

Sustainable Living

FAIR TRADE PRODUCTS

fairtradefederation.org

Ancient Ways 541-258-8710

PO Box 346, Scio OR 97374

zimbabwe@ancient-ways.org

ancient-ways.org

Preserving and learning traditional ways from indigenous peoples.

Coffee, Fair Trade Products

BENEFICIO COFFEE 916-361-3719

beneficiocoffee.com

BISHOPS BREW 877-469-1431

puravidacoffee.com

CRAVEN'S COFFEE 800-214-BEAN

cravenscoffee.com

DOMINION TRADING CO 255-1212

PO Box 751, Liberty Lake 99010

dominiontrading.com

EQUAL EXCHANGE 774-776-7366

equalexchange.com/interfaith

MAYA EARTH COFFEE 892-3193

PO Box 1161, Airway Hghts 99001

coffee@mayaeearthcoffee.com

mayaeearthcoffee.com

NECTAR OF LIFE COFFEE CO

nectaroflife.com

Conosur Imports 926-0636

oghaupt@usa.net

Fax: 926-0636

conosurimports.com

Oscar & Penelope Haupt

Sells fair trade products from Chile, original art and jewelry.

Corazon Scarves

PO Box 352, Leavenworth 98826

corazonscarves.com

Empowers women in Guatemala

to live free of violence and

oppression.

Devtan Trading

4750 N Division 487-3705

North Town Mall, Spokane 99207

devtano2@yahoo.com

Pauline Dingman

devtan.com

Nonprofit shop sells fair trade and cottage industry products.

Enough for Everyone (PCUSA)

100 Witherspoon St 728-7228

Louisville KY 40202 x5626/5553

pcusa.org/enough/

Global market or sweatshop-free

apparel, fair-trade coffee, eco-

palms, Oikocredit and electrical

stewardship.

Fabulous African Fabrics

1158 Kensington ST NW

Grand Rapids MI 49534

lsalaate@aol.com 616-735-4109

fabulousafricanfabrics.org

African cloth crafted into clothing and linens.

Family-To-Family

505 W St Thomas More Way 466-3995

Spokane 99208 466-0220

Outreach program to the Mayans

of the mountains of Northern

Guatemala.

Far East Handicrafts

127 N 36th 206-633-1950

Seattle 98103 fareast@seanet.com

fareasthandicrafts.com

Since 1988, it has supplied healing

tools, crafts and indigenous arts

direct from artists, crafts people

and co-operatives of Nepal.

Ganesh Himal, Trekking & Trading Co 448-6561

PO Box 342, Spokane 99210

info@ganeshhimaltrading.com

ganeshhimaltrading.com

Denise Attwood, Ric Conner,

Eileen Pallid Fax: 443-7006

Fair-trade handicrafts from Nepal.

Provides cottage industries,

development projects, women and

refugees in Nepal with product

development since 1984.

Just Trade 332-6184

235 E Main St, inside Brused Books

Mail: 520 SE Spring St, Pullman 99163

Nancy Nydegger vnyd@pullman.com

Sells fairly traded global crafts, silk

scarves, organic chocolate, hats,

prayer flags, music instruments,

baskets and other items by artisans

who make a living by their efforts.

Just Trade

**fairly traded
crafts
from
around
the world**

inside

Brused Books

235 E. Main

Pullman, WA

509-334-7898

Mon-Fri 11-6

Sat 10-6

Sun 12-3

Kiva.org 888-445-5032

Person-to-person micro-lending

website to empower entrepreneurs

in the developing world.

Kizuri 464-7677

Community Bldg, 35 W Main # 100

Spokane 99201 Kim Harmson

kim@kizurispokane.com

www.kizurispokane.com

Earth friendly, fair trade or locally

produced gifts and clothing.

Lutheran World Relief Fair Trade Programs

700 Light St 800-LWR-LWR-2

Baltimore MD 21230

fairtrade@lwr.org lwr.org/fairtrade

Coffee, chocolate and handicrafts.

