MENDOCINO WINE COUNTRY

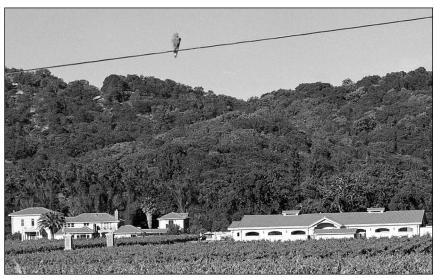
Many vintners and vineyard managers in Mendocino County grow their grapes organically, biodynamically or by agri-synthesis techniques. Some certify their crops - others don't - feeling they "don't need a piece of paper to catch a fish." For a list of which wines are made from organically grown grapes you can visit organicwinelist.com or

organicwineguild.com Lady bugs, spiders, wasps, barn owls, red tailed hawks and vineyard cats and dogs all contribute to an abundant natural harvest by keeping predators away.

A model vintner of impeccable taste is Danny Fetzer at Jeriko Winery and Vineyards in Hopland. A red tailed hawk hunts rodents at Jeriko Winery. Barn owl boxes can provide a home for barn owl chicks. Barn owls are prolific breeders. An average family of 7 can kill over 2,000 rodents per year. Other more "conscious" vintners who grow grapes organically are Barra, Bonterra, Frey, Fetzer, Graziano, LeVin, Lolonis, Maple Creek, Octopus Mountain, Pacific Star and Yorkville. The dean of organic growers is Charlie Barra.



Barn Owl nest box near Hopland



The Picture of natural health . . . a confident Red Tailed Hawk perched above organically farmed vineyards along Highway 101 adjacent Jeriko Winery just to the north of Hopland.

WINE COUNTRY Mendocino County 143

MENDOCINO WINERYS and BREW PUBS

Tasting Room and Giftshop Hours are often seasonal especially if located outside a city. All of these tasting rooms are open weekends and many daily. Call for current hours just to be sure. Remember to drive safely being aware of children, pets, wildlife and other vehicles. For more information you can contact the Mendocino Winegrowers Alliance at (707) 468-9886 www:mendowine.com

1	D (M 1 :	7051 N. C C. D	405 0000
	Barra of Mendocino	7051 N. State St., Redwood Valley	485-0322
	Braren Pauli Winery Brutocao Cellars - Hopland	7051 N. State St., Redwood Valley 13500 S.Hwy 101, S., Hopland	485-0322
	Brutocao Cellars - Philo	7000 Hwy 128, Philo	744-1664 895-2152
	Chance Creek Winerv	, , , , , , , , , , , , , , , , , , ,	-423-3006
	Christine Woods	3155 Hwy 128, Philo	895-2115
	Claudia Springs Winery	P.O. Box 348, Philo	895-3926
	Cole Bailey Winery	13275 S. Hwy 101 Suite #5, Hopland	744-1230
	Duncan Peak Vineyards	14500 Mountain House Rd., Hopland	744-1230
	Dunnewood Vineyards	2399 N. State St., Ukiah	462-2987
	Edmeades Estate	5500 Hwy 128, Philo	895-3232
	Elizabeth Vinevards	13420 S. Hwy 101, Hopland	744-1302
	Esterlina Vineyards	1200 Holmes Ranch Rd., Philo	895-2920
	Fetzer Vineyards	,	-564-2582
	Fife Vineyards	3620 Road "B", Redwood Valley	485-0323
	Frey Vineyards	14000 Tomki Rd., Redwood Valley	485-5177
	Gabrielli Winery & Vineyar		485-1221
	Germaine Robin Vineyards		462-0314
	Graziano Family of Wine	1170 Bel Arbres Rd, Redwood Valley	485-9463
20.	Greenwood Ridge Vineyard	ds 5501 Hwy 128, Philo	895-2002
21.	Handley Cellars	3151 Hwy 128, Philo	895-3876
	Hopland Brewery	Hwy 101, Hopland	744-1364
23.	Husch Vineyards	4400 Hwy 128, Philo	895-3216
24.	Jepson Vineyards	10400 S. Hwy 101, Ukiah	468-8936
25.	Jeriko Estate Winery	12141 Hewlitt & Sturtevant Road, Hopland	744-1140
26.	Lazy Creek Vineyards	4741 Hwy 128, Philo	895-3623
27.	Le Vin Winery	33151 Hwy 128, Yorkville	894-2304
	Lolonis Cellars		-938-8066
	Lonetree / Eaglepoint Ran		463-0635
	Maple Creek Winery	20799 Hwy 128, Yorkville	895-3001
	Mc Dowell Valley Vineyard		744-8911
	Mc Nab Ranch Winery	13411 S. Hwy 101. Hopland	744-1986
	Mendocino Brewing Comp		744-1364
	Mendocino Wine Co.	45070 Main St., Mendocino	937-6191
	Meyer Family Winery	19750 Hwy 128, Yorkville	895-2341
	Milano Family Winery		-564-2582 895-3686
	Navarro Winery North Coast Brewing Co.	5601 Hwy 128, Philo 444 North Main St., Fort Bragg	964-3400
	Oracle Oaks Winery	13275 S. Hwy 101 Suite #5, Hopland	744-1230
	Pacific Echo Cellars	8501 Hwy 128, Philo	895-2065
	Pacific Star Winery	33000 North Hwy 1, Fort Bragg	964-1155
	Parducci Wine Cellars	2399 N. State St., Ukiah	462-9463
	Sharffenberger Cellars	· · · · · · · · · · · · · · · · · · ·	-824-7754
	Stimson Lane	P.O. Box 443, Hopland	744-2200
	Ukiah Brewing Co.	102 South State St., Ukiah	468-8936
	Whaler Vineyards	6200 Eastside Rd., Ukiah	462-6357
	Yorkville Cellars & Vineyar	,	894-9177
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144 Mendocino County WINE COUNTRY MAP

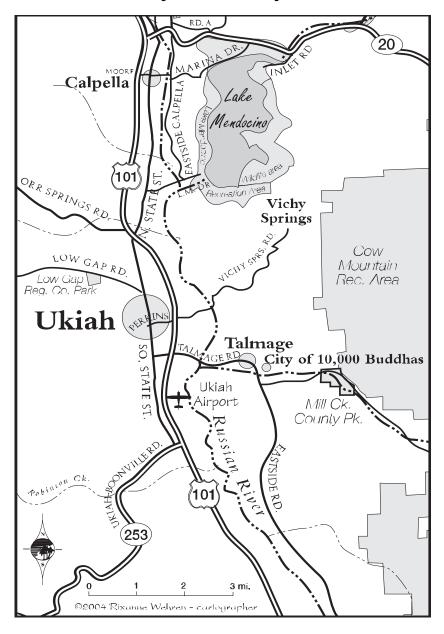
WINE COUNTRY MAPS:

- 144. Mendocino Ridges Hwy 1 and Elk Greenwood Road.
- 151. Anderson Valley & Yorkville Highlands Hwy 128.
- 145. Mc Dowell Valley and Ukiah Hwy 101.
- 186. Redwood Valley & Potter Valley-Tomki Rd. & Hwy 20.



Original Map by Rixanne Wehren - Modifications Robert W. Matson

MAP of the UKIAH VALLEY and MCDOWELL VALLEY - Hwy 101 & Hwy 253



Original Map by Rixanne Wehren - Modifications Robert W. Matson

146 Mendocino County Hwy 101 - 128 / Cloverdale

CLOVERDALE: WHICH WAY SHOULD I GO? Hwy 101 takes you north into the wine country and redwoods. Hwy 128 takes you west to the ocean through the wine country and redwoods. Suggestion: Do a circle tour and enjoy it all.



Since the freeway by-pass, Cloverdale has whole heartedly recreated itself - replacing the congestion and freeway pollution with a community spirit. With the millennium Cloverdale embarked on a million dollar remake in the heart of the downtown. The heart of Cloverdale has been landscaped into a lovely park and gathering place. Cloverdale is a great small town to spend the night in due to the Highway 101 (Redwood Highway) by-pass. Take the Citrus Drive Exit and travel to the heart of this small town to what used to be the junction of the 1st red

light on Highway 101 north of San Francisco. Nearby you'll find restaurants, bed and breakfast inns, shops, galleries and motels to accommodate your wishes..

TOUR 1: Go north of Cloverdale on Hwy 101 and enter Mendocino County at Hopland. Continue your tour to Leggett and then take Hwy 1 south and down the Mendocino Coast to Hwy 128 and then go inland through the Anderson Valley wine country.

TOUR 2: Go west of Cloverdale on Hwy 128 and into the Anderson Valley wine country. Continue your tour north on Hwy 1 to Mendocino and Fort Bragg and then rendezvous with Hwy 101 at Leggett. Take Hwy 101 south through Mendocino 's inland wine country. Don't forget about the numerous backroads you can explore, but be safe.

CLOVERDALE DINER'S CHOICE: Telephone Area Code is (707). Canton Restaurant (\$) 132 N. Cloverdale Blvd. 894-9188; Hamburger Ranch & Pasta Farm (\$) 31195 Redwood Hwy North 894-5616; La Hacienda (\$\$) 134 N. Cloverdale Blvd. 894-9365; Piacere (\$\$\$) 504 N. Cloverdale Blvd., 894-0885; Papa's Pizza Cafe (\$\$) 117 East 1st Street 894-4453 / 4454; Ruth McGowan's Brew Pub (\$) 131 E. 1st Street, 894-9610; The New Owl Cafe (\$) 485 S. Cloverdale Blvd. 894-8967; Schat's

Bakery (\$) 543 N. Cloverdale Blvd., 894-0211

ACCOMMODATIONS: Abrams House (\$\$-\$\$\$) 314 N. Main 894-2412; Cloverdale Wine Country KOA (\$\$) Box 600 894-3337 / 1-800-368-4558; Linda Vista B&B (\$\$) 33430 Hwy 128 894-2591; Naco West Russian River Resort (\$\$) 33655 N. Redwood Hwy 894-3184; Oaks Motel (\$\$) 123 S. Cloverdale Blvd. 894-2404; Shelford House (\$\$-\$\$\$) 29955 River Rd. 894-5956. Vintage Towers (\$\$-\$\$\$) 302 N. Main 894-4535;

ATTRACTIONS: Cloverdale Citrus Fair (\$) At the Cloverdale Fair Grounds in February; Cloverdale Museum (\$) 221 Matheson St. 431-3325.

HEALTH & FITNESS: Cloverdale Cyclery (\$\$) 125 N. Cloverdale Blvd. 894-2841; Cornucopia Natural Food (\$\$) 228 S. Cloverdale Blvd 894-3164; Warm Springs Dam Rec. Area (\$)3333 Skaggs Springs Rd. 433-9483.

Hwy 101 - 128 / Cloverdale Mendocino County 147

The Yorkville Highlands Wine Appellation is fast becoming recognized for incredible pinot noir, zinfandels and Bordeaux style wines. One of several bed and breakfast inns located adjacent Highway 128 between Cloverdale and State Route 1 is Linda Vista which is at 33430 Hwy 128, (707) 894-2591. Nearby is Le Vin Winery, Yorkville Cellars and Maple Creek Winery, which are all committed to growing grapes organically and keeping the highways free of pesticide drift and pollution. These "mom & pop" vintners make the best neighbors and great business's to support with your buying power.



best neighbors and great business's to Linda & Bob of Maple Creek Winery are proof that support with your buying power. "Dreams Come True" in the Yorkville Highlands.

CABERNET SAUVIGNON mendocino county

LE VIN VINEYARDS and WINERY

Eric and Holly Le Vin have big hearts when it comes to working in partnership with nature. All their grapes are grown organically on their 164 acre ranch in the scenic Yorkville Highlands Appellation of Mendocino County. Winemaker, land & vineyard realtor Eric Levin is also a singer/songwriter who has written songs for motion picture sound-tracks. Holly designs wine labels for clients all over the US (see www.winelabledesign.com) and is the daughter of Art Clokey who created the animated cartoon series about Gumby, Pokey and Pals!

One of Holly and Eric's first steps was to plant 5 acres of merlot, 5 acres of cabernet sauvignon, 3 acres of cabernet franc, 3 acres of syrah, 250

olive trees and 125 redwood trees. In 1999 Le Vin Vineyards released its first cabernet sauvignon and merlot from their organically grown grapes harvested from their picturesque 16 acres of organically grown mountain grapes. The Le Vin mountain vineyards rise up 1550 to 1900 feet above sea level, closer to the sun and above the fog, which results in the full and delicious wines that have made the Le Vin wines so loved and sought after.

Son Jesse Levin and Jose Flores are the vineyard managers. Eric Levin and Emma Kudritzki along with family friend John Parducci Sr. and his grandson Rich Parducci create the award winning Le Vin wines. In fall of 2003 they crushed their first organically grown grapes at a winery. The award winning chardonnay, cabernet sauvignon and merlot wines are distributed to restaurants and wine shops in the San Francisco Bay Area, northern California, Japan and several of the 50 states.

\$\$ LE VIN WINERYMailing: P.O. Box 473, Cloverdale, CA. 95425
Premium Wines - Organic Grapes
Location: 33151 Hwy 128, Yorkville
7.8 miles west of Cloverdale www.levinvineyards.com (707) 894-2304

MAPLE CREEK WINERY

Art and wine become one at Maple Creek Winery which is located just west of the T-junction of Fish Rock Road and Highway 128 in the Yorkville Highlands. Professional artist Tom Rodriques and interior architect Linda Stutz have transformed a traditional small winery into a jemstone where their award winning Artisan





symphony grapes. The vineyards are being farmed organically and the field worker ethics are high. "We pay a fair wage and honor our field workers by not spraying pesticides." state Linda & Tom "Plus our labels portray paintings of our workers."

Linda was raised on a small farm in Pennsylvania. After touring the world while applying her skills as a interior decorator in Marin and San Francisco, she and Tom bought a run-down winery and transformed it into Maple Creek. In the tasting room you can taste, purchase their wines, enjoy the art, culinary condiments and picnic outdoors. Tom and Linda's family include 2 dogs, 5 cats, 13 sheep (who help keep the vineyard organic), a cow, chickens and

wildlife galore plus a sky full of stars at night.

