

OREGON FOOD BANK
KLAMATH & LAKE COMMUNITY ACTION SERVICES
RESOURCE ASSISTANCE FOR RURAL ENVIRONMENTS

BUILDING HEALTHY COMMUNITIES IN THE HIGH DESERT

A story of farmers and the people they feed



2011

KLAMATH & LAKE COUNTIES COMMUNITY FOOD ASSESSMENT

ASSESSMENT TEAM

Author and Researcher

Roopika Subramanian

*Community Food Systems Organizer,
Klamath and Lake Community Action Services
Resource Assistance for Rural Environments (RARE) AmeriCorps*

Advisors

Sharon Thornberry

Community Food Systems Manager, Oregon Food Bank

Donna Bowman

Director, Klamath and Lake Community Action Services

Patty Case

*Associate Professor, Extension Family & Community Health
Oregon State University Klamath Basin Research & Extension Center*

Niki Sampson

Director, Klamath - Lake Counties Food Bank

Dwight Long

Board Member, Klamath Sustainable Communities

Trish Seiler

City Council Member, City of Klamath Falls

A sustainable community food system is a collaborative network that integrates sustainable food production, processing, distribution, consumption and waste management in order to enhance the environmental, economic and social health of a particular place.

ACKNOWLEDGEMENTS

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FOREWORD

When the first settlers came to Oregon they were amazed by the rich soil, abundant water supply and even the islands of productivity in Oregon's deserts. They were thrilled with the crops, fruits and berries they were able to raise, the rich pasture land as well as the streams teeming with fish and the bounty of wild game available to feed a growing population. It would have been impossible for them to believe that anyone could be hungry or food insecure in this land of plenty. It is incredible that hunger and food insecurity abound in Oregon nearly two centuries later. In fact, many of the areas that seemed so bountiful to those early settlers have the least access to food today.

Three years ago the Oregon Food Bank in partnership with University of Oregon RARE program began to conduct community food assessments in some of Oregon's rural counties. Very few community food assessment efforts have been undertaken in rural America with a county by county approach. The report you are about to read is a result of conversations with the people who make Oregon's rural communities and their food systems so very unique. These reports are also a gift from a small group of very dedicated young people who have spent the last year listening, learning and organizing. It is our sincere hope, that these reports and organizing efforts will help Oregonians renew their vision and promise of the bountiful food system that amazed those early settlers.

*Sharon Thornberry
Community Food Systems Manager
Oregon Food Bank*



EXECUTIVE SUMMARY

PURPOSE

The Klamath and Lake Counties Community Food Assessment presents organized research and community planning priorities for a strong, healthy, and resilient food system. By increasing awareness among community members, facilitating collaboration between diverse stakeholders, and identifying the key needs, assets, and opportunities of the food system, this process has laid the foundation for thoughtful action toward a strong regional food system.

SCOPE

The information contained in this assessment includes Klamath and Lake Counties, as well as parts of Northern California in the Klamath Basin. To gather information, a RARE/AmeriCorps volunteer conducted community meetings, library research, and interviews with residents across the region from September 2010 to July 2011.

KEY COLLABORATORS

This project is a partnership between Oregon Food Bank, Resource Assistance for Rural Environments, and Klamath and Lake Community Action Services.

GUIDING THEMES

The central question addressed by this assessment is: What are the existing needs and assets of the regional food system; how can this information be used to support a healthier community and local economy?

These three themes emerged during the research:

1. Food Access: How and where do people access food? Given economic realities, what foods are accessible, and what prevents low income, rural, and other at-risk populations from accessing healthy food?
2. Community Health: How has the level of access to nutritious food affected the health of this community? Do people know how to cook, garden, and plan healthy meals? If not, are there ways to learn these skills in their communities?
3. Local Food Economy: Is food being grown, processed, and distributed locally? What successes and challenges do small producers, processors, and suppliers in our region experience?

PROCESS

- Gathered information and engaged the community through:
 - Interviews with farmers, emergency food providers, consumers, and other stakeholders
 - Questionnaire responses from food pantry users and the general public
 - Rural Grocery Store Surveys
- Facilitated strategic visioning among community members and informed them of assessment findings through:
 - Local Food / Local Business Discussions
 - Community FEAST Workshop (Food Education Agriculture Solutions Together)
 - Advisory Committee meetings
 - Community Food Assessment presentations



FINDINGS

South Central Oregon has a harsh climate, short growing season, and high poverty rate. With the exception of Klamath Falls, many communities are miles away from grocery stores and rural residents have poor access to fresh food. These issues have exacerbated nutrition-related health problems for children and adults.

At the same time, the local food economy is slowly expanding, educational programs are growing, and emergency food resources are strong. Local food and anti-hunger advocates are beginning to collaborate on a deeper level, and although many rural agricultural and tribal economies are struggling, there are opportunities to strengthen these communities through a regional food system.

These are three key priorities in the path to a healthier future:

1. Strengthen community and regional networking, marketing, and foodshed mapping.
2. Expand access to affordable, year-round local food resources throughout both counties, making fresh produce available in rural grocery stores, emergency food centers, home gardens, and farmers markets.
3. Increase education and knowledge sharing in gardening, cooking, nutrition, meal planning and use of renewable energy in food production.

OUTCOMES

The food assessment process has engaged communities throughout Klamath and Lake Counties in developing a shared vision for the region and enhancing the capacity of community members to move toward a healthier and more equitable food system. This assessment outlines the challenges and opportunities of the current food system, and also provides recommendations for future change. It is now the responsibility of community groups and regional networks to develop more detailed action plans and priorities.

The eleven-month process has engaged food systems partners throughout Klamath County with a Community FEAST workshop (Food-Education-Access-Solutions-Together) and has educated residents with the publication of a Klamath County Local Food Guide. As interest develops in Lake County, the next step is to host a Community FEAST workshop and develop a community action plan for the county. Over time, the entire South Central Oregon region may find value in collaborating on community food systems plans.

FOCUSING ON FOOD

WHY DOES FOOD MATTER?

Rural communities throughout Oregon and the nation are facing similar issues of widespread hunger, nutrition-related health problems, and weak local economies. Although supermarket shelves are filled year-round and food seems to be relatively accessible, many residents of this region struggle to stock their own kitchen cupboards. In Eastern Oregon, the situation is aggravated by distance to grocery stores and food pantries, the short growing season, and the harsh high desert climate. Many farmers struggle to compete in a fluctuating global market for their products.

Klamath and Lake Counties are not endowed with a long growing season like Western Oregon, but they have rich soil and abundant sunshine. Community members are dedicated to the cause of feeding their neighbors and promoting renewable energy use. Residents are connected to the land and passionate about securing a prosperous future. With strategic planning, collaboration, and thoughtful action, a local food system can feed this region's economic engines and families. A strong food system can produce healthy communities in the high desert.

COMMUNITY FOOD ASSESSMENT

The purpose of this assessment is to prompt thoughtful, coordinated action that will improve the regional food economy and emergency safety net. For many in South Central Oregon, food is unavailable and unaffordable. For small farmers, local sales are inadequate. By researching why these problems occur and what opportunities there are for improvement, a community food assessment provides a foundation for comprehensive food system planning.

The recommendations provided in this assessment are only a first step toward the long term goal of food security, meaning “all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life” (United Nation's Food and Agriculture Organization).

The Oregon Food Bank has conducted seven assessments covering 16 Oregon counties. They evaluate the need for food at the household level and also examine how food is produced, distributed, and consumed. These reports not only tell the story of

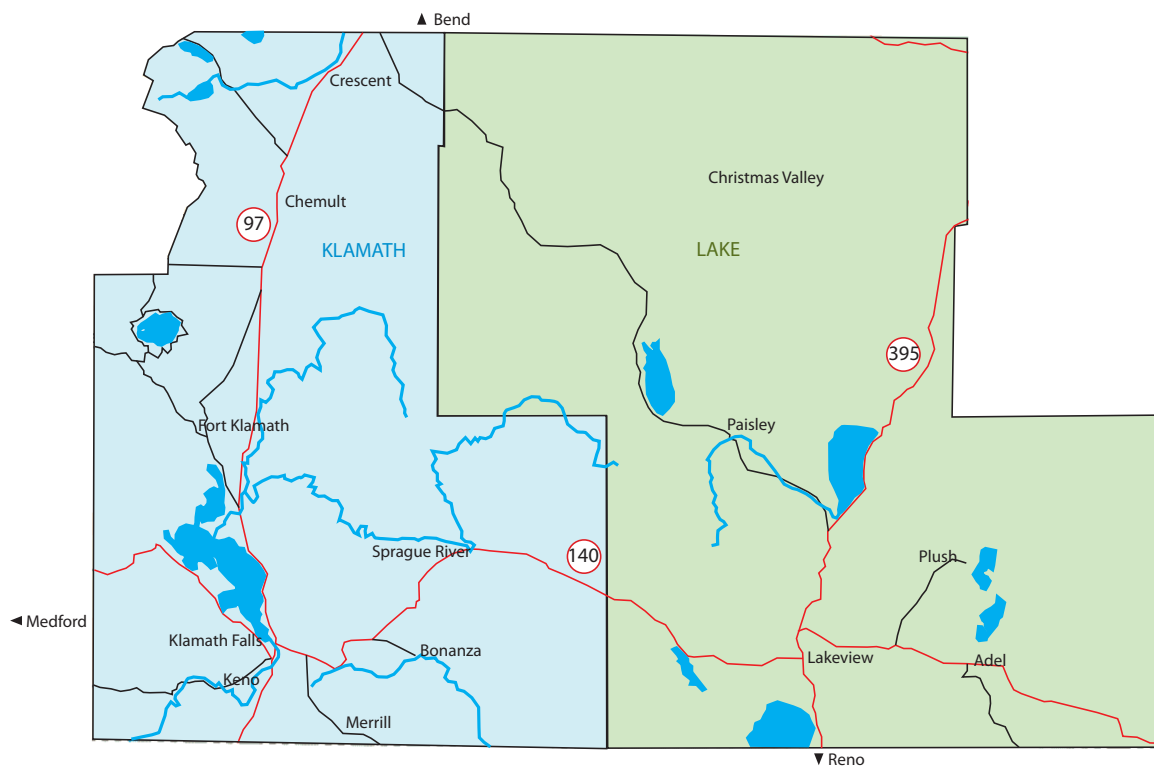


emergency food programs, but also discuss the need for healthy grocery stores in rural neighborhoods, and the demand for more local, organic, and sustainably produced food. The Food Bank sees these assessments as a first step in the long term planning of this region, providing direction to communities as they develop policies and programs to

improve food access, promote economic development, and protect public health.

The 2011 Klamath and Lake Counties Community Food Assessment is a compilation of research and stories. It contains quotes from residents who are hungry and obese, and stories of community members serving neighbors in need. It highlights the needs and visions of people throughout both counties, and provides recommendations for future change. The assessment has engaged community members throughout the region, but in order for their ideas to become concrete change, they will need to structure their involvement and create a plan to implement their ideas. This assessment only functions as a first step in food systems planning.

AN INTRODUCTION TO KLAMATH AND LAKE COUNTIES



A REGION SOCIALLY AND ECONOMICALLY LINKED

Klamath and Lake Counties are high desert neighbors in South Central Oregon. As the third and fourth largest counties in the state, the total land base comprises over 14,490 square miles. However, with 53.5% and 73.5% of the land classified as publicly owned, a majority of the region is sparsely populated and concentrated in two city centers: Klamath Falls and Lakeview.

Despite their distinct identities and geography, the two counties are historically and socially linked. Before they split in 1882, Klamath and Lake formed one larger county. Today, they share numerous community services, including a community action agency, food bank, and economic service district.

The region's economy is primarily based on agriculture, natural resource extraction, lumber, health care, and government. While Klamath Falls acts as the major city center of South Central Oregon, Bend is the primary service center for northern Klamath and Lake Counties. Southern Oregon and Northern California are also heavily linked by a rail corridor and Highway 97.

NATURAL AND ENERGY RESOURCES

Sitting on the eastern slopes of the Cascade Mountain Range, Klamath County is rich in fir, pine, and juniper forests. The region contains both forest and high desert landscapes, and the Klamath River Basin, a series of six lakes and wetlands, supports a large and diverse array of bird species as a part of the Pacific Flyway.

South Central Oregon has significant solar and geothermal energy potential, and Lake County is already a pioneer in rural renewable energy. Geothermal energy heats the Department of Corrections and the Warner Creek Correctional facility in Lakeview, and solar farms blanket the rangeland in Christmas Valley. The county is also in the process of building a world class biofuels plant, and will soon be providing more fossil fuel free energy than the county can utilize.



AGRICULTURE: MORE THAN MEAT AND POTATOES

World War II veterans were given the opportunity to homestead on extremely productive land in the early 1900s. Agriculture is still a large part of the economy, but unreliable sources of water and energy threaten the industry in the Klamath Basin. Due to the Endangered Species listing of the coho salmon and shortnose sucker, farmers experience unpredictable water cutoffs and shortages because the fish need a healthy water level in the river. These cutoffs are meant to protect the continued livelihood of the shortnose sucker fish, a traditional food source of the Klamath Tribes, but the shortages also compromise the long term viability of Klamath Basin farming. Farmers rely heavily on the availability of water to meet their stringent contracts with large corporations, and rising energy prices only worsen the situation.

Agriculture is concentrated in only a few main crops. Klamath County produces potatoes, alfalfa, onions, horseradish, mint, and cattle, while Lake County raises alfalfa and cattle. There are a few small, mixed vegetable farms dispersed throughout the counties, and there are a variety of farmers markets where these crops are sold. However, these local food sources are not the primary source of vegetables for most families; even beef produced in this region is transported out of the area.

	# FARMS	LAND IN FARMS	AVERAGE SIZE OF FARM (ACRES)	MEDIAN SIZE OF FARM (ACRES)	TOTAL ACRES IN ORGANIC PRODUCTION
KLAMATH	1,207	675,127	559	80	21,086 (44 FARMS)
LAKE	417	692,778	1,661	320	5,326 (24 FARMS)

Census of Agriculture, USDA, National Agricultural Statistics Service, 2007

A HISTORY OF FOOD IN SOUTH CENTRAL OREGON

This region's food traditions began with the hunting, fishing, and foraging practices of the Klamath, Modoc, and Yahooskin band of Snake River Pauite Indians. "Those who relied on aboriginal foods fished in the late winter and early spring, dug roots or hunted antelope and mule deer in late spring, gathered wokus, wild fruit and berries in the fall, (and) hunted in the Cascades" (Klamath Ethnography, Leslie Spier, 1930). Their diet consisted largely of fish, game, roots, and seeds from wocus.

The Klamath River Basin was one of the last regions in Oregon to be settled, but it was quickly transformed once settlement began in 1863. By the early 1900s, many of the aboriginal foods were lost as homesteaders arrived to farm wheat, oats, alfalfa, barley,

potatoes, and other hardy vegetables.

Klamath County had "more dairy land than any three counties on the Pacific Coast"

(Oregon Bureau of Labor

Biennial Report, 1904). In Lake County, the report noted, "A wide variety of fruit and vegetables thrive in this soil and climate."

Over time, the homesteaders established a local food economy. They picked their winter's supply of apples from the Rogue River Valley; and "with the coming of the railroad, selling cream was a supplemental source of income for residents of south Goose Lake Valley" (The Growth of Lake County, Oregon, Stephenson, 1995). Small communities like Bonanza and Merrill had creameries, flour mills, and meat markets. People of both counties purchased food regionally and "families with children kept a cow whenever possible" (Lake County History, 2008).

At the same time, the regional food system was characterized by ups and downs. Although in some years, homesteaders like Mildred Lud "raised a

wonderful garden, growing potatoes, lettuce, carrots, peas, cabbages, and turnips," other years did not bode so well (Pioneer Homesteaders of the Fort Rock Valley, Hatton, 1982). A homesteader named Lou Godon wrote, "While the failure of the grain crops did not initially discourage the majority of the homesteaders, the failure of their gardens to produce fruits and vegetables severely limited the variety of food supplies. Canned vegetables in the nearby stores were expensive because of the long freight haul from the railroad in Bend. The lack of a proper diet greatly contributed to malnutrition and sickness."

Soon after, the regional food system broke down. "When milk control was voted at in Oregon, the grocery stores began shipping milk in and

outside of the country" (Lake County History).

Other laws also facilitated the globalization of food supply. A settler recalls that change, writing: "Now the grain is stored in private

granaries and shipped on trucks." Lake County used to grow mint and grain, but when Quaker moved out and the co-op shut down, the grain crop was no longer economical.

Klamath and Lake Counties have had a long history of regional food production, of growing dairy, fruit, vegetables, and grain for local sale. Over time, the local food system eroded, and to this day, hunger issues have not subsided. Weather conditions are still challenging, but experts have developed a great amount of knowledge about local food production in this region. Greenhouses, frost protection techniques, and renewable energy resources can contribute to a potentially robust and inclusive regional food system, one in which all residents have access to nutritious food and the local food economy is strong and resilient.



COMMUNITY HEALTH & EDUCATION

“64% of Klamath County residents are overweight. Less than 56% get enough exercise and only 17% eat enough fruits and vegetables.”

Klamath County Department of Public Health, Tobacco Related and Other Chronic Diseases Community Assessment, 2008

Residents in this region tell stories about choosing between food and medical care, and skipping meals so their children can eat. Many local residents do not know where their next meal will come from, and even those who can afford to eat three times a day cannot necessarily afford healthy food consisting of fruits and vegetables.

Healthy food is critical for the healthy development and care of our bodies, but some people are forced to compromise basic nutritional needs because they cannot afford it. It is visible that families living in poverty have poor access to food, but even some families above the



poverty line struggle to put food on their tables. Their incomes are too high to qualify for federal benefits and too low to purchase nutritious food. Many others can afford healthy food, but choose not to eat it because they lack cooking, preserving, or gardening skills. Rural, tribal, and farm worker communities have particularly low access to food.

Regardless of age or income level, food related health issues are growing. A large proportion of residents suffer from obesity and type 2 diabetes, but improved education and access to healthy food can prevent these chronic diseases.

