

Savor
Washington™

Fresh & Local in Olympia

THURSTON COUNTY



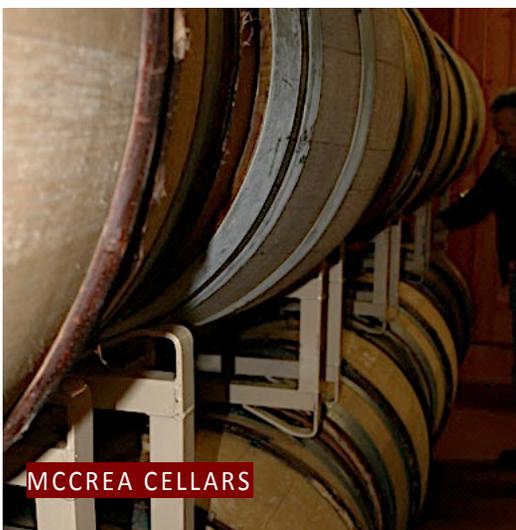
OLYMPIA FARMERS MARKET

HIGHLIGHTS:

- Farmers markets
- Food co-ops
- Organic farms
- Shellfish farms
- Coffee roasters
- Beverage makers
- Gifted bakers
- Chefs who source locally

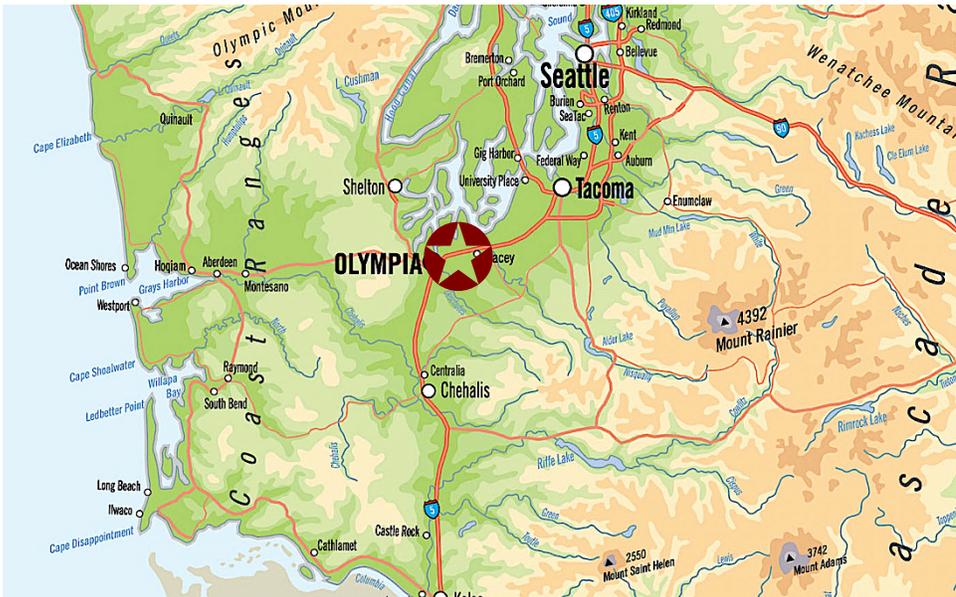
Olympia, capitol city, located between Seattle to the north and Portland to the south, is the perfect place to stop and savor the local offerings of a dynamic food community.

The area's riches are many. A long established, nearly year-round farmers market hosts 50 farmers and more. The southern waters of Puget Sound, fertile earth and carefully tended farmlands along the Nisqually, Deschutes and Chehalis river valleys support a community of inspired growers. Available year round are locally harvested oysters, mussels and clams, grass-fed beef, free-range organic chickens, pasture-raised pork and lamb, happy goats, artisan cheeses and breads. Did we mention ice cream? And, must not forget, talented chefs as well as skilled roasters of fair trade coffee, brewers of handcrafted ales and makers of some very fine wine. Olympia is ripe with choices.



