



Slow Food[®]

Seattle

Slow Food is an idea, a way of living and a way of eating.

It is a global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment.



powered by the eat well guide
eatwellguide.org



Eat Well Guide is a free online directory for anyone in search of fresh, locally grown and sustainably produced food in the United States and Canada. Eat Well Guide includes restaurants, farms, farmers' markets, stores, Community Supported Agriculture (CSA) programs and other businesses and organizations that demonstrate a firm commitment to sustainable agriculture. All farms listed in Eat Well Guide employ sustainable practices, and some are certified organic by the USDA. Eat Well Guide vendors demonstrate a commitment to source food that is organic, grown locally and in season. Users can search Eat Well Guide's thousands of listings by location, keyword, category or product to find local food, download customized guides, or plan a trip with the innovative mapping tool, Eat Well En Route.

Slow Food USA is an organization of people who are committed to improving food and farming for everyone. We believe everyone deserves food that is good for the grower, good for the planet, and good for us. Our network of 200,000 people connects through 225 local chapters and a variety of events, workshops, local projects, and national campaigns.

To learn more about sustainable and industrial agriculture check out the comprehensive issue pages at SustainableTable.org, and watch TheMeatrix.com, an award-winning satirical animation (translated into 30+ languages) exposing the dark truths behind factory farms and industrial meat and dairy production.

Boulangerie Nantaise

Organic French Bakery
2507 4th Ave, Seattle, WA 98121
Tel: 206-728-1874
orders@boulangerienantaise.com
<http://www.boulangerienantaise.com/index.php>

A traditional artisan French bakery cafe in Belltown featuring organic breads, authentic pastries, sandwiches, soups, coffees and teas. Breads are baked by traditional, slow-rising methods from organic flours without added yeast or chemicals. Enjoy our excellent products for breakfast, brunch and lunch. We invite you to stop often, in true European style, to take home a loaf of crusty bread or enjoy a quiet moment over a coffee and a freshly baked pastry for breakfast.

Caffe Ladro Espresso Bar and Bakery

Lower Queen Anne, 600 Queen Anne Ave N, Seattle, WA 98109
Tel: 206-282-1549
<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Bellevue, 333 108th Ave NE, Bellevue, WA 98004
Tel: 425-467-5562
Fax: 206-634-1357
<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We are in the Expedia building. We have 13 locations overall serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Capitol Hill, 435 15th Ave E, Seattle, WA 98112
Tel: 206-267-0551
<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Pine St (Downtown), near the Paramount Theater, 801 Pine St, Seattle, WA 98101
Tel: 206-405-1950
<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious

pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Fremont, 452 N 36th St, Seattle, WA 98103

Tel: 206-675-0854

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Kirkland, 104 Central Way, Kirkland, WA 98033

Tel: 425-827-5838

Fax: 206-634-1357

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

West Seattle, 7011 California Ave SW, Seattle, WA 98136

Tel: 206-938-8021

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Upper Queen Anne, 2205 Queen Anne Ave N, Seattle, WA 98109

Tel: 206-282-5313

<http://www.caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. This is the original Ladro where it all started. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Union St (Downtown), 108 Union St, Seattle, WA 98101

Tel: 206-267-0600

<http://caffeladro.com>

eat well guide: bakers

Steps from the Pike Place Market, Seattle Arts Museum and Benaroya Hall. Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Dahlia Bakery

2001 4th Avenue, Near the corner of 4th and Virginia, Seattle, WA 98121

Tel: 206-441-4540

office@tomdouglas.com

This tiny store front bakery allows you to take home the delicious desserts and breads served in Tom Douglas' five restaurants. All of the bakery's offerings are baked on the premises, in our pastry kitchen headed by pastry chef Garrett Melkonian. With a focus on seasonality and local produce our unique selection of tarts, pies, cakes and cookies, is always evolving, while traditional favorites such as our triple coconut cream pie are always available. Rustic artisan breads (the same that are served in the restaurants) are baked by head bread baker Gwen Grande. Also from the bread ovens are convenient savory items such as 3-seed breadsticks, semolina flatbread, and herb crostini to carry home for easy entertaining. The kitchen for the Dahlia Lounge serves seasonal lunches in the bakery daily, with a selection of sandwiches, soups, salads and other delicious culinary treats. Sit out front or take it to go.

Empire Ice Cream

5330 Ballard Avenue NW, Ballard Sunday Farmers Market, Seattle, WA 98107

info@empireicecream.net

<http://empireicecream.net>

Empire Ice Cream is a Seattle ice cream with an emphasis on using sustainable and local products. Using all-natural dairy from local cows, local and organic chocolate, and "fresh from the farms" produce, Empire makes the tastiest frozen confections in the city.

The Empire was created when 3 friends, Aaron Andrews, Dustin Calery and Tom Durchman decided on opening a small neighborhood restaurant. Quickly realizing they were far short in the capital needed, their thoughts shifted to more realistic enterprises.

With an accomplished background in the culinary field, the guys had the idea of making ice cream and sorbets using all local and natural ingredients. Starting the summer of 2007, Empire started selling its delicious, exciting and seasonal products to the masses at the Ballard Sunday Market. In 2008, we've expanded and will be found at more farmers markets, as well as Seattle restaurants that are champions of the "eat local" ideal.

Essential Baking Company

2719 East Madison Street, Seattle, WA 98112

Tel: 206-545-3804

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

Since 1994, The Essential Baking Company has set out to preserve, cultivate, and honor traditional methods of food preparation with a commitment to using organic ingredients. The bakery has grown in size and production to meet the demand for a high quality, authentic culinary experience, while

eat well guide: bakers

maintaining the same production techniques, service, and values of a small neighborhood bakery. Using organic ingredients, we make fresh artisan breads, European pastries, and luscious desserts. All of these items and more are offered at our bakery cafes. Essential Bakery Cafe also uses local products whenever possible.

Hours:

6am-7pm Monday-Friday

7am-6pm Saturday and Sunday

* See website for Wallingford location and hours.

Flying Apron Bakery

3510 Fremont Ave North , Seattle, WA 98103

Tel: 206-442-1115

info@flyingapron.com

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

Flying Apron products are created with your good health in mind. They are made using the finest organic ingredients; whole grain wheat free flours and organic non hydrogenated oils. The Flying Apron is a wheat free, gluten free and vegan bakery. Many of our products are alternatively sweetened as well. For a list of ingredients for each of our products see our menu.

Grand Central Bakery and Café

Seattle, Pioneer Square

214 1st Avenue South, Seattle, WA 98104

Tel: 206-622-3644

Fax: 206-622-7381

gcb.info@grandcentralbakery.com

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

We are a fresh, locally grown company dedicated to the craft of artisan baking and scratch cooking. Led by a unique mixture of family and friends along with some of the region's most talented bakers and cooks, Grand Central Bakery features a vibrant wholesale artisan bread line and a friendly collection of neighborhood bakeries in Seattle and Portland.

The best way to get to know us is by eating our products. Visit one of our neighborhood bakeries, eat at a restaurant that serves Grand Central bread or find us at your favorite grocer. One delicious bite will reveal everything you need to know!

Grand Central Bakery and Café

Seattle, Eastlake Ave

1616 Eastlake Ave E, Seattle, WA 98102

Tel: 206-957-9505

Fax: 206-957-9508

gcb.info@grandcentralbakery.com

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

We are a fresh, locally grown company dedicated to the craft of artisan baking and scratch cooking. Led by a unique mixture of family and friends along with some of the region's most talented bakers

and cooks, Grand Central Bakery features a vibrant wholesale artisan bread line and a friendly collection of neighborhood bakeries in Seattle and Portland.

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Great Harvest Bread Company

5408 Sand Point Way NE, Seattle, WA 98105

Tel: 206-524-4873

Contact: Nate Schlachter

ndschlachter@greatharvest.com

Starting in January 2008, they are using local organic wheat, grown in Eastern Washington. All of their whole wheat breads will be made with this local organic wheat. They are proud to support local farmers who are committed to conservation and sustainable farming. Much of their bread and many of our sweet treats are whole grain, made with freshly ground, organic wheat grown right here in Washington.

Half Pint Ice Cream

10th Ave East and East Thomas, 67th and Phinney Ave N, Seattle, WA 98125

Tel: 206-369-8707

info@halfpinticecream.com

<http://halfpinticecream.com/>

Half Pint is a small, owner-operated homemade ice cream company based out of Seattle, Washington. Our ice creams are made fresh weekly and with local organic dairy and eggs and local ingredients when possible.

Macrina Bakery

2408 1st Avenue, Seattle, WA 98121

Tel: 206-448-4089

Contact: Leslie Mackey

contactus@macrinabakery.com

<http://www.macrinabakery.com>

Based on the model of the traditional old-world village bakery; the bread has unique characteristics because of the use of available regional ingredients. The rustic European breads and baked goods from Macrina use as many indigenous products as possible as well as organic grains and natural ingredients.

The philosophy of the bakery is to enhance both the natural products and the flavor of the various grains. The baked goods are created from Northwest apples, potatoes, cranberries and hazelnuts, as well as wheat, rye, barley and buckwheat flour. Macrina Casera, the house bread, was developed to be eaten at any meal, complementing all foods.

Mighty-O Donuts

2110 N 55th Street, Seattle, WA 98103

Tel: 206-547-0335

info@mightyo.com
<http://mightyo.com/>

Mighty-O donuts is a Seattle-based company specializing in all natural donuts. The donuts are made with certified organic ingredients. Mighty-Os are cholesterol free, trans-fats free and made without any artificial or animal products. In a culture where donuts notoriously have the reputation for being junk food, Mighty-O has raised the standard for what should - and should not - go into donuts. The company's guiding principle of using all natural organic ingredients has allowed them to be the exclusive supplier of fresh donuts to health conscious, progressive retailers like Puget Consumers Co-op (PCC) and Whole Foods Markets throughout the Pacific Northwest. Mighty-O donuts can also be found at many hip local cafes.

Poco Carretto Gelato

9702 NE 120th Place, Columbia City Farmers Market, Kirkland, WA 98034
Tel: 425-823-1505
heidi@pococarretto.com
<http://pococarretto.com/index.php>

The newest creation by Owner Chef Holly Smith, Poco Carretto Gelato made its debut June 15th, 2008 at the Fremont Farmers markets.

The little cart carries only the finest gourmet gelato made from local, organic ingredients. Holly believes in sustainable agriculture, supporting growers whose outstanding quality is tantamount to their long-term commitment to the land.

Sage Organic Bakery and Cafe

324 15th Ave E, Seattle, WA 98112
Tel: 206-325-6429
makini@hillsidequickie.com
<http://sagebakeryandcafe.com>

We are Capitol Hill's first vegan bakery and cafe. Drop in and grab one of our scrumptious cupcakes from our new VEGAN cupcake line! Also featuring great lunchtime soups, salads, sandwiches, and pastries. (This location was formerly called Hillside Quickie's Cafe.)



Elliot Bay Brewery Pub

4720 California Ave SW, Seattle , WA 98116

Tel: 206-932-8695

michaelg@elliottbaybrewing.com

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

Each week we brew small batches of hand-crafted ales in our 7 barrel (200 gallon) brewery.

Our small brewery has had the good fortune to win two Gold medals and a Bronze at the Great American Beer Festival.

Made with Organic Ingredients

We use 100% organic barley for the base malt in all our house beers. Expect the same great flavor with an added dose of good karma now that your favorite Elliott Bay beer does the earth some good too!

Elliott Bay proudly offers its guests some of the region's highest quality pub food.

We make many of our menu items from scratch, including hummus, crab cakes, salad dressings, soups, salads, and sauces.

Our gourmet burgers are available with either 100% organic Black Angus beef , chicken breast, or vegetarian garden patty. All are served on buns baked with spent grain, a high-fiber by-product of our brewing process.

Monthly entrée specials are a regular feature of our food offerings, many of which feature our house-brewed beer as an ingredient.

We also serve locally baked desserts and malted ice cream.

Full menu is served until 11:30 pm Monday - Saturday and 10:30 pm Sunday.

Bill the Butcher

Laurelhurst Shop
3600 NE 45th St, Seattle, WA 98105
Tel: 206-588-2539
Bill@billthebutcher.com
<http://www.billthebutcher.com>

Bill the Butcher believes in supporting sustainable farming practices and working with local farmers and ranchers who raise beef, pork and poultry without hormones, steroids and genetically modified feed. We also feature open pastured organic and natural grass fed beef that has not been artificially and intentionally fattened on corn. This gentle and natural diet creates meat that is high in Omega 3 and 6 essential oils and is far healthier than traditional beef raised in a feedlot.

Bill the Butcher

Madison Valley Shop
2911 East Madison St , Seattle, WA 98112
Tel: 206-402-5079
Bill@billthebutcher.com
<http://www.billthebutcher.com>

Bill the Butcher believes in supporting sustainable farming practices and working with local farmers and ranchers who raise beef, pork and poultry without hormones, steroids and genetically modified feed. We also feature open pastured organic and natural grass fed beef that has not been artificially and intentionally fattened on corn. This gentle and natural diet creates meat that is high in Omega 3 and 6 essential oils and is far healthier than traditional beef raised in a feedlot.

Bill the Butcher

Magnolia Shop
3800 34th Ave W, Seattle, WA 98199
Tel: 206-829-9741
Bill@billthebutcher.com
<http://www.billthebutcher.com>

Bill the Butcher believes in supporting sustainable farming practices and working with local farmers and ranchers who raise beef, pork and poultry without hormones, steroids and genetically modified feed. We also feature open pastured organic and natural grass fed beef that has not been artificially and intentionally fattened on corn. This gentle and natural diet creates meat that is high in Omega 3 and 6 essential oils and is far healthier than traditional beef raised in a feedlot.

Rain Shadow Meats

1531 Melrose Ave, Seattle, WA 98122
Tel: 206-467-6328
info@rainshadowmeats.com
<http://rainshadowmeats.com/>

eat well guide: butchers



Rain Shadow Meats is a full service butchery featuring all local meats, house made charcuterie, and a custom curing room. We are centrally located in the new Melrose Market at the base of Capitol Hill in downtown Seattle.

Our mission is to bring back the local neighborhood butcher with an emphasis on whole animal butchery, education, and the creation of community. We work with local farms to provide farmers with a means to reach the public through our customers and to guarantee the highest quality products. Rain Shadow Meats will promote education and customer service by offering classes in meat and butchery, custom cuts, and special orders. Please ask if you have a personal request.

Come by the shop to visit and check out your new local, neighborhood Butchery. We welcome your questions and comments.

Russell Flint has over ten years of experience with butchery and is most recently known for his culinary skills as the Sous Chef at the Boat Street Café. His restaurant background and strong interest in food education will be instrumental to your experience at Rain Shadow Meats.

Art of the Table

1054 North 39th Street , Seattle, WA 98103

Tel: 206-282-0942

info@artofthetable.net

<http://www.artofthetable.net>

Real food. Prepared with love. Shared with friends. Local, organic, fresh and delicious. Art of the Table is a celebration of food and the people who dedicate their lives to the art of making it. We're an intimate dining establishment located in the Wallingford neighborhood of Seattle, focusing on bringing people together to dine in a communal fashion and to enjoy the bounties of the table, a trait that is all but lost in today's society. By sourcing fresh ingredients and local foods, world-traveled chef Dustin Ronspies creates his art through passion and love, both for the meals he creates and for the guests that dine at his table. Come join us as we host the Weekend Supper Club, a dinner party experience featuring a prix-fixe menu using ingredients fresh from the local farmers markets. We look forward to dining with you at our table.

Boat Street Cafe & Kitchen

3131 Western Ave. , Seattle, WA 98121

Tel: 206-632-4602

Contact: Renee & Susan

boatstreetkitchen@hotmail.com

<http://boatstreetcafe.com/index.html>

A Provençal sensibility inspires both food and space at the Boat Street Cafe. You'll eat simple, sturdy, luscious food-the food of French grandmothers made of the freshest ingredients mostly from local farmers. The room with its slate tables, mismatched chairs, and warm oak floors is bathed in the amiable glow of candlelight and cream-colored walls.

The Boat Street Kitchen offers lunch, brunch, catering, and cooking classes.

Hours:

Lunch: Mon-Fri, 10am - 2:30 pm; Brunch: Sat&Sun, 10:30 - 2:30pm; Dinner Tue-Sat, 5:30pm - 10:30pm

Kaspar's Special Events and Catering

19 West Harrison, Seattle, WA 98119

Tel: 206-298-0123

Fax: 206-298-0146

info@kaspars.com

<http://kaspars.com/>

At Kaspars Special Events and Catering, experience the creative, fresh cuisine that made Kaspar a world renowned chef. Chef owner Kaspar Donier takes advantage of the freshest local fish and shellfish available to create tantalizing and innovative dishes, from Penn Cove Mussels and Dungeness Crab to Alaskan King Salmon. Everything from the bread to the desserts is made fresh on the premises. It's easy to realize why national publications such as Bon Appetit and Gourmet have recognized Kaspar as an extraordinary chef. Now it's time to see for yourself.

Madres Kitchen

559 NE 80th Street, Seattle, WA 98115

Tel: 206-227-7478

Fax: 206-527-3547

Contact: Heather Chitty & Kristen Cole

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

Madres Kitchen is dedicated to delicious foods prepared fresh daily and a fun approach to catering that clients continually rave about. Best of all, they do it with organic, locally-produced ingredients that are both healthy and tasty. Madres benefits from the bounty of fresh food grown and raised in the Pacific Northwest and a network of farmers and sustainable businesses.

Ogo! Sustainable Catering - Organics to Go

Seattle

701 5th Avenue Suite 202, Seattle, WA 98104

Tel: 206-451-7020

Fax: 425-837-9622

Contact: Greg Atkinson

CustomerCare@OrganicToGo.com

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

Featuring the freshest, natural and sustainable, Chef-created foods. From box lunches to full service elegance, Ogo! Sustainable Catering will make your next meeting or event one to remember. We deliver throughout the Seattle and the greater East Side areas. To stay true to our commitment of providing delicious and wholesome food we are building a team of accomplished chefs who are enthusiastic partners and bring their own unique experience and flavors to our menu. All of our collaborating chefs are dedicated to sustainable agriculture and organic, natural and wholesome ingredients.

Ray's Boathouse, Cafe, and Catering

6049 Seaview Avenue NW, Seattle, WA 98107

Tel: 206-789-3770

Fax: 206-781-1960

rays@rays.com

<http://www.rays.com/new/index.php>

Widely regarded as a "must visit" by locals and travelers alike, Ray's Boathouse is world-renowned for its impeccably fresh Northwest seafood. Our culinary professionals, led by Executive Chef Peter Birk, hand select the best products from local purveyors and then prepare them simply to enhance the naturally fresh, clean flavors and succulent textures. The menu changes weekly to reflect what is seasonally and locally available. Combined with our spectacular bayside view of the Olympic Mountains over Puget Sound, Ray's Boathouse is the quintessential Northwest seafood experience. Complementing Ray's cuisine is our award-winning wine list of more than 700 selections, with an emphasis on Northwest vineyards.

Ray's Catering has extensive experience in executing events for all size parties, both on-premise in our private banquet room and off-site at many of Seattle's fabulous event sites.

Sage Organic Bakery and Cafe

324 15th Ave E, Seattle, WA 98112

Tel: 206-325-6429

makini@hillsidequickie.com

<http://sagebakeryandcafe.com>

eat well guide: caterers

We are Capitol Hill's first vegan bakery and cafe. Drop in and grab one of our scrumptious cupcakes from our new VEGAN cupcake line! Also featuring great lunchtime soups, salads, sandwiches, and pastries. (This location was formerly called Hillside Quickie's Cafe.)

Tom Douglas Catering and Events

2030 5th Avenue, Seattle, WA 98121

Tel: 206-448-2001

Contact: Alexis Berry

alexis@tomdouglas.com

<http://tomdouglas.com/>

Tom Douglas Catering and Events offers our catering clients the same memorable dining experience that our guests have come to expect from the popular Tom Douglas Restaurants. Tom is one of the Pacific Northwest's most widely recognized chefs and best-loved food personalities, and he continues to win acclaim via his restaurants, cookbooks, and specialty food lines.