FOOD INSECURITY				
	FOOD INSECURITY RATE	# OF FOOD INSECURE PEOPLE	AVERAGE COST OF A MEAL	INDIVIDUALS BELOW THE POVERTY LINE
KLAMATH	20.1%	13,330	\$2.57	20.2%
LAKE	19.3%	1,380	\$2.82	18.5%
OREGON	16.8%	626,420	\$2.60	14.3%
Map The Meal Gap, 2011; U.S. Census Bureau, 2009				

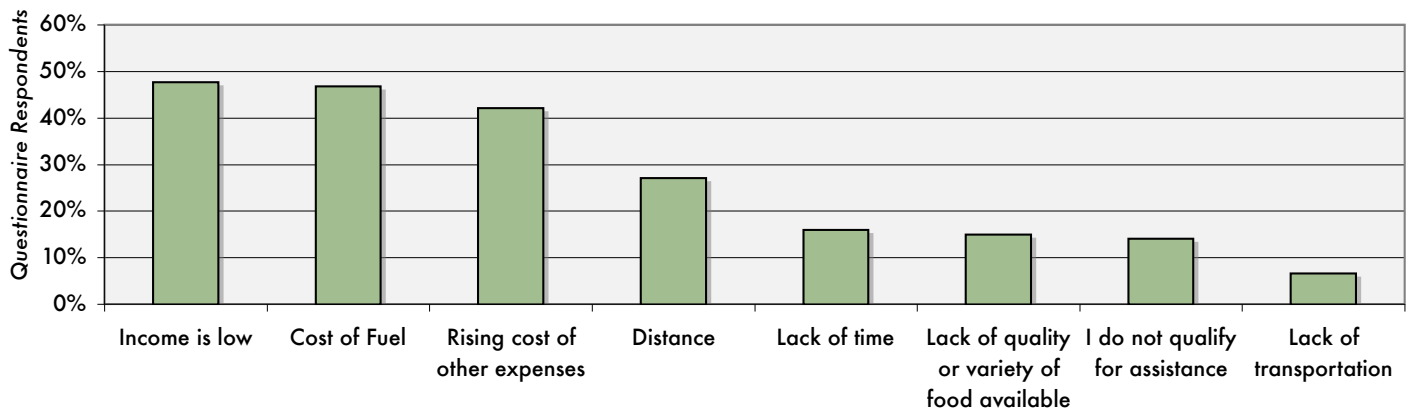
Food insecurity is a situation in which families have “limited or uncertain availability of nutritionally adequate and safe foods OR limited or uncertain ability to acquire acceptable foods in socially acceptable ways.”

HUNGER AND POVERTY

In the past year,
60% of food pantry clients have worried that they might run out of food before they have enough money to buy more.
48% have skipped meals or reduced their size because they did not have enough money to buy more.
26% have skipped a meal so that children could eat.

2011 Klamath and Lake Food Pantries Questionnaire

WHAT FACTORS AFFECT YOUR ABILITY TO ACCESS THE FOOD YOU NEED?



2011 Klamath and Lake Counties General Access to Food Questionnaire

A POST TIMBER ECONOMY AND UNDEREMPLOYMENT

The unemployment rate is over 12% (Bureau of Labor Statistics, 2010). While the rest of the US is slowly coming out of a recession, the same cannot be said for Klamath and Lake Counties. The regional economy still suffers from the loss of the timber industry in the 1990s, and the region is still in the process of diversifying its job base.

Many residents work seasonally or temporarily in agricultural communities like Merrill and Malin, and farm workers receive poor wages with no health benefits. Some families have to sacrifice meals or reduce their size to make ends meet.

POOR AND ISOLATED

Although there are many food assistance resources available for low-income individuals, some rural communities, especially in northern Klamath and Lake Counties, do not have school lunch, summer lunch, or senior meal programs. Even though rural populations have high SNAP (Supplemental Nutrition Assistance Program) eligibility rates, there are a number of rural grocery stores that are not registered to accept SNAP payments. Due to the isolation and distance from food services, low-income individuals experience many challenges in accessing help.

This region has many families who need food, but do not qualify for programs because they are neither low income nor middle income. The federal poverty line, upon which many programs are based is \$22,050, for a family of four, while a basic family budget is 45,274. The median income is \$39,057 in Klamath County and \$35,303 in Lake County. So, food assistance programs do not necessarily meet the entire community need.

FAMILY HEALTH

Over the years, Klamath County family practice physicians have noticed an increase in the number of patients with nutrition related health issues. Families used to have stay-at-home parents to prepare nightly dinners, but food preparation has become particularly challenging for single, working, and teen parents, whose numbers have been on the rise.

These changes in family life have major health implications, especially since the prevalence of single and working parents is unlikely to lessen in the near future. These families need realistic, healthy food options, and advice from health educators based on the needs of each family member.

FAMILIES TODAY		
	TEEN BIRTH RATE (Births per 1000 females, age 15-19)	% OF FAMILIES WITH SINGLE PARENTS AND CHILDREN UNDER 18
KLAMATH	49	35.6%
LAKE	37	39.3%
OREGON	36	29.7%
National Vital Statistics System (NVSS) at the National Center for Health Statistics, Centers for Disease Control and Prevention, 2001-2007; US Census Bureau, 2005-2009		

"In a flat economy for the majority of Americans, as we have gone from one to two adults needing to work to support the family, cooking, preparing meals from scratch, and eating meals as a family in the home have waned to the point where many children mostly see their parents only use a microwave and open processed, ready-to-eat or drink foods."

Resident of Chiloquin



NOTICING THE CHANGE: BIRTHS TO UNWED MOTHERS (%)		
	1990	2009
KLAMATH	31.21%	43.58%
LAKE	19.61%	37.29%
Oregon Department of Human Services, Center for Health Statistics		

BABIES AND CHILDREN

Childhood is an important period of brain development. In Klamath County, teachers and school principals attest to the effect hunger or inadequate nutrition can have on a child's ability to learn.

CHILDREN IN POVERTY

Food insecurity can affect child health and academic success, but a number of children in this region are low income or in poverty, and either have to entirely skip meals or reduce their size.

Lunch assistance programs are available, but some students who are income-eligible for free or reduced priced lunches attend schools that do not offer a school lunch at all. Families in Lake County also experience challenges feeding their children in the summertime because summer lunch programs do not exist in those rural communities.

BREASTFEEDING

Breast milk is extremely rich in nutrients and antibodies, and it has just the right amount of fat, sugar, water, and protein for a baby's development.

Although Oregon is known as a progressive state for rates of breastfeeding, some doctors in the area have expressed concern that breastfeeding rates are low in Klamath County.

According to Klamath County physicians, while many women in the workforce simply do not have time to breastfeed, others are miseducated about how to breastfeed successfully. Some mothers believe supplementing breastmilk with formula provides the optimal amount of nutrients for their babies. In most cases, however, the introduction of formula actually reduces the success of breastfeeding, and many babies even stop feeding as a result.

	CHILDREN IN POVERTY
KLAMATH	27.9%
LAKE	27.6%
OREGON	19.4%
Small Area Income and Poverty Estimates, Census, 2009	



TEEN HEALTH

Many teens are overfed, but undernourished. Body image issues can be common in teen years and result in a variety of diet problems, including skipping meals and unhealthy dieting. Since teens learn very little about nutrition in school, they need other resources to learn about healthy eating and how to making informed decisions about what they eat.

32% of Klamath County 8th and 11th graders drink at least 7 sodas per week.
15% of Klamath County 11th graders consume at least 5 servings of fruits and vegetables each day.

Klamath County Department of Public Health, Tobacco Related and Other Chronic Diseases Community Assessment, 2008

LOW INCOME TEENS AND PROGRAM PARTICIPATION

According to the Klamath County Public Health Department's Chronic Diseases Community Assessment, teenagers are not eating a balanced diet. Because of the stigma attached to food assistance, teens are also less likely to enroll in reduced price/free lunch at school than any other age group. Since teens have such limited financial resources, it is unclear whether they skip lunch or have another alternative.

NUTRITION EDUCATION FOR TEENS

Compared to children, teens have a choice about the food they eat. Yet, many teenagers do not know how to prepare healthy snacks or meals, and resort to dangerous eating habits, as a result. While nutrition education is important for all teens, it is especially crucial for teen mothers and those suffering from eating disorders.

Only four of the 33 Oregon Counties had higher teen birth rates than Klamath (County Health Rankings, 2009). Common teenage eating behavior, including skipping meals and snacking on foods high in fat or sugar can have negative effects on a developing fetus. When deprived of an adequate range of nutrition, a fetus has increased risk of early symptoms of heart disease and diabetes.

SENIORS

Nutritious food is important for seniors because many health problems are aggravated by poor nutrition. Klamath and Lake Counties have large aging populations and the cold winter climate poses great challenges for their mobility. Leaving home and driving through snow to a grocery store or food pantry is not an option for those without safe transportation.

At the same time, seniors are relatively well fed in rural communities. In Bly, the food pantry volunteers call each senior in town to ask if they need food deliveries, especially in winter months.

Seniors also donate a significant amount of their time to their communities. In many cases, they are the primary volunteers at food pantries, community thrift stores, and community meal programs. Their volunteer labor is crucial in meeting the needs of rural residents of Klamath and Lake Counties.



Keno Community Greenhouse makes gardening accessible for seniors and disabled residents with a wheelchair accessible gardening table.

26% of Klamath County adults consume at least 5 servings of fruits and vegetables per day.

Klamath County Department of Public Health, Tobacco Related and Other Chronic Diseases Community Assessment, 2008

AT-RISK POPULATIONS

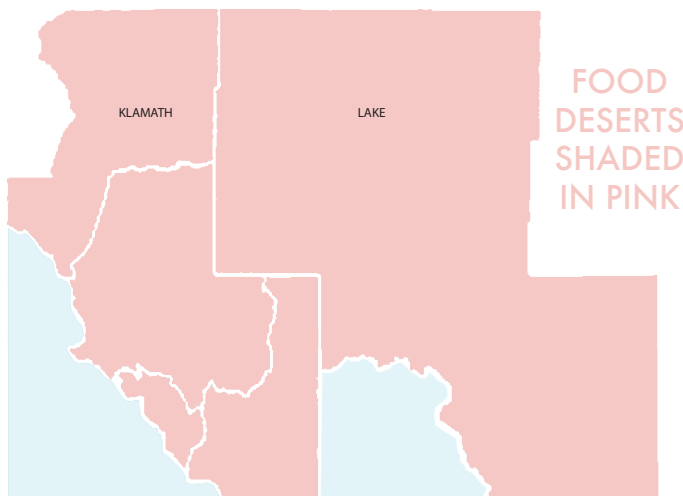
Identifying at-risk communities is the first step in designing strategic outreach interventions. Rural, tribal, and farm worker communities have unique food access issues these interventions can target.

RURAL COMMUNITIES

On one hand, a great asset in rural communities is sense of community. Although community members lament that their neighborhood vibrancy and neighborliness are “not what they used to be,” people certainly support each other when in need. In rural communities, people can find help if they ask their neighbors for it.

On the other hand, living in a rural community means residents have few employment choices and live far away from food resources.

RURAL FOOD DESERTS



FOOD DESERT LOCATOR

Food deserts are “low income census tracts where a substantial number or share of residents has low access to a supermarket or large grocery store.”

According to County Health Rankings, the Percentage of Residential Zip Codes with a Food Outlet is:

40% in Lake County

54% in Klamath County

62% in Oregon

Economic Research Service, County Health Ranking data from U.S. Census Bureau

LIMITED INFRASTRUCTURE

Communities like Christmas Valley have very little infrastructure. Some residents cannot refrigerate or cook food because they lack electricity, and others with small houses have trouble storing food. Even providing social services can be logistically ineffective because the population is sparse and people live far away from the city center.



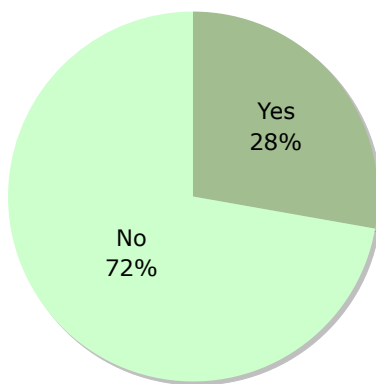


TRANSPORTATION

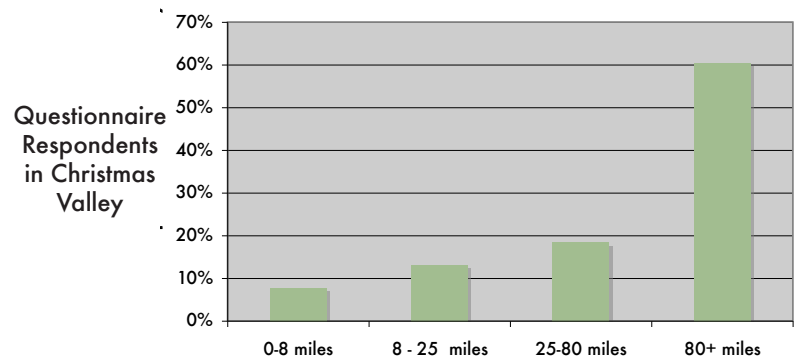
Transportation is a huge issue for rural residents because of the distance from food resources, especially in small towns of Lake County, where housing is extremely sparse and spread out.

Many locals without transportation or gas money shop at small, rural grocery stores in town. These stores often have a limited selection of fresh produce, so rural residents find themselves living off boxed or canned food. Groceries are expensive at these stores, and those who travel out of town for groceries also spend a significant amount of money on gas because trips to the closest supermarket can be up to 100 miles each way.

IS FOOD AFFORDABLE IN CHRISTMAS VALLEY?



WHAT DISTANCE DO YOU TYPICALLY TRAVEL FOR YOUR MAIN SOURCE OF FOOD



2011 Klamath and Lake Counties General Access to Food Questionnaire

CHEAPER HOUSING, BUT NO JOBS

Many people live in rural Oregon for the lifestyle, but it is common for urbanites to question why low-income people live in rural places when there are so few jobs and resources available.

Speaking with rural people all over Klamath and Lake Counties, it is clear that many who live in rural areas have no choice. While some people choose to live in rural communities for the lifestyle, others move to rural areas for cheaper housing. A woman from Crescent explains, “We moved here because we wanted cheaper rent. But now we’re paying more for our groceries and other basic needs. There aren’t enough jobs out here, and we have to drive hundreds of miles to a hospital. And now, we just don’t have the money to move anywhere else.” Just like her, so many people move to rural communities because of the cost of housing, but realize once they get there that there are very few jobs, high transportation costs, and expensive food. By that time, though, people are in such a severe state of poverty that they cannot afford to move elsewhere.

FARM WORKERS

Since this is an agricultural region, farm workers in ranching, potato harvesting, and strawberry cultivation make up a significant portion of the population. The work is seasonal, so many farm workers are paid low wages and only receive income for part of the year.

A large proportion of these low paid workers are Hispanic, and many reside in Merrill, Malin, and a neighborhood of Klamath Falls called Mills Addition. In fact, Hispanics constitute 52% of the Malin census tract and 18% of the Merrill census tract population.

These populations either have consistent food insecurity or access challenges during the winter months. Therefore, Spanish language outreach is most important during winter, and the key neighborhoods to distribute outreach or educational materials are in Mills Addition, Merrill, and Malin.

	TOTAL POPULATION	NATIVE AMERICAN	HISPANIC	% RURAL
KLAMATH	66,170	2401	6212	35%
LAKE	7,160	157	535	57%
U.S. Census Bureau, American Community Survey, 2005-2009				

NATIVE AMERICAN COMMUNITIES

Food is incredibly important to the lives of native people. The practices of hunting and fishing are essential to tribal culture and spiritual existence.

However, the diet and food gathering practices of Native American tribes have changed dramatically in the past generation due to a lack of traditional foods. Fish are endangered, and the amount of wild roots and game is insufficient for current populations. This change in the Native American diet has had a devastating effect on health and nutrition, causing high levels of diabetes and hypertension in tribal populations.

The traditional food available today would not feed this population entirely, but tribal members are also not eager to return entirely to a hunting, fishing, and gathering routine. Improvement in the level of access to traditional and healthy foods, however, could dramatically improve tribal health.

NEXT STEPS: COMMUNITY HEALTH

Poverty is a major factor of poor health and food insecurity. While employment and social services are primary methods of addressing this, education and outreach efforts can also focus on at-risk groups. Targeted outreach can supplement efforts to improve and diversify regional economies.

- Utilize community partnerships to improve education about benefits and methods of breastfeeding (WIC and hospitals).
- Incorporate information about healthy eating practices into school programs, and particularly in Teen Parenting programs like Viking Babies.
- Work on strategic plans for food access with Native American, rural, and farm working communities
- Ensure that outreach and food education materials are printed in Spanish and distributed in Hispanic neighborhoods.

CHRONIC DISEASES: CONNECTING FOOD TO HEALTH

Poor diet is one of the leading modifiable factors contributing to deaths in Oregon, according to Klamath County Health Department. Among the top causes of mortality in the county are heart disease, cancer, chronic lower respiratory disease, stroke, and diabetes.

Obesity is a major cause of heart disease and diabetes, and this region has high counts on all fronts. Klamath County has a higher prevalence of heart attacks and obesity than state averages and Lake County has the highest percentage of high blood pressure in all of Oregon (Chronic Disease in Klamath County 2008 Community Assessment, Lake County Public Health Annual Plan 2010-2011).

Reducing prevalence of obesity is just one method that can improve community health, but many doctors claim that it is difficult to do health interventions with chronic disease patients. Dr. Atarah Sidey, a local family practitioner, explains that the first time you tell someone they have diabetes, there is a window of opportunity when patients are interested in learning how to change their habits. However, with only one health resource center and limited hospital staff, many of these people are not given adequate resources during that period. After about a year post diagnosis, doctors say the window for successful health interventions has closed. "It's so important that prevention starts early," says Dr. Ralph Eccles, another family practitioner. We have to have healthy choices for kids so that healthy eating starts early.

	% UNINSURED ADULTS (UNDER 65)	ADULT OBESITY (2008)	ADULT DIABETES RATE (2008)
KLAMATH	23%	25%	8.6%
LAKE	19%	24%	9.5%

Small Area Health Insurance estimates from the U.S. Census Bureau, 2007; County Health Rankings data from CDC's National Center for Chronic Disease Prevention and Health Promotion

CHILDHOOD OBESITY

Childhood obesity increases the risk of adult obesity and diabetes. It also increases risk for serious childhood medical problems such as diabetes, heart disease, hyperlipidemia, gastro-intestinal disease, sleep apnea, early puberty, and psychological problems. This is particularly disconcerting because many children are uninsured to deal with these issues. Later in life, obese children can suffer from issues such as high blood pressure, heart disease, Type 2 diabetes, gout, pulmonary problems, gall bladder disease, liver disease, psychosocial problems, reproductive problems, and some types of cancer.

26% of 11th grade students are at-risk for being overweight

Oregon Healthy Teens Survey, 2007-2008

COMMUNITY FOOD EDUCATION

The best way to combat chronic health problems is to prevent them from happening in the first place. Education about healthy eating, cooking, shopping, and growing can reduce the incidence of chronic diseases by preventing obesity. In this region, vegetable gardening education for youth has dramatically expanded in the past few years, but meal planning and shopping on a budget are programs with potential to improve. In Klamath County, gardening programs are available for children and adults, but not for working adults. Lake County, on the other hand, has very few education opportunities.

GARDENING EDUCATION

Gardening programs encourage families to grow their own food.

Master Gardening is an OSU Extension program that emphasizes plant-based education, environmental stewardship, responsible home gardening, and community food partnerships. Master Gardeners take a two month

gardening training course and upon completion, volunteer at a plant clinic to answer gardening questions for the community. This program used to exist in both counties, but it is currently only available in Klamath Falls on weekdays. Since this is the only adult gardening education available, rural and working residents lack opportunities to learn.

