

## **Local food choices - 2007**

From Eric Troyer, Fairbanks Daily News Miner

Local is relative. Some people wanting to eat local food consider anything grown, raised, or otherwise harvested within 100 miles as local. Some widen the circle to include anything within 250 miles. Due to our limitations in interior Alaska, I consider all of Alaska as local. By sticking to Alaska-grown, a person can choose from a variety of products, including meat (from Delta Junction and some from the Fairbanks area), seafood, eggs, dairy products (Delta has a dairy, as does Anchorage, though most of its milk is from Outside), honey, and produce when in season (Alaska potatoes and carrots are usually available well into winter).

Below is a list of outlets in the Fairbanks area where you can buy food from Alaska.

### **FARMERS MARKETS**

A farmers market is one of the best places to find local foods. Vendors at farmers market sell a variety of local foods including produce, dairy products.

Fox Farmers Market (455-4545)

Where: Old Steese Highway between Goldstream Road and the intersection of the Steese and Eliot Highways.

When: Fridays, 10am-6pm

Tanana Valley Farmers Market (456-3276)

[www.tvfmarket.com](http://www.tvfmarket.com)

Where: 2600 College Road, Fairbanks

When: Wednesdays, 11am-4 pm, Saturdays 9am-4pm

(Delta Junction also has a farmers' market at the Sullivan Roadhouse across from the Visitor Center on Thursdays and Saturdays from 11 am to 5 pm. Info: 907/895-4215.)

### **OTHER OUTLETS THAT CARRY MULTIPLE PRODUCTS**

Below are Fairbanks outlets that sell a variety of local foods.

Alaska Feed Company (451-5570)

1600 College Road

Local products include: Milk, ice cream, meat, eggs, mustard, and honey.

Fred Meyer

Two locations: 930 Old Steese Highway (459-4200); 3755 Airport Way (474-1400)

Local products include: Dairy products and Alaskan seafood, beef, and produce when seasonally available.

Gold Hill Imported Beers and Fine Wines (479-2333)

3040 Parks Highway

Local products include: Eggs, meat, and wine from Kodiak.

Goldstream General Store (455-6200)

2591 Goldstream Road

Local products include: Milk, ice cream, and duck and chicken eggs.

Safeway

Two locations: Bentley Mall at 30 College Road (374-4100); University Center at 3627 Airport Way (374-4000)

Local products include: Dairy products and Alaskan seafood, and produce when seasonally available.

Wal-mart Supercenter (451-9900)

537 Johansen Expressway

Plans to carry local food products once it finishes an expansion project that will increase the size of its grocery section.

### LOCAL PRODUCE:

The two easiest ways to get local produce are to shop at a farmer's market or to join a Community Shared Agriculture (CSA) program. Local grocery stores sometimes carry local produce and often advertise it as local or Alaska Grown.

### COMMUNITY SHARED AGRICULTURE

The Fairbanks area has several CSAs, and most, maybe all, have waiting lists. This is basically subscription agriculture. The customer pays a fee for a season's worth of produce. Once a week during the growing season, typically late June to mid-September, you get a "share." You don't necessarily know what you're getting each week, but the farmers usually give you an idea. Each CSA has a different place from where they distribute shares. Below is a list of Fairbanks-area CSAs. I have included pickup times and locations, so you can find a CSA that best fits your schedule and area of town. Several CSAs also sell produce at the Tanana Valley Farmer's Market. Our local CSAs are either partly, mostly, or fully organic.

Basically Basil (479-2089)

[www.basicallybasil.com](http://www.basicallybasil.com)

Pickup time and location: 4-6pm at Pearl Creek Farm off Herreid Road (which is off Ballaine Road). Will deliver to Moose Mountain area. Also makes and sells gourmet vinegars, herbs, and seasoning mixes made with organically grown herbs.

Calypso Farm and Ecology Center (451-0691)

[www.calypsofarm.org](http://www.calypsofarm.org)

Pickup times and locations: Mondays, 4:30-6:30pm at 2<sup>nd</sup> and Noble; Thursdays, 5:30-6:30pm at Ester Community Park. (Calypso also runs a farm stand open to the public at the Monday pickup location.)

Dogwood Garden (451-0061)

Pickup time and location: Saturdays, 5:30pm at Door of Hope Church (270 Fairhill Road)

Rosie Creek Farm (479-3642)

[www.rosiecreekfarm.com](http://www.rosiecreekfarm.com)

Pickup times and locations: Tuesdays, 5-6pm at Beaver Sports; Thursdays, 5-6pm at Pearl Creek School

Spinach Creek Farm (455-6043)

Pickup time and location: Mondays, 4-6pm on Hay Way off Sheep Creek Road

Wild Rose Farm (479-6363)

Pickup time and location: Thursdays, 5-7pm off Lawler Road (northeast of UAF)

### **OTHER LOCAL PRODUCE**

Other local growers also offer produce at their farms or at the Tanana Valley Farmers Market including:

Clair's Cultivations (488-6446)

Grows locally grown apples, cherries, and plums, which are sold at the Tanana Valley Farmer's Market.