Tom's passion for using only the best and freshest local ingredients, his enthusiasm, and his boundless creativity have helped put our five restaurants on the national culinary map. In addition to running our highly-praised restaurants, Tom has now committed the full scope of his energy and attention to the world of catering. Unlike many catering companies, we do not work from a set of generic menus. Instead we delight in working with you to create a unique menu of Tom's exciting Northwest cuisine, perfectly tailored to your requirements.

We particularly delight in coming up with imaginative ideas. We've worked successfully in just about every type of venue and with a wide range of budgets, and we're excited about designing a one-of-a-kind Tom Douglas experience just for you.

Your Local Market

410 Bellevue Way NE, Bellevue, WA 98004

Tel: 425-372-7600

Contact: Jason Brown

jason@yourlocalmarket.com

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

Your Local Market is a small, community-centric grocery store. We proudly serve our customers natural, organic and locally produced meats, produce, seafood, dairy, grains and prepared foods. We invest in our community through hosted events and charities because we believe in the power of local economy for a healthier, more engaged society. We cater, too! Come check out our delicious, homemade foods, made fresh daily.

Central Co-op Madison Market

1600 E Madison St, Seattle , WA 98122

Tel: 206-329-1545

<http://www.centralcoop.coop/>

Central Co-op is a member-owned natural foods cooperative in the heart of Seattle dedicated to sustainable practices, community accountability, and the local food economy. With our full-service delicatessen, extensive selection of natural remedies and body care, foods for special and limited diets, unrivaled assortment of bulk, local, organic, and fairly traded goods, sustainable seafood and meat department, farmers' market-quality produce department, and knowledgeable workers, we provide a healthful shopping experience in a community-oriented setting.

PCC Natural Market

View Ridge

6514 40th Ave. N.E., Seattle, WA 98115

Tel: 206-547-1222

productquestions@pccsea.com

<http://www.pccnaturalmarkets.com/locations/vr.html>

PCC Natural Markets began as a food-buying club of 15 families in 1953. Today, it's the largest consumer-owned natural food co-operative in the United States. PCC has eight stores in the Puget Sound region and is owned by nearly 40,000 members who shop (along with thousands of non-members) in our neighborhood locations and value our commitment to:

- * Advocating high-quality food standards. We have stringent standards for the products we carry. The local farmers and food vendors we partner with are directly accountable to our department heads, ensuring their products' quality, flavor and environmentally conscious production. In addition, the collective voice of our 40,000 members sends a strong message to state and national policymakers.

- * Supporting local, sustainable agriculture. We actively partner with local organic farmers to bring our customers the freshest, most delicious produce available. In addition we are major donors to the PCC Farmland Trust, a non-profit organization dedicated to preserving farmland and moving it into organic production.

- * Educating consumers about timely issues. Our staff of experts stay at the forefront of food industry and nutrition issues, working to shape policies related to food safety and earth friendly food production practices. These issues — and how they affect you and your family — are regularly reported on in our monthly paper, the Sound Consumer, in our PCC Cooks classes, on our Web site and at the community events we participate in.

- * Operating in an environmentally friendly way. The products we sell are not only healthier than those found in conventional stores, they're likely to be produced in a way that helps sustain the environment or that is cruelty free, meaning animals are range grazed without hormones or antibiotics, fish are sustainably-harvested and products are not tested on animals. We encourage our members to shop this way, too.

- * Building community. Through donations, sponsorship and involvement in neighborhood projects we actively contribute to the eight communities in which our stores are located. In the last decade we've contributed more than \$500,000 to local community groups.

PCC Natural Markets

Fremont

eat well guide: co-ops



600 North 34th Street, Seattle, WA 98103
Tel: 206-632-6811
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

Open daily 6 a.m. - midnight

PCC Natural Markets

West Seattle
2749 California Ave SW, Seattle, WA 98116
Tel: 206-937-8481
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

PCC Natural Markets

Green Lake
7504 Aurora Ave N, Seattle, WA 98103
Tel: 206-525-3586
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest " locally grown organic fruits and vegetables, dairy, meat and more " produced without synthetic chemicals, additives or genetically modified ingredients.

PCC Natural Markets

Kirkland
10718 NE 68th St, Kirkland, WA 98033
Tel: 425-828-4622
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

PCC Natural Markets

Seward Park
5041 Wilson Ave S, Seattle, WA 98118
Tel: 206-723-2720
productquestions@pccsea.com



eat well guide: co-ops

<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

PCC Natural Markets

View Ridge

6514-40th Ave NE, Seattle, WA 98115

Tel: 206-526-7661

productquestions@pccsea.com

<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

Boulangerie Nantaise

Organic French Bakery
2507 4th Ave, Seattle, WA 98121
Tel: 206-728-1874
orders@boulangerienantaise.com
<http://www.boulangerienantaise.com/index.php>

A traditional artisan French bakery cafe in Belltown featuring organic breads, authentic pastries, sandwiches, soups, coffees and teas. Breads are baked by traditional, slow-rising methods from organic flours without added yeast or chemicals. Enjoy our excellent products for breakfast, brunch and lunch. We invite you to stop often, in true European style, to take home a loaf of crusty bread or enjoy a quiet moment over a coffee and a freshly baked pastry for breakfast.

Mighty-O Donuts

2110 N 55th Street, Seattle, WA 98103
Tel: 206-547-0335
info@mightyo.com
<http://mightyo.com/>

Mighty-O donuts is a Seattle-based company specializing in all natural donuts. The donuts are made with certified organic ingredients. Mighty-Os are cholesterol free, trans-fats free and made without any artificial or animal products. In a culture where donuts notoriously have the reputation for being junk food, Mighty-O has raised the standard for what should - and should not - go into donuts. The company's guiding principle of using all natural organic ingredients has allowed them to be the exclusive supplier of fresh donuts to health conscious, progressive retailers like Puget Consumers Co-op (PCC) and Whole Foods Markets throughout the Pacific Northwest. Mighty-O donuts can also be found at many hip local cafes.



High Point Market Garden

Seattle Market Gardens

32nd Avenue SW and SW Juneau Street, Seattle, WA 98126

Tel: 206-240-2093

michellej58@hotmail.com

<http://seattlemarketgardens.org/>

On-Site Pick-Up: Wednesdays from 5 pm to 7 pm

This location operates May 21st to October 15th

Seattle Market Gardens is a partnership between in-city farmers and consumers resulting in weekly deliveries of high-quality, farm-fresh, organic produce during the growing season.

In 2007 Seattle Market Gardens provided produce for approximately 60 households over 22 weeks. It currently has two community supported agriculture (CSA) gardens located and farmed by residents in Southeast and Southwest Seattle.

Seattle Market Gardens' mission is to help establish safe, healthy communities and economic opportunity through development of CSA enterprises in low-income neighborhoods.

How do you subscribe?

You can subscribe now by filling out an application and sending it (see application for mailing address) — or if you need more information you can contact Michelle Jones, Seattle Market Gardens' Marketing Manager at michellej58@hotmail.com.

Who runs Seattle Market Gardens?

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The Department of Neighborhoods provides staff to work with low-income communities to develop and manage the gardens.

NewHolly Market Garden

Seattle Market Gardens

Martin Luther King Jr Highway and Southcenter Blvd, Seattle, WA 98126

Tel: 206-240-2093

michellej58@hotmail.com

<http://seattlemarketgardens.org/>

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eat well guide: community gardens



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Seattle, WA 98126 michellej58@hotmail.com

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eat well guide: community gardens



Gardens' Marketing Manager at michellej58@hotmail.com.
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Half Pint Ice Cream

10th Ave East and East Thomas, 67th and Phinney Ave N, Seattle, WA 98125

Tel: 206-369-8707

info@halfpinticecream.com

<http://halfpinticecream.com/>

Half Pint is a small, owner-operated homemade ice cream company based out of Seattle, Washington. Our ice creams are made fresh weekly and with local organic dairy and eggs and local ingredients when possible.

Molly Moon's Homemade Ice Cream

1622 ½ N 45th St, Wallingford, Seattle, WA 98103

Tel: 206-547-5105

info@mollymoonicecream.com

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

At Molly Moon's we combine creamy dairy from happy, healthy, hormone-free Western Washington cows with sweet and savory local ingredients. Our attention is focused on seasonal fruits and herbs in combinations that are both familiar and surprising, producing all kinds of flavors from childhood favorites to avang-garde adult-only fare. From Skagit Valley's strawberries to Sequim's lavender and Eastern Washington's cantaloupes, Molly Moon's is committed to using the best ingredients the Pacific Northwest has to offer, and occasionally we reach a little further south for Northern California fruit like organic Meyer Lemons and Napa Valley's Blood Oranges. Our shop is a place where classic flavors like Vanilla Bean and Chocolate live alongside the creative and exotic Cardamom, Balsamic Strawberry, Rosemary Meyer Lemon, and even Maple Bacon in winter!



Columbia City Farmers Market

4801 Rainier Ave S, Columbia Plaza parking lot, Seattle, WA 98118

Tel: 206-632-5234

Contact: Karen Kerschner

nfma@seattlefarmersmarkets.org

<http://www.seattlefarmersmarkets.org>

Over 40 WA state farmers and small food vendors selling all-local farm-fresh products and processed foods: fruits, vegetables, cheeses, artisan breads, seafood, meats, eggs, poultry, cut flowers, ciders, preserves, and more! No crafts - local, sustainable food only.

Visit the Columbia City Farmers Market and enjoy the food, fun, and festive community atmosphere of one of Seattle's most favored farmers markets, located in the heart of the charming historical Columbia City business district.

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Local Roots Farm

740 Belmont Pl., Seattle , WA 98102

Tel: 206-218-9787

Contact: Siri Erickson-Brown

siri@localrootsfarm.com

<http://www.localrootsfarm.com>

Local Roots is Certified Naturally Grown, an alternative to the USDA's Organic label certification. Run a CSA, also open Early June-mid October.

New Roots Organics

6259 3rd Ave NW , Seattle , WA 98107

Tel: 206-261-2500

Contact: Carolyn Boyle

carolyn@newrootsorganics.com

<http://newrootsorganics.com/>

New Roots Organics delivers fresh, organic produce weekly. The bin contains a balanced selection of 12-15 fruits and veggies that change each week. Because we hand pick only the best, the selection may change throughout the week.

New Roots Organics buys a large percentage of local (Western WA) produce from one farm on Fir Island, (just West of Mt Vernon) called Frog Song Farm.

It is owned and farmed by Nate O'Neil and his wife. And in the fall we buy several varieties of Asian pears that are grown nearby in Dry Slough Orchard, by Nate's dad. But to make our bins balanced and complete, we source summer fruit from Eastern Washington, and things like broccoli and carrots and cauliflower from other local farms because Nate focuses on Greens, heirloom varieties of lettuces, and potatoes, and onions in large quantities. We also buy from two wholesalers (one here in Seattle, and one in Oregon) that both have networks of local farms that they buy from and make possible for us to buy from. I am very particular about what goes into our bins each week and I have made it a point over the years to get to know the farms and (labels) that I buy from.

Throughout the year, we make it a priority to include locally grown produce 1st, and then when needed, like every winter, we include citrus from California, fresh greens and lettuces. I always list the contents and variety of each bin at the top of the recipe sheet that is included and identify what is grown locally.

NewHolly Market Garden

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eat well guide: csa

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The Local Choice Food Box

c/o Growing Washington

2911 18th Ave South, Seattle, WA 98144

Tel: 206-458-0264

Contact: Gabrielle Santerre

gabrielle@growingwashington.org

<http://www.growingwashington.org/foodbox>

If you're looking to eat locally and still get to choose the fresh, great-tasting foods your family loves, the Local Choice Food Box is for you!

Unlike other CSA programs in the area, everything that goes into our boxes is grown locally. We bring you only the freshest food from the finest growers in Western Washington.

Not only is each and every item in your box local, each and every item is also your choice; no surprises, no substitutions--just the local, organically grown fruits, vegetables, eggs and flour of your choosing.

Local farmers. Organically and naturally grown food. The choice is yours!

eat well guide: educational centers



Cascade Harvest Coalition

4649 Sunnyside Avenue North, Room 123, Seattle, WA 98103

Tel: 206-632-0606

Fax: 206-632-1080

Contact: Mary & Mark

mary@cascadeharvest.org

<http://www.cascadeharvest.org/>

Cascade Harvest Coalition is a non-profit organization dedicated to "re-localizing" the food system in Washington State by more directly connecting consumers and producers. Through our programs and activities, we accomplish this by:

Supporting farmers. A healthy food system requires healthy farmers. That means providing farmers with access to land, information, training, markets and the resources they need to help them be sustainable.

Educating consumers. Everyone eats. But what we eat has a profound impact on the world around us. Providing consumers with information on the many economic and environmental benefits of local agriculture, and helping them identify where and how to buy locally, gives consumers the tools they need to make informed choices.

Building healthy communities. Re-localizing the food system requires a community. Developing partnerships with a broad diversity of food system constituents, sharing information and resources, and collaborative action provide increased opportunities for creating effective change that benefits all of us.

Cookus Interruptus

WA 98109

Tel: 206-365-4116

Contact: Cynthia Lair

cynlair@cookusinterruptus.com

<http://www.cookusinterruptus.com>

Web cooking show teaching viewers how to prepare fresh local organic whole foods despite life's interruptions.

Hosted by Cynthia Lair, author of *Feeding the Whole Family* and Bastyr University faculty member. The show mixes real education about real food with real life.

High Point Market Garden

Seattle Market Gardens

32nd Avenue SW and SW Juneau Street, Seattle, WA 98126

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michellej58@hotmail.com

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eat well guide: educational centers



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Solid Ground

1501 North 45th Street, Seattle , WA 98103

Tel: 206-694-6700

info@solid-ground.org

<http://solid-ground.org/Pages/Default.aspx>

Each year we provide shelter, food, home care, transportation and other basic services to more than 38,000 families and individuals in need throughout King County.

Beyond helping people overcome homelessness, hunger and isolation, we support people to take positive steps toward lasting stability and self-sufficiency. Programs include:

Lettuce Link (an innovative food and gardening program growing and giving since 1988) creates access to fresh, nutritious and organic produce, seeds, and gardening information for families with lower incomes in Seattle. We work to educate the community about food security and sustainable food production.

Fruit is a valuable community resource. In 2007, Community Fruit Tree Harvest volunteers harvested more than 10,000 pounds of apples, plums and pears from Seattle fruit trees and delivered it to people with limited access to organic produce.

Marra Farm is a model urban community farm engaging people in sustainable agriculture and education while enhancing local food security. Tucked into the South Park neighborhood of Seattle, it has 4 acres of historic preserved farmland. Marra Farm generates tons of fresh, organic produce, with more than 13,000 pounds grown each year. In addition to residents growing food for their own families, distribution includes donations to local residents and the senior lunch program through the Providence Regina House Food Bank, Mien senior citizens, and Concord Elementary School students and their families.

eat well guide: farmers

Columbia City Farmers Market

4801 Rainier Ave S, Columbia Plaza parking lot, Seattle, WA 98118

Tel: 206-632-5234

Contact: Karen Kerschner

nfma@seattlefarmersmarkets.org

<http://www.seattlefarmersmarkets.org>

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Foraged and Found Edibles

1717 Bellevue Way NE, Bellevue, WA 98004 Contact: Jeremy Faber

foragedandfoundedibles@gmail.com

<http://foragedandfoundedibles.com/index.html>

Our passion for wild foods is what inspires us to supply the best of nature's bounty, from mushrooms to wild greens. We believe in the culinary and medicinal benefits of everything we offer. Our products are harvested throughout the Pacific Northwest, from northern California to southern British Columbia, from the Pacific Ocean to the continental divide. Keeping our focus on local Pacific Northwest products ensures consistency and quality, as well as reducing the time it takes from forest to customer. Our goal is not to be first with our products each season, but to wait for the right time to harvest so we can bring the best and freshest to market. As former chefs, we offer both our restaurant and market customer's unique experience in the harvesting and cooking of each ingredient.

Not every vendor at farmers' markets grows the food they sell. Jeremy Faber certainly doesn't. He finds his wares. From stinging nettles along creek beds in the spring to chanterelles and local truffles in autumnal forests, Faber forages the rich lands of Washington state for culinary treasures.

From March through November Jeremy and partner Christina Choi sell the Washington bounty at Seattle-area farmers' markets and restaurants.

Local Roots Farm

740 Belmont Pl., Seattle, WA 98102

Tel: 206-218-9787

Contact: Siri Erickson-Brown

siri@localrootsfarm.com

<http://www.localrootsfarm.com>

Local Roots is Certified Naturally Grown, an alternative to the USDA's Organic label certification. Run a CSA, also open Early June-mid October.

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c/o Growing Washington

2911 18th Ave South, Seattle, WA 98144



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Tel: 206-458-0264

Contact: Gabrielle Santerre

gabrielle@growingwashington.org

<http://www.growingwashington.org/foodbox>

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Local farmers. Organically and naturally grown food. The choice is yours!

Ballard Farmers Market

5330 Ballard Ave. NW, Seattle, WA 98117

Tel: 206-781-6776

urbnfarn@scn.org

<http://www.ballardsundaymarket.com>

Time of Year: April-Nov, and Dec-March, Days of Week/Hours: Sunday, 10 - 3 (summer) and 11-3 (winter)

Bellevue Farmers Market

1717 Bellevue Way NE, In First Presbyterian Church Lot, Bellevue, WA 98004

Tel: 425-454-8474

Contact: Lori Taylor

fresh@bellevuefarmersmarket.org

<http://www.bellevuefarmersmarket.org>

Time of Year: May - October, Days of Week/Hours: Thursday, 3 - 7 pm.

Broadway Farmers Market

East side of Broadway at East Thomas St., 10th Avenue, Seattle, WA 98105

Tel: 206-547-2278

Contact: Chris Curtis

nfma@seattlefarmersmarket.org

<http://www.seattlefarmersmarkets.org>

Time of Year: May - November, Days of Week/Hours: Sunday, 11 am - 3 pm.

Columbia City Farmers Market

4801 Rainier Ave S, Columbia Plaza parking lot, Seattle, WA 98118

Tel: 206-632-5234

Contact: Karen Kerschner

nfma@seattlefarmersmarkets.org

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Friday Night Market at Juanita Beach

9703 NE Juanita Drive, Kirkland, WA 98034

Tel: 425-587-3385

Contact: Tina

FridayMarket@ci.kirkland.wa.us

http://www.ci.kirkland.wa.us/depart/parks/Parks/Friday_Night_Market_at_Juanita_Beach.htm

The evening market features a wide variety of delicious fruits, beautiful flowers and fresh produce



grown locally in the state of Washington.

Located at Juanita Beach Park, with beautiful Lake Washington as a background, a visit to the market is a perfect way to start your weekend!

The 2009 Friday Night Market will host 35+ vendors selling: fresh organic fruits & vegetables, beautiful flowers, bedding plants & herbs, seafood, beef, honey products, dry dip mixes, chutneys, kettle corn, soup, gyros, crepes, taffy, cupcakes, breads, and other tasty treats. The newly added artisan section will showcase fine-looking jewelry, glass art, pottery, pet supplies, body art, batiks, lotions & potions.

May 29 - October 9, 2009

Market Hours - 3:00 - 7:00pm

Kirkland Wednesday Market

Park Lane East, betw 3rd & Main Street, Kirkland, WA 98033

Tel: 425-485-1042

Contact: Grant Davidson

GDDman22@aol.com

<http://www.kirklanddowntown.org>

Time of Year: May - October, Days of Week/Hours: Wednesday, 12 - 6 pm.

Mad Cap Hill Farmers Market

1126 Martin Luther King Jr Way, Seattle, WA 98122

Tel: 206-250-0609

marketmaster@seattlemarkets.org

<http://www.ballardsundaymarket.com>

Time of Year: May - October, Days of Week/Hours: Friday, 3:00 p.m. - 7:00 p.m.

Madrona-Capitol Hill Farmers Market

Martin Luther King Jr Way & E Union St, Seattle, WA 98122

Tel: 206-781-6776

Contact: Judy Kirkhuff

marketmaster@seattlemarkets.org

<http://www.fremontmarket.com>

Fridays 10-3, May 16-October 3

Farmers market featuring fresh foods from Washington state, as well as prepared foods and locally produced crafts.