The Master Gardening program is a high quality volunteer training program. However, many community members interested in learning about gardening cannot commit to a full length program. People in Northern Klamath County are interested in gardening, but are also intimidated by the extreme growing conditions of the region. Rather than taking a full length course, they are interested in attending short workshops about methods of growing.

Youth gardening programs teach kids about



where their food comes from and why it is important to eat fruits and vegetables. 4H programs are popular in rural Klamath and Lake Counties. The local program in Klamath County was founded in 1914 and children participate in year-long youth development projects including sewing, cooking,

livestock breeding, and horticulture, culminating with fairs in August and September. These programs are strong because of the region's agricultural heritage.

Due to the short growing season and summer break, school gardening courses are very difficult to coordinate logistically. Henley High School has an Agricultural Science program, and Sage Community School has a greenhouse/garden for students, but most greenhouses from prior botany courses are no longer in use. A great solution to the logistical challenges associated with school gardening programs has been summer gardening camps for Klamath Falls youth. OSU Extension staff have ensured the success of these programs by providing support and educational materials. Students not only learn how to garden at these camps, but also how to cook.

AERIE ACRE: GROWING VEGETABLES, CHARACTER, AND COMMUNITY

Aerie Acre, located in Bear Valley (just outside of Keno), is a non-profit organic garden cared for by young adults from Dragonfly Transitions. The operation, a 1 acre garden graciously donated by the Mellnick family and supported by the Mychal Rushwald Foundation, relies almost entirely on the volunteer labor of these young adults. Dragonfly Transitions is “a home away from home for young adults struggling with the transition to healthy, productive independence,” and their programs are based on a general belief in the power of the outdoors. Youth volunteers work at the farm every day of the week in the summer, learning about various aspects of farming and gardening, and selling the produce at the Klamath Falls Farmers’ Market every Saturday. The organization is committed to growing more than just fresh, organic produce. They are truly committed to “growing vegetables, character, and community.”



FRIENDS CHURCH GARDEN CAMP

At Friends Church Garden Camp, kids learn about the importance of eating fresh fruits and vegetables, and how to make healthy snacks with the food they grow. The camp is open to all kids in grades two through six, regardless of faith.

The Friends congregation started the garden camp as a pilot project to reach out to the church’s low-income neighborhood. Faith, the Friends Church pastor, hopes other churches will implement similar programs in their neighborhoods until every community in Klamath Falls has access to a garden.



COOKING AND MEAL PLANNING SKILLS

The decline of cooking skills is a serious issue across the nation, and doctors in Klamath County have noticed that a lack of cooking skills is a common thread among obese and diabetic patients.

In this day and age of frozen meals and processed foods, cooking skills are not necessary for food preparation, but essential for healthy eating. While packaged foods require little or no time in the kitchen, preparing foods with fresh vegetables and meat requires a certain skill set. However, food preparation skills are not being passed down at home.

Some homes in this region lack basic appliances because residents live in trailers without electricity. Many manufactured homes are not designed for freezer space to store meat from whole animals. Finally, since rural communities also do not have access to fresh food to cook with, eating processed and ready-to-eat food has become routine.

Now that supermarkets have a variety of foods available year-round, food preservation is also

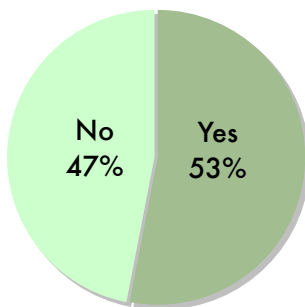
becoming a lost art. There are some rural communities that have kept the practice alive, and OSU Extension offers a few preservation classes, but the practice is by no means widespread.

A lot of people in Klamath County are “daily grocery shoppers,” as Tracy from Department of Human Services calls them. People do not know how to plan their meals for the week, and instead only buy the groceries they need that day. They do not know how to save money on their grocery bills and plan healthy meals.

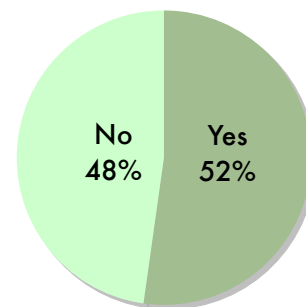
By learning how to purchase bulk items or buy animals by the whole/half, people could save money. The tribal government in Chiloquin does work with families to teach meal planning and shopping, but it is not an extensive program. WIC (Women, Infants, and Children) is also interested in providing cooking classes for clients, but the organization does not have a kitchen facility to offer this service.

EDUCATION/OUTREACH AT FOOD PANTRIES

WOULD YOU LIKE MORE INFORMATION ABOUT HOW TO SHOP FOR FOOD ON A BUDGET?



WOULD YOU LIKE MORE INFORMATION ABOUT COOKING HEALTHY?



2011 Klamath and Lake Food Pantries
Questionnaire

NEXT STEPS: COMMUNITY FOOD EDUCATION

- ☐ Incorporate gardening activities in after school programs and church youth activities, particularly in Lake County.
- ☐ Incorporate fruit orchards into school landscaping. School gardens are expensive and time intensive, but fruit orchards can provide fruit for school lunches and also be effectively utilized for gardening education.
- ☐ Improve access to adult and rural gardening education.
- ☐ Incorporate family oriented learning into gardening programs.
- ☐ Set up partnerships to establish community kitchens for cooking classes in various communities.
- ☐ Incorporate meal planning into existing education programs such as financial literacy classes.

LOCAL FOOD: PRODUCTION, PROCESSING & DISPOSAL

"There are people in our own community who go without food on a daily basis. We are surrounded by bountiful harvests, and there is no reason for anyone to go without. Localize our lives and we will build our community!" Jaye Treetop, Community Member

Most Klamath County residents purchase their food from conventional grocery stores, where items are stocked from all over the world. Most of the food grown in this region does not feed the people that live within its borders, but local production and consumption are increasing.



Local production and direct marketing are growing trends in this region. Farmers and ranchers are increasingly taking advantage of this niche market and succeeding, although direct marketing is challenging.

The few small farmers producing vegetables for

The majority of agricultural production in Klamath and Lake Counties consists of alfalfa, potatoes, beef, mint, and horseradish. Although some potatoes are sold at local markets, most are contracted to large potato chip companies. Almost all local products, including beef, are sent out of the state to be processed and consumed.

Large agricultural producers have expressed that they are becoming increasingly vulnerable to forces beyond their control. Not only are they subject to local water availability and increasing electricity costs, but they are also captive to global food prices, and crop success in other countries. Over time, farmers in the Klamath Basin have been forced to consolidate and ranchers have halved their labor forces. Many farmers are worried that their occupation is not a sustainable livelihood for the next generation.

local sale are backyard gardeners or part time farmers, for the most part. Farming does not provide a sustainable livelihood by itself and farmers have major challenges with consumer education, competition, and regulations that negatively affect small operations. Yet, demand for local, fresh produce is significant and growing. Producers find themselves quickly selling out of fruits and vegetables.

The continued expansion of small farming strengthens and honors the agricultural heritage of this region. Growing diverse crops also creates a more diversified agricultural economy. Developing more local processing facilities fosters the growth of small businesses. Finally, responsibly disposing of food waste can create a closed loop local food system. Strong production, processing, and food disposal are each essential to a strong local food system.

FARMING

CHALLENGES AND OPPORTUNITIES

CHALLENGES WITH LOCAL FOOD PRODUCTION

1. LACK OF DIRECT SALE PRODUCERS

The local market cannot absorb the quantity of potatoes produced here, but demand exceeds supply for other locally-produced vegetables. There is a lack of direct sale producers, especially in Lakeview and rural communities of Klamath County. The production of mixed vegetables is relatively new in this region, and many farmers find it intimidating to experiment with. Due to uncertain factors such as water reliability, farmers are also not willing to invest in a new type of operation. “It ends up impoverishing the spirit of the place,” says Becky Hyde, a rancher outside of Beatty. Since this area does not have a day to day source of water, farmers are not willing to make big changes, and this can negatively affect the next generation’s attitude toward farming in the Basin.

2. NOT ENOUGH DIRECT SALE MARKETS

Farmers are unable to sell at supermarkets, where the majority of residents shop. Although Klamath Falls has a growing farmers market, those who sell there still need additional markets for their products. “We love the farmers market. We love being a part of it, but it’s not enough to sustain us in the long term,” one farmer says.

3. LACK OF MID-SIZED PRODUCERS

In Klamath County, there are no mixed vegetable producers that are mid sized. In fact, the largest small farm in the area is about 3 acres, and this small scale of production makes it difficult for producers to offer consistent delivery to grocery stores and restaurants. For example, for Adams Berries and Produce, the demand is so high that the farm stand sells out in the morning, making it difficult to secure contracts with restaurants or grocery owners. They already have too many sales. Simultaneously, because the demand is so high, the high cost of produce caters primarily to an affluent population.

CHALLENGES FOR LOCAL FARMERS

1. LACK OF CONSUMER EDUCATION

“They expect me to compete with lettuce from Mexico,” says Rick Walsh, a Klamath Falls greenhouse farmer. Although there is a great demand for local food, there are still many residents in this region who do not understand why it is expensive to produce locally or why it is better for the community to buy local. Not all consumers understand that local food creates a greater multiplier effect in the community, supports living wage jobs, tastes fresher, and is packed with more nutrients.

2. FINDING LAND

Just like elsewhere in the country, inheriting a farm or starting out as a small farmer comes with challenges. New farmers looking for a small plot of land run into issues with zoning laws. Farmers can purchase residential land and farm on it, but it is much more expensive than farm land. Residential properties also do not receive the same property tax benefits. Exclusive farm use plots are much larger than the ten acre plot that many small farmers are looking for, so finding land for a farm can be cost prohibitive.

OPPORTUNITIES FOR LOCAL PRODUCERS

There are incredible opportunities for local food production in this region, both for large potato producers to create value added potato products, and for more small farmers to sell fresh fruits and vegetables, wild fruit jams, and other food items. Jordan Rainwater at Belweather Farm says she cannot meet the demand in Klamath Falls, for high quality, organic local produce.

This region is well known for its sunshine and incredible geothermal opportunities. Although Klamath and Lake Counties have a short growing season, there are extraordinary opportunities for renewable energy.

GEOHERMAL FARMS SELLING LOCAL FIRST

Fresh Green Organics is a geothermally heated greenhouse producing fresh produce for the community year round. They provide a year-round CSA, and sell at the Klamath Falls markets, Whole Foods, natural food stores, and the Bend Farmers Market.

Gone Fishing is an aquaculture project located south of Klamath Falls, utilizing geothermal heat to raise 85 varieties of tropical fish. Ron Barnes sells both locally and to wholesalers from Portland, OR and San Francisco, CA.

Both businesses have large markets, but sell locally when they can.



Balin Farm uses solar power to cut down on energy costs for irrigation

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Participants of CSAs pay farmers at the beginning of a growing season or in regular installments to receive a weekly box of fresh produce, eggs, dairy products, grains, and/or meat. By receiving financial support in advance, farmers receive better prices for their crops and are relieved of constant marketing pressures throughout the season.

CSAs have grown in Klamath Falls in the past few years. Belweather Farm was the first CSA in the Klamath Basin, and after their operation was successful, others began operating CSAs, as well. Aerie Acre decided to start a CSA this year because profits from the Klamath Falls Farmers Market were insufficient. It was challenging to keep the farm sustainable. Matt Schoch claims, "It's a great way for farms to get operating costs up front," and the farm can now make extra profits at the market.

WALKING WETLANDS

The Walking Wetlands program is a partnership between farmers and US Fish and Wildlife to provide temporary habitat for migratory birds and wetland grasses. Farmers flood their land and allow it to revert back to a wetland habitat for a set number of years. After the flooding period, farmers are able to pursue organic methods of growing because of a reduced threat by pests. The program results in more wetlands and wildlife habitat, as well as reduced reliance on fertilizer and pesticides in crop production.

ADAMS BERRIES AND PRODUCE: USING SOCIAL NETWORKING TO MARKET

Adams Berries and Produce is a popular berry farm, selling out of berries and produce early in the day. Kristi Adams decided to start the farm with her husband because they wanted their kids to adopt a strong work ethic at an early age. They became one of the only farm stands in Klamath County, and now serve a high traffic customer base on Highway 140. In addition to newspaper publicity, Adams Berries uses Facebook and a blog site to let customers know what they have available each day. They update the blog almost daily to post open times.



One community member's vision for Klamath County's future:

My vision is that "the community sees what impact it has on itself...when they realize that when they buy from us (farmers market), they're going to see that dollar in the community again."

NEXT STEPS: FARMING

- Improve consumer education with a Buy Local campaign so that local farmers can market their products together. Continue to publish and distribute a Local Food Guide.
- Increase the number of direct sale markets throughout both counties.
- Utilize solar and geothermal energy in farm production, and provide educational opportunities for farmers to learn about these applications.
- Share stories of success across communities, counties, and Extension agencies to inspire more local food production.

RANCHING

“We’ve got so many ranchers here producing good, clean, healthy, food. We just can’t sell it locally.”
Becky Hyde, rancher from outside Beatty

Klamath and Lake Counties are major producers of beef, but unless families purchase a whole or half beef directly from a rancher, they cannot purchase locally slaughtered beef at a retail location. The reason for this is that all meat purchased at a retail location must be slaughtered in a USDA certified facility. Since Klamath and Lake Counties do not have a certified slaughterhouse, ranchers get their meat slaughtered hundreds of miles away, and grocery store meat is from all over the country, rather than from the local ranchers that consumers know and trust.

Many long time ranchers do not foresee living off ranching forever. With increasing energy costs, transportation for California cattle grazing during winter months, and land costs, many ranchers feel that this lifestyle and livelihood are in danger. Due to the increases in regulations and permits, small producers have difficulties making profits from their products.

FLYING T BEEF

The Topham family is proud of their healthy, naturally raised beef and they enjoy educating people about the benefits of eating it. Flying T Beef is the only local ranch that sells USDA inspected meat locally, and they transport their cattle to a processing facility in Springfield, Oregon in order to do so.

The family eventually hopes to market their products to seniors and school children, who can reap the health benefits of eating grass fed beef. For now, meat is sold at a variety of locations including: Sherm’s Thunderbird Market, The Market at the Running Y, A Leap of Taste, and the Klamath Falls Farmers’ Market.



PROCESSING

"We need scale appropriate processing with scale appropriate rules"
Dayle Robnett, Meat Processor at Diamond S. Meat Company

DIAMOND S. MEAT COMPANY: CURING MEAT NATURALLY

Diamond S. Meat Co. began as a custom processing facility, but later started making jerky, snack sticks, sausage, salami, ham, and bacon. Dayle and her husband opened their business in August of 1996 and made products according to industry standards, but she slowly found her immune system weakening and realized that the food preservatives were causing her nerve endings to swell. Dayle had reactions of slurred speech, droopy eye, and short term memory loss. She actually faced the possibility of quitting the business she worked so hard to build, but did research and found an alternative curing process using celery juice and sea salt. Now Diamond S. does almost all its curing naturally. They also work with families using SNAP to pay in installments for a quarter or half of beef. Dayle thinks that low-income families should buy whole animals because they can save money by buying in bulk.



RANCHING AND MEAT PROCESSING: CHALLENGES AND OPPORTUNITIES

RANCHING AND MEAT PROCESSING CHALLENGES

1. FOOD SAFETY RULES AND REGULATIONS ARE NOT RELEVANT FOR SMALL MEAT PRODUCERS AND PROCESSORS.
2. PERMITS ARE FINANCIALLY TAXING FOR MEAT PRODUCERS/PROCESSORS
3. LACK OF A LOCAL USDA CERTIFIED PROCESSING FACILITY
4. RANCHERS FIND THAT IT IS NOT FINANCIALLY FEASIBLE TO SELL MEAT LOCALLY

PROCESSING OPPORTUNITIES

1. LICENSED COMMERCIAL COMMUNITY KITCHENS

A community kitchen could act as a centralized processing facility for food entrepreneurs who need to cook, bake, can, dry, or freeze food in a licensed kitchen. Keno community members have expressed the need for a central location to make jams and jellies that they can sell at the farmers' market. Community members in Beatty tried to start a community kitchen, but the county placed so many permit fees on the project that it became financially infeasible. There remains a need for this type of facility in small communities all over Klamath and Lake Counties.

2. MEAT PROCESSING

There are currently four mobile slaughtering businesses throughout the two counties, but none of this meat can be sold on retail shelves. Ranchers would be relieved of transportation costs for cattle if a local USDA inspected slaughtering facility were to open.

3. MUSHROOM PROCESSING

Community members in northern Klamath County and Bly have indicated that local mushroom processing facilities could improve local tourism. A dehydrating facility would benefit travelling mushroom hunters and contribute to the local economy.

MICRO-ENTREPRENEURS

Residents of Klamath and Lake Counties sell local BBQ sauces, herb vinegars, mustards, jams, spices, and sauces. There are a few micro-entrepreneurs in Paisley and Christmas Valley who own double wide homes so they can use half of their homes as certified kitchens. These businesses are very important as extra income for residents, but without any centralized community kitchens, food entrepreneurs must be able to license their own kitchens to make their products.



KLAMATH FALLS COMMUNITY SUPPORTED BAKERY

Bonnie Nork is a stay at home mom who sincerely cares about the food her kids eat. She got her home kitchen licensed because she wanted to bake birthday treats for her son that he'd be allowed to share at school.

Bonnie began to use her home license for custom cake orders, and found herself selling items regularly. She expanded her scope and now sells items at the Green Way Tuesday Market and a Community Supported Bakery (CSB).

With her CSB, Bonnie takes customers for a full season subscription and bakes a different set of goodies each week. She uses local ingredients as much as possible, and bakes everything homemade.

DISPOSAL

Food disposal is a crucial component of a sustainable food system. Although the community has not established any widespread practices in sustainable food disposal, a few local people have developed innovative ways to turn their waste into useful products.

LAKEVIEW LOCKERS

Lakeview Lockers is a retail meat shop with a mobile slaughter service, selling local produce, food, and other specialty food items.

The waste left over from the butcher process, including the head, organs, and bones, cannot be disposed of in a normal waste facility. Rendering facilities take fats, bone meal, and waste products from these types of operations, and recycle or reduce them. However, when both rendering companies in Oregon closed their doors in 2006, there were no resources for getting rid of this material. While that closure could have potentially affected the success of Lakeview Lockers, the McGarvas looked into other alternatives and spoke with Cornell University's composting researchers.

Intrigued by what they learned, Lakeview Lockers found grants to start a composting pilot program. They dumped the waste into a compost pile with wood chips, allowed it to naturally decompose, and found that the finished product was pathogen-free and smell-free. The composting program is now a part of their everyday operations, and they regularly apply the finished compost to their ranch. Lakeview Lockers is also looking to convert their oil wastes into biofuel for their farm trucks. Not only are they finding sustainable solutions for their waste, but also using truly cost-effective methods of disposal.



