

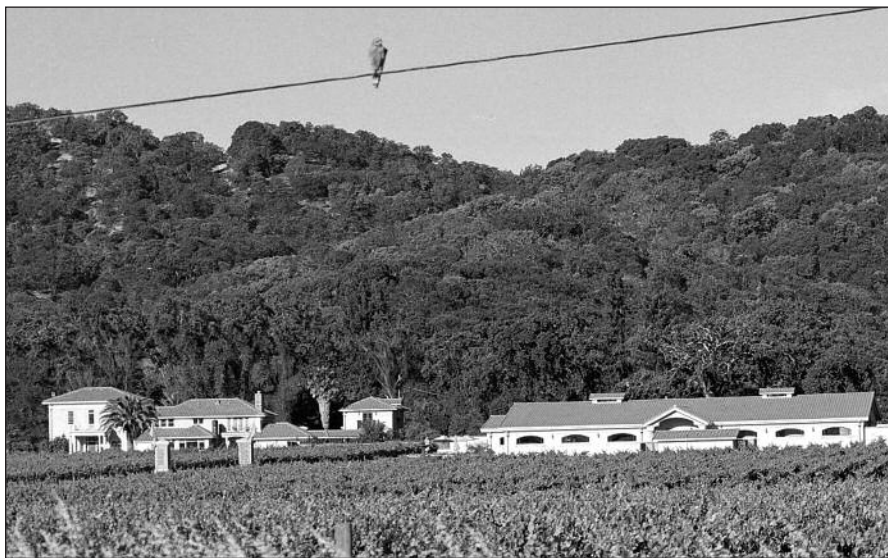
# MENDOCINO WINE COUNTRY

Many vintners and vineyard managers in Mendocino County grow their grapes organically or biodynamically. 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.net](http://organicwinelist.net). Lady bugs, spiders, wasps, barn owls, red tailed hawks and vineyard cats and dogs all contribute to an abundant natural harvest by helping to repel predators.

