Savor Snoqualmie Valley celebrates and promotes the local food and farms, arts and culture, heritage, outdoor recreation, and independent businesses of the Valley.

Eat. Drink. Explore.

Welcome!

to the Snoqualmie Valley

The Snoqualmie River Valley is situated between Seattle and the Cascade Mountains, in the Mountains to Sound Greenway National Heritage Area.

Eat. Drink. Explore.

- Visit a farm stand or farmers market
- Visit a local winery or brewery
- Pick your berries, pumpkins, or Christmas trees locally
- Eat at a restaurant or attend a farm dinner
- Sign up for a farm CSA
- Take a farm tour or try out a farm-inspired itinerary

For more information visit: SavorSnoqualmieValley.org

Savor Snoqualmie Valley is coordinated by the Mountains to Sound Greenway Trust in partnership with government, business, and community leaders.

With generous support from:

Port of Seattle

City of Duvall

heirloom cookshop

provocatrix

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The Grange

CANDY SHOPPE

SNOQUALMIE FARMERS COOPERATIVE

SNOVALLEY TIES

Cover: Co-op vegetables Credit: Audra Mulkern
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Cultivating the Valley

The Snoqualmie Valley’s floodplain farming makes for very fertile soil and an ideal place for growing food. In the early 1900s, the Valley gained fame overnight as the “world’s largest hop farm.” In the 20th century, farmers took advantage of the lush river bottom to establish dairy farms and, by 1940, 23 dairy farms were situated between Duvall and Carnation alone. In the late 1970s and 80s, many Hmong families established farms in the Valley, bringing their traditional practice of “row cropping” vegetables and flowers.

Today, the tradition of farming in the Valley continues, with nearly 100 small family farms producing meat, dairy, eggs, vegetables, fruit, flowers, honey, and fiber for the Puget Sound region.

Savor Snoqualmie Valley Grown

The Grown program connects local farms and restaurants. Savor Snoqualmie Valley Grown restaurants commit to sourcing some ingredients from local farms for at least half of the year. Thank you to these restaurants for supporting our local farms! Visit SavorSnoqualmieValley.org for the current list of restaurants.
Farmers Markets and Farm Stands are a great way to get local food and connect with farmers!

**Carnation Farmers Market**
Tuesdays, May–October

**Duvall Farmers Market**
Thursdays, May–October

**Heirloom Green Market, in Snoqualmie**
Fridays, June–September

**North Bend Farmers Market**
Thursdays, June–September

Many farms have farm stands and stores, open throughout much of the year. Pike Place Market also features over a dozen Snoqualmie Valley farmers with valley-grown flowers.

**U-PICK**

**Summer**
Enjoy fresh-from-the-vine strawberries, raspberries, and blueberries.

**Fall**
Celebrate fall at local farm festivals where you can pick pumpkins, enjoy fun activities, and eat farm-fresh food.

**Winter**
Harvest your own Christmas tree and enjoy a great family tradition that will leave you with lasting memories.

**FARM CSA**

CSA, or Community Supported Agriculture, is a program that connects consumers directly to local farms. Participants purchase a “subscription” at the beginning of the season and in exchange receive a box of farm-fresh produce each week once harvesting begins. By purchasing the CSA at the beginning, they help farmers pay for seeds, equipment, and labor to prepare the soil.

Over a dozen farms in the Snoqualmie Valley offer CSAs each year. Boxes vary and many offer add-ons so there is sure to be one that’s right for your family! Visit SavorSnoqualmieValley.org for a current list of CSA programs.
**Drink Local**

Explore the many wineries and breweries located in the Snoqualmie Valley, and learn how they are showcasing local ingredients in their drinks.

Make a day of it and ride the Snoqualmie Valley Trail to visit them by bike, or sign up for one of the wine or beer trains at the Northwest Railway Museum.

**Dine Local**

There are restaurants throughout the Valley that feature seasonally grown food from local farms. Summer and fall are the best seasons to find locally sourced ingredients at restaurants.

For a truly farm-fresh experience, reserve your spot at a farm dinner, where you’ll get to feast in the fields of local farms.

**Take a Farm Class or Tour**

Try out a farm class to learn about growing your own food or how to preserve it. You can even learn how to make garden-inspired cocktails!

Take a farm tour and get a behind-the-scenes look at how small farms grow their food. Try one of our farm-inspired itineraries, at SavorSnoqualmieValley.org.

You can also book a bike-to-farm tour, visiting farms throughout the Valley while biking along the scenic Snoqualmie Valley Trail.