Photo from Friends of Family Farmers

SAGE COMMUNITY SCHOOL

Abbey Peterson and Sam Ekstrom, 8th grade students at Sage Community School, were concerned about the large volume of garbage from food waste at school. So, they proposed that their school adopt a pot belly pig. After receiving donations from Grange Coop and seeking the help of Henley High School's wood shop class, the school now has a pen and pig named Theodore that has nearly eliminated the school's food waste.

The students are responsible for collecting two buckets of lunch scraps and properly feeding him. Although the school already has a garden and greenhouse, the pig helps students learn about what happens when wasted food reaches the trash can. Abbey Peterson has plans to turn the Pig Project into a worldwide movement.



SUPPLYING KLAMATH AND LAKE COUNTIES

In Klamath and Lake Counties, there is no common routine. While some people shop at one supermarket and purchase a week's groceries, others go on an entire "food journey," going from one side of the city to the other to purchase bread, milk, and meat from each specialized shop and farm.

Living in rural Oregon allows people to do that. It is in the culture and history to have a community butcher, dairy, and bakery. It is not uncommon here for neighbors to swap eggs from house chickens for a jar of wild plum jam.

However, only a small percentage of the general population purchases local food. Food grown or processed in Klamath County only comprises 1% of food sales, and is mostly concentrated in Klamath Falls (Census of Agriculture). A number of county residents are unaware of the importance of buying locally, and it is simply not feasible or affordable for everyone. At the same time, consumption of local food is on the rise and local restaurants have begun to incorporate local food into their menus.

While some people purchase all their groceries from supermarkets in town, others have to drive great distances to get buy food, sometimes outside the county. Many people also supplement their food budgets by utilizing community services such as SNAP, food pantries, summer lunch programs, and community meals. Regardless of the method, each and every grocery store, farm stand, and food program enables residents of Klamath and Lake Counties to better access food.

GROCERY STORES - HOME GARDENS
COMMUNITY GARDENS - FARMERS MARKETS -
SCHOOL LUNCH - SNAP - FOOD BANK
TRIBAL COMMODITIES - WIC -
COMMUNITY MEALS - SUMMER LUNCH



GROCERY STORES

Most of the food at conventional grocery stores is shipped across states and countries, traveling hundreds or thousands of miles all over the globe. In Klamath Falls, a few local retailers have incorporated local food into their sales. Some grocery stores in rural areas sell local eggs, but very few other local food items.

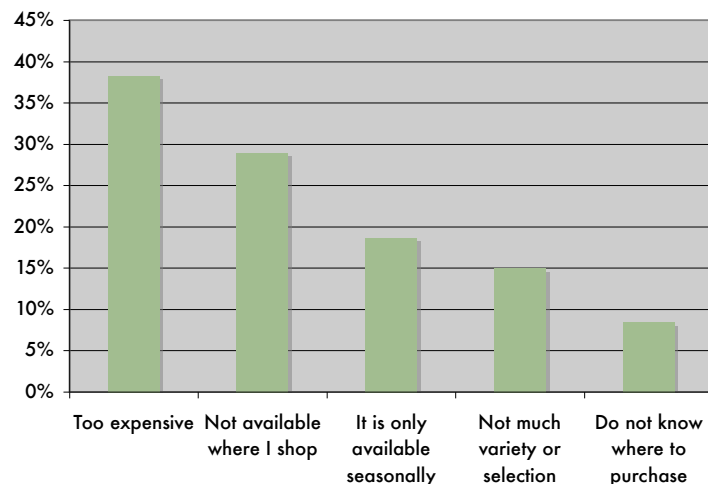
LOCAL FOOD IN LOCAL STORES

Sherm's Thunderbird is a regional grocery store, located in Medford, Klamath Falls, and Roseburg. As an independent regional store, Sherm's is willing and able to take on local products for sale, including local eggs, meat, produce, spices, and other value-added items. However, some local produce is too expensive to sell at the supermarket. Smaller stores, like Bly Mountain Crafter's Mall, the Market at the Running Y, Diamond S. Meat Company, and Lakeview Lockers sell local produce, eggs, sauces, beef, and other items. Leap of Taste recently began selling fresh produce from its affiliate farm, Aerie Acre, in addition to its regional food products. Therefore, the number of local food outlets is growing rapidly, and rural grocery stores are open to the idea of selling local food once it is available in their community.

WHAT IS THE MAIN REASON YOU CHOOSE NOT TO EAT LOCAL FOOD?



2011 Klamath and Lake Counties General Access to Food Questionnaire



RURAL GROCERY STORES

Klamath Falls and Lakeview have plenty of supermarket access, but rural communities rely on small convenience stores with expensive and limited choices.

Driving along the main highways of Klamath and Lake Counties, empty storefronts, gas stations, and grocery stores are clearly visible. In South Central Oregon, grocery store owners change, and stores come and go. However, only when grocery stores are gone for good do communities realize their importance. Rural grocery stores serve as the cornerstones of small towns. Without them, the best grocery in town is often the emergency food pantry. Although these grocery stores have major challenges in staying open, they are very important institutions in rural communities.

Because these stores are not fully stocked with grocery items, most rural residents do not utilize them as their main source of groceries. Instead, they travel to Bend, Klamath Falls, or Lakeview once a month. For communities like Christmas Valley, these monthly trips are a huge expense, and residents still can only purchase fresh produce to last for the first week or two. On the other hand, those who do not have transportation eat what is available at community markets, which is often processed food.

“This is a rural area. People go to the grocery store once a month in Bend, La Pine, or Klamath Falls. Some people don’t have transportation. Others don’t have money. It’s an isolated place. It’s just difficult.” – Resident of Christmas Valley



CHALLENGES FOR RURAL GROCERY STORE OWNERS

1. COMPETITION WITH CHAIN STORES

2. HIGH OPERATING COSTS AND NARROW PROFIT MARGINS

3. LOW SALES VOLUME/LACK OF COMMUNITY SUPPORT

4. MINIMUM BUYING REQUIREMENTS

Stores have minimum buying requirements with distributors, which are difficult to satisfy in rural towns that have small customer bases.

5. FEW SUPPLIER OPTIONS

Suppliers are unwilling to travel to rural places because of their isolated location. Since the only suppliers who will supply to rural grocery stores are mini mart distributors, a majority of the food is boxed, canned, and not family sized.

NEXT STEPS: RURAL GROCERY STORES

- O Encourage the production of local, everyday food items like produce, milk, and meat in rural communities so that people have an incentive to purchase groceries locally. Start with a healthy rural grocery store pilot program.
- O Achieve 100% SNAP acceptance in rural grocery stores: Although most rural grocery stores accept SNAP, a few in rural Lake County do not. These grocery store owners are missing out on an enormous amount of sales, which account for as much as 50% of sales in other stores.

GARDENING

Food traditions in many rural households still run deep. Ranchers in the Paisley area boast that families had huge, bountiful gardens 40-50 years ago, but very few young people are learning these skills today. Many others are entirely unaware of them.

For people who move to this area from elsewhere, growing food is intimidating. Residents attempt to garden without learning about local techniques and sometimes fail to produce. “There are some things that grow at one person’s house and no one else’s,” Sharon Hiatt, a Lakeview resident, says. Wild berries might grow in one person’s yard, but never take hold in a neighbor’s. In Chiloquin and Crescent, the cold winds on the eastern slopes of the Cascades create dropping night time temperatures that really affect success with fruit production. On the other hand, there are actually gardeners all over the region harvesting food in all four seasons, making use of the region’s 300 days of sunshine. Even though the Lakeview elevation is 700 ft higher than Klamath Falls, gardeners can successfully grow tomatoes outdoors. Although growing in this region is difficult, it is not impossible.

The main reason people choose to grow their



own food is because they want greater selection of produce than what is offered at the supermarket. In order to have a successful garden, residents need to take micro-climates and soil type into account, and learn about techniques of growing for their specific conditions. People currently share gardening tips within local gardening clubs, but to move forward, local seed saving and gardening education could improve the local food potential of this area. Using renewable

energy resources is another major opportunity, especially because some homes in Klamath Falls are already connected to geothermal wells.

For many people, foraging is more of a recreational activity than a major source of food. However, people do collect wild plums, choke cherries, elder berries, mushrooms, and currants. Mushroom hunters travel to this area every fall to find Matsutakes in northern Klamath County.

Gardening is an important skill in rural areas in Klamath and Lake Counties. Without fresh produce readily available for rural residents, and with the cost of transportation rising, it is important that people know how to grow food.

“When I came here I had to stretch my growing knowledge. With the climate being colder here, and the freezes, I had to learn a trick here and there. Once you know how to do it, it is fine. It is just about adapting to the environment to make it work. It can work.”

Anita Spence, OSU Anthropology Field School

"You would think that this kind of gardening knowledge would be second nature in a rural community, but it is not, especially in these areas where you have low income families."

Community member from Lakeview, OSU Anthropology Field School



"This place is full of micro-climates"

Community member from Chiloquin

COMMUNITY GARDENS

Community gardens are utilized by many residents of Klamath Falls who lack gardening space or watering money. Last year, the Klamath Falls Community garden produced 22,000 lbs of fruits and vegetables, some of which went directly to the food bank. A few plots were also used as educational space for youth gardening camps, but the demand has been so overwhelming that many applicants have been turned away over the past two seasons.

Residents of rural areas usually have space for gardening, but do not necessarily have money for water. Community gardens are an excellent method of pooling resources and developing a steady source of produce for local food pantries. Community greenhouses are also helpful in extending the growing season and starting vegetable plants. However, sustaining a community garden project requires significant community support and work.

KENO COMMUNITY GREENHOUSE

Angela Reid, a retail nursery owner, was diagnosed with breast cancer in 2006. She travelled to Portland to undergo treatments through the growing season, and left her garden nursery expecting her plants to die from lack of water. She was thrilled to learn that members of the Keno community took care of her nursery plants throughout her time away. Upon her recovery, Angela decided to dedicate one of her two greenhouses to the community.

Keno has a very short growing season at an elevation of 4,500, and a greenhouse is essential for growing local food. Members of the Keno Community Greenhouse can grow fresh veggies, herbs, flowers, and plants at no cost. Since the purpose is to provide local access to fresh vegetables for the Keno Community, members also sell the produce they grow at the local farmers market.

Angela's goal is to establish a sustainable food system in Keno. She has a "Junior Gardener Corner," with table space and classroom space for teachers, scout leaders, and 4H clubs, and a work table set up for homeschooling and horticultural science projects.

Keno is 12 miles away from a supermarket and there is no public transportation available. In a community of high unemployment and poverty, Keno Community Greenhouse strives to promote self sufficiency in the community.



GREEN THUMBS UP COMMUNITY GARDEN

Klamath Sustainable Communities started a Community Garden in the Mills Addition neighborhood of Klamath Falls in summer 2011. Volunteers fundraised for over a year to build this garden in a low-income neighborhood to actualize the vision of families gardening together. On Cesar Chavez Day, community members built raised garden beds in the snow. They discussed with Mills Addition residents how they could engage the Hispanic community in gardening.



CHALLENGES OF STARTING A COMMUNITY GARDEN



1. INSURANCE COSTS

2. ACQUISITION OF LAND

3. FINANCING FOR FREE USE

4. CITY OFFICIALS ARE NOT
CONSISTENT ABOUT REGULATIONS
AND REQUIRED PERMITS

LAKEVIEW PRISON GARDEN

"The whole thing is to humanize these guys, not to institutionalize them." Jim Spence, OSU Anthropology Field School

The inmates at the Lakeview Prison have been growing a garden since April 2006. They do all the work from building irrigation lines to harvesting fruits and vegetables. The first year, they harvested 6,000 lbs of produce for the prison kitchen.

"It is more than just helping one inmate and teaching one inmate how to garden...They can take these skills with them. This gives them a possibility when they get out. It could be a good job source for them." Jim Spence

NEXT STEPS: GARDENING

- Establish online materials explaining various gardening and frost protection methods to use in this region. Improve public access to a time line for planting.
- Provide gardening education opportunities on the weekend so that working people have opportunities to learn.
- Promote local seed saving of varieties that grow well in eastern Oregon conditions.
- Improve visibility of gardening clubs in rural communities to improve participation.
- Establish city and county codes that allow the ownership of chickens, bees, and farm animals on property.
- Develop a city policy about community gardens, so that those interested in building one can more easily navigate the process.

FARM TO TABLE

FARMERS MARKETS

There is considerable room for growth of farmers markets in Klamath and Lake Counties. The Klamath Falls Farmers' Market is the only market with a significant produce presence and is one of two Farmers Markets that is registered to accept SNAP benefits. The Klamath Falls Farmers Market has plans to grow as a 501(c)(3) organization and to educate the public about the importance of buying locally.

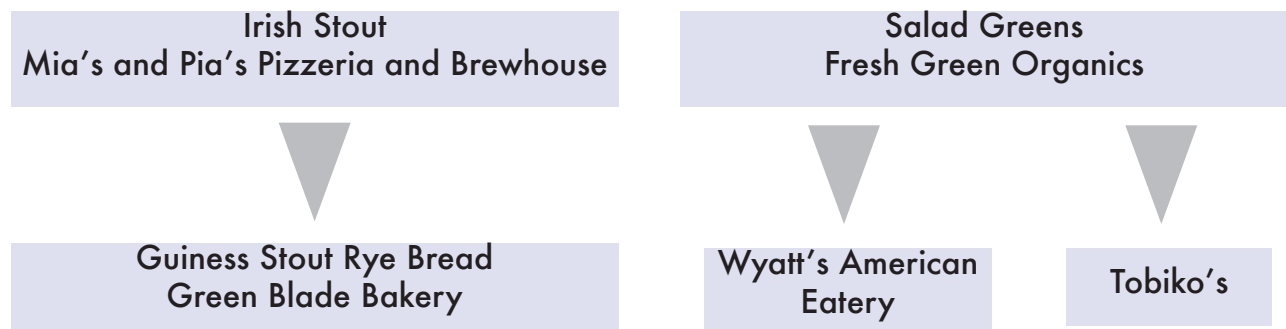
Every year, markets in rural communities grow as they attract more customers and vendors. At the moment, there are markets in Chiloquin, Keno, Merrill, Sprague River, Christmas Valley, and Lakeview. Just this year, Klamath Falls actually established a second Tuesday Market that is open throughout the winter.



NEXT STEPS: FARMERS MARKETS

- Foster greater collaboration between the Klamath Falls Farmers Market association and the Downtown Business Association.
- Promote the Farmers Market to SNAP participants.
- Raise funds to establish a paid position at the Klamath Falls Farmers Market.
- Establish farm locations throughout the region that accept USDA Farm Direct Nutrition Checks.
- Use the nonprofit status of the Klamath Falls market for the benefit of other area markets. Utilize the Klamath Falls SNAP Electronic Benefits Transfer machine at other Klamath County markets.

LOCAL BUSINESSES SUPPORTING EACH OTHER



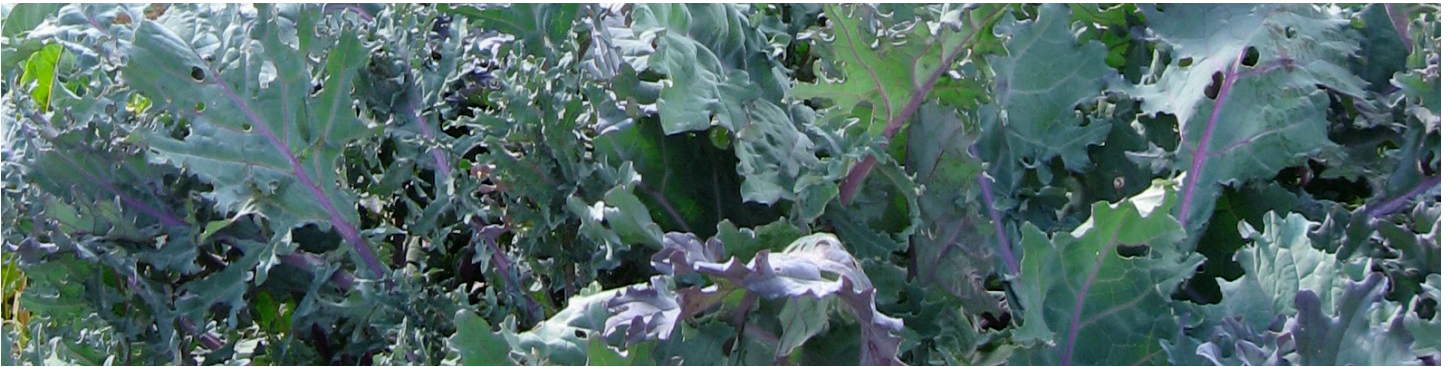
These small businesses are using local products such as beer and salad greens in their own food production.

FARM TO RESTAURANT

Restaurants experience many challenges in sourcing their food locally. In other parts of Oregon, restaurants with successful farm to table programs supply from mid sized farms because they can maintain consistency of supply. Because Klamath County does not have farms that large, it is difficult to establish the sustainability and quantity factors that are so important for restaurant distribution. Some restaurants are committed to the practice of buying locally and use a few local items in their meals. However, many, like Sky Lakes Hospital, find that using local food products is cost prohibitive.

FARM TO SCHOOL

Farm to School programs are flourishing in other communities. However, there are several reasons they are not feasible in Klamath County. First of all, the growing season in this region is very short, and farms cannot supply schools with the consistency and quantity they require. This is challenging for local farms because the production season also does not coincide with the school-year. In addition, schools do not have adequate staff to prepare home-cooked meals with fresh vegetables. Food would need to be triple-washed, cut, packaged, and ready to serve at the point of sale because the staff does not have the labor power to prepare the food.



CHALLENGES USING LOCAL FOOD FOR RESTAURANTS AND OTHER MEAL PROVIDERS

1. QUANTITY OF SUPPLY

There is not enough product to supply restaurants with the amount of produce they need, even though restaurants are interested in using local produce.

2. DISTRIBUTION

It is often infeasible for farmers to transport their products to a variety of locations. At the same time, restaurants are unable to pick up their ingredients at the farm.

3. CONSISTENCY

Restaurants need consistent and sure supply because they have fixed menu items, but local farmers cannot provide a consistent supply of certain products, especially during the winter.

4. SUSTAINABILITY

Farmers cannot secure long term contracts with meal providers, but large scale distributors are able to provide long term contracts that are simple to monitor.

5. COST

Buying local food is more expensive than using wholesale products.

FOOD ASSISTANCE

Klamath and Lake Counties have a variety of food assistance services for those who need it. These programs range from federal programs to community meals, and despite these programs still falling short of the level of need in this region, people do a lot with the little they have.

