

Buy FRESH Businesses

These local businesses, organizations & institutions have pledged to support local agricultural producers when possible. Thank them with your business and remember to ask what's FRESH today!



Listings on the following pages include details about special events, menus and offerings for Eat Local Week, marked with a local Honeycrisp apple.

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FARMERS MARKETS

Bellingham Farmers Market (Saturday)

Railroad and Chestnut in Downtown Bellingham
www.BellinghamFarmers.org
Saturdays 10am to 3pm, April to October



The Salmon & Corn Festival on September 8th is Eat Local Week's appetizer and perfect opportunity to stock an all-local kitchen. Chef in the Market, featuring the Swan Café's Amy Pelham on the 8th and author Steve Martin on the 15th will help home kitchens go local.

Bellingham Farmers Market (Wednesday)

Fairhaven on the Village Green behind Village Books
www.BellinghamFarmers.org
Wednesdays 3 to 7pm, June to September

Your mid-Eat-Local-Week pick-me-up! Stock up for the second half.

Ferndale Farmers Market

2254 Douglas, Ferndale
We are an informal farmers' market, run by farmers for farmers and consumers. Our season is June through October on Saturdays, 11am-3pm. Our location is in the parking lot at Benson's Country Market, at the intersection of Douglas Road and Mountain View Road, on the west side of Ferndale.

Mount Baker Farmers Market

Kendall Elementary School, Maple Falls
www.mtbakermarket.com
The Mt Baker Farmer's Market is a local non-profit group dedicated to bring fresh from the farm produce to the local community. In the parking lot of Kendall Elementary School. Starting June 3rd to August, Sundays 10am to 3pm Starting June 28th to August, Wednesday 4pm to dusk

RESTAURANTS

Bellingham Golf & Country Club

3729 Meridian St, Bellingham
(360) 733-3450

Bellingham Golf and Country Club has been a member of the community since 1912. With such long ties to the community, it makes great business sense to buy as much local food products as possible. We are a 'from scratch' kitchen and the great flavor and quality of locally grown food will only enhance our banquet, catering and restaurant operations.



We will have all-local lunch and dinner specials for members and their guests all week.

Big Fat Fish Company

1304 12th Street, Fairhaven
(360) 733-2284

www.bigfatfishco.com

Honoring & offering Locally Grown and Wild Caught. The BIG FAT FISH CO. is Seafood with Attitude! "Awash in bright airy ambience, the relaxed atmosphere clatters with sophistication...definitely, and perhaps defiantly, for those with a penchant for the ultimate cosmopolitan eatery." "The Big Fat Fish is...resoundingly where Bellingham is going." Fine yet casual dining. Family Friendly, Open 7 days for lunch and dinner. Happy hour daily 3-6pm. Reservations recommended. Catering, your site or ours!

did you know?

Whatcom County is
#1 of Western Washington
counties in agricultural
value produced.

Bistro Zazou

113 E. Magnolia St, Bellingham
(360) 734-0817
www.bistrozazou.com
Bistro Zazou seeks to provide our guests with the most enjoyable dining experience possible. Our authentic French Bistro serves as a showcase for our personal talents and for our local community of producers, suppliers, and artisans. We are committed to our local community of producers, suppliers, and artisans. Our commitment to using organic local products whenever possible promotes healthy, fresh food and a vibrant and sustainable local economy.



GRAND OPENING Monday
September 10th, with all-local specials all week long.

Book Fare Café

1200 11th Street, Fairhaven
(360) 734-3434
www.bookfarecafe.com
Book Fare is a cafe in Village Books offering rustic, simple, and flavorful food from a menu unlike any other in Fairhaven. Come sip some wine while you soak in an unequaled view of Bellingham Bay, or enjoy a carefully prepared entree while delving into your new favorite book. Eat, Drink, and Be Literary!



Extra-local lunch Friday,
September 14th, with all-local specials all week long.

did you know?

Number of farms on the
Whatcom Farm Map past 3 years:
2005--37
2006--47
2007--64
Number of copies:
2006--10,000
2007--25,000

Boundary Bay Brewery & Bistro

1107 Railroad Avenue, Bellingham
(360) 647-5593
www.bbaybrewery.com
A no smoking, all ages establishment, we've been in business since 1995. While our beer has won award after award, it is balanced by a selection of food that will bring you back all on its own. All presented to you in a unique atmosphere of energy, artistry, community and hospitality.



All-local dinner special Sunday,
September 9th.

