direct Buy	Vendor	Where / How to Buy	2311) DOOR TO DOOR TO DO	ferme.	11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Bon Bon	Met (beef by	Juice Boar	Bread	More I	Sure & Seech	Speciality	Comments
Online	Allstar Organics http://www.allstarorganics.com/salt s/ Woodacre	Online & Three Stone Hearth										Herbal salts, dried herbs, aromathera py items	"We utilize a routine of organic soil enrichment programs in order to maintain soil fertility the foundation of our production. As a result, our vegetables and herbs acquire vivid color, texture, fragrance, flavor, and nutritional quality."
Combo	As Kneaded Bakery www.askneadedbakery.com/	Multiple. Pick up is always on Friday. Locations include: KitchenTown/SM, Back Yard Coffee/RWC, Cafe Zoe/MP / CSM farmer's market / Piazza's / Online							x				"Inspired by the sourdough bread culture of California and the rich tradition of breads of her Jewish heritage" her breads contain a natural leavening agent (known commonly as sourdough), or a preferment, meaning a portion of the final dough mix contains a percentage of pre-fermented flour - allowing for the development of an extended flavor."
In store only	Ava's Downtown Market https://www.facebook.com/avasdo wntownmarket/ 340 Castro St Mountain View 650) 961-5652	Brick and mortar store. They have gen'l items also.	Claravale raw milk / raw cheeses		x		Wagyu		x	x			Local Farm Fresh Organic Produce, The Midwife and the Baker, LOCAL Grass-Fed Beef, Goat, Lamb and Pork, Wild Caught Fish, Organic, Sustainable LOCAL Wines, Organic Liquor, Organic Cage Free Eggs, Raw Milk and Raw Dairy and many other items.
Many Items	Azure Standard http://www.azurestandard.com Azure Standard / 79709 Dufur Valley Road / Dufur, Oregon 97021	Online: Delivery like a CSA											It seems they offer almost everything you would buy in a store or farmers marketquality bulk, natural food, including flour, nuts, etc. "to find a drop near you, all you need to do is enter your location in the Drop Finder section of the website and search."
Online	Bellcampo Meat Co. https://belcampo.com/product- category/bone-broths/	Used to have store in Palo Alto, but you can still order online.				х	All of the above and more					Pasta sauces, charcuterie, jerky	"delicious, organic, and compassionately raised meat you can feel good about buying and eating." Ranch is in Gazelle, CA. Used to have store in Palo Alto, but you can still order online.
Direct Buy	Best of Breed	Call/text Syed Malek 510- 205-1096 syed_malek@hotmail.com			Chicken & Duck		Halal beef lamb poultry					Honey (seasonal)	Local, generous, kind, flexible, excellent quality. Mountain View & South Bay drop points & by arrangement. "Corn and soy free pasture raised poultry (eggs and chicken). Grass fed beef and lamb. I offer cow share at the lowest price. I'm the only one who offers HALAL organic meat in Bay Area."
Combo	Boochman https://boochman.com/	Campbell & Palo Alto CA Ave Farmers markets / Online / Tap room		kombucha								Soaps	"Our secret lies in our brewing style. We use 5 gallon glass jars through our fermentation and brewing process. We do this to give individual attention to every single batch and in order to maintain the perfection."
Combo	<b>Bread Srsly</b> https://shop.breadsrsly.com/ San Francisco	Real Food Bay Area, Bianchini's Alpine Rd., Country Sun, Mollie Stones, New Leaf HMB, online & Three Stone Hearth							GF & GF Sourdough				"All of our bread rises for more than 12 hours, breaking down hard- to-digest grains and making it seriously good for you. Plus, Bread SRSLY gluten-free sourdough contains a host of bioavailable nutrients, promoting digestive health and healing."
Online	<b>Claravale Dairy</b> https://claravalefarm.com/ Paicines	Real Food Bay Area (see below) // Also at CSM & Mtn. View farmers markets, Country Sun and Bianchini's	Raw cow milk, cream & cheese									Soap	They also sell manure for your garden
In store only	Cook's Seafood - Full service fresh fish market & restaurant https://www.cooksseafood.com/	Brick and mortar store and restaurant.									x	Х	We focus on Quality. It is a Tradition and an overall work ethic that drives us each day to supply our valued customers with only the freshest fish possible.