UNDERSTANDING WHO CAN RECEIVE FOOD ASSISTANCE

2011 FEDERAL POVERTY GUIDELINES

Size of Family	100%	133%	185%
1	\$10,890	\$14,483.70	\$20,146.50
2	\$14,710	\$19,564.30	\$27,213.50
4	\$22,350	\$29,725.50	\$41,347.50

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM: 185%

WOMEN, INFANTS, AND CHILDREN: 185%

KLAMATH - LAKE COUNTIES FOOD BANK: 185%

SENIOR FARM DIRECT NUTRITION: 135%

FREE SCHOOL LUNCH: 130%

REDUCED PRICE LUNCH: 185%

Eligibility for food assistance depends on income eligibility. 100% is the official poverty level, but eligibility for the food assistance programs on the left range from 130%-185% of that level.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP is a program funded by the federal government that provides individuals with a food stipend each month based on their income level. Participants can now use their Electronic Benefits Transfer (EBT) cards to pay for groceries instead of using food stamps.

Klamath County's SNAP participation rate is relatively high. In 2009, the rate was 70% while Lake County's was 60%. The application process can be done over the phone and applications can be filled out online, which is helpful for rural residents.

SNAP users and DHS employees have mentioned that the system could be more confidential. The Oregon Trail Cards are highly identifiable, and customers in line often know that someone is using SNAP. DHS employees also note that SNAP has been particularly useful for clients transitioning from TANF assistance (Temporary Assistance for Needy Families), who no longer receive a cash grant. Those transitioning are eligible for the same amount of SNAP benefits for five months afterwards, and this is extremely helpful for

	AVERAGE MONTHLY PARTICIPANTS	PARTICIPATION RATE (OF THOSE ELIGIBLE)	SENIOR SNAP PARTICIPATION (OF THOSE ELIGIBLE)	AVERAGE MONTHLY SNAP BENEFITS PER PERSON
KLAMATH	14,376	70%	26%	\$88
LAKE	1,390	60%	38%	\$72

Partners for a Hunger-Free Oregon data from American Community Survey, 2008 and 2009

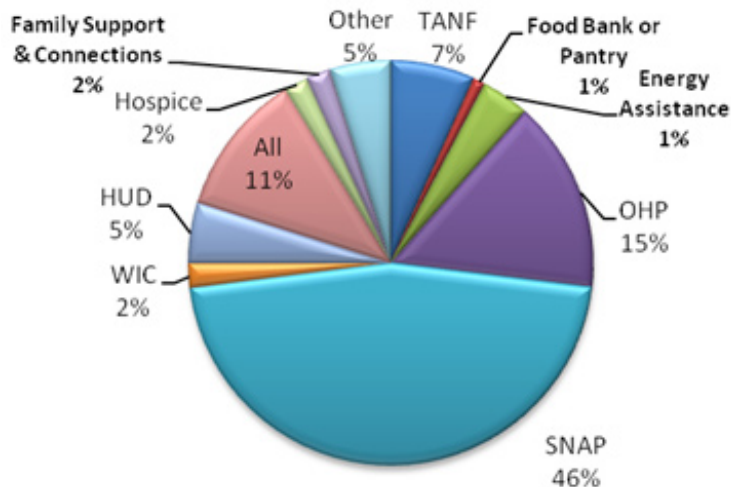
those clients.

SNAP also has an extraordinary economic benefit for cities. Grocery stores in rural communities that accept SNAP have reported that SNAP transactions account for more than 50% of sales. In fact, if all eligible people were enrolled, the Klamath County economy would have received an additional \$5.6 million federal dollars last year, and the Lake County economy would have received an additional \$672,222 federal dollars (Partners for a Hunger-Free Oregon, 2009).

In Klamath Falls, the percentage of clients that have earned income or self employment income is 32.89% and in Lakeview/Christmas Valley, that percentage is 35.14% (DHS). “Our users are employed, but with rising costs in just about everything, their income goes toward rent, electricity, personal items, and everything else they need,” said a DHS employee.

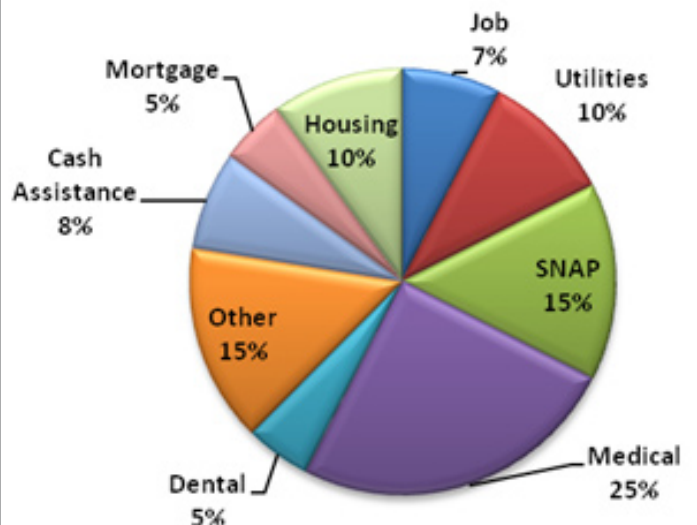
WHAT PEOPLE THINK ABOUT SNAP

WHICH SERVICE DO YOU RECEIVE THAT HELPS YOU THE MOST?



An overwhelming 46% of client consumers in Klamath County find that SNAP is the service that helps them the most. SNAP allows families to save money on food so they can spend the rest of their money on basic needs, like health and childcare.

PLEASE LIST ANY UNMET NEEDS YOU HAVE HAD IN THE PAST YEAR.



15% of respondents still indicated that SNAP is one of their unmet needs. Many are in need of assistance, but do not qualify for the program.

2011 Community Needs Assessment, Klamath and Lake Community Action Services

TRIBAL COMMODITIES

Tribal members who are part of a recognized tribe may receive tribal commodities in lieu of SNAP. The Klamath tribal commodities branch services both Klamath and Lake Counties, although the majority of clients are in Klamath County. Tribal members receive a box of food once a month, and food is also delivered to seniors and other individuals who are not easily mobile.

EMERGENCY FOOD: KLAMATH-LAKE COUNTIES FOOD BANK

Times are tough. In the last eighteen months, more than 1,000 new households ate from a food box or had a meal with food provided by the food bank. This means the people who used to donate to the pantry are now the ones benefiting from it. People from all walks of life are utilizing the food bank.

A typical food box contains enough food to last three to five days. Last year, the food bank provided food to about 5,200 households, or nearly 18,600 people. In 2009, they distributed 15,242 food boxes and provided food to assist agencies in the preparation of 340,000 meals that fed children, seniors, disabled people, and the homeless.



IN THE PAST YEAR AT THE KLAMATH-LAKE FOOD BANK

66% of households served were seniors or disabled

9% were disabled veterans

55% had no health insurance

48% had at least one child in the home.

HOW IT WORKS

The Klamath-Lake Counties Food Bank, like other regional food banks, has a network of food pantries that distribute USDA and community donated food to clients. The Food Bank distributes 26,000 lbs of food weekly.

Each pantry is responsible for picking up food in Klamath Falls and storing it. However, the Klamath County Food Bank helps to acquire refrigerators, hauling equipment, and appliances to keep food fresh.

When someone comes into a food pantry, they are first referred to the Klamath-Lake Food Bank



for a punch card. This card allows each individual to access 12 boxes of food each year, but people can call the Klamath-Lake Food Bank to receive an extra box if they are in need.

The first time someone comes into a food pantry, they are given a food box. The second time, they are required to present a punch card.

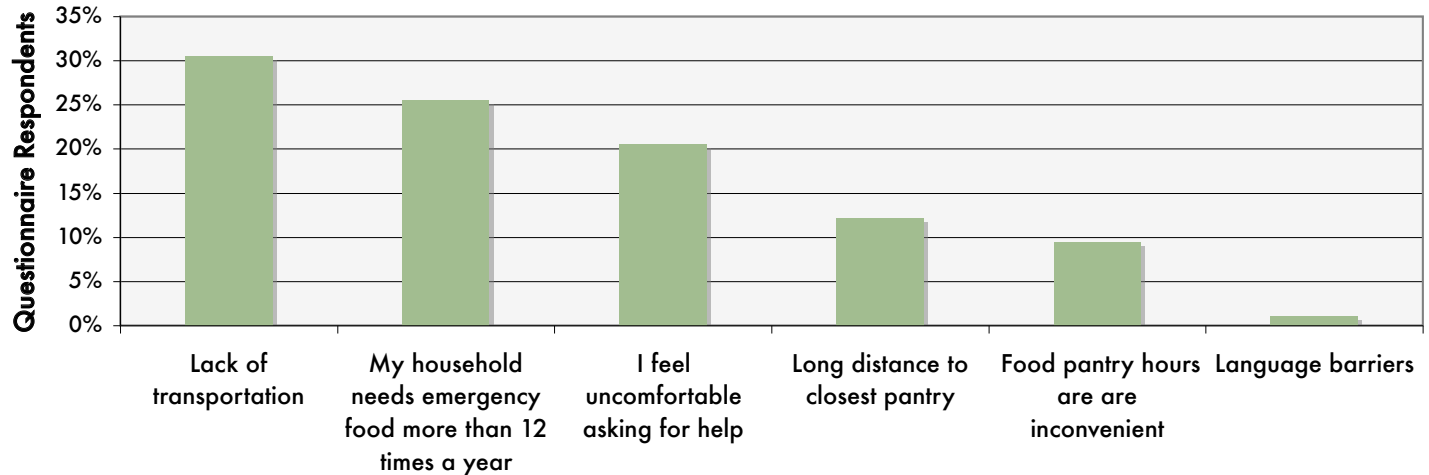
All the food pantries are held at some type of community center or church, and they rely entirely

on volunteer labor. In fact, this last year, Klamath and Lake County residents clocked 20,000 hours of volunteer time at local food pantries.

EACH PANTRY IS DIFFERENT

Each pantry operates differently. Although they all use the same system of punch cards, each pantry chooses a different system to distribute food. For example, one pantry distributes boxes to people as they sign in, giving each household the same size box, regardless of their family size. Others create boxes based on the size of households. Friends Church in Klamath Falls has clients fill out a form so they can choose the items they'd like to have in their box off a list. Finally, other pantries, like the Salvation Army and Faith Center in Lakeview, have a shopping setup so that individuals can select food to place in their own boxes.

HAVE YOU EXPERIENCED ANY OF THE FOLLOWING ISSUES IN ACCESSING FOOD PANTRIES?



2011 Klamath and Lake Food Pantries Questionnaire

MEAT DONATIONS

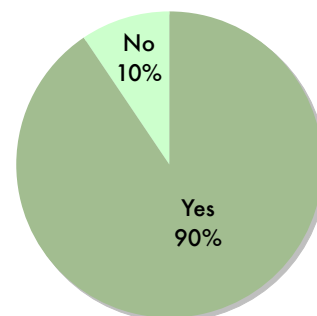
Many ranchers used to donate whole beef to the food bank, and animals were processed by local slaughterhouses, without USDA certification. Since then, regulations have changed, and Food Banks are required to distribute meat that has been processed in a USDA inspected facility. In Klamath Falls, the Food Bank rectified the issue by partnering with Masami, a small USDA Processing Facility in Klamath County that ships all its meat abroad. Masami does not process locally for other ranchers, but they now slaughter beef for the Food Bank. Once slaughtered, the beef is transported to Sherm's Thunderbird for the cut and wrap.

The problem was solved in Klamath County, but Lake County has no USDA facility to slaughter local beef for the food pantries. It is not cost effective to have Masami slaughter for them because of the distance.

LAKE COUNTY FOOD SHARE

Food pantries in Lake County are all serviced by Klamath – Lake Counties Food Bank, but Lake County Food Share is a separate entity that provides one time emergency food boxes to community members who need it. They conduct donation drives in Lakeview and store food in their warehouse for the Lakeview food pantries. This food is also distributed to community organizations, such as the senior center, sunshine center, children's center, and crisis center.

DOES YOUR HOUSEHOLD CONSUME/ EAT ALL THE ITEMS IN YOUR FOOD BOX?



2011 Klamath and Lake Food Pantries Questionnaire

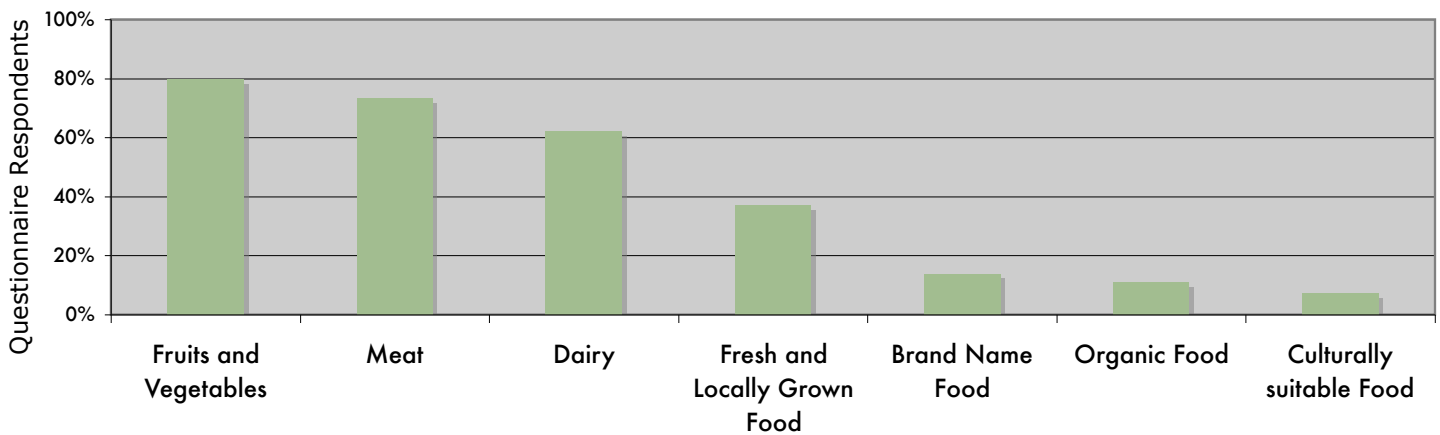
FOOD BANK ASSETS

STRONG SOCIAL RELATIONSHIPS

Not only do the volunteers at the pantry know the names of people coming in, but they know their phone numbers. They remember when a neighbor isn't able to pick up a food box that month because of a doctor's appointment. So, they deliver. They call seniors in the community to make sure they have a ride to the pantry. If not, they offer transportation.

The Klamath-Lake Food Bank receives many donations and local people in the community are aware of what the food bank does.

WHICH OF THE FOLLOWING TYPES OF FOOD DOES YOUR FAMILY NEED BETTER ACCESS TO?



2011 Klamath and Lake Food Pantries Questionnaire

FOOD BANK ISSUES

1. LACK OF PRODUCE

Produce is not a common thing at food pantries, particularly in Lake County. So, the best way to improve produce availability is to encourage gardeners to grow an extra row for the Food Bank.

2. EMERGENCY FOOD AS A ROUTINE FOR PEOPLE

Food pantry volunteers welcome clients into a warm, social atmosphere each week. Everyone knows each other, but that brings light to the reality of the issue: Emergency food is a regular source of food for many people. It is not just an emergency safety net.

3. DISTANCE OF PANTRIES FROM FOOD BANKS

The Klamath-Lake Food Bank is not the closest food bank for most northern pantries. The trip to Klamath Falls takes three hours for some pantries, and with heavy snow in the winter, it is very difficult for volunteers to procure their food each month. Since most northern communities can only afford to do pick-ups at the food bank every three months, their food is often not fresh. The regional food bank in Bend is much closer, but because funding is allocated by county, volunteers have to drive the distance.

4. INCREASING DEMAND

The Klamath-Lake Counties Food Bank has had more demand and fewer donations this year. In addition, some communities like Adel and Plush, do not even have a food pantry.



ROTARY FIRST HARVEST

Rotary First Harvest was founded in Klamath Falls in 2003, and is a stand-alone non-profit organization with a variety of food programs including food recovery, community gardening and production, fruit and vegetable salvage, and a County Fair meat-purchasing program. The founder, Sharon Parks, was appalled by the amount of food waste in the fields, and made it her mission to recover this food to feed the hungry. Since 2003, the organization has salvaged over 700,000 pounds of fresh fruit, vegetables, and meat. They supply that food to the Food Bank, Senior Center, Gospel Mission, and Marta's House to supplement what those organizations already have.

Through their meat program, First Harvest sells donated County Fair animals to a slaughterhouse, and reuses the money to buy meat at Sherm's Thunderbird. They also have a community garden in town and a production garden, at which Rotary volunteers produce food for the Food Bank. Rotary First Harvest recently started a Restaurant Recovery Program to rescue food from the hospital and serve it at the Klamath Falls Gospel Mission. In the future, they hope to offer more education for youth and adults through gardening and cooking classes.

WOMEN, INFANTS, AND CHILDREN (WIC)

The WIC program provides support to low-income women and children who are at nutritional risk. The offices in Klamath and Lake Counties use participant-centered education, working with each family to determine to what changes are practical for different people.

SERVICES OFFERED IN KLAMATH-LAKE COUNTIES

1. Education and counseling on nutrition and physical activity.
2. Breastfeeding education and support
3. Nutritious foods purchased with WIC vouchers
4. Immunization screening and referral
5. Individual assessment of growth
6. Referral to other preventive health services.

	PREGNANT WOMEN SERVED (%)	# OF WOMEN, INFANTS, AND CHILDREN SERVED	# WIC FAMILIES	% WORKING FAMILIES IN WIC
KLAMATH	66.7%	4,265	1868	65.4%
LAKE	51.5%	335	145	62.1%

Oregon WIC Program WIC Facts, 2010

FOOD PURCHASED WITH WIC VOUCHERS

	GROCERY STORES	FARMERS / FARM STANDS	TOTAL DOLLARS TO LOCAL WIC RETAILERS
KLAMATH	12	32	\$1,500,310
LAKE	4	2	\$116,139

Oregon WIC Program WIC Facts, 2010

WIC is part of the Farm Direct Nutrition Program, in which families can purchase food from local farms and markets with WIC vouchers. In 2009, Seniors and WIC Families redeemed \$14,511 in coupons to buy fresh produce from local farms. In Lake County, only \$72 in farm direct vouchers were utilized, and they were all spent by seniors rather than WIC participants.

COMMUNITY MEALS

Churches in Klamath Falls, Chiloquin, Sprague River, Beatty, and Christmas Valley provide a variety of weekly breakfasts and dinners. The Klamath Falls Gospel Mission provides meals three times a day, every day of the week. It is a mass feeding site, and on a typical day, the Mission feeds approximately 300 people. The Mission served approximately 100,000 meals last year, which was a 20,000 meal increase from the previous year.

Most communities have senior meals programs, but many, like Gilchrist and Christmas Valley, have lost them because of a lack of volunteers to organize them. Seniors look forward to these gatherings, not only because of the meal, but also for the opportunity to share a meal. Meals for tribal elders are available in Chiloquin and Beatty. These programs are cherished in the communities that have been able to hold onto them.

CHURCH PARTNERSHIPS PROVIDE A LOVING MEAL

One of the major issues with sustainable food programs is volunteer burnout, but all over both counties, it is apparent that volunteers step up to meet the need. In Bly, when one church could no longer support the food pantry, volunteers from another church took over.

