

Sonoma/Marin Raw Food Resources
courtesy of Cecilia at <http://www.rawglow.com>

Farmer's Markets

TUESDAY

Healdsburg

The Plaza

4 to 6:30 p.m. (June-Oct.)

(707) 431-1956

Novato

Sherman and Grant

4 to 8 p.m. (May-Oct.)

(800) 897-FARM

-Big market. Great selection. Great for buying berries and other fruit.

WEDNESDAY

Santa Rosa

4th & B

5 to 8:30 p.m. (May-Aug.)

(707) 524-2123

-Very crowded. Small produce section.

Santa Rosa

Vets Building parking lot, 1351 Maple

8:30 a.m. to noon

(707) 522-8629

*Great market.

Petaluma

June 11 - August 27, 2008

4:30 PM - 8:00 PM

2nd Street

(between B & D Streets)

(707) 762-0344

<http://www.petalumafarmersmarket.com/>

*Great market.

THURSDAY

Cotati

La Plaza Park

4:30 to 7:30 p.m. (June-Aug.)

(707) 795-5508

-Small market

Windsor

Bell Rd. at Town Green
5 to 8p.m. (June-Aug.)
(707) 433-4595

San Rafael

4th St and B
6 to 9 p.m. (Apr-Sept.)
(415) 457-2266

San Rafael

Civic Center
8 a.m. to 1 p.m.
(800) 897-FARM

*Best Farmer's Market in the Bay Area. Huge. Great selection.

***Berkeley**

Shattuck Ave. and Rose St .
3 to 7 p.m. (May-Dec.)
(510) 548-3333

*All organic farmer's market. Worth a trip.

SATURDAY**Healdsburg**

North and Vine
9 a.m. to noon (May-Nov.)
(707) 431-1956

Petaluma

Walnut Park , 4th and D
2 to 5 p.m. (May-Oct.)
(707) 762-0344

<http://www.petalumafarmersmarket.com/>

*Good place to get strawberries.

Santa Rosa

Bank parking lot, White Oak and Oakmont
9 a.m. to noon
(707) 538-7023

Santa Rosa

Vets Building parking lot, 1351 Maple
8:30 a.m. to noon
(707) 522-8629

*Great market.

Berkeley

Center St. and Martin Luther King
10 a.m. to 3 p.m.

(510) 548-3333

*Big market. Great Selection. Worth the trip.

SUNDAY

Sebastopol

Weeks Way and Healdsburg Ave.

10 a.m. to 1:30 p.m. (April-Nov.)

(707) 522-9305

*Great market. Good selection.

Windsor

Bell Rd. at Town Green

10 a.m. to 1 p.m. (May-Nov.)

(707) 433-4595

San Rafael

Civic Center, Hwy. 101 and San Pedro

8 a.m. to 1 p.m.

(800) 897-FARM

*Best Farmer's Market in the Bay Area. Huge. Great selection. Good place to buy dates and fruit.

Stores that Carry Organic Produce and other Raw Food Items

Olivers

Olivers Market

461 Stony Point Rd

Santa Rosa, CA 95401

(707) 284-3530

Oliver's Market

560 Montecito Center, Santa Rosa 95409

(707)-537-7123

Oliver's Market

542 E. Cotati Ave, Cotati 94931

707-795-9501

*Huge Organic produce section with weekly sales. Extensive bulk section with Golden Flax, Hemp Seeds, Sun Dried Tomatoes, Mac Nuts, Goji Berries, and other nuts, seeds, and organic dried fruit. Great bulk herb and spice section. Raw Almond Butter and Tahini. Raw, olives, sauerkraut, and pickles. Raw Food Energy Bars. Good place for Avocados. Open until 11:00p.m daily.

Whole Foods

The Whole Foods vary but most of them have a prepared raw food section with cookies, crackers, and energy bars including the new Roxanne's raw cuisine.

Roxanne's has pates and other prepared raw foods in a refrigerator and look for her ice creams in the freezer section, they are called Rox Crème.

Whole Foods

Santa Rosa
1181 Yulupa Ave
Santa Rosa, CA 95405
Phone: 707.575.7915
Fax: 707.575.8074

Whole Foods

Sebastopol
6910 McKinley St
Sebastopol, CA 95472
Phone: 707.829.9801
Fax: 707.829.8074

*Has a juice bar and wheat grass.

Whole Foods

Petaluma
621 E. Washington St
Petaluma, CA 94952
Phone: 707.762.9352
Fax: 707.762.8709

* Great prepared raw food section. Go Raw prepared raw food products such as raw granola. Raw Cacao Nibs, Goji berries, and Incan Berries. Freeze dried fruit and vegetables.

Whole Foods Market

Sonoma
201 West Napa Street
Sonoma, CA 95476
707.938.8500
707.938.8557 fax
Store Hours: 8 a.m. to 9 p.m. seven days a week.
27,968 sq. ft.