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.*

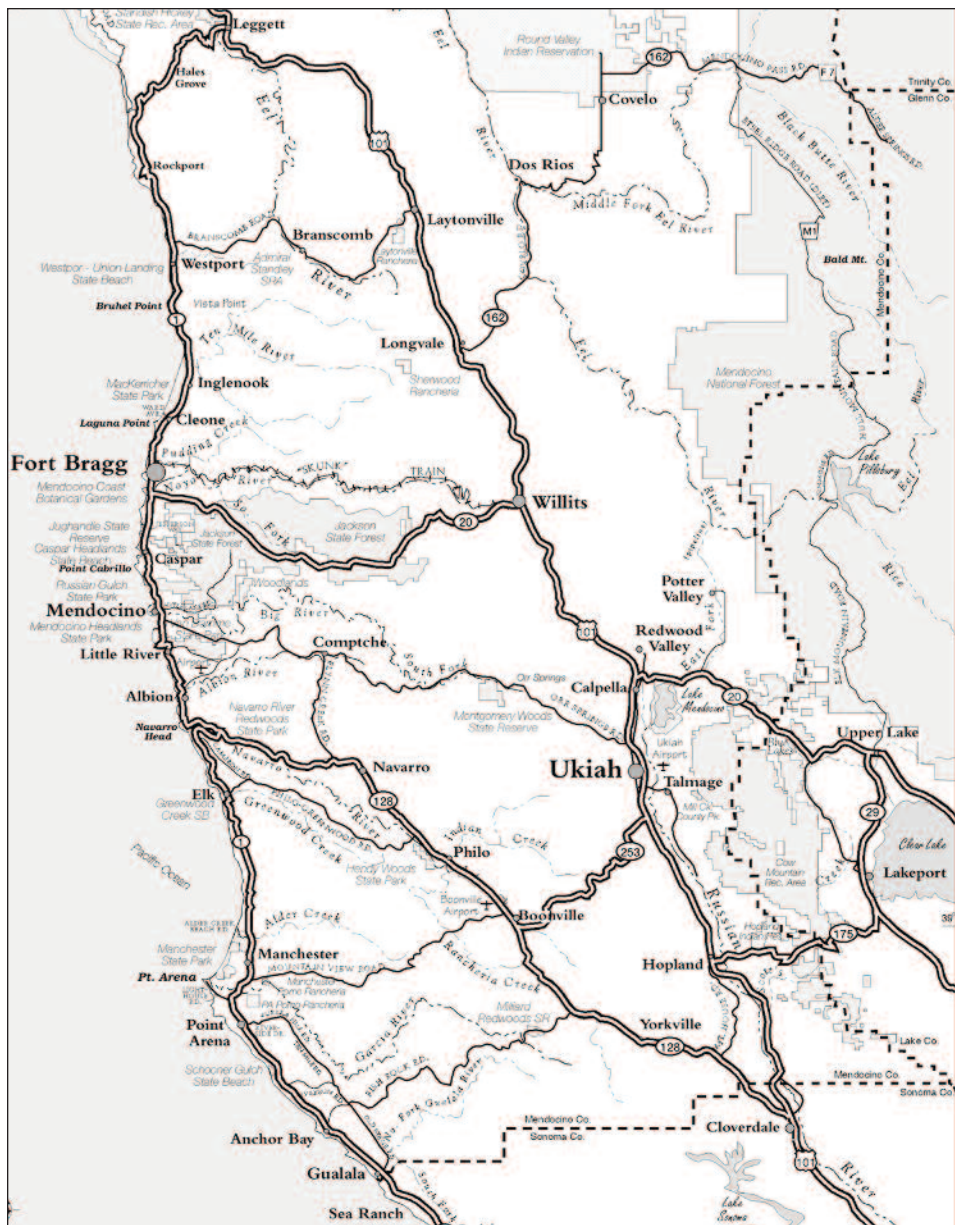
## MENDOCINO WINERYS and BREW PUBS

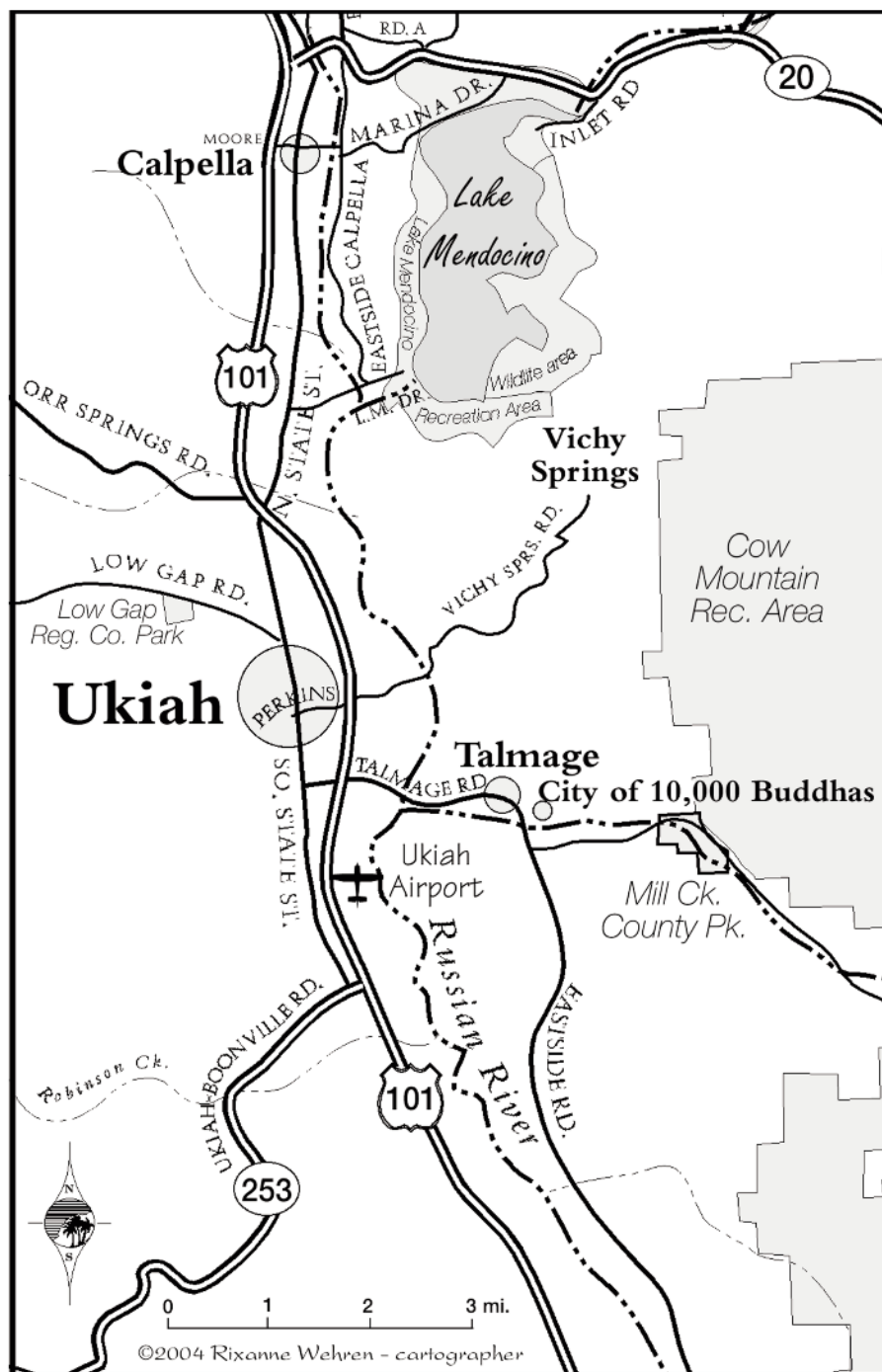
Tasting Room and Giftshop Hours are often seasonal especially if located outside a city. All of these tasting rooms are open weekends and many daily. Call for current hours just to be sure. Remember to drive safely being aware of children, pets, wildlife and other vehicles. For more additional information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

1. Barra of Mendocino	7051 N. State St., Redwood Valley	485-0322
2. Braren Pauli Winery	7051 N. State St., Redwood Valley	485-0322
3. Brutocao Cellars - Hopland	13500 S.Hwy 101, S., Hopland	744-1664
4. Brutocao Cellars - Philo	7000 Hwy 128, Philo	895-2152
5. Chance Creek Winery	Philo	831-423-3006
6. Christine Woods	3155 Hwy 128, Philo	895-2115
7. Claudia Springs Winery	P.O. Box 348, Philo	895-3926
8. Cole Bailey Winery	13275 S. Hwy 101 Suite #5, Hopland	744-1230
9. Duncan Peak Vineyards	14500 Mountain House Rd., Hopland	744-1129
10. Dunnewood Vineyards	2399 N. State St., Ukiah	462-2987
11. Edmeades Estate	5500 Hwy 128, Philo	895-3232
12. Elizabeth Vineyards	13420 S. Hwy 101, Hopland	744-1302
13. Esterlina Vineyards	1200 Holmes Ranch Rd., Philo	895-2920
14. Fetzer Vineyards	Hwy 175 @ Eastside Rd., Hopland	800-564-2582
15. Fife Vineyards	3620 Road "B", Redwood Valley	485-0323
16. Frey Vineyards	14000 Tomki Rd., Redwood Valley	485-5177
17. Gabrielli Winery & Vineyard	10950 West Rd., Redwood Valley	485-1221
18. Germane Robin Vineyards	3001 S. State St., Ukiah	462-0314
19. Graziano Family of Wine	1170 Bel Arbres Rd, Redwood Valley	485-9463
20. Greenwood Ridge Vineyards	5501 Hwy 128, Philo	895-2002
21. Handley Cellars	3151 Hwy 128, Philo	895-3876
22. 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
28. Lolonis Cellars	1905 Road "D", Redwood Valley	925-938-8066
29. Lonetree / Eaglepoint Ranch	P.O. Box 415, Talmage	463-0635
30. Maple Creek Winery	20799 Hwy 128, Yorkville	895-3001
31. Mc Dowell Valley Vineyards	13380 S. Hwy 101, Hopland	744-8911
32. Mc Nab Ranch Winery	13411 S. Hwy 101. Hopland	744-1986
33. Mendocino Brewing Company	Hwy 101, Hopland	744-1364
34. Mendocino Wine Co.	45070 Main St., Mendocino	937-6191
35. Meyer Family Winery	19750 Hwy 128, Yorkville	895-2341
36. Milano Family Winery	14594 S. Hwy 101, Hopland	800-564-2582
37. Navarro Winery	5601 Hwy 128, Philo	895-3686
38. North Coast Brewing Co.	444 North Main St., Fort Bragg	964-3400
39. Oracle Oaks Winery	13275 S. Hwy 101 Suite #5, Hopland	744-1230
40. Pacific Echo Cellars	8501 Hwy 128, Philo	895-2065
41. Pacific Star Winery	33000 North Hwy 1, Fort Bragg	964-1155
42. Parducci Wine Cellars	2399 N. State St., Ukiah	462-9463
43. Sharffenberger Cellars	8501 Hwy 128, Philo	800-824-7754
44. Stimson Lane	P.O. Box 443, Hopland	744-2200
45. Ukiah Brewing Co.	102 South State St., Ukiah	468-8936
46. Whaler Vineyards	6200 Eastside Rd., Ukiah	462-6357
47. Yorkville Cellars & Vineyards	25701 Hwy 128, Yorkville	894-9177

## WINE COUNTRY MAPS:

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







## **MENDOCINO COUNTY: Highway 101 / HOPLAND**

### **Crossroads to the 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 brew-pub to open since prohibition, the Hopland Brewery. Exceptional restaurants, lodging, winery tasting rooms, grocery 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 is (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 (707) 744-1171 or 1-800-266-1891.