Magnolia Farmers Market

2550 34th Ave. W. , Magnolia Community Center, Seattle, WA 98119

Tel: 206-547-2278

Contact: Molly Burke

<http://www.seattlefarmersmarkets.org>

Saturdays 10-2, June 7th through October 11th.

eat well guide: farmers markets



Farmers market featuring fresh foods from over 35 local growers and small family businesses. Wide selection of fresh organic and traditional fruits, berries, and vegetables, starter plants, fresh cut flowers, herbs, fish, meats, etc. Fresh baked goods, honey, eggs, nuts, pasta and more. No crafts - local foods only. Cooking demos and other special events throughout the season.

Mercer Island Farmers Market

SE 32nd Street and 77th Ave SE, Mercer Island, WA 98040

Tel: 206-232-8148

Contact: Nannette Bassett

nannettebas@gmail.com

<http://www.mifarmersmarket.org>

Lively community managed farmers' market featuring produce, fruits, and prepared foods. Everything is primarily organic and from local WA farmers. The market is part of the Washington State Farmers' Market Association.

Weekly educational events include: Fresh food samplings, master gardeners, speakers, chef demonstrations, kids creative learning area, music, and more.

Market open June through October on Saturday from 10:00 am to 3:00 pm.

Phinney Ridge Farmer's Market

6532 Phinney Ave. N., Phinney Neighborhood Center, Seattle, WA 98103

Tel: 206-547-2278

Contact: Audrey Lawrence

<http://www.seattlefarmersmarkets.org>

Fridays 3-7, May 16th to October 3rd.

Farmers market featuring fresh foods from over 30 local growers and small family businesses. Wide selection of fresh organic and traditional fruits, berries, and vegetables, starter plants, fresh cut flowers, herbs, fish, meats, etc. Fresh baked goods, honey, eggs, nuts, pasta and more. No crafts - local foods only. Cooking demos and other special events throughout the season.

Pike Place Public Market

Between Pike & Virginia Streets, 1st Ave Level, Seattle, WA 98101

Tel: 206-682-7453

scottr@pikeplacemarket

<http://www.pikeplacemarket.org>

Time of Year: June - October, Days of Week/Hours: M-S 10:00 a.m. - 6:00 p.m., Sun 11-5

Queen Anne Farmers Market

McLure Middle School, 1st Ave. W. and W. Crockett, Seattle, WA 98109

Tel: 206-781-6776

Contact: Judy Kirkhuff

marketmaster@seattlemarkets.org

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

eat well guide: farmers markets



Thursdays 3:00pm-7:00pm, May 15-October 2.

Farmers market featuring fresh foods from Washington state, as well as prepared foods and locally produced crafts.

Queen Anne Farmers Market

West Crockett Street at Queen Anne Avenue North, Seattle, WA 98119

Tel: 206-428-1983

Fax: 206-286-1025

Contact: Julie Whitehorn

julie@qafma.org

<http://www.qafma.org>

An independent, neighbor-organized farmers market that specializes in the best food of our region.

University District Farmers Market

corner of NE 50th and University Way NE, Seattle, WA 98105

Tel: 206-547-2278

nfma@seattlefarmersmarkets.org

<http://www.seattlefarmersmarkets.org>

The University District Farmers Market is Seattle's oldest and largest "farmers-only" neighborhood market. Over 50 farmers and small food vendors selling an astounding selection of all-local farm-fresh products and processed foods: cheeses, artisan breads, seafood, meats, eggs, poultry, fruits, vegetables, cut flowers, ciders, preserves, etc. No crafts - local, sustainable food only.

Hours: Saturdays 9am - 2pm, year round!

Veraci Pizza

500 NW Market Street, Seattle , WA 98107

Tel: 206-525-1813

info@veracipizza.com

<http://www.veracipizza.com/index.html>

We use only the freshest and highest quality natural ingredients and buy direct from local farms whenever possible. Veraci Pizza features a delicious ultra-thin artisan crust made from our secret recipe. Each batch of dough is hand prepared in a mixing bowl, never by machine. We are Seattle's original, award-winning traveling wood-fired pizza company. We specialize in creating authentic Italian pizza at Farmer's Markets , festivals & private parties throughout the Puget Sound and Central Oregon.

Wallingford Farmers Market

1815 N. 45th Street, Seattle, WA 98101

Tel: 206-782-2286

Contact: Judy Khuff

marketmaster@seattlemarkets.org

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



eat well guide: farmers markets

Time of Year: June - September, Days of Week/Hours: Wednesday, 3 - 7 pm.

West Seattle Farmers Market

SW Alaska and 44th SW, Seattle, WA 98105

Tel: 206-547-2278

Contact: Chris Curtis

nfma@seattlefarmersmarkets.org

<http://www.seattlefarmersmarkets.org>

Time of Year: Year Round

Days of Week/Hours: Sunday, 10 am - 2 pm (April-Dec) and 10-1 (Jan-Feb)

eat well guide: food truck



Parfait Organic Artisan Ice Cream

501 2nd Ave W. , Seattle, WA 98119

Tel: 206-941-4679

Contact: Adria Shimada

adria@parfait-icecream.com

<http://www.parfait-icecream.com>

Seattle's only from-scratch, organic ice cream and the original artisan ice cream truck in the Pacific Northwest. We make our own custom base using 100% organic ingredients. We source our dairy, eggs, and produce from local, certified organic farmers, most of which are located within 150 miles of Seattle. We also make all of our own cones and all the confections (like our butter toffee) that go into our ice cream. Parfait is truly farm-to-cone!

Caffe Ladro Espresso Bar and Bakery

Pine St (Downtown), near the Paramount Theater, 801 Pine St, Seattle, WA 98101

Tel: 206-405-1950

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Kirkland, 104 Central Way, Kirkland, WA 98033

Tel: 425-827-5838

Fax: 206-634-1357

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Bellevue, 333 108th Ave NE, Bellevue, WA 98004

Tel: 425-467-5562

Fax: 206-634-1357

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We are in the Expedia building. We have 13 locations overall serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Fremont, 452 N 36th St, Seattle, WA 98103

Tel: 206-675-0854

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Lower Queen Anne, 600 Queen Anne Ave N, Seattle, WA 98109

Tel: 206-282-1549

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland,

and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Upper Queen Anne, 2205 Queen Anne Ave N, Seattle, WA 98109

Tel: 206-282-5313

<http://www.caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. This is the original Ladro where it all started. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Union St (Downtown), 108 Union St, Seattle, WA 98101

Tel: 206-267-0600

<http://caffeladro.com>

Steps from the Pike Place Market, Seattle Arts Museum and Benaroya Hall. Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Capitol Hill, 435 15th Ave E, Seattle, WA 98112

Tel: 206-267-0551

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

West Seattle, 7011 California Ave SW, Seattle, WA 98136

Tel: 206-938-8021

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

ChefShop.com

1415 Elliott Ave West, Seattle, WA 98119

Tel: 206-286-9988

Fax: 206-267-2205

Contact: Eliza Ward

shopkeeper@chefshop.com

<http://www.chefshop.com>

eat well guide: online shopping

ChefShop.com's mission is to find the very best tasting sustainable foods grown or made by artisan farmers and producers from around the world, and make them available to ChefShop.com's customers wherever they live. Because of their focus on traditionally crafted foods and ingredients, ChefShop.com's producers are often extremely small, located in remote places, and do not have mainstream distribution or modern brand management.

Today, ChefShop.com offers a seasonal selection of over 1,000 of the very best artisan-produced foods and fresh products from around the world. The majority of the products are handmade using pure, natural ingredients, and traditional, often centuries-old, techniques and recipes. Products include a broad selection of domestic and imported estate olive oils, balsamic vinegars, and exotic and hard-to-find spices and herbs. They also offer a growing list of fresh food items, such as tree-ripened fruit, wild Alaskan salmon, smoked-to-order organic turkey, made-to-order artisan chocolates, and seasonal Parmigiano-Reggiano cheeses from Italy.

Freshness, purity, healthiness, tradition, value, consistency, knowing the provenance of each product, and most importantly, flavor are ChefShop.com's criteria when deciding what products to offer their customers. Shipping is available nationwide! Visit us online today!

Delicious Planet

309 S Cloverdale St, Suite C33, Seattle, WA 98108

Tel: 206-720-7017

Fax: 206-374-2102

Contact: Bruce Schmitt

bruce@delicious-planet.com

<http://www.delicious-planet.com>

Delicious Planet is an online service that delivers freshly prepared, organic, gourmet meals right to customers' front door. The founder and owner is a former nutritionist and caterer, and the small staff is dedicated to top-notch personal service. Recently rated as the #1 gourmet home delivery service in Seattle, Delicious Planet now delivers all over the Seattle Metropolitan area. Delicious Planet is almost entirely organic, and committed to chemical-free meals and a chemical-free environment. Thanks for supporting organic farms and business as we all strive for the best tasting food, maximum health, and to save the planet!

Fishing Vessel St. Jude

1900 W Nickerson #116, Seattle, WA 98119

Tel: 425-378-0680

Llongnose@aol.com

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

The right tuna is low in mercury, high in omega three oils and caught in a sustainable manner. If you are looking for the right albacore tuna, you've come to the right source. We base our business on troll caught albacore. The Malleys are a family business based in Seattle. Joe Malley started out salmon trolling in Sitka, Alaska in 1978. From salmon trolling he moved into long lining, pursuing halibut, black cod and Pacific cod around the Gulf of Alaska. Currently Joe owns the 95-foot fishing vessel St. Jude, which trolls solely for Albacore tuna in the North and South Pacific. You can order online at the website or visit local retailers that carry St. Jude tuna.

Grand Central Bakery and Café

Seattle, Pioneer Square
214 1st Avenue South, Seattle, WA 98104
Tel: 206-622-3644
Fax: 206-622-7381
gcb.info@grandcentralbakery.com
<http://www.grandcentralbakery.com/>

We are a fresh, locally grown company dedicated to the craft of artisan baking and scratch cooking. Led by a unique mixture of family and friends along with some of the region's most talented bakers and cooks, Grand Central Bakery features a vibrant wholesale artisan bread line and a friendly collection of neighborhood bakeries in Seattle and Portland.

The best way to get to know us is by eating our products. Visit one of our neighborhood bakeries, eat at a restaurant that serves Grand Central bread or find us at your favorite grocer. One delicious bite will reveal everything you need to know!

Grand Central Bakery and Café

Seattle, Eastlake Ave
1616 Eastlake Ave E, Seattle, WA 98102
Tel: 206-957-9505
Fax: 206-957-9508
gcb.info@grandcentralbakery.com
<http://www.grandcentralbakery.com/>

We are a fresh, locally grown company dedicated to the craft of artisan baking and scratch cooking. Led by a unique mixture of family and friends along with some of the region's most talented bakers and cooks, Grand Central Bakery features a vibrant wholesale artisan bread line and a friendly collection of neighborhood bakeries in Seattle and Portland.

The best way to get to know us is by eating our products. Visit one of our neighborhood bakeries, eat at a restaurant that serves Grand Central bread or find us at your favorite grocer. One delicious bite will reveal everything you need to know!

Java Bean

Ballard location, 5819 24th Ave NW, Seattle, WA 98107
Tel: 206-788-9677
Contact: Tony (owner)
office@javabeancoffee.com
<http://www.javabeancoffee.com/homepage.html>

Java Bean operates two coffee shops in the Seattle area - in Ballard and West Seattle. We sell only 100 percent fair trade, shade grown, organic coffee and bring in top items from four different local bakeries.

Java Bean

West Seattle location, 2920 SW Avalon Way, Seattle, WA 98126
Tel: 206-938-5665
Contact: Tony (owner)
office@javabeancoffee.com
<http://www.javabeancoffee.com/homepage.html>

eat well guide: online shopping

Java Bean operates two coffee shops in the Seattle area - in Ballard and West Seattle. Here in West Seattle, we are located in the heart of the Luna Park neighborhood - south of the West Seattle Bridge. We sell only 100 percent fair trade, shade grown, organic coffee and bring in top items from four different local bakeries.

New Roots Organics

6259 3rd Ave NW , Seattle , WA 98107

Tel: 206-261-2500

Contact: Carolyn Boyle

carolyn@newrootsorganics.com

<http://newrootsorganics.com/>

New Roots Organics delivers fresh, organic produce weekly. The bin contains a balanced selection of 12-15 fruits and veggies that change each week. Because we hand pick only the best, the selection may change throughout the week.

New Roots Organics buys a large percentage of local (Western WA) produce from one farm on Fir Island, (just West of Mt Vernon) called Frog Song Farm.

It is owned and farmed by Nate O'Neil and his wife. And in the fall we buy several varieties of Asian pears that are grown nearby in Dry Slough Orchard, by Nate's dad. But to make our bins balanced and complete, we source summer fruit from Eastern Washington, and things like broccoli and carrots and cauliflower from other local farms because Nate focuses on Greens, heirloom varieties of lettuces, and potatoes, and onions in large quantities. We also buy from two wholesalers (one here in Seattle, and one in Oregon) that both have networks of local farms that they buy from and make possible for us to buy from. I am very particular about what goes into our bins each week and I have made it a point over the years to get to know the farms and (labels) that I buy from. Throughout the year, we make it a priority to include locally grown produce 1st, and then when needed, like every winter, we include citrus from California, fresh greens and lettuces. I always list the contents and variety of each bin at the top of the recipe sheet that is included and identify what is grown locally.

Sustainable Produce Urban Delivery

Seattle

8 South Idaho St., Seattle, WA 98134

Tel: 206-621-7783

Fax: 206-621-1582

seattle@spud.com

<http://www.spud.com>

We believe that buying local organic produce is an important choice for the health of consumers, their communities and the environment. This is why we've been working diligently to source as much produce as possible from Washington's organic farmers and food producers. If you love fresh organic produce, locally crafted breads and cheeses and the convenience of delivery, then we're a perfect match.

We believe the freshest, tastiest and most ethical food choices should be the easiest ones to make. It's as simple as setting up an account at spud.com for fully customizable orders that support local farmers and businesses. Our delivery routes are fuel-efficient and we subscribe to EcoNeutral for carbon-neutral operations and delivery. Spud! changing the world, one grocery delivery at a time.

The Local Choice Food Box

c/o Growing Washington
2911 18th Ave South, Seattle, WA 98144
Tel: 206-458-0264
Contact: Gabrielle Santerre
gabrielle@growingwashington.org
<http://www.growingwashington.org/foodbox>

If you're looking to eat locally and still get to choose the fresh, great-tasting foods your family loves, the Local Choice Food Box is for you!

Unlike other CSA programs in the area, everything that goes into our boxes is grown locally. We bring you only the freshest food from the finest growers in Western Washington.

Not only is each and every item in your box local, each and every item is also your choice; no surprises, no substitutions--just the local, organically grown fruits, vegetables, eggs and flour of your choosing.

Local farmers. Organically and naturally grown food. The choice is yours!

Theo Chocolate

3400 Phinney Ave, Seattle, WA 98103
Tel: 206-632-5100
Fax: 206-632-0413
info@theochocolate.com
<http://www.theochocolate.com>

Theo Chocolate is proud to be the only Organic, Fair-Trade, Bean-to-Bar Chocolate Factory in the United States.

At Theo Chocolate, we are changing the definition of "quality" by uniting creative excellence that results in deliciously award-winning chocolate with our unwavering commitment to changing the way the cocoa industry conducts business. At Theo, we believe there is no luxury in products that benefit us today, while jeopardizing future generations ability to meet their needs. When you taste our chocolate you will experience our passion and integrity in every luscious bite. We promise, there is something for everyone from the adventurous "foodie", to those seeking the simple comfort of a delectably creamy milk chocolate bar.

We follow our passion for excellence to bring you chocolate that will delight your palate, ignite your imagination and inspire you to think and act sustainably! Be a part of our movement to save our planet and its capacity to nurture and sustain all living things. We can't do it without you!

THEO CHOCOLATE
BECAUSE CHOCOLATE GROWS ON TREES

Wild Salmon Seafood Market

Fishermen's Terminal, 1900 West Nickerson Street, Seattle, WA 98119
Tel: 206-286-3366
ask@wildsalmonseafood.com
<http://wildsalmonseafood.com/>

eat well guide: online shopping



Started as a cooperative for fishermen to sell their local catch, the Wild Salmon Seafood Market has emerged into a full service seafood market. Our location in the heart of Fishermen's Terminal in Seattle, Washington provides access to local fishermen and their catch. The abundant waters of the Pacific Northwest and Alaska do the rest! For over twenty years, our company has been a leader in delivering top-quality fish and shellfish to Seattle area residents and restaurants as well as to your door. Family owned and operated, we are Seattle's finest seafood purveyor.

Hours: 10am-6pm, seven days a week



Cascade Harvest Coalition

4649 Sunnyside Avenue North, Room 123, Seattle, WA 98103

Tel: 206-632-0606

Fax: 206-632-1080

Contact: Mary & Mark

mary@cascadeharvest.org

<http://www.cascadeharvest.org/>

Cascade Harvest Coalition is a non-profit organization dedicated to "re-localizing" the food system in Washington State by more directly connecting consumers and producers. Through our programs and activities, we accomplish this by:

Supporting farmers. A healthy food system requires healthy farmers. That means providing farmers with access to land, information, training, markets and the resources they need to help them be sustainable.

Educating consumers. Everyone eats. But what we eat has a profound impact on the world around us. Providing consumers with information on the many economic and environmental benefits of local agriculture, and helping them identify where and how to buy locally, gives consumers the tools they need to make informed choices.

Building healthy communities. Re-localizing the food system requires a community. Developing partnerships with a broad diversity of food system constituents, sharing information and resources, and collaborative action provide increased opportunities for creating effective change that benefits all of us.

Chefs Collaborative

FORKS

3629 Bagley Avenue North, Seattle, WA 98103 forkscontact@hotmail.com

FORKS (fields, oceans, ranches, kitchens, stewards) is the Washington chapter of Chefs Collaborative. FORKS embraces the national Chefs Collaborative mission and principles and seeks to carry out these ideals, reflecting the culture and issues relevant to our local communities. Chefs Collaborative is a national network of more than 1,000 members of the food community who promote sustainable cuisine by celebrating the joys of local, seasonal, and artisanal cooking. The mission of Chefs Collaborative is to advance and promote among chefs and the general public concepts and benefits of good, safe, and wholesome foods, including sustainable food choices, responsible agricultural growing techniques, the impact of food choices on the environment, and the advantages of locally grown and seasonally fresh foods, and to provide educational and other programs fostering such concepts and benefits.

Membership is open to anyone interested in the interconnectedness of the environment and food choices. Founded in 1993, the Collaborative is the only culinary organization that provides its members with tools for running economically healthy, sustainable food service businesses and making environmentally sound purchasing decisions.

High Point Market Garden

Seattle Market Gardens

eat well guide: organizations



32nd Avenue SW and SW Juneau Street, Seattle, WA 98126
Tel: 206-240-2093
michellej58@hotmail.com
<http://seattlemarketgardens.org/>

On-Site Pick-Up: Wednesdays from 5 pm to 7 pm
This location operates May 21st to October 15th

Seattle Market Gardens is a partnership between in-city farmers and consumers resulting in weekly deliveries of high-quality, farm-fresh, organic produce during the growing season.

In 2007 Seattle Market Gardens provided produce for approximately 60 households over 22 weeks. It currently has two community supported agriculture (CSA) gardens located and farmed by residents in Southeast and Southwest Seattle.

Seattle Market Gardens' mission is to help establish safe, healthy communities and economic opportunity through development of CSA enterprises in low-income neighborhoods.
How do you subscribe?

You can subscribe now by filling out an application and sending it (see application for mailing address) — or if you need more information you can contact Michelle Jones, Seattle Market Gardens' Marketing Manager at michellej58@hotmail.com.

Who runs Seattle Market Gardens?

Seattle Market Gardens is a collaboration between the non-profit P-Patch Trust and the City of Seattle Department of Neighborhoods' P-Patch Community Gardening Program.

