

# Eating Sustainably

## RESOURCES FOR THE SAN FRANCISCO PENINSULA AND SOUTH BAY

**E**ATING SUSTAINABLY — that is, eating seasonal, local, organically produced food, as well as foods lower on the food chain — is good for our health, the health of farmworkers, and the health of the Earth.

Here in the San Francisco Bay area, we are lucky to have an abundance of choices for eating sustainably. In this document we concentrate on sustainable food resources for the San Francisco Peninsula and South Bay, but we include some listings for those of you in the City and in the East Bay, too.

Compiled by the Valley of Heart's Delight project and Common Ground Organic Garden Supply and Education Center.

Please send feedback to:  
[sstansbury@conexions.org](mailto:sstansbury@conexions.org)

For more copies of "Eating Sustainably," please contact the Valley of Heart's Delight project at 650-938-9300 x11 or download it from [www.conexions.org/vhd/eatingsustainably.pdf](http://www.conexions.org/vhd/eatingsustainably.pdf)

### WHAT'S COVERED HERE

There are many ways to eat more sustainably. The following pages provide information and resources to make it easier. We hope you choose to take advantage of some of them.

#### **Supporting Local Farmers Directly**

[Local Farmers' Markets](#)

[CSA Farms](#) offering organic produce

[Local Farms](#)

#### **Shopping For Food Sustainably**

[Grocery Stores](#) offering organic produce

[Organic Delivery Services](#)

[Local Organic Food Brands](#)

#### **Eating Out Sustainably**

[Restaurants](#) - Organic, Vegetarian

[Dinners & Potlucks](#) - Organic, Vegetarian

#### **Growing Your Own**

[Community Gardens](#)

[Growing Circles](#)

#### **About Common Ground Organic Garden Supply and Education Center**

#### **About the Valley of Heart's Delight project**

## LOCAL FARMERS' MARKETS

Many stands at local Bay Area Farmers' markets sell certified organic produce. Always look for the CCOF (California Certified Organic Farmers) sign somewhere on the stand, or ask if the farm is certified organic. The advantage of a Farmers' Market is that you can select exactly what you want, out of the locally-grown, in-season produce, and because you are buying directly from the farmer, you can get to know who grows your food and also learn about how the food is grown!

**Complete listings** for the San Francisco Bay Area Farmers' Markets can be found at the California Federation of Certified Farmers' Markets website:

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

**A Sampling of Peninsula and South Bay Farmers' Markets** organized alphabetically.

### **Belmont Farmers' Market**

El Camino Real and O'Neill  
Every Sunday 9:00-1:00pm  
800-949-3276

### **The Fresh Market, Burlingame**

Howard Ave between Park and Primrose  
Sundays, 9:00am-1:30pm, May – Nov  
**ONLY**  
650-344-1735

### **Campbell Farmers' Market**

Campbell Av between Central and 1st  
Sundays, 9:00am-1:00pm, year round  
510-745-7100

### **Daly City Certified Farmers' Market**

Serramonte Center/behind Target, Hwy  
1@Hwy 280  
Thursdays and Saturdays, 9:00am –1:00pm,  
year-round  
800-806-FARM

### **Half Moon Bay Farmers' Market**

845 Main St  
Saturday, 9:00-1:00pm, year-round  
650-726-4802

### **Los Altos Farmers' Market**

State St between First and Third Streets  
Thursdays, 4:00pm-8:00pm, May - Sept.  
**ONLY**  
510-745-7100

### **Los Gatos Farmers' Market**

Montebello Way and Broadway  
Sundays, 8:00am-12:30pm, year round  
408-353-4293

### **Menlo Park Certified Farmers' Market**

Crane & Chestnut  
Sundays, 9:00am-1:00pm, year round  
831-688-8316

### **Millbrae Certified Farmers' Market**

Broadway, between LaCruz and Victoria Av  
Saturdays, 8:00am -1:00pm, year round  
650-697-7324

### **Mountain View Farmers' Market**

Caltrain Station, Evelyn near Hope  
Sundays, 9:00am-1:00pm, year round  
800-806-FARM

**Palo Alto Farmers' Market**

Gilman St between Hamilton and Forest  
(behind the post office)  
Saturdays, 8:00am –12:00pm,  
Second Sat May – Second Sat Dec **ONLY**  
650-328-2827

**Palo Alto: California Avenue Farmers' Market**

California Avenue at El Camino Real  
Sundays, 9:00am-1:00pm, year-round  
<http://www.urbanvillageonline.com/markets/california.php>

