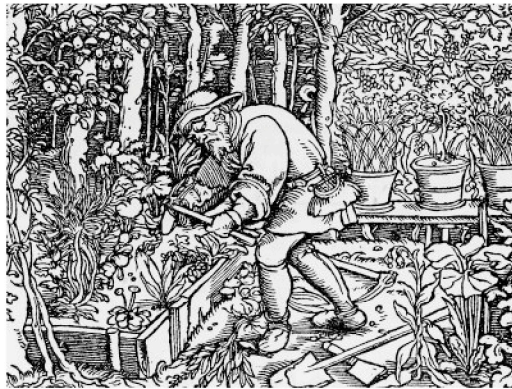

Congregation Shomrei Torah's

Guide to Locally Grown and Produced Foods



Farmers' Markets
CSA (Community Supported Agriculture) Programs
Local Markets & Other Sites
Web Sites & Books
Food/Garden Related Classes & Events



CONGREGATION
SHOMREI TORAH
Environmental Action

Just Table / Green Table

The Environmental Action Committee of Congregation Shomrei Torah is pleased to offer this guide to Sonoma County's year-round bounty. We encourage our members to take advantage of the abundance of fresh fruits, vegetables, eggs, olive oil, dairy products, honey, fish, herbs, meat and poultry available locally. The Union for Reform Judaism (URJ) selected the theme of “Just Table / Green Table” for their 2008-2010 Biennial Initiative. In this way, we are promoting what the URJ calls “ethical *kashrut*,” or “ethical Jewish eating,” with an emphasis on reducing our carbon footprint by supporting local farmers and eating food that is grown in an environmentally responsible manner.

“Ethical *kashrut*,” or “ethical Jewish eating” encourages us to think of every food choice we make in the context of values that are part of our conscience and/or our Jewish tradition. Here is a list of traditional Jewish values that can help us make appropriate food choices for ourselves and our families. Let us consider:

Respect for animals (*Tza'ar ba'alei chayim*) literally, distress of those who possess life. For some, this suggests abstaining from the flesh of poultry or animals raised in “factory farm” conditions. For others, this value supports vegetarianism. Others extend the concept to honoring plant life, and restricting the use of fruits and vegetables treated with pesticides or foods that have been genetically manipulated.

Protecting one's own body (*Shmirat Haguf*) This value guides us to abstain from foods with carcinogens or dangerous levels of hormones, and to consume alcohol and caffeine in healthy moderation. This value also reminds us of the dangers of eating disorders, which make food into a weapon that we use against ourselves.

Fair distribution of food (*Tzedakah*) Practices that reflect this value include recognizing our bounty by sharing with those who would otherwise go hungry and donating a portion of our celebrations to Mazon or other hunger organizations such as Elisha's Pantry.

Sanctifying the act of eating (*Brachah and Kedushah*) When we eat, our tradition urges us to express gratitude by acknowledging the sources of our food, including celebrating the process and the journey from farm to table.

Pursue peace and justice (*Rodef Shalom v'Tzedek*) This value guides us to avoid food produced by companies or countries that violate values of fair pay, decent working conditions, and more.

Excerpted from URJ's Biennial Initiative
For more information, visit www.urj.org/life/food/

Woodcut of Man at Work in Herb Garden
by Hans Weidig

Sonoma County Farmers' Markets

Farmers' Markets (a.k.a. greenmarkets) are places where farmers and other vendors sell their products directly to consumers, where one finds ultra-fresh produce, pastured meat and eggs, artisan cheeses, hand-harvested honey, and other fresh foodstuffs. They serve as venues for producers and consumers to come together, forge relationships, and exchange information.