Providing organic gardening space for 200 families, the P-Patch Cultivating Communities Program, which began in 1995, now has twelve community gardens within four mixed-income Seattle Housing Authority communities (Rainier Vista, Yesler Terrace, High Point, and NewHolly) and in the non-profit housing community Mt. Baker Village Apartments. The P-Patch Community Gardening Program works closely with the respective community councils and neighborhood groups to set priorities for garden development.

P-Patch Trust markets produce subscriptions for the three Seattle Market Gardens, serves as the fiscal agent and provides financial support.

The Department of Neighborhoods provides staff to work with low-income communities to develop and manage the gardens.

NewHolly Market Garden

Seattle Market Gardens
Martin Luther King Jr Highway and Southcenter Blvd, Seattle, WA 98126
Tel: 206-240-2093
michellej58@hotmail.com
<http://seattlemarketgardens.org/>

This location operates May 22nd to October 16th

Seattle Market Gardens is a partnership between in-city farmers and consumers resulting in weekly

deliveries of high-quality, farm-fresh, organic produce during the growing season.

In 2007 Seattle Market Gardens provided produce for approximately 60 households over 22 weeks. It currently has two community supported agriculture (CSA) gardens located and farmed by residents in Southeast and Southwest Seattle.

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The Department of Neighborhoods provides staff to work with low-income communities to develop and manage the gardens.

Prana Living Foods

Seattle, WA 98108

Tel: 360-540-2854

Contact: Mike Marlow

mike2012@mail.com

<http://www.pranalivingfoods.com/index.html>

Website devoted to raw organic food.

Prana Living Foods strives to be right at the leading edge of the raw foods industry. It is our intention to educate and enlighten all who visit us, on the benefits and joys of living a raw food lifestyle. The results are in, and the data, as well as countless real life stories show that just by incorporating raw and living food into our daily routine we can feel better, look better, think clearer, and even reverse disease. The data, evidence, proof, testimonials, real life stories and whispers abound, and it is good news, Raw organic uncooked food is good for you and is improving the lives of many people, each and every day.

Located in the greater Seattle area, we are a small group of like minded souls working to share knowledge far and wide relating to the living foods lifestyle. It is truly amazing how something so

simple, like eating raw foods, can have such a profound and positive effect on so many lives. It is forever inspiring!

One goal of Prana Living Foods is to energize the mass consciousness and spread the word about the power of going raw. We are endlessly eager to hear from you and all feedback is always very important to us. If you would like to see something added to this website, please do drop us an email and we will consider your idea or suggestion. If you feel a particular body of knowledge should be corrected, please share your thoughts on that, as well.

Wishing you the best of health, right now, today!

Peace and light, good friends!

Puget Sound Fresh

4649 Sunnyside Avenue North, Room 123, Seattle, WA 98103

Tel: 206-632-0606

Contact: Sheryl Wiser

sheryl@cascadeharvest.org

<http://www.pugetsoundfresh.org>

Puget Sound Fresh is your source for what's fresh, local and in season year-round. It is a program begun by the King County Agriculture Commission to encourage consumers, wholesalers, retailers and restaurants to seek out and purchase locally-grown products. Now Snohomish, Pierce, Kitsap and other counties have joined the program to help keep our farmers farming. The program is designed to increase consumer preference for locally-grown products by identifying those products with a Puget Sound Fresh sticker or banner. Area grocery stores and farmers markets are being invited to promote local produce and farm products by using the logo. Look and ask for Puget Sound Fresh where you shop. Its Puget Sound Fresh Farm Guide, now entering its 30th year of circulation, is the go-to directory in the region for farms, farm products, harvest events and farm-related businesses.

Seattle Market Gardens

Seattle, WA 98126 michellej58@hotmail.com

<http://seattlemarketgardens.org/index.html>

Seattle Market Gardens is a partnership between in-city farmers and consumers resulting in weekly deliveries of high-quality, farm-fresh, organic produce during the growing season.

In 2007 Seattle Market Gardens provided produce for approximately 60 households over 22 weeks. It currently has two community supported agriculture (CSA) gardens located and farmed by residents in Southeast and Southwest Seattle.

Seattle Market Gardens' mission is to help establish safe, healthy communities and economic opportunity through development of CSA enterprises in low-income neighborhoods.

How do you subscribe?

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P-Patch Trust markets produce subscriptions for the three Seattle Market Gardens, serves as the fiscal agent and provides financial support.

The Department of Neighborhoods provides staff to work with low-income communities to develop and manage the gardens.

Solid Ground

1501 North 45th Street, Seattle , WA 98103

Tel: 206-694-6700

info@solid-ground.org

<http://solid-ground.org/Pages/Default.aspx>

Each year we provide shelter, food, home care, transportation and other basic services to more than 38,000 families and individuals in need throughout King County.

Beyond helping people overcome homelessness, hunger and isolation, we support people to take positive steps toward lasting stability and self-sufficiency. Programs include:

Lettuce Link (an innovative food and gardening program growing and giving since 1988) creates access to fresh, nutritious and organic produce, seeds, and gardening information for families with lower incomes in Seattle. We work to educate the community about food security and sustainable food production.

Fruit is a valuable community resource. In 2007, Community Fruit Tree Harvest volunteers harvested more than 10,000 pounds of apples, plums and pears from Seattle fruit trees and delivered it to people with limited access to organic produce.

Marra Farm is a model urban community farm engaging people in sustainable agriculture and education while enhancing local food security. Tucked into the South Park neighborhood of Seattle, it has 4 acres of historic preserved farmland. Marra Farm generates tons of fresh, organic produce, with more than 13,000 pounds grown each year. In addition to residents growing food for their own families, distribution includes donations to local residents and the senior lunch program through the Providence Regina House Food Bank, Mien senior citizens, and Concord Elementary School students and their families.



Prana Living Foods

Seattle, WA 98108

Tel: 360-540-2854

Contact: Mike Marlow

mike2012@mail.com

<http://www.pranalivingfoods.com/index.html>

Website devoted to raw organic food.

Prana Living Foods strives to be right at the leading edge of the raw foods industry. It is our intention to educate and enlighten all who visit us, on the benefits and joys of living a raw food lifestyle. The results are in, and the data, as well as countless real life stories show that just by incorporating raw and living food into our daily routine we can feel better, look better, think clearer, and even reverse disease. The data, evidence, proof, testimonials, real life stories and whispers abound, and it is good news, Raw organic uncooked food is good for you and is improving the lives of many people, each and every day.

Located in the greater Seattle area, we are a small group of like minded souls working to share knowledge far and wide relating to the living foods lifestyle. It is truly amazing how something so simple, like eating raw foods, can have such a profound and positive effect on so many lives. It is forever inspiring!

One goal of Prana Living Foods is to energize the mass consciousness and spread the word about the power of going raw. We are endlessly eager to hear from you and all feedback is always very important to us. If you would like to see something added to this website, please do drop us an email and we will consider your idea or suggestion. If you feel a particular body of knowledge should be corrected, please share your thoughts on that, as well.

Wishing you the best of health, right now, today!

Peace and light, good friends!



35th Street Bistro

709 N 35th St., Seattle, WA 98103

Tel: 206-547-9850

contact@35bistro.com

<http://www.35bistro.com/>

35th Street Bistro is a congenial restaurant, serving fresh, seasonal cuisine, simply prepared in a southern European style, with a generous list of hand picked wines and traditional cocktails. The owners strongly advocate biodiversity and support local producers whenever possible. We are committed to serving only the best and freshest ingredients available. While we strive to make our menus sourced as locally as possible (100 mile radius), quality is always our main priority. We believe strongly in animal compassion and pay close attention to the origin, production and/or treatment of every item that enters our kitchen.

94 Stewart Restaurant

94 Stewart St., Seattle, WA 98101

Tel: 206-441-5505

Contact: Celinda Norton

info@94stewart.com

<http://www.94stewart.com>

Fresh, Wild, Natural, Free Range and Organic are our standards. We seek only the best quality ingredients from the most reliable sources. Chef Celinda designs an ever changing menu from the best and freshest ingredients available. Flavors are amazing, presentation is art. When you arrive at 94 you will be instantly welcomed into our home by a very special, quirky staff of individuals that love what they do.

A Caprice Kitchen

1418 NW 70th St, Seattle, WA 98117

Tel: 206-371-2886

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

All locally sourced, mostly organic foods. Amazing stuff.

Agua Verde

1303 NE Boat St., Seattle, WA 98105

Tel: 206-545-8570

Contact: Bill or Vicky

cafe@aguaverde.com

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

Agua Verde Cafe offers casual waterfront Mexican dining at reasonable prices, with food prepared fresh, from scratch, daily. We incorporate organic, local and sustainable foods into our menu, creating daily lunch and dinner specials. We are committed to the environment, the well-being of animals, and the health and satisfaction of our customers. All meats served have been carefully selected based on the humane and sustainable way in which they were raised. We also use all organic vegetables and fruits.

Al Bocalino

1 Yesler Way , Seattle, WA 98104

Tel: 206-622-7688
info@luigislittleitaly.com
<http://www.seattleslittleitaly.com/al-boccalino-restaurant.html>

Come experience Al Boccalino, the star of our Little Italy. You'll find white linen on the tables and classic Italian cuisine served with a distinctively creative flair (anyone for Osso Buco?). We buy from local growers so every meal is bursting with the melded flavors of fine herbs, fresh seasonal vegetables and prime meats. At Al Boccalino, you'll want to make an evening of it.

Lunch: Monday - Friday 11:30am to 2:30pm
Dinner: Monday - Saturday 5pm to 10pm

Andaluca at the Mayflower Park Hotel

407 Olive Way, Seattle, WA 98101

Tel: 206-382-6999

Contact: Kamyar Khoshdel

kkhoshdel@andaluca.com

<http://www.andaluca.com>

Voted one of Seattle's favorite Mediterranean-style restaurants, Chef Wayne Johnson creates fresh, seasonal Northwest cuisine, influenced by the tastes and the flavors of the Mediterranean.

Chef Johnson has been involved in the Sustainable Foods movement for some time, as he knows the importance of eating the freshest, healthiest foods available. He uses almost entirely local, pasture-raised meats, including beef, pork, lamb and chicken.

The menu is full of unique, sophisticated combinations that are truly mouth-watering. Make your reservation today.

Anita's Crepes

350 Leary Way , Seattle, WA 98107

Tel: 206-838-9997

anita@anitascrepes.com

<http://www.anitascrepes.com>

Anita's Crepes are specially made with local organic ingredients purchased from the finest, local Northwest farmers. We love creating interesting dishes and selling crepes at local farmers markets because the atmosphere is a lazy mix of home cooked meals, fresh flowers and friendly vendors. They are made on the spot with flavor profiles that keeps people of all ages coming back for more. Hours: Mon, Weds-Fri: 10am-10pm; Sat & Sun: 8am-10pm; Tues: CLOSED.

Art of the Table

1054 North 39th Street , Seattle, WA 98103

Tel: 206-282-0942

info@artofthetable.net

<http://www.artofthetable.net>

Real food. Prepared with love. Shared with friends. Local, organic, fresh and delicious. Art of the

eat well guide: restaurants

Table is a celebration of food and the people who dedicate their lives to the art of making it. We're an intimate dining establishment located in the Wallingford neighborhood of Seattle, focusing on bringing people together to dine in a communal fashion and to enjoy the bounties of the table, a trait that is all but lost in today's society. By sourcing fresh ingredients and local foods, world-traveled chef Dustin Ronspies creates his art through passion and love, both for the meals he creates and for the guests that dine at his table. Come join us as we host the Weekend Supper Club, a dinner party experience featuring a prix-fixe menu using ingredients fresh from the local farmers markets. We look forward to dining with you at our table.

BalMar

5449 Ballard Ave NW, Seattle, WA 98107

Tel: 206-297-0500

lounge@thebalmar.com

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

The BalMar supports sustainable wild seafood, local organic produce growers and features small ranch organic meats. Ballard's fishing heritage and Scandinavian roots inspire several selections, such as House Cured Salmon Gravlox and Kobe Beef Swedish Meatballs with Lingonberry. The food is designed for sampling. Share with your friends or make a meal by combining several of their tasting plates.

Bastille Cafe & Bar

5307 Ballard Ave NW, Seattle, WA 98117

Tel: 206-453-5014

Fax: 206-453-5024

Contact: Deming Maclise & James Weimann

info@bastilleseattle.com

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

It's all about reinvention, rediscovery, restoration. In fact, that's our aim—and the source of the word “restaurant”—to restore our guests to a condition of comfort and pleasure amidst the hubbub of urban life.

Bastille's commitment to organic, sustainable agriculture is unstinting. We source our product from local farmers and purveyors whenever possible. Nowhere is this commitment more evident than on our own roof: we've installed a 4,500 square foot garden of raised-bed planter boxes where we grow our own lettuces and herbs.

Bizzarro Italian Cafe

1307 N. 46th St, Seattle, WA 98103

Tel: 206-632-7277

<http://www.bizzarroitaliancafe.com/index.html>

If it were a stock film, Bizzarro would be the quirky best friend with the zany personality and the novelty hair. And for these last 20-some years that's exactly how most serious food people have regarded the giddily alternative Wallingford ristorante, home of the red stucco walls and flea market chandeliers and ceiling suspended furniture and gilt-framed everything. But a recent revisit revealed a more serious culinary enterprise than well remembered : excellent handmade parpadelle pasta in a gutsy Bolognese; Yukon Gold gnocchi in a moist, porky sugo di maiale, exotically cinnamoned; a lamb shank, famous across Wallingford, served in a figgy demi-glace atop a polenta cake and

braised kale. The food was serious and intentional, most derived locally and delivered by the friendliest crew of pierced people in town. No wonder it's so bloody hard to get a Saturday night table.

Bluebird Homemade Ice Cream and Tea Room

1205 E. Pike St., Seattle, WA 98122 bluebirdseattle@gmail.com

<http://bluebirdseattle.blogspot.com>

Putting this shop together has been a learning experience, an adventure, and a labor of love. In January I set out to open a business that would serve the community in some way - I wanted the focus to be local and to create a neighborhood space that would bring people together. The idea of the ice cream shop was born, oddly, on a cold, wet night in the dark of my first Seattle winter, and from there it grew into the shop I opened, with the help of dozens of friends along the way.

The ingredients we use are almost entirely local, organic whenever possible. The dairy comes from all-natural, hormone-free cows in Washington and Oregon. The stout is brewed at the Elysian, and the coffee is roasted at Stumptown. All of the fruit comes from the Northwest. The baked goods are from Seattle bakers that we think supply good-quality, local, natural products. If you want to know more about Domovoi, ask Curt upstairs in Snowmonkey's (he owns it). Mighty-O doughnuts will be coming soon.

Look around: everything has a story. The furniture is all salvaged and handmade out of materials gleaned from the greater Seattle area and put together with the help of friends. Ken and Pete flew across the country from the East Coast for a week in May and helped me build the tables and do a hundred other tasks when things were really getting crazy. My friends here in Capitol Hill have helped me paint, haul furniture, taste-test early versions of ice cream flavors, and have supported me from the beginning. I also discovered a ton of amazing people in this neighborhood who have welcomed me and the shop with open arms. I don't own a car, so I relied on borrowing friends' vans, carpooling, and the bus. My best friend Mark and my brother Ben came to Seattle for the summer to work in the shop - say hi to them. I couldn't have done this without everyone's help.

Thank you for supporting Bluebird. If you have any ideas about things you'd like to see in here, or if you want to hear more about any of the ingredients, artwork, or furniture you see, feel free to talk to any of us. I'm looking forward to many more good things to come in this place.

- Josh

Boat Street Cafe & Kitchen

3131 Western Ave. , Seattle, WA 98121

Tel: 206-632-4602

Contact: Renee & Susan

boatstreetkitchen@hotmail.com

<http://boatstreetcafe.com/index.html>

A Provençal sensibility inspires both food and space at the Boat Street Cafe. You'll eat simple, sturdy, luscious food-the food of French grandmothers made of the freshest ingredients mostly from local farmers. The room with its slate tables, mismatched chairs, and warm oak floors is bathed in the amiable glow of candlelight and cream-colored walls.

The Boat Street Kitchen offers lunch, brunch, catering, and cooking classes.

Hours:

Lunch: Mon-Fri, 10am - 2:30 pm; Brunch: Sat&Sun, 10:30 - 2:30pm; Dinner Tue-Sat, 5:30pm - 10:30pm

Boulangerie Nantaise

Organic French Bakery
2507 4th Ave, Seattle, WA 98121
Tel: 206-728-1874
orders@boulangerienantaise.com
<http://www.boulangerienantaise.com/index.php>

A traditional artisan French bakery cafe in Belltown featuring organic breads, authentic pastries, sandwiches, soups, coffees and teas. Breads are baked by traditional, slow-rising methods from organic flours without added yeast or chemicals. Enjoy our excellent products for breakfast, brunch and lunch. We invite you to stop often, in true European style, to take home a loaf of crusty bread or enjoy a quiet moment over a coffee and a freshly baked pastry for breakfast.

Brasa

2107 Third Avenue, Seattle, WA 98121
Tel: 206-728-4220
Contact: Tamara Murphy
seattle@brasa.com
<http://www.brasa.com>

The aptly named Brasa, which means live coals in Portuguese, features robust and flavorful Mediterranean-Iberian cuisine that's prepared with wood-burning ovens and a wood grill.

Brasa is widely regarded for its signature dish, roasted pig with chorizo, clams, hot smoked paprika, bay scented crushed potato, and pickled onions.

What is also noteworthy about this dish, aside from being delicious, is that the pigs are not only brought in whole and processed on-site, but they are also sourced from small, sustainable farms.

Now it is Murphy's goal to acquire all her protein from such farmers and, in the process, support the local food shed. At the moment, Brasa carries pasture-raised beef, chicken, pork, lamb, and veal and locally-raised, organic produce in season.

Dinner: Sunday through Thursdays 5pm to 10pm, Friday and Saturdays 5pm to midnight.
Bar: Sunday through Thursdays 5pm to midnight, Friday and Saturdays 5pm to 1am.
Lounge: Seven nights 5pm to 2am

Brave Horse Tavern

310 Terry Avenue, between Thomas and Harrison Streets, Seattle, WA 98109
Tel: 206-971-0717
Contact: Brian Walczyk
brianw@tomdouglas.com
<http://bravehorsetavern.com/index.php?page=location>

With a menu that changes weekly including brick oven pretzels with homemade dipping sauces, this 21+ establishment features produce from the owner's Prosser Farm as well as local craft beers.

Open daily, 11:00 a.m. to midnight.

Cafe Flora

2901 E Madison, Seattle, WA 98112

Tel: 206-325-9100

<http://www.cafeflora.com>

Since opening its doors, Cafe Flora has been at the forefront of utilizing local, organic and sustainable produce and herbs and building strong and direct relationships with Washington farms. It's culinary team draws inspiration from international culinary traditions along with the availability of an abundance of locally grown produce to create imaginative and dynamic vegetarian, vegan and gluten-free cuisine.

Cafe Flora has also carried its eco-conscious philosophy into their atrium, a charming garden retreat just off the main dining room. Once an outside patio, the garden atrium was enclosed in the fall of 1996 to bring al-fresco dining to guests year round. Bathed in natural light, the space boasts exotic greenery, a bubbling central fountain and natural stone accents. The collective effect creates a warm, appealing and calming environment for guests.

Cafe Juanita

9702 NE 120th Place, Kirkland, WA 98034

Tel: 425-823-1505

Contact: Holly Smith, Chef and Owner

info@cafejuanita.com

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

Cafe Juanita has been a labor of love, allowing Holly to express her passion for Northern Italian food and wine; a commitment to organics and sustainability and a holistic approach to the dining experience.

Cafe Piccolo

9400 Roosevelt Way NE, Seattle, WA 98115

Tel: 206-957-1333

info@cafepiccolo.com

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

Cafe Piccolo is a family owned and operated restaurant tucked in the heart of the Maple Leaf neighborhood of Seattle. We serve Italian comfort food prepared simply with the freshest and best ingredients.

We strive to meet the standards of the slow food philosophy. We believe that eating good food and enjoying fine wine should be accessible to all on an everyday basis and our menu reflects our beliefs. Our atmosphere is warm and inviting and our service is friendly.

