

## **Fog Valley — The Tastiest Little Place on Earth**

First there was the Miwok whose wild coastal realm and rich, natural foodshed  
Nourished generation after generation for five thousand years or more  
Salmon and steelhead trout, crabs, mussels, clams, limpet and oysters  
Marsh plants, magnificent, dense and mystical forest of acorns and the California Buckeye Nut,  
Elk and deer, at every meal a small portion offered in thanks to the spirit world  
Then came the Russian fur hunters and soon after, the Mexican colonization of the Northern  
Frontier, the 21<sup>st</sup> and final California Mission, 6,000 sheep and goats, 50 pigs and 3,500 head of  
cattle, 800 Spanish bushels of wheat, 1,025 bushels of barley, plus beans, garbanzos, peas and  
corn, European farming methods for Western foods, disease  
A new world built on the backs of the First People  
Grasslands decimated, wildlife and forests forever changed, the birth of California's pioneer  
wine and dairy industries, Gold Rush fever, grapes, eggs, oysters, butter, milk, meat, the  
Petaluma Gold Rush Bean, introduced by a Peruvian whaler who jumped ship, flat, kidney-  
shaped, tan in color with specks and stripes of maroon  
Bodega Red, the coastal region's first potato, also of Peruvian descent  
Wild Mushrooms, chanterelle, porcini, the illusive truffle  
Immigrant culture — Chinese, Italian, Portuguese, Swiss, German, Danes, English, Irish, Welsh  
Cioppino, Sourdough, Clam Chowder, Stollen and Soda Bread, ranchers, cheesemakers  
Jewish poultry pioneers — more eggs than imaginable  
Apple Orchards, wild boar, hops, vineyards as far as the eye could see,  
Wine, Butter and Egg Days, organic olive oil, craft beer  
Cannabis  
Community Supported Agriculture, farm boxes, plant-based foods, vegan cheese  
Veggie gardens, farm shops, farmer's markets  
Climate Change, heat, wildfires, food pantries, pandemic  
Water shortages, conservation, controlled burns  
New ways to grow greens in a warmer, drier California  
Healthy soils and cutting greenhouse gas, the circle is widening and closing at the same time  
We look back to those who lived in harmony with the land for answers, for survival  
Our Fog Valley  
Precious and precarious  
The Tastiest Little Place on Earth