**Redwood City Certified Farmers' Market**

Winslow & Middlefield  
Saturdays, 8:00am -12:00 pm,  
April-Nov **ONLY**  
650-592-4103

**Kaiser Redwood City Farmers' Market**

1150 Veterans Blvd, Redwood City  
Wednesdays, 10:00-2:00pm, year-round

**San Carlos Hot Harvest Nights Farmers' Market**

700 Block Laurel Street  
Thursdays, 4:00-8:00pm  
Thru September 14  
650-593-1068

**Santa Clara Farmers' Market**

Jackson St between Benton and Homestead  
Saturdays, 9:00-1:00pm, year-round  
510-745-7100

**Kaiser Santa Clara Farmers' Market**

900 Kiely Blvd, behind Kaiser Hospital  
Thursdays, 10:00-2:00pm, year-round  
800-949-3276

**Santa Cruz Community Farmers' Market**

Cedar St between Cathcart and Lincoln  
Wednesdays, 2:30-6:30 pm, year-round  
831-454-0566

**Kaiser San Francisco Farmers' Market**

2425 Geary Blvd, at main Hospital entrance  
San Francisco, 94115  
Wednesdays, 10:00-2:00pm, year-round

**Kaiser San Jose (Santa Teresa) Farmers' Market**

250 Hospital Pkwy, nr Cottle Road/Hwy 85,  
located between the One North and Two  
North buildings (270 International Circle)  
Fridays, 10:00-2:00pm, year-round  
800-949-3276

**San Jose Japantown Farmers' Market**

Jackson St between 6<sup>th</sup> and 7<sup>th</sup>  
Sundays, 8:30am-12:00pm, year round  
408-298-4303

**San Jose Willow Glen Farmers' Market**

Lincoln & Minnesota  
Saturdays, 7:30am-1:30pm,  
Apr-Nov **ONLY**  
408-353-4293

**Santana Row Farmers' Market**

400 S. Winchester Blvd, San Jose  
Sundays 10:00-3:00pm, year-round  
800-949-3276

**San Mateo Certified Farmers' Market**

College of San Mateo parking lot  
Wednesdays, 9:00am-1:00pm; year round  
Saturdays, 9:00am -1:00pm, year round  
800-949-FARM

**Saratoga Farmers' Market**

West Valley College Campus,  
14000 Fruitvale Ave  
Saturdays, 9:00-1:00pm, year-round  
800-806-3276

**South San Francisco Farmers' Market**

Orange Memorial Park, Orange Ave and  
Tennis Dr  
Saturdays, 9:00-1:00pm  
Mid-May to Mid-November  
800-949-3276

**Kaiser South San Francisco Farmers' Market**

1200 El Camino Real, South San Francisco,  
Tuesdays, 10:00-2:00pm, year-round

**Vallco Fashion Park Farmers' Market**

10123 Wolfe Road, Cupertino  
Fridays, 9:00am-1:00pm, year-round  
800-949-3276

**Sunnyvale Farmers' Market**

Murphy between Washington & Evelyn  
Saturdays, 9:00am -1:00pm, year round  
Wednesdays, 5:00pm-8:30pm Jul-Sept  
ONLY!  
510-745-7100

**ORGANIC COMMUNITY SUPPORTED AGRICULTURE (CSA) FARMS**

Community Supported Agriculture (CSA) farms provide fruits and vegetables directly to you. Those listed below are certified organic. Typically they have a weekly drop-off point somewhere near you, where they leave you a box of what's fresh and in season off the farm. You contract directly with the farm, either on a weekly, seasonal, or other periodic basis. This is a good way to know exactly where your food is coming from, and to help local organic farmers have a more steady stream of income

**Finding a CSA farm near you** (organic and non-organic), organized by county:

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

Their CSA locator provides contact information, farming practices, and delivery costs and arrangements, including more complete information on the CSAs listed below.

**Q&A on Community Supported Agriculture:**

<http://www.organicconsumers.org/Organic/csafoward.cfm>

**Organic CSAs in Santa Clara County**

For handy reference, here are the organic farms providing CSA to the peninsula.