\$-\$\$ MAPLE CREEK WINERY 20799 Hwy 128, Yorkville, CA. 95494 Tasting Room, Ar Gallery, Picnic & Retail Sales Open daily 10:30 am - 5pm Email: linda@maplecreekwine.com Fax: (707) 895-3437 895-3001

YORKVILLE CELLARS

Located in the Yorkville Highlands Growing Appellation, Yorkville Cellars is the most awarded California estate winery with certified organically grown grapes. The lofty and rustic tasting room is surrounded by all seven of the top varietals traditionally grown in the Bordeaux Region of Southwest France - semillon,



sauvignon blanc, merlot, cabernet franc, malbec, petit verdot and cabernet sauvignon. Owners Edward and Sharon Wallo take great pride in creating small lots of superior quality wines. Wine enthusiasts can join Yorkville Cellar's hyroller club, purchase wine at the tasting room or their favorite wine shop or restaurant. The tasting room is open from noon to 5pm Wed - thru Sunday.

\$-\$\$ YORKVILLE CELLARS 25701 Hwy 128, Yorkville, CA. 95494 Tasting Room, Gifts & Picnic Area email: yvcellars@pacific.net fax: (707) 894-2426 www.yorkville-cellars.com (707) 894-9177 Info



ANDERSON VALLEY BREWING COMPANY

A whole chapter could be written about the Anderson Valley Brewing Company. Founding proprietors Ken and Kimberly Allen brought many of the backwoods locals into the last decade of the century when they opened the doors to their brewery and pub in December of 1987 (and the locals loved it!). To some of them, its the best dam brew to hit the streets since prohibition when Boontling, a backwoods lingo designed to fool revenuers, echoed over the Anderson Valley Ridges.

Mendocino County now is the Brew Pub capital of California and the Anderson Valley Brewery is one of the largest. The beer is made from pure crystal clear Anderson Valley well water that makes its way to the brewery from 80 feet directly beneath the Pub. "We are proud to serve our distinctive fire brewed ales, porters and wheat beer to the public," states Ken. "We wanted to establish what an authentic American Brew Pub would be, "continues Kimberly. "So far the Boont Amber has been our most popular release." Boont Amber Ale, Poleeko Gold Pale Ale, Deependers Porter, Barney Flats oatmeal Stout, Belks Extra Special Bitter and Hop Ottin' India Pale Ale are the other varieties available for draft or in attractive 750 ml bottles.

Not only is the Anderson Valley Brewery an education for first time visitors to an authentic American Brew Pub, but this could be one of the most satisfying stops you have made yet in California. Be sure to check out their website for the Legendary Boonville Beer Festival as well as their awards and global escapades.

\$-\$\$\$ ANDERSON VALLEY BREWING COMPANY

Authentic American Brewery Giftshop: 10am - 5pm daily Brewery: 17700 Hwy 253, Boonville, CA. 95415 800-207-BEER Giftshop: 14111 Hwy 128, Boonville, CA 95415 (707) 895-2769 www.avbc.com Email: info@avbc.msn.net Open 8am-5pm Mon-Fri Fax: (707) 895-2353 (707) 895-BEER Tours and tastings available.

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150 Mendocino County Hwy 128

The Anderson Valley Hwy 128: Yorkville, Boonville, Philo and Navarro

Highway 128 was widened and improved as a military road during World War II. Today it is a wonderful allweather highway that follows the contours of the land over rolling hills, through vineyards and between towering redwood giants. It crosses creeks and follows the Navarro River to Highway One and the open sea.



BOONVILLE - NAVARRO DINERS CHOICE: Area Code is (707) Boont Berry Farm Store (\$-\$\$) 13981 Hwy 128 895-3576; Boonville General Store (\$-\$\$) Hwy 128 & Farrer Ln. 895-9477; Boonville Lodge (\$\$-\$\$) Boonville 895-2210; Buckhorn Saloon (\$-\$\$) 14801 Hwy 128 895-3369; Cafe Glad (\$-\$\$) 14111 Hwy 128 895-3038; Horn of Zeese (\$-\$\$) downtown Boonville 895-3525; Lauren's (\$-\$\$) downtown Boonville 895-3869; Libby's Mexican Restaurant (\$-\$\$) 8651 Hwy 128, Philo 895-2646; Maggie Maes (\$) 14111 Hwy 128 895-3994; Redwood Drive-In (\$-\$\$) 13980 Hwy 128, Boonville 895-3441.

BOONVILLE - NAVARRO LODGING:

Anderson Creek Inn (\$\$-\$\$\$) 12050 Hwy 128, Philo 895-3091; Anderson Valley Inn (\$-\$\$) 8480 Hwy 128, Philo 895-3325; Boonville Lodge (\$\$-\$\$\$) Hwy 128 @ Lambert Lane, 895-2210; Highland Guest Ranch (\$\$-\$\$\$) Box 150, Philo 895-3600; Holly Hill Farm B&B (\$\$) 2151 Hwy 128, Philo 895-2269; Linda Vista B & B (\$\$-\$\$\$) 33430 Hwy 128, Yorkville, 894-2591; Philo Pottery Inn (\$-\$\$) 8550 Hwy 128, Philo 895-3069; Sheep Dung Estates & The Other Place (\$\$) Box 49, Yorkville, 95494; Van Zandt's Cottages (\$-\$\$) Box 46, Philo 895-3174; Wellspring Renewal Center (\$\$-\$\$\$) Box 332, Philo 895-3893.

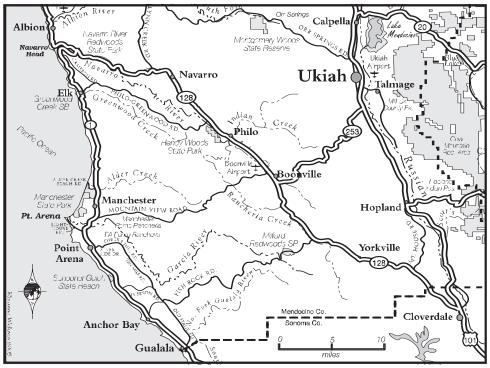
COMMUNITY RADIO KZYX 90.7 FM Studio Request Line 895-2448 News: annie@kzyx.org or call 895-2554 Non Profit Pledges Accepted.

ATTRACTIONS:

Anderson Valley Historical Museum (\$) 12301 Anderson Valley Way, Boonville Little Red School House Open Fri, Sat & Sun / Winters 1pm-4pm, Summers 11am -4pm; Champion Labyrinths (\$) Box 150, Philo www.earthsymbols.com 895-3375; Highland Guest Ranch Horseback Riding (\$\$-\$\$\$) Box 150, Philo 895-3600.

Hwy 101 / Boonville Mendocino Coast 151

ANDERSON VALLEY MAP: Yorkville - Navarro



Original Map by Rixanne Wehren - Modifications Robert W. Matson

All That Good Stuff (\$-\$\$) 14111 Hwy 128, 895-3638; **Anderson Valley Market** (\$-\$\$) downtown Boonville, 895-3019; **Apple Farm.** The (\$-\$\$)

TOURIST INFO, GENERAL STORES, GIFTSHOPS & ARTS:

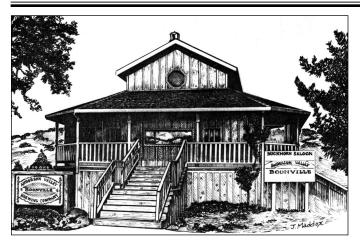
Greenwood Rd @ the Navarro River Bridge, 895-2333; Boont Berry Farm Store (\$-\$\$) 13981 Hwy 128 895-3576; Floodgate Store & Deli (\$-\$\$) 1810 Hwy 128, Navarro, 895-2870; Gallery 128 (\$-\$\$\$) 14269 Hwy 128 895-3243; Lemon's Philo Market (\$-\$\$) 8651 Hwy 128 895-3552, Navarro Store (\$-\$\$) 231 Wending Rd., Navarro, 895-9445; Rookie Too Art Gallery (\$-\$\$\$) 14300 Hwy 128 895-2204; Yorkville Mini-Market (\$) 26701 Hwy 128 894-4091.

TOWING and GENERAL AUTO REPAIR: Starr Automotive (\$-\$\$\$) 8350 Hwy 128, Philo 1-800-564-2415 AAA - 24 Hour Towing & Emergencies.



Boonville Farmer's Market (\$-\$\$) Mornings on Saturdays from 9:45am - noon in downtown Boonville mid - May thru mid - October For Information call (707) 895-3897. Nearby is The Apple Farm with fresh organic apples and accommodations owned by Don and Sally Schmidt. (707) 895-2461 www.philoapplefarm.com

152 Mendocino Coast Hwy 101 / Boonville



BUCKHORN SALOON

The original Buckhorn Saloon opened on September 1, 1873. The new Buckhorn Saloon was the first free standing commercial structure to be built in Boonville in over two decades. Founding proprietors Ken and Kimberly Allen brought many of the backwoods locals into the last decade of the 20th century when they opened the doors to the Pub in December of 1987 (and the locals loved it!). To some of them, its the best dam brew to hit the streets since prohibition when Boontling, a backwoods lingo designed to fool revenuers, echoed over the Anderson Valley Ridges. For several years local Dianna Charles and her staff lined the long bar with locals and visitors at happy hour and beyond to sample the microbrewed beer and premium Anderson Valley wines. Dianna's warm smile in the dining room, her homemade soups, salads, appetizers, sandwiches, entrees, daily specials, and desserts will be missed. The saloon and business are for sale and interested people can contact Ken at the Anderson Valley Brewing Company.

FARMER'S MARKETS

Mendocino County has good reason to be proud of its farmer's markets. This spirited group was in Gualala and brought high quality organic and GMO free "living foods" to local consumers and conscious tourists. See Page 17, 69, 101, 151, 171, 204 for times and places to buy.



Mendocino Coast 153 Hwy 128 / Boonville

CAFE GLAD

Glad Walsh has a lot of happy customers at Cafe Glad in Boonville. She and her staff bake up a storm of scrumptious breads, rolls, pastries, sticky-buns, pies and cakes. Early morning travelers can catch a espresso or mocha from 7am Monday thru Friday and from 8am on Saturdays. Just about everyone in the Anderson



Valley has stopped by for coffee and breakfast or lunch. The daily fare includes homemade soup, salads, hot & cold sandwiches and specials. In the cheerful interior are monthly art displays.

Dining is indoors or out (weather permitting) and art galleries, shops, wineries, the redwoods and coastline are all nearby.

\$-\$\$ CAFE GLAD Box 941, 14111 A Hwy 128, Boonville, CA. 95415 Bakery, Espresso, Breakfast & Lunch (707) 895-3038 Sit down or to go

Musician - espresso jock Tim Glidewell with musician side-kick at Maggie Maes coffee house.

THE BOONVILLE HOTEL

Though an elegant wine country establishment, the integration of the back-tothe-land ethic by the hotel proprietors differs little from the way food was raised and gathered by early Anderson Valley settlers. As much produce as possible is purchased from local ranchers, gardeners and fishermen; the rest comes from the best San Francisco/Bay Area sources. Simply prepared to order entrees are moderately priced and modestly served by chef/owners John Schmitt and Jeanne Eliades who have a fine wine country reputation behind them. Plan on a full dinner experience with the best food possible (seating for 60). Eight rooms upstairs and two pet-friendly garden suites include private baths and balconies and a light breakfast is served in the tradition of a small country hotel. The Boonville Hotel is a one of a kind dining and lodging experience which I'm

sure you will enjoy.

\$\$-\$\$\$ THE BOONVILLE HOTEL Box 326. Boonville, CA 95415 Dinner/Lodging

(707) 895-2210 Res. and Info.



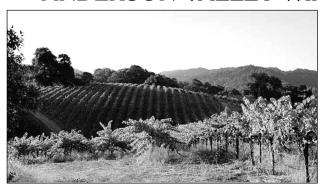
BOONT BERRY FARM STORE and CAFE Natural Foods Store, Wine Shop, Gourmet Deli & Gardens

Health oriented travelers will find the Boont Berry Farm Store and Cafe in Boonville an ideal stop half way between the coast and inland wine country of Mendocino County. Its a marvelous produce outlet for those seeking fresh farm ripened fruit and vegetables. Nutritious light to heavy meals and snacks and shelves lined with packaged and fresh natural foods should bring pleasure to any soul. When you are driving long distances its important to eat right so you feel refreshed and capable of enjoying to the maximum the spectacular north coast. Here you can choose between fresh squeezed juices, homemade pies, pastries, cookies, breads and soups and garden fresh salads. There are dozens of chilled drinks to choose from and fresh garden salads. There are dozens of chilled drinks to choose from and fresh brewed gourmet coffee and hot water for herbal teas. Varying gourmet meals are served from 10am featuring homemade casserole's, lasagna, choice of three international salads daily, pizza, spanikopita, homemade chili with seitian protein and turkey or chicken pot pies. The emphasis is on high quality fresh Vegetarian meals. The rice, potato and vegetable entrees are very popular. "We take great pride in the fact that 100% of the produce from our farm is organically grown and everything is picked ripe," states proprietor Burt Cohen. There are three green houses full of vegetables where tomatoes, peppers and basil are grown all year. "We also grow organic blueberries, gooseberrys, raspberries, strawberries, loganberries, black cap raspberries and boysenberries," continues Burt. Its no wonder the Boont Berry Farm fresh pies are so delicious! Your face is sure to light up after a nutritious meal or snack at the Boont Berry Farm Store and Cafe.

\$-\$\$ BOONT BERRY FARM STORE & CAFE

Health Foods, Gourmet Meals & Snacks. Open daily 10 am 6:30pm Organic Farm Fresh Produce Closed Major Holidays. Sit down or to go. 13981 Hwy 128, Boonville, CA. 95415 (707) 895-3576 Info on produce

ANDERSON VALLEY WINERIES



Pictured are Le Vin Vineyards, where grapes are grown organically and the songs of birds help the grapes grow into luscious award winning fruit.

Since the days when the pioneers had domesticated the wilderness with agriculture, they could look forward to kicking up their heels by the hearth with a glass of wine in one hand and their sweetheart in the other. Together they'd toast the evening and look forward to the warmth and affection they would share during the long winter night.