We hope to see you soon and often!

Caffe Fiore Organic Coffee House

5405 Leary Ave NW, Old Ballard neighborhood, Seattle, WA 98107

Tel: 206-706-0421

hello@caffefiore.com

<http://caffefiore.com>

Caffe Fiore is Seattle's first organic coffee house, striving to use organic products whenever possible. Our exclusive espresso roast has been 100% certified organic since day one. We are grateful to have a business that can create a hub for the neighborhoods we operate in. Over time, each hub has created its own community and given our customers that "third place" that can make us feel more connected to our city and our neighbors. Two other locations in Seattle are 224 W Galer St in the Queen Anne neighborhood and 3125 NW 85th St in the Sunset Hill neighborhood.

Caffe Fiore Organic Coffee House

224 W Galer St, Queen Anne neighborhood, Seattle, WA 98119

Tel: 206-282-1441

hello@caffefiore.com

<http://caffefiore.com>

Caffe Fiore is Seattle's first organic coffee house, striving to use organic products whenever possible. Our exclusive espresso roast has been 100% certified organic since day one. We are grateful to have a business that can create a hub for the neighborhoods we operate in. Over time, each hub has created its own community and given our customers that "third place" that can make us feel more connected to our city and our neighbors. Two other locations in Seattle are 3125 NW 85th St in the Sunset Hill neighborhood and 5405 Leary Ave NW in the Old Ballard neighborhood.

Caffe Fiore Organic Coffee House

3125 NW 85th St, Sunset Hill neighborhood, Seattle, WA 98117

Tel: 206-706-7580

hello@caffefiore.com

<http://caffefiore.com>

Caffe Fiore is Seattle's first organic coffee house, striving to use organic products whenever possible. Our exclusive espresso roast has been 100% certified organic since day one. We are grateful to have a business that can create a hub for the neighborhoods we operate in. Over time, each hub has created its own community and given our customers that "third place" that can make us feel more connected to our city and our neighbors. Two other locations in Seattle are 224 W Galer St in the Queen Anne neighborhood and 5405 Leary Ave NW in the Old Ballard neighborhood.

Caffe Ladro Espresso Bar and Bakery

Fremont, 452 N 36th St, Seattle, WA 98103

Tel: 206-675-0854

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Kirkland, 104 Central Way, Kirkland, WA 98033

Tel: 425-827-5838

Fax: 206-634-1357

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Lower Queen Anne, 600 Queen Anne Ave N, Seattle, WA 98109

Tel: 206-282-1549

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Union St (Downtown), 108 Union St, Seattle, WA 98101

Tel: 206-267-0600

<http://caffeladro.com>

Steps from the Pike Place Market, Seattle Arts Museum and Benaroya Hall. Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

West Seattle, 7011 California Ave SW, Seattle, WA 98136

Tel: 206-938-8021

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Pine St (Downtown), near the Paramount Theater, 801 Pine St, Seattle, WA 98101

Tel: 206-405-1950

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Capitol Hill, 435 15th Ave E, Seattle, WA 98112

Tel: 206-267-0551

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Bellevue, 333 108th Ave NE, Bellevue, WA 98004

Tel: 425-467-5562

Fax: 206-634-1357

<http://caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. We are in the Expedia building. We have 13 locations overall serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Caffe Ladro Espresso Bar and Bakery

Upper Queen Anne, 2205 Queen Anne Ave N, Seattle, WA 98109

Tel: 206-282-5313

<http://www.caffeladro.com>

Caffe Ladro has been selling fair trade, organic, and shade grown coffee since 2002. Scrumptious pastries and desserts are crafted daily by our own Ladro Bakers and are delivered fresh each morning. This is the original Ladro where it all started. We have 13 locations serving Seattle, Bothell, Edmonds, Issaquah, Lynnwood, Kirkland, and Bellevue.

Canlis

2576 Aurora Avenue North, Seattle, WA 98109

Tel: 206-283-3313

Fax: 206-283-1766

canlis@canlis.com

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

We'll meet farmers, test purveyors, research history, seek out provenance, discover source and support sustainability. We'll drive dusty roads and walk hidden trails to taste, test, try again, munch, scour, sip, slurp and find our way to the best local ingredients in the Northwest. Is it a deal? Remember: all we want you to do is enjoy. Canlis was the first restaurant to serve Misty Isle Farms raised beef. Most of our produce is from the family owned and certified organic Full Circle Farm.

Carmelita

7314 Greenwood Ave. North, Seattle, WA 98103

Tel: 206-706-7703

Contact: Kathryn Neumann & Michael Hughes

carmelita@qwest.net

<http://www.carmelita.net/>

The menu at Carmelita changes with the seasons. Every dish is made from scratch using only the freshest ingredients. Organic produce, grains, cheeses, herbs and spices are used whenever possible. Independent farmers and foragers are heartily supported, and local and seasonal ingredients take precedence over maintaining a routine menu. Change is a way of life at Carmelita, with daily specials and seasonal surprises delighting diners. Each season brings a feast to the table.

Chaco Canyon Organic Cafe

4757 12th Ave NE, Seattle, WA 98105

Tel: 206-622-6966

chacocanyoncafe@gmail.com

<http://chacocanyoncafe.com>

Chaco Canyon Organic Cafe is a vibrant, ecologically sound slice of heaven in Seattle's University District. We are approximately 80-90% organic from top to bottom - proudly one of the few cafes in the nation that can make this claim. The first and, currently, only cafe in the Seattle area that features a daily Raw Foods menu. Composed of fresh organic produce, organic nuts, seeds, spices and oils, our menu changes often and with the seasons. It is approachable for the curious neophyte, delicious for the experienced Raw Foodist, and perfect for someone looking for a unique vegan meal. We also have amazing vegan sandwiches, several daily hot vegan soups, rice and quinoa bowls, and a daily selection of vegan and wheat/gluten free baked goods. Coffee is Fair Trade, organic and shade grown from the Sol Colibri family farm in Costa Rica; espresso is shade-grown and organic, freshly roasted every week by Lighthouse Coffee of Phinney Ridge.

Chipotle Mexican Grill

Bellevue

10503 NE 4th Street, Bellevue, WA 98004

Tel: 425-467-0660

Fax: 425-467-0684

<http://www.chipotle.com>

Chipotle Mexican Grill

Northgate

401 NE Northgate Way, Seattle, WA 98125

Tel: 206-362-0285

Fax: 206-367-3602

<http://www.chipotle.com>

Chipotle Mexican Grill

The Ave

4231 University Way NE, Seattle, WA 98105

Tel: 206-547-4644

Fax: 206-547-6686

Contact: Ashley Head for now
<http://www.chipotle.com>

Chutney's Bistro

1815 N 45th St. , Seattle, WA 98101
Tel: 206-634-1000
<http://www.chutneysbistro.com/>

Authentic tandoori dishes come from a traditional clay oven. Curries with chicken, lamb and shrimp are cooked to perfection. Kothmir Chicken, cooked in a coconut curry sauce, is excellent. The soft naan bread is warm and enticing. Now we are serving Thali and Organic Food and Wines, using USDA certified products.

Cuoco

Northern Italian
310 Terry Avenue, Seattle, WA 98109
Tel: 206-971-0710
Contact: Stuart Lane
stuartl@tomdouglas.com
<http://cuoco-seattle.com/index.php?page=location>

"Cuoco" is the Italian word for "cook", and the inspiration for showing off our chefs in an open kitchen. The pasta work station is framed in crisp white tile and surrounded by warm gold and red walls. In addition to the featured fresh pastas, there are savory vegetables and other hearty entrees, created by our newest chef, Stuart Lane.

Cuoco also has three stunning private dining options and a fantastic mix and match happy hour!

Produce for Cuoco comes from owner Tom Douglas' Prosser Farm.

Dahlia Lounge

2001 4th Avenue, Seattle, WA 98121
Tel: 206-682-4142
office@tomdouglas.com
<http://tomdouglas.com/index.php/restaurants/dahlia-lounge>

Dahlia Lounge, one of the Northwest's premiere restaurants, has won wide acclaim both regionally and internationally. In May of 2000, shortly after celebrating its ten-year anniversary, the Dahlia moved to 4th and Virginia, to a larger, beautifully renovated space with dark red walls and Chinese hanging lanterns. The Dahlia now boasts a full bar, open kitchen, applewood grill, and a 50-seat private dining room. Another example of the award winning cuisine created by Tom Douglas and his talented team.

Elliot Bay Brewery Pub

4720 California Ave SW, Seattle , WA 98116
Tel: 206-932-8695
michaelg@elliottbaybrewing.com
<http://www.elliottbaybrewing.com/>



eat well guide: restaurants

Each week we brew small batches of hand-crafted ales in our 7 barrel (200 gallon) brewery.

Our small brewery has had the good fortune to win two Gold medals and a Bronze at the Great American Beer Festival.

Made with Organic Ingredients

We use 100% organic barley for the base malt in all our house beers. Expect the same great flavor with an added dose of good karma now that your favorite Elliott Bay beer does the earth some good too!

Elliott Bay proudly offers its guests some of the region's highest quality pub food.

We make many of our menu items from scratch, including hummus, crab cakes, salad dressings, soups, salads, and sauces.

Our gourmet burgers are available with either 100% organic Black Angus beef , chicken breast, or vegetarian garden patty. All are served on buns baked with spent grain, a high-fiber by-product of our brewing process.

Monthly entrée specials are a regular feature of our food offerings, many of which feature our house-brewed beer as an ingredient.

We also serve locally baked desserts and malted ice cream.

Full menu is served until 11:30 pm Monday - Saturday and 10:30 pm Sunday.

Etta's

2020 Western Avenue, Seattle, WA 98121

Tel: 206-443-6000

office@tomdouglas.com

<http://tomdouglas.com/index.php?page=ettas>

Etta's, a casual Seattle fish house named after Tom and Jackie's daughter, Loretta, opened in 1995, just half a block north of the Pike Place Market. At Etta's, locals and tourists alike will find the best fish and seafood from the Pacific Northwest's abundant waters, ranging from crispy fish and chips, to spice-rubbed and grilled wild king salmon, to Tom's famous and ever popular crab cakes. Etta's big plate glass windows look out on the bustle of the country's oldest continuous Farmer's Market and a waterfront park. Private dining is available for groups of up to 40 people.

Flying Fish

2234 1st ave, Seattle, WA 98121

Tel: 206-728-8595

Fax: 206-728-1551

info@flyingfishseattle.com

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

Sourcing our fish has always been a primary focus at Flying Fish. The restaurant pays Whistling

Train Farm a flat monthly fee to plant, grow and supply what the restaurant needs. Chef Chris collaborates with farmers Shelley and Mike to make daily menu changes based on what is ready for harvest. While Chef Chris still must fill in with some fresh produce from other parts of the country during the winter months, most of the time the menu of Flying Fish reflects what is growing at Whistling Train Farm.

The chef observed, "Not only has this partnership allowed us to support local farmers and sustainable agriculture, but it has also stretched our creativity and encouraged us to think seasonally. With all of these fresh, beautiful ingredients that we have to work with, we can't help but be inspired in the kitchen!"

100% of Flying Fish's raw products (dairy, produce, meat, dried goods) are organic.

Fresh Bistro

4725 42nd Ave SW, Seattle, WA 98116

Tel: 206-935-3733

<http://www.freshbistroseattle.com>

Enjoy innovative Pacific Northwest cuisine in a welcoming environment for lunch, dinner, happy hour and brunch or our delicious gourmet take-out in the comfort of your own home. Our seasonal, farm-to-table menus highlight ingredients from local producers to create bistro-inspired dishes with an unusual twist. Relax on our outdoor patio or in our open dining area with a view of the kitchen while experiencing a fusion of flavors and textures.

Hillside Quickie's Vegan Sandwich Shop

4106 Brooklyn Ave , Seattle, WA 98105

Tel: 206-632-3037

food@hillsidequickie.com

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

At Hillside Quickie's cafe, we are the next generation of Hillside Quickies Inc., a twenty-year-old family business started in the back of a mini-van. This evolved into the natural food industry's first completely vegan sandwich company. By doing so we have become the leading Northwest company in the vegan 'Slow Food' movement.

Homegrown

Fremont

3416 Fremont Ave N., Seattle, WA 98103

Tel: 206-453-5232

<http://eathomegrown.com>

Our goal at Homegrown is not only to create sandwiches out of sustainable ingredients but also to make sandwich creation sustainable itself.

This goes beyond using fresh, sustainable ingredients in our gourmet sandwiches, salads and soups. Homegrown strives for sustainability as a local business through the green materials we print and serve on, to our rejection of bottled water, to our 100% compostable and recyclable product.

We consider our environmental impact for every ingredient choice, often between two competing theories: eating organic and eating local.



We take the best from both worlds to create our sustainable sandwiches. We like to call this sandwich environmentalism. Enjoy.

Homegrown

Queen Anne

2201 Queen Anne Ave N, Seattle, WA 98119

Tel: 206-217-4645

<http://eathomegrown.com/>

Our goal at Homegrown is not only to create sandwiches out of sustainable ingredients but also to make sandwich creation sustainable itself.

This goes beyond using fresh, sustainable ingredients in our gourmet sandwiches, salads and soups. Homegrown strives for sustainability as a local business through the green materials we print and serve on, to our rejection of bottled water, to our 100% compostable and recyclable product.

We consider our environmental impact for every ingredient choice, often between two competing theories: eating organic and eating local.

We take the best from both worlds to create our sustainable sandwiches. We like to call this sandwich environmentalism. Enjoy.

Homegrown

Capitol Hill

1531 Melrose Ave, Seattle, WA 98122

Tel: 206-682-0935

<http://eathomegrown.com>

Our goal at Homegrown is not only to create sandwiches out of sustainable ingredients but also to make sandwich creation sustainable itself.

This goes beyond using fresh, sustainable ingredients in our gourmet sandwiches, salads and soups. Homegrown strives for sustainability as a local business through the green materials we print and serve on, to our rejection of bottled water, to our 100% compostable and recyclable product.

We consider our environmental impact for every ingredient choice, often between two competing theories: eating organic and eating local.

We take the best from both worlds to create our sustainable sandwiches. We like to call this sandwich environmentalism. Enjoy.

Java Bean

West Seattle location, 2920 SW Avalon Way, Seattle, WA 98126

Tel: 206-938-5665

Contact: Tony (owner)

office@javabeancoffee.com

<http://www.javabeancoffee.com/homepage.html>

Java Bean operates two coffee shops in the Seattle area - in Ballard and West Seattle. Here in West Seattle, we are located in the heart of the Luna Park neighborhood - south of the West Seattle Bridge. We sell only 100 percent fair trade, shade grown, organic coffee and bring in top items from four different local bakeries.

Java Bean

Ballard location, 5819 24th Ave NW, Seattle, WA 98107

Tel: 206-788-9677

Contact: Tony (owner)

office@javabeancoffee.com

<http://www.javabeancoffee.com/homepage.html>

Java Bean operates two coffee shops in the Seattle area - in Ballard and West Seattle. We sell only 100 percent fair trade, shade grown, organic coffee and bring in top items from four different local bakeries.

Kaspar's Special Events and Catering

19 West Harrison, Seattle, WA 98119

Tel: 206-298-0123

Fax: 206-298-0146

info@kaspars.com

<http://kaspars.com/>

At Kaspars Special Events and Catering, experience the creative, fresh cuisine that made Kaspar a world renowned chef. Chef owner Kaspar Donier takes advantage of the freshest local fish and shellfish available to create tantalizing and innovative dishes, from Penn Cove Mussels and Dungeness Crab to Alaskan King Salmon. Everything from the bread to the desserts is made fresh on the premises. It's easy to realize why national publications such as Bon Appetit and Gourmet have recognized Kaspar as an extraordinary chef. Now it's time to see for yourself.

La Medusa

4857 Rainier Avenue S, Seattle, WA 98118

Tel: 206-723-2192

Fax: 206-760-0772

Contact: Julie Andres

julie.lamedusa@hotmail.com

<http://www.lamedusarestaurant.com/index.htm>

We create succulent Sicilian-inspired dishes, using local organic ingredients and the finest quality imports from Sicily. Our menus change often to reflect seasonality in the Northwest and the Sicilian tradition.

Diners enjoy the freshest meats, seafood, organic produce, local artwork and outstanding service in the comfort of our warmly lit restaurant.

Our mission is to combine these specialties to impart our guests with pleasure, satisfaction and well-being.

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Local sources include: [Sweet Grass Farm], Let Us Farm, [Monteillet Fromagerie], Estrella Family Creamery, and Emerald City Pastures.

Hours: Tue & Thur 5 - 9pm; Wed, Fri, Sat 5 - 10pm; Closed Sun, Mon

La Spiga

1429 12th Avenue, Seattle, WA 98122

Tel: 206-323-8881

hello@laspiga.com

<http://www.laspiga.com>

Renowned for its Northern Italian cuisine, La Spiga is authentic enough in both food and ambience to make you feel a wave of nostalgia, even if you've never been to Emilia-Romagna. Chef and co-owner Sabrina Tinsley crafts the Romagna cuisine to make it genuine, yet hers alone. Using the very finest ingredients, menus are changed seasonally to reflect what is freshest in local markets. As co-owner and host Pietro Borghesi says, "An evening at La Spiga is like dining in Italy — without the plane fare."

The osteria is named for la spiga di grano (a shaft of wheat), the symbol of fertility, harvest and good fortune. It's the essential ingredient of the pasta and quintessential Romagna peasant bread made daily on the premises. The piadina flatbread is served warm and luscious: crisp on the outside and soft inside, it warrants a visit in itself.

After eight successful years in a smaller space, La Spiga moved in 2006. Cool enough for a date and warm enough to bring the family, the artfully designed 6,000 square foot Capitol Hill landmark features a massive bar backed by an impressive wine collection. The space has been brought back to life by skilled craftspeople, and succeeds in being both minimalist and inviting at the same time.

Any night of the week, the place is packed with chic locals and families, business people and artists and on many nights, a celebrity or two. When the weather is fine, dining al fresco on the patio while taking in an Italian movie makes for an even more pleasurable experience. Quality live music Sunday and Monday adds to the welcoming ambience. Ideal for night owls, an outstanding late evening menu and imaginative cocktail list makes La Spiga a favorite last stop until its 12 a.m. closing.

Lark

926 12th Ave, Seattle, WA 98122

Tel: 206-323-5275

Contact: John Sundstrom, Chef and Owner

info@larkseattle.com

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

Our menu features a range of small plates, allowing you to savor courses of cheese, charcuterie, vegetables, grains, fish, and meats. We work with local artisans, farmers, and foragers for an ever-changing selection that offers the best of each season, bright and intense with summer, heartening and rich in the fall. Sundstrom's version of small plates is intended to inspire communal dining with waves of courses coming to your table, a blend of simple, seasonal, classic, and

eat well guide: restaurants

adventurous dishes. You dine, talk, and laugh while experiencing more flavors than with traditional entrées.

Lola

2000 4th Ave, At the corner of 4th and Virginia, Seattle, WA 98121

Tel: 206-441-1430

office@tomdouglas.com

<http://tomdouglas.com/index.php/restaurants/lola>

Lola opened July 2004, alongside the new Hotel Andra on 4th and Virginia and right across the street from the Dahlia Lounge. The Greek-inspired menu combines local northwest ingredients with Mediterranean freshness and simplicity. Lola's customers dine on sizzling ouzo-splashed kebabs, bright-tasting mezze, wood-grilled whole fish, and cumin-spiced lamb.

The stylish and modern dining space is decorated with warm earthy colors, hand-painted chandeliers, and floor-to-ceiling windows. The rough-hewn granite bar surrounding a huge wine cask features an inventive cocktail menu and a great wine list including some delicious, hard-to-find Greek wines. Lola is a fine example of the award winning cuisine created by Tom Douglas and his talented team.

