

Eating Farm Fresh in Nevada County

By Valerie Moberg



One of the great joys of travelling is sampling local foods. When it comes to enjoying fresh produce grown on regional farms, you'll love visiting Nevada County, where farmers' markets, you-pick farms, groceries, cafes, delis, and restaurants celebrate local farmers and ranchers. Home to abundant producers of grass fed beef, organic vegetables, honeybees, wines and more, Nevada County boasts a prolific local food movement.

There's a growing trend to eat locally and sustainably. Finding genuine local fresh food while visiting Nevada County can take you on a delicious adventure. Leading the way is Nevada County Grown (<http://www.nevadacountygrown.com>), a non-profit, tax-exempt marketing organization created to strengthen the connection between local farmers and ranchers and the larger community. On their website you'll find links to everything from alpacas and free range beef to worm farms and wine.

Here are some of the highlights:

- Saturday mornings 8:30 a.m. to 12:30 p.m., just a short walk from the Broad Street Inn, you'll find the **Nevada City Farmers Market**. Here you'll enjoy live music, local farmers, vendors, artists, fresh baked goods, coffee and more. The market season opens Father's Day weekend and closes the weekend before Thanksgiving.
- Another Saturday morning option is the **Nevada County Growers' Market**, which is located at the North Star House on McCourtney Road in Grass Valley. In addition to ample parking you'll find spring greens, strawberries, beets, fresh flowers, 6-pack vegetable starts, grass feed lamb and beef, organic eggs...and music while you shop.
- Several **Nevada County Restaurants** serve food and wine from local producers. In Nevada City be sure to check out Friar Tuck's, Ike's Quarter Café, Java John's, Matteo's Public, and the New Moon Café. In Grass Valley there's Caroline's Coffee, Diego's, Flour Garden, Happy Apple Kitchen, Kane's, and Villa Venezia.

- If you prefer to shop for locally produced goods at a **local market**, Nevada City offers: California Organics and SPD. In Grass Valley you'll want to visit BriarPatch Co-op, Natural Selection, Natural Valley and the other SPD.

Also available to help you get the most out of the bounty available in Nevada County is the **2012 Farm Guide**. Produced by Nevada County Grown, the guide has a complete list of local producers and products organized by category and geographic location. To help you find local sources for delicious, healthy local products, you can download a FREE iPhone Farm Guide App. The App is a cross-indexed searchable guide to farms, farm products, and farm outlets.

Valerie Moberg is the proprietor of the historic Broad Street Inn, and the go-to person for information about Nevada City. Built in 1870, Broad Street Inn is a small, family-owned, eco-friendly green business that prides itself on providing comfortable accommodations at affordable rates. Located in the heart of historic downtown Nevada City, this Victorian inn offers six contemporary rooms and a peaceful garden setting just a short walk from downtown Nevada City's great shops, restaurants, theaters, and wineries. For more information about the Broad Street Inn and the Nevada City area, contact Valerie by phone (530.265.2239) or email (info@broadstreetinn.com) or on the Web: <http://www.broadstreetinn.com>.