The foundation of northern California's wine empire rests firmly in the Napa Valley. Sonoma County is the home of the heart, but it is Mendocino County which will wear the crown. Why? Because of its large land area and all of the truly unique micro-climates existing between the hot inland valleys, coastal mountains and Pacific headlands. Mendocino County was also last to experience planting on a large scale. Its the wine country "the way it used to be". Furthermore the skills and ideas of young and experimental wine makers willing to take the risk of creating something new to make a name for themselves in the expanding wine market have created some truly rare and unique vintages.

As Highway 128 winds through the Anderson Valley past rows of picket fences, rural ranches and farms it is greeted by several wineries, each offering a unique experience. You can taste premium Mendocino wines and collect exciting vintages which will age well in your home cellar. The wineries are listed in the order of their appearance along Highway 128 if you are driving northwest from Boonville to Navarro. Some have tasting rooms - others only sell their wine to local wine shops.

WINE TASTING: Driving West on Highway 128 Boonville to Navarro Boonville Olive Oil & Wine Tasting for Stella Cadente Olive Oil, Claudia Springs, Eaglepoint Ranch & Raye's Hill Winery; Hwy 128, downtown Boonville 895-3993; Octopus Mountain Winery, Area 51 Hwy 128, Boonville; Goldeneye, 9200 Hwy 128, Philo 895-3202; Pacific Echo Winery, 8501 Hwy 128, Philo 895-2065; Brutocao Winery, 7000 Hwy 128, Philo 895-2152; Esterlina Winery, 1200 Holmes Ranch Rd., Philo 895-2920; Navarro Vineyards, 5601 Hwy 128, Philo 895-3686; Greenwood Ridge, 5501 Hwy 128, Philo 895-2002; Lazy Creek Vineyards, 4610 Hwy 128, Philo 895-3623; Husch Vineyards, 4400 Hwy 128, Philo 895-3216; Roederer Champagne Cellars, 4501 Hwy 128, Philo 895-2288; Handley Cellars, 3151 Hwy 128, Philo 895-3876; Christine Woods Vineyards, 3155 Hwy 128, Philo 895-2115, Claudia Springs Winery, P.O. 348, Philo 895-3926.

156 Mendocino Coast Hwy 128 / Philo

Highway 128: PHILO

Where Picket Fences Become Redwoods



PHILO POTTERY INN

Once a stagecoach stop for travelers enroute between the port of San Francisco and Mendocino's backwoods and coastal logging settlements, the Philo Pottery Inn (circa 1888) is now a 2-story vintage redwood bed & breakfast inn. Five rooms (from \$110 - \$165/2) are fashioned from redwood heart and decorated with handmade

tile, stained glass, antiques, comfortable iron and brass beds await you. Spend the day visiting the local wineries, hiking in Hendy Woods, or on the front porch, enjoying the garden and watching the world go by. The Philo Pottery Inn is as suitable for small groups looking for a unique retreat or business conference site as it is for travelers. Innkeepers Monika Fuchs and Beverly Bennett look forward to making your stay memorable.

Guests start their day at the inn with a lavish organic breakfast. Enjoy tea and homebaked cookies in the afternoon, or a glass of wine before you go out for dinner in the evening. Bring your bicycle for exploring the backroads. The Navarro river empties into the Pacific 25 minutes away, and just beyond lies historic Mendocino.

\$\$ PHILO POTTERY INN

Bed & Breakfast P.O. Box 166, 8550 Hwy 128, Philo, CA. 95466 MC & Visa (707) 895-3069 Res. advised. www.philopottervinn.com



ANDERSON VALLEY INN

The Anderson Valley Inn is the reasonably-priced lodging alternative to Mendocino's expensive bed and breakfast inns. For \$65-\$80 a night visitors stav in quaint. comfortable. newlyredecorated rooms. New

owners are Robert & Lydia Jancula Located in Philo, in the heart of Anderson Valley, it's just minutes away from the valley's noted wineries, Hendy Woods State Park, swimming and fishing holes on the Navarro River and the gourmet restaurants that are beginning to spring up in the area. The rugged Mendocino coast is a scenic 23-mile ride through the redwoods. The inn has 7 rooms, some with kitchen units, and the cabin with queen, double & single (\$100/5) is dog friendly. A country cafe is located just across the street.

\$\$ ANDERSON VALLEY INN 8480 Hwy 128, Box 147, Philo, CA. 95466 Motel Rooms Swimming & fishing nearby, Weekly rates available. \$65 - \$100/2 / kitchen units plus tax.Kids & Pets ok.

Discover. MC & Visa. (707) 895-3325 Res. Suggested www.avinn.com

LEMON'S PHILO MARKET



Olde fashioned hospitality and the pioneer spirit prevails at Lemon's Philo Market. Every friday the family stocks the deli with fresh wild seafood and Rocky chickens and all the condiments necessary for your picnic or great soup, sandwich and salad. Fresh produce (some

organically grown from local farms),

canned goods, hardware, tanning lotion, coffee, an extensive selection of premium wine and beer, firewood, ice, tourist information, motor oil, propane gas, fishing gear & licenses and camping supplies are stocked. Lemon's market is a lifeline for locals and tourists



\$-\$\$ LEMON'S PHILO MARKET 8651 Hwv 128. Philo. CA. 95466 Open daily 8am - 6pm MC & Visa

(707) 895-3552 Info



HIGHLAND GUEST RANCH



Cozy cabins and horses make prefect vacation companions on the 300 remote acres of Highland Ranch, which borders 1,000's of acres of Mendocino forest mountain wilderness. World traveler George Gaines is your host, along with son Jim and his wife Susie. Marriage ceremonies are very special on the ranch plateau amid giant redwoods, song birds and the soft gaze of horses and deer.

This destination ranch is located 3 miles west of Philo at 1,000 feet above sea level. From the gate to the ranch it is 2.5 miles. A new single lane bridge spans the Navarro River. The air is clear and the nighttime skies are full of stars. Couples, families and pets are free to truly enjoy themselves. Nestled among ridge top trees are redwood duplex and triplex cabins with rock fireplace hearths, private baths (some with tubs) and pristine mountain well water. Daily rates of \$285 per person cover all you can eat including beer, premium wine and cocktails in the historic main lodge. Horses are available (or you can bring your own) for rides over thousands of acres of adjoining timber country and meadows. Massage therapists ease tired muscles. Two ponds provide swimming and fishing opportunities. There are also tennis courts and a swimming pool. The ranch is very pet friendly with mascot Louise, a red healer Australian cattle dog, happy for the company. The Boonville airport is nearby. Write for a brochure.

\$\$\$ HIGHLAND RANCH Major Credit Cards Box 150, Philo, CA. 95446 Remote Guest Plan 3 meals daily Ranch, European www.highlandranch.com george@highlandranch.com Fax: (707) 895-3702 (707) 895-3600 Res. Nec.

158 Mendocino Coast Hwy 128 / Philo



CHAMPION LABYRINTH The oldest known earthwork labyrinth in America was created by Dr. Alex Champion in 1987. The above design is a copy of the Cretan labyrinth which is at least 3,200 years old. Several labyrinths are located near Philo and may be toured by appointment only by calling (707) 895-3375. Dr. Alex Champion is a long time dowser who studies sacred geometry and the healing ability of labyrinths. There are books written by Alex and a website designed by his wife Joan at www.earthsymbols.com which will enlighten the curious. Throughout the year there are labyrinth meditations and walks. Each year when the daffodils bloom in the labyrinth in March, kindred spirits and dowsers gather for a special picnic walk and celebration. Walking a labyrinth can reduce stress and may facilitate spiritual communion and healing.

WELLSPRING RENEWAL CENTER

Wellspring Renewal Center is a center for renewal of the human spirit. Programs focus on spiritual growth and living in harmony with the environment.

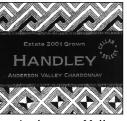


Study, meditation and prayer, community or individually prepared meals, shared work and recreation are all part of Wellspring programs. Wellspring welcomes church groups of any denominations and educational groups as well as families and individuals. A wide variety of living accommodations, everything from a deluxe cabin with all amenities as well as rooms for singles, small cabins for couples or a cabin large enough to house a family of 11. There is a campground, new dining hall (80) and three lodges that accommodate groups of 10

comfortably. Large group meetings, workshops, retreats, festivals, story teller gatherings and vacationers are all welcome.

\$\$ WELLSPRING RENEWAL CENTER Box 332, Philo, CA 95466 Email: wellsprg@pacific.net www.wellspringrenewal.org (707) 895-3893

Ten miles inland from the rugged Mendocino Coast and 100 miles north of San Francisco.



lies the lovely Anderson Valley. Protected on one side by redwood covered coastal ridges, and on the other

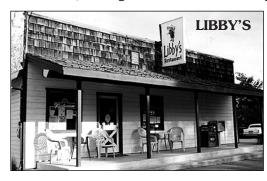


by oak studded hills, this unique viticultural region is the setting for Handley Cellars, a small family owned winery founded in 1982.

Milla Handley, the great-great granddaughter of Henry Weinhard of brewing fame and her husband Rex McClellan founded Handley Cellars in the basement of their home near Philo. Fermentation science is a natural interest for Milla who studied enology at the University of California at Davis where she received her degree in 1975. On the 30 acres of estate vineyards grow Chardonnay, Gewurztraminer and Pinot Noir grapes. Currently the winery is releasing 14,000 cases including vintages of Sauvignon Blanc, Chardonnay, Gewurztraminer, Pinot Gris, Pinto Rose, Brightlighter White, Pinot Noir, Pinot Meunier, Zinfandel, Syrah and Sparkling Wines. The "Cellar Club" is for those who want to receive regular shipments of Handley Cellars award winning wines. The art filled tasting room and picnic area are most inviting. Open daily from 11am to 4pm.

\$-\$\$ HANDLEY CELLARS

3151 Hwy 128, Philo, CA 95466 Retail Sales, Tasting & Picnics www.handleycellars.com (707) 895-3876



Locals and travelers visiting or working in the Anderson Valley wine country can work up quite a appetite in such a inspirational setting. At Libby's restaurant in tiny Philo you can dine on generous servings of Mexican-American cuisine, down a beer with delicious homemade salsa and chips or quietly savor a glass of premium

Mendocino wine with someone special. Jose, Libertad and daughters Alejandra and Belma know how to warm up your heart and attitude with generous servings of traditional enchiladas, burritos, chili rellenos and rice and beans smothered with cheese, special sauce, herbs and spices. Libertad's delicious salsa is homemade from seasonal local organic farm produce. In addition seafood tacos, quesadillas and specials are served with choice of a dozen premium wines, American and Mexican beers, fresh brewed coffee, soda or herbal tea. Libby's is open daily but monday for lunch from 11:30am to 2:30pm, dinners from 5:00pm - 8:30pm and in addition on Sundays from 8am-11am for breakfast.

\$-\$\$ LIBBY'S RESTAURANT

8651 Hwy 128, Philo, CA 95466

Mexican-American Cuisine AX, MC & Visa (707) 895-2646 Sit down or to go

160 Mendocino Coast Hwy 128 / Navarro





TOP: Navarro River at flood stage. Highway 128 is closed and the only roads that are usually above flooding are the old pioneer roads, now paved like Elk-Philo road to the LEFT. Fallen trees, power lines and rock slides are common place during fierce winter storms.

HENDY WOODS and PAUL DIMMICK STATE PARK

Just off Highway 128 near the sleepy towns of Philo and Boonville, 765-acre Hendy Woods State Park offers camping, picnicking and hiking. The park's 2 redwood groves are on the flats along the Navarro River. A quiet stream in the summer months, the Navarro can become a torrent of destruction in the winter. It provides excellent fishing for steelhead in the fall and winter and after the flood waters recede it is

excellent for kayaking and canoeing. The campgrounds at Hendy Woods-Azalea (43 sites) and Wildcat (49 sites)—are located in a wooded area between Big and Little Hendy Groves. Each site has a table, BBQ stove, food locker and paved parking space; piped drinking water and wheelchair accessible restrooms with hot showers are nearby. Sites will accommodate up to 26 foot RVs (no hook-ups).

Also nearby is Paul Dimmick State Park which is located west of Navarro and along Highway 128. Campsites are sheltered under huge redwood trees offering shade and sandy beaches for sunbathing and swimming. Firepits, bathrooms and hot showers are available. You can reserve a campsite at Reserve America at 1-800-444-PARK

Provisions can be purchased at the Floodgate Store which has delicious enchiladas or at the nearby Navarro Store with fresh made organic coffee and hot chocolate. Sandwiches, beer and wine, groceries and canned goods can be purchased at both stores. The Navarro Store boasts the "best pizza and sandwiches for miles "and has a outdoor seating area and eclectic sculpture garden scattered about the grounds. Both stores are open seasonally usually from 8am to 6pm and have bathrooms and pay phones.

\$-\$\$ FLOODGATE STORE \$-\$\$ NAVARRO STORE 1810 Hwy 128, 895-2870, Navarro 231 Wending St, 895-9445, Navarro

MENDOCINO COUNTY: Highway 101/HOPLAND Crossroads to Coast, Redwoods & Wine Country

Hopland is a crossroads community. To the east lies California's largest natural lake. Clear Lake. To the west the Pacific Ocean. To the north the tallest trees in the world and to the south the thriving cities of Santa Rosa and San Francisco. It is surrounded by vineyards and famous wineries. Hopland is also home of the first brewpub to open since prohibition, Hopland Brewery. the Exceptional restaurants, lodging, winery tasting rooms, arocerv stores offering fresh produce and snacks, art & craft galleries as well as specialty shops are all within an easy stroll.



HOPLAND DINER'S CHOICE: Area Code (707).

Bluebird Cafe (\$) 13340 S. Hwy 101 (707) 744-1633; **Hopland Brewery** (\$) 13351 S. Hwy 101, Box 400 744-1361; **Munchies Gourmet To Go** (\$) 13275 S. Hwy 101 (707) 744-1633; **Hopland Inn** (\$\$-\$\$\$) 13401 S. Hwy 101 744-1890.