City	Market Day, Time, Season, Phone	Address, Zip Code
Cloverdale CFM	Fri, 5:30-7:30P, Jun-Sep, 894-4094	Broad St. at N. Main St., 95425
Cotati CFM	Thurs, 4:30-7:30P, May-Sep, 795-5508	W. Sierra at Old Redwood Hwy., 94931
French Garden FM	Sun, 10A-12:30P, 824-2030	8050 Bodega Ave., Sebastopol, 95472
Geyserville CFM	3 rd Thursday, 5:30-dusk, June-Oct, 1-800-825-4233	21714 Geyserville Ave., 95441
Guerneville CFM	Tues, 4-7P, May-Oct, 869-8079	16209 1st St., 95446
Healdsburg CFM	Sat, 9A-Noon, Apr-Nov, 431-1956 www.healdsburgfarmersmarket.org	W. North St. at Vine St., 95448
Healdsburg CFM	Tues, 4-6:30P, Jun-Oct, 431-1956	Matheson St. at Center St., 95448
Monte Rio CFM	Sat, 11A-2P, May-Oct, 865-9380	Bohemian Hwy at Hwy. 116, 95462
Occidental CFM	Fri, 4P-dusk, Jun-Oct, 793-2159	3611 Bohemian Hwy., 95465
Petaluma CFM	Sat, 2-5P, May-Oct, 762-0344	4 th St. at D St., 94952
Petaluma CFM	Wed, 4:30-8P, Jun-Aug., 762-0344	4 th St. at D St., 94952
Santa Rosa Downtown CFM	Wed, 5-8:30P, May-Aug, 524-2123 www.srdowntownmarket.com	4 th St. at B St, 95401
Santa Rosa Oakmont CFM	Sat, 9A-Noon, 538-7023	White Oak Dr. at Oakmont Dr., 95409
Santa Rosa Original Sat CFM	Sat, 8:30A-Noon, 522-8629	1351 Maple Ave., 95404-5120
Santa Rosa Original Wed CFM	Wed, 8:30A-Noon, 522-8629	1351 Maple Ave., 95404-5120
Sebastopol CFM	Sun, 10A-1:30P, 522-9305	Petaluma at McKinley, 95472
Sonoma CFM	Fri, 9A-Noon, 538-7023	1 st St. E at E. Spain St., 95476
Sonoma CFM	Tues, 5:30-8:30P, Apr-Oct, 538-7023	Broadway at E. Napa St., 95476
Windsor CFM	Sun, 10A-1P, May-Nov, 838-1320	7600 Bell Rd., 95492
Windsor CFM	Thurs, 5-8P, Jun-Aug, 838-1320	7600 Bell Rd., 95492

Sonoma County Regional CSAs

Community Supported Agriculture (CSA) connects consumers with specific farms. Basically, one buys a share in a farm, and in return, gets a share of the harvest – the freshest, best produce the farm has to offer and an opportunity for healthy culinary exploration for your household. Shomrei Torah's CSA is Singing Frogs Farm — consider joining. Contact Rick Reisman at rickcath@sonic.net

Beet Generation Farm, Santa Rosa

Duration: June-Nov 24 bi-weekly
Contact: Libby Batzel 888-5434
Web site: www.beetgenerationfarm.com
Cost: \$644 for 14-week biweekly season; \$598 if paid in full
Includes: dozen eggs, 1/2 lb butter, 5-8 veggies, herbs, fruit and newsletter
Home delivery in Santa Rosa

Bohemian Farmers' Collective, Occidental

Sue 415/812-3924
bohemianfarmerscollective@gmail.com
P.O. Box 1195, Occidental, CA 95465

Canvas Ranch, Petaluma

families subscribed: 125±
Duration: Summer season is June-Nov (24 weeks)
Winter season is biweekly Dec-Feb
Contact: Deborah Walton, 766-7171 or
info@canvasranch.com
Web site: www.canvasranch.com
Cost: \$590 for 24-week summer season (\$24.50 per week); 4-week trial box (\$28 week)
Options: eggs, flowers, fruit, bread, butter, cheese, meat
Farm pickup and drop sites: Santa Rosa and Petaluma

First Light Farm, Sebastopol

families subscribed: 75+
Duration: year-around
Contact: Nathan Boone, 480-5346
Web site: www.firstlightfood.com
Cost: \$24 per week
Payment options: monthly checks or auto credit card charge
Drop sites: Sebastopol, Santa Rosa and Sonoma