Diego's Mexican Grill

300 N. Samish Way, Bellingham
(360) 714-9426
www.diegomexicangrill.com



All-local lunch special Monday, September 10th, and special appearance at the Kindred Spirits Celebration on Sunday, September 16th, a benefit for Sustainable Connections!

Du Jour Bistro

1319 Cornwall Ave, Suite 102, Bellingham
(360) 714-1161
www.thevinesdujour.com
The combination bistro/wine shop is the perfect pairing of food and wine. Enjoy food that is made with fresh, local and seasonal products, and a menu that changes daily to reflect this. Pick out a bottle of wine at retail price and enjoy it with your meal for a five dollar corking fee.



All-local lunch and 3-course
dinner specials all week long.

Festival Espresso

Railroad Ave at K&M Red River Farm Stand, Bellingham
(360) 201-3809



GRAND OPENING Monday, September 10th, with a Latte Art Clinic 12-1pm featuring Bellingham's best baristas, Moka Joe Coffee, and Breckenridge Farm milk. Local products all week, and all proceeds benefit Sustainable Connections, Downtown Renaissance Network, and the ReStore!

Flats Tapas Bar

1307 11th St., Fairhaven
(360) 738-6001
www.flatstapas.com

The intimate and relaxing atmosphere of this 103-year-old brick building is a fitting setting for over 150 wines and beers to accompany an amazing menu full of imported meats, cheeses and fresh, local produce! The smaller portions and prices allow you to sample a variety of European treasures, all prepared fresh and cooked to order!



An entire all-local menu on Saturday, September 15th, with all-local specials all week long.

Fools Onion Restaurant & Catering

1007 Harris Ave, Fairhaven
(360) 647-2801
www.foolsonion.com

Fools Onion Restaurant and Catering features a relaxed yet elegant atmosphere, where both our catering clients and restaurant customers can enjoy our globally inspired fresh northwest cuisine. Our unique menus are produced with an emphasis on local, fresh, seasonal ingredients. Our restaurant includes a full bar featuring regionally produced beer, wine and liquor.



All-local dinner special Friday, September 14th.

Juice It

1530 Cornwall Ave, Bellingham
(360) 671-1634

At the Bellingham Public Market, Juice It juice bar prepares fresh, live, juice, smoothies, soup, sandwiches and salads. We use the freshest ingredients with as much local and organic as possible. We are 100% vegetarian and offer a lot of vegan options.



All-local lunch combo Tuesday, September 11th.

La Fiamma Wood Fire Pizza

200 East Chestnut St., Bellingham
(360) 647-0060
www.lafiamma.com

Artisan pizza, pasta, salads, and panini. Lunch and dinner daily. Heated outdoor seating.



All-local dinner pizza special Monday, September 10, and a portion of your salad purchase always goes to Food To Bank On!

Mallard Ice Cream

1323 Railroad Ave., Bellingham
(360) 734-3884

Mallard Ice Cream makes Bellingham's best micro-batch gourmet ice cream with an emphasis on organic ingredients and locally grown produce.



Upgrade to an all-local waffle cone this week and the extra cost is donated to Food To Bank On!



Mambo Italiano

1303 12th St., Fairhaven
(360) 734-7677

Casual upscale Italian food made fresh daily. Pasta, hand-tossed pizza, fire-roasted vegetables, fresh fish and local shellfish are signature items. Our soups, bread, and sauces are all made in house from scratch. Full bar and wine list. Lunch and dinner daily. Located in Sycamore Square in Historic Fairhaven.



All-local dinner special Tuesday, September 11th.

Mount Bakery

308C West Champion St., Bellingham
(360) 715-2195

www.mountbakery.com

The Mount Bakery cafe and creperie bakes Belgian pastries and desserts from scratch. We're open every day for breakfast and lunch, with dinners returning in June 2007. We are committed to using organic and local vegetables, fruit, dairy products, and seafood whenever possible. Join us for a croissant, Belgian chocolate mocha, Bellingham's Best Benedict, or one of our daily specials.



Extra-local brunch special Thursday, September 13th, with local lattes and tartlettes all week long.

Nimbus

119 N. Commercial, 14th Floor, Bellingham
(360) 676-1307

www.nimbusrestaurant.com

Nimbus offers seasonally based menus featuring locally sourced ingredients in an upscale casual atmosphere.



Extra-local dinner special Wednesday, September 12th, with all-local specials all week long, and a portion of your salad purchase always goes to Food To Bank On!