Madison Park Conservatory

1927 43rd Avenue East, Seattle, WA 98112

Tel: 206-324-9701

<http://madisonparkconservatory.com>

madison park conservatory can be found in the madison park neighborhood of the city of seattle. we offer delicious plants and animals with a squeeze of lemon complemented with lovely wines, beautiful cocktails and the burble of a happy dining room.

conceived in a manner befitting endeavors of our sort- many late nights filled with plates and bottles and grand intentions- we set sail on tuesday, the 30th of november. our very first order of business (grilled beef tongue!?!) encouraged the idea that were in the right waters; the warm and gracious reception from our new friends and neighbors has taken the edge off of an exhilarating and exhaustive two months.

our hope is to offer a respite from the hard days and a celebration of the good: a table filled with food and friends and the spirits of our better selves. we look forward to growing into our space with you and yours helping to guide our efforts and enjoying the fruits of our labors. for while we may not be able to foresee our exact future or the path we will take towards it, we can say this with certainty now: it feels good to be here.

welcome to madison park conservatory.

Mighty O Donuts

2110 N 55th Street, Seattle, WA 98103

Tel: 206-547-0335

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

Our donuts are made locally out of our bakery in Seattle, using certified organic ingredients. They contain no chemical preservatives, no hydrogenated oils (no trans fat), no colorings or artificial flavors, and no animal derived ingredients, which make them cholesterol free. We don't compromise our ingredient standards, and strive to produce quality donuts that taste good every time.

Mighty-O has a philosophy to use sustainable products, and create zero waste by attentive and conscientious composting and recycling. Our flour bags are converted into compost trash bags. We use biodegradable green-ware made from corn for our iced beverages. We also provide a place to compost and recycle in our retail store. We don't use harsh chemicals for cleaning, and will continue to support vendors who supply products that are recycled, organic, and green. We compost, recycle, and reuse to minimize impact, create a safe work environment for our employees and customers, and to reduce waste and conserve resources.

Molly's Salads

Georgetown Cafe

5701 Sixth Avenue South, Seattle, WA 98108

Tel: 206-762-0604

info@mollys.us

<http://trymollys.com>

Molly's was built around the concept of healthy eating, and self-sustainability. Our goal is to promote healthy eating habits throughout the city by providing a wholesome lunch option. We take pride in the fact that through the creation of our business, we are able to support local farmers by purchasing their products. Here are some other things that we do to support sustainability at Molly's:

- * Local food sources when possible. For example, our summer greens come from Local Roots Farm in Carnation but in the winter we have to source from California.
- * Organic ingredients (please see the home page for a list of what is and isn't local versus organic)
- * Compostable Packaging (those containers that the salads and sandwiches come in can be composted!)
- * Use of a community kitchen with shared working space and therefore decreased energy usage
- * Recycled and recyclable paper for marketing materials, labels, office supplies, and other business promotions

The crew at Molly's is always thinking of ways to be more sustainable. We welcome suggestions for new ways we could reduce our carbon footprint. Please contact us if you have ideas. Thank you!

Molly's Salads

University Cafe

15th Ave NE and 41st St, Seattle, WA 98195

Tel: 206-616-9816

info@mollys.us

<http://trymollys.com>

Molly's was built around the concept of healthy eating, and self-sustainability. Our goal is to promote healthy eating habits throughout the city by providing a wholesome lunch option. We take pride in the fact that through the creation of our business, we are able to support local farmers by purchasing their products. Here are some other things that we do to support sustainability at Molly's:

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- * Recycled and recyclable paper for marketing materials, labels, office supplies, and other business promotions

The crew at Molly's is always thinking of ways to be more sustainable. We welcome suggestions for new ways we could reduce our carbon footprint. Please contact us if you have ideas. Thank you!

Monas Bistro & Lounge

6421 Latona Ave NE , Seattle, WA 98115

Tel: 206-526-1188

Fax: 206-526-1928

info@monasseattle.com

<http://www.monasseattle.com/index.html>

Mona's is one of Seattle's premier dining establishments. Our restaurant provides a romantic setting with an emphasis on bringing our guests the finest Mediterranean cuisine, classic and signature cocktails, as well as an extensive international wine list. We use only the freshest local and seasonal ingredients.

Whether it's a dinner for two, a gathering of friends, or a private party or reception, let us help you create the perfect evening.

Nells Restaurant

6804 E. Greenlake Way N, Seattle, WA 98115

Tel: 206-524-4044

Fax: 206-527-8101

Contact: Philip Mihalski

info@nellsrestaurant.com

<http://www.nellsrestaurant.com>

We are an intimate, chef-owned restaurant located in the vibrant Green Lake neighborhood. Nell's offers European-inspired New American cuisine featuring the finest Northwest seasonal ingredients. When dining at Nell's you can choose from our current seasonal fare or enjoy our sumptuous five course tasting menu, the finest of what we offer from appetizer through dessert, at a single fixed price.

OGO - Organics to Go

PO Box 1040, Mercer Island, WA 98040

Tel: 206-427-0916

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

Featuring the freshest, natural and sustainable, Chef-created foods. From box lunches to full service

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elegance, Ogo! Sustainable Catering will make your next meeting or event one to remember. We deliver throughout the Seattle and the greater Eastside areas.

Ogo! Sustainable Catering - Organics to Go

Seattle

701 5th Avenue Suite 202, Seattle, WA 98104

Tel: 206-451-7020

Fax: 425-837-9622

Contact: Greg Atkinson

CustomerCare@OrganicToGo.com

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

Featuring the freshest, natural and sustainable, Chef-created foods. From box lunches to full service elegance, Ogo! Sustainable Catering will make your next meeting or event one to remember. We deliver through out the Seattle and the greater East Side areas. To stay true to our commitment of providing delicious and wholesome food we are building a team of accomplished chefs who are enthusiastic partners and bring their own unique experience and flavors to our menu. All of our collaborating chefs are dedicated to sustainable agriculture and organic, natural and wholesome ingredients.

On Safari Foods

3317 3rd Ave South, Seattle, WA 98134

Tel: 206-932-9497

Fax: 206-932-7812

inquiries@onsafarifoods.com

<http://www.onsafarifoods.com>

On Safari Foods is a full-service custom catering company located in Seattle, operated by native South African and long time Seattleite Teresa Carew. From our West Seattle office we do catering of all kinds from weddings and bar and bat mitzvahs to box lunch meetings or large corporate accounts.

All of our ingredients are the finest and freshest and everything is made from scratch, unless otherwise noted. We use organic foods and hormone and antibiotic-free meats whenever possible. It is love in the food that nurtures us and makes us happy.

Each menu and event we do is completely customized in every aspect to ensure it is exactly what you have in mind, from a down-home comfort food barbecue to an exotic South African dinner party. We invite you to browse our On Safari Foods Sample Menus, and keep in mind that we can help you realize your event as you envision it, so these are simply suggestions to start. We look forward to working with you!.

Pagliacci Pizza

423 East Pike Street, Seattle, WA 98122

Tel: 206-726-1717

<http://www.pagliacci.com/index.shtml>

“Working with local seasonal foods everyday inspires us to look after our environment. We actively seek fresh ways to use less and use wisely whether it's composting boxes and food waste, saving water and energy, or doing our part to bring 'green' power to the Pacific Northwest from local

utilities.” - Matt Galvin, co-owner

Pizza Today cites that Americans eat approximately 100 acres of pizza each day. A good percentage of that pizza generates a food-soiled box. Since the box is food stained, it cannot be recycled. However, it can be composted.

At Pagliacci, we noticed a lot of our produce boxes couldn't be recycled either. By the end of 2005, we began composting at our locations. We are able to compost these boxes and our kitchen food waste. This small change in our operations has dramatically reduced our regular waste. We were named “2008 Recycler of the Year in Composting and Food Waste” by Washington State Recycling Association and one of the "Best Workplaces for Recycling and Waste Reduction" by King County in 2010.

Palace Ballroom Catering

2100 5th Avenue, At the corner of 4th and Virginia, Seattle, WA 98121

Tel: 206-448-2001

office@tomdouglas.com

<http://tomdouglas.com/ballroom/index.html#>

Tom Douglas and his wife and business partner, Jackie, recently opened the Palace Ballroom, their exciting new event facility. This stylish room has retained the romance of Seattle's eclectic past, featuring vintage brick and stunning old world window treatments which combine to create a relaxed, cozy yet celebratory mood for any type of get-together. Located conveniently in Downtown Seattle, Palace Ballroom provides the perfect taste of Seattle for all the senses.

Palace Ballroom features award winning cuisine created by Tom Douglas and his talented team, on-site event planning and management to attend to every event detail, and an in-house bakery available to create special breads, confections, wedding cakes or even a stunning dessert bars to delight any sweets aficionado.

Tom Douglas and wife Jackie get much of their meat, cheese and produce from local sources, including from their very own Prosser Farm where a majority of the produce comes from.

Palace Kitchen

2030 Fifth Ave, On the corner of 5th and Lenora, Seattle, WA 98121

Tel: 206-448-2001

office@tomdouglas.com

<http://tomdouglas.com/index.php/restaurants/palace-kitchen>

Palace Kitchen, Tom Douglas and wife Jackie's popular third restaurant, opened right under the monorail at 5th and Lenora in the spring of 1996. As much a bar as a restaurant, Palace Kitchen features an enormous horseshoe-shaped bar, Italian chandeliers, lush velvet drapes, and gilded mirrors, as well as a 10' by 40' painting, Palace Feast, and an intimate private dining room. Nightly rotisserie specials turn over an applewood fire, and the big-flavored menu features a lengthy list of appetizers. Palace Kitchen was nominated for Best New Restaurant in 1996 by the James Beard Foundation.

Patty Pan Cafe

2310 E Madison St, Seattle, WA 98112

Tel: 206-782-1558

info@pattypangrill.com
<http://www.pattypangrill.com>

Patty Pan Grill is Seattle's oldest farmers' market concession. We've been selling hot, ready to eat food at farmers' markets since 1997, when there were only two neighborhood farmers' markets in the city. We have been fortunate to be part of the local foods movement as it has grown and thrived. We now vend at over a dozen markets a week during the summer season as well as several weekly markets that run all winter. We offer vegetarian tamales with homemade salsa as well as grilled vegetable quesadillas whose ingredients change with the seasons. We source many of our ingredients from the farmers who are our friends and neighbors at the markets.

Pizza Fusion

1412 12th Ave, Seattle, WA 98122
Tel: 206-709-8400
Contact: Kevin York
info@pizzafusion.com
<http://www.pizzafusion.com>

Pizza Fusion, whose motto is Saving the Earth, One Pizza at a Time, serves a gourmet, organic menu of pizza, focaccia sandwiches, wraps, desserts, beer and wine. They also offer health conscious alternatives for people with selective diets and food allergies, including gluten-free, vegan and lactose free options. Taking the lead in the environmentally sustainable restaurant sector, Pizza Fusion practices an eco-friendly approach to their entire existence, including their restaurants build out, service and overall operations.

Poppy Restaurant

Animal Welfare Approved Listing
622 Broadway, Seattle, WA 98102
Tel: 206-324-1108
info@poppyseattle.com
<http://www.poppyseattle.com>

Offers Animal Welfare Approved goat cheese from Gothberg Farms

Portage Bay Cafe

4130 Roosevelt Way NE, Seattle, WA 98105
Tel: 206-547-8230
Fax: 206-547-0211
Contact: Jeff
info@portagebaycafe.com
<http://www.portagebaycafe.com>

For over 7 years, the Portage Bay Cafe has provided some of Seattle's best breakfasts and lunches. Over the years, we have increased our commitment to both organic and whole foods, as well as offering some of the most original menu items at very reasonable prices. Currently, almost all our produce and cheeses are from local organic farmers; in addition, we now use organic eggs. Our beef is free-range, and we also have organic turkey breast.

Portage Bay is open for breakfast and brunch Monday through Friday from 7:30 a.m. to 3 p.m.;

Saturday and Sunday from 8 a.m. to 3 p.m.

Ray's Boathouse, Cafe, and Catering

6049 Seaview Avenue NW, Seattle, WA 98107

Tel: 206-789-3770

Fax: 206-781-1960

rays@rays.com

<http://www.rays.com/new/index.php>

Widely regarded as a "must visit" by locals and travelers alike, Ray's Boathouse is world-renowned for its impeccably fresh Northwest seafood. Our culinary professionals, led by Executive Chef Peter Birk, hand select the best products from local purveyors and then prepare them simply to enhance the naturally fresh, clean flavors and succulent textures. The menu changes weekly to reflect what is seasonally and locally available. Combined with our spectacular bayside view of the Olympic Mountains over Puget Sound, Ray's Boathouse is the quintessential Northwest seafood experience. Complementing Ray's cuisine is our award-winning wine list of more than 700 selections, with an emphasis on Northwest vineyards.

Ray's Catering has extensive experience in executing events for all size parties, both on-premise in our private banquet room and off-site at many of Seattle's fabulous event sites.

RAZZÍ'S PIZZERÍA

8523 Greenwood Ave. , N. Seattle, WA 98103

Tel: 206-782-9005

office@razzispizza.com

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

RAZZÍ'S PIZZERÍA has a lot of something for everybody! In addition to our traditional favorites, we are the first pizza restaurant in Seattle to offer full gluten-free & vegetarian/vegan menus. The idea started several years ago when we heard that more and more of our customers either developed or had family members with gluten intolerance. They could no longer come to our restaurant or enjoy the foods they had grown up with. So, we started this journey to make everything on our menu available to those with gluten intolerances, and by request it spread into lactose-intolerance and other areas as well. We're coming up with new recipes all the time to improve and satisfy our customers. Our mission is to see everyone enjoying their favorite foods without sacrificing their health or well-being.

Featuring organic pizza crust and sauces, as well as local all-natural, antibiotic and hormone-free meat. Razzi's organic bread is from Essential Bakery, and they also feature vegan organic cheese.

Remedy Teas

345 15th Ave E, Seattle, WA 98112

Tel: 206-323-4832

info@remedyteas.com

http://remedyteas.com/?page_id=6

Say hello to organic tea, tasty foods and style in an environment designed to stimulate your senses. Explore tea samples and choose from over 150 organic teas brewed by the cup, the pot and to-go. Get fueled up with tea lattes, matcha green tea and chai or specials with a seasonal twist. Snack on

baked goods, sandwiches, soup, salads, tea smoothies and sweets. Outfit your home or work with contemporary teaware and loose leaf tea. Connect with free wifi or with friends at Seattle's premiere tea cafe.

Rover's and The Chef in the Hat

2808 E. Madison St., Seattle, WA 98112

Tel: 206-325-7442

Fax: 206-325-1092

Contact: Nathan Hambley

nhambley@frause.com

<http://thechefinthehat.com/>

Our menu is best described as the cuisine of the Pacific Northwest refined by a French accent. The Chef in the Hat provides the French accent while the bounty of the Pacific Northwest provides the raw ingredients. We do not serve classical French food. Instead we use traditional French techniques to tease out the flavors of the region's best ingredients.

Chef Thierry Rautureau is passionate about sourcing ingredients that are local, sustainable, organic, and seasonal. He buys from a variety of purveyors that include mushroom foragers, Washington State cheese makers, and area farmers.

Sage Organic Bakery and Cafe

324 15th Ave E, Seattle, WA 98112

Tel: 206-325-6429

makini@hillsidequickie.com

<http://sagebakeryandcafe.com>

We are Capitol Hill's first vegan bakery and cafe. Drop in and grab one of our scrumptious cupcakes from our new VEGAN cupcake line! Also featuring great lunchtime soups, salads, sandwiches, and pastries. (This location was formerly called Hillside Quickie's Cafe.)

Sand Point Grill

5412 Sand Point Way , Seattle, WA 98105

Tel: 206-729-1303

Contact: Craig & Kristina Bartleson

info@sandpointgrill.com

<http://www.sandpointgrillseattle.com/index.htm>

Sand Point designs fresh, seasonal menus with a focus on organic ingredients from local Washington farms whenever possible.

It is truly a delicious and sustainable dining experience. The kitchen staff recycles used cooking oil for use as biodiesel and composts food scraps.

The Sand Point Grill is open for Dinner only Monday through Saturday from 5pm-10pm and Sunday from 5pm-9pm.

Seatown

2010 Western Ave , Seattle, WA 98121

Tel: 206-436-0390

Contact: Gretchen Geisness, general manager

gretcheng@tomdouglas.com

<http://tomdouglas.com/index.php?page=seatown>

Seatown is where you can sit and satisfy all the cravings you develop walking through the Pike Place Market. One half of the menu is devoted to our fabulous local seafood and the other half is anchored by fragrant herb-crusted meats from our glistening rotisserie. You can enjoy all the tasty makings for a delicious take home dinner from the To-Go counter.

Seattle Art Museum TASTE

1300 First Avenue, Seattle, WA 98101

Tel: 206-654-3245

tasterestaurant@tastesam.com

<http://www.seattleartmuseum.org/visit/taste.asp>

TASTE, the new restaurant at SAM, offers a lively, open kitchen which makes for a warm, approachable gathering place, featuring simple yet upscale, reasonably priced foods created with “fresh from the market” ingredients. From the Wood Stone pizza oven come crisp, thin-crust pies topped with local farmers' produce, meats and cheeses. TASTE brings you antibiotic-free chicken; grass-finished beef and pork, and sustainable seafood, lightly charred and hot off the grill. Crisp salads are composed of vibrant organic greens, and irresistible dessert offerings start with local, tree-ripened fruits and juicy seasonal berries.

During lunch, you will experience extraordinary service by a restaurant committed to creating a sense of community for both museum-goers and Seattleites. As evening arrives, the 90-seat restaurant lowers the lights, uncorks its list of excellent Northwest wines and beers, and offers a seasonally-changing assortment of small and large plates from its sustainably-focused menu created by executive chef Christopher Conville. Farmers, winemakers, celebrity chefs and cookbook authors will fill the 24-seat private dining room for special events.

With direct access from First Avenue, TASTE is the perfect place to visit while enjoying the museum, relaxing during happy hour at the end of the workday, catching a bite to eat before the symphony or joining us for private events.

Seattle Culinary Academy

1701 Broadway , Room BE2120, Seattle, WA 98122

Tel: 206-934-5424

Fax: 206-934-4323

Contact: Joy Gulmon-Huri

CulArts@sccd.ctc.edu

<http://seattlecentral.edu/seattleculinary/restaurants.php>

Seattle Culinary Academy students operate two full service restaurants that are open to the public. The restaurants are open for lunch Tuesday through Friday and offer beautifully prepared meals at an excellent price. Due to the school schedule, restaurants are closed several weeks of the year so please check the current hours of operation. The Academy is committed to using the freshest local ingredients, and as often as possible, organic ingredients are used. Their fine dining restaurants very often use local pasture-raised beef from Oregon farms, free-range locally-raised chickens, wild-caught local salmon and cod, and fresh organic produce. The bakery uses almost exclusively organic bread flour and fruits. Come enjoy a gourmet meal prepared with top natural ingredients, for an incredible bargain.

Serafina

2043 Eastlake Ave E, Seattle, WA 98102

Tel: 206-323-0807

Contact: Susan Kaufman, Owner

serafinaemail@serafinaseattle.com

<http://serafinaseattle.com/>

Serafina's philosophy is simple: Offer the freshest, highest quality ingredients, present the food in an honest and inviting way, and provide the casual warmth and soothing ambiance that echoes the welcoming embrace of an Italian home. Our menu recreates many of the dishes that owner Susan Kaufman and Executive Chef Dylan Giordan have enjoyed in friends' homes throughout Italy. It is our hope that your dining experience at Serafina will leave you feeling transported to the sublime Italian countryside, and completely taken care of by our sincere, professional staff. We source much of our produce, seafood, and meats from organic and/or sustainable producers. Much of our produce comes from organic farms throughout the state of Washington and Oregon, and we get some of our fruits, vegetables, and herbs from our own garden just a block away. Almost all of our organic waste is composted, so you don't have to feel even a shred of guilt if for some reason you can't quite finish that last bite or two of your dinner!

Serious Pie

316 Virginia, Seattle, WA 98121

Tel: 206-838-7388

office@tomdouglas.com

Tom Douglas' new pizzeria, Serious Pie, is a warm, intimate space with tumbled stone tiles on the walls, a lofty timber frame ceiling hung with black wrought iron chandeliers, and dramatic slabs of natural stone framing an apple-wood burning oven. During daytime hours, diners can view the bread bakers pulling rustic loaves of bread from our French bread baking ovens.