direct Buy	Vendor	Where / How to Buy	Dairy Docourse Cream, multic lounder terit, when Poent	Fermer, Teeses	500 III	Bondartures	Meat lacef by	Juice Boo	Bread	More	Succession Succession	Speciality.	Comments
In store only	Country Sun https://www.countrysun.com/about- country-sun-natural-foods 440 California Ave., Palo Alto 94306-1605 (650) 324-9190	Brick and mortar store. They have gen'l items also.	A variety of raw brands, cow & goat	x	x	x	frozen	x	x	x		Nut and seed butters & oils	Natural foods with a strong emphasis on organics, cutting edge nutritional supplements, body care, Fair Trade gifts, organic and NSA wine, organic produce, bulk herbs, and more. Senior discount Tues & Sun.
Combo		Selected stores in the South bay and San Francisco. Also through Real Food Bay Area. Use Store Finder	Raw cow, goat, & sheep milk										Desiree Lopez, founder, has been in the Ancestral Health movement for over a decade, educating about real food and ancestral diets. In fact, raw milk is what started her on this journey.
Direct Buy / Private	Goat Lady Jane Hulme / was Evergreen Acres / Moved to Lake County	Occasional deliveries to Mountain View from Lake County	Goat milk, goatgirt, kefir, whey, sour cream, specialty items		Duck & Goose								Jane has moved to Lake County. She only occasionally has goat milk & kefir, and duck eggs during laying season. Available via rendezvous delivery when arrangements are available. Contact Jane Hulme. goatlady606@gmail.com
Online	Family Friendly Farms http://www.familyfriendlyfarms.ca/ Grass Valley	Phil Zeiter / Get on his email list fff.meat@gmail.com / comes 1-2 times a quarter // Also online through Real Foods Bay Area or Grub Market					Beef Pork Poultry						Great family who customizes packages for those who want to take advantage of bulk discount pricing
Many Items	Farmhouse / Eat with the Seasons http://eatwiththeseasons.com/ P.O. Box 1498 / San Juan Bautista	Multi farm CSA: Online / Pick up locations in most Peninsula cities											CSA offering organic produce plus TLC. Owner Becky Herbert's goal is to be the uniting force organic food producers in San Benito County: produce, grass-fed meats, eggs, olive oil, bread. She partners with food artisans who are committed to organic, sustainable, Fair Trade, and humanely-produced food.
Combo	Far West Fungi http://www.farwestfungi.com/ San Francisco	Store front in Ferry Building, SF / also California Ave. farmer's Mtk. / also Whole Foods, Bianchini's, Mollie Stones, Raley's										Mushrooms tinctures, jerky	They have medicinal mushrooms like maiitake, shiitake, reishi, and lion's mane plus many others "dedicated to the growing, distribution and marketing of organic specialty mushrooms"
Farmers Mkt	The Fatted Calf www.fattedcalf.com San Francisco	Ferry Plaza Farmer's Market and 320 Fell St., San Francisco				x							Full assortment of charcuterie including salami, jerky, sausages, made with high quality, natural meats. They sell bones broths, foods to go, etc.
Online	Fiesta Farms http://www.fiestafarm.net/ Watsonville	Online CSA during season			Chicken		Chicken						Every other Thursday during the CSA season (usually May to November). Generally you commit for the season. Check to see if you can join in. Lisa Herndon is one drop point.
Farmers Mkt	Fogline Farm http://www.foglinefarm.com/ Santa Cruz	P.A. California Ave. Farmer's Mkt.			Chicken		Pork & Poultry						Delicious and fresh. They also have sausage, head cheese, and other specialty items. "We farm without the use of chemical pesticides, herbicides, fungicides and genetically modified organisms. All of our animals are raised on pasture and fed organic feed, and our crops are rotated "
Online	Fishmonger Don https://fishmongerdon.com/ don@fishmongerdon.com	Online CSF									x	x	Endorsed by WAPF member Carol Reade "I am a person of the sea. Surfing and fishing California waters my entire life has forged my respect for ocean wildlife and strictly guides my decisions about what seafood is sensible to put on our plates."