In Klamath Falls, church pastors came together for an interdenominational tea to ask "What can we do for the community together?" From that meeting, eight churches came together to start the P.A.L.M. dinner, "Provide a Loving Meal." Each week, one or two church congregations prepare and serve a meal at the Methodist church, sharing volunteer work and providing a consistent resource for the community.



BLY PARTNERSHIPS FEEDING PEOPLE

After the Bly school closed, most students in Bly and Beatty started going to school in Bonanza. Less than 20 stay in Bly to attend the web-based program on the old school grounds, but since the number of students is so low, the school cannot afford a chef. Volunteers shuttle lunches between Bly and Bonanza almost every day, a round trip that takes over two hours. Through community partnerships, they now share a meal with the seniors one day a week.

Senior Lunch is a weekly donation-based meal. It almost ended with the closing of the Bly senior center, but the weekly meal survived at a local volunteer's insistence that it be moved to the school cafeteria. This change proved beneficial for both the seniors and students. Not only was the community able to save the weekly senior lunch, but also provide a weekly hot meal to students.

SCHOOL LUNCH

School lunches are available to all students, either by payment, or through the free/reduced price lunch program. Some school districts in rural Lake County do not have school meals because of a lack of staff to administer them, and each school district has different policies and programs.

ISSUES PROVIDING HEALTHY FOOD TO STUDENTS

LACK OF COOKS

The Klamath Falls City School District does not employ chefs or cooks. Instead, most districts have food preparers, who place frozen meals in ovens and serve them. There is minimal cooking involved in food preparation because there is no money to hire more labor. So, food preparers essentially work 1.5 hour shifts. All districts have major staffing and budgeting challenges, but some are beginning incorporate more cooking.

MONEY

Healthier food items are more expensive, and home-cooked items are costly because of labor costs.

CHANGE NEEDS TO HAPPEN A YEAR AHEAD OF TIME

Commodity orders are done in January, so changes to the menu must be planned 1.5 years before schedule.

THE DEMAND IS NOT THERE

The health of school food is not only about pricing, but also about demand. Some food managers are interested in putting cooking into schools again, but they believe kids prefer the ready-made products.

REGULATIONS INTERFERE

One school in Klamath Falls used to prepare a snack through the USDA program, but rules impeded on instructing time, especially a rule that students should choose their own snacks instead of being served.

NEXT STEPS: SCHOOL LUNCH

- Develop a plan for how both counties will transition to healthier school menus.
- Use fresh fruits and vegetables by starting with one home-cooked meal a month. Klamath Falls City Schools would like to centralize food preparation in order to do this.

FREE AND REDUCED PRICE LUNCH

Free and reduced price lunch is a federal program that allows children attending school to eat a free lunch and breakfast. In the schools, students input their information digitally. So, neither the cashier nor the students know who is using the program. In Klamath County, if all students eligible for free or reduced price lunch were served, the local economy would have received an additional \$1,607,436 in federal dollars last year and fed an additional 3,425 eligible low-income children. Lake County's economy would have received an additional \$63,130 in federal dollars last year and fed an additional 134 eligible low-income children.

	% ELIGIBLE FOR FREE AND REDUCED PRICE MEALS	# PARTICIPATING IN NATIONAL SCHOOL LUNCH ON AVERAGE	# PARTICIPATING IN SCHOOL BREAKFAST PROGRAM
KLAMATH	64.7	3858	2788
LAKE	47.3	554	269

Partners for a Hunger-Free Oregon data from American Community Survey, 2009

SUMMER LUNCH

During the school year, schools offer federally funded school meals to those who qualify, but in the summer, many do not have access to a lunchtime meal at home.

Through the summer lunch program, any child is eligible to eat lunch at a designated summer lunch park. There is no registration required, and Klamath County has an extensive program. Lake County, on the other hand, only offers a summer lunch in Lakeview. The sparse residential distribution in North Lake County makes the program difficult to administer in one spot. Although this is a community that has high need for such a program, children would literally have to drive 20 miles in order to get to a lunch.

In Klamath County, 35,026 lunches were served during the summer 2010 (Oregon Department of Education, Child Nutrition Programs data), and 52% ate meals through the Summer Lunch Program. In Lake County, 11% ate meals through the Summer Food Program.

Integral Youth Services administers the rural lunch program in Klamath County, but they lose money each year in order to do so. Although rural areas receive more money for the program, the reimbursements do not make up for the costs of distribution and transportation.

INTEGRAL YOUTH SERVICES SUMMER LUNCH

Integral Youth Services started their summer lunch program in 2001 with a handful of lunch sites in Klamath Falls and one in Chiloquin. The program slowly expanded, and by 2010, they had 30 sites, handing out 529 lunches per day and 26,497 in total. Each site is open for fifteen minutes at a time, so that IYS can optimize time and money. Craig Schuhmann says it's not just about feeding kids. It's about teaching kids about eating a healthy meal. Families do not have the means to supply a balanced meal and tend to rely on processed food and junk food. Despite the success of Integral Youth Services, the organization still finds itself with budget shortfalls of \$16,000 to keep the rural program going.

CHALLENGES FOR THE SUMMER LUNCH PROGRAM

- In rural communities, the geography and sparsity make the program challenging to administer
- It is difficult to reach teens through the program.
- The costs of administering the rural program are extremely high, and the USDA reimbursements are insufficient.

NEXT STEPS: FOOD ASSISTANCE

Our food assistance safety net is strong and people have access to emergency food if they need it. However, there are certain communities in Northern Klamath and Lake Counties that do need additional services.

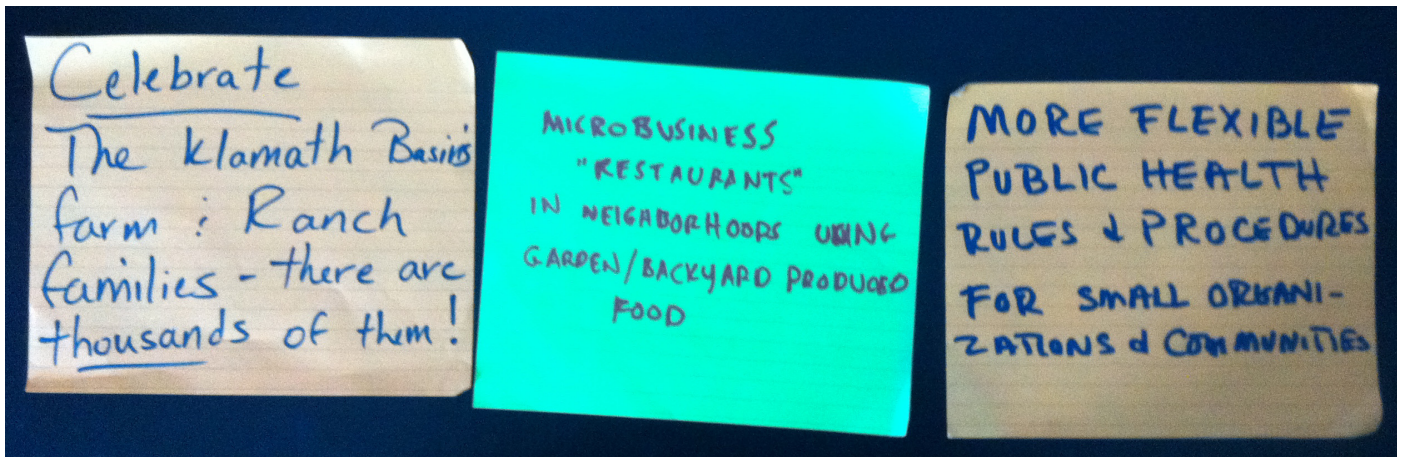
- Acquire more fresh food for emergency food pantries.
- Provide assistance to rural grocery owners who are not already SNAP authorized vendors.
- Determine ways for communities like Plush and Adel to have greater access to emergency food
- Start a gleaning program. Farmers have noted that they have food left over that needs to be harvested, and this could complement Rotary First Harvest's work.
- Do outreach for SNAP and other services at food pantries to improve participation rates.

A PATH TO A HEALTHIER FUTURE

These recommendations were derived from year-long discussions with people across the region. They delineate local solutions to the state priorities for solving hunger from *Partners for a Hunger-Free Oregon* and support many goals in the *Klamath 20/20 Vision*.

1. Increase economic stability for people and communities

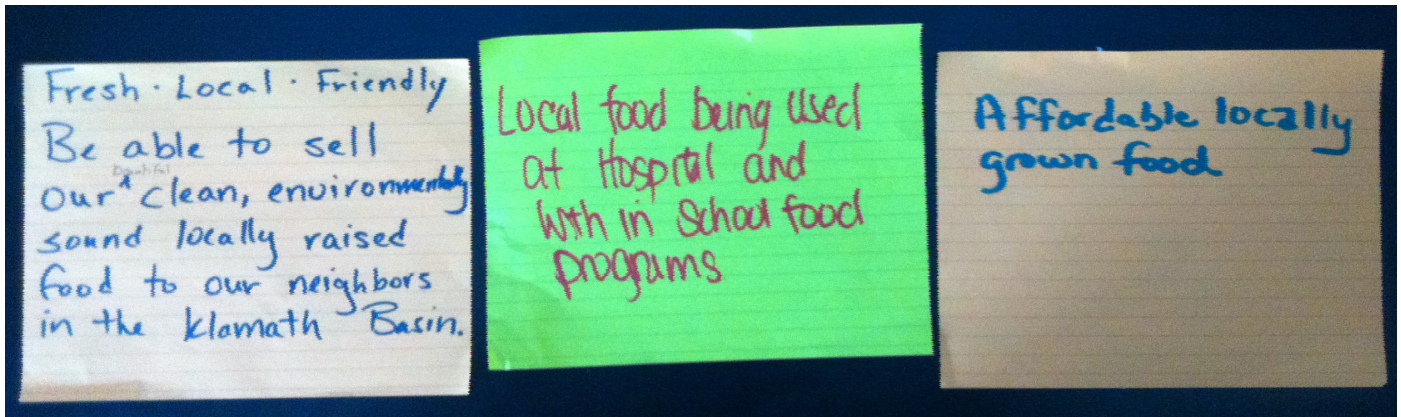
- Use local food production, processing, and sales as a legitimate community and economic development strategy.
- Develop a brand or collective marketing tool for producers in this region.
- Determine the feasibility of establishing a USDA certified meat processing facility in Klamath and Lake Counties.
- Provide educational resources for beginning farmers in the region to navigate the process of starting a farm. Make this information accessible to Hispanic entrepreneurs.
- Facilitate the development of food micro-entrepreneurs by developing an affordable community kitchen model to duplicate throughout the region.



Community visions from participants of the Klamath County Community FEAST workshop

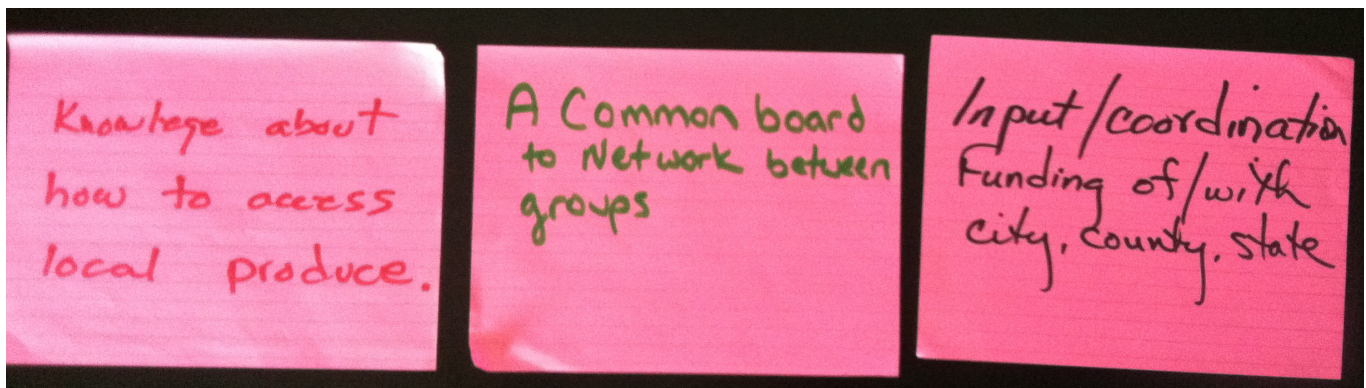
2. Cultivate a strong regional food system

- Develop a strong farmers market network throughout the region, and determine how the Klamath Falls Farmers Market can assist rural markets.
- Develop a plan for a regional and year-round approach to food production and sales. Determine the most appropriate geographical scope of a regional foodshed.
- Develop city and county policies that promote small farming and livestock ownership.
- Improve access to traditional tribal foods.
- Create gardening education opportunities for working adults and families.
- Develop educational resources about renewable energy use in local food production.
- Promote the development of fruit and vegetable farms with the goal of eventually supplying to local schools, restaurants, hospitals, and senior centers.



3. Improve the food assistance safety net

- Increase the amount of fresh produce in the food assistance network by supporting the establishment of FMNP (Farmers Market Nutrition Program) retailers in every community, creating a gleaning network, and starting a grow-a-row campaign for the food pantry.
- Ensure food assistance outreach is inclusive of rural, tribal, and farm working families.
- In high-need areas of Eastern Lake County and Northern Klamath and Lake Counties, support the expansion of summer lunch programs, school food programs, SNAP acceptance in rural grocery stores, senior lunches, and food pantries.
- Provide education for low-income community members in cooking, shopping for food, meal planning, and food preservation to promote self-sufficiency.



4. Build community capacity to improve community health

- Create and support a coalition of regional stakeholders with a unified mission. The purpose of this group is to effectively address the issues around hunger and health that are not currently being addressed and to initiate regional food systems projects. A strong coalition will consist of representatives from all sectors of the food system.
- Develop more awareness about the importance of local food production in Klamath and Lake Counties and educate consumers about how to access nutritious, local foods.
- Publish a Food Guide every year and develop a series of public education events, such as public farm tours, film screenings, public discussions, and presentations relevant to food system issues. Conduct a Community FEAST event in Lake County.
- Improve the health of rural communities by creating a healthy rural grocery store program. Invest in the future health of the community by improving the nutrition in school lunches.

METHODOLOGY

The information in this assessment was gathered through interviews, community meetings, questionnaire responses, library research, statistical data, and the Klamath County Community FEAST workshop. It uses qualitative and quantitative data to convey both the general trends in the region and a variety of needs and opportunities identified by community members.

The questionnaires were targeted at three different populations, and were available in both English and Spanish.

1. The Food Pantries Questionnaire was designed to gain insight into food access issues for low-income individuals and how to better serve their needs. The questionnaire was distributed at almost all pantries across the region from March to July. Pantry clients were encouraged to participate and enter a drawing for a grocery store gift certificate, and the total number of completed questionnaires was 180. To access the full results of the questionnaire, contact KLCAS.
2. The General Access to Food Questionnaire was designed to gain insight into food practices across the socioeconomic spectrum. This questionnaire was distributed in Klamath Falls, Lakeview, and Christmas Valley in public places such as libraries and grocery stores from May to July. People were encouraged to participate and enter a drawing for a grocery store gift certificate. There were a total of 107 questionnaires collected. To access the full results of the questionnaire, contact KLCAS.
3. The Rural Grocery Store Survey was developed by Kansas State's Center for Engagement and Community Development and adapted by the Oregon Food Bank. This survey intends to identify the challenges that rural grocery stores face and the potential for solutions to these challenges. 10 rural grocery store responses were collected. To access the full results of the survey, contact Oregon Food Bank.

The questionnaire results are based on a small sample of the population, so the data gleaned from the results only illustrate general trends. The questionnaires were confidential, but some respondents who could not read or did not have glasses, were assisted in filling out the form. This may incorporate bias into the study.

Building Healthy Communities in the High Desert provides a foundation for understanding food security in the region, but it is not exhaustive. Many of the inferences were drawn from anecdotal data from informal conversations, validated by further research. While this is a limitation of this study, it is also a strength. This assessment is meant to be a working document.



Access to Food Questionnaire

1. In which city or community do you live? _____

- 2. In your opinion, is food available and conveniently accessible where you live?
☐ Yes ☐ No

- 3. In your opinion, is food affordable where you live?
☐ Yes ☐ No

4. Where is the majority of your food from? **(Mark two of the following)**

<input type="checkbox"/> Full Service Grocery Stores in Klamath County <input type="checkbox"/> Convenience Stores/Gas Stations <input type="checkbox"/> Stores/Markets outside Klamath County <input type="checkbox"/> Home Garden <input type="checkbox"/> Community Garden <input type="checkbox"/> Hunting/Fishing/Gathering	<input type="checkbox"/> Farmers' Market/Community Supported Agriculture/Farm Stands <input type="checkbox"/> Food Pantry / Food Share <input type="checkbox"/> Community Meals <input type="checkbox"/> Senior Center/Meals on Wheels <input type="checkbox"/> USDA Commodities <input type="checkbox"/> Other: _____
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5. What distance do you typically travel for your main source of food?
☐ 0-8 miles ☐ 8-25 miles ☐ 25-80 miles ☐ 80+ miles

6. What factors affect your ability to access the food you need? **(Mark all that apply)**

<input type="checkbox"/> Income is low <input type="checkbox"/> Rising cost of other household expenses (heating/electricity/rent/childcare) <input type="checkbox"/> Lack of transportation <input type="checkbox"/> Cost of fuel	<input type="checkbox"/> Distance <input type="checkbox"/> Lack of time <input type="checkbox"/> Lack of quality or variety in food available <input type="checkbox"/> I do not qualify for assistance <input type="checkbox"/> Other: _____
---	--

7. Which of the following foods does your community need better access to? **(Mark all that apply)**

<input type="checkbox"/> Nothing else <input type="checkbox"/> Dairy <input type="checkbox"/> Beef <input type="checkbox"/> Poultry	<input type="checkbox"/> Fruits and vegetables <input type="checkbox"/> Locally-grown food <input type="checkbox"/> Organic Food <input type="checkbox"/> Culturally suitable food	<input type="checkbox"/> Brand name food <input type="checkbox"/> Prepared food/meals <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____
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8. What are your *top two* priorities while making food purchases? **(Mark two of the following)**

<input type="checkbox"/> Price <input type="checkbox"/> Health/Quality	<input type="checkbox"/> Convenience <input type="checkbox"/> Locally Produced	<input type="checkbox"/> Taste <input type="checkbox"/> Other _____
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9. Do you eat any food that is grown or produced within Klamath County? **(Mark all that apply)**

<input type="checkbox"/> I don't know <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables	<input type="checkbox"/> Milk <input type="checkbox"/> Poultry <input type="checkbox"/> Meat	<input type="checkbox"/> Eggs <input type="checkbox"/> Fish/Seafood <input type="checkbox"/> Jam/Honey	<input type="checkbox"/> Other: _____ _____ _____
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(Turn Page)

The results of this questionnaire will be used in the 2011 Klamath County Food Assessment.

Your responses will remain confidential.