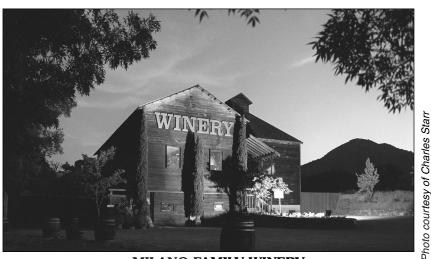
GROCERY STORES & SERVICE STATIONS: Big Five Mini Market & Gas (\$) 13600 S Hwy 101 744-1948; Hopland Farms (\$) 13501 S Hwy 101 744-1298; Hopland Superette & Liquor (\$) 13400 S Hwy 101 744-1171; The Keg (\$) 13499 S Hwy 101 744-1070; Sanel Valley Market (\$) 741 Hwy 175 (Old Hopland) 744-1724.

LODGING: Fetzer's Valley Oaks Food & Wine Center (\$-\$\$) 13609 Eastside Rd. (off Hwy 175) 744-1250; **Hopland Inn** (\$\$-\$\$\$) 13401 S. Hwy 101 744-1890.

WINERIES: Brutocao Vineyards & Winery (\$-\$\$) 13500 S. Hwy 101 744-1320; Fetzer Vineyards Tasting Room (\$-\$\$) 13609 Eastside Rd. (off Hwy 175) 744-1737; Graziano Family of Wines (\$) 13251 #3 S. Hwy 101 744-VINO; Jepson Vineyards (\$) 10400 S. Hwy 101 468-8936; Jeriko Winery (\$) 12141 Hewlitt & Sturtevant Road, 744-1140; Mc Dowell Valley Vineyards (\$) 13380 S. Hwy 101 744-1053; McNab Ridge Winery (\$) 13411 S. Hwy 101 744-1986; Milano Family Winery (\$) 14594 S. Hwy 101 744-1396; Oracle Oaks Winery (\$) 13275 S. Hwy 101, Suite #5, 744-1230.

ATTRACTIONS: Real Goods Solar Living Center (\$-\$\$\$) 13771 S. Hwy 101 744-2104. TOURIST INFORMATION: **Hopland Chamber of Commerce**, Box 677, Hopland, CA. 95449 744-1171 or 1-800-266-1891.

162 Mendocino Inland Hwy 101 / Hopland



MILANO FAMILY WINERY

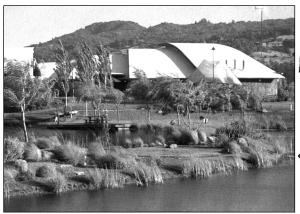
The first "mom and pop" winery on Highway 101 in Mendocino County is the Milano Family Winery which is located in an original, old hop kiln, near the Russian River just a mile south of Hopland. Vintners Ted & Deanna Starr bought the winery in 2001. Deanna learned wine making on the job. She and Ted are both committed to making award winning wines, some from organically grown grapes. Selecting the finest grapes from local vineyards, they produce small lots of handcrafted wines using traditional methods. New creations, in addition to their signature Cabernets and Zinfandels, include Carignane, Syrah, Petite Sirah, Cabernet/Syrah blend, Merlot, Petit Verdot, Late Harvest Zin, Port and more. Visit their tasting room, giftshop and share these and other rare bottlings from their wine cellar. There is a picnic area with sufficient parking for RVs or campers. Willie the pot-belly pig, Spic & Span the pygmy goats and Buster the donkey are fun to watch along with geese, ducks, chickens and tortoises. Because of the busy highway it's a good idea to leash dogs.

Deanna worked in healthcare for over 20 years, starting out as a Registered Nurse, then spent many years in management for physician medical groups and home healthcare. Her chemistry background comes in very handy – analyzing wine for just the right balance of components. Besides having had a long time interest in wine and winemaking, she is also a gourmet cook who is using her tastebuds to creating flavorful, memorable wines – leaving you always wanting to come back for seconds! The Starrs love of wine has led them to collect an extensive personal cellar and they have a passion for Port. There is a wine club.

Milano Winery, which was the first winery established in Hopland, has been family owned and operated continuously in the old hop kiln since 1977. The hop kiln and winery have deep historical roots in Mendocino County. You'll enjoy visiting Deanna and Ted who love to inform and entertain.

\$-\$\$MILANO FAMILY WINERY 14594 S. Hwy 101, Hopland, CA. Tasting, Retail Sales, Tours, Picnic Area & Giftshop Open 10am-5pm www.milanowinery.com wines@milanowinery.com 800-564-2582

Hwy 101 / Hopland Mendocino County 163







Small groups of kindred spirits have made dramatic impacts on society. The Solar Living Center in Hopland and Real Goods Store is an oasis for consumers who want to hands-on, build the new paradigm into their homes, farms, offices and lifestyles.

REAL GOODS STORE and the SOLAR LIVING CENTER

The showcase at Real Goods and the Solar Living Center in Hopland will reveal outdoor displays of solar panel arrays, organic gardens, water supply and purification systems, and indoors, a spacious retail sales room where a myriad of products are sold, seminars and classes are held, and a knowledgeable staff trained in alternative energy technology answers your questions. Your R.V., home, ranch, school or complex of buildings can become energy self-sufficient. Real Goods has helped thousands become comfortably self-sufficient and secure, and they can help you too. At the annual SolFest event (usually in August) are leading speakers, entertainment, over 55 educational workshops, 150 exhibitor booths with renewable energy and earth-friendly products, and an electric vehicle parade and display. The organic garden site; a solar-electric and biodiesel fueling station for highway vehicles and tractors of local farmers; and a demonstration tree home (a self-contained, unique octagonal living space supported by and surrounding a tree). There is limited RV space and overnight camping.

The Real Goods showroom and 12 acre Solar Living Center boldly validates lifestyles for those who desire a simple and inexpensive way to live, absent the stress of large communities where people are forced to give their power away to organizations and companies who make up the rules and then feed on the dependency of consumers. The 5,000 square foot Real Goods store in Hopland resonates with the excitement and inspiration of the Solar Living Center. The store showcases the latest in alternative energy and home and personal products with your health in mind. You can write or call 800-762-7325 for a free catalog and order securely online at the below websites. Gaiam Inc. owns both the Real Goods Store and the not-for-profit Solar Living Center, which you can donate to or volunteer at. The store is open 7 days a week Mon-Sat from 10am-7pm, Sunday till 6pm. The store and Solar Living Center is located just 95 miles north of the San Francisco Bay Area on Highway 101 and 1/2 mile south of Hopland.

\$-\$\$\$ REAL GOODS & SOLAR LIVING CENTER

Hwy 1, Hopland, CA. 95449 www.realgoods.com www.solarliving.org Credit cards & cash Fax: (707) 744-1342 or (707) 744-2100

FETZER VALLEY OAKS RANCH



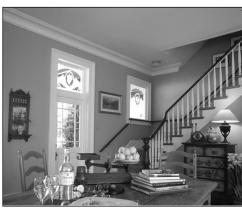
The Fetzer Valley Oak Wine and Food center in Hopland, which is just 14 miles north of Cloverdale in Mendocino County offers a 6 acre organic garden to explore, wine tasting room, deli/cafe, marketplace and grounds and outdoor picnic areas for children and pets to safely relax.

The Fetzer Valley Oaks tasting room and gardens is a warm, friendly atmosphere within which to buy, taste and talk gardens, food and wine. There is a unique selection of gifts and local art, a wine museum and delicatessen for picnickers. At the Fetzer Valley Oaks facility wines, herbs, organic vegetables, fish and meats are combined to create some of the most



delicious dishes in the world. Overnight accommodations are available.

The Fetzer family founded their vineyards and wine operations 35 years



ago and today their full line of fine red and white varieties including Cabernet, Zinfandel, Petite Sirah, Chardonnay, Johannisberg Riesling and Gewurztraminer are found wherever premium wines are sold.

It is a real treat to explore the six acres of organic gardens. Hummingbirds and butterfly's accompany you on your journey through rows of 100's of varieties of edible and medicinal

herbs, fruits, vegetables and flowers. Valley Oaks is a pet-friendly destination. A taste of wine, a meal or snack from the deli /cafe and a pleasant break on the outdoor patio and you and your loved ones are ready for the next leg of your organic wine country adventure.

\$-\$\$\$ FETZER VALLEY OAKS RANCH

Six acre Organic Gardens, Tasting Room, Inn, Marketplace and Cafe P.O. Box 611, 13601 Old River Rd., Hopland, CA. 95449 Fax: (707) 744-2151 800-846-8637

www.fetzer.com

HOPLAND INN

For the weekender seeking a change-of-pace escape, or the mid-week business traveler, the Hopland Inn's unique setting makes it a very special destination. Period furnishings, late 19th Century decor, a comfortable Fireside Library - where a



guest may curl up with a good book - and the Grand Dining Room, which features dinner six days a week are all a plus. Outdoor patio dining and a garden pool provide a welcome respite during warm weather months. The classic wine country cuisine and fine wine selection have established the Hopland Inn as one of the quality dinner houses in the Redwood Empire. It is also a perfect setting for a wedding or reception.

Twenty one rooms await you with rates from \$125/2\$ which includes a buffet continental breakfast. All have private baths and occupy the 2nd and 3rd floors of the Inn. The historic long bar, 14 foot walls, lavish library, sophisticated cuisine, live entertainment and friendly ambiance of the staff make a stay here a real treat.

\$\$ HOPLAND INN www.hoplandinn.com Dinner/Lodging Historic Long Bar 13401 S. Hwy 101, Hopland, CA. 95449

info@hoplandinn.com Major Credit Cards 1-800-266-1891 Res. Rec.

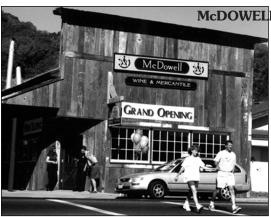
JERIKO ESTATE WINERY

Jeriko Estate Winery, which is located just north of Hopland off Hwy 101 is a triumph in achievement. Often the youngest in a family is the most passionate about making a statement. Winemaker/owner Danny Fetzer is both the youngest of 11 Fetzer children and is absolutely passionate about making wine



from grapes only grown organically. The 160 acres of organically grown estate vineyards surrounding the winery, the Italian Chateau architecture and gallery tasting room is an educational statement to a conscious class act of what a true partnership with nature can become. The tasting room and intent at Jeriko honors a earthy, even sacred connection to nature. Danny and his dedicated staff create award winning chardonnay, pinto noir, sangiovese, merlot and syrah which you can taste and purchase in the Jeriko tasting room, or receive by joining the "Jeriko Estate Vines to Wine Club". Jeriko has also just released California's first sparkling wine made from organic grapes. Jeriko Brut is "one of a kind". Stop by or visit the website for upcoming special events.

\$-\$\$ JERIKO ESTATE WINERY P.O. Box 489 Hopland, CA. 95449 Tasting Room/Gift Shop open daily 10am - 5pm Fax (707) 744-1348 Email: info@jerikoestate.com www.jerikoestate.com (707) 744-1140



McDOWELL VALLEY VINEYARDS

Four miles east of Hopland and surrounded by the Mavacamus Mountains lies the strikingly beautiful McDowell Valley. valley is the home of most of the 330 acres used to produce Mc Dowell Valley Vineyard wines including the Rhone varietals of Syrah, Viognier, Marsanne and Grenache Rose'. Today the vineyards are

jointly owned by Richard and Karen Keehn and step-son Bill Crawford. A new tasting room opened in summer of 2000 and is located on a corner in downtown Hopland. Wine tasting and the creative work of Mendocino County artisans is showcased there.

\$-\$\$ McDOWELL VALLEY VINEYARDS 13380 S.Hwy 101, Hopland Tasting Room open daily from 10am to 5pm (707) 744-1053

MENDOCINO BREWING COMPANY and HOPLAND BREW PUB



The hardy pioneer spirit Mendocino County is known for is alive and well in the tiny community of Hopland. California's first brew pub since prohibition opened on August 14, 1983 and has since put down deep roots under the direction of Michael Laybourn, Don Barkley and John Scahill. Fine beer and ale is brewed on the premises and sold at the tavern bar or over the counter to the increasing number of beer enthusiasts who are seeking out the best beers

in America today.

Currently available are brews of popular Red Tail Ale, Peregrine Ale, Blue Heron Ale and Black Hawk Stout by the glass or pitcher tavernside or in attractive bottles to go. Gold medal winning ales are also available including Eye of the Hawk. Food from several nearby restaurants can be purchased and brought into the Beer Garden and enjoyed with these wonderful local brews. Stop in and enjoy a Mendocino tradition and the legendary flavors of California's first brew pub since prohibition.

\$-\$\$ MENDOCINO BREWING COMPANY and BREW PUB

13351 S. Hwy 101, Box 400,

Beer Garden & Retail gift sales Hopland, California 95449 www.mendobrew.com (707) 744-1361

BLUEBIRD CAFE

The morning sun rises above the mountains east of Hopland, climbing above main street and reaching inside the dining room windows of the Bluebird Cafe. Faces illuminated by the early morning light beam over breakfast. The bright and cheery dining room with old fashioned soda fountain bar and simple slogan - "quality food, big portions and reasonable prices" bring the locals and travelers in by the throngs. Great



Chefs of Mendocino Stephen Yundt and Robin Paul not only utilized the finest seasonal produce they can buy, but also showcase and sell a variety of Made-in-Mendocino sauces and spreads, salad dressings and locally grown organic herbs.

Evening time means romantic candlelight and flowers as the dining room takes on a soft hew and the enamored eyes of lovers become inspired by the ambiance. Appetizers (from \$6.95) include smoked salmon. Complete dinners (from \$7.95) such as grilled teriyaki chicken breast, pasta primavera, steaks, chops, fresh fish and vegetarian entrees come with homemade soup and garden fresh salad. Delicious desserts, ice cream sundaes, banana splits and soda fountain beverages are served. The Bluebird Cafe' specializes in breakfast and weekend brunch. You also enjoy their newest location in Ukiah.