Moonflower Enterprises

3927 E 11th Ave, Spokane 99202

PO Box 1161 768-3193

Airway Heights 99001

fgon@moonflowerenterprises.com

moonflowerenterprises.com

Maria Cuc, Felipe Gonzales

Sells fair trade products: handmade

Mayan textiles, jewelry, folk art,

accessories, unique gifts, home

furnishings, clothing and more.

NicaMade

Liberty Bldg, 203 N Washington,

Ste 202, Spokane 99201 385-2369

nicamade.com

Christian business helps Nicaraguans

improve their lives with training to

make quality products.

NW Fair Trade Network

MA: PO Box 26 208-773-5616

Newman Lake 83814

singshaman@hotmail.com

Nancy Spada myspace.com

Unites local vendors and retailers

of fair trade goods. Promotes and

educates on fair trade and justice

as an alternative to globalization.

Oikocredit Northwest

1425 Broadway #429, Seattle 98122

oikosupportnw@gmail.com

oikocredit.org 206-784-6078

Offers private funding to micro-

finances through credit to

trade cooperatives, fair trade

organizations and small-to-medium

enterprises in developing world.

Singing Shaman Traders

PO Box 26 208-773-5616

Newman Lake 83814

singshaman@hotmail.com

singshamantraders.com

Nancy Spada, Roger Gee



kizuri

Unique Fair Trade Gifts
La Chamba Cookware
Tropical Salvage Furniture
Goods from Nepal
Natural Fiber Clothing