Thank you for your time. Your opinion is greatly appreciated!

Access to Food Questionnaire

10. When you choose not to eat local food, what is the main reason? **(Mark one of the following)**
- | | |
|---|--|
| <input type="checkbox"/> Not available where I shop | <input type="checkbox"/> Not much variety or selection |
| <input type="checkbox"/> Too expensive | <input type="checkbox"/> It is only available seasonally |
| <input type="checkbox"/> Do not know where to purchase it | <input type="checkbox"/> Other: _____ |
11. Have you ever purchased food/food products at a Farmers' Market in Klamath County?
- ☐ Yes ☐ No
12. If you do not regularly attend a farmers' market, what is the main reason? **(Mark all that apply)**
- | | |
|---|--|
| <input type="checkbox"/> Price | <input type="checkbox"/> I am not aware of a local Farmers' Market in my community |
| <input type="checkbox"/> Timings/dates of the market | <input type="checkbox"/> I grow my own produce |
| <input type="checkbox"/> Distance | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Does not have the food I want/like | |
13. How often are your household meals home-cooked?
- ☐ Never ☐ Sometimes ☐ Usually ☐ Almost always
- a. If you answered "Never" or "Sometimes," what is the main reason you do not cook your meals?
- | | |
|---|--|
| <input type="checkbox"/> I do not know how to cook | <input type="checkbox"/> I do not have proper kitchen tools/appliances to cook with where I live |
| <input type="checkbox"/> It takes too much time to cook | <input type="checkbox"/> Home-cooked food does not taste good |
| <input type="checkbox"/> I am physically unable to cook | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> I am homeless | |
14. Would you like to learn more about cooking healthy food? ☐ Yes ☐ No
15. Do you grow any of your own food? ☐ Yes ☐ No
- a. If "No," are you interested in learning how to grow your own food? ☐ Yes ☐ No
16. Are you (or your children) utilizing any of the following assistance programs? **(Mark all that apply)**
- | | | |
|---|---|--|
| <input type="checkbox"/> SNAP (Food Stamps) | <input type="checkbox"/> Free and Reduced Price Lunch/Breakfast | <input type="checkbox"/> Farm Direct Nutrition Program |
| <input type="checkbox"/> WIC | <input type="checkbox"/> Food Pantry | <input type="checkbox"/> Free Community Meal |
| <input type="checkbox"/> Meals on Wheels | | |

Size of family: (Indicate number) Adults: _____ Children: _____

Sex: ☐ Male ☐ Female

Household Income:

<input type="checkbox"/> \$0 – \$25,000	<input type="checkbox"/> \$25,000 – 50,000	<input type="checkbox"/> \$75,000 – \$100,000
	<input type="checkbox"/> \$50,000 – 75,000	<input type="checkbox"/> \$100,000 +

Comments

The results of this questionnaire will be used in the 2011 Klamath County Food Assessment.

Your responses will remain confidential.

Thank you for your time. Your opinion is greatly appreciated!

APPENDIX B

Food Pantries Questionnaire

1. In which city or community do you live? _____
2. In the past year have you or people in your household (Mark all that apply):
 - ☐ Skipped meals, or reduced their size because you did not have enough money to buy more
If yes, how often? _____
 - ☐ Worried that you might run out of food before you had enough money to buy more
If yes, how often? _____
 - ☐ Skipped a meal so that the children could eat
 - ☐ Struggled to feed the children in the summer, while they were not in school
3. Which of the following types of food does your family need better access to? **(Mark all that apply)**
 - ☐ Fruits and vegetables
 - ☐ Meat
 - ☐ Dairy
 - ☐ Organic food
 - ☐ Brand name food
 - ☐ Culturally suitable food
 - ☐ Fresh and locally grown food
 - ☐ Other: _____
4. Does your household consume/eat all the items in your food box? ☐ Yes ☐ No
 - a. If *No*, do any of the following issues affect your consumption? **(Mark all that apply)**
 - ☐ I do not have a choice of the foods I receive
 - ☐ The food is not culturally suitable for my household
 - ☐ Other: _____
 - ☐ The food is not appropriate for allergy/dietary issues
 - ☐ I do not know how to cook what I receive
 - ☐ I do not like the types of food I receive
5. Have you experienced any of the following issues in accessing food pantries? **(Mark all that apply)**
 - ☐ Food pantry hours are inconvenient
 - ☐ My household needs emergency food more than 12 times each year
 - ☐ Lack of transportation
 - ☐ Long distance to closest pantry
 - ☐ Language barriers
 - ☐ I feel uncomfortable asking for help
 - ☐ Other: _____
6. Does anyone in your household use any of the following programs? **(Mark all that apply)**
 - ☐ SNAP (food stamps)
 - ☐ WIC
 - ☐ Senior Lunch / Meals on Wheels
 - ☐ Community Meals
 - ☐ Free and Reduced School Lunch/Breakfast
 - ☐ Farm Direct Nutrition Program (Senior Vouchers or WIC vouchers)
 - ☐ Other: _____
7. Do you have any of the following issues in *signing up for* OR *using* the programs listed in the previous question? **(Mark all that apply)**
 - ☐ Lack of transport to office or service sites
 - ☐ Long distance to offices or service sites
 - ☐ Inaccessible office or service site hours
 - ☐ Language barriers
 - ☐ Applications are difficult to fill out
 - ☐ Citizenship status of someone in household
 - ☐ Feel embarrassed or uncomfortable asking for help
 - ☐ Other: _____
8. Are the majority of your meals home-cooked? ☐ Yes ☐ No
9. Would you like more information about cooking healthy food? ☐ Yes ☐ No
10. Would you like information about how to shop for food on a budget? ☐ Yes ☐ No
11. Do you grow/harvest any of your own food to save money? ☐ Yes ☐ No

Comments:



KLAMATH COUNTY

LOCAL FOOD GUIDE

Made possible by Adams Berries & Produce,
Klamath Falls Farmers Market, Wyatt's American Eatery and A Leap of Taste

WHY LOCAL?

Support your local economy:

Spending your dollars with farmers, ranchers, and retailers that sell locally grown food keeps your money circulating in the community. This is because locally owned businesses, unlike many nationally owned businesses, purchase from other local businesses and farms. A growing body of evidence suggests that every dollar spent at a locally owned business generates two to four times more economic benefit for the community, measured in income, wealth, jobs, and tax revenue. Buying local food not only strengthens our existing regional food economy, but also encourages new family farmers to sell food locally.

Know where your food is coming from:

Knowing where your food comes from and how it is raised enables you to choose safe food from farmers you trust.

Eat fresh, healthy, and delicious food:

Farmers markets and roadside vendors are a source of the most nutrient-rich fruits and vegetables. When produce is shipped from out of the state or country, it is picked before it is ripe, in transit and cold-storage for days or weeks, and the nutritional value declines over time. In contrast, locally grown foods often reach the consumer within 24 hours of harvest. The freshness of these fruits and vegetables not only affects taste, but can also improve nutrition.

FIVE WAYS TO START EATING LOCALLY

- 1 | Buy fruits and vegetables at a weekly farmers market
- 2 | Participate in a community garden or grow your own garden
- 3 | Buy locally raised whole animals
- 4 | Join a CSA (Community Supported Agriculture)
- 5 | Ask your grocery store to source food locally

GROW FOOD FOR YOUR FAMILY

Local Nurseries

Local garden nurseries sell plants that are well suited to the unique conditions and climate of Klamath County. Buy your vegetable starts or seeds at one of the following nurseries:

Horizon Landscape Nursery

2155 Etna Street
Klamath Falls, OR 97603
541-884-1177

Keno Herbs and Nursery

Clover Creek Road and Highway 66
Keno, OR 97601
541-882-1620
www.kenoherbsandnursery.com

Liskey Farms Nursery

(Flower Petals Inc.)
6750 South Sixth Street
Klamath Falls, OR 97603
541-885-8517

Mountain Valley Gardens

4800 Washburn Way
Klamath Falls, OR 97603
541-882-3962

Plantscapes of Oregon

4301 Highway 39
Klamath Falls, OR 97603
541-884-2283
www.klamathnursery.com



GROW FOOD FOR YOUR FAMILY

Community Gardens

Green Thumbs Up Community Garden

1917 Orchard Avenue
Klamath Falls OR 97601
541-274-9979 (Andrea Daly)
tonkabeans@gmail.com

Want to have a place to grow your own food and flowers? Individuals can apply to use a half garden bed (4' x 10') for a \$10 water fee or a full garden bed (4' x 20') for a \$20 water fee. Plots are available throughout the summer gardening season and applications are available for pick up at 409 Pine St. Gardeners are required to use organic methods of gardening only.

Keno Community Greenhouse

Clover Creek Road and Highway 66
Keno OR 97601
541-882-1620 (Angela Reid)
kenoherbs@gmail.com
www.kenocommunitygreenhouse.org

Start your seeds on the community seeding start table and learn how to recycle every day products for "seed starting kits." Space, soil, recycled containers, and handouts are provided at no cost. Grow food for your family or sell it at the Keno Farmers Market!

Klamath Falls Community Garden

320 South 6th Street (Across from The Ledge)
www.healthyactiveklamath.org
Participants are assigned a 4' x 20' raised garden bed free of cost and are responsible for all aspects of planting, growing, cultivating, and harvesting their assigned plot. Although plots have already been allocated for this summer, please look out for applications next spring!

Youth Gardening Programs

"I Can Grow Things!" Summer Camp June 28-July 21

10:00 - 12:30 pm Tuesdays & Thursdays
1918 Oregon Avenue
Klamath Falls (next door to Friends church)
oregonstate.edu/dept/kbrec
Campers will learn how to grow and cook food from the garden while having fun in an outdoor setting. This program is open to children entering grades two through six. Space is limited to the first 25 children that register by June 21, 2010 at OSU Extension Center, 3328 Vandenberg Road, Call 541-883-7131 or email Stacey.bennett@oregonstate.edu to register. Soon your child will be saying, "I can grow things...and cook them too!"

OSU Junior Master Gardeners

July 11-15
9 am - 12 pm, Monday through Friday
3328 Vandenberg Road
Klamath Falls (OSU Extension Center)
oregonstate.edu/dept/kbrec
During the camp, young garden enthusiasts, entering grades two through six, spend five, fun-filled days learning about the art and science of gardening, as well as how to prepare a variety of homegrown snacks and meals. Working alongside OSU faculty and Master Gardener volunteers, campers engage in stimulating, hands-on projects and activities that help them establish links between plants, gardening, and healthy living. Space is limited to the first 25 applicants. To register, call or email Jordan Rainwater at 541-883-7131 or jordan.rainwater@oregonstate.edu.

Grow a Little Extra and Donate it!

There are emergency food programs and community agencies throughout the county that are in need of fresh produce this summer. Grow an extra row and donate it to a local food pantry or the IYS Summer Lunch program! Whether the donation is small or large, any amount of fresh produce helps!

IYS Summer Lunch Program

1011 Main Street
Klamath Falls, OR 97601
www.iyskfall.org
To donate to the IYS Summer Lunch Program, contact Craig Schuhmann at 541-850-7385 or outreachdir@iyskfalls.org.

Klamath-Lake Counties Food Bank

To donate garden produce to a pantry in your neighborhood, deliver to any of the following locations on the day and time listed, preferably immediately before the pantry opens.

KLAMATH PANTRY

DAY	LOCATION	TIME	ADDRESS
MONDAY	Klamath Lutheran	5:30 - 6:30 PM	1175 Crescent Ave.
TUESDAY	Salvation Army	8-10 AM	4243 Winter Ave.
	Keno Savings Grace Lutheran	3 - 4:30 PM	15681 Highway 66
(Last two Tuesdays of Month)	Friends Church	4:30 - 6:30 PM	1910 Oregon Ave.
WEDNESDAY	St. Paul's	9 - 12 PM	801 Jefferson St.
	St. Vincent de Paul	4:30 - 6 PM	4880 Bristol Ave.
THURSDAY	Salvation Army	8-10 AM	4243 Winter Ave.
FRIDAY	Nazarene Church	3 - 5 PM	2142 Carlson Dr.
(Last Friday of Month)	Stewart Lennox Baptist	4:30 - 5:30 PM	3510 Emerald Ave.

BLY PANTRY

3RD WEDNESDAY	Christian Missionary and Alliance Church	9:30 - 11:30 AM	61125 Hwy 140 E, Bly
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MALIN/MERRILL PANTRY

2ND WEDNESDAY	Civic Center	10 - 12 AM	365 W Front St., Merrill
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LOCAL AGRICULTURE

What is Community Supported Agriculture (CSA)?

CSAs are an excellent way to try a variety of fruits and vegetables that are grown locally. Participants in CSAs pay farmers at the beginning of a growing season or in regular installments to receive a weekly box of fresh produce, eggs, dairy products, grains, and/or meat. By receiving financial support in advance, farmers receive better prices for their crops and are relieved of constant marketing pressures throughout the season.

In order to become a CSA member, contact one of the CSAs listed and inquire about membership prices, season length, and types of produce each farm harvests in a season.

Fruit and Vegetable Producers

Aerie Acre (Summer CSA)

Bear Valley
440-554-9804
matt@dragonflytransitions.com
Aerieacre.com
Aerie Acre is a non-profit market garden run by volunteers at Dragonfly Transitions. Their goal is to provide the community with local, sustainable, and healthy produce. Aerie Acre sells a wide variety of seasonal vegetables at the Klamath Falls Farmers Market, Leap of Taste, and through their summer season CSA. Their CSA pick up location is 1010 Pine St. in Klamath Falls.
*Accepts Farm Direct Nutrition Program Checks

Fresh Green Organic Garden (Year-Round CSA)

4010 Lower Klamath Lake Road
Klamath Falls, OR 97603
541-798-4144
rick@freshgreenorganics.com
www.freshgreenorganics.com
Fresh Green Organic Garden sells a variety of nutritious microgreens, heirloom tomatoes, herbs, and other fresh vegetables. You can purchase their items through a CSA at the Klamath Falls Farmers Market, Green Way EcoMart's Tuesday Market, and Leap of Taste. Their CSA Pickup Locations are at Fresh Green Organic Garden and Green Way EcoMart (249 East Main St., Klamath Falls) every Tuesday.

Stauton Family Farm (Summer CSA)

3524 Hill Road
Tulelake, CA
541-281-1551
stautonfamilyfarm@gmail.com
www.stautonfamilyfarm.com

Stauton Family Farm is a fourth generation venture and Tulelake homestead that has been growing food since 1929, providing Organic produce certified by Oregon Tilth. The Stauton family is also a leader in the Walking Wetlands project, which involves the rotation of water on farmland for two to three years to increase waterfowl habitat. Their summer CSA box pickups will be Thursdays, 4:30-7 pm, at K.F. Friends Church (1918 Oregon Avenue, Klamath Falls), Stauton Farm (3524 Hill Road, Tulelake, CA), and The Running Y Market (5416 Running Y Rd.).

Adams Berries and Produce

8448 Highway 140 East
Klamath Falls, OR 97603
(Located on the Southwest corner of Hwy 140 E & Vale Rd, approximately ¼-1 mi east of Hwy 39 and ½ mile West of Shield Crest Golf Course. Watch for their sign on Highway 140 East)
541-891-4996 (recording only)
adamsberries@gmail.com
www.adamsberries.blogspot.com
Adams Berries & Produce is a family owned & operated farm selling locally-grown strawberries and produce from mid June/July through September/October (depending on seasonal availability). Their farm specializes in strawberries & heirloom tomatoes, but also sells various peppers, cucumbers, squash, zucchini, green beans, Swiss chard, eggplants, pumpkins, tomatoes, tomatillos, kohlrabi, peas, and herbs.

You can purchase ready picked produce directly from the farm stand only. Days and hours vary, so check their blog, access their Facebook page, or call their phone recording for details on availability of produce, and farm stand days/hours.
*Accepts Farm Direct Nutrition Program Checks

Gleaning

Gleaning is a practice of gathering food that would otherwise be left in fruit trees and fields to rot, and distributing it to food pantries and other individuals interested in using it. The Local Food Network of Klamath Sustainable Communities would like to organize a gleaning network to coordinate growers, volunteers, and other individuals interested in gleaning. If you have a fruit tree that needs harvesting or ripe veggies that may go to waste, please contact Dwight Long at 541-884-9942 or oh_otto@charternet.net. If you are an individual, church group, or family interested in gleaning, and you would like to receive notice of gleaning opportunities, please contact Dwight to receive his gleaning network notices.

BONANZA PANTRY

DAY	LOCATION	TIME	ADDRESS
3RD TUESDAY	Living Springs Fellowship Church	9 - 11 AM	31897 Mission St. Bonanza

CRESCENT PANTRY

TUESDAYS	Ponderosa Christian Fellowship	10 - 12 AM	135836 Main St., Crescent
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SPRAGUE RIVER PANTRY

WEDNESDAYS	The Friends Community Church	9 - 1 PM	23840 3rd Ave. Sprague River
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CHILLOQUIN PANTRY

4TH WEDNESDAYS	Chiloquin Food Pantry	10 - 1 PM	112 First St., Chiloquin
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LAKEVIEW PANTRIES

TUESDAYS	Faith Center	10-12 PM	324 North M St., Lakeview
FRIDAYS	1st Presbyterian	2-5 PM	619 South 1st St. Lakeview

CHRISTMAS VALLEY PANTRY

3RD TUESDAY	North Lake County Food Share	9-2 PM	
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PAISLEY FOOD PANTRY

2ND TUESDAY	Paisley Food Share	5-7 PM	723 Chewaucan Rd. Paisley
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Belweather Farm

Keno
belweatherfarm@gmail.com
belweatherfarmdays.blogspot.com
Belweather Farm sells a variety of produce including tomatoes, sweet peppers, sweet onions, shallots, garlic, and head lettuce. Their products are available at the Klamath Falls Farmers Market, and farm visits are encouraged by appointment only.
*Accepts Farm Direct Nutrition Program Checks

Big John's Garden

17356 Hill Road
Klamath Falls, OR 97603
541-799-5941
john@bigjohnsgarden.com
www.bigjohnsgarden.com
Big John's Garden is very proud to be a supplier of the very best certified organic garlic and shallots, both to eat and plant. Big John sells 15 varieties of garlic and 5 varieties of shallots that are very well suited to the climate and soil in the Klamath Basin. To purchase these items, please call John and make an appointment to pick them up. Garlic and shallots are easy to store, so enjoy their freshness for several months after harvest!

