

Featured Farmer of the Week

Who: Krystal and Nick Baltos

What Farm: Integral Farms

From: Roseburg, OR

What: Certified Naturally Grown fruits, vegetables, and herbs

Where: Umpqua Valley Farmers' Market, weekly CSA,
<http://integralfarmroseburg.com/>

About the Farmers: Integral Farm began in 2018 in Melrose, OR on the banks of the Champagne Creek. Along with their son, they grow produce without the use of chemicals and are certified naturally grown. Their use of compost added to the soil provides nutrients for their plants to thrive, and their use of drip lines ensures that the food they grow does not contribute to wasting of our natural resources, something they are very passionate about. While their CSA is full this season, check back in next year for a weekly produce box from their farm.



Herbs
June 20, 2020



This material was funded in part by USDA's Supplemental Nutrition Assistance Program - SNAP. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

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