Photo courtesy of Charles Starr

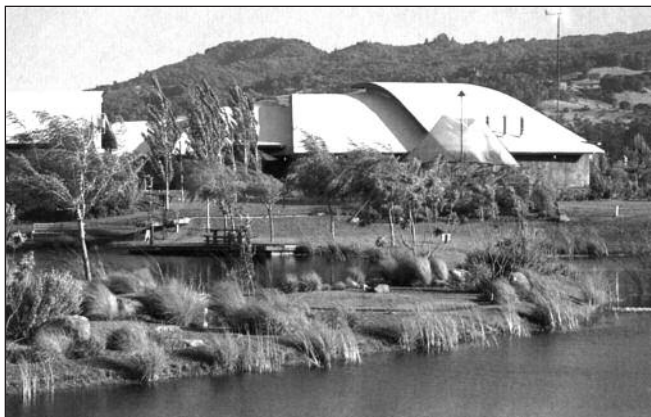
### **MILANO FAMILY WINERY**

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. 95449  
Tasting, Retail Sales, Tours, Picnic Area & Giftshop [www.milanowinery.com](http://www.milanowinery.com)  
[wines@milanowinery.com](mailto:wines@milanowinery.com) Open 10am-5pm 800-564-2582 or 707-744-1396



*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** Credit cards & cash  
[www.realgoods.com](http://www.realgoods.com) [www.solarliving.org](http://www.solarliving.org) Fax: (707) 744-1342 or 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*

*www.fetzer.com*

*Fax: (707) 744-2151*

*800-846-8637*



### **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.

Twentyone 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](http://www.hoplandinn.com)

[info@hoplandinn.com](mailto:info@hoplandinn.com)

Dinner/Lodging Historic Long Bar

Major Credit Cards

13401 S. Hwy 101, Hopland, CA. 95449

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

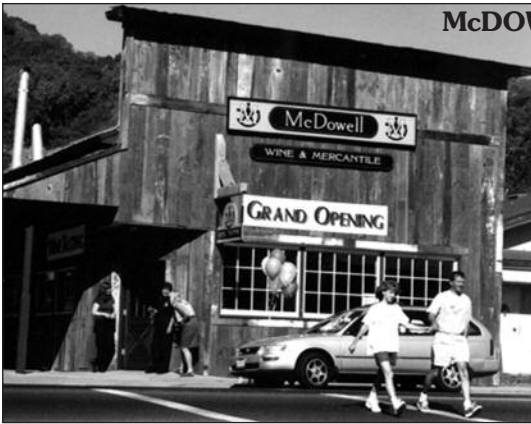
Tasting Room/Gift Shop open daily 10am - 5pm

Fax (707) 744-1348

Email: [info@jerikoestate.com](mailto:info@jerikoestate.com)

[www.jerikoestate.com](http://www.jerikoestate.com)

(707) 744-1140



## **McDOWELL VALLEY VINEYARDS**

Four miles east of Hopland and surrounded by the Mayacamus Mountains lies the strikingly beautiful McDowell Valley. The 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, MC & Visa  
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. Here, 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 & HOPLAND BREW PUB**  
13351 S. Hwy 101, Box 400, Beer Garden & Retail gift sales from Brewery  
Hopland, California 95449 [www.mendobrew.com](http://www.mendobrew.com) (707) 744-1361 Tavern

## **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 also served. The Bluebird Cafe specializes in breakfast and weekend brunch.

## **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**

American Cuisine

13340 S. Hwy 101, Hopland, 95449

Open 6am to 2pm daily / Wknds 8am to 8pm

(707) 744-1633

### **\$-\$\$\$ MUNCHIES GOURMET TO GO**

Gourmet Food to go & Picnic Supplies

13275 S. Hwy 101, Hopland, 95449

Open 9am to 6pm daily

[www.mendofood.com/mendo/gcm](http://www.mendofood.com/mendo/gcm)

(707) 744-1600





### **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,

vognier, 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 overprocessing 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](http://www.mcnabridge.com) or stop by the tasting room in Hopland.

#### **\$\$\$ Mc NAB RIDGE WINERY**

13411 S. Hwy 101, Hopland

Tasting & Retail Sales Open 10am - 5pm daily

Winery: (707) 462-2423

[www.mcnabridge.com](http://www.mcnabridge.com) [barbarat@mcnabridge.com](mailto: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 instructors. The snack bar offers fresh squeezed carrot



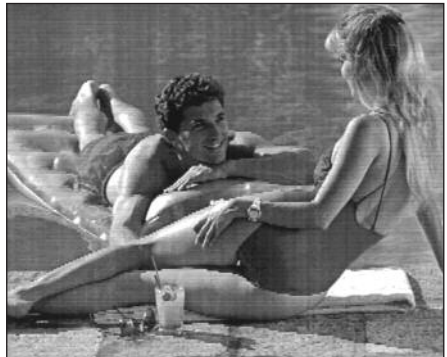
juice, protein smoothies,

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 5am-10pm, Fri till 8:30pm, Sat

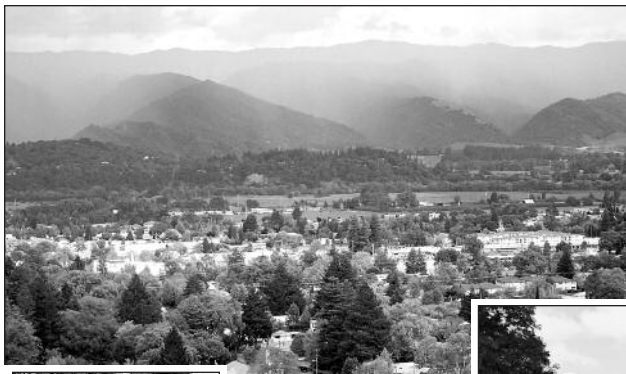
8am-8:30pm & Sun 9am-7:30pm.