MCCREA CELLARS

washington
The State™



Fresh sheet:

Weather determines the availability of local products but Washington State farmers are always working hard to offer tasty products year round. See what's fresh now:

Spring (April – May)

Asparagus, Bok Choi, Broccoli, Cabbage, Herbs, Young Garlic, Lettuce, Mushrooms, Nettles, Peas, Radishes, Rhubarb, Salad Greens, Spinach

Summer (June – August)

Apricots, Blackberries, Blueberries, Carrots, Celery, Chard, Cherries, Corn (Sweet), Cucumbers, Garlic, Gooseberries, Green Beans, Jerusalem Artichokes, Melons, Nectarines, Onions (Sweet), Peaches, Bell Peppers, Chile Peppers, Plums, Raspberries, Squash, Strawberries, Tomatoes

Fall (September-November)

Apples, Blackberries, Blueberries, Brussels Sprouts, Collards, Carrots, Celery, Corn (Sweet), Cranberries, Garlic, Garbanzos, Grapes, Kale, Lentils, Pears, Peppers, Potatoes, Pumpkins, Tomatoes, Winter Squash

Winter (December-March)

Apples, Beets, Carrots, Chard, Collards, Kale, Kohlrabi, Mushrooms, Onions, Parsnips, Pears, Potatoes, Turnips, Winter Squash

Exceptional Meat, Seafood, Dairy & Preserves are available year round.

Learn more at

www.heartofwashington.com

BREAKFAST:

Head to **The Bread Peddler** for French-inspired breakfasts big and small. Using local eggs, farm fresh produce, Shepherd's Grain flour and deft hands, this Oly-favorite offers poached eggs a number of ways, quiche of the day, still-warm loaves of artisan bread, croissant, brioche, cakes, tarts and other pastries with in-season berries, stone fruit, apples and pears, as well as strong, French-press coffee. Savor something substantial or indulge in the simplicity of a freshly baked baguette with butter and jam.

If The Bread Peddler is crowded, consider breakfast at the farmers market while listening for the opening bell, or visit **Darby's** or **Cicada**, where breakfast is served until 2PM.

After breakfast, take a leisurely walk along Percival Landing, watch the boats come and go, climb the tower, admire the public art. See what's fresh and get cooking ideas from local growers at the **Olympia Farmers Market** (seasonal: April-Oct., Thurs-Sun; Nov.-Dec., Sat. and Sun. only). The mostly covered market also has live music, children's activities, food vendors, flowers and plants, fish and seafood, cheese, meat, salsa, and more! If the market is closed, head to **Olympia Seafood** for the catch of the day and visit their web site for fish and seafood recipes.

Compare and discuss single origin coffees and blends at the **Batdorf & Bronson Coffee Roasters' Tasting Room** (adjacent to the Farmers Market) or, if the stars align, head to the Wednesdays at 10AM "cupping" with roastmaster Oliver Stormshak at **Olympia Coffee Roasting Company**, roasters of organic, direct-trade coffees. You'll find everything you could ever need to make a great cup of coffee, sans the beans, next door at Espresso Parts NW.

Evergreen provides Strong Foundation for Olympia's Sustainable Food System



SPROUTING ONION SEED AT LEFT FOOT ORGANICS

“Just like you can’t have cheese without culture,” remarked Patrice Barrentine, Washington State Department of Agriculture, “you couldn’t have the Olympia food scene without sustainable agriculture.”

Sustainable agricultural has played a huge role in Olympia’s dynamic food system and almost all the organic farms and markets have ties to The Evergreen State College (TESC). Ever since students reclaimed an old stump farm on the college’s campus in the mid 1970s, TESC has inspired sustainable farming practices, long before the word organic was fashionable. Michael Dolan, owner of Burnt Ridge Nursery, was one of those early students.