direct Buy	Vendor	Where / How to Buy	Dair Drondicts Burney	Levines, "Teeses		Bon Bon Least	Meet boths Dory Dory	Juice Soan	Bread	No.	Sure Seech	Speciality.	Comments
In store only	Gambrel's https://www.gambrelandco.com/ Redwood City	810 Main Street					x						Your source for local, sustainable, and humanely raised meats. We feature all-natural and sustainably-raised meats and specialty products. We also offer house-made ready to serve specialties like Boeuf Bourguignon. Delivery available through website.
Combo	Garden Variety Cheese & Monkeyflower Ranch http://gardenvarietycheese.com Royal Oaks	Online and P.A. California Ave Farmers Mkt. Also through RFBA.	Sheep yogurt & cheeses				Lamb						Aged and Fresh raw sheep cheese, pasteurized sheep yogurt. Also lamb cuts & sausage.
Online	Gleason Ranch http://www.gleasonranch.com/ Bodega Bay	Information on website- group buys through Robin Simpson					Beef Lamb Pork Poultry						USDA processed, heritage breeds
Combo	Good Faith Farm http://www.goodfaithfarmstand.co m/ Flournoy	Online and P.A. California Ave Farmers Mkt.										Cured olives, dried olives, olive oil	"we specialize on curing raw olives and pressing premium olive oil. Our 20-acres of olives trees throughout the valley are sourced from young and old orchards, some of which date back over 100 years." Organic.
Combo	<b>Grindstone Bakery</b> www.grindstonebakery.com Rohnert Park	Country Sun, Whole Foods RWC, San Mateo, Downtown PA, or online (4 loaf min.)							Sourdough & Gluten Free				"In our bakery's dedicated gluten-free facility, we stone-grind whole quinoa & whole millet just before mixing the dough, which then goes through a long natural fermentation. This ancient method is al also used in our designated spelt, rye & barley facility."
Combo	H&H Fresh Fish https://www.hhfreshfish.com	CSF and Farmers markets incl Calif. Ave., Palo Alto									x	x	Endorsed by Jennifer ZN "We are Hans Haveman and Heidi Rhodes. We are the Resident Seafood Buyers of the Santa Cruz Harbor- what we do not catch ourselves, we supplement from other local Santa Cruz fishermen after hand selecting, approving, and processing all fish that we present for sale."
Combo	Hidden Villa Ranch https://www.hiddenvilla.org/produc ts/meat-eggs/ Los Altos Hills	Los Altos farmers market (seasonal) and through ranch CSA & farm stand			x		х					Flowers, Honey	Hidden Villa products can be purchased year-round through our online store for pick up at our farm stand. We believe in nose to tail eating and offer a full range of products—from roasts to sausage, ribs to chops, even livers, hearts, and feet! (note that availability varies by season).
In store only	<b>Jerk n Pickle</b> http://www.jerknpickle.com/about/ Belmont	Several stores incl: Bianchini's, Roberts, Piazza, Draeger's SM, Sigona's. Check store locator.										Beef jerky, pickles, several flavors	Jerk' N Pickle is a small family businessWe carefully hand craft All- Natural Choice Angus Beef Jerky marinated in our signature recipes along with Fresh Artisan Pickles focusing on Local, Organic, and Sustainable ingredientsWe're serious about Jerk' N Pickle.
Farmers Mkt	Joyus Juice https://www.joyusjuice.com/ Burlingame, 650 576-2978	Kitchen Town, Burlingame Burlingame, CSM, & PV farmer's markets						Several Combinations					"Joyus Juice was born out of a desire to bring, local, raw, organic, juices to my family, friends, and community. It is my hope to share synergistic juices that are nutritious, and delicious!"

direct Buy	Vendor	Where / How to Buy	Dair products butter	Fermes "reeses		Borling	Ineat (beef by	Juice Boas	Bread	North Contraction	Suc. Sec.	Speciality.	Comments
Combo	juice co. LG http://www.juicecolg.com/ San Jose	P.A. California Ave. Farmer's Mkt. and online						Several flavors					These are amazing juices - hard to pick a favorite. And they deliver! "hand crafted, cold-pressed, organic juice for you to incorporate into your everyday life."