MUNCHIES GOURMET to GO

Across the street from the Bluebird is Munchies Gourmet To Go which extends the Bluebird's menu into more quality fast food to go. Gourmet sandwiches, organic espresso and cappuccino, homemade pastries, cookies, pies, breads and ice cream specialties are served indoors or on the outdoor patio. Not only can you wine taste next door, but you can purchase all your picnic supplies at Munchies. Rent a bicycle and receive a free map to the quaint backroads around Hopland. It is the dream of Stephen and Robin to offer a gourmet grocery store where the talent and products of Mendocino's Great Chefs can be showcased and sold.



\$-\$\$ BLUEBIRD CAFE

\$-\$\$ MUNCHIES GOURMET TO GO

American Cuisine Gourmet Food to go & Picnic Supplies 13340 S. Hwy 101, Hopland, 13275 S. Hwy 101, Hopland, 95449 Open 6am to 2pm daily / Wknds 8am to 8pm Open 9am to 6pm daily (707) 744-1633 www.mendofood.com/mendo/gcm (707) 744-1600

JEPSON JEPSON

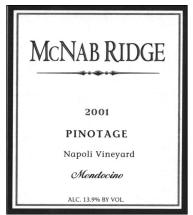
JEPSON VINEYARDS

As one of the easiest wineries to find on Hwy 101 in Mendocino County, Jepson Vineyards has become a very special place to visit for travelers driving through this beautiful portion of northern California. Jepson produces still wines - chardonnay, sauvignon blanc, viognier, carignane, merlot,

zinfandel, sirah and petite sirah.

The visitor to the 1,242 acre Jepson facility has an opportunity to not only taste award-winning wines but to also tour a winery that includes Champagne facilities as well as an authentic, 15th century-designed, copper pot still from the Cognac region of France.

\$-\$\$ JEPSON VINEYARDS 10400 S. Hwy 101, Ukiah, CA. 95482 Tasting Room/Gift Shop open daily 10am - 5pm Picnic Area Tours by appointment only. Manager: Sean Flynn (707) 468-8936



McNAB RIDGE WINERY

Legendary winemaker John Parducci purchased the Mc Nab Ridge Winery, which is located in a secluded valley 2 miles north of Hopland, in 1999. He and grandson winemaker Rich Parducci craft premium varietals of award winning Chardonnay, Sauvignon Blanc, Merlot, Zinfandel, Petite Sirah, and Pinotage. Pinotage is a South African varietal which resulted from cross-breeding Pinto Noir and Cinsault.

John and Rich do not believe in over processing a wine; the more natural a wine is when bottled, the better it will be

when consumed. Rich states, "I am a great believer in varietal wines, those in which the character of each varietal is there in abundance, not masked under heavy oak flavors or lost due to excessive handling. Nature and I can make a better, more natural wine - one which shows the variety it came from and the soils in which it was grown." Estate grapes come from the Talmage Benchland as well as the Redwood, McDowell and Mc Nab Valleys. The Mc Nab Valley is named for Scottish immigrant Alexander Mc Nab, as is the alert, quick, smart and loyal Mc Nab sheep dog -" a black and white breed which doesn't tolerate strange people."

There is a tasting room located in downtown Hopland and vintages of the McNab Ridge Taster's Club can be delivered to your door. You can visit their website at www.mcnabridge.com or stop by the tasting room in Hopland.

\$-\$\$ Mc NAB RIDGE WINERY13411 S. Hwy 101, Hopland Tasting & Retail Sales Open 10am - 5pm daily Winery: (707) 462-2423 www.mcnabridge.com barbarat@mcnabridge.com Tasting: (707) 744-1986

Highway 253: Short-Cut Between Boonville and Ukiah



*Highway 253 is a short-cut between Boonville and Ukiah. Pictured is the high-point which is a great spot to pull off and star watch, especially during the new moon. Drive safely! Sparsely populated, Mendocino County is blessed with a rural atmosphere, an unspoiled coastline and thousands of acres of forestland. Highway 253 twists and turns as it climbs high above valleys and through forests between Boonville and Ukiah. There are numerous pull-outs where you can pause and ponder the beauty around you. This is one of the best vantage points for a darkened sky full of stars. Highway 253 is a great place for you and your lover to enjoy star gazing and of course - make a wish - you might get lucky!

REDWOOD HEALTH CLUB

The 20,000 square foot Redwood Health Club in Ukiah is a welcome site for locals and visitors to the Mendocino Wine Country. Established in 1979, the club offers both an indoor and outdoor olympic sized heated swimming pools, mens and womens saunas, co-ed whirlpool jacuzzi, 3 weight rooms, 2 conditioning rooms, 3 racquetball courts and exercise

g rooms, 3
exercise
instructors.
The snack



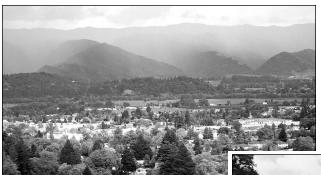
bar offers fresh squeezed carrot juice, protein smoothies, pastries, power bars, healthy snacks and daily specials. Adjacent the snack bar is a lounge area with a wide screen TV. A variety of swimming and fitness classes and programs are offered. Separate facilities for physical therapy include massage therapy, orthopedic, postural and lifestyle modification coaching to optimal health. Day-use

drop in fees and individual and family membership fees are available. Open M-Thur 5 am- 10 pm, Fri till 8:30 pm, Sat 8 am- 8:30 pm & Sun 9 am- 7:30 pm.

\$ REDWOOD HEALTH CLUB 3101 South State Street, Ukiah, 95482 Total Fitness Center and Physical Therapy (707) 468-0441 Info & Events *The Redwood Health Club is located at the convergence of Hwy 101 and Hwy 253, which is a more remote artery from Boonville to Ukiah, consequently people coming over from the coast or the Anderson Valley Wine Country have a more direct route to access the health club.

170 Mendocino Coast Hwy 101 / Ukiah

Highway101 Ukiah: Mendocino's County Seat



Located in a lush agricultural valley 120 miles north of San Francisco is Ukiah. Residents enjoy theater arts, movies, a large selection of restaurants and nearby there is



Historic observatory once calibrated the earth's wobble.

swimming, boating, fishing and hiking on Lake Mendocino. Wineries, farms and ranches surround Ukiah. An airport,

golf course and Tree lined School Street is great for shopping meandering country lanes for leisure driving and bicycling

add to the pleasure of staying here. A large variety of motels and inns, some with swimming pools and spas take the edge off a long trip. Native American Pomo Indians first settled the valley. The Sun House & Grace Hudson Museum portrays Native American art, history & anthropology.

UKIAH DINER'S CHOICE: Telephone Area Code is (707).

Bluebird Cafe (\$\$), 1380 S. State Street, 744-1633; City of 10,000 Buddha's Jyun Kang (\$-\$\$), 4951 Bodhi Way 462-0939; Coffee Critic (\$)

476 N. State St., 462-6333; Ellie's Cafe (\$), 732 S. State St. 468-5376; El Sombrero (\$), 131 E. Mill St. 463-1818; Himalayan Cafe (\$\$), 1639 S. State Street, 467-9900; Jade Garden (\$), 765 S. State St. 463-6686; Mario's Ristorante Italiano (\$\$), 9601 N. Hwy 101, Redwood Valley 485-7400; North State Cafe (\$), 247 N. State St. 462-3762; OCO Time (\$\$), 111 W. Church St. 462-2422; Oharu Sushi (\$\$), 570 N. State St. 462-4762; Patrona Restaurant (\$\$), 130 W. Standley St. 462-9181; Schat's Bakery (\$), 113 W. Perkins St. 462-1670; Ruen Tong Thai Cuisine (\$\$), 801 N. State St. 462-0238; Ukiah Brewing Co. (\$-\$\$), 102 S. State Street 468-5898.

INTERNET ACCESS Besides your local Motel

or Bed & Breakfast try:
Creative Workshop

759 S. State St., Ukiah 1-800-694-9999 Open M-Sat from 8:30am Coffee Critic Cafe 476 N. State St., Ukiah 462-6333 daily 7am-6pm Ukiah City Library 105 N. Main, Ukiah Open Mon-Sat 463-4491

ACCOMMODATIONS

Discovery Inn (\$\$), 1340 N. State St. 462-8873; **Fairfield Inn & Suites** (\$\$), 1140 Airport Park Blvd. 463-3600; **Hampton Inn** (\$\$), 1160 Airport Park Blvd. 462-6555; **Holiday Inn Express** (\$\$), 1720 North State 462-5745; **Sanford House Bed & Breakfast** (\$\$), 306 S. Pine 462-1653; **Vichy Springs Resort** (\$\$), 2605 Vichy Springs Rd. 462-9515.

UKIAH FARMER'S MARKET Info

(707) 468-5837 May - Oct on Sat. @Longs Orchard Plaza 8:30am - noon June-Oct Tues School & Clay Sts. 3pm - 6pm; (707) 895-3225.

HEALTH and FITNESS:

Lake Mendocino (\$), 1160 Lake Mendocino Dr. 462-7581 Swimming, Fishing, Boating, Hiking, Dog Exercise; Redwood Health Club (\$-\$\$), 3101 S. State St. 468-0441; Ukiah City Pool @ Todd Grove Park, 500 block of Park Blvd. 463-6200 Open Summers; Ukiah Municipal



Moore's Historic Flour Mill & Bakery, located across from the Ukiah Airport on S. State St. parallel to the Freeway. A great stop for healthy snacks.

Golf Course (\$\$), 599 Park Bivd, 462-8857; **Ukiah Natural Foods** (\$-\$\$), 721 S. State Street 462-4778; **Ukiah Fitness Center** (\$) 677 N. State St., 462-1255; **Vichy Springs Resort** (\$\$), 2605 Vichy Springs Rd. 462-9515.

ATTRACTIONS and TOURIST INFORMATION:

Grace Hudson Museum and the Sun House (\$), 431 S. Main St. 462-3370 Pomo Native American Cultural Displays; Moore's Flour Mill & Bakery (\$), 1550 S State St. 462-6550 Mendocino County Alliance (\$), South School St. www.gomendo.com 1-866goMendo or 877-462-6864; Ukiah Chamber Information Center (\$), 200 S. School St., 462-4705.

CITY of 10,000 BUDDHAS

The Buddhists live one answer at The City of Ten Thousand Buddhas in Ukiah, California. Five Buddhist Precepts and Six Great Ideals they live by cover it all. The



Precepts prohibit killing any living being (includes vegetarianism), stealing, improper sexual conduct, false speech, and taking intoxicants (alcohol, drugs and



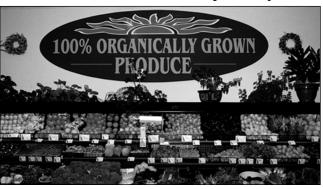
tobacco), and all strive to perfect the Six Great Ideals: not contending with anyone, not being greedy, not seeking for anything, not being selfish, not wanting personal advantage, and not lying. Curious souls can visit the bookstore or dine in the wonderful Jyun Kang restaurant where sumptuous 5 course vegetarian feasts are served Mon-Thurs from

11am-3pm (closed on Tuesday) and Friday, Saturday and Sunday from 11am to 6pm. Cash only.

\$-\$\$ CITY of 10,000 BUDDHAS 4951 Bodhi Way, Ukiah, CA. 95482 Spiritual Retreat Center, Workshops, Vegetarian Cuisine (707) 462-0939

172 Mendocino Coast South State St. / Ukiah

UKIAH NATURAL FOODS: Co-Operatively Owned - All Welcome



Located four blocks off busy Hwy 101 at the Gobbi Street exit the largest is natural food store Mendocino in County. Established 1976, the Ukiah Natural Foods Coop is community owned by over

4,000 members and that means extra special service and integrity. Everyone is welcome to shop here whether you are a member or not. It truly feels good to shop inside this 7.200 square foot natural foods market where prices are great. the staff friendly, the store super clean and the quality of merchandise is high.

Just inside the door is the fresh 100% organic produce department stocked with an A-Z array of organic vegetables, fruits and herbs. Coolers full of smoothies, fresh squeezed juices, mineral water, yogurt, tofu and dairy products are against the back wall. In the bulk foods section are beans, grains, flours, seeds for sprouting, pasta, cooking oil, granola and candy. There is also a great selection of ready to cook frozen meals. Pet food, biodegradable and non-toxic cleaning aids, recycled paper products and a variety of purified and mineral water is stocked. All sorts of packaged health foods, bulk shade-grown and fair trade organic coffees, organic juices, organic beer and wine and herbal teas are stocked. At the 100% organic espresso bar you can pause and refresh, refine your shopping list, pick up some food to go or plan the day with co-workers or loved ones while dining on great sandwiches, salads, wraps and burritos.



There is an amazing natural line of vitamins, supplements and herbs and a caring and knowledgeable staff to answer questions regarding your health needs. On your way to the check-out stands scope out the health books, note cards, natural bath scrubs and a wonderful selection of health and beauty Complementary newsletters, magazines and tabloids inform

shoppers of break throughs in health, special store events and items affecting the well-being of Mendocino County residents. A co-op membership entitles you to discounts, special benefits and a vote for the board. Ukiah Natural Foods is open from 9am-7pm Monday thru Friday, 9am-6pm Saturday and 10am-5pm Sundays.

\$-\$\$ UKIAH NATURAL FOODS 721 S. State St.., Ukiah, CA. 95482 Full Service Natural Food Co-op Local Checks & Major Credit Cards Fax: (707) 462-7097 (707) 462-4778 www.ukiahnaturalfoods.com

Vichy Springs Rd. / Ukiah Mendocino Coast 173



VICHY SPRINGS RESORT

Vichy Springs Resort, a two hour drive north on Highway 101 from San Francisco and 3 miles east of Ukiah, is one of California's oldest continuously operating hot springs resorts. Opened in 1854 the original redwood buildings have been completely renovated and individually decorated. Bed & Breakfast is offered for guests in 17 rooms and 8 self-contained cottages. A few feet from the rooms await the 10 natural tubs built in 1860 and used by the rich and famous in California's history including Jack and Charmaigne

London, Mark Twain, Teddy Roosevelt and his daughter Alice, Ulysses Grant and pugilists Jim Corbett and John L. Sullivan.