After integrating the farm into the Environmental Sciences curriculum, Pat Labine, owner, Oyster Bay Farm, was recruited from Michigan as the first full-

time faculty member hired to head up the program in 1981. In her 20 years at TESC, she engaged students who have gone on to build, among others, Helsing Junction, Kirsop and Rising River farms, as well as the model, community-focused, urban, teaching farm, GRuB (Garden Raised Bounty).

TESC students also founded the Olympia Food Co-op and were among the first to participate in the Olympia Farmers Market, when it was located in the parking lot of a former feed store at Fifth and Plum.

Visitors are invited to come by TESC’s Farm Stand, located on campus in front of the library, on Tuesdays and Thursdays during growing season. Visits to The Organic Farm are by appointment only; please call (360) 867-6160.

LUNCH:

It's worth the two-mile (one way), uphill walk over the Fourth Avenue Bridge to **Iron Rabbit Restaurant** in West Olympia for, hands down, the best burger around. The Sicilian Burger is hand-forged all-natural Painted Hills beef, glazed with balsamic, and stacked with chevre, roasted garlic, roasted red peppers, and pesto aioli. Choose from a great selection of Northwest beers or house-made root beer with Pixie Honey. If you stay in town choose from **Ramblin' Jacks**, **Mercato Ristorante** or **Water Street Café**, adjacent to Capitol Lake – all incorporating fresh, locally sourced foods into their offerings.

Then explore more of downtown Olympia. Look for new and used cookbooks and more at **Browsers' Book Shop** or **Orca Books**. **Einmaleins** on State Ave. also carries cookbooks – some of the best to be found. You can pick up a copy of Left Foot Organic's cookbook as well as Nuts & Bolts blend coffee at Olympia Supply Company.

Satisfy a sweet tooth at **Popinjay** with Washington-made caramels and truffles, or earn your indulgent sweet with a four-mile round-trip walk up Capital Blvd. to **Desserts by Tasha Nicole**, next door to **The Tea Lady**.

Or grab a savory slice at **Old School Pizza** featuring farm-fresh toppings on New York-style pizza (only



BUCK'S CULINARY SPICES IN OLYMPIA

Photo: Carol Zahorsky

TIPS:

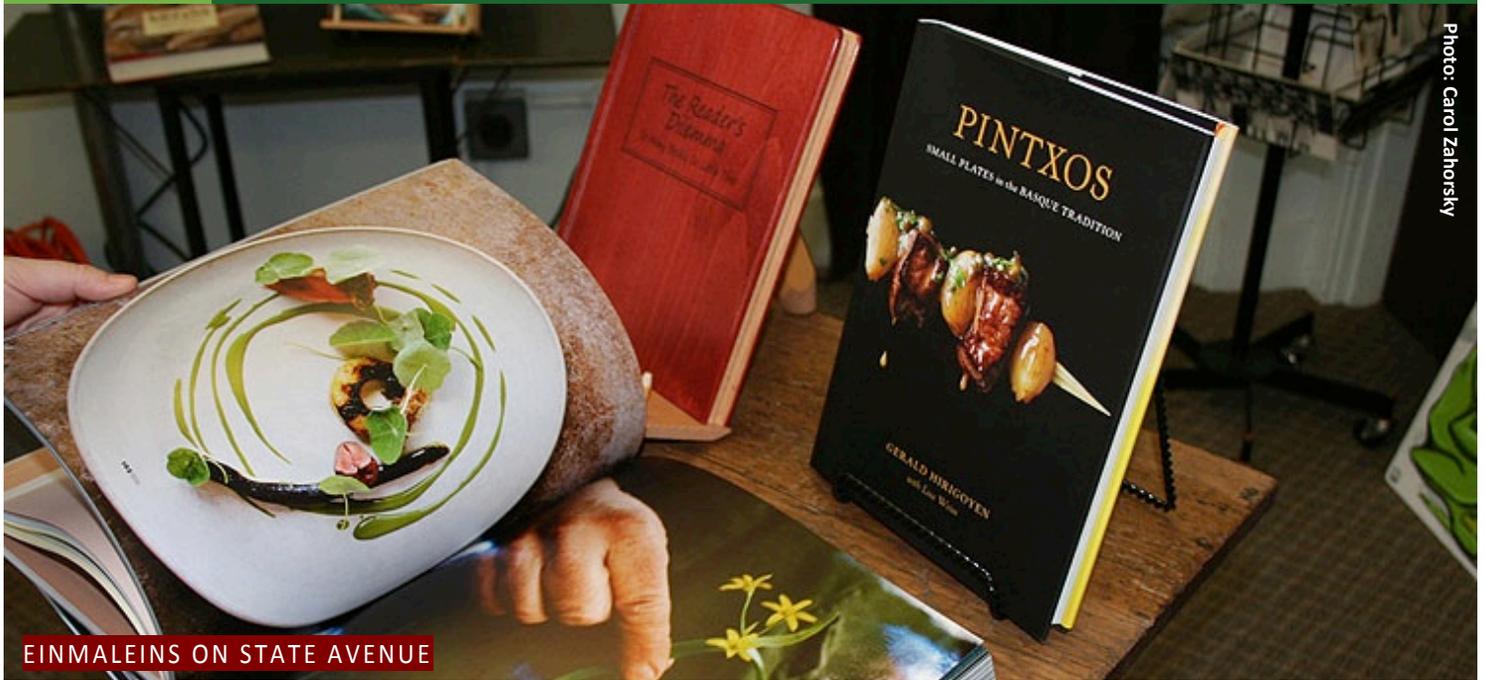
Tips for Bringing Your Bounty Home:

