 E 4th St
Tuesdays and Thursdays, 5 – 6 p.m.

Western Slope Food Bank of the Rockies
(970) 464-1138,
mwill@foodbankrockies.org
foodbankrockies.org

- 118 Aspen Mobile Pantry**
Snowmass Village Rec Center
Second and fourth Wednesdays of the
month, noon – 2 p.m.
2835 Brush Creek Rd
All welcome

- 120 El Jebel Mobile Pantry**
Crown Mountain Park, 20 Eagle County Dr
Tuesdays, 11 a.m. – 1 p.m.
All welcome
- 121 Glenwood Springs Mobile Pantry**
Glenwood Springs Middle School,
120 Soccer Field Rd
Saturdays, 1:30 – 2:30 p.m.
All welcome
- 123 Rifle Mobile Pantry**
Rifle Middle School, 753 Railroad Ave
Saturdays, 10 – 11 a.m.
All welcome

River Center of New Castle
(970) 984-4333,
info@rivercenternewcastle.org
rivercenternewcastle.org

- 99 126 Meal Monkey**
(Lunches for kids 18 and younger)
Fridays: 11 a.m., Herons' Nest, Silt ·
11:30 a.m., Silt Library · 11:30 a.m., Apple
Tree Park, New Castle · noon, Burning
Mountain Park, New Castle

- 127 Senior Luncheons**
River Center, 126 N 4th St, New Castle
Wednesdays, noon

Supplemental Nutrition Assistance Program (SNAP) Locations

City Market, Mana Foods, Roxy's Market,
Whole Foods, Clark's Market

Double Up Food Bucks Colorado

(720) 573-3617
doubleup@nourishcolorado.org
doubleupcolorado.org
Locations: Carbondale Farmers' Market,
Mana Foods, Glenwood's Downtown Market,
Rifle Farmers' Market

Eagle County Food Assistance

(970) 328-8840
eaglecounty.us/publichealth/wic

Garfield County Public Health WIC Program

(970) 945-6614
garfield-county.com/public-health/women-infants-children-wic/

Garfield County Human Services Senior Programs, Food Assistance

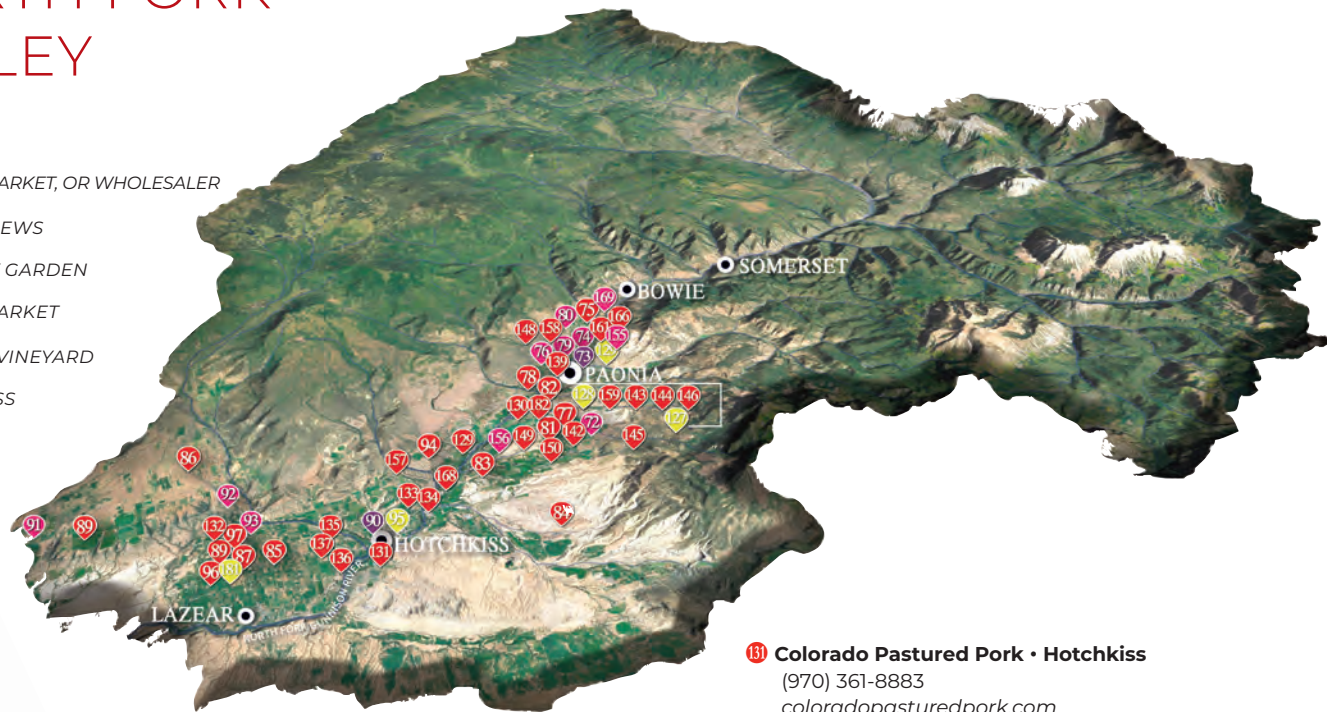
(970) 945-9191
garfield-county.com/human-services/senior-services/

