

Featured Farmer of the Week

Who: Mountain Drew

What Farm: Mountain Drew

What: Salad greens, herbs, onions, root vegetables, tomatoes, cucumbers, and many more delicious fruits and vegetables

Where: Canyonville Farmers' Market, Umpqua Valley Farmers' Market

About the Farmer: Mountain Drew lives off-grid in a yurt in the mountains of Milo, near the South Umpqua River. The rich soil allows him to grow a large, homestead-style, organic garden from which he sells the surplus produce at local markets. He lives within his means, rejects television and industrial food, and strives to be the healthiest man alive by 2025. You can find him at the Umpqua Valley Farmers' Market every Saturday.



Leafy Greens

July 11, 2020



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Featured Farmer of the Week

Who: Chriset Palenshus

What Farm: Herb N Hood

What: Custom blended herbal products and organically grown produce

Where: Umpqua Valley Farmers' Market, Etsy, Champion Club Pickup/Delivery

About the Farmer: Chriset is of Kanienkeha:ka, Iraqi and European descent, she has been drawn to growing food and medicine as a form of decolonization and as a way to strengthen traditional connections to Mother Earth. She studies ethnobotany and holistic indigenous permaculture. Her botanical offerings include self care products, tooth powder, hair treatments, skin care, and medicinal remedies from plant allies she grows on the land she stewards in the homelands of the Umpqua people.



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