***\$ 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.*



## Highway 101 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 swimming, boating, fishing and hiking on



*Historic observatory once calibrated the earth's wobble.*

Lake Mendocino. Wineries, farms and ranches surround Ukiah. An airport, golf course and

meandering country lanes for leisure

driving and bicycling add to the pleasure of staying here.



*Tree lined School Street is great for shopping*

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.

### ACCOMMODATIONS

**Best Western Inn** (\$), 601 Talmadge Rd. 462-8868; **Day's Inn** (\$\$), 950 N. State St. 462-7584; **Discovery Inn** (\$\$), 1340 N. State St. 462-8873; **Hampton Inn** (\$\$), 1160 Airport Park Blvd. 462-6555; **Sanford House Bed & Breakfast** (\$\$), 306 S. Pine 462-1653; **Vichy Springs Resort** (\$\$), 2605 Vichy Springs Rd. 462-9515.

### 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

## UKIAH and REDWOOD VALLEY RESTAURANT LISTINGS

All of these restaurants, cafes, delis and coffee shops have been personally reviewed by the author or are personal favorites of many reputable locals. Call for seasonal or current hours just to be sure. Remember to drive safely being aware of children, pets, wildlife and other vehicles. If a page number is in front of the name than there is an additional review. For additional information view the Ukiah - Redwood Valley home page on the parent website [www.northofsf.com](http://www.northofsf.com) Blessings and Bon Appetite!

1. <b>Anna's Bistro</b>	765 S. State St.	462-1098
2. <b>Be Bop's Diner</b>	1200 S. State St.	485-0322
3. <b>Black Oak Coffee House</b>	476 N. State St.	866-390-1427
4. <b>Chop Chop</b>	110 W. Standley St.	472-0925
5. <b>Crush Steakhouse</b>	1180 Airport Park Blvd.	463-0700
6. <b>Eddie's Cocina</b>	109 S. School	462-2516
7. <b>El Aztec</b>	1631 S. State St.	463-1330
8. <b>El Molcajete</b>	1380 S. State Hwy	468-8989
9. <b>El Taco Loco</b>	187 S. Orchard	462-3101
10. <b>Ellie's Mutt Hut</b>	732 S. State St.	468-5376
11. <b>Forks Cafe</b>	3166 N. State St.	462-4530
12. <b>Holly's Espresso Stop</b>	721 E. Gobbi St.	???-???
13. <b>La Buena Michoacana</b>	1252 Airport Park Blvd. Ste B-6	467-1100
14. <b>Las Palmas</b>	1212 Airport Park Blvd.	462-3595
15. <b>MaMa's Cafe Bakery</b>	210 S. State St.	463-0312
16. <b>Marino's Pizza &amp; Ravioli</b>	142 Talmadge Road	468-9386
17. <b>Mario's Italian Ristorante</b>	9601 N. State, Redwood Valley	485-7400
18. <b>Mi Pueblito</b>	1252 Airport Park Blvd. Ste C-1	467-1100
19. <b>O Haru</b>	570 N. State St.	462-4762
20. <b>OCO Time</b>	111 W. Church	462-2422
21. <b>Patrona</b>	130 W. Standley St.	462-9181
22. <b>Ruen Tong Thai Cuisine</b>	801 N. State St.	462-0238
23. <b>Saucy</b>	108 W. Standley St.	462-7007
24. <b>Schat's Courthouse Bakery Cafe</b>	113 W. Perkins	462-1670
25. <b>Simona Italian Ristorante</b>	131 E. Mill Street	462-2141
26. <b>Slam Dunk Pizza</b>	720 N. State St.	463-1000
27. <b>Stan's Maple's Restaurant</b>	295 S. State St.	462-5221
28. <b>Super Taco</b>	506 E. Perkins	462-5979
29. <b>Taqueria Jalos</b>	1130 S. State St.	462-1152
30. <b>Tastebuds</b>	405 S. State St.	463-2253
31. <b>Taste of Nepal</b>	1639 S. State St.	467-9900
32. <b>Ukiah Brewing Company</b>	102 S. State St.	468-5898
33. <b>Ukiah Co-Op</b>	721 S. State St.	462-4778
34. <b>Ukiah Garden Cafe</b>	1090 S. State St.	462-1221

**UKIAH FARMER'S MARKET** Info (707) 468-5837

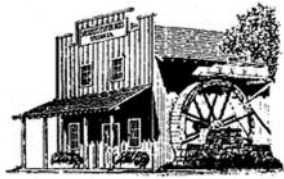
May - Oct on Sat. @Longs Orchard Plaza 8:30am - noon  
June-Oct Tues School & Clay Sts. 3pm - 6pm; 895-3225

**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 Golf Course** (\$\$), 599 Park Blvd, 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.



*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.*

**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 Waterwheel and Century Old Mill Stone; **Mendocino County Alliance** (\$), South School St. [www.gomendo.com](http://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





### **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 Charmaine 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 a 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 (in-season). The Vichy Ranch has 700 acres for your hiking, jogging, picnicking and mountain bicycling pleasure. 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**

*info@vichysprings.com*

*Rooms and Cottages Major Credit Cards*

*2605 Vichy Springs Rd., Ukiah,*

*www.vichysprings.com*

*(707) 462-9515 Res. Adv.*



## **UKIAH NATURAL FOODS: Co-operatively Owned - Everyone Welcome**

Located 4 blocks off busy Hwy 101 at the Gobbi Street exit is the largest natural food store in Mendocino County. Established in 1976, the Ukiah Natural Foods Co-op 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 the 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 rest of 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 aides. Complementary newsletters, magazines and tabloids inform shoppers of breakthroughs 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**

Full Service Natural Food Co-op  
721 S. State St., Ukiah, CA. 95482

Local Checks & Major Credit Cards

[www.ukiahnaturalfoods.com](http://www.ukiahnaturalfoods.com)

Fax: 462-7097 462-4778





## **EL MOLCAJETE RESTAURANT and CANTINA**



One of the finest restaurants in Ukiah serving family style Mexican cuisine is El Molcajete. Owner Juan Guerrero and his attentive staff are known for serving fresh quality food and gracious hospitality.