Pitkin County Economic Assistance Department

(970) 920-5422
pitkin-ea@pitkincounty.com
pitkincounty.com/212/Food-Assistance

NORTH FORK VALLEY

- FARM
- CSA, FOOD MARKET, OR WHOLESALER
- SPIRITS & BREWS
- COMMUNITY GARDEN
- FARMERS' MARKET
- WINERY OR VINEYARD
- FOOD ACCESS



FARMS

- 84 **Sunshine Beef • Crawford**
(970) 361-7126
sunshinebeef.com
Beef
Onsite sales • call ahead • farm tours
- 85 **Abundant Life Organic Farms • Hotchkiss**
(970) 985-8842
Facebook: Abundant Life Organic Farms
Vegetables, fruit, yak meat
Onsite sales
- 130 **Big B's Fruit Company • Hotchkiss**
(970) 527-1110
bigbs.com
Fruit, vegetables, juice, alcohol
Onsite sales (café, nursery, and u-pick) • retail sales • farm tours • camping
- 96 **Blue Tractor Farms • Hotchkiss**
(970) 819-6092
heirloomfarmshare.com
Vegetables, pork, chicken, eggs, microgreens
CSA • farmshare meals
- 86 **Cedar Springs Farm • Hotchkiss**
(720) 310-8836
[instagram.com/cedarspringsfarm](https://www.instagram.com/cedarspringsfarm)
Beef, pork, lamb, dairy, eggs
Farm tours • call ahead

131 **Colorado Pastured Pork • Hotchkiss**
(970) 361-8883
coloradopasturedpork.com
Pork
Online orders • farm tours • call ahead

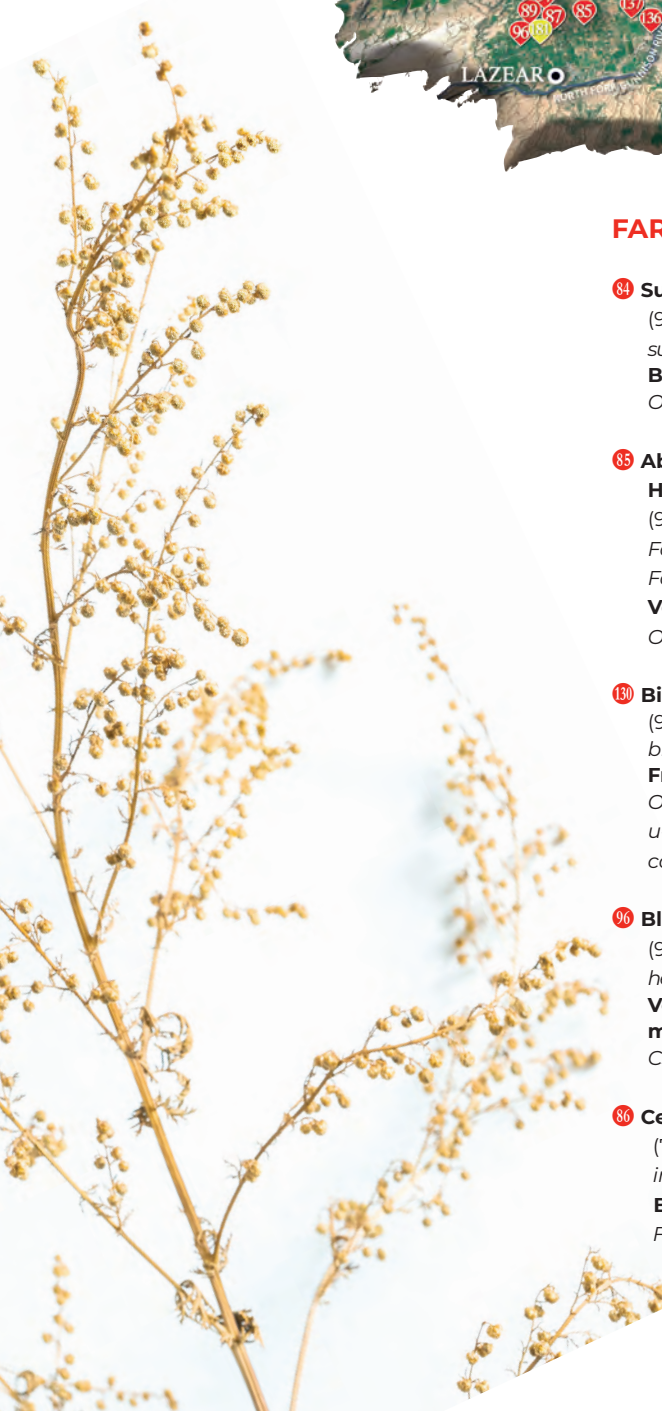
87 **Deer Tree Farm and Agroforest • Hotchkiss**
(970) 216-8139
deertreefarm.com
Vegetables, fruit, beef, pork, lamb, poultry, turkey
CSA • farm tours • call ahead