Serious Pie developed as a natural extension of our expanded bread bakery, which produces bread for all the Tom Douglas' Restaurants and for wholesale and retail sales. Therefore, the "Pie" is a pizzeria with a bread baker's soul. Tom's vision of the perfect pie, a simple but serious pie, is brought to life on this blistered crust, lightly textured but with just enough structure and bite, and with exactly the right amount of serious toppings like our own house made mozzarella, our own sausage and pancetta, as well as foraged mushrooms, local clams, and farmers market produce.

A short list of starters featuring salads, wood roasted fruits and vegetables, cured meats and cheeses, and desserts of Old Chatham ricotta cannoli and vanilla mascarpone are available. A small, but serious, beer and wine list round out Serious Pie's menu of 5 or 6 seasonally changing pizzas.

Serious Pie Westlake

401 Westlake Avenue, Corner of Westlake and Harrison, Seattle, WA 98109

Tel: 206-436-0050

Contact: Tony Catini

tonyc@tomdouglas.com

<http://seriouspiwestlake.com/>

Produce for Serious Pie comes from owners Tom Douglas and wife Jackie's very own Prosser Farm.

Sitka & Spruce

Animal Welfare Approved Listing
1531 Melrose Ave. E, Seattle, WA 98122
Tel: 206-324-0662
info@sitkaandspruce.com
<http://www.sitkaandspruce.com/>

Serves Animal Welfare Approved sheep milk cheese from Barinaga Ranch (www.barinaga.com)

Sitka and Spruce

1531 Melrose Ave E, Seattle, WA 98122
Tel: 206-324-0662
Contact: Matthew Dillon
matthew@sitkaandspruce.com
<http://www.sitkaandspruce.com/>

Chef-owner Matt Dillon, most recently of the Stumbling Goat, offers a menu that's an unusually sensitive barometer of Northwest seasons. Matt creates daily menus with a European flair, using the sorts of seasonal bounty and hands-on cooking that's usually found only in fine-dining restaurants in the city.

Six Seven

The Edgewater Hotel
2411 Alaskan Way , Seattle, WA 98121
Tel: 206-269-4575
dining@edgewaterhotel.com
http://www.edgewaterhotel.com/edgewater_dining.aspx

Our signature restaurant, Six Seven in downtown Seattle, Washington, offers New American Cuisine and breathtaking views with floor to ceiling windows showcasing Elliott Bay, Puget Sound and the Olympic Mountains beyond. Dine indoors or out, and treat your taste buds to delightful preparations of Chef John Roberts. Located inside The Edgewater, Seattle's only waterfront hotel, Six Seven features seasonally inspired cuisine crafted with only the freshest and finest organic and naturally raised ingredients, procured for you to enjoy in Chef John Roberts new and exciting menus. Currently featured are such signature dishes as Dungeness Crab and Shrimp Cake with Lobster Lemongrass sauce and Tomato Jam; "Wild" Arugula & Local Pear Salad with Dijon white balsamic, candied walnuts and Rogue Creamery "Oregonzola"; Harris Ranch Filet Mignon, "Oregonzola" crusted, forager mushroom ragoût, asparagus, potato crisp and natural jus; Orange Scented Lamb Loin Sous Vide with peas and carrots 3 ways, spearmint scented lamb natural goat cheese fondue with vanilla and chili; Paupiettes of Dover Sole, with creekside fiddle ferns, fresh cascade morels, Maine lobster emulsion, tarragon oil and cracked coriander; and Pan Roasted Halibut with herb crushed heirloom potatoes, spring onions, endive Penn Cove mussel emulsion with saffron, and chardonnay.

Steelhead Diner

95 Pine Street, Seattle, WA 98101
Tel: 206-625-0129

eat well guide: restaurants



Contact: Kevin Davis
chefkd@aol.com
<http://www.steelheaddiner.com>

At Steelhead Diner you can get great local food in the historic Pike Place Market setting with a view of the Market, Elliott Bay and the Olympic mountains.

We're concerned about our planet and support groups that practice sustainability and good-for-the-earth activities—fisheries; local growers, bread makers, cheese makers; organic and natural beef producers, etc.

Our diner is a place without pretensions where locals hang out, chat with others, watch the kitchen fun and have a great meal. It's the perfect place to bring out-of-town visitors.

Stumbling Goat Bistro

6722 Greenwood Ave N, Seattle , WA 98103
Tel: 206-784-3535
stumblinggoat@hotmail.com
<http://www.stumblinggoatbistro.com/>

Stumbling Goat Bistro's intention is to support local farmers, ranchers and independent producers, while creating really wonderful food. They use organic and sustainable products whenever possible and support local farmer's markets every week. You may find several combinations of seasonal produce on your plates, but you will rarely find produce that is not locally, or at least, regionally grown. They "think global, buy local", and hope to help invigorate the small and independent business community and create an even stronger economy.

Sunlight Cafe

6403 Roosevelt Way NE, Seattle, WA 98115
Tel: 206-522-9060
<http://sunlightcafevegetarian.com>

The Sunlight Cafe is a local favorite of Seattle. Vegetarian and vegan friendly as well as other dietary restrictions.

Sutra

1605 N 45th St, Seattle, WA 98103
Tel: 206-547-1348
sutrasedattle@gmail.com
<http://www.sutrasedattle.com>

In the Sutra kitchen our focus is amazing vegetarian food that appeases all the senses and is served in an atmosphere where sustainable agriculture, community dining, and responsible business practices are of utmost importance.

All of Sutra's food is prepared fresh each day. The practice is artistic, intuitive cooking with a menu that respects the changes of season, availability of local organic ingredients, and the experience of connecting to our communities in a holistic urban environment.

Our unique rotating menus and dining style reflects our commitment to the environment, our gratitude for the opportunity to serve our community, while enjoying the benefits of urban living.

Sutra

1605 N 45th St, Seattle, WA 98103

Tel: 206-547-1348

sutrasedattle@gmail.com

<http://sutrasedattle.com/index.html>

We are always working towards 100% organic and using what's in season. Since our opening we have been well received and we're so grateful to be a part of a vibrant scene of foodies and vegetarian foodies in Seattle.

Teapot Vegetarian House

345 15th Ave. E. , Seattle, WA 98112

Tel: 206-325-1010

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

The Teapot is proud to present a full vegan menu. This is the second menu since we became vegetarian seven years ago. In it you will find a bigger and better selection (we hope), and a more balanced and well-rounded choice to meet every taste and need. We are still committed to offering healthy food and continually introduce innovative entrees to our menu. We strive to offer you good service in a clean, inviting and peaceful environment. We have served the Capitol Hill neighborhood for the past 15 years, and we hope to continue to do so for many more. We also have a new location in Redmond near Microsoft.

Throughout our menu you will find Pan-Asian selections from Singapore, Thailand, Indonesia, Japan and China. The owners and chefs, with 52 years of restaurant business experience, have researched and perfected these dishes for the last few years and have added them to the Teapot menu. All items are now completely vegan i.e., free from milk and eggs and all animal products. To encourage others to try a vegetarian diet, we have retained entrees from the old Mandarin Restaurant Menu (our former incarnation) but have replaced the meat with high quality soy substitutes. We, however, will not compromise the taste of any of our dishes for any reasons except two: To promote a healthier diet and compassion for life. Eat and be truly merry.

The Counter Burger

Seattle

4609 14th Ave NW, Seattle, WA 98107

Tel: 206-706-0311

Fax: 206-706-0321

ballard@thecounterburger.com

<http://www.thecounterburger.com>

Step into The Counter® and you're greeted with a clipboard and an extensive list of fresh mouth-watering ingredients that allow you to build your own gourmet burger. Our 312,120+ different burger combinations make every burger as unique as each customer. Rarely is the same burger made twice in one day.

Anti-Established in 2003, The Counter® is the 21st century's bold answer to the classic burger joint. Ushering in a fresh era of industrial decor, today's music, cold beer, unique wines, cocktails, and

burger options that are only limited by your imagination.

Market Selection features locally sourced and sustainable Protein, Cheese, Topping, Sauce and Bun choices from our local chefs and customers.

Fresh 100% natural Angus Beef, hormone and antibiotic free. Humanely raised and handled.

The Golden Beetle

1744 NW Market St, Seattle, WA 98107

Tel: 206-706-2977

andrew@golden-beetle.com

<http://golden-beetle.com>

Our rustic menus draw upon the spices, flavors and heat spiced dishes of the Eastern Mediterranean. We create craft cocktails unique to Golden Beetle and are proud to offer Northwest produced beer and wine that complement the menu.

We believe in supporting local, from farmers and foragers to artists and photographers. The photography that graces our walls is truly unique as it documents Maria's travels in Turkey, Lebanon and Egypt as told through the lens of Frank Huster. Seattle Mosaic Arts created the glass tiled mosaic on the oven, a definitive piece of the restaurant. We enjoy relationships with local purveyors that bring the best seasonal, organic and locally grown and harvested ingredients to our kitchen.

The Harvest Vine

2701 East Madison, Seattle, WA 98122

Tel: 206-320-9771

Fax: 206-320-9787

info@harvestvine.com

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

From the beginning, the kitchen has been the literal and philosophical heart of our restaurant. A mere 10 feet inside the front door, the kitchen is open and exposed, surrounded by a copper bar with 10 stools which invite guests to witness the creation of each dish.

Along with authenticity, quality is of equal importance. Nearly all of our produce as well as our dairy products and eggs are certified organic. All of the meats on our menu are free range and contain no antibiotics or growth hormones. These stringent guidelines not only insure the most naturally flavorful ingredients on your plate, but also help to support sustainable, environmentally sound agricultural practices.

Hours: 7 nights a week from 5pm to 10pm

The Pink Door

1919 Post Alley, Pike Place Market, Seattle, WA 98101

Tel: 206-443-3241

Contact: Jacqueline Di Roberto

info@thepinkdoor.net

<http://www.thepinkdoor.net>

The Pink Door serves delicious, uncomplicated Italian-American food for its lunch, dinner and brunch. All are drawn upon the freshness and ever changing bounty of the season from farms in the Northwest. Whenever possible, food is spun from small, preferably organic sources, harvested in

sustainable manner -- such as Full Circle Farms produce; steak raised with no hormones, no antibiotics from Vashon Island's Misty Isle Farm; wild Pacific Northwest salmon, organic extra virgin olive oil from Sicily; and Leporati prosciutto from Parma. You will find quarterly and seasonal menus and always a gamut of light-to-hearty specialties designed to suit the bounty -- and all sorts of appetites.

The Stepping Stone

5903 24th Ave. NW, Seattle, WA 98117

Tel: 206-420-3723

<http://ballardsteppingstone.com/>

The Stepping Stone is a design concept space incorporating sustainable materials, artwork from local painters and photographers, wine from small bio-dynamic Washington and Oregon vineyards, beer from regional small-batch breweries and select organic west coast sake. The menu features fresh organic seasonal greens and cheese from Ballard Farmers Market, fresh baguettes from the Tall Grass Organic Bakery, organic olives, homemade aoli and mustards. The interior is constructed and decorated with all found and recycled materials.

The Walrus and the Carpenter

4743 Ballard Ave NW, Seattle, WA 98107

Tel: 206-395-9227

<http://thewalrusbar.com/>

The Walrus and the Carpenter is an oyster bar located at the south end of Seattle's Historic Ballard Avenue. Our intention is to make delicious, simple and beautiful food. We feel this is done by sourcing the best available locally. We are lucky to find the most delicious and local, oysters, fish, meat, fruits & vegetables essentially in our backyard.

Tilth

1411 N. 45th St., Seattle, WA 98103

Tel: 206-633-0801

info@tilthrestaurant.com

<http://www.tilthrestaurant.com>

We feature New American cuisine prepared with certified-organic or wild ingredients sourced from as many local farmers we are able to support. Our executive chef and owner, Maria Hines, is a James Beard Award winner for Best Chef of the Northwest, as well as one of Food & Wine Magazine's 10 Best New Chefs of 2005. In 2008, the New York Times deemed Tilth one of the best new restaurants in the country. Tilth received its organic certification from Oregon Tilth, an unaffiliated organization that promotes sustainability.

Ting Momo

310 Terry Avenue, Seattle, WA 98109

Tel: 206-971-0720

amyr@tomdouglas.com

<http://tingmomo.com/index.php?page=location>

Our Tibetan chef Dekyi Thonden has been producing succulent dumplings and noodles for our family of restaurants for years and now she has a small café to showcase her food. The unique combination of her seasonings: tamarind, orange zest, soy, and cumin will draw you to her intimate

eat well guide: restaurants

café again and again. The café is well prepared to offer to-go items and catering service as well.

Ting Momo is a Tom Douglas Restaurant. Tom Douglas and his wife operate Prosser Farm that grows acres of organic vegetables which are shipped to his restaurants, including Ting Mom, weekly.

Trellis

220 Kirkland Ave., Kirkland, WA 98033

Tel: 425-284-5900

kcarter@trellisrestaurant.com

<http://www.trellisrestaurant.net>

The Trellis culinary team is dedicated to serving only market fresh cuisine featuring products from local artisan producers. From the fruit and vegetables gathered daily at Executive Chef Brian Scheehser's garden to hand raised livestock and seafood just off the boat, your dining experience will celebrate the bounty of the Pacific Northwest.

Executive Chef Brian Scheehser practices sustainable farming in his three-acre garden in Woodinville. He grows many of the fresh ingredients featured at Trellis including his signature "Two Hour Salad" where the ingredients are harvested within two hours of being served. "Everything planted in the garden was planted with the seasonal Trellis menu in mind." says Chef.

The wine list continues the celebration with a careful selection of over 200 wines representing the best of Washington, Oregon and California.

Urbane

1639 8th Avenue, Seattle, WA 98101

Tel: 206-676-4600

info@urbaneseattle.com

<http://www.urbaneseattle.com>

Experience the unique cosmopolitan dining experience at Urbane. One of Seattle's most exciting new restaurants, Urbane restaurant and bar is delightfully modern, yet approachable and enduring. Our Seattle restaurant & bar menus and decor are inspired by the culinary spoils of the Pacific Northwest, and we take great pride in working with our local farmers and producers to ensure quality and dependability. We have brought the best of the farmer's market to this Seattle restaurant in the heart of downtown bringing the "Farm to Table" concept to Urbane and developing relationships with our local producers.

Veraci Pizza

500 NW Market Street, Seattle , WA 98107

Tel: 206-525-1813

info@veracipizza.com

<http://www.veracipizza.com/index.html>

We use only the freshest and highest quality natural ingredients and buy direct from local farms whenever possible. Veraci Pizza features a delicious ultra-thin artisan crust made from our secret recipe. Each batch of dough is hand prepared in a mixing bowl, never by machine. We are Seattle's original, award-winning traveling wood-fired pizza company. We specialize in creating authentic Italian pizza at Farmer's Markets , festivals & private parties throughout the Puget Sound and Central Oregon.



Volunteer Park Cafe

1501 17th Ave E, Seattle, WA 98112

Tel: 206-328-3155

Contact: Ericka Burke & Heather Earnhardt

<http://www.alwaysfreshgoodness.com>

We offer simple cuisine using fresh local and regional ingredients. From early morning through dinner, six days a week, you'll find something you can't resist. Most items are made in-house - pastries, dressings, quiche, sauces, soups. And once a month we have incredible wine dinners where you can relax, learn about wine and savor our flavor-intense dishes paired with perfectly-balanced wines.



eat well guide: retail

Loki Fish Co

3919 18th Ave W, Seattle, WA 98119

Tel: 206-938-3975

Contact: Hing Ng

gowild@lokifish.com

<http://lokifish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Bill Pace Fruit and Produce

2380 Bellevue Way SE, Bellevue, WA 98004

Tel: 425-467-0501

Contact: Bill Pace

paceranch11@yahoo.com

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

Our fruit and produce market is located on the historic Overlake Blueberry Farm which was founded in the late 1940s in Bellevue. We opened our store in 2002, but before then we had been marketing our own fruit grown in the Yakima Valley for the past 35+ years in the Bellevue area. Our on-farm market features all Eastern and Western Washington grown fruits and vegetables in season. In late June we will offer fresh picked or U-pick organic blueberries from the farm.

Open 9AM - 7PM Daily

Central Co-op Madison Market

1600 E Madison St, Seattle, WA 98122

Tel: 206-329-1545

<http://www.centralcoop.coop/>

Central Co-op is a member-owned natural foods cooperative in the heart of Seattle dedicated to sustainable practices, community accountability, and the local food economy. With our full-service delicatessen, extensive selection of natural remedies and body care, foods for special and limited diets, unrivaled assortment of bulk, local, organic, and fairly traded goods, sustainable seafood and meat department, farmers' market-quality produce department, and knowledgeable workers, we provide a healthful shopping experience in a community-oriented setting.

Central Market

Shoreline

15505 Westminster Way North, Seattle, WA 98133

Tel: 206-363-9226

<http://shoreline.central-market.com/newSite/shoreline/home.php>

Central Market is destination food store, as the broad scope of quality, selection and value offered entice folks not only within the neighborhood to shop, but also people from surrounding areas. We strive to offer the freshest, highest quality foods available. With features such as exceptional produce, a wide selection of natural and organic foods, superb fresh seafood, bulk foods, natural meats and specialty foods, we intend to satisfy the needs of a diverse array of shoppers. Our staff members are friendly, knowledgeable and passionate about good food.

At the Mill Creek Central Market, you can find vegetarian-fed, pasture-raised beef, as well as organic chicken and turkey, and naturally raised lamb and pork. Less common choices such as rabbit, fresh buffalo, goose and duck are occasionally available; ask the in-store butcher for more details. Organic produce, dairy items and eggs are always available as well.

Mill Creek Central Market is open from 7 a.m. to 11 p.m. daily.

Columbia City Farmers Market

4801 Rainier Ave S, Columbia Plaza parking lot, Seattle, WA 98118

Tel: 206-632-5234

Contact: Karen Kerschner

nfma@seattlefarmersmarkets.org

<http://www.seattlefarmersmarkets.org>

Over 40 WA state farmers and small food vendors selling all-local farm-fresh products and processed foods: fruits, vegetables, cheeses, artisan breads, seafood, meats, eggs, poultry, cut flowers, ciders, preserves, and more! No crafts - local, sustainable food only.

Visit the Columbia City Farmers Market and enjoy the food, fun, and festive community atmosphere of one of Seattle's most favored farmers markets, located in the heart of the charming historical Columbia City business district.

DeLaurenti Speciality Food and Wine

Animal Welfare Approved Listing

1435 1st Ave., Seattle, WA 98101

Tel: 206-622-0141

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

Offers Animal Welfare Approved goat cheese from Consider Bardwell Farm (www.considerbardwellfarm.com) and sheep milk cheese from Barinaga Ranch (www.barinagaranch.com)

Eat Local

2400 Queen Anne Ave N, Seattle, WA 98109

Tel: 206-328-3663

info@eatlocalonline.com

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

Eat Local prepared foods are made with Northwest farmed, organic or sustainably grown produce, grass finish meats and free range chicken.

Everything on the menu is hand-made in our kitchen, from scratch, using traditional methods and housemade stocks.

Our meals are frozen to maintain flavor, nutrients and quality without the use of added chemicals, preservatives or fillers.

Our food is available in either BPA free, biodegradable packaging or reusable glass containers that can be bought and returned through deposit as you would a milk bottle.

We use only natural sweeteners such as evaporated cane juice, honey and maple syrup.

Essential Baking Company

2719 East Madison Street, Seattle, WA 98112

Tel: 206-545-3804

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

eat well guide: stores



Since 1994, The Essential Baking Company has set out to preserve, cultivate, and honor traditional methods of food preparation with a commitment to using organic ingredients. The bakery has grown in size and production to meet the demand for a high quality, authentic culinary experience, while maintaining the same production techniques, service, and values of a small neighborhood bakery. Using organic ingredients, we make fresh artisan breads, European pastries, and luscious desserts. All of these items and more are offered at our bakery cafes. Essential Bakery Cafe also uses local products whenever possible.

Hours:

6am-7pm Monday-Friday

7am-6pm Saturday and Sunday

* See website for Wallingford location and hours.