Old Town Café

316 West Holly St., Bellingham
(360) 671-4431

The Old Town Cafe is a family owned business. We prepare all our dishes in-house using as much local, regional & organic ingredients as possible. We serve local, organic milk & eggs, salad greens, spinach, carrots, bread and salmon burgers year-round and as much seasonal vegetables as possible. Our cafe offers a backdrop for showcasing local musicians and artists. We strive to achieve a worker friendly workplace.



All-local brunch special Saturday, September 15th.

Panini Grill & Deli

1530 Cornwall Ave, Bellingham
(360) 312-5775

The Panini Grill & Deli in the Bellingham Public Market uses local products whenever possible. Our paninis & custom deli sandwiches feature Breadfarm breads & focaccia. Produce is fresh & obtained through Terra Organica. We often feature local creameries. Our wraps feature Wildcatch's smoked salmon.



All-local lunch special Wednesday, September 12th.

did you know?

- ▶ The average age of Whatcom County farmers is 53
- ▶ Whatcom County lost 11% of its farmland in just 5 years
- ▶ 15% of Whatcom residents visited a food bank in 2005
- ▶ **Food To Bank On** is a project addressing all of the above, by paying beginning farmers to grow food for food banks and giving them valuable training and mentorship. More info at www.sconnect.org.

Pastázza

2945 Newmarket St, Ste 101,
Barkley Village, Bellingham
(360) 714-1168

www.pastazza.com

Pastázza is a casual fine-dining restaurant serving fresh pasta in traditional Italian, Mediterranean, Asian, and Northwest eclectic cuisines. Pastázza is dedicated to serving tasteful and nutritious meals using as much locally grown, organic products as possible, as well as fresh Washington chicken and Northwest seafood. All of our soups, sauces, and desserts are made from scratch using all natural ingredients, including locally grown berries, fruit, and produce. Watch for our new Woodstone pizza oven coming soon!



All-local dinner special Thursday, September 13th.

Pizzázza

inside Yorky's Market 1501 12th Street,
Fairhaven
360 756-9322

Fairhaven's artisan New York style pizza. We feature local and organic meats and produce, fresh salads with homemade dressings, Woodstone toasted and cold deli sandwiches, and handcrafted soup. Chef owned and operated. Located inside Yorky's Market. Stop by for a slice or call ahead for pick-up and catering.



All-local woodfired pizzas at the Kindred Spirits Celebration at Depot Market on Sunday, September 16th, a benefit for Sustainable Connections!

Prospect Street Café

114 Prospect St., Bellingham
(360) 714-8262

www.prospectstreetcafe.com

Prospect Street Cafe, located across from the Whatcom Museum features various styles of cuisine with many local and organic ingredients. We are always looking for local produce and products that are

inspiring to cook with. Carefully prepared fresh flavorful ingredients are the stars for our restaurant.



All-local specials all week long (open Wednesday-Sunday).

Swan Café

1220 N. Forest St., Bellingham
(360) 734-8158

www.communityfood.coop/deli

In the Community Food Co-op, we work closely with our farmers throughout the year to provide interesting and tasty dishes from the season's bounty. We currently partner with over 30 local growers and producers.



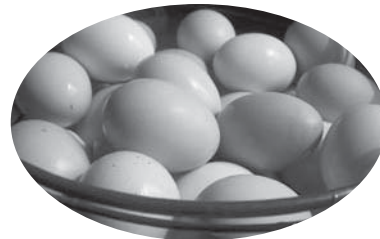
Three all-local hot specials from our 30-plus local farm partners all week long, with an extra-local special on Sunday, September 9th. Also find Swan Café head chef Amy Pelham at the Bellingham Farmers Market "Chef in the Market" demonstration on Saturday, September 8th.

The Bagelry

1319 Railroad Ave, Bellingham
(360) 676-5288

www.thebagelry.biz

There is nothing like a great bagel and The Bagelry has proudly served the best bagels in the Northwest for 23 years as well as locally owned Three Suns Coffee. Three Suns coffee is fairly traded, certified organic, and of specialty grade. With no preservatives or additives, the Bagelry's bagels taste like the bagels that our grandparents loved.



CATERERS

Ciao Thyme

207 Unity St, Bellingham
(360) 733-1267
www.ciaothyme.com

We believe food is an important part of any celebration. Our aim is to create a unique menu for each client and bring our high standards for food into the community for parties, weddings, and other special events. Ciao Thyme offers a fresh style of catering that features local, seasonal produce and on-site cooking.

Cuisine by Claire

9 Star View Lane, Bellingham
(360) 305-2475
www.cuisinebyclaire.com

Cuisine by Claire is a personal chef service offering custom home-made meals, cooking classes, interactive dinner parties, and small event catering. Services offered primarily in client homes and my own kitchen; occasionally in public or commercial venues. Serving Whatcom and north Skagit Counties. Emphasis on local, seasonal, organic foods; nutritional coaching for good health and disease prevention.