132 **Ela Family Farms • Hotchkiss**
(970) 872-3488
elafamilyfarms.com
Fruit, preserved products
Online orders • farm tours (book online) • CSA

133 **Elevation Mountain Grown Herbal Tea • Hotchkiss**
(303) 842-2709
elevationherbaltea.com
Herbal tea
Online orders • retail sales • farm tours (call to schedule)

129 **Flipside Farm • Hotchkiss**
(720) 352-8186
vogaco.org/flipside-farm/
Greens, duck and chicken eggs
CSA • onsite sales (October – April)

89 **High Wire Ranch • Hotchkiss**
(970) 835-7600
highwireranch.com
Bison meat





- 134 Juno Farms • Hotchkiss**
(720) 350-9387
junofarms.com
Freeze-dried produce, fruit, vegetables, eggs
Onsite sales • online orders • farm tours • call ahead • CSA
- 135 Osito Farms • Hotchkiss**
(970) 872-1051
facebook.com/ositofarms
Fruit
Onsite sales
- 136 Princess Beef • Hotchkiss**
(970) 872-2144
princessbeef.com
Beef
Online orders
- 137 Rogers Mesa Fruit Co. • Hotchkiss**
(970) 872-2155
facebook.com/rmfruit
Fruit
Onsite sales
- 137 Round Earth Farm • Hotchkiss**
(970) 773-5306
roundearth.com
Vegetables, flowers, fruit, herbs, CSA
- 94 Sunshine Mesa Farm • Hotchkiss**
(970) 765-8099
sunshinemesafarm.com
Eggs, pork, turkey, poultry
- 97 Topp Fruits • Hotchkiss**
(303) 918-3538
toppfruits.com
Fruit, lamb
Farm tours • call ahead
- 78 Austin Family Farm • Paonia**
(970) 260-4298
info@austinfamilyfarm.com
austinfamilyfarm.com
Vegetables, fruit, honey, eggs, chicken, beef
- 75 Desert Weyr LLC • Paonia**
(970) 527-3573
desertweyr.com
Lamb
- 139 Dew Lily Farm • Paonia**
(301) 672-2193
dewlilyfarm.com
Eggs, herbs, flowers
Online orders • CSA • farm tours (call to schedule)
- 158 Eagle Butte Ranch • Paonia**
(970) 618-9812
eaglebutteranch.com
Beef, honey, hay, eggs
Retail sales (at T-Lazy-7 Ranch and Aspen Saturday Market) • farm tours • call ahead
- 159 Farmhand's Harvest • Paonia**
(720) 582-3197
farmhandsharvest.com
Lamb, hides, fiber
Online orders
- 142 First Fruits Organic Farms • Paonia**
(970) 527-6122
Facebook: First Fruits Organic Farms
Fruit
Farmers' markets • retail sales
- 143 Frog Bottom Farm • Paonia**
(970) 376-5306
Facebook: Frog Bottom Farm
Fruit, flowers, vegetables, herbs
Onsite sales • farm tours
- 144 Grange Road Growers • Paonia**
(970) 210-3324
Instagram: Grange Road Growers
Vegetables, flowers
CSA
- 77 Gray Acres Farm • Paonia**
(970) 778-9512
grayacresfarm.com
Beef, poultry, goat milk
- 145 Lamborn Mountain Farmstead • Paonia**
(970) 527-5105
lambornmountainfarmstead.com
Lavender, lamb, beef, flowers, soap,
Online orders • retail sales • farmers' markets • farm tours • call ahead
- 81 The Living Farm • Paonia**
(970) 765-8385
thelivingfarm.org
Vegetables, fruit, beef, pork, lamb, poultry
- 146 Rancho del Gallo Farm and Dairy • Paonia**
(970) 201-0125