Cool It - If possible, bring a cooler for fragile produce. Gel pacs, block ice and bagged ice can help keep your produce, meat and dairy products cool or frozen while you travel. Not tomatoes however – they lose flavor when chilled!

Buy Produce Last - If you plan on sightseeing and making additional stops while visiting, buy perishable items last. Also, buy the most fragile produce such as vine-ripened tomatoes, berries or plums last.

Tips for visiting farms:

- Wear closed-toe shoes and clothes that you don't mind getting dirty
- In the summer, go in the morning when it's cooler
- Remember sunscreen, a hat and water
- Use hand sanitizer after each farm visit so that you can eat each harvest along the way



EINMALEINS ON STATE AVENUE

Photo: Carol Zahorsky

better!). Then head to nearby **Buck's Culinary Spices** to check out the huge selection of herbs, spices and seasonings displayed in old canning jars.

Cupcakes anyone? Decorate your cake and eat it too at **Sprinkles Edible Art**. Find **The Bearded Lady Food Co.** cupcakes and other gluten-free or vegan treats at **Café Vita**, Olympia Coffee Roasting Company or Traditions, where you can also have a scoop or two of over-the-top Olympic Mountain Ice Cream. Nearby, **Bayview Thriftway** also offers Olympic Mountain ice cream and gelato by the scoop.

Interested in sampling some outstanding wine and unique varietals? One of Washington's original 50 winemakers happens to reside just outside of Olympia. Last year Doug McCrea and his wife Kim opened a tasting room for **McCrea Cellars** in downtown Olympia's New Caldonia Building. Try the shellfish friendly Sirocco Blanc or the warm and rustic Mourvedre. After sipping the award-winning McCrea Syrahs, discover the new artisan line of Spanish-inspired wines called Viña Salida.

Yearning for ale instead? **Fish Tale Brew Pub**, in the historic Skoog Building, has been handcrafting artisan brews since 1993 and is known for creating Washington's first organic ale. If you prefer hard cider, Spire Mountain Ciders, the nation's oldest operating commercial craft cider maker, is also made here.

