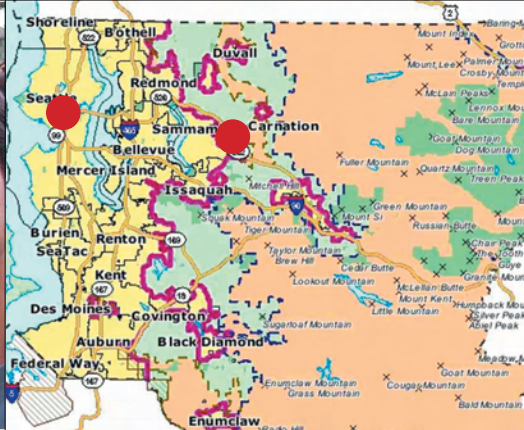


URBAN RURAL CONNECTIONS – A WHOLE KING COUNTY



Local Farms

Cascade Harvest Coalition, King County

The Cascade Harvest Coalition works to bring communities together around local food and farms in an effort to build a healthy, vibrant, regional food system. The Coalition's programs address consumer education, farm viability, farmland preservation, community food security, and regional collaboration on issues affecting local food and farms.

- Puget Sound Fresh (PSF) is the region's premiere local farm product branding and consumer education program. PSF (www.pugetsoundfresh.org) educates consumers in the 12-county region about the many benefits of buying locally-grown produce and identifies and actively promotes farms, farmers markets, restaurants, retailers and others that source locally-grown. The PSF Farm Guide and CSA Directory are produced and distributed annually.
- Washington FarmLink is the state's leading program to link aspiring farmers and farm land owners and help build sustainable farming operations. FarmLink helps ensure that working farms remain in agricultural production. It helps facilitate the transition of farms to the next generation by connecting people with the resources necessary to achieve these goals through a farmer/landowner matching service, educational workshops, a comprehensive resource center, and one-on-one assistance.
- Farm-to-Table: Connecting Local Farmers with Local Food Buyers is a series of workshops held in communities around the state. They provide practical tools, resources and communication training to help farmers make direct market links to retailers and institutions and build successful local business relationships.
- The Puget Sound Food Project is examining the feasibility of developing regional processing facilities for small and mid-sized farmers to open up new market opportunities.

Sno-Valley Tilth, Snoqualmie Valley

Sno-Valley Tilth, a non-profit organization, was formed by a group of farmers with a sustainable focus who'd been meeting in the winters for potlucks and began to feel they needed to organize to bring voice to rural environmental concerns from a farming perspective.

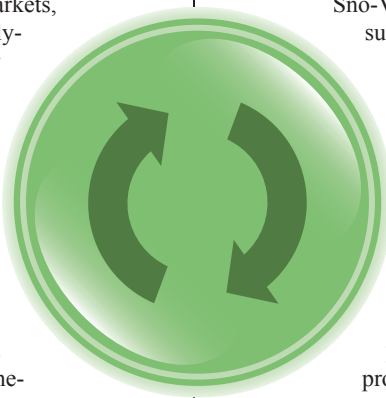
Sno-Valley Tilth's mission is to support organic and sustainable food production practices throughout the Snoqualmie and Snohomish watersheds.

Sno-Valley Tilth serves as a support network for sustainable farmers in the area, building anew those connections important to farmers everywhere of shared knowledge of growing techniques, educational opportunities, environmental stewardship opportunities, cooperative ventures, and someone with whom to commiserate over the weather.

Sno-Valley Tilth was involved in founding the Carnation Farmers Market. This very successful food-focused market brings to residents Valley produce and has served as an "incubator market" for producers in their first years who then often grow more and move on to bigger markets in more urban areas.

The market has also competed successfully for a USDA grant to develop permanent market structures. Tilth hopes to complete its vision of a commercial kitchen on the market site which can grow value-added businesses for farmers and make locally grown and processed foods available all year.

Member farmers also market through CSA programs, at on-farm stands, through u-pick and direct to the consumer off the farm. Many farms also welcome visits by children and adults throughout the season, continuing the mission of educating the public of the value of organic farms and organic, locally grown food.



Cascade Harvest Coalition

Supporting Farmers
Supporting Consumers
Building Healthy Communities