ranchodelgallofarm.com
Dairy, flowers
Phone orders • cow shares • farm tours • call ahead
- 166 Rock 'n Roots Farm • Paonia**
(970) 444-5929
rocknrootsfarm.com
Vegetables, fruit, honey, CBD
Online orders, retail sales • farm tours • call ahead
- 148 Sage View Ranch • Paonia**
(303) 522-2210
sageviewranch.com
Dairy, eggs, herbs, fruit
Onsite sales • farm tours • call ahead
- 149 Small Potatoes Farm • Paonia**
(970) 527-4051
smallpotatoesfarmcolorado.com
Vegetables, flowers, fruit, herbs
- 150 Stanton Farms • Paonia**
hello@stanton-farms.com
paonialavender.com
Lavender
Online orders • farm tours
- 166 Twisted Root Organic Farm • Paonia**
kristin@twistedrootorganicfarm.com
twistedrootorganicfarm.com
Vegetables, herbs, flowers, fruit, eggs
Online orders • CSA • farmers' markets • retail sales • farm tours
- 182 Western Culture Farmstead & Creamery • Paonia**
(970) 417-0213
westernculturefarmstead.com
Goat cheese
Onsite sales • farm tours
- 168 Zenzen Organics • Paonia**
(970) 260-0552
zenzenhemp.com
CBD, hemp products
Online orders, farm tours, call ahead
- 83 Zephyros Farm & Garden • Paonia**
(970) 270-2510
zephyrosfarmandgarden.com
Vegetables, flowers, nursery starts, dahlia tubers
CSA • call ahead





CSA, FOOD MARKETS, & WHOLESALERS

- 181 Happy Belly CSA**
 (970) 761-0355
happybellycsa.com
Vegetables, fruit
 CSA (delivery or pickup at Blue Tractor Farm, Hotchkiss)
- 95 The Station by Farm Runners**
 235 Highway 133, Hotchkiss
 (970) 872-9633
farmrunners.com
- 127 Indigo Autumn**
 230 Grand Ave, Paonia
 (970) 527-3663
 Facebook: Indigo Autumn
- 128 Mountain Freshies**
 970-379-9280
mountainfreshies.com
Vegetables, fruit
 CSA, wholesale
- 129 Old River Road Trading Post**
 15495 Black Bridge Rd, Paonia
 (970) 527-4740
tradingpostpaonia.com

FARMERS' MARKETS

- 90 Hotchkiss Saturday Market**
 165 W Bridge St, Hotchkiss
 Saturdays, 10 a.m. – 1 p.m.
 July – October
 (970) 872-4848
kvnf.org/community-calendar/event/hotchkiss-saturday-market-20-06-2022-18-28-20

- 75 Arbol Farmers Market**
 Tuesdays, 5 – 8 p.m.
 May – October
thelearningcouncil.org/arbolfarmersmarket/

WINERIES & VINEYARDS

- 91 Jack Rabbit Hill Farm**
 26567 North Rd, Hotchkiss
info@jackrabbithill.com
jackrabbithill.com
- 92 Leroux Creek Vineyards**
 12388 3100 Rd, Hotchkiss
 (970) 872-4746
lerouxcreekinn.com
- 93 Mesa Winds Farm & Winery**
 31262 L Rd, Hotchkiss
 (970) 399-7491
mesawindswinery.com
- 96 The Storm Cellar**
 14139 Runzel Gulch Rd, Hotchkiss
 (970) 589-3142
stormcellarwine.com
- 169 Azura Cellars**
 16764 Farmers Mine Rd, Paonia
 (970) 390-4251
azuracellars.com
- 72 Alfred Eames Cellars**
 11931 4050 Rd, Paonia
 (970) 361-5630
alfredeamescellars.com
- 74 Black Bridge Winery**
 15836 Black Bridge Rd, Paonia
 (970) 527-6838
orchardvalleyfarms.com

