

Free-range fun—try a Farm Stay!

BY CAROLINE MILLESON

Fall is a busy and beautiful time here at Sanctuary One, a 55-acre care farm in the Applegate Valley where people, animals and the earth come together for mutual healing. Our gardens are thriving and our animals seem to appreciate the long sunny days. Cucumbers and squash are ready for harvest, and sunflowers tower above us. Lisa, Lulu and Jigsaw, our trio of rescued Yorkshire pigs, cool off with dips in the pond in the company of wild and domestic ducks and geese. Rusty the beagle and little Gabe the poodle look forward to hikes up shady Mule Creek Trail. The surrounding forest is alive with birds, bees, berries and animal life.

Sound like a setting you might like to experience? It's all available for you to enjoy when you reserve a night or more in our Farm Stay Suite. Our Farm Stay Program provides a unique opportunity to support and connect with the daily operations of Sanctuary One. As a Farm Stay Volunteer, you spend some time

each day assisting with farm and garden tasks. You can also join educational tours, walk the labyrinth and even take a hike up Mule Mountain.

Farm Stay Volunteers have the chance to meet our animal residents and assist in their care, from walking a dog to socializing



Sanctuary Farm Stay guest, Jess, with Sanctuary goat, Curlly Sue.

with the goats and llamas in the pasture, or relaxing with a shy cat in our cat cottage. Additionally, you can enjoy hands-on time in the garden to learn about hot composting, sheet mulching, vermiculture and permaculture principles. By caring for animals, tending the earth and connecting with staff, visitors and volunteers, Farm Stay Volunteers can engage in all facets of care farming.

Our Farm Stay Suite consists of an

air-conditioned and spacious private bedroom and bath, as well as a shared kitchen, dining room, living room and back patio. The suite can accommodate up to four people and includes a full-size bed, sleeper sofa, mini-fridge,

microwave and gorgeous views of the garden and farm.

We encourage our visitors to explore the beauty and attractions of the Applegate Valley. Just two miles up the road, the Applegate Lake Recreation Area is a great place to swim, hike, bike and boat. We're also perfectly positioned on the Applegate Valley Wine Trail, featuring such wineries as the award-winning Cowhorn Vineyard and Garden. Nearby Jacksonville, home to the popular Britt Festival, provides plentiful dining opportunities as well as the Jacksonville Woodland Trails with over 20 miles of trails to explore.

This is a superb opportunity for singles, couples and families alike. If you've always been curious about Sanctuary One, or you'd simply like to connect with animals, nature and some really great people, we invite you to come stay with us!

For more information, please contact us at info@sanctuaryone.org or 541-899-6895. We hope to hear from you soon and can't wait to have you visit!

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The scoop on CSAs and farmers' markets

BY DON TOLLEFSON

What is a CSA?

Community Supported Agriculture or CSA is a link between consumers and local producers of food. As a CSA supporter you contribute to the farm's yearly operating budget by purchasing in advance a designated share of that season's harvest. By committing ahead of time, you become a shareholder in the future of the farm, helping finance seeds, supplies and labor as well as water and equipment maintenance. Then when the harvest comes in, you, as a shareholder, get your share of the harvest throughout the farm's growing season.

Local CSAs operating in the Applegate Valley include:

Blue Fox Farm (certified organic), Applegate. Blue Fox Farm's CSA program is a little different from the classic program. You still pay in advance for your share of the crops, but you receive Blue Fox "bucks" that you can use at any of the

farmers' markets that Blue Fox attends. You also receive a 5 to 15 percent discount depending on how many bucks you buy for the year. For \$95, you receive \$100 in bucks; for \$225, you receive \$250 in bucks; and for \$440, you get \$500 in bucks.

Whistling Duck (certified organic produce and seeds), 12800 Williams Highway, Grants Pass. (In spite of the Grants Pass address, the farm store is actually in the Applegate, closer to Murphy.)

Siskiyou Sustainable Cooperative (www.siskiyoucoop.com). In 2002 a group of farmers in the Applegate and Williams Valleys decided to join forces and form a marketing and business cooperative. The farmers had previously been loosely affiliated through the Applegate Agrarians group. They became a legal entity and currently have a number of organic farms in their CSA program, including:

- Barking Moon, Applegate
- Dancing Bear Farm, Williams
- L and R Farm, Williams
- Mama Terra Micro Creamery (goat dairy), Williams
- Rise Up Artisan Bread, Applegate Valley
- Seven Seeds Farm, Williams
- Sun Spirit Farm, Williams
- Wandering Fields, Little Applegate
- White Oak Farm, Williams
- Wolf Gulch Farm, Little Applegate

Farmers' markets

The above CSAs and Siskiyou Sustainable Cooperative sell at these local farmers' markets:

- Growers' Market, Grants Pass (4th and F Streets). Saturdays 9 am - 1 pm, March through November.
- Jacksonville Farmers' Market (5th and C Streets). Sundays 10 am - 3 pm, June through September.
- Williams Farmers' Market (held at the Williams Grange, 20100 Williams Highway). Mondays 4 - 6:30 pm, mid May through October.
- Rogue Valley Growers' and Crafters' Market (Medford Armory, 1701 South

Pacific Highway, Medford). Thursdays 8:30 am - 1:30 pm, March through November.

- Medford Saturday Market (6th and Barnett Streets). Saturdays 9 am - 1 pm, May 11 through November 2.

- Farmers' Friday Market (alternates between Selma and Cave Junction). Fridays 4 - 7 pm, July through September. For specific locations, go to <http://www.localharvest.org/farmers-friday-market-M21495>.

- Pennington Farm (11341 Williams Highway, Grants Pass). Open daily year-round: Mondays through Fridays 10 am - 5 pm, Saturdays 10 am - 4 pm, Sundays 11 am - 3 pm.

- Whistling Duck Farm (12800 Williams Highway, Grants Pass). Open daily year-round: Mondays through Fridays 10 am - 5 pm, Saturdays 10 am - 4 pm, Sundays 11 am - 3 pm.

Take advantage of the abundance of produce offered by local farmers in this beautiful valley.

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