**Blue House Farm**

Contact: Post Mail 2601 Cloverdale Rd.  
Pescadero, CA 94060  
Ph. 650-879-0704  
[www.bluehousefarm.org](http://www.bluehousefarm.org)

**Farm Fresh to You**

Contact: Georgette  
23808 State Hwy 16  
Capay, CA 95607  
Ph: 800-796-6009 Fax: 530-796-3344  
[www.farmfreshtoyou.com](http://www.farmfreshtoyou.com)

**Eating With the Seasons**

Contact: Post Mail: 3739 Balboa St, San  
Francisco, CA, 94121  
Ph: 831-245-8125  
[www.eatwiththeseasons.com](http://www.eatwiththeseasons.com)

**Full Belly Farm**

Contact: 800-791-2110  
[belly@fullbellyfarm.com](mailto:belly@fullbellyfarm.com)  
Road 43  
Guinda, CA 95637  
[www.fullbellyfarm.com](http://www.fullbellyfarm.com)

**Hidden Villa CSA**

Contact: Jason McKenney  
csa@hiddenvilla.org  
26870 Moody Road  
Los Altos Hills, CA 94022  
Ph: 650-949-8647 Fax: 650-948-4159  
[www.hiddenvilla.org/csa.php](http://www.hiddenvilla.org/csa.php)

**Homeless Garden Project**

Contact: Darrie Danzhorn, Patrick Williams,  
Chrissy Brewer, Rosie Demmin  
P.O. Box 617 (mailing)  
Santa Cruz, CA 95061  
Ph: 831-426-3609 Fax: same number  
[www.homelessgardenproject.org](http://www.homelessgardenproject.org)

**Live Earth Farm**

Contact: farmers@cruzio.com  
PO Box 3490  
Freedom, CA 95019-3490  
Ph: 831-763-2448 Fax: 831-728-0439  
[www.liveearthfarm.com](http://www.liveearthfarm.com)

**Two Small Farms**

**(Mariquita Farms and High Ground Organics)**  
Contact: csa@mariquita.com  
PO Box 2065  
Watsonville, CA 95077-2065  
Ph: 831-786-0625  
[www.TwoSmallFarms.com](http://www.TwoSmallFarms.com)

**GROCERY STORES**

More organic food is being sold in grocery stores now than ever before. The market has been growing by 20% per year by some estimates. The advantage of shopping in grocery stores is that you can select what you want, but the disadvantages are that often you don't know how far away the food has come from, the food is less fresh, and often you pay more than you would at a Farmer's Market, CSA farm, or even with a delivery service.

**Berkeley Bowl Marketplace**

2020 Oregon St  
Berkeley, CA  
510-843-6929  
[www.berkeleybowl.com](http://www.berkeleybowl.com)

**Country Sun Natural Foods**

440 S. California Avenue  
Palo Alto, CA 94306  
650-324-9190  
[www.countrysun.com](http://www.countrysun.com)

**Earthbeam Natural Foods**

1399 Broadway  
Burlingame, CA  
650-347-2058  
[www.earthbeamfoods.com](http://www.earthbeamfoods.com)

**Rainbow Grocery Co-Op**

1745 Folsom St  
San Francisco, CA  
415-863-0620  
[www.rainbowgrocery.org](http://www.rainbowgrocery.org)

**Sigona's Farmers Market**

The Sigonas are very personable local produce vendors. They provide a year-round assortment of certified-organic and pesticide-free choices from local farmers.

399 Stanford Shopping Ctr  
Palo Alto, CA  
650-329-1340

2345 Middlefield Rd  
Redwood City, CA  
650-368-6993

**Webb Ranch**

2720 Alpine Rd. at Hwy 280  
Portola Valley, CA 94028  
650-854-5417

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

This local farm and farm stand offers pesticide-free produce.

**Whole Foods Market**

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

3000 Telegraph Ave  
Berkeley, CA 94705  
510-649-1333

774 Emerson St  
Palo Alto, CA 94301  
650-326-8676

1690 S Bascom Ave  
Campbell, CA 95008  
408-371-5000

20830 Stevens Creek Blvd  
Cupertino, CA 95014  
408-257-7000

**For more local stores carrying organic products**, please take a look at the wonderful directory at: [www.organicconsumers.org/foodcoops.htm](http://www.organicconsumers.org/foodcoops.htm)

**LOCAL FARMS**

Our local area contains farms that offer fresh produce. Some of the farms are tucked away and some are more well-known. Some farms offer U-Pick berries; others have farm stands. Supporting your local farms means keeping your dollars in the local economy and enjoying locally grown produce..

**J&P Farm**

4977 Carter Ave off Kooser Road  
San Jose, CA 95118  
Ph: 408-264-3497

J&P grows apricots, nectarines, peaches, and other stone fruit. They have a roadside stand (drop-box honor system for purchases) with summer fruit available through mid-Sep.