- 155 The Painted Vineyard**
 15805 Black Bridge Rd, Paonia
 (970) 471-2145
thepaintedvineyard.business.site

- 156 Peony Lane Wine**
 14659 Peony Lane, Paonia
benjustman@peonylanewine.com
peonylanewine.com

- 70 Qutori Wines at Root & Vine Market**
 40823 Highway 133, Paonia
 (970) 527-3236
qutoriwinest.com

- 80 Stone Cottage Cellars**
 41716 Reds Rd, Paonia
 (970) 527-3444
stonecottagecellars.com

FOOD ACCESS

Western Slope Food Bank of the Rockies
 (970) 464-1138, mwill@foodbankrockies.org
foodbankrockies.org

**Delta County Health Department
WIC program**
 (970) 874-2185
deltacounty.com

Supplemental Nutrition Assistance Program (SNAP) locations
 Arbol Farmers Market, Indigo Autumn

Double Up Food Bucks Colorado
 (720) 573-3617
doubleup@nourishcolorado.org
doubleupcolorado.org
 Location: Arbol Farmers Market



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diversity, just like the soil.**

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work to ensure the future
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970.710.7448

Eat Thy Enemy

Curly dock is an invasive species that happens to be delicious.

By Tess Beardell

IDENTIFICATION:

- Cone shaped clusters of green-red-brown seeds.
- Long, narrow, pointed, and hairless leaves.
- Prominent middle vein bisecting each leaf.
- Sturdy, ribbed red and green stem

EDIBLE PARTS:

- Young leaves (bitter)
- Stem (pre-flowering)
- Mature seeds (nutty, slightly bitter)



Most words have an opposite: up/down, hot/cold, hairy/bald. In the plant kingdom, native and invasive species oppose each other. Native species, part of the natural balance in an ecosystem or region, have adapted to the area's particularities. Predation and competition from other species keep that population in check. Introduced species have arrived in an area—purposefully or not—due to human activity and become invasive when left unchecked by predators, ultimately pushing out their native neighbors.

Curly dock (*Rumex crispus*) is an invasive species on the Western Slope and throughout North America. A deep taproot helps it thrive in the sandy, dry, packed soils of roadsides, agricultural fields, and residential or shopping areas. It suffers little predation, so populations boom—overrunning native neighbors.

Though disruptive to our habitats, curly dock can be a tasty addition to our kitchens. Most desirable are its seeds, which dry and flush rusty brown when ready for harvest. Gather them by the handful into a bin, grind into flour, and substitute up to a half cup in baking recipes. A quick internet search turns up abundant recipes for dock-seed crackers and brownies. Dock leaves and stems are also edible when the plant is young, though they are bitter and best served cooked. Sauté both, then dress them with olive oil and seasoning of choice.

Correct identification and conscious harvesting are key. Do not consume anything without confidence in its identity, and do not harvest anything without honoring its origin.

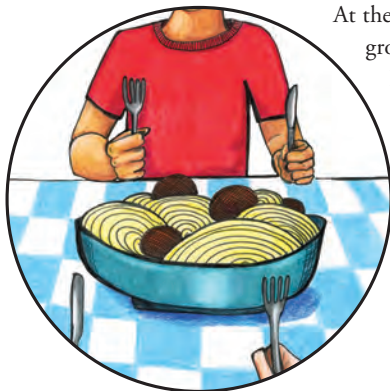
Tess Beardell worked as a garden intern at the Farm Collaborative in summer 2022, building on four years' experience identifying and using overlooked weeds. She studied environmental science and sustainable agriculture at Connecticut College.

Connecting, Bite by Bite

Words by Mia Ann Wolfe, illustrations by Kaylee Bowlby



Once, I don't exactly remember when it was, or where it was, but I remember being really, really little and sitting at a little table at a big party. The party wasn't for me—it was a party for grown-ups and us kids were seated at a table with a group of other kids we definitely didn't know.