Whole Foods Market

Napa
3682 Bel Aire Plaza
Napa, CA 94558
707.224.6300
707.224.6311 Fax
Store Hours: 8 a.m. to 9 p.m. seven days a week.

Whole Foods

San Rafael
340 Third St
San Rafael, CA 94901
Phone: 415.451.6333

Fax: 415.451.6344

Whole Foods

Mill Valley
414 Miller Ave
Mill Valley, CA 94941
Phone: 415.381.1200
Fax: 415.381.1036

Coops

Community Market

1899 Mendocino Avenue
Santa Rosa, CA 95401
1 707 546 1806

<http://www.srcommunitymarket.com>

*Best prepared raw food section in Sonoma County. A great selection of raw bars, crackers, cookies, and cereals. Raw chocolate, raw agave nectar, raw nut butters (such as pecan, walnut, black sesame . . .), coconut oil, raw olives, and more.

Good Earth Natural Foods

1966 Sir Francis Drake Blvd
Fairfax, CA, 94930.

<http://www.goodearthnaturalfoods.net>

*Best Coop in Marin/Sonoma. Great raw food section. Homemade Kombucha tea.

Rainbow Grocery Cooperative

1745 Folsom St
San Francisco, CA 94103
(415) 863-0620

<http://www.rainbowgrocery.org/>

Huge bulk, produce, and raw food section. Worth the trip.

Trader Joes

Trader Joes is a great place for organic produce, organic nuts and seeds (including raw almonds, walnuts, and pine nuts), organic dried fruit (such as dried apricots and figs) raw energy bars (Lara Bars and the Organic Bar), freeze dried fruit (freeze dried tropical fruit and strawberries), frozen fruit in the freezer section, non pasteurized orange juice, sprouts (including micro greens), and they have the best prices for raw almond butter and organic bananas.

Trader Joes

Santa Rosa
2100 Santa Rosa Ave.
Santa Rosa, CA 95407
Phone: 707-535-0788
Store Hours: 9 am - 9 pm

Trader Joes

Petaluma
169 North McDowell Blvd.
Petaluma, CA 94954
Phone: 707-769-2782
Store Hours: 9 am - 9 pm

Trader Joes

Santa Rosa
3225 Cleveland Avenue
Santa Rosa, CA 95403
Phone: 707-525-1406
Store Hours: 9 am - 9pm

Trader Joes

Novato
7514 Redwood Blvd.
Novato, CA 94945
Phone: 415-898-9359
Store Hours: 9 am - 9 pm

Trader Joes

San Rafael
337 3rd St
San Rafael, CA 94901
(415) 454-9530
Store Hours: 9 am - 9 pm

Costco

Best place for green house tomatoes, cucumbers, and bell peppers when not in season. They also have organic boxed baby mixed greens, spinach, and organic carrots. Good place for non-organic tropical fruit such as pineapple and papaya and organic frozen berries. They have non-organic pine nuts for a good price. Costco has a good reverse osmosis water filter system.

Costco

Rohnert Park
5901 Redwood Drive
Rohnert Park, California
94928

Costco

Santa Rosa
1900 Santa Rosa Avenue
Santa Rosa, California
95407

Costco

Novato

300 Vintage Way
Novato, California
94945

Raley's

Raley's always has a small but well stocked organic produce section.

Raley's Supermarket (707) 585-3222
1407 Fulton Road, Santa Rosa, CA
*biggest organic section out of the three Raley's.

Raley's Supermarket (707) 585-3222
100 Raleys Towne Ctr, Rohnert Park, CA 94928

Raley's Supermarket (707) 838-6604
8852 Lakewood Dr, Windsor, CA 95492

Safeway

*Small organic produce section, but getting bigger everyday.

Safeway
2300 Mendocino Ave
Santa Rosa, CA 95403
(707) 569-3100

Safeway
1799 Marlow Rd.
Santa Rosa, CA 95401
(707) 528-3062

Safeway
373 S Mcdowell Blvd
Petaluma, CA 94954
(707) 762-7872

Safeway
6340 Commerce Blvd
Rohnert Park, CA 94928
(707) 584-8942

Other Markets

Andy's Produce
1691 N. Gravenstein Hwy Sebastopol, California 95472
(707) 823-8661

<http://www.andysproduce.com/home.htm>

*Huge organic produce section and great prices! Good bulk section, some prepared raw food items.