Foggy River Farm CSA, Healdsburg

Duration: May-Nov (31 weeks)
Contact: Lynda or Emmett 483-1894 or
www.foggyriverfarm.org,
Web site: <http://farming101.wordpress.com>
Cost: \$22 per week for farm
Options: eggs
Drop sites: Healdsburg, Windsor
Wednesday box pick-up, Eastside Rd

Green Valley CSA, Sebastopol

Duration: 24 weeks
Contact: 824-1832 or 415/827-2196 or
green.valley.csa@gmail.com
Website: <http://greenvalleyfarm.wordpress.com/>
Cost: \$25-35/week depending on what you are able to pay
Initial membership fee: \$75. (\$50 is refundable deposit)
Serving West Sonoma County, farm pick-up only

Laguna Farm, Sebastopol

Duration: Year round
Contact: 823-0823 or scott@lagunafarm.com
Web Site: www.lagunafarm.com
Cost: initial membership fee of \$75; then \$18 per week for farm pickup; delivery to drop-offs add \$4 per week; home delivery add \$6/week; Weekly or bi-weekly
Options: bread, fruit, double salad mix, artisan store on site
Farm pick up. Drop sites and home delivery in Santa Rosa, Cotati, Petaluma.

Love Farms, Healdsburg

Contact: Bibiana 433-1230 or www.lovefarms.com
Serving Healdsburg, Dry Creek, and Alexander Valley
On-site farm stand: 10-5pm, weekends or by appointment

Orchard Farms, Sebastopol

Duration: 26 weeks (July – Dec)
Contact: Ken Orchard, 823-6528
Web site: www.orchard-farms.com
Cost: \$468/season in Sebastopol or monthly \$520/season for Santa Rosa or monthly

Petaluma Bounty, Petaluma

Duration: June-mid Nov (22 weeks)
Contact: 775-3663 or amy@petalumabounty.org
Web site: www.petalumabounty.org
Cost: \$484/season for farm pickup; limited low income/wholesale option available.
Options: bread, fruit, double salad mix
Farm pick up and drop

Redwood Empire Farm, Rincon Valley

Duration: May-3rd week of November

Redwood Empire Farm, continued

Contact: Ariel 953-6150, or
redwoodempirefarm@gmail.com
 Web site: *www.redwoodempirefarm.com*
 \$25/week; pay for full season & get 2 free bags
 Options: eggs, and chicken meat
 Delivery: Rincon Valley, Fountaingrove, Santa Rosa

Singing Frogs Farm, Sebastopol

Duration: Year-round (40 boxes)
 Contact: Charlie, home: 829-1389 cell: 536-7171
 Cost: Classic box \$26/week; Family box \$33.50 per week; May-Thanksgiving: weekly; Thanksgiving-April 30th: bi-weekly; 4 week trial box: \$110
 Options: eggs, olive oil, brown rice
 Web site: *www.singingfrogsfarm.com*
 Delivery: Santa Rosa and west county; farm pick-up

Smiling Sun Farms CSA, Sebastopol. Certified Organic

Contact: Alice McNair and Martha White, 824-9241
Smilingsunfarms@gmail.com
 Cost: \$22/week
 Options: Eggs and flower bouquets
 Farm pick-up Tuesdays, 3—7pm

Sonoma Mountain CSA (aka Wild Rose Ranch)

Duration: May-November (25 weeks)
 Contact: Balyn and Elli, 545-6062
 Web site: *http://www.localharvest.org/csa/M23156*
 Cost: \$500 for 25 weeks
 Options: Eggs
 Delivery: Santa Rosa, and Glen Ellen; farm pick-up

SRJC Shone Farm, Forestville, Certified Organic

Duration: Spring-fall
 Contact: 887-1187
 Website: *http://www.shonefarm.com/products.shtml#csa*
 Cost: \$240 for 10-week season
 Includes: Culinary Arts bakery item
 Delivery: SRJC Santa Rosa and Petaluma campuses; Farm pick-up

