



## **Expanded Possibilities**

*By Marcia Rae  
June 23, 2010*

Lucky for us, Kim and Steve, George, Ila and her kids, Kristi, Laura, Andrew and Sarah, Tatiana, Donna, and many others grow food for us and bring it to our Farmers Market on Saturday morning. This time of year we can buy honey, strawberries, green garlic, stir fry veggies, eggs, plant starts and seeds, greens of every stripe, nuts, and green onions.

Even with all that abundance, sometimes there just isn't the variety or quantity that we might want. For instance, how many times have I seen a shopper looking for eggs, when the last dozen just sold? Or wishing for asparagus, when there just isn't any.

But also, lucky for us, there is another way to buy local produce, meats, eggs, dairy, and more – WillametteLocalFoods.com. If you come to the Market on Saturday, but don't find what you want, just log on. There you will find 50 farms located in the southern Willamette Valley, offering everything from soup to nuts – organic milk and cheese, mushrooms, blueberries, pet food, pasture raised meats and chicken, bread from local wheat, a variety of veggies, seeds, pickles, fish, and much more.

The way it works is that you log on to WillametteLocalFoods.com any time from Wednesday through Monday at 11:40 when the buying period closes. See the list of farms by selecting "Meet our farmers." Or shop by selecting the "Buy" button, then "Product list." Put the items you want into your shopping cart.

When you have selected all you want, you can "Checkout." You will be prompted to set up an account by entering your name, address, email, and credit card information. Then "Submit your order." On Tuesday, come to Roots between 4 and 7 p.m. and pick up your purchases. Sounds easy? Yes, it is. And all from the comfort of your own home.

Munch on This – Buy nutritious, sensible, local food. Shop at the Farmers Market on Saturday. Shop at WillametteLocalFoods.com on Sunday. Eat well everyday.

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon, for real local food. Music is Oregon Trail Dance Music from the museum CD collection.

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