"Cooking is our passion because we are people who love what we do and take your enjoyment personally," states Juan. Here you can dine at comfortable booths in air conditioned luxury, close that million dollar deal around the table with friends and business associates, love your family by bringing them here, or enjoy a romantic dining experience while you plan your next great adventure. There is also the festive indoor cantina or outdoor dining area for



delicious margarites, premium Mendocino wines and imported and craft beers. The salsa and chips are perfect. There is a selection of traditional Mexican combos, burritos, fresh seafood, appetizers, soups and house specials. Try the Molca Jete - thinly sliced steak, prawns, chicken, cactus with special sauce and spices served in a hot lava rock cauldron, with rice, beans, tortillas, salsa and chips on the side. House salads include lettuce, onions, bell peppers, tomatoes and avocado. Soups

include Posole, Albondiga (meat ball soup), Clado De Camaron and 7 Mares.

At El Molcajete there is a deep desire to serve others by a gracious host - Juan and his staff. It is why at El Molcajete Restaurant and Cantina we want you to always leave with a smile.

### **\$\$ EL MOLCAJETE Restaurant & Cantina**

*Family Style Mexican Cuisine*

*Lunch & Dinner from 10 am - 9pm Daily*

*1380 S. State, Ukiah, CA. 95482*

*(707) 468-8989 Sit down or to go*

*[www.elmolcajeteukiah.com](http://www.elmolcajeteukiah.com)*







### **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 CAFE**

*Vegetarian & American*

*Open 6:30am - 8pm Mon-Fri, Sat till 3pm*

*732 S. State, Ukiah, CA. 95482    (707) 468-5376*

### **SCHAT'S BAKERY & CAFE**

The Schat family know that their road to success is paved with hard work, good timing, old world tradition, fantastic recipes and tremendous enthusiasm for their products. Locals and travelers have received them well, leading to new bakeries in Ukiah and Cloverdale. Jack and Christine Schat, who learned their trade in Holland, have been baking since they were children. They are famous for creating the original sheep herders

bread. The brick oven at Schat's bakery in Fort Bragg bakery has been in continuous operation since 1890. Sons Zachary and Brian bring new ideas and much enthusiasm to a proud family tradition. "We grind our own grain from fresh wheat berries grown in Montana", states Brian. "We only bake natural breads with no preservatives and no mixes from our proven family recipes." continues Zach. The squaw bread is made from multi grain rye, bran, wheat, hi-protein white flour with honey & molasses. It's "Voldoren" which is Dutch meaning "full grain". Everyday the glass bakery cases overflow with wonderful breads, incredible fresh baked desserts, homemade soups, salads and a variety of sandwiches. Espresso's, cappucino's, mineral water and fruit juices are available. I heartily recommend you plan a breakfast or lunch at one of the Schat's bakery/cafes.

**\$\$\$ SCHAT'S BAKERY and CAFE**

*Continental & California Cuisine*

*1255 Airport Park Blvd., Ukiah 468-5850    113 W. Perkins Street, Ukiah 462-1670*

*543 N. Cloverdale Blvd., Cloverdale (707) 894-0211*

*Open 8am - 5pm daily*

*Wholesale & Retail*



## WESTSIDE RENAISSANCE MARKET



The most convenient place to shop the largest selection of locally sourced farm fresh produce and handcrafted gifts from Mendocino County is the Westside Renaissance Market. This historic market (circa 1937) is located only 5 blocks from the heart of Ukiah in a quaint neighborhood of tree lined streets and parks. Knowledgeable owner Scott Crotty has done all the work for you, consciously gathering the best of the best for your culinary and wellness needs. Inside you will find prepared "to go" food options such as homemade lasagna, roasted chicken, soups & sandwiches,

assorted cuts of frozen locally raised meats (pork, beef, lamb and chicken), fine wine for every occasion, the best beer selection around (local & imported), the most comprehensive selection of Mendocino Grain Project grains & flour, handcrafted herbal body care products, artisanal cheeses, fresh baked breads, pickled goods & preserves, snacks, cookies, crackers and ice cream, slices of cake and delicious desserts such as the perennial favorite Kemmy's Pies, pasta and pasta sauces, salsas and chips, herb and spice blends, specialty tea & locally roasted coffee, housewares, candy bars, soda & cigarettes, selected



bulk items, cleaning supplies and paper products, healthy dog and cat pet food, and fine local crafts and gifts including cosmetics and wellness products. Scott and his staff can answer many questions about the food and wellness lifestyle of those who shop here that promotes a happy healthy life - so don't be afraid to explore. Ask him about the Mendocino Farmer's Market and the Good Farm Fund of which he is so much a part of creating and promoting.

**\$ Westside Renaissance Market** Ukiah's Favorite Inconvenience Store  
1003 West Clay Street, Ukiah, CA 95482 Open Daily 10:30am - 8pm  
<http://westsiderenaissancemarket.com> (707) 462-0083 Sit down or to go.

## **TASTE OF NEPAL**

Located on the south end of Ukiah's main trail and near the airport is the Taste of Nepal. Like mountain treckers the owners have a sense of humor, but with 5 star restaurant management experience as they prepare and serve the cuisine of Himalaya, Nepal and India. So 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. New owners, a new menu and a new experience in Ukiah.



### **\$\$\$ TASTE OF NEPAL**

*Himalayan Food from Nepal and India*

*1639 S. State St., Ukiah CA 9548*

*(707) 467-9900 Sit down or to go*

## **OCO TIME & IT'S TIME**

OCO TIME Peace Cafe serves inventive California-inspired Japanese cuisine. The restaurant offers everything from intimate, all-season garden seating to traditional sushi-bar service. Families love their kid-friendly service and menu. Owners Yoshiki and Naoko Sakane infuse the menu and atmosphere with an outpouring of love and commitment to peace stemming from their roots in Hiroshima, Japan.



The menu features a wide assortment of specialty sushi, Teppan grill items, noodle dishes and many vegetarian options. Diners new to Japanese cuisine love the hearty steak dishes, grilled wild salmon and tempura. Enjoy unique desserts like bittersweet chocolate truffle cake and coconut tapioca with fresh fruit. The lunch menu includes free-range chicken lunch bowls or a Bento Box featuring daily specials. A first-class wine and sake selection adds the perfect touch to your meal.

Need picnic food? IT'S TIME Sushi Express features ready-to-go OCO TIME sushi, lunch bowls, miso soup, beverages, Japanese snacks, gifts and more. Located two doors east of OCO TIME. You can also order your menu items for room delivery.

