Puyallup Valley Fall Bounty

PIERCE COUNTY- SUMNER & PUYALLUP

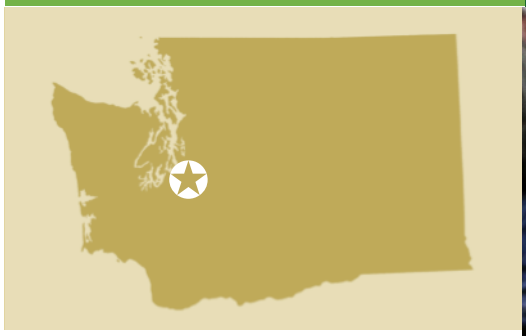

Photo by Heidi Vladyka

HIGHLIGHTS:

- Immerse yourself in the fall harvest with pumpkins and corn mazes at **Scholz Farm** and **Maris Farm**.
- The fresh fall bounty from local producers at the **Puyallup Farmers Market**. Held seasonally, April—October.
- Sample locally harvested organic produce from **Terry's Berries**, a family farm providing fresh berries and produce from the earth to your table.
- Visit the small town of **Sumner**, the **Rhubarb Pie Capitol of the World**. Bring your appetite for some of the best healthy pie you have ever had for dessert.

Terry's Berries farm and produce stand in the Puyallup Valley has fresh and local produce all year long.

Fall is a time to watch the leaves change, to celebrate the change in season and to enjoy the year's new crop. A trip to the Puyallup (pronounced "pew-al-up") River Valley will certainly allow you to experience what the best part of nature tastes like.

The rich, volcanic soil of the Sumner area has been farmed since 1853 and produces a variety of fruits, vegetables, and flowers. Sumner is also the Rhubarb Pie Capitol of the World and boasts a small-town charm complete with its own Main Street where restaurants, wine and antique shops rule.

Puyallup was once the hub of the valley's farming industry and celebrates its agricultural roots through the Puyallup Fair and the Daffodil Festival. Puyallup's vibrant downtown is home to a number of restaurants, and specialty shops and a seasonal farmers market where local products always take center stage.

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Start your day off right with breakfast at the **Windmill Bistro** in **Sumner**, located next door to the **Windmill Gardens Nursery**. The bistro's cuisine is focused on foods from Washington, Oregon, Idaho, British Columbia, and Alaska including Pacific Northwest King salmon, halibut and Dungeness crab, and Washington mussels and clams. While a wide array of interesting foods are available on the menu, be sure to try their fresh blueberry pancakes, Washington potatoes and farm fresh egg dishes.

After breakfast, tour the adjacent gardens and nursery to take in the fall foliage. An amazing array of color and the splendor of nature await you at this huge display garden and high-end nursery from the DeGoede brothers. The nursery offers a wonderful array of annuals, perennials, veggies, herbs, trees, shrubs, and their famous hanging baskets, which fill the greenhouses. Take advantage of their knowledgeable staff including certified horticulturalists and master gardeners. Don't forget - late fall is the perfect time to purchase your favorite tulip bulbs!

Next, head out to **Scholz Farm**, a fourth generation working farm with an on-farm produce and retail stand featuring vegetable starts, fresh seasonal fruits and vegetables. Every fall, Scholz Farm celebrates with a Pumpkin Palace featuring a free corn maze, farm animals, pumpkins, the Annual Giant Pumpkin Competition, plus gourds, squash and a variety of other fall crops. Make sure to get some great pumpkin butter in their retail store.

If you're a tea lover be sure to visit **The Secret Garden Tea Room & Gift Shop** located in the **Herbert Williams House**, which is on the National Registry of Historic Places. The gift shop is stocked with teatime treasures including more than 70 varieties of their own blends of fine loose-leaf teas. If high tea is of interest, be sure to make reservations. This is not an eat on the run kind of place, so check out their website for posted menus and calendar of events.

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

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In town during the month of September? Check out the **Puyallup Fair + Events Center** for the annual **Fall Fair** held Sept. 9-25. Food, entertainment, concerts, carnival rides, and exhibits are just part of the fun at The Fair. See local 4-H exhibits and talk with farmers from all across Washington State who are showcasing their livestock and produce. Check out the GIANT pumpkins, corn, squash and more at the Planting Patch and learn how the early settlers made food at Pioneer Farm.

OR

Head to **Terry's Berries**, a diversified organic berry and produce family farm located on the edge of **Tacoma** in the Puyallup River Valley. Certified organic for more than 20 years, this farm has provided local products fresh from the earth to your table. Open limited days of the week, call ahead to arrange a tour or a visit to the farm store. If you are visiting on a weekend, you can press your own cider from local, organic Honeycrisp apples produced on the farm - with the farmers!

Enjoy dinner and drinks at the **Powerhouse Brewery** in downtown **Puyallup**. Family owned and operated, this brewpub is the home of fabulous fresh ales, fine wine and premier spirits. An eclectic menu complements the diversity of ales brewed in this historic 1907 Puget Sound Electric Railway substation.

OR

Dine at **NorthWest Vintage Wine Bar** in downtown **Puyallup** for a wide selection of fabulous wines from Washington State and a cup of Butternut Squash soup. Can't choose which wine to enjoy? Order the wine flight for

Farm fresh rhubarb at the Scholz Farmstand in Orting.

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 the Valley, buy perishable items last. Also, buy the most fragile produce such as ripe tomatoes, cherries or apricots 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

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Photo by Heidi Vladyka

Every fall, Scholz Farm celebrates with a Pumpkin Palace featuring a corn maze, farm animals, pumpkins, Annual Giant Pumpkin Competition, plus gourds, squash, and a variety of other fall crops.

the option of tasting any three wines available by the glass. Local microbrews and specialty martinis are also available along with specialty cheeses plates, prime rib, pasta and pizzas.