Fresh Inspirations Cooking Class, Thursday, September 13th, showcasing food from local farms as you learn techniques and processes that encourage creativity in the kitchen. \$35, contact Claire to register.

Fools Onion Restaurant & Catering

See page 9

Mount Bakery

See page 10

RETAILERS, SPECIALTY STORES & HOME DELIVERY

Bellingham Public Market

1530 Cornwall Avenue, Bellingham
(360) 647-8006

www.bellinghampublicmarket.com

The Bellingham Public Market is a shopping destination where you can experience the flavor of the Pacific Northwest in the heart of Bellingham. Enjoy fresh made to order food from one of the food court businesses, get fresh produce and healthful groceries from the areas only 'all organic' grocers. The market is a gathering place for our community and we welcome you to experience it.



Film screening Thursday, September 13th: "The Power of Community: How Cuba Survived Peak Oil" and other film shorts building the case for local food. Also featuring lunch specials by Public Market food vendors, specials at Terra Organica, and the opportunity to buy a leaf, flower or apple for the Food To Bank On tree all week long!

Bromley's Market

Sumas
(360) 988-4721

www.bromleysmarket.com

Bromley's Market has served the Sumas and surrounding area for 47 years as a local, independently owned supermarket. Over those years we have been supplied by many local farm producers.



**Brown & Cole Stores:
Cost Cutter, Food Pavilion,
Everson Red Apple**

(360) 714-7740

www.browncandcole.com

As the oldest locally-owned grocery company in Whatcom County, Brown & Cole is committed to providing exceptional customer service with a focus on highlighting local products. As leaders in grassroots retailing, we first ask customers what they want in a store, and then tailor our stores to their suggestions. We are proud to support our community with an extensive donations program. Please the Customer First: it's our way of doing business for over 97 years.

Community Food Co-op

1220 N. Forest St., Bellingham

(360) 734-8158

www.communityfood.coop

Bellingham's Natural Grocer features fresh, local, and organic products, including a deli, bakery, and espresso/juice bar. Voted Best Grocery Store two years running by the readers of the Bellingham Weekly. Supported by an active membership of 11,000 plus, the Co-op has been serving Whatcom County for more than 35 years. The Co-op was built through community support, which enables it to give back to our local community.



Look for all-local specials, samples and demonstrations throughout the Co-op all week long, including the Produce, Chill, Meat, and Wine sections, and of course at the Swan Café & Deli!

did you know?

55% of Bellingham residents say it is Extremely or Very important to have access to locally-grown food.

Dandelion Organic Delivery

(360) 933-1130

www.dandelionorganic.com

Healthy harvest at your door! We deliver bins of fresh, seasonal, organic produce to your home or office at a budget friendly price. Sourcing from local growers first, bins include a balanced variety of fruit and vegetables. Two different size bins and weekly or every other service are available to best meet your household needs.



Wild Greek Kitchen cooking class
Saturday, September 15th, 12:00.
Simple traditional Greek veggie dishes using wild & local northwest greens at Pacific Chef in Fairhaven, benefiting Sustainable Connections! \$15, register at Pacific Chef or call (360) 676-1199.

Haggen

(360) 650-8272

www.haggen.com

Founded in Bellingham by Ben and Dorothy Haggen and Doug Clark in 1933, we have dedicated ourselves to providing our customers with the very best quality, personal service, and the latest innovations in the grocery business from around the world.

K&M Red River Farm

1322 Railroad Avenue, Bellingham

(360) 758-2919

K&M Red River Farm is a 20-acre, certified organic vegetable, cut flower & bulb farm. Our European-style, open-front DOWNTOWN produce stand offers all-local, small-farm organic products, including K&M's year-round produce, eggs, seasonal cut flowers and plants, and products from a dozen other local small farms. Open year-round, Mon. through Sat., 10-6, summertime Sun. 11-3. Located across from The Bagelry on Railroad Ave.



All-local produce all week long—stock up for the week after Festival Espresso's Latte Art Clinic on Monday, September 10th.

Terra Organica

1530 Cornwall Avenue, Bellingham
(360) 715-8020
www.terra-organica.com
Terra Organica features Whatcom County's only all-organic produce department, an abundance of organic bulk and packaged organic foods, the highest quality nutritional supplements, non-toxic personal care and cleaning products, and more! Within Terra Organica are three other businesses: Bargainica, Village Books, and Pet Panache. All produce is 25% off every Sunday. Senior citizens get 10% off every Wednesday. We accept Time Dollars (local currency).