15980 Los Gatos Blvd  
Los Gatos, CA 95032  
408-358-4434

4800 El Camino Real  
Mountain View, CA, 94040  
650-559-0300

1970 Innes Ave  
San Francisco, CA 94124  
415-206-9380

1550 Bryant St  
San Francisco, CA 94103  
415-431-6777

1010 Park Place  
San Mateo, CA 94403  
650-358-6900

**Webb Ranch**

2720 Alpine Rd. at Hwy 280  
Portola Valley, CA 94028  
650-854-5417

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

This local farm and farm stand offers pesticide-free produce grown locally and on the farm as well as U-Pick berries. Farm stand open late May – December

**Andy's Orchard**

1615 Half Rd  
Morgan Hill, CA 95037  
408-782-7600  
[www.andysorchard.com](http://www.andysorchard.com)

The farm stand features fruits grown in their orchard. Andy's Orchard specializes in fruits that are tree-ripened, and they offer a

tremendous selection of stone fruits with many varieties of cherries, apricots, peaches, nectarines, plums and plumcots, even some that are especially rare and difficult to find. Included are heirloom fruits, old standard varieties, and the newest variety introductions.

**ORGANIC PRODUCE DELIVERY SERVICES**

These are real time-savers. If shopping time is a barrier to your cooking, consider these handy services. They deliver fresh fruits and vegetables right to your door, once a week or every two weeks. They bring whatever's in-season. You can usually select veggies only, fruit only, or the standard veggie-fruit combo. Most now allow you to special-order extra food, and can be reached via the web. Usually the food is well-tagged with info on what farms the food comes from.

**Bay Area Organic Express (the BOX)**

P.O. Box 460411  
San Francisco, CA 94146  
415-695-9688  
415-ORGANIC  
[www.organicexpress.com](http://www.organicexpress.com)

**Westside Organics**

3202 Investment Blvd  
Hayward, CA 94545  
510-786-1300  
[www.westsideorganics.com](http://www.westsideorganics.com)

**Planet Organics**

915 Cole St #172  
San Francisco, CA 94117  
1- 800-956-5855  
[service@planetorganics.com](mailto:service@planetorganics.com)  
[www.planetorganics.com](http://www.planetorganics.com)

## LOCAL ORGANIC FOOD BRANDS

Buying local brands saves the large energy costs involved in the long-distance transport of foods, and also supports your local economy. Here's a sampling of organic foods that are being made right in our back yard, the greater Bay Area. All are family-run operations. All are available in your local organic grocery - look for them and support them!

**Acme Bread Company**'s delicious organic loaves are made in Berkeley.

**Donna's Tamales** are all vegetarian and vegan, made with organic corn masa. She uses Straus Family cheeses and Wildwood tofu in her fillings. She makes the tamales in Fairfax.

**Giusto's** organic flours and other baking products are produced in San Francisco.

**Grace Baking Company** sells many (though not all - look at the label) organic breads, made in Oakland and Albany.

**Lydia's Organics** produces organic, vegan sprouted grains, seeds and nuts, along with dehydrated fruits, vegetable, herbs and seaweeds. Lydia Kindheart is based in Fairfax and has two restaurants there, as well as a catering service.

**Now and Zen** makes its vegan cakes, cookies, meat alternative products and toppings right in San Francisco.

**Santa Cruz Organic** juices, applesauce, chips, hummus, and other products are produced and mostly grown in the Santa Cruz area.

**Straus Family Creamery** organic dairy products are produced in Tomales Bay in Marin. Elizabeth Straus and the Straus family have been instrumental pioneers in preserving small, local farms with the Marin Agricultural Land Trust movement.

**Taylor Maid Farms** in Sebastopol grows much of its own organic herbal teas right there on the farm. (They also offer coffee and teas grown organically from around the world, and are fair trade certified.)

**Vital Vittles** Organically great breads and baked goods are made in Berkeley.

**WholeSoy** makes soy yogurt, frozen yogurt, and soy drinks using 100% organic soybeans. They are headquartered in San Francisco and make their products in Modesto.

**Wildwood Natural Foods** organic tofu and soy foods are made in Santa Cruz and Fairfax.

Find more organic brands (not quite as local) at [www.organickitchen.com/foods.html](http://www.organickitchen.com/foods.html)

## RESTAURANTS

There are a number of great sustainable restaurant options all over the Bay Area, for special occasions, or when you just don't feel like cooking. All of these restaurants offer organic food, are exclusively vegetarian, or both. Vote for sustainability with your eating-out dollars!

### **Bok Choy Garden**

1820 Clement St@19th Av  
San Francisco, CA 94121  
415-387-8111  
Vegetarian Chinese vegan meals

### **Café Gratitude**

2400 Harrison St.  
San Francisco, CA 94110  
415-824-4652  
  
1336 9<sup>th</sup> Av(Sunset District)  
San Francisco

1730 Shattuck Av (at Virginia)  
Berkeley, CA

[www.withthecurrent.com/café.html](http://www.withthecurrent.com/café.html)

This café uses organic products, supports local farmers, sustainable agriculture and environmentally friendly products. Check it out!