Combo	Lifefood Gardens / Lake County / Kelseyville. https://www.lifefoodgardens.com	P.A. California Ave. Farmer's Mkt. and online										Cleanses	a small 'direct to community' farm based in Lake County California. We grow microgreens and grasses for juicing as well as sprouted stone ground nut / seed butters and sprouted snacks.
Combo	Living Intentions http://www.livingintentions.com/ Richmond	Whole Foods, online								x		Other prods fr nuts & seeds	Soaked, sprouted, dehydrated organic nuts and seeds and reltd products. "Through water activation, we take naturally dormant nuts and seeds and bring them to life. Sprouted foods ease digestion and increase vitality."
Combo	Local Culture Ferments https://localcultureferments.com/ Grass Valley / Bend OR	Online, & Whole Foods stores		Krauts, Kimchi, Pickles									We are committed to cultivating live foods for living well. Loaded with cultured macrobiotics, our krauts will make both your belly and palate smile.
Online	Mama Tong's https://mamatongsoup.com/pages/ markets-shops	Online through goodeggs.com/mamatong				х							"The inspiration for the company came from the ritual foods prepared for post-natal recovery known as "zuo yuezi." (but are) "also appropriate for everyone mindful about what they put in their body."
In store only	The Midwife and the Baker https://www.themidwifeandthebaker.com/ 846 Independence Ave., Palo Alto	At bakery Tues-Sat 6:30AM-12:30PM / Draeger's Los Altos / other locations							Sourdoughs				"sourdough breads with fresh milled organic whole grains. We source grains directly from California farmers and mill fresh in the bakery. We offer six breads that are 100% whole grain and add whole grains to every product we make."
Online	<b>Misfits Bakehouse</b> https://www.misfits.kitchen/store	2706 Middlefield Road 650- 690-5073 mina@misfits.kitchen							Gluten/grain Free			Additional baked items including sweets	Owner Mina lost 300 lbs. but missed breads. His quest, starting with Ducks and Dragons in 2015, to offer high offer nutritionally dense 100% grain and gluten free baked items to immuno compromised (or anyone) w/o sacrificing taste or texture has succeeded! Order b/f 7 PM, pick-up 11-2 following day (until sheltering ends)
Combo	Markegard Ranch http://www.markegardfamily.com/ Pescadero	Online or CSM & CA Ave. PA farmer's markets, or at dropoff in Woodside on Whiskey Hill Rd.					Beef Lamb Pork Poultry						See website http://www.markegardfamily.com/pickup-delivery- options/ for additional local delivery locations
Direct Buy	Morris Grassfed Beef https://www.morrisgrassfed.com/ San Juan Bautista	Direct buys from Joe Morris; dropoffs throughout the bay area					Beef						Wonderful quality beef- Joe Morris takes environmental stewardship very seriously- ordering takes place in the spring into early summer- details on website
Combo	New Natives http://www.newnatives.com/ Aptos, (831) 728-4136	Draegers, New Leaf, Roberts, Sigonas, Whole Foods, Bianchini's, Farmigo // Also Calif Ave. farmers mkt.										Micro greens wheat grass	"Certified organic and sustainably farmed micro greens and wheatgrass."
Online	Ocean2Table https://www.getocean2table.com	Online CSF w home delivery			x		x		x	x	x	x	"We're a group of like minded fishermen, farmers and community members looking to bring positive change to our food system. Our goal is to bring food that is traceable to the source only from California, directly to your door."

direct Buy	Vendor	Where / How to Buy	Dair products butter	Lermen, neeses		Bon Sonstineed	Meat location	Juice Mark Boss	Bread	, 	Sur. & Seed	Sociality	Comments
Online	Osso Good Company httr://www.ossogoodbones.com San Rafael	Online				x							"The bones for our bone broths are always grass fed, pasture raised, hormone free, and ridiculously good tasting."
Combo	Philosopher's Stoneground & Ostara products http://thephilosophersstoneground. com/ Santa Cruz	Online, through RFBA, and stores listed on website								x		sprouted nut butters, some w chocolate	Made in small batches using stone grinding, a food preparation technique older than civilization. We use truly raw, unpasteurized dry-farmed Spanish almonds for all of our sprouted almond butters.
