

Healthy Eating Community Resources *Sonoma County*



Healthy eating just got easier! By visiting local businesses you are supporting our community and are guaranteed farm fresh ingredients that are good for the entire family.

Buy Locally Grown Farm Fresh Produce

Farmer's Markets offer fresh, locally grown produce from local farms straight to your dinner table. By purchasing from a Farmer's Market you know that you are getting the freshest produce, picked at the peak of flavor and nutritional content.

Farmer's Markets

- * **The Ortiz Brothers @ Kaiser Permanente Santa Rosa** in the breezeway between the hospital and MOB West. Mondays 10:30 am to 2:30 pm.

- * **Santa Rosa Farmer's Market**
1351 Maple Ave.
Veteran's Building East Parking Lot
(707) 522-8629
B St. @ the Santa Rosa Plaza & 4th St. between B & D St.
(707) 524-2123
www.srdowntownmarket.com
 - * **Oakmont Farmer's Market @**
White Oak Dr. and Oakmont Drive
(707) 538-7023
 - * **Sebastopol Farmer's Market**
Downtown Plaza @ McKinley Street
(707) 522-9305
 - * **Windsor Farmer's Market** Town Green in Old Downtown
(707) 433-4595
www.windsorfarmersmarket.com
 - * **Cotati Farmer's Market**
La Plaza Park
(707) 795-5508 www.cotati.org
 - * **Healdsburg Farmer's Market**
Matheson St. on the Plaza @ North & Vine St.,
(707) 431-1956
www.healdsburgfarmersmarket.com
 - * **Sonoma Farmer's Market**
Depot Park @ First St. & Sonoma Plaza on the Square
(707) 538-7023
 - * **Petaluma Farmer's Market** Walnut Park @ Petaluma Blvd and D Street
(707) 762-0344
www.petalumafarmersmarket.com.
- Community Supported Agriculture (CSAs) www.localharvest.org/csa
- * **First Light Farm**
Bollinger Lane, Sebastopol
(707) 480-5346
www.firstlightfood.com
 - * **Canvas Ranch**
755 Tomales Road, Petaluma
(707) 766-7171
www.canvasranch.com
 - * **Tierra Vegetables**
651 Airport Blvd., Santa Rosa (707) 837-8366
www.tierravegetables.com
 - * **Laguna Farms**
1764 Cooper Rd., Sebastopol
(707) 823-0823 Scott Mathieson
www.lagunafarm.com
 - * **Foggy River Farm**
513 Brown St., Healdsburg
(707) 483-1894 Emmett Hopkins
 - * **Valley End Farm**
6300 Petaluma Hill Rd., Santa Rosa
(707) 585-1123 Sharon Grossi
www.valleyendfarm.com
 - * **Love Farms**
15069 Grove St., Healdsburg
(707) 433-1230
www.lovefarms.com

Local Grocery Stores

- * **Whole Foods**
1181 Yulupa Avenue, Santa Rosa
(707) 575-7915
390 Coddington Mall, Santa Rosa
(707) 542-7411
6910 McKinley Street, Sebastopol
(707) 829-9801
www.wholefoodsmarket.com
- * **Community Market**
1899 Mendocino Ave., Santa Rosa
(707) 546-1806
www.srocommunitymarket.com
- * **Pacific Market**
1465 Town and Country Drive, Santa Rosa (707) 546-3663

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KAISER PERMANENTE

* **Pacific Market**

550 Gravenstein Hwy North,
Sebastopol (707) 823-9735
901 Golf Course Drive,
Rohnert Park (707) 585-9643
www.fiestamkt.com

* **Andy's Produce Market**

1691 Gravenstein Hwy North,
Sebastopol (707) 823-8661
www.andysproduce.com

* **Trader Joe's**

2100 Santa Rosa Ave, Santa Rosa,
(707) 535-0788
3225 Cleveland Ave, Santa Rosa
(707) 525-1406
www.traderjoes.com

* **Oliver's Market**

560 Montecito Center, Santa Rosa,
(707) 537-7123
429 E. Cotati Ave, #101
(707) 795-9501
www.oliversmarket.com

Local Healthy Restaurants

We've listed a few, but go to:
<http://www.vegguide.org/region/524> for a
more complete listing of plant based diet
friendly restaurants in Sonoma County

* **Café Zazzle**

121 Kentucky Street, Petaluma
707-762-1700
<http://www.zazzlecafe.com>

* **Cyrus**

29 North Street, Healdsburg
707-433-3311
<http://www.cyrusrestaurant.com>

* **Ochoa's Mexican Restaurant**

3080 Marlow Road, Santa Rosa
(707) 575-1727

* **Ike's Place**

1780 Mendocino Ave, Santa Rosa
(707) 293-9814
<http://www.ilikeikesplace.com>

* **Sizzling Tandoor**

409 Mendocino Ave, Santa Rosa
(707) 579-5999
1280 Healdsburg Ave.
Healdsburg, CA 95448
(707) 433-2954
<http://sizzlingtandoor.com>

* **High Tech Burrito**

909 Village Court, Santa Rosa
(707) 284-3791
6560 Hembree Lane, Windsor
(707) 836-0702
www.hightechburrito.com

* **Slice of Life**

6970 McKinley St., Sebastopol
(707) 829-6627
www.thesliceoflife.com

* **East West Café**

557 Summerfield Rd., Santa Rosa
(707) 544-2491
128 North Main, Sebastopol
(707) 829-2822
www.eastwestcafesebastopol.com

* **Gaia's Garden**

1899 Mendocino Ave., Santa Rosa
(707) 544-2491

* **Goji Kitchen**

1965 Mendocino Ave, Santa Rosa
707-523-3888
<http://gojikitchen.com>

* **Lydia's Express**

6761 Sebastopol Ave, Sebastopol
(707) 861-9431
lydias-express.com

* **Infusions Teahouse**

6988 Mckinley St., Sebastopol
(707) 829-1181
<http://www.infusionsteashop.com>

Online Resources

- * 21daykickstart.org and nutritionmd.com for help with transitioning to a plant-based diet.
- * kp.org/santarosa/recipes, cancerproject.org, veggiequeen.com and happyherbivore.com for recipes and cooking videos
- * compassionatelivingoutreach.org or [meetup.com/north bay-vegan](http://meetup.com/north-bay-vegan) for local vegan support group info

Additional resources

- Contact your Kaiser Permanente Health Education Center or Department for health Information, programs, and other resources.
- For personalized vegetarian meal planning ask your MD for a nutrition referral with a Registered Dietitian.
- BOOKS:**
- [Prevent and Reverse Heart Disease](#) by Caldwell B. Esselstyn, Jr., MD.
- [The Engine 2 Diet](#) by Rip Esselstyn
- [The China Study](#) by T. Colin Campbell
- [The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet](#), [The New Becoming Vegan](#), and [The Complete Guide to Adopting a Healthy Plant-Based Diet](#) by Melina & Davis
- [Vegetarian Cooking for Everyone](#) by Deborah Madison.
- [The Complete Idiot's Guide to Plant-based Nutrition](#) by Julieanna Hever, MS, RD, CPT

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.