

# Douglas County, Oregon, Food Resource List

Compiled by WAPF local chapter leader Jennifer Grafiada-Furbush, NTP

Contact: 541-236-8264, [info@loveyourselfntp.com](mailto:info@loveyourselfntp.com), LoveYourselfNTP.com, UmpquaFresh.com

Weston A. Price information: [Westonaprice.org](http://Westonaprice.org)

## Meat

### Helios Farm

[heliosfarms.com](http://heliosfarms.com)

541.908.0561

[heliosfarms@gmail.com](mailto:heliosfarms@gmail.com)

Our Farm Shares offer our community of owners access to nourishing, healthy food with a selection of beef, pork, milk and eggs. We raise all of our livestock on pasture at our farm and **never** treat our land or livestock with any chemicals, hormones, synthetic ingredients or antibiotics. Our beef is rotationally raised on lush, un-sprayed pasture from start to finish and are never fed any grain. We raise pastured heritage Berkshire hogs that spend their lives foraging on shady pasture and being fed GMO-free, soy free grains mixed with clabbered raw milk.

### Camas Mountain Farm

<https://www.facebook.com/Camas-Mountain-Farm-Hogs-111295982549947/>

(541) 817-6865

We raise hogs and a few veggies on our small farm. Mainly selling piglets to other small farms in the area (from the Dalles to Point Orford).

### Circle Star Ranch

<http://www.circlestarranch.info/>

(541) 679-0952

Circle Star Ranch is dedicated to raising the finest all-natural and sustainable food products. We specialize in GMO-free foods. They include pasture raised pork, grass-fed/grass-finished beef, buffalo, lamb, chicken and eggs. Our 200+ acre ranch is nestled in a secluded valley just south of Roseburg, Oregon. Animal Welfare Approved.

### B&K Natural Farm

<https://www.facebook.com/BKNaturalFarm/>

(541) 459-0830

## Raw Milk

### Helios Farm

Please call Kira at 541-908-0561 for more information. Ask Kira about our on-farm lab and the test-and-hold step we are adding to our *Single-Moo Milk* production process. Shares available for weekly pickup from drop-off sites in Roseburg, Elkton, Cottage Grove, Eugene, Corvallis, Salem, Portland.

## **Eggs**

### **Helios Farm**

heliosfarms.com

T 541.908.0561

heliosfarms@gmail.com

Our laying chickens spend their lives rotating daily on fresh pasture, being fed GMO-free and soy-free grains mixed with clabbered raw milk.

## **CSAs**

### **Big Lick Organic Farm**

<http://www.biglickfarm.com/>

541) 863-2646

Big Lick Farm is a family farm & CSA program. We sell our produce locally through our CSA program, at Roseburg area farmer's markets and to local restaurants. We are committed to providing high quality, certified naturally grown food to our community at an affordable price.

### **Norm Lehne Garden & Orchards**

<http://www.normlehnefarm.com/garden/>

(541) 672-2745

info@normlehnefarm.com

Norm Lehne Garden & Orchards is proud to be one of the only farms to use pure well water as the only source for irrigation. All plants are non-GMO.

## **Farms & Orchards**

### **Big Lick Organic Farm**

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### **Norm Lehne Garden & Orchards**

<http://www.normlehnefarm.com/garden/>

(541) 672-2745

[info@normlehnefarm.com](mailto:info@normlehnefarm.com)

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### **Brosi Sugartree Farms**

<https://www.facebook.com/Brosi-Sugartree-Farms-166824739995586/>

<http://www.pickitfarmfresh.com/brosi-sugartree-farms/oregon/winston/>

(541) 679-1472

### **James Orchards**

541-391-3530, 541-430-6448

### **The Berry Patch**

<https://www.facebook.com/MelroseBerryPatch/>

<http://www.pccnaturalmarkets.com/producers/produce/pride.html>

(541) 440-8484

The Walkers raise their produce on about 100 certified organic acres. They rotate crops and employ drip irrigation to preserve the fertile soils of their sun-drenched, southern Oregon farm and pay their workers above minimum wage to preserve those relationships as well.

### **Kruse Farms**

<http://www.krusefarms.com/>

1-888-575-4268

1-541-672-5697

[info@krusefarms.com](mailto:info@krusefarms.com)

Kruse Farms is Roseburg and Douglas County, Oregon's premier fresh local produce market and bakery. We grow dozens of local crops, bake fresh pies daily, and feature lots of local Oregon and Douglas County products.

## **U-Pick Berries & More**

### **Big Bend Berries**

<https://www.facebook.com/bigbendberries/>

(541) 673-8767

### **Norris Blueberry Farms**

<http://www.norrisblueberryfarms.com/>

(541) 459-0829

### **The Berry Patch**

<https://www.facebook.com/MelroseBerryPatch/>

<http://www.pccnaturalmarkets.com/producers/produce/pride.html>

(541) 440-8484

The Walkers raise their produce on about 100 certified organic acres. They rotate crops and employ drip irrigation to preserve the fertile soils of their sun-drenched, southern Oregon farm and pay their workers above minimum wage to preserve those relationships as well.

### **Haven Blueberry Farm**

<http://www.thehavenfarm.com/>

541-459-0364

[blueberries@thehavenfarm.com](mailto:blueberries@thehavenfarm.com)

### **Southwestern Oregon (general info)**

<http://www.pickyourown.org/ORsw.htm>

## **Farmer's Markets**

### **Umpqua Valley Farmer's Market**

<http://umpquavalleyfarmersmarket.org/>

### **Markets of the Umpqua**

<http://marketsofumpqua.com/>