Combo	Pickled Planet https://pickledplanet.com/ Ashland OR	Online, & through Whole Foods, Rainbow Grocery, Berkeley Bowl		Krauts, Kimchi, Pickles									The way we see it, if microscopic lactic acid bacteria can bridge the gap from barrel to our bodies, then we can bridge the gap between the bottom line and the planetary brine.
Combo	Pomponio Ranch Meat https://pomponioranchmeat.com/o ur-story/ San Gregorio/Pescadero	Online, through merchant & restaurant partners, & the Mountain View farmers market					x						(Our) holistic grazing approach is similar to how herds of animals move in the wildWe mimic animal's natural grazing behavior.
Online	Que SeRaw SeRaw (vegan) https://www.queserawseraw.com/ Burlingame	Grab & Go prepared foods from store only						х	x				from URL: all organic, vegan*, raw and FREE of wheat, dairy and gluten // using sprouted nuts and seeds; veggies; fruits; super food, herbs and spices
Combo	Raw Farm https://rawfarmusa.com/ Fresno	Country Sun, Bianchini's, Mollie Stones, Sprouts, or check store locator for sites throughout the area	Raw cow milk products										"unprocessed and complete with bioavailable vitamins, minerals, enzymes, beneficial bacteria, naturally occurring CLA and Omega-3 fatty acids. Our raw milk is simply filtered, chilled, tested, and bottled"
Many Items	Real Food Bay Area http://www.realfoodbayarea.com	Online only / Pick up from local location	х	x	х	x	x		x	x			"dedicated to providing healthy, nutrient dense, sustainable, fresh and prepared foods delivered directly to your area. We deliver CSA style to centrally located drop locations" (to most cities on the Peninsula).
Online	Real Good Fish https://www.realgoodfish.com/	Online CSF w home delivery									x	x	Endorsed by Jennifer ZN: Real Good Fish is a community of fishermen and seafood lovers sharing the bounty of our local ocean by eating a diversity of species caught using sustainable catch methods, which ultimately brings greater health to all – the fishermen, the seafood lovers and the ocean itself.
Online	Rockside Ranch http://www.rocksideranch.com/ Redding	Online CSA with local drop points			x		Beef Chicken Lamb Pork						CSA First Saturday of the month (1pm at Lisa Herdon's). Several other drop points including San Mateo. No ongoing commitment needed - order as you like.
Farmers Mkt	Schoch Family Farmstead http://schochfamilyfarm.com/find- us/#farmers-market	Palo Alto CA Ave farmers mkt. Sunday 9am-1pm all year	milk, yogurt, cheese										Website not helpful. But people at farmer's market booth are very helpful.
Online	Sea Forager https://www.seaforager.com/tours Kirk: fish@seaforager.com	Online CSF with home, business, or neighborhood drop sites									x	х	Recommended by the San Francisco WAPF email community Jan- 2023

direct Buy	Vendor	Where / How to Buy	Dair Droduces Burney	ferme.	1	Bon Bon	Mert beef by	Juica Mr. 10	Bread	Mur	Sust Seeds	Speciality	Comments
Combo	Simone's Bakery https://simonesbakery.com/	Online or pick-up							x				"Organic grains, freshly stone-milled in house / Berkey-filtered & analemma structured water / Naturally leavened, long fermented sourdough"
Farmers Mkt	Skyline Honey	Portola Valley farmers mkt.											Small local producer. Her honey sells as fast as she can produce it. No web presence.
Combo	Slow Brine https://www.slowbrine.com/thegoo ds Moss Beach	Online, through RFBA, and selected shops e.g. The Sunshine		Pickles, Krauts, Kimchi									Our krauts, pickles, and kimchi are fermented, live, probiotic, and delicious. Inspired by the seasons and the Coastside's agricultural roots. Hand-crafted in small batches.
In store only	Sonoma Brinery http://sonomabrinery.com/ Sonoma	Whole Foods, Country Sun		Pickles, Kraut									Not organic but grown vertically using tarps allowing hand picking, so not tough like most mechanized pickles and almost organic. Zero glyphosate. This skin, bumpy, low seed, crunchy. A great pickle. Probiotic "pickles and sauerkraut fermented in the traditional method"
Online	Sophia's Survival Food http://www.grassfedjerkychews.com /nutrition.html	Online										Jerky	We make clean ingredient beef jerky from hormone free,100% grass- fed beef. FREE of gluten, soy, dairy, artificial preservatives and refined sugar. All meat comes from Richards Grass-fed Beef.