Tara Firma Farm, Petaluma (a quasi-CSA)

Order specific veggies and quantities from website
 Contact: Tara Smith, 765-1202 or
farmhouse@TaraFirmaFarms.com
 Web site: *www.tarafirmafarms.com*
 Cost: depends on what is ordered, \$20 minimum
 Options: beef, chicken, turkey
 Delivery: Cotati, Petaluma, Sebastopol; farm pick up

Tierra Vegetables, Windsor

Duration: 29 weeks (June-Dec)
 Contact: 837-8366 or *evie@tierravegetables.com*
 Web site: *www.tierravegetables.com*
 Cost: \$22.00 per week for farm pick up; drop-offs sites are an additional \$3 per week.
 Serving: Healdsburg, Windsor, and Santa Rosa

Valley End Farm, Rohnert Park, Certified Organic

Duration: year-round
 Contact: Sharon Grossi, 585-1123, cell 486-0600 or
sharon@valleyendfarm.com
 Web site: *www.valleyendfarm.com*
 Cost: Small \$180/qtr. (\$15/wk), medium \$240/quarter (\$20/wk), large \$300/qtr. (\$25/wk), X-large \$360/qtr. (\$30/wk)
 Options: eggs, fruit, cheese, bread, sauerkraut and pickles
 Delivery: Farm pickup; Drop off sites for businesses; Charge for home delivery

You Are What You Eat CSA, Sebastopol

Duration: June-November (22 weeks)
 Contact: 293-8639
 Website: *http://www.localharvest.org/be-concious-you-are-what-you-eat-csa-M37519*
 Cost: \$25/week (\$500/year)
 Delivery: Sebastopol, Santa Rosa, Petaluma, Forestville, Russian River; farm pick up

Meat CSAs**Chileno Valley Ranch Meat, Petaluma**

Contact: 765-6664
 Website: *www.chilenobnb.com/beef.html*

Sneaky Meats / Wyeth Acres, Healdsburg

Web site: *www.wyethacres.com*
 Pickup first Sunday of the month

Tara Firma Farm, Petaluma

Website: *http://www.tarafirmafarms.com/PasturedMeats/tabi/5&/Default.aspx*
 Options: beef, chicken, turkey.
 Serving: Marin County, Sonoma County

Victorian Farmstead, Sebastopol

Contact: 332-4605
 Website: *www.vicfarmmeats.com*

Local Markets & Other Sites

Besides farmers' markets, numerous groceries and many national chain stores throughout the county carry organic produce, bought in season from local sources. If you shop at a national chain store, encourage them to expand their local procurement.

Andy's Produce Market

1691 Hwy. 116 N.
Sebastopol
823-8661; Web site: www.andysproduce.com
Summer Hours: 8A-8P; Winter Hours: 8A-7:30P

Bohemian Market

3633 Main St.
Occidental
874-3312
Daily 7A-9P; Sa-Su 8A-9P

Community Market

1899 Mendocino Avenue
Santa Rosa
546-1806; Web site: www.srcommunitymarket.com
M-Sa 8A-9P; Su 10A-8P
10% Senior Discount Tu, Th & Sa