At the party I was introduced to the grown-ups, but my little sister and I had to introduce ourselves to all the other kids. Grown-ups sometimes assume kids will like each other just because we have in common that we are all kids. But we didn't know how to get to know each other. Then they served pasta—and I love pasta.

All of a sudden we were all smiling and talking. It's amazing how when you share food with people you don't know, you start learning about each other. Having food helps you go right into a conversation—even conversations that are not about food grow into something more meaningful that wouldn't have started without eating together. I think it's so cool to get to know people that way. I always feel more happy when I eat, and anything in life seems better when you share it with others. I think when people eat together they connect more, they can express themselves more easily, and they feel less intimidated by new people and new ideas. They laugh more, argue less, and try harder not to hurt each other.





And I thought to myself that if we keep doing this—and doing it more—maybe the whole world would be happier. It might take a long time, but it would be worth it. So I decided to learn more about eating together, cooking, and hosting my own meals.

First things first: I needed to learn more about where food comes from. So I went to a farm, asked questions, and watched. And then I thought: This is for me, it's fun! I want to try farming, growing my own food. But I'm only 9 years old, so the best thing I can do now is learn from other people, experiment with cooking, find ways to host meals, and share food with others. At the farm, I learned about raising chicks to become chickens—and then I did it all: from collecting the eggs to scrambling, cooking, sharing, and eating them!

Farming connects me to everything: the world, the plants, the animals, and friends—old, new, and yet to come. It makes me more grateful for the food on my table—and now I'm also grateful for the people who grow and harvest the food. And the harvest is the best part of growing food, because after that you get to enjoy all these great things, like cooking, eating, and sharing a meal. Helping to grow our understanding of what it means to come together around food, and seeing that happen, is going to one day be the best part of my story. 🌱



Mia Wolfe, age 9, was born into a family of nature lovers. With family living in Snowmass, it became her family's second home. They stumbled upon the Farm Collaborative in 2018 and have been tied to it ever since. It is a place that cultivates Wolfe's love of food, farming, and community. Mia Wells, a senior at Aspen High School and creative partner for this piece, discovered the Farm Collaborative and met Wolfe while learning more about the local food systems in the Roaring Fork Valley. Wells has always appreciated the integrity and passion behind food equity and the relationships food can create. She believes that knowing where the food we are eating and sharing comes from is a superpower this valley possesses.





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NimanRanch.com



Eat Seasonably



◀ **Garlic grows** amazingly well in the mountains. We plant cloves around Halloween and they live dormant all winter, until the weather warms up and the ground thaws in the spring, when they send up strong, vigorous shoots. Then, in early summer the garlic sends up flowers, called garlic scapes, which we can harvest and use just like fresh garlic. When the scapes stand up straight, the garlic bulbs are ready to harvest, here in Colorado around the Fourth of July.

Late summer to early fall marks the height of harvest season, when an abundant variety of fruits of the earth are ready for gathering. A few weeks after first frost, however, usually sometime in October, the focus shifts to greenhouses and root cellars.

SEPTEMBER & OCTOBER

- Apples
- Apricots
- Asian braising greens
- Basil
- Beets
- Blackberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Chard
- Cherries
- Collards
- Corn
- Cucumbers
- Edamame
- Eggplant
- Fava beans
- Garlic
- Green beans
- Ground cherries
- Hot chillies
- Jalapeños
- Kale
- Leeks
- Nectarines
- New potatoes
- Okra
- Onions
- Parsley
- Peaches
- Pears
- Peas (shell, snap, snow, sugar)
- Plums
- Raspberries
- Rosemary
- Sage
- Scallions
- Squash blossoms
- Sweet peppers
- Summer squash
- Tomatoes
- Thyme
- Watermelon

NOVEMBER TO APRIL

Winter keepers in root cellars
(harvested in September and October)

- Apples
- Beets
- Carrots
- Garlic
- Onions
- Parsnips
- Potatoes
- Pumpkins
- Rutabagas
- Shallots
- Storage cabbage
- Storage kohlrabi
- Storage radishes (watermelon, daikon, black)
- Tomatillos
- Turnips
- Winter squash

Growing in greenhouses

- Arugula
- Bok choy
- Carrots
- Mâche
- Mesclun salad mix
- Most lettuces
- Radishes
- Spinach
- Tatsoi

Canned, dehydrated, frozen

- Pickles
- Jams
- Chutneys
- Dehydrated fruit
- Dried beans
- Dried corn
- Grains (oats, flour, etc.)