Fair Trade • Local • Earth Friendly 

35 W. Main, Spokane | HOURS:
509-464-7677 | Mon-Sat: 10am-5:30pm

www.kizurispokane.com

FARMERS MARKETS

* - FMNP, WIC and Senior Voucher Farmers' Market Nutrition Program

City	Farmers Market	Location	Phone	Dates	Hours	*	Contact
Airway Heights	Airway Heights Farmers Market	13100 14th Ave	235-6707	Jun-Sept	9-1, Th		Lori Musgrave, musgrave1@centurytel.net
Bonnors Ferry	Bonnors Ferry Farmers Market	Hwy 95 & Kootenai	208-267-2780	April- Oct	8-1, Sat		Gail Cathcart, bonnorsferryfarmersmarket.org
Clayton	Clayton Farmers Market	4616 Wallbridge Dr	590-3353/276-2444	May-Sept	1-5, Sun		claytoncommunityfair.com
Chewelah	Chewelah Farmers' Market	St Paul Lutheran, N 202 2nd St W	936-4353	June-mid Oct	10-6, F		Nils Johnson, chewelahfarmersmarket.com
Cheney	Cheney Farmers Market	1000 Elm St	559-5818	end May-Oct	10-4, M	X	localharvest.org/cheney-friday-farmers-market-M24155
CdA	Downtown Farmers Market	Sherman & 5th Sherman & 6th	208-772-2290	May-Sept	4-7, W 11-3, Sun		cassidy@dishmail.net , kootenaicountyfarmersmarket.com
Colbert	Montfort Community Center	1915 W Monroe Rd	979-0151	May - Oct	4-7, Th		montfortschool.org/News_and_Events.php
Colville	Colville Farmers Market	Third & Oak	684-4404	June - Oct	noon-6, W	X	communityagcenter.org
Colville	NE Washington Farmers Market	Main & Astor	738-2261	May-Oct	9-1, Sat	X	Ken Anderson
Grangeville	Grangeville Farmers Market	Main & State St	208-983-1569	July-early Oct	8-noon, Sat		Julie Graham-Wothington, grangevillefarmersmarket.org
Harrison	Harrison Grange Farmers Market	Grange Park	208-819-7630	June-Sept	10-2 Sat		
Hayden	Kootenai County Farmers Market	Hwy 95 & Prairie Ave	208-772-2290	May - Oct	8-1, Sat		cassidy@dishmail.net , kootenaicountyfarmersmarket.com
Hope	Hope Community Market	415 Wellington Pl	208-264-5197	late June - Sept	2-5:30, F		Sara Thompson, mcc@imaxmail.net
Kooskia	Kooskia Farmers Market	Longcamp Rv Park, MP 86, Hwy 12	208-935-7825 208-926-0013	May-Oct	9-1, Sat		Connie Miller, Pat Crocker
Lewiston	Lewiston Farmers Market	D St Prkg, across from Brackenbury Sq	208-790-1148	June-mid Oct	3:30-7, W		Sascha Albrecht, beautifuldowntownlewiston.com
Liberty Lake	Liberty Lake Farmers Market	1421 N Meadowwood Ln	879-4965	mid-May - mid-Oct	9-1, Sat	X	Angela Pizelo, libertylakefarmersmarket@gmail.com , llfarmersmarket.com
Millwood	Millwood Farmers Market	Millwood Presbyterian	924-2350	May - Oct	3-7, W	X	millwoodmarket.org , Winter at 8919 E Euclid
Moscow	Moscow Farmers' Market	Friendship Sq	208-883-7036	May - Oct	8-1, W	X	www.ci.moscow.id.us/art/fm
Moscow	Tuesday Growers Market	221 E Third St,	208-882-8537	May - Oct	4:30-6:30, T	X	moscowfood.coop
Newport	Pend Oreille Farmers Market	Spruce & Union	292-9733	Jan - Nov	9-1, Sat	X	Patricia McGinty, hgfelkwa@att.net , 279-6977
Nine Mile Falls/Suncrest	Lake Spokane Farmers Market	5928 Hwy 291	590-6075/ 467-5819	June - Oct	9-noon Sat		Paul DeRocker, fortner3@hotmail.com
Northport	Northport Saturday Market		465-4860	end May-Sept	9-1, Sat		localharvest.org/event.jsp?id=26321
Potlatch	Dale's Saturday Market	1296 Kennedy-Ford Rd	208-875-0201	May - Oct	8-12 Sat, Sun		junctionlumber@potlatch.com
Priest River	Priest River Farmers Market	1095 Albeni Hwy (2)	208-448-4489	May-Sept	10-5, F 9-5 Sat, Sun		John Weiker, market@priestriverhardwaregrill.com
Pullman	Farm Fresh Market	240 NE Kamiaken St	334-3565	May-Oct	4-6, W		facebook.com , pullmanfreshfarmmarket@gmail.com
Rathdrum	Rathdrum Farmers Market	Rathdrum Park Hwy 43	208-687-3293	May-Oct	8-1, 1st/ 3rd Sat		Patty McElroy, rathdrumfarmersmarket.org
Spokane	Community Roots - NECC	4001 N Cook	533-2724		4-7, W	X	peachlocal.com
Spokane	North Farmers Market	315 E Francis	979-1051	May-Oct	9-1, Sat	X	
Spokane	Thursday Farmers Market	The Shop, 924 S Perry St	879-2987	June - Oct	3-7, Th	X	thursdaymarket.org Winter: across the street
Spokane	Spokane Farmers Market	10 W 5th	995-0182	mid-May-Oct	8-1, WSat	X	Dianne Reuter, spokanefarmersmarket.org , Winter at 25 W Main
Springdale	Springdale Farmers Market	Main St	258-6956	May - Oct	1-4 Sun		localharvest.org/event.jsp?id=26321
St Maries	St Maries Farmers Markets	Hughes Historical House, Main St	208-245-5535	June - Oct	3-6, F		Merrilee Keogh, Merrileekeogh@live.com
Sandpoint	Sandpoint Farmers Market	Farmin Park, 3rd & Main	208-597-3355	April- mid Oct	3-5:30, W; 9-1, Sat	X	RaeAnn Mavity, sandpointfarmersmarket@yahoo.com , sandpointfarmersmarket.com

Sells fair trade products from Mexico, including pottery, baskets, silver, jewelry and instruments.