OR

Visit the 8-acre night corn maze at **Maris Farms** in **Buckley** for a fall adventure you will never forget. The maze can take up to 45 minutes to solve and trails are dirt with either straw or bark added to help reduce mud and dust. Enjoy the view of the farm from two large bridges you'll traverse along the way. But be warned--mud and dirt are inevitable, so be prepared and don't forget a flashlight. A daytime maze and tours are also available at Maris Farms but check their website or call ahead for availability.

Get a good night's rest at the **Best Western Park Plaza** in **Puyallup/South Hill**. Your complimentary breakfast is served with locally sourced eggs, coffees and teas.

Festivals & events:

Puyallup Farmers Market
(April – October, Sat. & Sun.)
www.puyallupmainstreet.com

Orting Farmers Market
(July – August, Saturdays)
www.pugetsoundfresh.org

Crystal Mountain Brewfest (May)
www.crystalmountainresort.com

Annual Spring Wine Tasting (May)
www.road-to-paradise.com

Taste of Tacoma (June)
www.tasteoftacoma.com

Harvest Fest (October)
www. cityoffife.org

Orting Pumpkin Fest (October)
www.tacomaevents.com/pumpkin-festival.html

Oktoberfest NW (October)
www.oktoberfestnw.com

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Orting's Old Ford Dairy Remains Farmland

THREE NEW ORGANIC FARMS SET ROOTS, PROVIDE ORGANIC PASTURED PORK, CHICKEN, EGGS, VEGETABLES TO EASTERN PIERCE COUNTY AND BEYOND By Carol Zahorsky

Keeping prime farmland arable is hugely important and a challenge. The story of what became of the 100 acres of land that was formerly the Ford Dairy is an inspiring one with a happy ending. Thanks to outreach and partnerships, innovative thinking and sound business plans, three beautiful new farms are operating there. They are Tahoma Farms, Little Eorthe Farm and Crying Rock Farms. It's worth the drive to the east side of Orting just to see them.

Longtime growers and food distributers, Kim and Dan Hulse own 40-acre, certified-organic Tahoma Farm, which provides vegetables to farmers markets, food banks, schools, restaurants and their Terra Organics, a produce home delivery service. Check for special events or sign up for the CSA at http://www.tahomafarms.com or visit them at Tacoma's 6th Avenue Farmers Market.

"We are a first generation farm, established in 2009. We are passionate about growing food and committed to the work that makes our communities stronger, our children healthier, the hungry among us less hungry and our natural environment more livable for generations to come."

21108 Orville Road East
Orting, WA 98360
253- 376-8604
www.tahomafarms.com

Ken and Carrie Little produce a wide variety of foods on their 32-acre Little Eorthe Farm. Their broad list includes organically produced honey, beer, hops, eggs, flowers, garlic, and chickens, too! Support them by buying direct from the farm or by purchasing a CSA. If you come by in early spring, you may even see newborn lambs.

Crying Rock Farms | Photo by Carol Zahorsky

Crying Rock Farms | Photo by Heidi Vladyka

Little Eorthe Farm
21415 Orville Road East
Orting, WA 98360
253-576-8950
www.littleeorthe.org:88

At Crying Rock Farms, this is the first venture into farming for Joel and Teresa Blais, who raise and sell pastured pigs, rabbits, sheep, chickens, turkey, pheasant, and more on their leased 28-acres. Make an appointment to stop by and purchase chorizo, bratwurst and Polish links, and country-style breakfast sausage.

Like the others, Joel and Teresa are committed to sustainable, organic, salmon-safe farming. Learn more about the farm and find what they bring to Pike Place Market each week on their most-entertaining blog and Facebook page.

Crying Rock Farms
21018 Orville Road East
Orting, WA 98360
253-302-1672
www.cryingrockfarms.blogspot.com

For more about the public/private partnership that saved the farm: http://www.co.pierce.wa.us/cfapps/internet/news.cfm?node_id=102391

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MORE INFORMATION:

Washington State Tourism
www.experiencewa.com

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

Tacoma Regional Convention + Visitor Bureau
1119 Pacific Ave.
Suite 1400
Tacoma, WA 98402
253.627.2836
800.272.2662
www.traveltacoma.com

Windmill Gardens & Bistro
16009 60th St. E
Sumner, WA 98390
www.windmillbistro.com
www.windmillgarden.com
253.826.7897

Scholz Farm
12920 State Route 162 E
Orting, WA
253.848.7604
Open April-May Wed-Sun 9am to 6pm
Open daily June-Oct

The Secret Garden Tea Room & Gift Shop
1711 Elm St.
Sumner, WA 98390
253.826.4479
www.sgtea.com

Puyallup Fair + Events Center
110 9th Ave. SW
Puyallup, WA 98371
253.841.5045
www.thefair.com

Terry's Berries
4520 River Road
Tacoma, WA 98443
253.922.1604
www.terrysberries.com
Open Tue-Fri 10am-6pm
Sat 10am-5pm; Sun 11am-5pm

Powerhouse Brewery
454 E Main St.
Puyallup, WA 98372
253.845.1370
www.powerhousebrewpub.com
Open 11:00 Daily

NorthWest Vintage Wine Bar
208 S Meridian
Puyallup, WA 98371
253.864.9463
www.northwestvintage.com
Open Thur-Sat 4pm - 10pm

Maris Farms
24713 Sumner Buckley Hwy E
Buckley, WA 98321
253.750.4147
www.marisfarms.com

Best Western Park Plaza
620 South Hill Park Drive
Puyallup, WA 98373
253.848.1500
www.bestwestern.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.

Washington The State

WSDA WASHINGTON STATE DEPARTMENT OF AGRICULTURE

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