### **\$\$\$ OCO TIME**

*California - Japanese Cuisine 111 W. Church St., Ukiah*

*Lunch 11:30am - 2pm Dinner Mon-Sat from 5:30pm*

*www.ocovertime.com*

*(707) 462-2422*

### **\$\$\$ IT'S TIME**

*107 W. Church St., Ukiah*

*Sushi Ready to go, snacks, gifts and more.*

*Mon-Fri 11:am - 8pm*

*(707) 462-2714*





## **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. New owners Taylor Pedersen and Chris Struett strengthen the local economy by purchasing locally grown Mendocino County produce, meats and seafood while offering locals and visitors a warm and friendly environment for dining, dancing and socializing.

Originally Founded in 2000 by Els and Allen Cooperrider as the nations first certified all-organic (A-

Z) brew pub the Ukiah Brewing Company established a local buying ethic which embraced healthy organic (non GMO) cuisine and brew. Today brew master Scott Jones who creates a variety of pilsners, lagers, IPAS, wheat beer and stouts which are brewed on premises and served chilled at the long bar or table side.

The menu is divided into soups and salads, starters, gourmet burgers, sandwiches, pizza, dinner entrees, desserts, a selection of in-house created micro brews, and a full bar menu of cocktails, premium wines, imported beer, fresh squeezed juice, smoothies, herbal drinks, mineral water and hot or cold tea and coffee. The bar is a portal in which visitors can meet many Ukiah locals to establish friendships and business contacts.

Pub faire such as the fish and chips, the Ford Ranch beef burger, and the UPC classic pizza are served all day from 11am to 9pm. Luncheons (served from 11:30am - 5pm) include fish tacos, gourmet cheese burgers, California BLT, grilled chicken and soup and salad (from \$12.00). Dinners include the Ravioli, BBQ Ribs, grilled Chicken with mashed potatoes, seared Ahi Tuna, New York Steak and pan roasted salmon (from \$17 - \$30). 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. Taylor and Chris also own the Red Hill Station in San Francisco, which is known for exceptional seafood and oysters. Their future vision includes opening a hotel bed and breakfast above the Ukiah Brewing Company and are looking for a partner to help create this much needed lodging option for Ukiah.

### **\$\$\$ UKIAH BREW PUB**

Organic Brew Pub & Restaurant      102 South State St., Ukiah, CA. 95482  
Live Entertainment [www.ukiahbrewingco.com](http://www.ukiahbrewingco.com) (707) 468-5898 Res & Events





**MENDOCINO BOOK COMPANY**



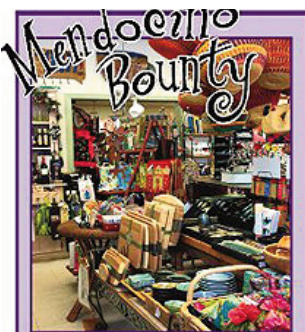
*In memory of our beloved Kimball*

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 non-fiction titles from A-Z are showcased. 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 Major Credit Cards  
Open Mon-Fri 9:30am-5:30pm, Thur till 8pm, Sat 10am-5:30pm Closed Sun  
Email: [mendobook@pacific.net](mailto:mendobook@pacific.net) (707) 468-5940 Special Orders & Info

**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 created here and serves shop patrons gourmet delights harvested and created by 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. Gourmet gift baskets 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](http://www.mendocinobounty.com) (707) 463-6711

## NOMAD'S WORLD

"There is more to life than the world you live in - anything is possible". Such positive thinking has turned a small boutique in downtown Ukiah into a rich pyramid of cultural beauty and inspiration. The simplicity and beauty of World culture is reflected by the art, handcrafted furniture, jewelry and conscious gifts that keep giving which are showcased at Nomad's in downtown Ukiah. Truly a boutique with a heart, proprietors Rita Stewart and Chance Franck are proud of the fact that they support socially conscious gift giving by buying from individuals and organizations that insure the crafts people in Bali and Thailand as well as a dozen other countries get a fair wage for their efforts. There is a "story" behind each item in the store, making shopping here a unique lesson in creativity and awareness. It's a treat to meet Rita whose enthusiasm and nomadic spirit is so present in the store.



**\$\$\$ NOMAD'S WORLD** 290 South School St., Ukiah, CA. 95482  
*Jewelry, Hand-Crafted Furniture, Conscious Gifts from Around the World*

Open Mon-Fri from 11am - 6pm, Sat 11am - 4pm closed on Sundays  
[www.nomads-world.com](http://www.nomads-world.com) Credit Cards & Cash (707) 463-2949

## 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, 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" Leslie Batz 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 SISTERS**  
*Goddess & Spiritual Gift Shop*  
Email: [nmatysiak@pacific.net](mailto:nmatysiak@pacific.net)

112 South School St., Ukiah, CA 95482  
[www.threesistersgoddess.com](http://www.threesistersgoddess.com)  
(707) 462-2320 Information

## **THE DRAGON'S LAIR**

Imagine stepping off the concrete, away from the traffic, into a peaceful world where friendly dragons and giant butterflies soar overhead! Where the sounds of laughter and trickling water invite you to stay! Exotic aromas fill the air, teasing your sense of time and place . . . turn and behold treasures of all kinds in every direction! Crystals, sacred statuary, brilliant stained glass, cases full of glittering gemstone jewelry, racks of richly colored garments in silk, velvet,



cotton and wool, cards, books, toys and more! Magic in the heart of Mendocino County that has been creating loyal customers for over 20 years! "Come in, I'd love to meet you!" states Edith Lucas, owner/manager of the The Dragon's Lair. Open 10am - 6pm Mon & Wed - Sat, 12 - 6pm Tues, 12 - 5pm Sunday May through Dec.

**\$\$\$ THE DRAGON'S LAIR Giftshop, Jewelry & Clothing Boutique**

101 South Main Street, Ukiah, CA 95482

(707) 462-4010

## **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 table-top 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 and have years of pleasurable memories to fortify your life. The studio showroom is open from 9am - 5pm Mon-Fri and 10am - 4pm on Saturday.