SuperSuris Alpaca Ranch

16219 N Day Mt **238-3191**
Spokane Rd, Mead 99021 **475-5110**
nancywalker@windwireless.net
Nancy Walker supersuris.com

SUSTAINABLE LIVING: ORGANIC/LOCAL FOOD

[Farmersmarketonline.com/fm/Washington.htm](http://farmersmarketonline.com/fm/Washington.htm)
spokanegardens.com
yearofplenty.org/2009/04/spokane-county-farmers-markets-interactive-map.htm

Associated Garden Clubs

ASSOCIATED GARDEN CLUBS OF SPOKANE **Karen 327-0452**
PO Box 8363, Spokane 99203
LAKE SPOKANE GARDEN CLUB
Suncrest Family Worship Center
6048 Hwy 291, Nine Mile Falls 99026

Backyard Harvest

933 E. 7th St **208-669-2259**
PO Box 978, Moscow ID 83843
backyardharvest.org
Provides fresh produce to neighbors whose access to healthy foods is limited.

Community Food Security Coalition

503-954-2970
3830 SE Division, Portland OR 97202
foodsecurity.org **Fax: 954-2959**
Builds sustainable, local and regional food systems to ensure access to affordable, nutritious and culturally appropriate food.

Community Garden

ALL SAINTS' COMMUNITY GARDEN
314 S Spruce St **723-1566**
Spokane 99201 Robert & Leona
leona_burmitt@yahoo.com
allsaintslutheranspokane.com
Neighborhood gathering place, plots for Browne's Addition residents and All Saints Soup Kitchen.
EAST CENTRAL COMMUNITY GARDEN
500 S Stone **625-6699**
Spokane 99202
ELK-CAMDEN GARDEN KEEPERS
PO Box 236 **292-8345**
Elk 99009 j.p.mcginty@att.net
GARDEN OF HOPE **468-4099**
Colbert Presbyterian Church
4211 E Colbert Rd **468-9923**
Colbert 99005 Randy Goss
GRANT PARK COMMUNITY GARDEN
www.facebook.com/pages/Hemlock-and-Fairview-Community-Garden-Assn
HEMLOCK AND FAIRVIEW COMMUNITY GARDEN ASSN
Robert Sloma **328-2523**
geoarch@sover.net

HOLY TRINITY EPISCOPAL COMMUNITY GARDEN

1823 W Dean, Spokane 99202
kris@trinityspokane.org **326-6471**
trinityspokane.org
MOSCOW COMMUNITY GARDEN
MoscowCommunityGarden@gmail.com
Coord: Nancy Hampel
NORTH COUNTRY ORGANIC GARDENERS **276-6125**
PO Box 669, Deer Park 99006

NE COMMUNITY CENTER GARDEN
b/w Liberty field and Lacey Ave
Lara Hill **487-1603**
Gardening for 17 years by local free produce at NE Community Center, 4001 N Cook, 487-1114.

PULLMAN COMMUNITY GARDENS AT KOPPEL FARM
Derby & Prof Mall Blvd
PO Box 611 **332-6184**
Pullman 99163 **332-8607**

koppelgardens@gmail.com
sites.google.com/site/koppelfarm
Mike Sturko/Tim Paulitz
THE PORCH GARDEN PROJECT
1116 N A St, Spokane 99205
info@theporchspokane.org
facebook.com

ST MARGARET'S SHELTER/VINEGAR FLATS GARDEN **624-9788**
Nadine Van Stone, Jodie Nelson
SEE EMPLOYMENT & JOB TRAINING
YMCA GREEN WAY PROGRAM
SPOKANE VALLEY YMCA **777-9622**
Mirabeau Point **x220**
2421 N Discovery Pl, Spokane 99206
jrichner@ymcaspokane.org
Jesse Richner ymcaspokane.org

Community Roots

KOOTENAI ENVIRONMENTAL ALLIANCE
408 Sherman, Ste 301 **208-667-9093**
Coeur d'Alene 83814 **Fax: 667-9093**
rootscontact@care2.com
kealliance.org

Donates produce from gardens and orchards for food banks, meal sites, and community agencies.

