



Lucy's Spice Box seeks to provide foods that tastes great, are nourishing and that are farmed humanely, sustainably, naturally and organically.

We are proud to share our primary food sources. We try to buy directly from farmers (as local as possible) or to buy from vendors who buy directly from farmers. If you spend a dollar on Food from Lucy's, we want as much of that food dollar as possible to benefit the farmer.

## PREFERRED FOOD SOURCES

### Vegetables

Up Country Farms  
River dog Farms  
Produce Express [www.produceexpress.net](http://www.produceexpress.net)  
Rancho Gordo Beans  
[www.ranchogoro.com](http://www.ranchogoro.com)  
Wine Forest Mushrooms  
([www.wineforest.com](http://www.wineforest.com))  
Lucy's and Friends' Gardens  
Outer Aisle Foods  
[www.outeraislefoods.com](http://www.outeraislefoods.com)  
Tyson Hill Farms



### Fish, Fowl and Meats

Del Monte Meats & Fish [www.delmontemeats.com](http://www.delmontemeats.com)  
Ilano Seco Farms [www.ilanoseco.com](http://www.ilanoseco.com)

Pope -Taylor Ranch  
Dal Porto Ranch

## General Ingredients

Costco Organics  
[www.mountainroseherbs.com](http://www.mountainroseherbs.com)  
Saltworks SF  
Bray vineyards: Olive Oil  
Tomales Bay foods

### Menu Planning: Silver Lake



### Favorite Restaurant: Silver Lake