Full Tilt Ice Cream

9629 16th ave sw, Seattle, WA 98106 http://fulltilticecream.com/full_tilt/Full_Tilt_Ice_Cream.html

The main focus is going to be ice cream (of course) and pinball. We will have about 12 pinball machines. The ice cream will be hand made. Twelve different flavors with six changing daily. In addition to that we will have baked goods and hand made ice cream bars and Popsicles.

The ingredients are local and organic when available. We will always have a vegan selection as well as an array of vegan baked goods. Also we are looking to support local artists by having monthly art openings as well as bands on a semi regular basis.

CURRENT FLAVORS: Mexican chocolate; mango chile; mint chocolate chip; vegan peanut butter chocolate; Thai tea; vanilla bean; honeydew sorbet; birthday cake; strawberry cheesecake; rocky road overload; horchata; salty peanut carmel; PALETAS: mint chocolate chip; mango chile; mango berry(vegan); blackberry cinnamon; coconut; SPECIALS: Sunday is two wheels, two dollar sundae! Come in on two wheels, and get a sundae with any flavor for just two dollars!

Grand Central Bakery and Café

Seattle, Pioneer Square

214 1st Avenue South, Seattle, WA 98104

Tel: 206-622-3644

Fax: 206-622-7381

gcb.info@grandcentralbakery.com

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

We are a fresh, locally grown company dedicated to the craft of artisan baking and scratch cooking. Led by a unique mixture of family and friends along with some of the region's most talented bakers and cooks, Grand Central Bakery features a vibrant wholesale artisan bread line and a friendly collection of neighborhood bakeries in Seattle and Portland.

The best way to get to know us is by eating our products. Visit one of our neighborhood bakeries, eat at a restaurant that serves Grand Central bread or find us at your favorite grocer. One delicious bite will reveal everything you need to know!

Grand Central Bakery and Café

Seattle, Eastlake Ave
1616 Eastlake Ave E, Seattle, WA 98102
Tel: 206-957-9505
Fax: 206-957-9508
gcb.info@grandcentralbakery.com
<http://www.grandcentralbakery.com/>

We are a fresh, locally grown company dedicated to the craft of artisan baking and scratch cooking. Led by a unique mixture of family and friends along with some of the region's most talented bakers and cooks, Grand Central Bakery features a vibrant wholesale artisan bread line and a friendly collection of neighborhood bakeries in Seattle and Portland.

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Green Line Organic Health

12653 NE 85th St, Kirkland, WA 98033
Tel: 425-828-9799
Fax: 425-889-9798
Contact: Kuang Lin
Kuang@greenlineorganic.com
<http://www.greenlineorganic.com>

Our goal is to promote a natural and healthy lifestyle that will alleviate all sorts of physical ills. Greenline Organic offers a wide selection of organically grown fruits and vegetables, as well as organic supplements, vitamins, internal cleansers, etc.

Ken's Market

Queen Anne
2400 6th Ave. West, Seattle, WA 98119
Tel: 206-282-1100
<http://kens-qa.com/default.aspx>

Ken's Queen Anne Market aims to offer healthy choices for people looking for natural, organic and free-range products. In addition to beef, they also carry free-range chicken, free-range organic eggs and organic milk. There is all-natural pork without any added hormones, antibiotics or artificial fillers, as well as an assortment of fresh organic produce.

Top quality free-range turkeys are a specialty for the holiday season, and a year-round selection of organic fruits and veggies rounds out the selection.

Ken's is open from 7 a.m. to 10 p.m. daily.

Ken's Market

Greenwood
7231 Greenwood Ave N, Seattle, WA 98103

eat well guide: stores



Tel: 206-784-3470
Contact: Scott Giles, Manager
<http://www.kensmarkets.com>

Ken's Greenwood Market aims to offer healthy choices for people looking for natural, organic and free-range products. Scott Giles, a son of the founder, is proud of their selections, especially their pasture-raised vegetarian-fed beef products, which are supplied by an Oregon farmer that he has met personally. In addition to beef, they also carry free-range chicken, free-range organic eggs and organic milk. There is all-natural pork without any added hormones, antibiotics or artificial fillers, as well as an assortment of fresh organic produce. Top quality free-range turkeys are a specialty for the holiday season, and a year-round selection of organic fruits and veggies rounds out the selection. Open every day from 6AM - 11PM.

Marketime Foods

4416 Fremont N, Seattle, WA 98103
Tel: 206-632-8958
Contact: Steve, Meat Department

Marketime Foods carries top of the line free-range, vegetarian-fed beef as well as free-range chicken and free-range organic turkey. They also carry organic dairy products and free-range eggs. Feel free to contact them or stop by with any questions you may have. Store hours are 6 am to 11 pm daily.

Metropolitan Market

Queen Anne
1908 Queen Anne Ave N, Seattle, WA 98109
Tel: 206-284-2530
dpittman@metropolitan-market.com
<http://www.metropolitan-market.com/>

It all began in 1971 with one store location in Seattle known as Food Markets Northwest, Inc. Today, more than 35 years later, Metropolitan Market has become an award-winning store with multiple locations throughout Seattle and Tacoma.

Throughout the years, it has always been our goal as the area's leading progressive independent grocer to always be the first to bring you the best. Our specialists travel the world to find unique products of the highest quality that will satisfy even the most discriminating palate. Everything in our stores reflects this passion for food, from our knowledgeable specialist in each department, to the thousands of Good Cuisine recipes we've developed and our cooking kiosks, where you can experience the quality foods from our stores first hand.

Our meat is the same quality that you would find served at the finest restaurants. All natural, hormone and antibiotic free and fed a 100% vegetarian diet. Our meat and poultry is not only better for you, it also tastes better.

Metropolitan Market is open 24 hours, 7 days a week.



Metropolitan Market

Admiral

2320 42nd Ave SW, Seattle, WA 98116

Tel: 206-937-0551

Fax: 206-923-5380

ghasstedt@metropolitan-market.com

<http://www.metropolitan-market.com>

It all began in 1971 with one store location in Seattle known as Food Markets Northwest, Inc. Today, more than 35 years later, Metropolitan Market has become an award-winning store with multiple locations throughout Seattle and Tacoma.

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Our meat is the same quality that you would find served at the finest restaurants. All natural, hormone and antibiotic free and fed a 100% vegetarian diet. Our meat and poultry is not only better for you, it also tastes better.

Metropolitan Market is open 24 hours, 7 days a week.

Metropolitan Market

Sand Point

5250 40th Ave. NE, Seattle, WA 98105

Tel: 206-938-6600

Fax: 206-938-6601

mmarsh@metropolitan-market.com

<http://www.metropolitan-market.com>

It all began in 1971 with one store location in Seattle known as Food Markets Northwest, Inc. Today, more than 35 years later, Metropolitan Market has become an award-winning store with multiple locations throughout Seattle and Tacoma.

Throughout the years, it has always been our goal as the area's leading progressive independent grocer to always be the first to bring you the best. Our specialists travel the world to find unique products of the highest quality that will satisfy even the most discriminating palate. Everything in our stores reflects this passion for food, from our knowledgeable specialist in each department, to the thousands of Good Cuisine recipes we've developed and our cooking kiosks, where you can experience the quality foods from our stores first hand.

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Metropolitan Market is open 24 hours, 7 days a week.

Metropolitan Market - Admiral

Animal Welfare Approved Listing
2320 42nd Ave SW, Seattle, WA 98116
Tel: 206-937-0551
ghasstedt@metropolitan-market.com
<http://www.metropolitan-market.com>

Sells Animal Welfare Approved goat cheese from Gothberg Farms LLC (www.gothbergfarms.com)

Metropolitan Market - Kirkland

Animal Welfare Approved Listing
10611 NE 68th Street, Kirkland, WA 98033
Tel: 425-454-0085
jbaskett@metropolitan-market.com
<http://www.metropolitan-market.com>

Sells Animal Welfare Approved goat cheese from Gothberg Farms LLC (www.gothbergfarms.com)

Metropolitan Market - Uptown

Animal Welfare Approved Listing
100 Mercer Street, Seattle, WA 98109 pmarth@metropolitan-market.com
<http://www.metropolitan-market.com>

Sells Animal Welfare Approved goat cheese from Gothberg Farms LLC (www.gothbergfarms.com)

Metropolitan Markets - Queen Anne

Animal Welfare Approved Listing
1908 Queen Anne Ave N , Seattle, WA 98109 <http://www.metropolitan-market.com>

Sells Animal Welfare Approved goat cheese from Gothberg Farms LLC (www.gothbergfarms.com)

Molly Moon's Homemade Ice Cream

1622 ½ N 45th St, Wallingford, Seattle, WA 98103
Tel: 206-547-5105
info@mollymoonicecream.com
<http://www.mollymoonicecream.com/>

At Molly Moon's we combine creamy dairy from happy, healthy, hormone-free Western Washington cows with sweet and savory local ingredients. Our attention is focused on seasonal fruits and herbs in combinations that are both familiar and surprising, producing all kinds of flavors from childhood favorites to avang-garde adult-only fare. From Skagit Valley's strawberries to Sequim's lavender and

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Eastern Washington's cantaloupes, Molly Moon's is committed to using the best ingredients the Pacific Northwest has to offer, and occasionally we reach a little further south for Northern California fruit like organic Meyer Lemons and Napa Valley's Blood Oranges. Our shop is a place where classic flavors like Vanilla Bean and Chocolate live alongside the creative and exotic Cardamom, Balsamic Strawberry, Rosemary Meyer Lemon, and even Maple Bacon in winter!

Nature's Pantry

10211 NE 10th, Bellevue, WA 98004

Tel: 425-454-0170

Contact: Pam Hay

customerservice@naturespantry.com

<http://www.naturespantry.com>

If you are looking for anything organic, Nature's Pantry has it. Run for almost 35 years by a truly caring and health-conscious family, this health food market carries everything you can imagine.

There is a varied and impressive selection of organic and free-range or pastured meats, from top-of-the-line beef, to pork, to chicken, to turkey. You can find burgers, pork and turkey sausage, whole organic chicken, free-range organic eggs, all types of organic dairy products, and only organic produce.

In addition, there are gluten-free products, cosmetics and body care products, a totally organic juice bar, and a deli that boasts the finest homemade organic salads, pizzas, paninis and soups. Baked items are always fresh, and specialty items, such as vegan pies, can be baked upon request. They are famous for their fruit and nut cake, able to sway even those who cannot stand traditional fruit cakes.

They sell supplements at 10-70% off regular price, and they ship supplement orders around the U.S. for just the cost of the supplements plus postage. Store hours are Mon - Fri 9 am - 7pm, Sat 9 am - 6 pm, and Sun 11 am - 5 pm. You have got to see this place for yourself to believe it!

Parfait Organic Artisan Ice Cream

501 2nd Ave W. , Seattle, WA 98119

Tel: 206-941-4679

Contact: Adria Shimada

adria@parfait-icecream.com

<http://www.parfait-icecream.com>

Seattle's only from-scratch, organic ice cream and the original artisan ice cream truck in the Pacific Northwest. We make our own custom base using 100% organic ingredients. We source our dairy, eggs, and produce from local, certified organic farmers, most of which are located within 150 miles of Seattle. We also make all of our own cones and all the confections (like our butter toffee) that go into our ice cream. Parfait is truly farm-to-cone!

PCC Natural Market

View Ridge

6514 40th Ave. N.E., Seattle, WA 98115

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Tel: 206-547-1222

productquestions@pccsea.com

<http://www.pccnaturalmarkets.com/locations/vr.html>

PCC Natural Markets began as a food-buying club of 15 families in 1953. Today, it's the largest consumer-owned natural food co-operative in the United States. PCC has eight stores in the Puget Sound region and is owned by nearly 40,000 members who shop (along with thousands of non-members) in our neighborhood locations and value our commitment to:

* Advocating high-quality food standards. We have stringent standards for the products we carry. The local farmers and food vendors we partner with are directly accountable to our department heads, ensuring their products' quality, flavor and environmentally conscious production. In addition, the collective voice of our 40,000 members sends a strong message to state and national policymakers.

* Supporting local, sustainable agriculture. We actively partner with local organic farmers to bring our customers the freshest, most delicious produce available. In addition we are major donors to the PCC Farmland Trust, a non-profit organization dedicated to preserving farmland and moving it into organic production.

* Educating consumers about timely issues. Our staff of experts stay at the forefront of food industry and nutrition issues, working to shape policies related to food safety and earth friendly food production practices. These issues — and how they affect you and your family — are regularly reported on in our monthly paper, the Sound Consumer, in our PCC Cooks classes, on our Web site and at the community events we participate in.

* Operating in an environmentally friendly way. The products we sell are not only healthier than those found in conventional stores, they're likely to be produced in a way that helps sustain the environment or that is cruelty free, meaning animals are range grazed without hormones or antibiotics, fish are sustainably-harvested and products are not tested on animals. We encourage our members to shop this way, too.

* Building community. Through donations, sponsorship and involvement in neighborhood projects we actively contribute to the eight communities in which our stores are located. In the last decade we've contributed more than \$500,000 to local community groups.

PCC Natural Markets

Fremont

600 North 34th Street, Seattle, WA 98103

Tel: 206-632-6811

productquestions@pccsea.com

<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

Open daily 6 a.m. - midnight

PCC Natural Markets

West Seattle

2749 California Ave SW, Seattle, WA 98116

Tel: 206-937-8481
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

PCC Natural Markets

Kirkland
10718 NE 68th St, Kirkland, WA 98033
Tel: 425-828-4622
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

PCC Natural Markets

View Ridge
6514-40th Ave NE, Seattle, WA 98115
Tel: 206-526-7661
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

PCC Natural Markets

Seward Park
5041 Wilson Ave S, Seattle, WA 98118
Tel: 206-723-2720
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest, locally grown organic fruits and vegetables, dairy, meat and more, produced without synthetic chemicals, additives or genetically modified ingredients.

PCC Natural Markets

Green Lake
7504 Aurora Ave N, Seattle, WA 98103
Tel: 206-525-3586
productquestions@pccsea.com
<http://www.pccnaturalmarkets.com>

Experience the all-natural goodness of natural and organic foods and wellness products. PCC offers the finest selection in the Northwest " locally grown organic fruits and vegetables, dairy, meat and

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more " produced without synthetic chemicals, additives or genetically modified ingredients.

Sidecar For Pigs Peace

5270 - B University Way NE, Seattle, WA 98105

Tel: 206-523-9060

doh@sidecarforpigspeace.com

<http://sidecarforpigspeace.com/main/index.html>

Pigs Peace Sanctuary is the proud owner of a store that is all about compassion and kindness towards animals! Washington's only 100% vegan store is Sidecar for Pigs Peace, located in Seattle's University District, on the corner of 55th and University Way.

Sunset Hill Green Market

6405 32nd Ave NW, Seattle, WA 98107

Tel: 206-784-7594

Contact: Chuck and Sarah Genuardi, proprietors

clerk@greenmarketseattle.com

<http://www.greenmarketseattle.com>

Welcome to The Sunset Hill Green Market, your friendly neighborhood grocer! Serving the greater Sunset Hill area since 1997, offering a unique blend of local groceries, produce and beverages. We pride ourselves in providing great customer service and an openness to stocking hard to find customer requested items.

We are primarily a natural and organic corner grocery store. We strive to bring you locally produced foods whenever possible.

We are particularly proud of our wines and cheeses which are sophisticated and special, without being pretentious and pricey. Our organic wine selection is hand picked along with our specialty beers procured from the Northwest and around the World.

The Calf and Kid

Animal Welfare Approved Listing

1531 Melrose Ave, Suite C2, Seattle, WA 98122

Tel: 206-467-5447

<http://www.calfandkid.com>

Sells Animal Welfare Approved goat cheese from Gothberg Farms LLC (www.gothbergfarms.com) and sheep milk cheese from Barinaga Ranch (www.barinagaranch.com)

The Grainery

13269 1st Ave S, Burien, WA 98168

Tel: 206-244-5015

thegraineryinc@westoffice.net

<http://thegraineryinc.com/>

We offer you a friendly, convenient location where you can cover all of your natural, herbal, and organic needs.



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Best of all, we try to buy locally and support the community while you maintain your healthy lifestyle.

The Pike Place Creamery

1514 Pike Place #3, Seattle, WA 98101

Tel: 206-622-5029

Contact: Nancy Douty

info@pikeplacemarket.org

http://www.pikeplacemarket.org/explore_the_market/market_map#352

Pike Place Creamery is downtown Seattle's source for farm-fresh eggs (including goose and duck), milk (organic, cultured and flavored), butter (many international varieties), cheese, ice cream, and cream. Local, farm-raised eggs are also available in variety packs, which usually carry an assortment of colors and sizes.

The store also features a selection of non-dairy, organic goods such as rice and soy-based products. Hours of operation are Monday through Saturday, 9am to 6pm, and Sunday, 10am to 5pm.

Whole Foods Market

Westlake

2210 Westlake Avenue, Seattle, WA 98121

Tel: 206-621-9700

<http://www.wholefoodsmarkets.com>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market is now the world's leading retailer of natural and organic foods, with stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture.

We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

Whole Foods Market

Roosevelt Square

1026 NE 64th Street, Seattle, WA 98115

Tel: 206-985-1500

Fax: 206-985-8500

Contact: Meat Department

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

We obtain our products locally and from all over the world, often from small, uniquely dedicated food artisans. We strive to offer the highest quality, least processed, most flavorful and naturally preserved foods. Founded in 1980 as one small store in Austin, Texas, Whole Foods Market is now the world's largest retailer of natural and organic foods. We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. Call ahead to reserve your meat for the holiday season. Store hours are 8 am to 10 pm daily.

Whole Foods Market



Bellevue

888 116th Avenue NE, Bellevue, WA 98004

Tel: 425-462-1400

Contact: Meat Department

<http://www.wholefoods.com>

We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. Founded in 1980 as one small store in Austin, Texas, Whole Foods Market is now the world's largest retailer of natural and organic foods. We obtain our products locally and from all over the world, often from small, uniquely dedicated food artisans. We strive to offer the highest quality, least processed, most flavorful and naturally preserved foods. Store hours are 8am to 10 pm daily.

Whole Foods Market

Interbay

2001 15th Avenue W, Seattle, WA 98119

Tel: 206-352-5440

Fax: 206-352-5414

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

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market is now the world's largest retailer of natural and organic foods, with over 300 stores in North America and the United Kingdom. We sell the highest quality natural and organic products available, caring about our communities and our environment, and promoting health through healthy eating education. We offer you the biggest and best choice we possibly can because it's an important part — perhaps the most important part — of our commitment to you and the planet. Choosing organic supports farmers and producers who believe in good health, quality foods and earth-friendly sustainable agricultural practices.

Your Local Market

410 Bellevue Way NE, Bellevue, WA 98004

Tel: 425-372-7600

Contact: Jason Brown

jason@yourlocalmarket.com

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

Your Local Market is a small, community-centric grocery store. We proudly serve our customers natural, organic and locally produced meats, produce, seafood, dairy, grains and prepared foods. We invest in our community through hosted events and charities because we believe in the power of local economy for a healthier, more engaged society. We cater, too! Come check out our delicious, homemade foods, made fresh daily.



Cannon Fish

215 W Harrison St., Suite 200, Seattle, WA 98119

Tel: 206-281-9322

Fax: 206-281-1644

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

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Cannon Fish offers dungeness crab.

Loki Fish Co

3919 18th Ave W, Seattle, WA 98119

Tel: 206-938-3975

Contact: Hing Ng

gowild@lokifish.com

<http://lokifish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Mutual Fish Co.

2335 Rainier Ave S., Seattle, WA 98144

Tel: 206-322-4368

Fax: 206-328-5889

<http://mutualfish.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product.

(Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Mutual Fish, Co offers dungeness and king crabs.

Nova Fisheries

Seattle, WA 98109

Tel: 206-781-2000

Fax: 206-781-9011

info@novafish.com

<http://www.novafish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide,



but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Nova Fisheries offers king crab.

Westward Seafoods Inc

2101 4th Avenue, Suite 1700, Seattle, WA 98121

Tel: 206-682-5949

Fax: 206-682-1825

sales@westwardseafoods.com

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

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Westward Seafoods Inc offers king crab.

