

La Grande Farmers Market vendors offer preorder option

Purchasing produce and other food items from the farmers market is a great way to access fresh foods safely, at a time when many people are looking to avoid crowded grocery stores. Ordering your groceries ahead of time makes your trip to the market quick, further reducing risk.

Start by calling or emailing the vendor you'd like to purchase from. Many have email lists or social media accounts that tell you what they will have available each week, how to

order in advance, and what the cutoff date and time is. Preordering not only ensures that you can get your groceries with minimal exposure to public spaces, it means that your veggies are incredibly fresh. Many vendors will keep them in a cooler or bin away from light or heat so you will take home the safest, freshest produce possible, outside of growing it yourself.

Since preordering is new for vendors and shoppers, consider these tips:

Order early. Farmers have harvesting schedules to

make sure their veggies are as fresh as possible. Plus, if you wait to order until the last minute, you may miss out on popular items. Clip this directory to keep on your fridge as a reminder to order each week.

Specify the quantity of each item you would like (one bag, one bunch, or a specific weight) so the farmer doesn't need to follow up with questions.

Many vendors are offering a way to pay in advance using online services like Venmo or Cash App. If you would prefer to

pay by cash or check, have that ready with exact change to limit cash handling.

Out of courtesy to your fellow shoppers and market vendors, wear a mask to the market and use the provided hand sanitizer if you pick up from multiple booths.

Consider shopping for your neighbors or becoming a personal shopper for a person who can't get out. This limits the number of people in the market space.

Be patient and be kind. We're all in this together.

These vendors are taking pre-orders:

- **Evergreen Family Farms:** order for Saturday markets & farm stand pickup, 541-403-4958 or evergreenfamilyfarmig@gmail.com
- **Homestead Springs Farm & Forge:** order for Saturday markets, 541-605-8286 or nwskillnet@gmail.com
- **Jen's Garden:** order for Tuesday Markets and delivery in the Baker City area, 541-403-4340 or JensGarden@gmail.com
- **Maria and Jose Martinez Gardens:** order for Tuesday or Saturday markets and farm stand pickup, 541-861-0478
- **Nella Mae's Farm:** order for Saturday markets and farm stand pickup, 541-910-4098 or nellamaesfarm@gmail.com
- **Platz Family Farms:** order for

- select market dates and farm stand pickup, 541-805-1560 or becky@platzfamilyfarm.com
- **Val's Veggies:** order for Tuesday Markets or farm stand pickup, 541-853-2358 or Valsveggies.com
- **W Bar Ranch:** order for Saturday markets, 541-805-5180 or avadenton@hotmail.com

Members of the La Grande Farmers Market Board of Directors submitted this column. The La Grande Farmers Market runs from May to Oct. 17 every Saturday from 9:00 a.m. to noon and every Tuesday 3 to 6 p.m. at Fourth Street and Adams Avenue, La Grande.

Ways local restaurants are trying to survive the coronavirus disruptions

It is a crazy time to be in the restaurant business. Hi, I'm Sandy Sorrels, and I have had a restaurant in La Grande since 1982 (Ten Depot Street). We have faced a lot of challenges over the years, but

takeout. That proved to be successful. But when we tried again the following weekend, we had little business.

Several local restaurants have opened again for sit-down meals, including Bud Jackson's, the Long Branch and Mamacita's International Grill. We have had a lot of calls at the restaurant from people hoping we would be open.

Mamacita's is starting table service again and moved tables to a safe distance inside where there is good air movement and also have many outside tables for when the weather is good.

My restaurant is just not ready to make the leap to reopen. Since many people are still staying home, it is questionable whether we would have enough customers to not operate at a loss. Also, I have seen the illustration from the Centers for Disease Control and Prevention showing how the virus can spread through a restaurant even though there is proper distancing. We have a lot to figure out.

There is a controversy over the wearing of masks. Customers and workers are

mandated to wear masks as a condition of opening, but some people refuse as a political statement. As a restaurant owner, I don't want to be the one telling customers to wear a mask. I

also don't particularly want to be in the air space of someone not wearing one.

Outside seating, however, is deemed safe with proper distancing. For re-entry into the world of dining out, this

is a safer bet.

At Ten Depot Street we are planning to have outside seating this summer and maybe do socially distanced pop-up events. I understand Side A Brewing,

which is doing takeout, is not opening for indoor dining yet either, but will have seating outside soon. Finding ways to ride this out is the key to our survival.



**SANDY
SORRELS**
RESTAURANT RAP

the coronavirus epidemic is proving to be the most challenging. That is why I wanted to write this column from the perspective of a small business owner trying to adapt. Future columns will have information about other restaurants in our area and what they are doing to survive.

When we closed on March 16, we had a fully stocked restaurant, ready for the week ahead.

Saint Patrick's Day was the next day. We had plenty of corned beef and cabbage and Guinness stout. And then wham! We were quiet.

We sold some corned beef through takeout. We froze some items and gave the rest to the employees.

We stayed closed for six weeks, opening again for Mother's Day weekend

May Sale

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James R. Kopp, MD, MBA
Weight Loss Physician

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—Dr. Kopp

Matt S, Yelp Review: “I lost 50 pounds, in 12 weeks.”*

Rachel R, Facebook Review: “I lost 30 pounds, in 9 weeks.”*

Heather D, Facebook Review: “I lost 25 pounds, in 7 weeks.”*

Jacki L, Google Review: “I lost 16.6 pounds, in 4 weeks.”*

Lisa B, Facebook Review: “I lost 48 pounds, in 8 weeks.”*

COVID-19 Scheduling Options

In-office Visits

For the safety of everyone we will schedule a limited number of In-office Visits.

Telemedicine Visits

To meet unexpected high demand, we will schedule Telemedicine Visits, on a first-come, first-served basis.



Schedule the next available Free No-obligation In-office or Telemedicine Consultation to get started or to learn more.

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