In store only	The Sunshine https://thesunshinepescadero.love/ Pescadero	Brick and mortar store 213 Stage Road Pescadero 94060 Most items are locally sourced.	х	х	x	x	x	x	x	x		х	We are a small but mighty grab-and-go + pantry offering thoughtfully sourced, organic healing meals and snacks which highlight what our beautiful coastal terroir has to offer.
Combo	The Young Kobras https://youngkobras.com/ hi@youngkobras.com	Several locations in SF / Country Sun- Palo Alto / Kitchen Town- San Mateo / The Sunshine-Pescadero / Also thru Good Eggs							GF sourdough				"continually disappointed by the gluten-free items. Every ingredient label listed gums, starches, and refined flours ," Cofounder Geoff Kober spent "over a year experimenting and perfecting a delicious gluten-free sourdough bread."
Many Items	Three Stone Hearth, A Community Supported Kitchen http://www.threestonehearth.com/ Berkeley	Online or 1581 University Avenue, Berkeley // Real Food Bay Area	x	Kombucha, Kefir, & Kvass	×	Beef, Chicken, & Pork	x		x			Prepared foods & many staples	Delicious food prepared according to WAP principles // Prepared meals available only in the East Bay, San Francisco, and Marin. "Our emphasis is on nutrient-dense, traditional cooking. Our foods are prepared with mineral-rich bone broths, pastured meats, eggs, & dairy products; organic vegetables, whole grains, and legumes; natural sweeteners; traditional fats."
Many Items	Victorian Farmstead http://vicfarmmeats.com/ Sebastopol	Portola Valley farmers mkt. 765 Portola Rd. Thurs 2-5 year round			Chicken		Beef Lamb Pork Chicken Turkey					Seasonal sausages, marinated meat, jerky	They sell pastured beef, lamb, pork, chicken, eggs and turkeygreat selection of fresh cuts and discounted frozen; bacon and great sausages are available. Website also has recipes.

direct Buv	Vendor	Where / How to Buy	Dair Droducts Burner	ferries.	teer , ms	Bon loastures	Mean (1000)	Juica Marine	Bread	Mure	Sure Seede	Sector Sector	Comments
Direct Buy	Willow Glen Honey (in progress)	Steve@willowglenhoney.com stevedemkowski@gmail.com (408) 640- 3125 or Three Sisters, 1393 Lincoln Ave. San Jose Phone: (408) 287-3720 http://threesisterswillowglen.com/											It's best to buy locally harvested raw and unfiltered honeyfrom the area in which you live as it contains the immune stimulating properties needed for your body to adapt to its environment.
Farmers Mkt	Windy Hill Eggery Portola Valley	Portola Valley farmers mkt.			x								"Freshly lain free-range farm eggs raised on grassy pasture, organic feed and Portola Valley sunshine!" Feed is also corn and soy free, for those who need to avoid those grains and their residuals in other foods.
Farmers Mkt	Wind Dancer Ranch Palo Alto http://www.wdr.farm/ lisa@winddancerranch.us	Palo Alto farmers mkt. Saturdays (May to December) 8 am to Noon					x						Heritage Breed livestock - unique breeds of sheep, hogs, turkeys, chickens and goatsraised with respect and care for their mental as well as physical health. We never use chemicals, herbicides or pesticides
Combo	Wise Goat Organics http://wisegoatorganics.com/ info@wisegoatorganics.com	Th, Los Altos FM, May- Sept. Sat, CSM & Palo Alto FMs Sun, PA CA Ave. & MP FM Also online "Kraut Club"		Krauts & Kvass, salsas, relish								mustards, nut butters, elderberry tincture, & more	"produced in small hand-crafted batches in glass vesselsWe focus on sourcing ingredients from local, organic and sustainable farmers. Our selection varies with the seasons." 8 flavors and includes some seasonal items. (Lisa Herndon taught her to ferment.)

Key:

Combo (more than one way to obtain)
Direct Buy
Farmers Mkt
In store only
Many Items
Online