FESTIVALS & EVENTS

- **Harvest Festival @ the Evergreen State College, Center for Ecological Living & Learning**
www.evergreen.edu/cell/communityevents.htm
- **Olympia Farmers Market**
- **Olympia Co-op Classes at GRuB**
- **GRuB market & volunteer days**
- **Bayview Thriftway Cooking Classes**
- **Third Thursday @ McCrea Tasting Room**

DINNER:

Chef/Owner Billy Roberson's Louisiana upbringing infuses the menu at **Cicada**, with dishes such as NW Shrimp (spot prawns) & Grits with wilted greens and fried leeks or a Blackened Pacific Rockfish with andouille jambalaya and tomato butter sauce. Small plates or starters include Pan Fried Pacific Oysters, a Warm Spinach Salad with a duck egg sunny side up, and BBQ Venison Ribs.

Evidence of connections with local growers and cheese makers does not show up on **Aqua Via's** menu but those with discriminating palates seek out those times when Chef Will Taylor is buying his greens and more from Genine Bradwin at Kirsop Farm or cheese from Brad Gregory at Black Sheep Creamery. Ask Lucy or another server where the food comes from on any of this restaurant's delectable small plates. Lenny Young, wine director, here and at Water Street Café has a talent for matching food and wine. Ask for his recommendations.

AFTER DINNER:

Olympia has many options including the **Washington Center for the Performing Arts**, the **Capitol Theater**—home to the Olympia Film Society (don't miss the organic popcorn with brewer's yeast), **Harlequin Productions** at the State Theater, the **Capital Playhouse**, occasional, intimate concerts at **Traditions**, and after-hours clubs. Thursday through Saturday, **The Mark** (one of only two USDA certified organic restaurants in Washington) offers its antipasti and dolce menus along with a full bar until 1AM.

Spend the night at a downtown hotel so that you can revisit favorites or find time for those places you missed.



AQUA VIA IN OLYMPIA



BATDORF & BRONSON

Photos by: Carol Zahorsky



Photo: Carol Zahorsky

QUAIL EGGS FOUND AT LATTIN'S COUNTRY CIDER MILL

Local Foods

This is just a short list of food providers and foods made in or near Thurston County.

PRODUCTS:

- OlyKraut
- Salsa So Fresh
- Tierra Bonita Garlic Sauce & Olympia Salsa
- Burnt Ridge Orchard's applesauce & jams
- Grandma's Gourmet Berry Jams
- Olympic Mountain Ice Cream
- Pixie Honey

PRODUCE:

- Calliope Farm
- GRuB
- Happy Hen Farm
- Helsing Junction Farms
- Johnson Berry Farm
- Kirsop Farm
- Left Foot Organics
- Pigman's Produce
- Rising River Farm
- Wobbly Cart Farming Collective

MEAT, POULTRY & EGGS:

- Oakland Bay Farm
- Oyster Bay Farm
- Nelson Ranch

- Colvin Ranch
- Stokesberry Sustainable
- The Egg Lady

ARTISAN & FARMSTEAD CHEESE:

- Steamboat Island Goat Farm
- Black Sheep Creamery
- Rosecrest Farm
- Twin Oaks Dairy
- Blue Rose Dairy
- Willapa Hills Farmstead Cheese

BREAD & BAKED GOODS:

- San Francisco Street Bakery
- Blue Heron Bakery
- The Bread Peddler
- 8 Arms Bakery Community
- The Bearded Lady
- Desserts by Tasha Nichole
- Elyse's Potpourri (caterer)

FISH & SEAFOOD:

- Sound Fresh Clams and Oysters
- Olympia Oyster Company
- Sea Blossom Sea Foods, at Olympia Farmers Market
- Gravelly Beach Clams

- Taylor Shellfish
- Olympia Seafood Co.

BREWERIES, WINERIES & BEVERAGE MAKERS

- Fish Tale Ales
- Spire Mountain Cider
- McCrea Cellars
- Viña Salida
- Madsen Family Cellars
- Walter Dacon Wines
- Lattin's Country Cider Mill
- Magic Kombucha

NOTE:

The **Olympia Food Co-op** (both the Eastside and Westside locations), as well as the Yelm Co-op, sources produce from local farmers, sells grass fed beef, locally made cheeses and other local dairy products, and breads from local bakeries.

