



## Local Food Resources During Physical Distancing

(With apologies to our out-of-town patients and hope that you have similarly great resources where you live.)

**Farmers' Markets** are open with safety measures in place, with vendors and shoppers expected to wear face masks.

The **Corvallis Farmers' Market** is open Wednesdays and Saturdays from 9 am to 1 p.m.

The **Albany Farmers' Market** is open Wednesdays (only) from 9 am to 1 p.m.

Learn More about the **Locally Grown Online Market**: [Click Here](#).

**First Alternative Coop** continues to be a leader in providing local and regional organic food. They have taken the following steps to improve customer safety:

- Reduced hours (9 AM to 7 PM) to allow for deep cleaning of the stores every night.
- Staff are practicing physical distancing, wearing face masks, and performing sanitation between customers.
- Shoppers are requested to wear a face masks in the store.
- Prepacked food and grocery orders for pick-up or delivery. See their updates at

<https://firstalt.coop/covid-19/>

**In addition, some local farms are providing direct access to their food, if you prefer NOT to attend Farmers' markets at this time.** Here is a **partial list of farms** that are offering either home delivery or prepacked pick-up:

**Denison/Riverland Family Farms** is offering prepacked pre-orders for pick-up at designated locations in Corvallis. Email [riverlandfamilyfarms@gmail.com](mailto:riverlandfamilyfarms@gmail.com) to receive weekly availability/price lists and details about ordering and pick-up.

**Gathering Together Farm** is offering home delivery of a weekly box they're calling Vitality Supported Agriculture (VSA). <https://www.gatheringtogetherfarm.com/vsa>

**Nourished with Nature** is taking pre-orders for outstanding chicken, lamb, and beef.

<https://www.nourishedwithnature.com/>

**Rainshine Family Farms** offers a great year-round CSA with several pick-up locations and home delivery. <https://www.rainshinefamilyfarm.com/>

**Red Bird Acres** is taking orders for free home delivery for pork products and possibly eggs. They also raise fantastic chickens and turkeys and are now taking orders for their chicken CSA.

<https://www.redbirdacresfarm.com/>

**Sunbow Produce** is a certified organic small farm that does home deliveries to Corvallis and Philomath. For more information: <https://www.sunbowproduce.com/pages/newcomers>