### **Café Gibraltar**

425 Alhambra Avenue  
El Granada CA 94037  
650-560-9039  
[www.cafegibraltar.com](http://www.cafegibraltar.com)

Mediterranean, using organic free-range meat, local produce when possible. Zagat high rating.

### **Café Grillades**

851 Cherry Av (in Bayhill Shopping Ctr.)  
San Bruno, CA, 94096  
650-589-3778  
[www.cafegrillades.com](http://www.cafegrillades.com)  
Crepes(organic buckwheat or organic wheat) with meat and/or veggies. Have pannini and middle-eastern entrees. Organic coffee. Halal meats, no alcohol. Located near 280/380 fwys

### **Café Soulstice**

in Equinox Fitness Club, open to public  
4 East Fourth Avenue  
San Mateo, CA, 94401  
650-401-6411  
[www.cafesoulstice.com](http://www.cafesoulstice.com)  
Raw organic cuisine

### **Chez Panisse**

1517 Shattuck Ave  
Berkeley, CA  
510-548-5525  
[www.chezpanisse.com](http://www.chezpanisse.com)  
Alice Waters started this original, upscale shrine to locally-grown, organic, seasonal food. A great treat for a festive occasion. Or try the café for something a little more casual. Not vegetarian.

### **Chez Shea**

408 Main Street  
Half Moon Bay, CA, 94019  
650-560-9234  
[www.chez-shea.com](http://www.chez-shea.com)  
International organic cuisine, tapas, reasonably priced. Some vegetarian dishes.

**The Cool Café**

Cantor Arts Center  
Stanford, CA  
650-725-4758

[info@cooleatz.com](mailto:info@cooleatz.com)

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

Another Jesse Cool delight of deliciously Sustainable Cuisine. The sandwiches are out of this world. Great place to eat if you are on or near the Stanford Campus. Lots of light, same great food as JZCool Eatery. Dinner on Thursday nights.

**Di Da Vegetarian Fast Food**

2597 Senter Rd.  
San Jose, CA 95111  
408-998-8826

This Vegan/Vietnamese restaurant has Vietnamese-style soups, noodle dishes, and curry dishes. The jackfruit salad is highly recommended.

**Di Lac Cuisine**

1644 E. Capitol Expy.  
San Jose, CA 95121  
408-238-8686

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

This vegetarian/Asian restaurant offers an extensive menu of Asian dishes free of eggs, meats, and msg.

**Essanay Cafe**

37533 Niles Blvd  
Fremont, CA  
510-792-0012

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

Wine country cuisine, organic produce, meats, and cheeses from local sustainable farms. Wine tastings and live jazz Thursdays. Open mic Tuesdays. In Niles District of Fremont. Not vegetarian.

**Evvia Estiatorio**

420 Emerson St.  
Palo Alto, CA 94301  
(650) 326-0983

Upscale Greek Restaurant that buys local, organic produce directly from Happy Boy Farms [www.happyboyfarms.org](http://www.happyboyfarms.org)

**Flea Street Cafe**

3607 Alameda de las Pulgas  
Menlo Park, CA  
650-854-1226

[info@cooleatz.com](mailto:info@cooleatz.com)

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

Don't miss! Jesse Cool features elegant, Sustainable Cuisine in this upscale, country cottage restaurant. This venerable Menlo Park eatery is one of the restaurants that started off the organic trend over 22 years ago! Emphasis is on fresh, organic, locally produced foods.

**Garden Fresh**

1245 W El Camino Real  
Mountain View, CA  
650-961-7795

Not organic, but all forms of meatless "meat dishes" via tofu and wheat gluten. Try the "Orange Peel Beef!"

**Golden Era Vegetarian Restaurant**

572 O'Farrell Street  
San Francisco, CA 94102  
415-673-3036

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

Was voted "Best Vegetarian/Vegan Restaurant" in 2002, 2004 by SF Weekly. Public parking available next door.

**Good Karma Vegan House**

322 E. Santa Clara St.  
 San Jose, CA 95112  
 408-294-2694  
 Vegan sandwich shop in downtown San Jose. Good Karma offers soups, salads, and a sandwich menu that changes daily.

**Great Vegi Land**

562 S. Murphy Ave.  
 Sunnyvale, CA  
 408-735-8040  
 Great Vegi Land specializes in mock meat dishes. The dumplings and vegetarian sushi come highly recommended.