The Vichy Springs Resort features naturally sparkling 90 degree mineral baths that will gently caress your cares and stress away. Adjacent to the

natural tubs is communal 104 degree mineral hot tub. The baths are backdropped by a two-million year old travertine/onyx grotto formed from the Spring. A newly refurbished Olympic size mineral pool also awaits (inseason). The Vichy Ranch has 700 acres for your hiking, jogging, picnicking and mountain pleasure. bicycling



Chemisal Falls is a short hike up Little Grizzly Creek from the resort.

Vichy Springs offers Swedish massage, herbal facials and its own bottled water. Seven therapists await for your exclusive pleasure. Mineral water is bottled and sold on the premises and is unique in its mineral content and curative value. A quiet healing environment is what a stay at a mineral springs resort is all about. Vichy's idyllic setting amidst native oak, madrone, manzanita, bay, fir, pine, buckeye and California nutmeg will leave you refreshed, renewed and invigorated. Write/ call for reservations or a free brochure.

\$\$-\$\$\$ VICHY SPRINGS RESORT 2605 Vichy Springs Rd., Ukiah Rooms & Cottages Master Card & Visa info@vichysprings.com www.vichysprings.com (707) 462-9515 Reservations advised

174 Mendocino Coast South State & Perkins / Ukiah



ELLIE'S CAFE

If you're looking for some great food in Ukiah, you can't miss "Ellie's Mutt Hut and Vegetarian Cafe". Everything is made from scratch with organic produce from family and friend's favorite recipes.

A huge menu awaits you at Ellie's. Some favorites are the cashew chicken salad with tahini poppyseed dressing, cornbread and blackbean chili sandwich,

homemade soups or famous giant burgers or choose from 25 specialty sandwiches and spuds. Daily specials include Indian tacos, potato taquitos, homemade lasagna and delicious pastas with homemade sauces. For breakfast try the Johnny cakes topped with strawberries and peaches, or a local favorite, the Mendocino scramble. Fluffy vegetarian or meaty omelettes overflowing with gourmet goodies.

If you are in the mood for a quick snack then how about the homemade chocolate chip cookies or peach cobbler? Patrons can also enjoy espresso beverages including mocha shakes. Destination oriented travelers can be assured of healthy top notch meals served to go or to sit down and enjoy in the cozy interior which is located just four blocks off Highway 101.

\$-\$\$ ELLIE'S CAFEOpen 6:30am - 8pm Mon-Fri, Sat till 3pm
Vegetarian & American 732 S. State, Ukiah, CA. 95482 (707) 468-5376



SCHAT'S BAKERY and CAFE

The popular Schat's Bakeries in Ukiah are full of cheerful diners starting their day on organic fresh baked breads and pastries, fresh fruit and organic shade grown coffee. The Schat Family began its long line of bakers in Utrecht, Holland in 1893. Jacob (Jack) Reyer Schat Jr. brought his father Jack Sr. to California in 1958, and the entire

Schat family began their "American Dream". In 1991 Jack Jr.'s sons, Brian and Zachery, started their first neighborhood bakery in Ukiah. Today Zach runs the downtown Bakery and uses only organic flour in the artisan breads baked in the state of the art German deck oven. "We bake natural breads with no preservatives and no mixes from proven family recipes," states Zach. "Our philosophy is simple give people a consistent quality product while offering superb service."

The breakfast and lunch crowds prove it by emptying out the glass cases lined with incredible fresh baked goods, pastries and desserts. Guests also dine on homemade soups, garden fresh salads and a variety of sandwiches. Organic espressos, cappucinos, mineral water and fruit juices are also available. I heartily recommend you plan a breakfast or lunch at one of the Ukiah locations or enjoy dinner at the Schats Bakery and Cafe on Perkins Street from 5pm - 8:30pm monday thru friday.

\$-\$\$ SCHAT'S BAKERY & CAFE Wholesale-Retail www.schatsbakery.com Continental & California Cuisine 1255 Airport Park Blvd., Ukiah 468-5850 113 W. Perkins Street - 462-1670 or 1000 Hensley Creek Rd. - 468-3145 Breakfast & Lunch 8am - 5pm daily Dinner 5pm-8:30pm at Perkins St. Cafe

South State St. & South Pine / Ukiah Mendocino County 175

JADE GARDEN

One of the few vegan Chinese restaurants in northern California serves delicious and soulful cuisine for lunch (M-F 11:30am - 2pm) and dinner (M-Sat 5pm - 8:45pm). Prices are reasonable, part of the ingredients are organic and of non-animal origin making the Jade Garden one of the most close-to-the-earth and spiritual dining experiences in Mendocino County. With a beaming smile Chef/owner Ming Hui Lin puts out a scrumptious vegetable and salad bar for only \$6.50 per person which includes



hot & sour soup, meatless sweet and sour veggie balls (delicious), sweet & sour or curry potato, organic tofu (in all dishes), green pea soybean shred, pineapple or carrot & corn fried rice, noodles and vegetable chow mein. Ginseng or chrysanthemum tea with fried sesame ball or deep fried banana dessert rounds out your feast. Definitely put the Jade Garden your list when in Ukiah.

\$ JADE GARDENChinese Vegan Cuisine

765 S. State St., Ukiah CA 95482 (707) 463-6686 Res. advised

HIMALAYAN CAFE

Located on the south end of Ukiah's main trail and near the



airport is the Himalayan Cafe. Like mountain treckers the owners have a sense of humor, but with 5 star restaurant experience as they prepare and serve the cuisine of Himalayas, Nepal and India. Park your yak and join in this tribal dining experience. Enjoy a bottle of Taj Mahal or Flying Horse India beer and ponder the extensive menu. The all you can eat lunch or dinner buffet of Daal soup, chicken Tandoori kukhura saag (chicken, fresh spinach & exotic spices), lamb vindaloo (lamb curry & potatoes) and shrimp or fish curry is filling and delicious. There is also an extensive vegetarian menu. Wine, beer, mango Lasi, tea and exotic Himalayan desserts are also available. Your spirited chef / owners are Badri Siwakoti and Makar Rai.

\$-\$\$ HIMALAYAN CAFE1639 S. State St., Ukiah CA 95482 Himalayan Food from Nepal and India (707) 467-9900 Sit down or to go

MENDOCINO BOUNTY Marketplace and Cafe

Karen Record is a great believer in the artists and gourmet artisans of Mendocino County. So much so that she opened "Mendocino Bounty" to showcase the magic that is created here and serves shop patrons gourmet delights harvested and created by the culinary artists who call Mendocino County home. Award winning products include premium Mendocino wines, McFadden Farms organic herbs, Ackerman's



luscious cakes, Scharfenberger chocolate, creamed honey and a plethora of gifts from birdbaths to salad bowls are stocked. Gourmet gift baskets are available and can be shipped to your home or office for special loved ones! Credit cards honored, open from 9:30am - 5:30pm (closed Sunday- extended hours in December)

\$-\$\$ MENDOCINO BOUNTY 200 South School St., Ukiah CA 95482 Art & Gourmet Gifts www.mendocinobounty.com (707) 463-6711

176 Mendocino County South State & West Church / Ukiah



UKIAH BREWING COMPANY

A truly fun and healthful destination for organic beer, wine, cuisine and live music from acoustic to dance bands is the Ukiah Brewing Company. Founders Els and Allen Cooperrider wanted to make a difference and created the nations first certified allorganic (A-Z) brew pub. Brew master Bret Cooperrider creates Yokayo gold, Sunset red, Palace Porter, IPA and Coops Stout which are brewed on premises and served chilled at the long bar.

Organic beer, wine and pub fare such as the fresh fish filet sandwich, veggie burger, sausage pizza, hummus pita and brew burger are served all day from 11am to 9pm. Soup, salad, coleslaw and fries are extra. Luncheons (served from 11:30am - 5pm) include fish tacos, Reuben, tuna melt, teriyaki chicken and tofu wraps (from \$5.95). Dinners include the Flemish Pot Roast, rock shrimp etouffee, sheppards pie, pasta of the day, seafood platter and teriyaki stir fried vegetables and tofu (from \$^12.95). Jazz, fusion, rock, reggae, salsa and acoustic music are played 3-4 nights a week. The Ukiah Brew Pub is located 4 blocks off Hwy 101 on Perkins Street in the heart of downtown Ukiah.

\$-\$\$ UKIAH BREW PUB 102 South State St., Ukiah, CA. 95482 Certified Organic Brew Pub & Restaurant Live Entertainment allen@ukiahbrewingco.com www.ukiahbrewingco.com (707) 468-5898



OCO TIME

A truly fun and healthful destination for authentic Japanese Cuisine and Sushi is OCO TIME in Ukiah. Owners Naoko and Yoshiki Sakane, who are from Hiroshima, Japan, are deeply commitment to peace and love. OCO is a healthy Japanese dish that is new in America, but traditional in Japan. It is a combination of sliced cabbage, bean sprouts, chopped scallions, organic egg and noodles grilled together on a thin batter base - all topped with powdered seaweed and your choice of sweet or spicy sauce served with a side salad or miso soup for lunch time. Also

served are Bento box luncheons and varieties of Nigiri sushi, Hatake (vegetarian) sushi, sashimi, veggie rolls, garden fresh salad. Teppan plates such as chicken breast or wild salmon in a house special sauce with vegetables are filling and delicious. For dessert there is green tea ice cream or plum wine cheese cake. Green Tea, non-alcoholic beverages, organic wines and Japanese beer is served. The refreshing decor and summertime outdoor patio are most calming. OCO TIME is open tuesday thru saturday.

\$\$ OCO TIME 111 W. Church St., Ukiah CA. Lunch 11:30am - 3pm California- Japanese Cuisine Dinner from 5:30pm (707) 462-2422

MENDOCINO BOOK COMPANY

The Mendocino Book Company is a spacious and comprehensive "bookstore with a heart" which has become a steadfast source of knowledge, information and inspiration for the regions book buyers. Over the years proprietor Ann Kilkenny and her beloved mascot Kimball created a friendly and organized environment where general interest fiction and nonfiction titles from A-Z are showcased.



In memory of our beloved Kimball

Neat and colorful isles full of thousands of books encourage readers to discover new or familiar treasures. Calendars, cards, special gifts, prints and travel and community information is available. Special events, speakers, autograph parties and musicians appear monthly to liven up the social activities in Mendocino County. Whether your journey be to the "Far Side" of humor or a deep contemplation of life, you will truly be enriched at the Mendocino Book Company.

\$-\$\$ MENDOCINO BOOK COMPANY 102 S. School St.,Ukiah, CA General Interest, Fiction & Non-Fiction Member NCIBA Credit Cards Open Mon-Fri 9:30am-5:30pm, Thur till 8pm, Sat 10am-5:30pm Closed Sun Email: mendobook@pacific.net(707) 468-5940 Special Orders & Info

THREE SISTERS

"The Goddess is alive and magic is afoot." I remember small circles of kindred spirits singing this saying over and over at prayer circles and retreats in the redwoods by the sea. We all needed a craft shop or center to network and purchase our sage, candles, pendulums,



The Three Sisters: Manzanita, Magnolia and Madrone

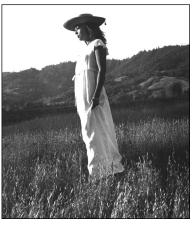
books, journals and sacred objects for our altars. In Mendocino County, the Three Sisters is located in the heart of Ukiah and is the "Goddess" headquarters for this dynamic region. "Goddess" Nina Matysiak operates her award winning shop from her heart and spirit. Three Sisters overflows with all of the above plus hand-crafted wall hangings, pottery, hand crafted broom sticks (sorry folks - you can't fly to the gathering on them), sensuous soaps and oils, potions and sexy gifts for the libido driven mystical lover. Be sure to inquire about the monthly calendar of events, special retreats and circle of healers and teachers that network at Three Sisters.

\$-\$\$\$ THREE SISTERSGoddess & Spiritual Gift Shop
Email: nmatysiak@pacific.net

112 South School St., Ukiah, CA 95482 www.threesistersgoddess.com (707) 462-2320 Events & Information

GRACES Natural Fiber Clothing for Women and Men

Those who want to live a healthy and classy lifestyle know that what covers the largest organ of the body is as important as the air we breath and water we drink. Rich and beautiful organically woven fibers of cotton, wool and hemp. Shirts, slacks, dresses, sweaters and scarfs 'of every color are displayed at Graces. Sisters Bonnie and Liesha Boek can take pride in their natural fiber clothing store where they set high standards by "weaving ethics, style and comfort into the greater Ukiah-Mendocino community." Visitors to the wine country will love this heart centered boutique where great service and caring



comes with that "feel good" natural fiber addition to your wardrobe. Graces is located off the Gobbi Street exit and two blocks toward the heart of Ukiah (see below). Open Mon-Fri 10am - 6pm, Sat 11am - 4pm

\$-\$\$\$GRACES Natural Fiber Clothing graces@saber.net AX, Disc, MC & Visa

323 N. Main St., Ukiah, CA. (707) 462-5911 Information

HOYMAN/BROWE STUDIO



Viewing and shopping at the source of creation of a nationally known line of pottery is a real treat. Jan Hoyman and Doug Browe started their journey together as potters in 1977. Today their showroom is located off the beaten path in Ukiah on a quaint tree lined street a couple blocks from the center of town. Hoyman and

Browe is a family run mom and pop business where the three children and grand-kids along with favorite dog "Montana" bring lots of love to your tabletop with by experimenting with earth fire and beauty. Their award winning pottery is showcased in leading pottery studios coast to coast as well as on their website. I suggest you visit the wine country studio first and then "play it forward" by purchasing off their website. You'll share priceless memories over the dinner parties enjoy years of pleasurable memories to fortify your life. The showroom is open 9am - 5pm Mon-Fri and from 10am - 4pm on Saturday.

\$-\$\$\$ HOYMAN/BROWE STUDIO 323 N. Main Street, Ukiah, CA. www.hoymanbrowestudio.com hoyman@hoymanbrowestudio.com Major Credit Cards Fax: (707) 468-1212 Info/Order: (707) 468-8835

West Standley, School & State Streets/Ukiah Mendocino 179

PATRONA

The gracious intent of Patrona owners Bridget Harrington and Craig Strattman goes above and beyond the call of duty for conscious restaurateurs. "Patrona" in both Spanish and Italian, literally means Patron Saint. The earth is certainly the ultimate Patrona and Bridget and Craig feel very privileged to transform the life force energy of organic and wild foods from earth to plate and serve them to you.