Samples and demonstrations from local vendors all week long.

The Green Barn

8858 Guide Meridian, Lynden
(360) 318-8869
The Green Barn is proud to offer the community many varieties of produce and specialty products, and when in season, a wonderful selection of local produce beginning in early spring and ending late fall. This is all offered at very reasonable cost and in a warm, caring, Christian environment.



INSTITUTIONS

Bellingham School District

1306 Dupont St., Bellingham
(360) 676-6574



Eat Local Day Wednesday, September 12, supported by Whatcom Coalition for Healthy Communities and Growing Washington.

Bellingham Technical College

3028 Lindbergh Ave, Bellingham
(360) 738-3105
www.btc.ctc.edu

We are a professional culinary training program and want our students to value purchasing from local direct sources, organic, etc. We like to introduce students to anything unusual if possible. We want them to work with and value the freshest possible ingredients available.

The Leopold Retirement Residence

1224 Cornwall Ave., Bellingham
(360) 733-3500
www.leopoldretirement.com

The Leopold is Bellingham's downtown retirement and assisted living community. We focus on providing a healthy and rewarding environment for our residents and staff. We support local businesses and have partnerships with the YMCA, Whatcom Film Association, American Museum of Radio and Electricity, Moka Joe Coffee, and Allied Arts. Come dance to the music of the big band era in our Crystal Ballroom on the first Wednesday of every month—admission is free.

did you know?

Whatcom County farmers produce over 100 different products!

SPECIALTY PRODUCERS

Breadfarm

5766 Cains Ct., Edison
(360) 766-4065
www.breadfarm.com

At Breadfarm, we pride ourselves on using local, organic ingredients to produce our loaves. You can find us at your local grocer, the Bellingham and Mt Vernon farmers markets and restaurants in Skagit, Whatcom, and San Juan Counties. Stop by and see us baking in Edison, located at the bottom of scenic Chuckanut Drive in the Skagit Valley. Breadfarm...organic, hand-formed, artisan, hearth-baked.



100% rye Eat Local Week bread, made from flour milled at Fairhaven Flour Mill of grains grown in Eastern Washington—as local as bread gets!

Goit House Natural Foods

5010 Samish Way, Bellingham
(360) 820-1309
www.bellytimberbars.com

Goit House Natural Foods, creators of Original Stout granola and Belly Timber gourmet survival bars, is locally owned and operated. Sustainable energy and soulful satisfaction with every bite. All products are made from premium, organic, and some local ingredients.



Find our granola and bars at Terra Organica, Old Town Café, the Community Food Co-op, and in the Bellingham Public Market during Eat Local Week.

Moka Joe

2118 James Street, Bellingham
(360) 714-1953
www.mokajoe.com

Locally owned Certified Organic Coffee Roaster. We offer fair trade, bird friendly, shade grown coffee. We purchase our coffee through farm co-ops of less than 15 acres, supporting sustainable agriculture and economy. We wholesale through grocery stores, cafes, restaurants, and offices. We are represented at the Bellingham Farmer's Market.

FARMS (NOT included on the 2007 Whatcom Farm Map--see the enclosed map for many more farm listings!)

Fresh Breeze Organic Dairy

9412 Jackman Rd., Lynden
(360) 354-6812
www.freshbreezeorganic.com

At Fresh Breeze Organic Dairy, we are certified organic from start to finish. Encompassing our calves, cows, land, bottling plant, and fresh-from-the-farm delivery, we "do it all organic". We slow cook our milk in a vat pasteurizer to retain the most flavor and quality. Our wide range of products are available at the Community Food Co-op, Terra Organica, Bargainica, Food Pavilion, Cost Cutter, Bromley's Market, Crossroads Grocery, and more.

The Growing Garden

The Growing Garden is a family owned organic farm located on five acres in the Laurel area just north of Bellingham. We have been in operation for over twenty years and are one of the first organic farms in Washington state. Our focus is on culinary herbs and mixed vegetables. Look for our products at the Community Food Coop, Terra Organica, Haggen, Brown and Cole, the Bellingham Farmers Market, and many local restaurants.

Growing Washington

Alm Hill Gardens, 3550 Alm Hill Rd,
Everson
(360) 927-1968

www.growingwashington.org
Growing Washington is a non-profit organization dedicated to work on the ground with aim of facilitating transactions between food producers and their communities.



We are helping the Bellingham & Mt. Baker School Districts source local food for their Eat Local Week specials.