



Bay Area Real Food Resources

We are very lucky to have abundant access to real food in the greater Bay Area and beyond. These are some of my favorite prepared food vendors, CSA, and farms.

COMMUNITY CUISINE

This gem, located in San Jose, hosts classes, retreats and events. One of my favorite things is their focus on seasonal eating, Community Cuisine holds several events in the San Jose area to help you learn how to eat seasonally. They also have a small but unique recipe database.

www.communitycuisine.com

FAMILY FRIENDLY FARMS

Offering grass-fed beef, pork, lamb and chicken from Grass Valley, CA, there are several options to buy their products via their Healthy Meat Buyers Membership, which allows for first choice and free deliveries and by home delivery without a membership fee. Family Friendly products are also available via Real Food Bay Area.

www.familyfriendlyfarms.com

GOLDEN ROOTS KITCHEN

Located in Scotts Valley, Golden Roots provides organic prepared meals that can be picked up in Scotts Valley or delivered to Santa Cruz for a small fee. Their prepared foods are also available to order via Real Food Bay Area, which has several locations throughout the greater Bay Area.

www.goldenrootskitchen.com

FOOD SMITH

Food Smith was created by Chef Jamie Smith, prepares paleo, keto and vegan breakfast, lunch, and dinner meals, that can be ordered in various formats, ranging from 2-5 days of meals. Delivery available to Santa Cruz and Santa Clara Counties.

LEFT COAST GRASS-FED

Located on the San Mateo coast, Left Coast offers amazing grass fed beef and has a handful of pick up locations - Downtown and Westside Farmers Market in Santa Cruz, one in Palo Alto, and one in Pescadero. They have a seasonal pick up location at Mission Community Market in San Francisco and are hoping to offer more locations soon.

www.leftcoastgrassfed.com

LIVE EARTH FARM

Live Earth offers customizable CSA shares and has a large variety of pick up locations throughout Santa Cruz, Santa Clara, San Mateo, and Monterey counties. In addition to organic produce, Live Earth partner's with Companion Bakeshop, Happy Girl Kitchen for preserves, and Sol Seeker Farms for eggs from pasture raised hens. This farm also hosts fun member only events like sheep to shawl and various U-pick's. www.liveearthfarm.net

MARKEGARD FAMILY GRASS- FED

Offering grass-fed beef, lamb, pork, and chicken, all raised on the San Mateo coast. Markegard has a CSA option that delivers to several locations on the San Mateo Coast, and in Santa Cruz. They also sell their meat via Fifth Crow Farm CSA, which has several pick up sites in the South Bay.

www.markegardfamily.com

MARIN SUN FARMS

This farm has grass-fed lamb, beef, goat, and pork, sold at two butcher shops - one in Pt Reyes and another in Oakland. Marin Sun also offers whole, half, or quarter animal shares, which is a great way to save money if you have storage space. www.marinsunfarms.com

REAL FOOD BAY AREA

Real Food Bay Area provides a huge variety via their online retail space - raw dairy, pastured eggs, homemade yogurt (dairy free options), probiotic beverages, homemade bakery and snacks, bone broth, delicious prepared food, sustainable seafood, pasture raised chicken, pork, rabbit, veal, grass-fed beef and lamb. www.realfoodbayarea.deliverybizpro.com/home.php

RIVER DOG FARM

River Dog Farm delivers beautiful produce via their CSA to Alameda, Contra Costa, San Francisco, and several other counties in the North Bay. They also offer the option to add on pasture raised chicken and pork to your CSA share.

www.riverdogfarm.com

TARA FIRMA FARMS

Located in Petaluma, Tara Firma offers pasture raised pork, beef, chicken, turkey, and lamb along with organic produce and eggs. They offer overnight home delivery (for a fee) to anywhere in California and have pick up sites in Oakland and San Francisco. www.tarafirmafarms.com