**\$\$\$ HOYMAN/BROWE STUDIO** 323 N. Main Street, Ukiah, CA. 95482

[www.hoymanbrowestudio.com](http://www.hoymanbrowestudio.com)

[hoyman@hoymanbrowestudio.com](mailto:hoyman@hoymanbrowestudio.com)

Major Credit Cards

Fax: (707) 468-1212

Info/Order: (707) 468-8835





## **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 families 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 Reservations*

## **STAN'S MAPLE CAFE**

Since 1922 the Maple Cafe has been serving Classic American breakfast and luncheon comfort food to Ukiah residents and visitors. Anyday of the week you will find this restaurant full of contented diners feasting on biscuits and gravy, sausage and eggs, bacon, French toast and cereals from sunrise at 7am and as the clock turns noon, BLTs, cheeseburgers, tuna melts, daily specials, homemade soup and garden fresh salads. Absentee owner Stan Singley, who lives in Arizona renamed the restaurant Stan's Maple Cafe in 2012 and made then manager Judy Hyler co-owner and partner in 2016. Judy and her extremely friendly and efficient staff are proud of their cafe and the many patrons who dine here. There is also a cozy banquet room for 24 and the restaurant decor includes picture panoramas of the American west lining the walls. Next time you are in Ukiah why not visit this warm and friendly cafe and leave happy with a full stomach of delicious comfort food.



### **\$\$\$ STAN'S MAPLE CAFE**

*295 South State Street, Ukiah, CA. 95482*

*Classic American Cuisine*

*Open Daily 6am - 2pm*

*All Major Credit/Debit Cards*

*(707) 462-5221 Sit Down or To Go*





## BLACK OAK COFFEE ROASTERS

This practical and convenient coffee house is the hub for people to gather and pick up fair trade-organic gourmet beans from around the world or shop coffee accessories. Save trees by purchasing one of the custom pottery Black Oak cups. You can check your email on the wireless network and enjoy a delicious cup of gourmet coffee, espresso or mocha. Breakfast and luncheon specials include breakfast burritos, ham & cheese croissant and the organic garden fresh salad. Fresh fruit smoothies, toasted bagels with cream cheese, croissants with jam, pastries, brownies, fruit pie, and carrot cake can be enjoyed indoors or on the front patio.

Owners Keith Feigin and Jon Frech have provided a spot where individuals and family can share their lives, their dreams and their visions. Ukiah has its share of original thinkers and working class heroes who love to mingle, plan for the future and be energized at Black Oak. Occasionally there is open-mike in the late afternoon and special events can be hosted. Open Mon - Thur from 6am - 6pm, Fri, Sat & Sun from 7am - 7pm.

**\$\$\$ BLACK OAK COFFEE ROASTERS** 476 N. State St., Ukiah, CA. 95482  
[www.thecoffeecritic.com](http://www.thecoffeecritic.com) Live entertainment, art & music (707) 462-6333

## **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 Mendocino Wine Company is under the direction of former 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.

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**

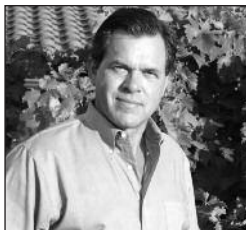
Tasting, Picnic Area, Retail Sales & Gifts 501 Parducci Rd, Ukiah 95482  
info@parducci.com Fax: (707) 462-7260 (707) 463-5350 [www.parducci.com](http://www.parducci.com)



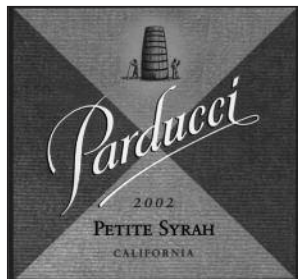
*Top: New growth at Parducci Winery. Bottom: One of the more popular vintages you can taste here.*



*Paul Dolan*



*Tim Thornhill*



**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 honey. 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 Center 21200 Orr Springs Rd., Ukiah, CA. 95482*  
*Numerous Amenities, great for weddings [www.shambhalaranch.com](http://www.shambhalaranch.com)*  
*Fax: (707) 937-1577, [info@shambhalaranch.com](mailto: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. 95482  
*Rural Health Resort (707) 462-6277 Reservations a good idea*

**SCENIC DRIVES : ORR SPRINGS ROAD**

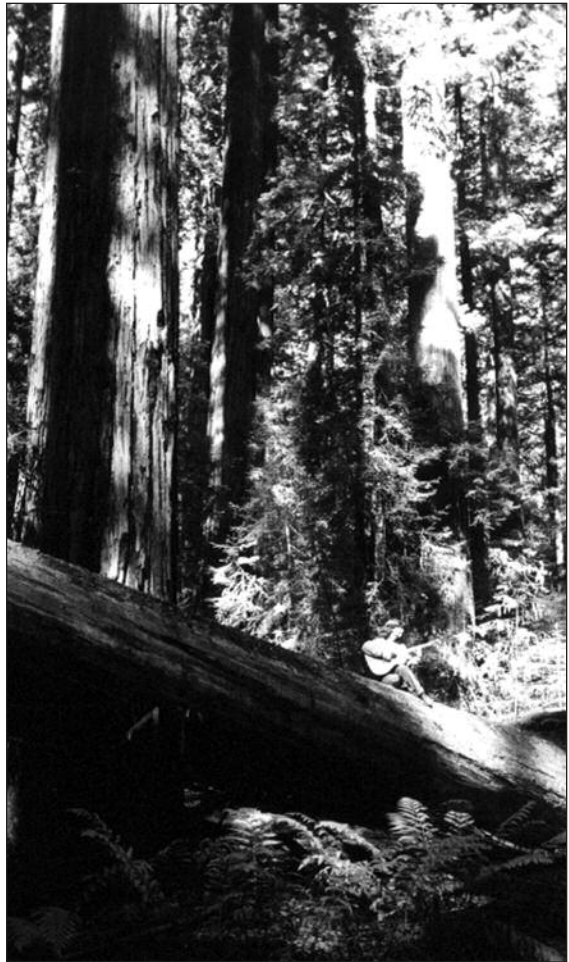
**MONTGOMERY  
WOODS STATE PARK**

The creator giveth and the creator taketh away. On a dark and stormy night in Humboldt County in 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** 15000 Orr Springs Rd., Ukiah, Picnic Tables, Groves, Creek & Waterfalls Reserve America 1-800-444-PARK. P.O. Box 440, Mendocino, CA 95460 [www.parks.ca.gov](http://www.parks.ca.gov) (707) 937-5804





**SCENIC DRIVES: LAKE MENDOCINO**



Located in the northern Coast Range where redwood forests meet the wine country, Lake Mendocino is the perfect place to spend leisure time. The 1,822 acre lake is situated in the foothills at an elevation of 750 feet. Lake Mendocino was created by the US Army Corps of Engineers in 1958 with the completion of the 3,500 foot long and 160 foot high Coyote Dam on the East Fork of the Russian River. The park is set in Coyote Valley, surrounded by rolling hills covered with oak and some conifer and it is very hot in the summers.