Fircrest Market

998 Gravenstein Hwy. S.
Sebastopol
823-9171
M-Sa 8A-9P; Su 9A-8P

Food For Humans

16385 1st St.
Guerneville
869-3612
Daily 9A-8P

G&G Supermarket

701 Sonoma Mt. Pkwy.
Petaluma
765-1198; Web site: www.gandgmarket.com
Daily 7A-9P

G&G Supermarket

1211 W, College Ave.
Santa Rosa
546-6877; Web site: www.gandgmarket.com
Daily 7A-9P

Molsberry's Market

522 Larkfield Shopping Ctr.
Santa Rosa
546-5041; Web site: www.molsberrymarket.com
M-Sa 7:30-8P; Su 7:30A-8P

Glen Ellen Village Market

13751 Arnold Dr.
Glen Ellen
996-6728; Web site: www.sonoma-glenellenmkt.com
Daily 6A-8P
10% Senior Discount Tu., 6A-9P

Kaiser Permanente Medical Center

401 Bicentennial Way
Breezeway between West Building and Hospital
Santa Rosa
393-3246
M 9:30A-1:30P; Closed in winter

Kendall Jackson Wine Center

4007 Fulton Rd.
Fulton
571-8100 or 571-7500
1st Sa of the month July — October

Oakville Grocery

124 Matheson St.
Healdsburg
433-3200; Web site: www.oakvillegrocery.com
June-October 8A-7P
November-May Su-Th 8A-6P; Fr-Sa 8A-7P

Oliver's Market

546 E. Cotati Ave.
Cotati
795-9501; Web site: www.oliversmarket.com
M-Su 7A-11P
10% Senior Discount Wed. 7A-4P

Oliver's Market

560 Montecito Center
Santa Rosa
537-7123; Web Site: www.oliversmarket.com
Daily 7A-10P
10% Senior Discount Wed. 7A-4P

Oliver's Market

461 Stony Point Rd.
Santa Rosa
284-3530; Web site: www.oliversmarket.com
Daily 7A-10P
10% Senior Discount Wed. 7A-4P

Pacific Market

1465 Town and Country Dr.
Santa Rosa
546-3663
M-Sa 7:30A-8P; Sun 8A-8P

Pacific Market

550 Hwy. 116 N.
Sebastopol
823-9735 or 823-4916
M-Sa 7A-9P; Su 8A-8P

Petaluma Market

210 Western Ave.
Petaluma; M-Su 7A-9P
762-5464; Web site: www.petalumamarket.com

Pohley's Market

341 Windsor River Rd.
Windsor
838-2266; Web site: www.pohleysmarket.com
Daily, 7A-10P

Santa Rosa Seafood Market

946 Santa Rosa Ave. (@ Petauma Hill Rd.)
Santa Rosa
280-2285
Website: www.santarosaseafood.com
W-Su 11A-6:30P
Produce: Fresh caught & guaranteed
Reserve seafood online

Shelton's Natural Foods Market

428 Center St.
Healdsburg
431-0530 ; Web site: www.sheltonsmarket.com
Daily 8A-8P

Sonoma County Farm Trails

Produce from local farms
Web Site: <http://farmtrails.org>

Sonoma Market

500 W. Napa St., Suite 550
Sonoma
996-3411; Web site: www.sonoma-glenellenmkt.com
M-Su 6A-8P
10% Senior Discount Tu, 6A-9P

Speer's Market

7891 Mirabel Rd
Forestville
887-2024
Daily 8A-8P

The French Garden Farm Market

8050 Bodega Ave.
Sebastopol
824-2030; Web site:
<http://frenchgardenrestaurant.com/farm-market/>
Su 10A-2P
Call for winter hours

Zazu Restaurant & Farm

3535 Guerneville Rd.
Santa Rosa, CA
523-4814; Web site: www.zazurestaurant.com
Farm Stand: Sa 11A-2P
Spring — Fall, call for winter hours