Craig and Bridget are very serious about life and their amazing experiences have created a revolutionary passion to get there message out and they have the regional support of a cast of culinary stars. There is strong emphasis on communal and nurturing familes and families of friends who gather around tables set with the seasonal bounty of Mendocino County which Graig and Bridget serve at Patrona.

Artisan cheeses, Strauss organic dairy products, wild fish, wildcrafted mushrooms, biodynamically grown vegetables and herbs and stellar Mendocino wines made from organically grown grapes are all served. Seared wild salmon, Flatbread pizzas, wonderful salads, sandwiches, pastas, Bistro plates, homemade desserts and daily specials profile the offerings.

\$\$ PATRONA

130 West Standley Street, Ukiah, CA. 95482

Regional California Cuisine Major credit cards (707) 462-9181

DIAMONDS and GOLD

It is a dream come true for jeweler/artisan Stephanie Rickard to create custom designs in precious stones and gold in the company of her husband Jeff and family along with the watchful eye of Tika, her mascot. Here the influence of nature and the spirit of the wilderness is behind every creation. Showcases of custom jewelry and precious stones greet the visitor - as does the watchful eye of beautiful Tika.



\$\$\$ DIAMONDS and GOLDEmail: diamondsandgoldukiah@hotmail.com 102 S. School St., Ukiah Fax: (707) 462-1309 (707) 468-1393

MULLIGAN BOOKS Sell - Trade - Buy - Search www.mulliganbooks.com

Mulligan Books is a treasure house full of 20,000 gently used books owned by authors Dan & Judy Ramsey. The window display showcases popular fiction and non-fiction titles. Categories include best sellers, mystery and thriller, romance, contemporary fiction, children, sci-fi, do-it-yourself & cookbooks, sustainable living, spiritual, history, westerns, youth, literature, health, relationships and



videos. Located 2 blocks south of the courthouse, the bookshop is open daily except holidays. Browsers welcome.

\$-\$\$\$ MULLIGAN BOOKS 208 S. State Street, Ukiah, CA. 95482 Gently Used Books MC & Visa Fax: (707) 462-1551 Tele: (707) 462-1555

HOLIDAY INN EXPRESS - UKIAH

Located on the north edge of Ukiah are the 55 rooms of the Holiday Inn Express. This is a luxury hotel with oval indoor tubs for two, large mirrors and



super comfortable beds. Emphasis is on the bed and bathroom, where overnight guests spend most of their time. Each of the 55 luxurious rooms and suites contain extremely comfortable beds. All have high speed internet access and data ports for your lap-top. There is free cable color TV with HBO, in room coffee, hair dryer, iron and ironing board. The following morning a buffet continental breakfast of fresh brewed coffee, herbal tea, cereal and milk, fresh fruit, pastries, boiled eggs and toast is served. This Holiday Inn is a great place to stay whether you are a tourist or here on business.

\$\$-\$\$\$ HOLIDAY INN EXPRESS - UKIAH

Rooms and Suites Numerous Amenities Fax: (707) 462-8804 1720 North State St., Ukiah, CA. 95482 www.holidayinnukiah.com (707) 462-5745 Res. Advised

FAIRFIELD INN & SUITES by MARRIOT



The new Fairfield Inn and Suites is conveniently located just off Highway 101 at the Talmadge Road Exit in Ukiah. The proud tradition of Marriot is partnered with the talented qualities of owner Jitu Ishwar who insists on providing for his guests the same quality amenities he would expect for himself and his family at other inns. Emphasis is on the bed and bathroom, where overnight guests spend most of their

time. Each of the 56 luxurious rooms and suites contain extremely comfortable beds - so comfortable that even "princess and the pea personalities" would get a good nights sleep - that is unless the prince is feeling frisky. Some of the rooms have jacuzzi tubs or entertainment centers with 32 inch TV's and sofa bed. All have high speed internet access and data ports for your lap-top. There is free cable color TV with HBO, in-room coffee, hair dryer, iron and ironing board. The following morning a buffet continental breakfast of fresh brewed coffee, herbal tea, cereal and milk, fresh fruit, pastries, boiled eggs and toast is served. There is much to see and do nearby - just ask the front desk or look further in this guidebook.

\$\$-\$\$\$ FAIRFIELD INN & SUITES by MARRIOT - UKIAH

Rooms and Suites Numerous Amenities Fax: (707) 463-3601 1140 Airport Blvd., Ukiah, CA. 95482 www.fairfieldinukiah.com (707) 463-3600 Res. Advised

Hwy 101 & Parducci Road / Ukiah Mendocino 181

PARDUCCI WINERY

Located just north of Ukiah and surrounded by vineyards is Parducci winery and tasting room. Four generations of the Parducci family and over 80 years of dream manifesting work beginning with Adolph Parducci in 1916 and culminating with John Parducci in 1998 paved the way for the Parducci Winery of today. Like Mendocino county, Parducci is poised at a cross-roads. Today Top: New growth at Parducci Winery. Bottom: One under the direction of former



Mendocino Wine Company is of the more popular vintages you can taste here.

Fetzer CEO Paul Dolan and Tim Thornhill. Visionaries and bridge builders Paul and Tim and their hand-picked staff and consultants are carrying Parducci solidly into the 21st century of sustainability, organic farming and making their contributions to help secure a future for all life in their sphere of influence. Paul Dolan is the visionary author who wrote the book True to Our Roots, which has been embraced by business leaders from all over America. He travels and speaks to large groups about the responsibility that contemporary business has to promote leadership in sustainability as well as environmental, economic and social goals with "feel good in the heart" results. Tim Thornhill is a bridge builder who is clever at bringing together familiar to diverse wine country interests around common goals in a simple and methodical manner. It works! They work. And that is why Parducci is a winery to keep an eye on.



Paul Dolan

Tim Thornhill

Today Parducci has built a partnership between dozens of grape growers, creating their product into award winning wines and benefitting all of Mendocino County with the revenue they generate. Through the years Parducci has honored a simple philosophy - wine should express the pure varietal fruit character inherent in each grape, be it Chardonnay or Petite Sirah. That philosophy extends to Parducci's use of oak aging which is used to accent, not mask, the fruit. Wine is made from Parducci's organically grown estate vineyards as well



as from dozens of other Mendocino County growers. Current releases include award winning sauvignon blanc, chardonnay, pinot noir, merlot, zinfandel, cabernet sauvignon and petite sirah. The tasting room and giftshop is open daily from 10am to 5pm and tours can be arranged by appointment.

\$-\$\$ PARDUCCI WINERY and TASTING ROOM

Tasting, Picnic Area, Retail Sales & Gifts 501 Parducci Rd, Ukiah 95482 info@parducci.com Fax:707-462-7260 707-463-5350 www.parducci.com

182 Mendocino County Orr Springs Road / Ukiah

SHAMBHALA RANCH RETREAT CENTER



The road to Shambhala is among the loveliest and most enchanting in northern California. It winds along a creek watershed through the tallest trees on earth. According to one writer the road "winds through cool, shady forests and over rocky hills, covered with fields of dry grass that glow in the sun like parched Sometimes, when you round the curve at the

top of one of those hills, there's a breathtaking vista of distant mountains, hazy valleys and endless sky."

Tara and Stuart Marcus want to share this version of heaven on earth with you at their 140 acre Shambhala Ranch, which is located 25 miles east of Mendocino and 20 miles west of Ukiah on Orr Springs Rd. Shambhala is perfect for weddings, workshops, seminars and small groups who want to do deep inner work or rejuvenation. This visionary retreat center is a model for self-sufficient lodging with solar power, hydronic heat, lush gardens, orchards, commercial kitchen, a hot tub, fireplaces and multi-media meeting room with sprung wood floors (great for yoga and dance groups). The spring fed pond takes the edge off summer heat. Shambhala Ranch can accommodate groups of up to 24 - weddings up to 100 and is located only 3 1/2 miles from the majestic redwood grove at Montgomery Woods State Park which boasts the tallest trees on earth.

\$\$-\$\$\$ SHAMBHALA RANCH

Bed & Breakfast Retreat 21200 Orr Springs Rd., Ukiah, CA. 95482 Numerous Amenities, great wedding retreat www.shambhalaranch.com Fax: (707) 937-1577, info@shambhalaranch.com (707) 937-3341 Res. Nec

ORR HOT SPRINGS This rustic health resort is a cooperatively owned, clothing optional retreat located on 27 acres in a forested valley on the headwaters of the Big River. Two miles west of the hot springs are the giant coastal redwoods and fern forests of Montgomery Woods State Park. In addition to the natural mineral water soaking pool hot tub, individual tubs, sauna and massager, there are cabins, a sleeping loft, camping, a meeting room and kitchen. The flower and herb gardens are lovely. The entire facility may be reserved by a group for a day or a weekend. Guests must bring towels bedding and food, although comfortable beds and bedding are provided in the private cabins. Confirmation of all public and overnight services and uses are necessary. Orr Hot Springs regrets it cannot accommodate pets.

\$\$-\$\$\$ ORR HOT SPRINGS 13201 Orr Springs Road, Ukiah, CA. Rural Health Resort (707) 462-6277 Reservations a good idea

Orr Springs Road / Ukiah Mendocino County 183

SCENIC DRIVES: ORR SPRINGS ROAD

MONTGOMERY WOODS STATE PARK

The creator giveth and the creator taketh away. On a dark and stormy night in Humboldt County Redwood National Forest the 35 foot petrified tip of the tallest tree on earth was struck by lightning and fell to the forest floor 365 feet below. On that night the tallest tree on earth became a redwood monolith in Montgomery Woods State Park in Mendocino County. There is great jurisdictional symbolism here if you believe in true sovereignty. Think about it for a minute.

Montgomery Woods State Park is one of the more remote of California's redwood parks and is located about 15 miles west of Ukiah and 25 miles east of Mendocino on Comptche - Ukiah Road. Nearby is Orr Hot Springs and Shambhala Ranch Retreat Center, making the grove a



perfect place for a wedding, reunion of casual picnic. A trail follows Montgomery Creek upstream to five separate redwood groves that have never been logged. The trail is about three miles long, laid out in a shallow loop that takes about an hour to travel. Walk sacredly for you are standing in the cathedral of the creator. Quiet time in meditation is most rewarding in the deep forest peace you will experience here. Dogs on leash are fine and you may want to bring a musical instrument or a good book to read. I met a young man who spent 12 consecutive full moons under the monarch here. He wrote poetry and dreamed deep of a wonderful earth that existed before human kind became so out of balance with nature. This is a reminder of our roots. May we remember who we really are and our true character as caretakers.

\$ MONTGOMERY WOODS STATE PARK

www.parks.ca.gov 15000 Orr Springs Rd., Ukiah, Picnic Tables, Groves, Creek & Waterfalls Reserve America 1-800-444-PARK. P.O. Box 440, Mendocino, CA 95460

184 Mendocino Coast Eel River Road / Potter Valley

SCENIC DRIVES: POTTER VALLEY



Water: Will there be enough? Potter Valley has a unique network of gates community of Potter and canals from which it extracts irrigation water from both the Russian River and Eel River.

Potter Valley is located east of Ukiah via way of Highway 20 to the Potter Valley Turnoff and along the Eel River Road. This lush valley has no shortage of water or hearty Mendocino County entrepenuerial

spirit. The Valley (est population 1.500) is a thriving agricultural area with

emerging branches of art and sustainable/organic farming. The water irrigation system comes from the headwaters of both the Russian and Eel Rivers. Numerous pristine creeks flow into these two jugernauts creating wonderful

wilderness hiking and camping nearby in Mendocino National Forest. Lake Pillsbury is a popular water winter wonderland for skiing, fishing and naturecrafting. In town, the Potter Valley Cafe, Hoppers Corner Saloon, a Mexican Restaurant called Cuca's Cocina and Hoppers Corner Store provide food, drink and entertainment. Potter Valley teams with creative individuals who dabble in the arts, organic farming, gardening and the healing arts. Rows of vineyards march up to the city limits. For the most part people are friendly although some do resent the "lookie loo" tourists and occasional road hog.

At the Potter Valley Cafe Kristin Gilmore and Kimber Selvidge serve delicious breakfasts gathered from local farms and ranches (organic when possible) around Potter Valley. No ordinary country cafe, this community oriented restaurant has a wine and beer bar, live music on the weekends and a movie screen in the gardens out back. Dinner includes homemade rolls and choice of garden fresh salad or homemade soup. Dinner specials include pan seared halibut with pineapple jalapeno salsa served with coconut jasmine rice and broccoli.

A truly special setting is Trout Creek Campground near the border of Mendocino and Lake County on the way to/from Lake Pillsbury. Here Trout Creek cascades into the Eel River. Hiking trails, foot bridges, waterfalls, migrating salmon and steelhead and pristine starlit skies make it special for loved ones or those seeking spiritual communion with nature. Camping fees are \$14 per site/2 people - 1 car and include a fire ring, picnic table and cold, clear mountain water.

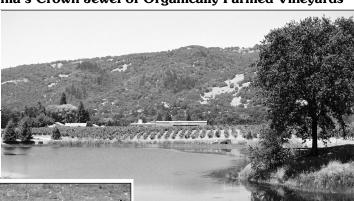
\$-\$\$ HOPPER CORNER STORE 10010 Main Street, Corner Main St. & Eel River Rd, (707) 743-1703; \$-\$\$ HOPPER CORNER SALOON 10770 Main Street, (707) 743-1678; McFADDEN FARM 1600 Power House Rd., (707) 743-1026; \$-\$\$ **POTTER VALLEY CAFE** 10761 Main Street, (707) 743-2848; \$ TROUT CREEK CAMPGROUND 7 miles up Eel River Road from Potter Valley near the Mendocino - Lake County Border. First come first served - no phone, no TV, no fax, no computers just mental telepathy and lots of lovin' with nature all around you.