Cultivating Success

cultivatinguccess.org
Sustainable small farms education.
IDAHO STATE PROGRAM
Amanda Snyder **208-885-2049**
amsnyder@uidaho.edu
WASHINGTON STATE PROGRAM
Michel Brockington
mbrockington@wsu.edu
WA STATE LATINO PROG **952-3346**
Malaquias Flores mflores@wsu.edu
WA STATE HMONG PROG
Bee Cha **206-461-9004**
b.cha@metrokc.gov

Local Restaurants & Cafes - Natural, Organic, or Vegan

INDABA **443-3566**
1425 W Broadway Ave
Spokane WA 99201
bobby@indabacoffee.com
www.indabacoffee.com

NATURAL START BAKERY

1716 N Hamilton **483-3366**
Spokane 99207 Alyssa Krafft
NEW LEAF BAKERY CAFE **496-0396**
3104 W Fort George Wright
Spokane 99224 **Fax: 325-9877**
help4women.org

ONE WORLD CAFE **208-883-3537**
533 S Main St, Moscow 83843
owc-moscow.com

ONE WORLD SPOKANE **270-1608**
1804 E Sprague, Spokane 99202
janice@oneworldspokane.com

oneworldspokane.com
Keith & Janice Raschko
THE SHOP **534-1647**
924 S Perry St, Spokane 99202

Master Gardener Programs

WSU EXTENSION **477-2181**
222 N Havana St, Spokane 99202
mastergardener.wsu.edu

Penny Simonson
Trains volunteers to be community educators by providing science-based information on horticulture and environmentally sound garden practices.

FERRY MG **634-2304**
ljmclean@wsu.edu

GRANT-ADAMS MG **754-2011 x413**
PEND O'REILLE MG **447-2401**
cmack@wsu.edu

STEVENS MG **684-2588**
WHITMAN MG **397-6290**
UI EXTENSION **208-885-6635**

ag.uidaho.edu/mg/
State Coord: Robert Tripepi

BENEWAH MG **208-245-2422**
BONNER MG **208-263-8511**
BOUNDARY MG **208-267-3235**
KOOTENAI & SHOSHONE **208-446-1680**
LATAH MG **208-883-2267**

Natural & Organic Food

Grocers & Farmers Coops

FARMERS MARKET & GARDEN CENTER
1420 E Sprague, 99202 **534-2651**
FRESH ABUNDANCE **533-2724**
2015 N Division, Spokane 99205
freshabundance.com

LORIEN HERBS & NATURAL FOODS
1102 S Perry St, 99202 **456-0702**
MOTHER'S CUPBOARD

mothersnutrition.com

LIBERTY LAKE
1233 N Liberty Lake Rd, Ste 108
Liberty Lake 99019 **444-5028**
NORTH SPOKANE **466-9661**
9984 N Newport Hwy, Spokane 99218

SOUTH HILL **533-0554**
3001 E 29th Ave, Spokane 99223

SPOKANE VALLEY
109 N University Rd **922-3655**
Spokane Valley WA 99206

SPOKANE MAIN MARKET COOP
44 W Main, Spokane 99201
mainmarket.coop **458-2667**

SPOKANE PUBLIC MARKET
22 W 2nd Ave PO Box 1238
Spokane WA 99201
www.spokanemarket.org

WEB ORDERS FOR ORGANIC PRODUCE
FULL CIRCLE **866-EAT-WELL**
fullcirclefarm.com

IN IDAHO: (208)
MOTHER'S CUPBOARD - HAYDEN
293 W Prairie Shopping Center
Hayden ID 83835 **762-2141**

SIX RIVER'S MARKET **208-946-5562**
PO Box 255, Sandpoint ID 83864
www.sixriversmarket.com

Northeast Washington Small Farm Association

684-2588
Community Agricultural Development Center
985 S Elm, Colville 99114
akowitz@communityagecenter.org
communityagcenter.org

NW Intentional Communities Assn (NICA)

4106 224th St SE #1
Bothell 98021 **206-322-7578**
nica.ic.org nica.ic.org

One World Spokane Community Garden

1st Ave & Pittsburg St **270-1608**
Mail: 1804 E Sprague, Spokane 99202
janice@oneworldspokane.com
oneworldspokane.com
Keith or Janice Raschko

Pay Dirt Farm School

1000 Wild Iris Ln **888-750-6004**
Moscow ID 83843



main market
local food co-op

Everyone is welcome to shop
Anyone can be an owner
At Main Market Co-op

we seek out high quality foods and merchandise from local, organic & sustainable producers.
7am-5pm Monday-Saturday - 10am-6pm Sundays - Free Parking
44 W. Main - Spokane
458-COOP (2667) - www.mainmarket.coop

paydirtfamschool@mayjanefarm.org
maryjanefarm.com/about/paydirt
Nonprofit education program that offers farm apprenticeship and introduces people to the operations of an organic farm.

