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by **RACHEL LEIBROCK**

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Natural abundance

Stock your
fridge at these
three eco-
friendly farms

Summer in the Sacramento region means a generous harvest of fresh fruit and vegetables. Farmers markets are the obvious option—you can find them around town nearly any day of the week. If you're feeling adventurous, however, try venturing out to a farm or produce stand. Short of digging in the dirt yourself, it gets you just a little bit closer to growing it yourself. Here are three eco-friendly options to boost your summer bounty.

Father and Son Produce

This Roseville-based farm, open to the public from 8 a.m. to 1 p.m. every Saturday, sells vegetables, tree fruit and berries. The farm isn't certified organic, but according to the family that runs it, it specializes in nutrient-rich soil and organic farming methods, including recycling waste into compost or chicken feed.

Their summer specialty: heirloom tomatoes and starter plants. 3435 Amoruso Way in Roseville; facebook.com/fatherandsonfarm.

24 Carrot Produce

Based in Placerville, this stand lets you pick your produce yourself. Choose from seasonal fruit (apples, berries, etc) as well as flowers and vegetables. Can't make the drive? Sign up for their CSA delivery box. Open Thursday through Sunday. 2731 Jacquier Road in Placerville; 24carrotfarms.com.

Yellow Rose Ranch

This Lincoln farm, still in the process of being certified organic, aims to grow in a chemical-, antibiotic- and hormone-free way. In addition to seasonal fruits, Yellow Rose Ranch also specializes in free-range chicken and duck eggs. 560 Oak Tree Lane in Lincoln; yellowroseranch.org.

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Trial by fire

Master the grill at The BBQ Pro

by **RACHEL MAYFIELD**

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To the untrained eye, outdoor cooking may seem like a fun, casual way to unwind. But if food competition shows have taught us anything, it's that a cookout can be a life-or-death situation. Roast, or get roasted. Braise, or suffer malaise. Survival is only guaranteed to the person who cooks the juiciest hunk of lamb, and if you don't already know how to stack charcoal, you're dead meat, buddy.

If you're looking to beef up your barbecuing skills this summer,



the BBQ Pro in Fair Oaks offers monthly classes (\$70) that can teach you all you need to know for a successful cookout. Recipes include pulled pork, whole chickens and Santa Maria tri-tip. Just what you need to shut down the competition. And in case you're still wondering—a pyramid. You should stack charcoal briquettes into the shape of a pyramid.

The BBQ Pro, 10136 Fair Oaks Boulevard in Fair Oaks; (916) 595-7444; bbqproonline.com.

SHOPPING & SERVICES

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