



WILD HARVEST

Only harvest wild plants where you have explicit permission to do so. The Kenai Peninsula has many private tribal lands, as well as city, borough, state, and federal lands that have different regulations for harvesting plants. Harvesting small quantities of wild plants, mushrooms, fruit, or berries for personal, non-commercial use is generally allowed on state and federal lands, including the Kenai National Wildlife Refuge and Chugach National Forest.

Harvesting Etiquette

- Harvest with good intentions only.
- Ask permission to harvest and know the rules.
- Always take someone with you who knows the plants.
- All plants are not good for everybody.
- Know the appropriate time of year to harvest.
- When foraging on public lands, pick sparingly and leave easy foraging close to the road for elders and those with mobility challenges.

Adapted from Tribal Doctor Rita Blumenstein's "Thoughts on Traditional Plant Healing" in the Medicinal Flora of the Alaska Natives by Ann Garibaldi

Essential reference books used by our most experienced local foragers: *Discovering Wild Plants: Alaska, Western Canada* by Janice Schofield and *Mushrooms Demystified* by David Arora



FISH & FISHING

Know the rules where you fish. Regulations for sport, commercial, and personal use fishing can be found online at www.adfg.alaska.gov and wherever licenses are sold.

Dozens of Kenai Peninsula fishermen have Catcher-Seller permits from ADF&G to sell fresh, whole fish ("in the round") directly to the public. Relationships are key. If you want to buy local fish to stock your freezer, ask your friends and neighbors about their sources.

You'll find family-owned businesses that sell whole salmon to individual buyers under "Fish" on the reverse side of this directory.



FARM FACTS

- The Kenai Peninsula is the fastest-growing farm area in the state.
- Most Kenai Peninsula farms are under 10 acres.
- The value of food grown by Kenai Peninsula farms and sold direct to consumers tripled from 2012 to 2017.
- \$5.4 million: the total value of the Kenai Peninsula's agricultural crops in 2017.



Buying Alaska Grown is more important than ever. The freshest, most nutritious food for Alaskans is Alaska Grown. When you **buy direct from Alaska farmers**, you help build a stronger, more productive food system. This year, Alaska farms and farmers markets are taking extra steps to protect you and your health.

For current info, visit Kenai Local Food & farmers markets on Facebook.

FARMERS MARKETS

Farmers Fresh Market



Tuesday 3–6pm, June 16–September
K-Beach Road at Community College Drive
Soldotna | 907-262-3111

Homer Farmers Market



Wed. 2–5pm, Sat. 10–3pm, May 30–September 26
Ocean Drive, across from The Washboard
907-299-7540 | homerfarmersmarket.org

Old Town Marketplace



Friday & Saturday 11am–6pm, June–August
517 Main Street, Kenai | 907-252-7264
kenaioldtownmarketplace.com

Soldotna Saturday Farmers Market



Saturday 10am–2pm, June 6–September 26
corner of Kenai Spur Hwy. & E. Corral Avenue
soldotnasaturdayfarmersmarket.com

Soldotna Wednesday Market



Wednesday 11am–9pm, June 3–August 26
Soldotna Creek Park | 907-252-7264
soldotnawednesdaymarket.com



CSA: Community-Supported Agriculture

In the traditional CSA model, customers share the risks and benefits of farming by committing to support a local farm or farms throughout the growing season.

Customers get a weekly share of farm produce in return for a fee, which is paid in advance or periodically during the growing season. The term "CSA" is sometimes used to describe a weekly produce delivery service that may or may not support local farms.

See the reverse side of this directory for CSA options that directly support local farmers.



Thanks to these generous sponsors, who make this directory possible!



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**#loyaltolocal #knowyourfarmerknowyourfood
#keepfarmersfarming #farmersmarketsmatter
#kenailocalfoodconnection #alaskastrong**

To list your business in the 2021 directory, send us an email!

2020

KENAI PENINSULA

LOCAL FOOD

DIRECTORY

presented by



farms

Alaska Berries | KS SS ST SW 907-252-8511 
48660 W. Poppy Lane, Soldotna | Sun–Wed 12–6p, May 1–Labor Day
                                                                     