**Greens Restaurant**

Fort Mason in San Francisco, on the Marina  
 415-771-6222  
[www.greensrestaurant.com](http://www.greensrestaurant.com)  
 If you feel like trekking to the City. Beautiful picture windows overlooking the Marina, and of course the legendary vegetarian food that helped start it all.

**Herbivore**

983 Valencia  
 San Francisco, CA 94110  
 415-826-5657

531 Divisadero  
 San Francisco, CA 94117  
 415-885-7133

2451 Shattuck Av  
 Berkeley, Calif  
 510-665-1675

[www.herbivore-restaurant.com](http://www.herbivore-restaurant.com)

Great (both in taste and size!) vegan sandwiches, wraps, noodles, and more serious entrees like the lentil loaf w/ mashed potatoes, mushroom gravy, seasonal greens, beet sauce, and crostini, all at modest prices, serve to make Herbivore a must-stop point on a trip to the City. The Divisadero spot

serves breakfast on the weekend.

**Juicy Lucy's**

703 Columbus (at Filbert)  
 San Francisco, CA  
 415-786-1285  
[www.juicylucys.com](http://www.juicylucys.com)  
 Juicy Lucy's is an all-organic juice bar and restaurant that serves vegan choices. Catering available.

**Jumping Monkey Café**

418 Front Street  
 Santa Cruz, CA, 95060  
 Closed on Sunday  
 Indian vegetarian menu made with largely organic ingredients. Dosas, kichuri plates, mango lassi and other Indian favorites. Very reasonably priced, good service. Opposite the Metro Bus Center.

**jZCool Eatery and Catering Company**

827 Santa Cruz Ave  
 Menlo Park  
 650-325-3665  
[info@cooleatz.com](mailto:info@cooleatz.com)  
[www.cooleatz.com](http://www.cooleatz.com)

Jesse Ziff Cool features Sustainable Cuisine in all her restaurants, including this cafe and catering company that serves casual organic and seasonal food. Jesse's specialty is comfort food. Jesse is a major figure in local sustainability circles, promoting awareness of how our food is produced. jZCool catering service does business meetings to weddings, box lunches to appetizer spreads and multi-course meals, all with the same deliciously Sustainable Cuisine.

**La Vie**

29 Front Street  
 Santa Cruz, CA, 95060  
 831-429-6746  
[www.lavie.us](http://www.lavie.us)

All-organic café and bar. Locally grown ingredients. Raw and cooked vegan appetizers, salads, and entrees; soups, smoothies, juices. Coffee is cold-extracted for low acidity. Various nutmilks available. Natural sweeteners only are used. For a treat try their chai with brazil nut milk. Award-winning innovative menu. Moderately priced, open daily. Several doors away from the Metro Bus Center.

**Lettus Organic Café**

3352 Steiner St @ Chestnut  
 San Francisco, CA 94123  
 (415)931-2777  
[www.lettusorganic.com](http://www.lettusorganic.com)

Organic wherever possible, vegetarian café with many delicious, affordable, and healthy choices. Juices and take outs.

**Magnolia**

1398 Haight St  
 San Francisco, CA  
 415-864-7468  
[www.magnoliapub.com](http://www.magnoliapub.com)

Neighborhood pub that uses organic, local, sustainably produced ingredients in their meal offerings.

**Mandaloun**

2021 Broadway, Redwood City, 94063  
 650-367-7974  
[www.mandaloun.biz](http://www.mandaloun.biz)  
 Wood-fired pizza, grill, and rotisserie.  
 Seafood, Local organic meats and produce.  
 Patio garden

**Millennium Restaurant**

580 Geary St.  
 San Francisco, CA 94102  
 415-345-3900 (phone)

415-345-39411 (fax)  
[info@millenniumrestaurant.com](mailto:info@millenniumrestaurant.com)  
[www.millenniumrestaurant.com](http://www.millenniumrestaurant.com)  
 Millennium recently moved from McAllister St. to Geary St. Serving the kind of food you wouldn't make at home everyday because it's just too darned complicated, Millennium is great for a birthday treat or a special get-together with friends. They make mouth-watering things out of tempeh, seitan, all kinds of vegetable combinations, phyllo, and all kinds of sauces, sauces, sauces. Don't miss dessert!

**Minako**

2154 Mission St  
 San Francisco, CA 94110  
 (415) 864-1888

Organic ingredients and lots of vegetarian options at this casually funky Japanese restaurant on Mission Street. Thanks to Tara Bloyd for catching this one! She says, "They do an amazing job sourcing organic ingredients, and will happily talk with you about what is and isn't (thus far the only "isn'ts" that we've dealt with are their wasabi and the gyoza wrappers). Their sushi would be wonderful even if it weren't organic -- creative, imaginative, TASTY; they have an amazing amount of vegan food on the menu; their fried eggplant with miso sauce is seriously melt-in-your-mouth tender."