Pearl Creek Farm (479-5551)

Off Herreid Road (which is off Ballaine Road), Fairbanks

Offers pick-your-own raspberries around the end of July to the beginning of August.

Powalskis Farm (488-2376)

308 Grange Hall Road (off 20.5 Mile Chena Hot Springs Road)

Grows and sells tomatoes, cucumbers, and rhubarb at the Two Rivers farm and at the Tanana Valley Farmers Market.

### **LOCAL EGGS**

At least five places in Fairbanks sell local eggs: Alaska Feed (451-5570; 1600 College Road), Cold Spot Feeds (457-8555; 910 Old Steese Highway), Goldstream General Store (455-6200; in the Goldstream Valley near Jones Road), Gold Hill Imported Beers and Fine Wines (479-2333; 3040 Parks Highway), and the Tanana Valley Farmer's Market. In addition, many people have chickens and ducks and sell their eggs on an informal basis.

### **LOCAL MEAT**

Tanana Valley Meats (formerly B-Y Farms) (488-9902)

1561 Levee Way (Nine miles toward North Pole from Fairbanks)

Run for years as B-Y Farms, this business is undergoing an ownership change and is tentatively called Tanana Valley Meats. It sells a variety of local and Outside-grown meat that is free of hormones and steroids. Sells local poultry when available.

Delta Meat and Sausage (800/794-4206; 907/895-4006)

Mile 1413.5 Alaska Highway (Delta Junction)

[www.deltameat.com](http://www.deltameat.com)

This family-run operation offers a variety of meat products from animals raised and slaughtered in Alaska. The animals aren't given hormones or steroids, and the cattle are grass-fed. They also offer local eggs and milk. The business has a retail store in Delta Junction, but the owners make weekly deliveries to a central Fairbanks location.

4-H and Future Farmers of America Market Livestock Auction

Info: Steve Davila (488-1540) or Annette Bray (488-0872)

This outcry auction is held every year in conjunction with the Tanana Valley State Fair. Animals sold include, steers, pigs, lambs, goats, rabbits, chickens, turkeys, geese, and ducks. After buying an animal or animals, the purchaser can then order processing from a local meat-processing firm. Forms are provided to specify how you would like your meat processed. Money paid for the animals goes to the 4-H and FFA students who raised the animal.

Interior Alaska Fish Processors (456-3885)

2400 Davis Road, Fairbanks

Processes and sells Alaska seafood and fish products.

### HONEY:

Alaska Honey Farm (456-7202)

1812 Central Avenue, Fairbanks

Sells honey products from the house and at the Tanana Valley Farmers Market.

### LOCAL DAIRY PRODUCTS

Local dairy products are available at most grocery stores in town. Northern Lights Dairy (907/895-4824), based in Delta Junction, is the most local. It produces milk and ice cream. The ice cream is available at a variety of local convenience stores, such as the Sourdough Fuel stores, the Gas Line stations, Alaska Feed, Farmers Loop Market, and Goldstream General Store. Matanuska Maid (907/561-5223), based in Anchorage, sells a variety of dairy products. Some of its milk comes from dairy farms in southcentral Alaska, but most comes from Outside dairy farms. Mat Maid is struggling financially and recently required intervention by Gov. Sarah Palin to keep it open.

### DO-IT-YOURSELF

One of the best ways to eat locally is to grow your own garden or do your own hunting and gathering. Below are some places that help people learn about these opportunities.

UAF Cooperative Extension (474-1530)

University Park Building, Room 138, Fairbanks

[www.alaska.edu/uaf/ces/](http://www.alaska.edu/uaf/ces/)

Offers a variety of classes, websites, and other services for people interested in growing a garden or preserving their own food. The service also has a specialist who can help people interested in starting their own local food business.

Calypso Farm and Ecology Center (451-0691)

Mile 5 Old Nenana Highway

[www.calypsofarm.org](http://www.calypsofarm.org)

Offers gardening workshops and has volunteer opportunities for people interested in doing farm work.

Alaska Department of Fish and Game (452-6862)

1501 College Road, Fairbanks

Holds hunter education courses and has information about hunting and fishing opportunities in the area and elsewhere in the state.

## OTHER RESOURCES

### RESTAURANTS

Several local restaurants use local food. Some advertise this while others do not. If one of your favorite restaurants doesn't advertise using local foods, just ask.

### ALASKA GROWN

In addition to basic food products, many food products are manufactured in Alaska. The Alaska Grown website ([www.alaskagrown.org](http://www.alaskagrown.org)) is a good source for finding out about all types of food products from Alaska.