MORE INFORMATION: **Please note that all locations are in the city of Olympia, WA*

Aqua Via

500 Capitol Way S
360.357.6677
www.acquavia.com

Batdorf & Bronson Coffee

Roasters' Tasting Room
200 Market St. NE
www.dancinggoats.com

Bayview Thriftway

516 West 4th Ave.
360.352.4897
www.bayviewthriftway.com

Bearded Lady Food Co.

412 Franklin St.
360.943.6235
www.beardedladyfood.weebly.com

Browsers' Book Shop

107 Capitol Way N
360.357.7462

Buck's Culinary Spices

209 5th Ave SE
360.352.9301
www.culinaryexotica.com

Café Vita

124 4th Ave. E
360.754.8187
www.caffevita.com

Capital Playhouse

612 4th Ave. E
360.943.2744
www.capitalplayhouse.com

Capitol Theater

206 5th Ave. SE
360.754.6670
www.olympiafilmsociety.org

Cicada

700 4th Ave. E
360.753.5700

Darby's

211 5th Ave. SE
360.357.6229

Desserts by Tasha Nicole

2822 Capitol Blvd. S
360.352.3717
www.tashanicole.com

Einmaleins

121 State Ave. NE
360.539.6175
www.olympia.einmaleinshaus.com

Fish Tale Brew Pub

515 Jefferson St. SE
360.943.6480
www.fishbrewing.com

Harlequin Productions

204 4th Ave. E
360.786.0151
www.harlequinproductions.org

Iron Rabbit Restaurant

2103 Harrison Ave. NW
360.956.3661
www.ironrabbit.net

The Mark

409 Columbia St. SW
360.754.4414
www.themarkolympia.com

Mercato Ristorante

111 Market St. NE
360.528.3663
www.ramblinrestaurants.com

Old School Pizzeria

108 Franklin St. NE
360.786.9640
www.oldschoolpizzeria.net

Olympia-Lacey-Tumwater

Visitor and Convention Bureau
877.704.7500
www.visitolympia.com

Olympia Coffee Roasting Company

108 Cherry St.
360.753.0066
www.olympiacoffeeroasting.com

Olympia Farmers Market

700 Capitol Way N
www.olympiafarmersmarket.com

Olympia Seafood

411 Columbia St.
360.570.8816
www.olympiaseafood.com

Olympia Wine & Tasting Bar

McCrea Cellars / Viña Salida Wines
116 5th Ave.
360.359.4288
www.mccreacellars.com

Orca Books

509 4th Ave. E
360.352.0123

Popinjay

414 S Capitol Way
360.352.9841



THE BREAD PEDDLER IN OLYMPIA

Ramblin' Jacks
520 4th Ave. E
360.754.8909
www.ramblinrestaurants.com

Sprinkles Edible Art
316 Capitol Way N
360.350.0712

The Bread Peddler
222 N. Capitol Way
360. 352.1175
www.breadpeddler.com

The Tea Lady
2828 Capitol Blvd SE
360.786.0350
www.tea-lady.com

Traditions Café & World Mart
300 5th Ave. SW
360.705.2819
www.traditionsfairtrade.com

Washington Center for the Performing Arts
512 Washington St. SE
360.753.8586
www.washingtoncenter.org

Washington State Department of Agriculture
www.agr.wa.gov

Washington State Tourism
www.experiencewa.com

Water Street Café
610 Water St.
360.709.9090
www.waterstreetcafeandbar.com



End Note: *This itinerary was created based on a culinary / agritourism workshop conducted by Washington State Tourism and Washington State Department of Agriculture with feedback from various destination marketing and agriculture organizations. We apologize if there are any inaccuracies. Dates and hours may vary, so we suggest you confirm dates and hours in advance of traveling.*

If you are visiting a farm, please respect the working nature of the business and call ahead to confirm visitation hours, or to schedule a visit.

Wishing you happy and safe travels.