Sonoma County Web Sites

Bauman College: <http://www.baumancollege.org/>
Beekind — Classes: http://www.beekind.com/beekeeping_classes.shtml
Buy local Sonoma County information: <http://sonomacounty.golocal.coop/businesses/index/>
California School of Herbal Studies — Classes: <http://www.cshs.com/>
Daily Acts — Sustainability series: <http://www.dailyacts.org/sustainability-series> Harmony Farm Supply & Nursery — Classes: www.harmonyfarm.com: Books: <https://www.harmonyfarm.com/online-store/books/>
Occidental Arts and Ecology Center — Classes: <http://www.oaec.org/courses>
Permaculture Resources for Northern California and Beyond: <http://www.regenerativedesign.org/aboutpinc>
Petaluma Seed Bank: <http://rareseeds.com/petaluma-seed-bank>
Ramekins Culinary School — Classes: <https://www.ramekins.com>
Relish Culinary Adventures — Classes for adults and children <http://www.relishculinary.com/>
IGrow: <http://www.igrowsonoma.org>
Santa Rosa Dept. of Recreation and Parks — Gardening and Cooking Classes: <http://ci.santa-rosa.ca.us/departments/recreationandparks/programs/Pages/default.aspx>
Sonoma County Farm Trails: <http://www.farmtrails.org>
Sonoma County Master Gardeners: <http://ucanr.org/sites/scmg/>
SRJC Agriculture/Natural Resources Department: http://www.santarosa.edu/instruction/instructional_departments/agriculture/
SRJC Community Education — Courses and Workshops: <https://busapp02.santarosa.edu/CommunityEducation/SelectCategory.aspx?ID=201072>
VIVA — Classes: <http://saiprograms.com/viva/>
West County Seed Bank: <http://westcountyseedbank.blogspot.com/>

Other Web Sites

Community Alliance with Family Farmers (CAFF): <http://caff.org/> <http://caff.org/programs/local-food-systems/search-bfbl/?zipcode=&distance=5&county=Sonoma&search=SEARCH>
Environmental Working Group — Shopper's Guide to Food/Pesticides: <http://www.foodnews.org/>
Heirloom Vegetable Gardening: <http://www.halcyon.com/tmend/heirloom.htm>
Michael Pollan: www.michaelpollan.com (for resources on Sustainable Eating and Nutrition, Growing Food and more, as well as Books)
Marion Nestle: <http://www.foodpolitics.com/>
Regenerative Design Institute — Classes: <http://www.regenerativedesign.org/courses-events/permaculture>
Storage of fruits and vegetables: <http://ecologycenter.org/factsheets/veggie-storage.pdf>
Superfoods: <http://www.webmd.com/diet/features/superfoods-everyone-needs>
Union of Reform Judaism's Just Table/Green Table Program: <http://urj.org/life/food/index.cfm>
Whole Spice: www.wholespice.com

Books

“Food Rules” and other books by Michael Pollan: www.michaelpollan.com
“Superfoods: The Food and Medicine of the Future” by David Wolfe
“The China Study” by T. Colin Campbell
“What to Eat” by Marion Nestle (and other books she has written), see www.foodpolitics.com

Upcoming Food/Garden Related Classes & Events

2012 —

- Jan. 13 Shabbat Evening Service, 7:30-9P, Life Long Learning with Paul Katzeff, co-founder of Thanksgiving Coffee, Congregation Shomrei Torah, 2600 Bennett Valley Rd, Santa Rosa.
- Feb. 18 'Fruit Tree Care', 10:30A-12:30P, BARN at Luther Burbank Experimental Farm in Sebastopol, Sonoma County Master Gardeners
<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>
- March 3 'Vegetables', 10:30A-12:30P, Rohnert Park Library, Sonoma County Master Gardeners
<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>
- 10-23 'Permaculture Design' Two week Intensive *www.oaec.org*
- 10 'Great Tomatoes', , 10:30A-12:30P, BARN at Luther Burbank Experimental Farm in Sebastopol, Sonoma County Master Gardeners
<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>
- 17 'Great Tomatoes', 10:30A-12:30P, Rincon Valley Library, Sonoma County Master Gardeners *<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>*
- 17 'Edible Garden' 10:30A-12:30P, Petaluma Regional Library, Sonoma County Master Gardeners
<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>
- 17 'Gophers and Moles' 10:30A-12:30P, Cloverdale Public Library, Sonoma County Master Gardeners *<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>*
- 31 'Great Tomatoes' 10:30A-12:30P, Petaluma Regional Library, Sonoma County Master Gardeners *<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>*
- April 13 Shabbat Evening Service, 7:30-9P, Life Long Learning with Gabi Moskowitz, chef, writer and editor in chief of the nationally-acclaimed blog, "BrokeAss Gourmet."
- 13 'Tomatoes' 10:30A-12:30P, Rohnert Park Library, Sonoma County Master Gardeners
<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>
- 14 Spring Biodiversity Plant Sale *www.oaec.org*
- 14 'Vegetables' 10:30A-12:30P, Windsor Public Library, Sonoma County Master Gardeners
<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>
- 14-15 "Herbal Medicine Making" at CA School of Herbal Studies, in Forestville *www.CSHS.com*
- 23-June 11 (Five Monday afternoons) 'Herbal Essentials' at CA School of Herbal Studies, in Forestville *www.CSHS.com*
- May 5 Summer Biodiversity Plant Sale *www.oaec.org*
- 5 'Culinary Garden' 10:30A-12:30P, Petaluma Regional Library, Sonoma County Master Gardeners *<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>*
- 12 'Growing Medicinal Herbs' at CA School of Herbal Studies, in Forestville
www.CSHS.com
- 19 'Wonderful Vines' 10:30A-12:30P, Guerneville Regional Library, Sonoma County Master Gardeners *<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>*
- 19 'Drip Irrigation' 10:30A-12:30P, Healdsburg Regional Library, Sonoma County Master Gardeners *<http://ucanr.org/sites/scmg/?calendar=yes&g=43833>*
- 25-June 9 'Permaculture Design' Two-week intensive in Bolinas, *www.regenerativedesign.org*
- June 22- 23 'Seaweed as Food and Medicine' at CA School of Herbal Studies, in Forestville
www.CSHS.com