PEACH - People for Environmental Action and Community Health 327-7396

2015 N Division St
Spokane 99205 peachlocal.com
peach@freshabundance.com
peachlocal.blogspot.com
Creates a sustainable local economy and increases food security with the production of fresh local food. Makes organic food accessible to people regardless of income.

Plant A Row for the Hungry
SECOND HARVEST 534-6678 x600
thefutureisorganic.net/plant-a-row.htm
Private gardeners contribute food from extra plots to area food banks.

Rural Roots, Inc 208-883-3462
112 W Fourth St, Ste 6
PO Box 8925 Fax: 882-7834
Moscow 83843 rinqury@ruralroots.org
Kristen Koenig ruralroots.org
Promotes healthy farms, foods and communities. Supports sustainable and organic agriculture and local food networks in the Inland NW.

The School Farm 290-9465
phatmel1010@yahoo.com
Mngers: Mel Jones, Terri Cailin
Urban, for profit, agricultural enterprise. Offers micro-enterprise for children, adults and families.

Shared Harvest Community Garden
10th & Foster Ave, CdA
Kim Normand 208-664-0608
cda2garden@roadrunner.com
Korraine Kreilkamp 208-659-0287
korrinek@hotmail.com

Slow Food - Spokane River Convivium 209-2395
crackrup@comcast.net
sf.spokaneriver@gmail.com
<http://groups.google.com/group/SF-SpokaneRiverInfo>
Supports local, sustainable food options and social events.
SLOW FOOD UPPER COLUMBIA
loralea1@centurytel.net
slowfooduppercolumbia.wordpress.com

Spokane Tilth 325-6911
35 W Main, Spokane 99201
office@spokanetilth.org
spokanetilth.org/
Promotes biologically sound, socially equitable, sustainable agriculture. Illuminates the

relationship between farmer and the larger community. Promotes food safety and food justice.

INLAND NW COMMUNITY SUPPORTED AGRICULTURE
smsgarden@gmail.com

Allows community members to invest in local producers and receive a portion of the season's harvest regularly.

Washington State Farmers' Market Assn 206-706-5198

PO Box 707, Tacoma 98401
kira@tacomafarmersmarket.com
<http://wafarmersmarkets.com/>
Acting Exec Dir: Kira Doley
Encourages farmers markets so small farmers can market to consumers and consumers can talk to growers, buy fresh produce and experience its health-giving effects.

Washington Sustainable Food & Farming Network

419 S First St Ste 201 360-336-9694
PO Box 762 Fax: 336-1579
Mt Vernon WA 98273 wsffn.org
Exec Dir: Silen Gray info@wsffn.org
Admin Mngr: Gale Sterrett
Serves as a voice for sustainable agriculture and catalyst for change in food policy and farming practices by education, grassroots organizing and policy advocacy.
EASTERN WA OFFICE: 299-6690
16102 S Wolfe Rd, Cheney 99004
mrobinette@wsffn.org
Maurice Robbinette

WSDA Organic Food Program

1111 Washington St 360-902-1805
PO Box 42560 Fax: 902-2087
Olympia 98504 agr.wa.gov
Miles McEvoy organic@agr.wa.gov
Protects consumers, supports organic food industry. Ensures integrity of organic food by setting standards and certifying producers, processors and handlers. Helps develop markets for organic food.

WSDA Small Farms and Direct Marketing Program

PO Box 42560 360-902-1884
Olympia WA 98504
smallfarms@agr.wa.gov
agr.wa.gov/marketing/smallfarm
Prog mngr: Fred Berman
Offers education and services to improve the status of small farms.

WSU Organic Farm Project

PO Box 646420 335-5893
Pullman 99164 208-892-0655
css.wsu.edu/organicfarm/Overview.htm
Farm Mngr: Brad Jaeckel