Imwalle Gardens

tel. +1 707.546.0279
685 W 3rd Street
Santa Rosa, CA 95401

Petaluma Market

210 Western Ave
Petaluma CA 94952
Ph (707) 762-5464
Fax (707) 763-3760

<http://petalumamarket.com/Welcome/welcome.htm>

Pacific Market

Pacific & Bryden
Santa Rosa, CA
707.546.FOOD
Open M-SAT 7:30 am-8pm,
& Sun 9am-8pm

Pacific Market

901 Golf Course Dr
Rohnert Park, CA 94928
(707) 585-9643

La Fiesta Market

550 Graveston HWY.
Sebastopol, CA
707.823.4916
Open M-SAT 8am-9pm,
Sun 9am-8pm

Thai Young Coconuts**Mekong Market**

206 Sebastopol Rd
Santa Rosa, CA 95407
(707) 544-6201

Phnom-Penh Oriental Grocery

923 Petaluma Hill Rd,
Santa Rosa - (707) 545-7426

Asia Mart

2481 Guerneville Road,
Santa Rosa - (707) 542-3513

99 Ranch

Daly City Store
250 Skyline Plaza

Daly City, CA 94015

(650) 992-8899

*best place for young coconuts if in the area.

99 Ranch

Richmond Store

3288 Pierce Street

Richmond, CA 94804

(510) 769-8899

*best place for young coconuts if in the area.

*If you ask for a case make sure to check the coconuts to make sure they are not brown or soft.

White or Tan Coconuts

A little bit older than the Thai Coconuts, these coconuts have great tasting water and they make great dehydrated coconut flakes.

Lola's Market

440 Dutton Ave # 17, Santa Rosa, CA

(707) 577-8846

Lola's Market

1680 Petaluma Hill Rd, Santa Rosa, CA

(707) 571-7579

Food Max

2055 Sebastopol Rd

Santa Rosa, CA 95407

(707) 578-8900

Food Max

Rohnert Park

605 Rohnert Park Expressway

(707) 584-1200

East Bay Markets

Monterey Market

1550 Hopkins Street

Berkeley, California 94707

info@montereymarket.com

510-526-6042 (Phone)

<http://www.montereymarket.com/>

*Amazing Organic Produce Section. Rare fruits and vegetable you won't find anywhere else. Worth the trip.

Berkeley Bowl

2020 Oregon St. Berkeley, Ca 94703 | 510.843.6929

Monday—Saturday 9:00 am to 8:00 pm | Sunday 10:00 am to 6:00 pm

*Huge Organic Produce Section. Varieties of fruits and vegetables you won't find anywhere else. Worth the trip but very crowded. Best to go early in the morning.

Restaurants

Seed Restaurant

A New Santa Rosa Raw Food Restaurant with Vegan Options as Well.

463 Sebastopol Ave
Santa Rosa, CA 95401
(707) 546-7333

<http://www.seedrestaurant.com/>

Slice of Life

6970 McKinley Street
Sebastopol, CA USA
Phone: 707-829-6627

*Mostly cooked vegan with some raw salads. During the summer they offer raw food dishes.

Café Gratitude

A raw restaurant with 5 bay area locations

<http://www.cafegratitude.com/>

2400 Harrison Street (@20th Street)
San Francisco, CA 94110
Phone: 415.824.4652
Fax: 415.824.4125
Hours: 9 am to 10 pm

1336 9th Ave, (@ Irving)
San Francisco, CA 94122
Phone: 415.824.4652
Fax: 415.665.4840
Hours: 10 am to 10 pm

1730 Shattuck Ave (@ Virginia)
Berkeley, CA 94709
Phone: 415.824.4652
Fax: 510.213.7281
Hours: 10 am to 10 pm

2200 Fourth Street
San Rafael, CA 94901
Phone: 415.824.4652
Fax: 415.295.8044
Hours: 10 am to 10 pm

206 Healdsburg Ave (in the Olive Leaf)
Healdsburg, CA 95448
Phone: 707-723-4461
Fax: 707.473.0507
Hours: 9 am to 10 pm

Alive!

A Raw Vegetarian Restaurant in the city.

1972 Lombard Street @ Webster
San Francisco, CA, 94123
415-923-1052
5 pm - 10 pm
Closed Monday, Tuesdays
<http://www.aliveveggie.com/>

Millennium Restaurant*

580 Geary Street
San Francisco, CA 94102
Tel: 415-345-3900
Fax: 415-345-3941
<http://www.millenniumrestaurant.com/>

Located in the newly refurbished Hotel California.

* A gourmet cooked vegan restaurant with at least two raw things on the menu. They will make a raw food dinner for you if you ask in advance.