- 23 'Plants of Pomo Canyon – Herb Walk' at CA School of Herbal Studies, in Forestville www.CSHS.com
- Aug. 19 Festival of Jewish Food, Congregation Shomrei Torah, 2600 Bennett Valley Rd, Santa Rosa, www.shomreitorah.org 10A-3P
- 31-Sept. 15 'Permaculture Design' Two-week intensive in Bolinas, www.regenerativedesign.org
- Oct. 5-7 Sonoma County Harvest Fair at Santa Rosa Fairgrounds www.harvestfair.org
- 6 'Delectable Wild Edibles' at CA School of Herbal Studies, in Forestville www.CSHS.com
- 7 'Functional Foods – Medicinal Plant in Your Kitchen' at CA School of Herbal Studies, in Forestville www.CSHS.com
- 19-21 Bioneer's Conference in San Rafael, www.bioneers.org
- 20-21 'The Herbalist in Practice' at CA School of Herbal Studies, in Forestville www.CSHS.com
- Nov. 10-11 'The Herbalist in Practice' at CA School of Herbal Studies, in Forestville www.CSHS.com
- Dec. 8-9 'The Herbalist in Practice' at CA School of Herbal Studies, in Forestville www.CSHS.com

Ongoing:

Occidental Arts & Ecology Center (OAEC) workdays Wednesdays 10A-5P (lunch included) except Wednesdays before Thanksgiving, Christmas and New Year
www.oaec.org/participate/garden-volunteer

Santa Rosa Junior College, classes listed under Food, Home and Garden
<https://busapp02.santarosa.edu/CommunityEducation/SelectCategory.aspx?ID=201232>

Compiled by EAC

For additions and/or corrections to these lists, contact CSTEnvironmentalAction@gmail.com

Mission Statement

The mission of Shomrei Torah's Environmental Action Committee is to encourage environmental stewardship and to promote awareness and sound ecological practices within the synagogue, our congregation and the wider community. In order to respond to the global challenges that we all face, the Committee focuses on four areas:

- Green Shomrei Torah: Develop policies and practices that diminish the synagogue's environmental footprint.
- Education and Awareness: Educate members of the congregation about sound environmental practices.
- Community Involvement: Work with other organizations in Sonoma County to advance the protection and sustainability of our resources and environment.
- Advocacy: Advocate for governmental policies that improve environmental practices in the county and state.

We invite you to consider becoming a member of our committee, to attend our next meeting and learn more about our current projects. Please contact the office staff, 578-5519, and check us out at www.shomreitorah.org/environ.html