Hwy 101 / Redwood Valley Mendocino Coast 185

SCENIC DRIVES: REDWOOD VALLEY: California's Crown Jewel of Organically Farmed Vineyards



TOP A heron silhouette on the pond berm and Canadian geese Bottom



The supply of water will determine the amount of life Mother Nature and Mendocino's farmers can nourish. Water conservation techniques are paramount to the future of organic farmers. Already Redwood Valley has a water moratorium. Savvy vintners like Martha and Charlie Barra had the vision to create a network of 5 ponds (above) in a creek watershed on their Redwood Valley Ranch. They farm 200 acres of grapes organically. The ponds team with life. Birds. fish. frogs. turtles, snakes, foxes and an aerial ballet of dragonflies of every color Pray for more rain and more water



Award winning photographer Jon Klein took this of the rainbow live here. But pray. photo of a dragonfly covered with rain drops.

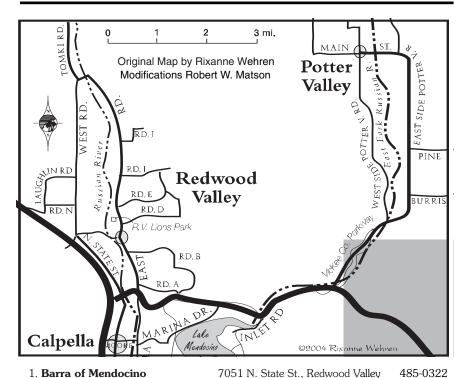
Of all the counties in California, it is and of course, for more "rainbow dragonflys." Mendocino County that wears the crown for its concentration of wineries and vineyards dedicated to organic and biodynamically growing

techniques. The quality of the wine and the awards this small but potent group of wineries produces is par excellence.

In Redwood Valley you can visit Barra of Mendocino, Graziano Family of Wines, Frey Vineyards and Winery, Fife Vineyards, Lolonis Winery, Monte Volpe and Redwood Valley Vineyards. Over 80% of the total acreage of this isolated valley is planted in organically grown vineyards.

On these country roads one has time to slow down and drive safely as one treasure after another is revealed. A myriad of birds greet you and dragonflys, lady bugs and butterflys are everywhere. It is the sign of health and balance. It is the sign of a passionate partnership with nature. It is the only future for California wine that makes sense.

186 Mendocino Coast Hwy 101 / Redwood Valley



2. Braren Pauli Winery 7051 N. State St., Redwood Valley 485-0322 16. Fife Vineyards 3620 Road "B", Redwood Valley 485-0323 17. Frey Vineyards 14000 Tomki Rd., Redwood Valley 485-5177 18. Gabrielli Winery & Vineyard 10950 West Rd., Redwood Valley 485-1221 19. Germaine Robin Vineyards 3001 S. State St., Ukiah 462-0314 20. Graziano Family of Wine 1170 Bel Arbres Rd, Redwood Valley 485-9463 29. Lolonis Cellars 1905 Road "D", Redwood Valley 925-938-8066

Redwood Valley Market Corner East Rd & 999 School Way, Redwood Valley 485-8408 ORACLE OAKS WINERY & TASTING ROOM

13275 S. Hwy 101 Suite #5, Hopland



39. Oracle Oaks Winery

New growth is vital to a healthy wine family. The new Oracle Oaks Winery tasting room in Hopland has roots that reach all the way to the oldest organic vineyards in Mendocino County. The magic of Lolonis



744-1230

family grapes is in each bottle of Oracle Oaks Syrah, Valdiquie and Port (Zin). Small is beautiful with three

generations of Lolonis family involved at Oracle. Inquire about the Oracle Oaks Wine Club, visit the tasting room or plan a memorable wine country picnic in the Redwood Valley at the Oracle Oaks Winery.

\$-\$\$ ORACLE OAKS www.oracleoakswinery.com Tasting Room: 13275 S. Hwy 101, Suite #5, Hopland, 95449 (707) 744-1230 Winery: 1640 Road D, Redwood Valley, CA. 95470 (707) 485-5656

Hwy 101 / Tomki Road Mendocino Coast 187

FREY VINEYARDS



Redwood Valley strongest heart sacredness of partnership with pioneers in the organic and

in Mendocino's
have one of the
connections to the
growing grapes in
nature. They are true

and biodynamic® movement

of growing grapes in life promoting ways with the earth. All living things are honored and have a place in the Frey Family web of life.

The Frey legacy began in New York in the 1930's where Paul and Beba Frey grew up. Each vowed to escape the city and create a life close to nature. The Frey family settled in Redwood Valley in the 1960's where they instilled their children with love and respect for the natural environment.

They first planted cabernet sauvignon and grey riesling on the ranch's old pasture land and sold the fruit to nearby wineries. A decade later, brothers Jonathan and Matthew realized the vineyard's potential when cabernet grapes harvested from the Frey vineyard won a gold medal for a Santa Cruz winery. Eldest son Jonathan and his wife Katrina studied organic agriculture and introduced high-integrity organic practices. Frey was the first in the united states to introduce biodynamic® grape production in the wine industry. Mathew learned the mechanical and technical skills of the wine business to create a sustainable organic green business in every step of the wine making process.

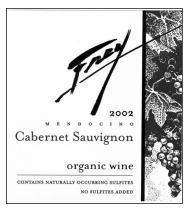
Today the Frey family produce over 60,000 cases of wine from their 60 acre estate and another 50 acres they lease. Organically made vintages include zinfandel, cabernet sauvignon, sangiovese, pinot noir, petite sirah, syrah, merlot, chardonnay, sauvignon blanc, gewurztraminer, blush and a red and a white table wine. Biodynamic® grown vintages include zinfandel, merlot, petite sirah, chardonnay and cabernet sauvignon. Frey wines have won gold, silver and bronze at many of the local, state and national competitions.

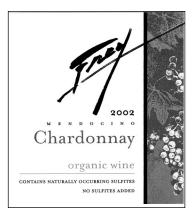
Photos courtesy Nathaniel Frey

188 Mendocino Coast Hwy 101 / Tomki Road

FREY VINEYARDS

The Frey Family honor a sacred partnership with nature in their vineyards from the tiniest spider to the peaceful deer. Such vintners make the best neighbors.





Frey Vineyards award winning organic and Biodynamic® wines are sold at better restaurants and wine shops all over America. www.freywines.com

The Frey family dry farms their estate vineyards which grow at the 1,000 foot elevation in pristine Redwood Valley. They use no petrochemical based fertilizers, herbicides, fungicides or pesticides. Only elemental sulphur is used in the vineyards with all natural fertilizers and spring water from the Russian River aguifer. Rather than spray, for example, they encourage friendly insects such as wasps to live near the vineyards in the native blackberry bushes. Winter cover crops line the rows off-season to



is safe in organically farmed vineyards.

rejuvenate and balance the soil. Fruit is harvested at optimum ripeness and tame yeast is used during the wine fermentation process. A modern sterile filtration system is used during bottling to screen out bacteria that could cause spoilage during aging and no additional sulfites need be added to the wine to preserve it.

Because of organic and biodynamic® growing standards the field workers tend the vines in a healthy and just working environment. The neighbors (both domestic and wild) don't have to worry about dangerous chemicals and pesticides. The Freys create "sacred wine" which we can all be grateful for.

\$-\$\$ FREY VINEYARDS 14000 Tomki Rd., Redwood Valley 95470 Tours, Tasting by Appointment www.freywine.com info@freywine.com Major credit cards Fax: (707) 485-7875 (707) 485-5177 800-760-3739

BARRA of MENDOCINO and REDWOOD VALLEY VINEYARDS

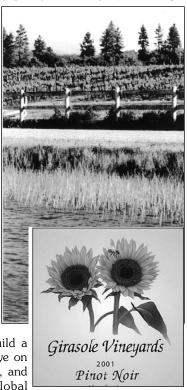
There is more than meets the eye at Redwood Valley Vineyards. Charlie and Martha Barra and their family and friends have been instrumental in n u r t u r i n g California's organic wine movement.



The Barra's, Lolonis's and Freys laid the foundation for Mendocino Counties strong passion for growing grapes in harmony with nature. Now Mendocino County is the leader as far as percentage of vineyards in organic production. Charlie helped to found the North Coast Grape Growers Association, and was a Mendocino County Supervisor. Charlie remembers how "polite and respectful the teenager Fetzer boys were of him as he tutored them in common sense skills of how to partner with mother nature and grow

grapes organically." They went on to build a empire. Martha has always kept a watchful eye on the Barra enterprises; setting high standards, and being very wine savvy in the emerging global market. She keeps in touch with consumers by Barra organic wines are sold at

pouring at many events and organic wine tastings.



Barra organic wines are sold at Bay Area natural food stores.

Today the Barras have 250 acres certified organic and share a high profile tasting room on busy Highway 101 just north of Ukiah with Braren Pauli Winery. The three vineyard sites belonging to the Barra estate are Redwood Valley Vineyards, Bella Collina and Redwood Valley Cellars. Each of these vineyards has its own distinct terroir and microclimate and produce intense fruit. To conserve the watershed, Charlie created 6 reservoirs to collect and hold precious Redwood Valley water. The ponds teem with fish and dragonflies of every color of the rainbow. Song birds, owls, hawks, butterflies, hummingbirds like it here and each contributes to the organic chain of life. Charlie's dog Lady chases away the jack rabbits that get in the grapes.

Releases include Barra white wines - Chardonnay, Pinot Blanc and the ever popular Muscat Canelli and the Barra reds include Pinot Noir, Petite Sirah and Cabernet Sauvignon. You can visit the vineyards by appointment or the tasting room from 10am -

5pm daily which is located 6 miles north of Ukiah on North State Street.

\$-\$\$ BARRA of MENDOCINO 7051 North State Street, Ukiah, CA. P.O. Box 196, Redwood Valley, CA. 95470 email: rvv@pacific.net www.barraofmendocino.com (707) 485-8771 Orders and Information

190 Mendocino Coast Redwood Valley / Hwy 101 & D Road



GRAZIANO FAMILY of WINES

The Graziano Family has a long line of winemakers and grape growers dating back to the early 1900's. "Grandfather Vincenzo Graziano and my father Joseph laid the foundation for me to grow grapes and make wine with my wife Trudi and our children here in beautiful Redwood Valley," states Greg. Greg and Trudi established Saint Gregory (producing

Burgundian-styled wines) and Monte Volpe Vineyards which specializes in Italian grape varieties from Central and Southern Italy as well as the Fattoria Enotria label and the Graziano label. The winery, crushing and bottling facility is located in the picturesque and historic Fetzer Estate in Redwood Valley. Greg is a visionary businessman who travels all over America promoting the merits of growing grapes organically and biodynamically by lighting up the eyes of restaurateurs and wine connoisseurs with his delicious award winning wines. Greg & Trudi opened their 1st tasting room in Hopland where you can taste all their latest wines. Look for the fox on the label.

\$\$ GRAZIANO FAMILY of WINES 1170 Bel Arbres Rd., Redwood Valley Tasting Room: 13251 Hwy 101, Suite #3, Hopland / Open 10am-5pm daily. www.domainesaintgregory.com email: mark@pacific.net (707) 744-VINO



LOLONIS WINERY

The lady bug and Lolonis helped to make wine made from organically grown grapes as popular as it is today. Lolonis Winery had humble beginnings in 1920 when Tryfon Lolonis built a home, married Eugenia and began their family of 10 children and planted the first vineyard. Brothers Petros, Nick and Ulysses Lolonis

brought Lolonis Vineyards and winery into the new millennium with passion and discipline - winning vineyard designates and awards too numerous to mention. Since the early 1950's the Lolonis family have grown grapes organically. "We release thousands of lady bugs to control the aphids, leaf hoppers and red spiders; and 500 praying mantis each year to control lace wings which like to dine on our tender young grape leaves," states Petros. The 300 acre Lolonis estate vineyards consist of chardonnay, sauvignon blanc, carignane, zinfandel and cabernet sauvignon. Winemaker Ed West and legendary consultant Jed Steele have postured Lolonis as one of the most respected wineries creating award winning wines from organically grown grapes. Today the Lolonis family includes Antigone, Maureen, Petros and his son Phillip, along with Achilles Hadges. Together they administer marketing and sales out of Walnut Creek, California. Al Tollini manages the vineyard in Redwood Valley.

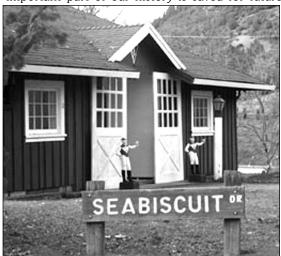
\$\$LOLONIS WINERY 1904 Olympic Blvd., Suite 8A, Walnut Creek 94596 email: sls.mrkting@lolonis.com www.lolonis.com (925) 938-8066 Info

RIDGEWOOD RANCH HOME of SEABISCUIT

Ridgewood is located 2.5 hours north of San Francisco on Hwy 101 and 7 miles south of Willits. Here you can see the ranch the legendary racehorse Seabiscuit called home. Walking tours of the ranch are available courtesy of the Seabiscuit Heritage Foundation (SHF). You can visit their website at seabiscuitheritage.com for details, schedules and additional ranch information.



Ridgewood Ranch is a 5000 acre, 150 year old working ranch owned by the Golden Rule Church Association (GRCA). GRCA along with SHF are working together on Conservation Easements & Historical Preservation to ensure this important part of our history is saved for future generations. Conservation



Easements will development and protect farm and grazing land, redwood and fir forests, oak woodlands, streams and scenic vistas through a permanent deed restriction. Historical Preservation will save the 25 significantly historical buildings and additional cultural resources. including Seabiscuit's stud barn, Charles Howard's home, Northern Pomo village sites, early settler grave sites and an early 20th century hydroelectric system are all local

Mendocino County treasures to be saved.

The National Trust for Historic Preservation recently named Ridgewood Ranch as one of America's 11 Most Endangered Historic Places. Thousands have toured Seabiscuit's home and enjoyed its rich history and pastoral beauty. With the ongoing programs and the support of public and private fundraising efforts, many more will be able to share this opportunity in the future. If you would like to donate or help with the restoration and preservation projects please contact the Seabiscuit Heritage Foundation at (707) 459-5992 or visit www.seabiscuitheritage.com.