Bustin Blooms

18211 Freight Rd Ln.
Keno, OR 97627
541-892-5468
bustinblooms@gmail.com
Bustin Blooms sells herbs, tomatoes, green beans, peas, zucchini, cucumbers, radishes, leaf lettuce, spinach, swiss chard, beets, and vegetable starts for the garden. All their herbs and vegetables are organically grown and their hanging baskets are bustin' with blooms. They sell at the Klamath Falls Farmers Market and Keno Saturday Market. In addition, they take special orders for flowers, vegetables, and herbs.
*Accepts Farm Direct Nutrition Program Checks

Chenard Farms

Corner of S. Bypass & Hwy 39
Klamath Falls, OR
530-605-2569
Danchen33@gmail.com
Chenard Farms sells fresh fruits and veggies, and specializes in sweet strawberries! Their naturally grown products include blackberries, snow peas, sugar peas, garlic, green beans, red onions, and yellow onions. Produce is available for purchase at the Klamath Falls Farmers

Market and at the Chenard Farm Stand.
*Accepts Farm Direct Nutrition Program Checks

Collier Farms

Klamath Falls, OR
Calvin96657@yahoo.com
Collier Farms sells raspberries at the Klamath Falls Farmers Market.

Cornelius Family Farms

9037 Hwy 66
Klamath Falls, OR 97601
benbarbk@gmail.com
Cornelius Family Farms has a U-Pick pumpkin patch and a variety of goods, winter squash, potatoes, cucumbers, and beets available late summer through October at the farm.
*Accepts Farm Direct Nutrition Program Checks

Mountain Valley Gardens

4800 Washburn Way
Klamath Falls, OR 97601
541-882-3962
Beyond selling nursery plants, Mountain Valley sells produce grown in their garden 7 days a week during the Klamath vegetable growing season. Depending on seasonal availability, they sell tomatoes, peppers, salad greens, cabbage, beets, broccoli, carrots, corn, pumpkins, green beans, peas, summer and winter squash, cucumbers (pickling and slicing), peaches, pears, berries, apples, and herbs. They also sell their products at the Merrill and Klamath Falls Farmers Markets.
*Accepts Farm Direct Nutrition Program Checks

Wild Duck Farms

21010 Cinder Court,
Bly, OR 97622
541-353-2225
wildduckfarms@gmail.com
Wild Duck Farms is a small farm located in Bly, Oregon, selling watercress, stevia, bolete mushrooms, strawberries, peas, lemon balm, horseradish, rhubarb, mint, oregano, sage, beans, salad greens, and more. They encourage visitors to the farm by appointment and sell their products at the Klamath Falls Farmers Market.
*Accepts Farm Direct Nutrition Program Checks

Wong Potatoes

17600 Hwy 39, Klamath Falls
541-798-5353
www.wongpotatoes.com
A variety of potatoes, including reds, yellows, russets, fingerlings,

purples, and Klamath Pearls are available at the Wong Potatoes Shed seasonally. Products are also available at Sherm's Thunderbird, Safeway and Albertson's in Klamath Falls.

Local Eggs

Anderson Egg Farm
9809 Matney Way
Klamath Falls 97603
541-882-5100 (Keith Anderson Construction, leave message)
andersonsfarm@gmail.com
Anderson Eggs are vegetarian fed, all natural range eggs. Eggs are available at Green Way Eco Mart, Sherm's Thunderbird, Gino's, Mac's Store, Joey's Mini-Mart, The Market at the Running Y, Leap of Taste, Tombstone Boutique and Grocer, Martin Food Center, and Malin Farmers Market.

Cackleberry Farm

Chiloquin
541-783-7801
Cackleberry Farm strives to produce quality eggs from happy, healthy, free range chickens, using heritage breeds and having chicks hatched naturally by hens raised on their property. Cackleberry Farm eggs are available at Leap of Taste in Klamath Falls or Bind's Beauty Barn in Chiloquin.

POEtential Eggs

27392 N. Poe Valley Road
Klamath Falls 97603
541-545-6164
POEtential farm sells free range eggs at Sherm's Thunderbird, Diamond S. Meat Co., Howards Meat Center, Portland Street Market, and Big Springs Market in Bonanza. Wyatt's American Eatery also uses their eggs at their restaurant.

Meat

Flying T Ranch

Sprague River
541-533-2416
cattle@flyingtalsers.com
www.flyingtalsers.com
Flying T Ranch is a family owned and operated cattle ranch, raising free range Salers beef in the Sprague River Valley with no hormones or antibiotics. Their beef can be purchased at Leap of Taste in Klamath Falls, The Market at the Running Y, and Sherm's Thunderbird Market in Klamath Falls. In the summer, beef is available at the Klamath Falls Farmers Market and during the winter, at a drop off in Klamath Falls and on their ranch. They also have locker beef on request. Flying T Salers sells

locker beef, by the quarter or half and retail beef by the cut. They also sell Beef Sticks.

Ramifications

37291 Agency Lake Loop
Road, Chiloquin
541-783-2827
Baller004@centurytel.net
www.oregonwool.com
Ramifications sheep have nice fleeces and their lambs produce good, healthy meat. In addition to selling USDA certified lamb, Ramifications sells wool items, wool yarn, and raw wool. Their 4th annual Barn Sale will be held the 2nd Saturday of October. They will sell their meat along with crafts, produce, jams, and relishes.

Rodriguez Farm

Klamath Falls
541-274-0015
Justinrodriguez@wildblue.net
Rodriguez Farm sells farm fresh Klamath lambs by the whole or half. Lambs are typically available in November or December, but reservations are required in August. Rodriguez farm has a natural, pastured, contented herd that is grass fed and finished. Prices are \$125 for a whole lamb plus local cut and wrap at Diamond S (Approximately \$5-6 per pound).

Tomboy Enterprises, LLC/ Oregon Ostrich LLC

Hwy 97 S, Klamath Falls
541-852-2179
Ostriches provide very low fat meat and durable leather. Tomboy Enterprises sells ostrich meat, ostrich egg shells, chicken eggs, duck eggs, and ostrich feathers at the Klamath Falls Farmers Market. Visitors are also welcome to the farm by appointment.

Yainix Ranch

28080 Godowa Springs Road
Beatty, Oregon, 97621
541-533-2756
yainix@mac.com
Yainix ranch belongs to the Country Natural Beef cooperative. Their beef is available locally at Diamond S. Meat Company and is both Food Alliance and GAP 4 certified. Free range fresh ranch eggs are available through the Staunton Family Farm CSA in August of 2011. They also have a sign up sheet for weaner pigs (all 2011 piglets are sold). The ranch is operated by Taylor, Becky, Lizzie, Jack, Henry and Levi Hyde. Thanks for supporting local agriculture!

Wine, Beer, and Jam

Plum Ridge Farms
5817 Havencrest Drive
(orchard is on Old Fort Road)
www.plumridgefarms.com
For almost 10 years, Plum Ridge Farms has been combing ridges, valleys, and forests in search of the perfect wild plum tree. After arduous years of hunting, grafting, and experimenting, they have accumulated a wide variety of species to create a fine wild plum orchard, consisting of over 50 different varieties. Their products include Wild Plum Jam, Wild Plum Butter, Wild Plum Chutney, and HOT Pepper Plum. Their products are sold at Quackenbush Coffee Company, Dick Howard's Meat Center, The Daily Bagel, Big R Supply, and Balin's Tower Drugs & Gifts.

12 Ranch Wines

4550 Bungdorf Road
Bonanza, OR 97623
541-545-1204
www.12ranchwines.com
12 Ranch Wines is a small family owned winery located in Bonanza, Oregon. They specialize in small, handcrafted lots of Merlot, Cabernet Sauvignon and Syrah. Grapes are handpicked from select vineyards in the Rogue Valley of Southern Oregon. Their products are available at MBellish on Main Street in Klamath Falls, and they also encourage visitors to their winery by appointment.

Mia and Pia's

3545 Summers Lane
Klamath Falls, OR 97601
541-884-4880
www.miapia.com
Located in Klamath Falls, Mia's and Pia's is Klamath County's first, and finest, entertainment, micro-brewery, brew pub, & Pizzeria. Microbrews served fresh daily in their pub and restaurant.

The Creamery Brew Pub and Grill

1320 Main Street, Klamath Falls
541-273-5222
kbrewing.com
Located in the heart of the historic downtown and in the Klamath Falls Creamery Building, the Klamath Basin Brewing Company is the only known brewing operation that uses geo-thermally heated water for beer production. The company uses Klamath Basin barley and Northwest hops in their brewing operation.

RETAIL LOCATIONS

Bly Mountain Crafters' Mall

Hwy 140 and Bly Mountain Cutoff.
541-810-3686
http://blymtcraftersmall.com/
In addition to selling local crafters' items, Bly Mountain Crafters' Mall sells locally grown organic produce seasonally.

A Leap of Taste

907 Main Street,
Klamath Falls, OR 97601
541-850-9414
aleapoftaste.com
A Leap of Taste offers a unique shopping experience with a wide variety of items to choose from. The store sells as many local goods as possible including coffee, produce, beef, honey, cheese, and chocolate. Farm produce from Fresh Green Organic Garden, Aerie Acre, and Belweather farm is available at the store, along with Flying T Beef, local eggs, and bulk items. Enjoy shopping at A Leap of Taste and eating lunch at their cafe/deli!
*Accepts Oregon Trail Cards (SNAP/Food Stamps)

Diamond S. Meat Company

7400 Kings Way,
Klamath Falls, OR 97603
541-884-8767
www.diamondsmeat.com

Diamond S. Meat Co. carries Country Natural Beef and specializes in curing without chemicals. The store offers custom mobile slaughtering, locker beef by the whole or half, local BBQ sauce, mustard, and seasonings.
*Accepts Oregon Trail Cards (SNAP/Food Stamps)

The Market at the Running Y

5416 Running Y Road, in the Running Y village
541-273-7246
runningymarket.com
The Market was established in April of 2009 and has provided outstanding service and products ever since. They sell local products, including Flying T Beef, Green Blade pastries and bread, Anderson Farm Eggs, Oregon wines, Rogue Creamery cheeses, local BBQ sauce, seasoning packets, and gourmet salsa.

Sherm's Thunderbird Market

1877 Avalon Street
Klamath Falls, OR 97603
(541) 882-4340
Sherm's carries a large selection of organic and natural foods. They also supply local eggs, beef, tilapia, and produce seasonally.
*Accepts Oregon Trail Cards (SNAP/Food Stamps)

BAKERIES

Bonnie Nork's Custom Baked Goods

541-273-1036
bonnienork@hotmail.com
kfalscs.blogspot.com
For custom cakes, treats, and other delectable, high quality desserts, contact Bonnie Nork at 541-273-1036. Bonnie uses local and/or organic ingredients whenever possible, and can accommodate special dietary interests, such as gluten-free, whole grains, low sugar, etc. Her baked goods are also available every Tuesday at Green Way EcoMart, 3 - 6 pm.

Green-Blade Bakery

1400 Esplanade Ave.
Klamath Falls, OR 97601
541-273-8999
info@green-blade.com
green-blade.com
Green Blade is a family-run artisan bakery in downtown Klamath Falls. The bakery specializes in naturally leavened breads, including baguettes, whole and multi-grains, ciabattas, focaccias, ryes, and many others. Also available are a full line of laminated pastries, Danish, buttermilk muffins, cream scones, quick breads, cinnamon streusel rolls, oat bran sticky buns, and much more. They make everything from scratch, by hand, and use locally grown products as much as possible. >>>



FARMERS MARKETS

Green Way EcoMart Tuesday Market

249 East Main St.
Klamath Falls, OR
Tuesdays
3-6 pm
greenwayecomart.com

Keno Saturday Market

Keno Plaza 15555 Hwy 66
First Saturday of the month
9-1 pm
Booth space is \$8



Klamath Falls Farmers Market

Downtown Klamath Falls on 9th and Main Street
Saturdays
June 12 - October 16
9 am - 1 pm
Charlie@klamathfallsfarmersmarket.org
www.klamathfallsfarmersmarket.org
Promoting healthy, locally produced food and goods, supporting local sustainable agriculture and preserving the Klamath Falls Farmers Market as a creative environment and vibrant community gathering place.

Sprague River Farmers Market

28400 Sprague River Drive
Chiloquin (Outside of the Coyote Butte General Store)
Saturdays
Mid June - Mid October
10 - 1 pm
Produce, jams, and crafts available

Chiloquin Farm and Craft Market

Chiloquin Parking Lot (at Chocktoot and 1st Street)
Fridays
May - October
4 - 8 pm
Baked Goods, Crafts, and Garden Produce available.

Merrill/Malin Farmers Market

Civic Center, 365 W Front St,
Merrill, OR
Thursdays
Mid July - Mid October
4pm-6pm
Booth space is free. So, people are welcome to stop by and sell extra produce from their gardens.



RESTAURANTS

Back 40 Café

541-205-6966
5833 South 6th Street, Klamath Falls, OR 97603
Uses local dairy products and Prather Ranch beef.

Tobiko Asian Fusion/ Waldo's Bar and Grill

610 Main Street Klamath Falls, OR 97601
541-884-7874
Uses local micro greens from Fresh Green Organics.

Wyatt's

American Eatery

5417 Running Y Road, Klamath Falls, OR 97601
541-205-5005
www.eatatwyatts.com
Wyatt's uses Fresh Green Organic Garden produce, POEternal Eggs, and Rogue Valley cheeses in their breakfast, lunch, and dinner. They also have beer from Southern Oregon Brewing Company and Klamath Basin Brewing Company.



PRESERVING

Preserving your fruits and veggies is one way to enjoy good food after the growing season is over. Food preservation stops or slows the spoilage of these foods so that the nutritional content and quality are preserved. To learn how to safely preserve food by freezing, drying, canning, pickling, and smoking, enroll in a workshop with OSU Extension Center.

The following workshops cost \$10.00 each or \$35 for all four. They are located at OSU Extension Auditorium, 3328 Vandenberg Road. Pre-registration and payment are required to hold your spot. Call or email at 541-883-7131 or Claudia.tosh@oregonstate.edu.

Cheese Making: The Basics

June 23rd 1 – 3:30 PM
Learn how to make soft cheeses that are safe and delicious. Taste samples of Feta, Neufchatel, and more.

Getting Started: Fruit/Fruit Pie Filling

June 25th 9 – 12 PM
Learn how easy it is to preserve fruit and pie fillings; take home a jar to share with a friend.

Pressure Canning Vegetables and Meat

July 9th 9 – 12 PM
Don't be intimidated by your pressure canner; learn the basics of home canning from experienced food preservers.

Water Bath Canning: Pickling

July 16th 9 – 12 pm
Learn how to use your water bath canner to make pickled vegetables including carrots, beans, and asparagus.

A GUIDE TO BUYING LOCAL WHOLE ANIMALS

Buying a Whole Animal Direct from the Producer and Having it Processed

Locating the animal:

Find and get to know a local meat producer. If possible, visit the ranch or farm to learn about how the animals are raised and treated.

Buying the animal:

The cost depends on how producers weigh the animal. So, be sure to ask the producer how you will be charged.

1. Live weight (on the hoof): You pay for the entire animal as you see it standing in the field.
2. Hanging weight: You pay for the animal as it is hanging on the rail, or the edible parts of the animal. The price for this is higher per pound than that of the live animal.
3. Estimated pounds of wrapped meat: This would be a pre-estimated yield from a live animal. You will know how much to expect when the meat is finally delivered.

Processing the meat:

You must purchase the animal live in order to fall under the USDA custom-exempt slaughter regulation. This gives you the right to control how and where your meat is processed and you are assured that the animal is healthy at the time of slaughter. After you have chosen a processor, consider the following questions about the cutting/wrapping of the carcass:

1. What types of cuts will you cook now? Thick steaks or BBQ?
2. Do you like stew meat or ground meat better?
3. Lean vs. extra lean?
4. What size meat packages do you need? How many people will you feed at one meal?
5. Do you want the heart, liver, and other organ meat?
6. Do you want dog bones?

How much meat to expect:

Each processor has a unique process of cutting, so visit with your processor to get a feel for how your meat will be processed and how much you will receive. The following are approximations.

1/2 beef weighing 300 pounds

- 12 T-Bone Steaks 3/4"
- 12 Rib Steaks 3/4"
- 8 Sirloin Steaks 3/4"
- 8 Round Steaks
- 2 Sirloin Tip Roast (3lb)
- 6 Chuck Roast (4lb)
- 4 Arm Roast (3lb)
- 2 Rump Roast (3lb)
- 8 Pkgs Stew Meat (1lb)
- 4 Pkgs Short Ribs
- 4 Pkgs Soup Bone
- 80-100 Ground Beef

1/2 Hog weighing about 80-90 pounds live weight

- 24-28 Pounds Pork Chops
- 6-10 Pounds Pork Sausage
- 2 Pkgs Spare Ribs
- 1 Ham (15-18lb)
- 2 Shoulder Roast (4lb)
- 8-10 Pounds Bacon
- 1 Smoke Hock



Storing your meat:

In general, 50 lbs of meat will fit in about 2.5 cu.ft. of cooler/freezer space. An average size empty freezer compartment of a home refrigerator is approximately 4.8 cu.ft. and will hold 1/8 of a beef (50-60 lbs) or 1/2 a hog (60-70 lbs). A stand-alone freezer will allow for more storage space and keep meat colder over long-term storage.

Meat Processing

Diamond S. Meat Company

7400 Kings Way,
Klamath Falls, OR 97603
541-884-8767
http://www.diamondsmeat.com
Diamond S Meat Co. offers a mobile harvesting service in Klamath County & very northern California. Book your harvest date ahead of time to ensure your spot. They specialize in curing without chemical nitrites and have a large selection of sausages that are gluten free and made without preservatives. They can also make products from your meat.

Custom Prices

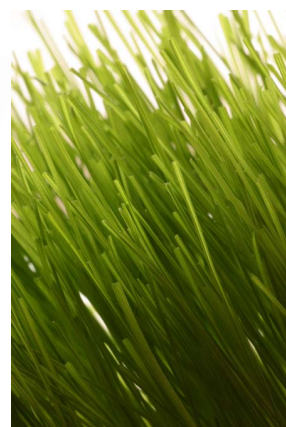
Pork: \$70 harvest, \$0.55 to cut and wrap
Beef: \$100 harvest, \$0.55 to cut and wrap
Sheep: \$60 harvest, \$60 to cut and wrap

Merle's Custom Butchering

North Main & East 4th St.,
Merrill OR 97633
541-798-5425
Merle's Custom Butchering provides a mobile slaughter service from Chiloquin to McArthur. Customers can also bring live animals to the shop for slaughter, but please call ahead of time to make an appointment. Merle's also sells hamburgers, bacon, and sausage at the store.

Custom Prices

Pork: \$75 kill charge, \$0.60/lb to cut and wrap
Beef: \$100 kill charge, \$0.60/lb to cut and wrap
Lamb: \$60 kill charge, \$60 to cut and wrap



**If you do not see your business listed in this guide, please contact Dwight Long at 541-884-9942 or oh_otter@charternet.net to be listed in next year's Klamath County Local Food Guide.



This Local Food Guide was developed by Roopika Subramanian, an AmeriCorps/RARE Participant working on projects to improve the local food system in Klamath County, and Klamath Sustainable Communities. For more information on local food system projects, please contact Dwight Long at 541-884-9942 or oh_otter@charternet.net.



To view the Klamath County Local Food Guide online, please visit one of the following websites:
www.klccas.org • www.klamathfallsfarmersmarket.org • www.klamathsustainablecommunities.org