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
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 (Redef 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.

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

Victorian Farmstead, Sebastopol
Contact: 332-4605
Website: www.vicfarmmeats.com

Compiled by H. Herrmann, SRJC Sustainable Agriculture
Updated by EAC
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

**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.sonomaglenellenmkt.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](http://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

**Petaluma Market**  
210 Western Ave.  
Petaluma; M-Su 7A-9P  
762-5464; Web site: [www.petalumamarket.com](http://www.petalumamarket.com)

**Pohley’s Market**  
341 Windsor River Rd.  
Windsor  
838-2266; Web site: [www.pohleysmarket.com](http://www.pohleysmarket.com)  
Daily, 7A-10P

**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](http://www.petalumamarket.com)

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

**The French Garden Farm Market**  
8050 Bodega Ave.  
Sebastopol  
Su 10A-2P  
Call for winter hours

**Shelton's Natural Foods Market**  
428 Center St.  
Healdsburg  
431-0530; Web site: [www.sheltonsmarket.com](http://www.sheltonsmarket.com)  
Daily 8A-8P

**Sonoma Market**  
500 W. Napa St., Suite 550  
Sonoma  
996-3411; Web site: [www.sonomaglenellenmkt.com](http://www.sonomaglenellenmkt.com)  
M-Su 6A-8P  
10% Senior Discount Tu, 6A-9P

**Speer’s Market**  
7891 Mirabel Rd  
Forestville  
887-2024  
Daily 8A-8P

**Zazu Restaurant & Farm**  
3535 Guerneville Rd.  
Santa Rosa, CA  
523-4814; Web site: [www.zazurestaurant.com](http://www.zazurestaurant.com)  
Farm Stand: Sa 11A-2P  
Spring — Fall, call for winter hours

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Compiled by EAC
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/
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/
I Grow: http://www.igrowsonoma.org
Santa Rosa Dept. of Recreation and Parks — Gardening and Cooking Classes: 
 http://ci.santarosa.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://westcountysseedbank.blogspot.com/

Other Web Sites

Community Alliance with Family Farmers (CAFF):
Heirloom Vegetable Gardening: http://www.halcyon.com/mend/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
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 —


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/?calitem=147779&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

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

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