More than 300 family campsites are located here. Suitable for both tent and RV camping, a typical site includes a parking spur, picnic table and fire ring. Primitive boat-in camping is also available at designated sites on the east shore. Camping at the park is limited to a maximum of 30 days. Exercise courses, playgrounds, scenic hiking trails, a horse staging area and a visitor center await. The group picnic sites may be reserved. Pets on leashes are permitted except in the Pomo Recreation Area. The visitor information center, which is modeled after a Pomo round house, offers nature and native American displays. Groups may reserve the center, however hours vary seasonally.

Boat launching is available at either end of the lake from two 6-lane boat ramps. Be careful with the boat ramps because more than one person has accidentally submerged their car or camper trailer and nearly drowned themselves and their pets. For both the avid angler and the novice, Lake Mendocino offers a challenging and rewarding fishing experience. The depth of the lake varies from 120 feet near the dam to 30 feet near the inlet. Striped bass, largemouth and smallmouth bass, bluegill and three varieties of catfish provide plenty of action.

***\$ LAKE MENDOCINO RECREATION AREA***

*1160 Lake Mendocino Drive, Ukiah, CA. 95482*

*Swimming, Boating, Camping, Fishing & Exploring*

*Reservations: 1-800-444-PARK*

## **SCENIC DRIVES: POTTER VALLEY**



*Water: Will there be enough? Potter Valley has a unique network of gates 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 entrepreneurial spirit. The tiny community of

Potter 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.

**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 of the rainbow live here. But pray. Pray for more rain and more water and of course, for more "rainbow dragonflies."*



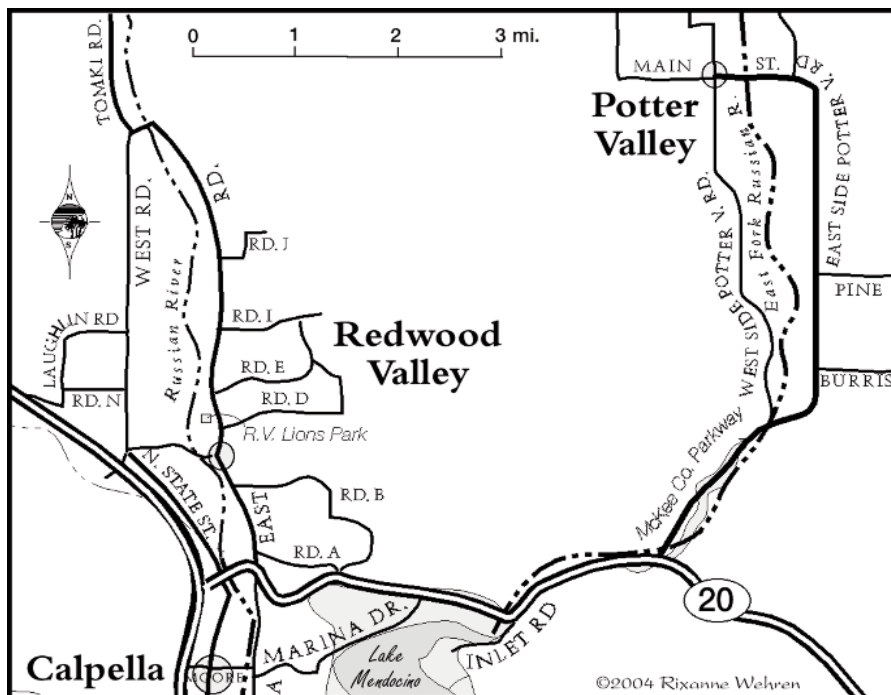
*Award winning photographer Jon Klein took this photo of a dragonfly covered with rain drops.*

Of all the counties in California, it is 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,OLONIS 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 dragonflies, 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 future of California wine.

## Map of Redwood Valley



1. Barra of Mendocino	7051 N. State St., Redwood Valley	485-0322
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
39. Oracle Oaks Winery	13275 S. Hwy 101 Suite #5, Hopland	744-1230



### ORACLE OAKS WINERY & TASTING ROOM

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 family grapes is in each bottle of Oracle Oaks Syrah, Valdiguie 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](http://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





## **FREY VINEYARDS**



The Frey family in Redwood Valley have one of the strongest connections to the grapes in partnership with nature. They are true and biodynamic® movements associated with promoting ways with the earth. All living things are honored and have a place in the Frey Family web of life.



Mendocino's Redwood Valley has the strongest heart sacredness of growing with nature. They are true and biodynamic® move-growing grapes in 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.

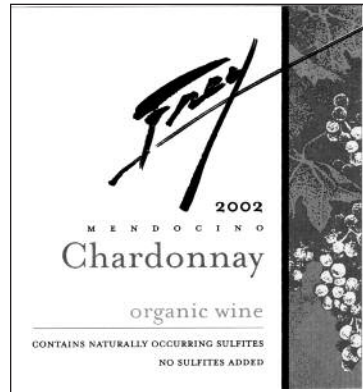
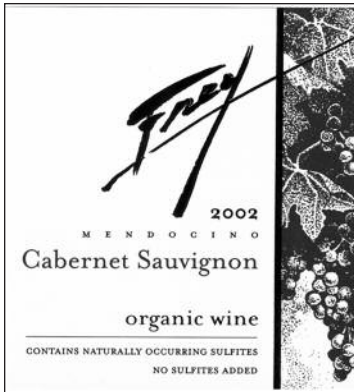
They first planted cabernet sauvignon and grey riesling on the ranch's old pasture land and sold the fruit to nearby wineries. A decade later, brothers Jonathan and Matthew realized the vineyard's potential when cabernet grapes harvested from the Frey vineyard won a gold medal for a Santa Cruz winery. 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

## **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](http://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 aquifer. 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

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](http://www.freywine.com) [info@freywine.com](mailto:info@freywine.com)  
Major credit cards Fax: (707) 485-7875 (707) 485-7525 800-760-3739



*Tiny to large life  
is safe in organically  
farmed vineyards.*

**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 nurturing 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 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.



Current releases include a new label to go with the 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. 95470  
P.O. Box 196, Redwood Valley, CA. 95470 email: [rvv@pacific.net](mailto:rvv@pacific.net)  
[www.barraofmendocino.com](http://www.barraofmendocino.com) (707) 485-8771 Orders and Information

### **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](http://www.domainesaintgregory.com) email: [mark@pacific.net](mailto: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 Hades. 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](mailto:sls.mrkting@lolonis.com) [www.lolonis.com](http://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](http://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 limit 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 gravesites 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](http://www.seabiscuitheritage.com)**.



*C.S. Howards 1905 craftsman style house*