**Mission Pie**

2901 Mission St  
 San Francisco, CA 94110  
 415-282-4PIE  
[www.missionpie.com](http://www.missionpie.com)

Many ingredients grown at Pie Ranch in Half Moon Bay. Organic pie ingredients, organic coffee, organic milk/cream. and organic tea. Delicious pies. Expansion planned soon.

**Que SeRaw SeRaw**

1160 Capuchino Avenue, Burlingame, CA,  
94010 650-400-8590

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

Raw, to go only.

**Razan's Organic Kitchen**

2119 Kittredge

Berkeley, CA 94704

Organic international wraps, burritos, plates,  
and juices. Thanks to Hari for pointing this  
one out.

**Roti Indian Bistro**

209 Park Road

Burlingame, CA 94010

650-340-7684

53 West Portal Ave

San Francisco, CA 94127

415-665-7684

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

Modern Indian cuisine made with local and  
organic ingredients.

**Sivrahvah**

366 El Camino Real

San Carlos, CA

(650) 637-1500

A choice for those of us further up the  
Peninsula! Serving organic Thai food,  
including organic veggies, free range  
chicken, wild-catch line-caught fish.

**Thirsty Bear**

661 Howard Street

San Francisco, CA

415-974-0905

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

Organic brewery. Kitchen uses sustainably  
harvested seafood and meat, and, when  
possible, organic produce. Tapas. Mostly  
meat/seafood dishes. Live Flamenco group

on Sunday evenings. Reservations  
recommended.

**University Coffee Café**

271 University Ave.

Palo Alto, CA 94301

(650) 322-5301

Casual dining atmosphere with great food.

They buy their local, organic produce  
directly from Happy Boy Farms.

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

**Vegetarian House**

520 E. Santa Clara St.

San Jose, CA 95112

408-292-3798

<http://www.vegetarianhouse.us>

This restaurant features international cuisine  
and is a favorite in the South Bay.

**Vino Locale**

431 Kipling St.

Palo Alto, CA 94301

650-328-0450

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

This new restaurant serves only fresh food  
produced and prepared locally. As members  
of Slow Food International, they support  
local organic farmers, artisan producers, and  
vintners. In a little Victorian house, and are  
all-organic.

**Zuni Café**

1658 Market St

San Francisco, CA

415-552-2522

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

Lots of organic, seasonal produce on the  
menu of this award-winning, upscale but  
casual restaurant. The theme is  
Mediterranean. Not vegetarian.

## **OTHER RESTAURANT RESOURCES**

### **Happy Cow**

[www.happycow.net](http://www.happycow.net)

A general list of Veggie restaurants

### **San Francisco Vegetarian Restaurants**

[daveola.com/Pages/Vegetarian/Restaurants](http://daveola.com/Pages/Vegetarian/Restaurants)

A great home-grown list and reviews.

### **Vegetarian Dining List**

[www.veg dining.com](http://www.veg dining.com)

A general list of Veggie restaurants around the world

## **ONGOING ORGANIC AND VEGETARIAN POTLUCKS AND DINNERS**

Join together with others who share your quest for healthy organic eating. Most of the potlucks below emphasize organic foods.

### **Weekly Vegetarian Gourmet Dinners,**

sponsored by the Peninsula Macrobiotic Community. Chef Gary Alinder uses organic ingredients when possible. Every Monday, 6:30 PM at First Baptist Church, Palo Alto. 305 North California Avenue at Bryant, 1/4 mile East of Alma.

Sit Down or Take-out, \$13.

Reservations Required.

Call 650-599-3320 by Monday 9:30 AM.

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

### **SF Vegetarian Society Monthly Potlucks and Events**

A great calendar of events, including names like Howard Lyman, etc.

Email [contact@sfvs.org](mailto:contact@sfvs.org)

Phone 415-273-LIV1

SF Vegetarian Society , P.O. Box 2510, San Francisco, CA, 94126-2510

[www.sfvs.org/events.php](http://www.sfvs.org/events.php)

### **Monthly Vegan Potlucks,** in Palo Alto, call

650 321-4978 or 650 856-1125.

### **EarthSave (Bay Area Chapter) Dinners and Lectures**

EarthSave is an organization which promotes food choices that are healthy for people and for the planet. Dinners are vegetarian or vegan and usually in Sunnyvale or Palo Alto.