Juice

Jamba Juice

Non organic fresh orange and carrot juice.
Many locations in Sonoma County
<http://www.jambajuice.com/>

Juice Shack

Non Organic Fresh Vegetable Juices and Wheatgrass

Juice Shack

1367 N Mcdowell Blvd
Petaluma, CA 94954
(707) 762-1052

Juice Shack

447 Rohnert Park Expy W
Rohnert Park, CA 94928
(707) 588-9577

Juice Shack

1708 E Cotati Ave
Rohnert Park, CA 94928
(707) 664-1787

Juice Shack

1810 Mendocino Ave
Santa Rosa - (707) 528-6131

Juice Shack

901 Village Ct
Santa Rosa - (707) 522-6822

Juice Shack

750 Stony Point Rd, Santa Rosa -
(707) 545-6432

Catering**Lydia's Lovin' Foods**

<http://www.lydiasorganics.com/>

Prepared raw foods and catering in Marin.

Raw Food Central

<http://www.rawfoodsebastopol.com/>

Catering, classes, and potlucks in Sebastopol.

Raw Community**Raw Glow**

Raw Food Classes in Petaluma and Petaluma Raw Potlucks

<http://www.rawglow.com>

<http://www.rawglow.com/potluck.htm>

Contact person: Cecilia Benjumea 206-339-3493

Also Sells Raw Food Kitchen Gadgets: Cotton Sprout Bags, Organic Vanilla Beans, Spiral Slicer, Raw Food Recipe Booklets & More . . .

North Bay Living Foods Community

<http://www.beraw.com/>

Monthly Potlucks in Santa Rosa. Longest Running Raw Potluck in Sonoma County!

Raw Food Central

<http://www.rawfoodsebastopol.com/>

Catering, Classes, and Potlucks in Sebastopol.

S.F. Life

<http://www.living-foods.com/sflife/>

San Francisco Raw Potluck.

Raw Food Consults

David Klein

<http://www.selfhealingempowerment.com/>

<http://www.livingnutrition.com/>

(707) 827-3469

Rick and Karin Dina DC

<http://www.rawfooddoctors.com>

Raw Food Nutritional Consulting, Blood Panel Testing, Vegan and Raw Nutrition Classes, and Chiropractic Services in San Rafael.

John Kohler

<http://www.rawfoods.com/coaching/>

12 Year Raw Foodist in Sonoma County offers Raw Food Phone Consultations.

Raw Glow

Affordable Raw Food Lifestyle Consultations over the Phone.

<http://www.rawglow.com/services.htm>

Contact person: Cecilia Benjumea 206-339-3493

Healing and Detox Centers

Petaluma Healing Arts and Rejuvenation Center

200 Fourth Street, Suite A

Petaluma, CA 94952

Phone and Fax 707.778.2212

<http://www.epiphanyprogram.com/>

* Colonics, Juice fasting, and More. Owner Studied under Anne Wigmore.

Cleansing Ministries

2230 Professional Drive, Suite D

Santa Rosa, CA 95403

707-545-4569

<http://www.cleansingministries.com/>

Colon Hydrotherapy, Cutting Edge Rejuvenation Therapies, and Plant Based Nutritional Resources.

True North

Raw Friendly Water Fasting Center in Santa Rosa

<http://www.healthpromoting.com/index.htm>

Supplements and Herbs

Farmacopia

95 Montgomery Drive

Santa Rosa, CA 95404

(707) 528-4372

<http://www.farmacopia.net/>

Great Place for Hard to Find Supplements. Naturopaths on Staff.

Health First

9070 Windsor Rd
Windsor, CA 95492
(707) 837-7948

<http://www.healthfirstpharmacy.net/>

Natural Pharmacy in Windsor

Elephant Pharmacy

909 Grand Avenue @ 3rd Street
San Rafael, CA 94901
Phone: 415.462.6000

Herbal Pharmacy Hours: Mon-Fri 10am-7pm • Sat-Sun: 10am-6pm

Herbal Pharmacy Fax: 415.462.6031

<http://www.elephantpharm.com>

Rosemary's Garden

132 North Main Street, Sebastopol CA 95472, USA

Phone: +1-707-829-2539

FAX: +1-707-829-5613

info@rosemarysgarden.com

Herbs and Supplements

Misc.**Organic Athlete**

<http://www.organicathlete.org>

Bike Tours and Raw and Vegan Events and Potlucks in Sonoma County.

Raw Food Appliances

<http://www.discountjuicers.com>

Discount Prices and Expert in all Raw Food Appliances. Lives in Sonoma County.

Green Horse Wheatgrass

Home Delivery of Wheatgrass and Sprouts

Will Deliver all Over Sonoma County.

<http://www.greenhorsewheatgrass.com/>

Harmony Farm Supply

www.harmonyfarm.com

3244 Gravenstein Hwy N

Sebastopol, CA 95472

(707) 823-9125

Resource For Growing Your Own Food.

**If you would like to add a resource please e-mail Cecilia at glowingraw-info@yahoo.com Please check in advance for the accuracy of the addresses and hours of the resources. These resources are meant only as a friendly guide as we cannot recommend or guarantee any of the places or services included in the guide. Thank You!*