P.O. Box 865

Cupertino, CA 95015

408-380-1214

[bayarea@earthsave.org](mailto:bayarea@earthsave.org)

[bayarea.earthsave.org](http://bayarea.earthsave.org)

## **GROW YOUR OWN**

There is nothing like growing your own food to provide a sense of connection to where you live – the soil, the weather, the local plants and animals. You'll know exactly what's in your food if you grow it yourself! Plus, it's fun to grow your own fruit and vegetables.

Common Ground and the Valley of Heart's Delight project are here to help. Common Ground provides you the tools, growing materials, and information to grow your own food in an organic, sustainable manner. The Valley of Heart's Delight project provides you the community and support to grow your own food and enjoy doing it by sharing your experiences with others.

## **COMMUNITY GARDENS**

### **Palo Alto Community Gardens**

Contact: Catherine Bourquin  
650-496-5980

Four beautiful organic gardens comprising over 60,000 square feet.  
[www.city.palo-alto.ca.us/community-services/rec-garden.html](http://www.city.palo-alto.ca.us/community-services/rec-garden.html)

### **Mountain View Community Gardens**

There are two city-run community gardens in Mountain View, one at the Senior Center (for seniors only), and the Willowgate Community Garden on Andsbury Avenue. Both gardens have waiting lists, but to get on the list, go to the Senior Center at 266 Escuela Ave.

### **The Valley of Heart's Delight project**

runs a local community garden in Midtown, Palo Alto. It is located near Middlefield and Colorado Avenue. (formerly run by Acterra) For more info. call Susan Stansbury at 650-938-9300 x11

### **San Carlos Community Garden**

The Senior Center Garden is on the Senior Center property at 601 Chestnut Street. Vegetables and herbs are used in the weekly Senior Lunch Program. They have 5 raised beds and a small compost bin. Garden duties done by volunteers.  
Contact: Allison Anson, garden

coordinator, at 650-591-0341 x 239.

### **San Jose Community Gardens**

Run by the city's Parks, Recreation and Neighborhood Services Dept.  
call 408-277-5208

### **Sunnyvale Community Gardens/Charles Street Garden**

A non-profit garden in Sunnyvale. 90 raised bed gardens. For more information, [SunnyvaleCG@aol.com](mailto:SunnyvaleCG@aol.com) or hotline 408-735-8154.

### **Berkeley Community Gardening Collaborative**

Supports community gardens throughout Berkeley.

P.O. Box 2164  
Berkeley, CA 94702  
510-883-9096

[www.ecologycenter.org/gardening/gardenin g.html](http://www.ecologycenter.org/gardening/gardenin g.html)

## **GROWING CIRCLES**

A Growing Circle is a neighborhood-based group of organic gardeners getting together to support one another, exchange ideas, seeds, plants, and just plain old have fun. There are over a dozen of them on the peninsula and in the South Bay. To join an existing Growing Circle or start a new one, please contact the Valley of Heart's Delight project, or check online at: <http://www.conexions.org/vhd/growingcircles>



**White Colander** by Mary Azarian

## ABOUT COMMON GROUND ORGANIC GARDEN SUPPLY & EDUCATION CENTER

Common Ground's mission is to support and grow the local organic gardening and sustainable agriculture communities, through providing materials and know-how to home organic gardeners and mini-farmers.

Common Ground offer classes, a library, and information sheets on topics such as composting, soil preparation, organic plant care, pest control, bio-diversity, and native plants. Common Ground is also a local source for: open-pollinated seeds; organic vegetable seedlings and flowering plants; organic fertilizers, mulches, and composts; and organic pest controls.

Common Ground is a project of Ecology Action, a 501(c)(3) non-profit organization.

### Common Ground Organic Garden Supply and Education Center

559 College Avenue

Palo Alto, California 94306

Ph: 650-493-6072

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

[manager@commongroundinpaloalto.org](mailto:manager@commongroundinpaloalto.org)



## ABOUT THE VALLEY OF HEART'S DELIGHT PROJECT

### The Valley of Heart's Delight

c/o Conexions

1023 Corporation Way,

Palo Alto, CA 94303

Ph: 650-938-9300

<http://www.conexions.org/vhd>



Our mission at the Valley of Heart's Delight project is to educate and inspire people to grow, buy, cook, and eat food that is good for themselves, good for future generations, and good for the planet. Through our programs, newsletter, and website, we strengthen the local food web by building relationships between growers, eaters, and like-minded community members.

The Valley of Heart's Delight is a project of the Conexions: Partnerships for a Sustainable Future, a non-profit organization.