

Cascadia Produce, LLC



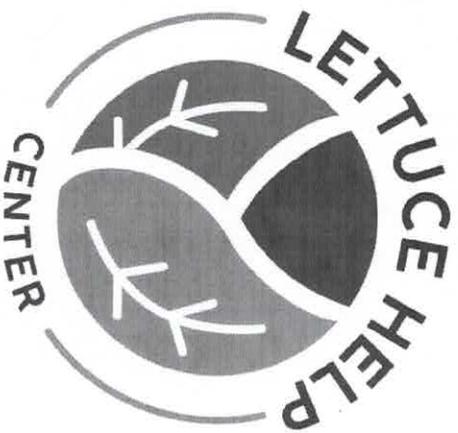
Reporting for Industrial Symbiosis Grant

24-76210-001

October 2023 – December 2023

Document List

- a. Lettuce Help Center x Good Food Exchange Presentation Deck (14 pages)
- b. Good Food Exchange Posting Screen Shots (4 pages)
- c. Lettuce Help Center X Good Food Exchange Agency Meetings Attendee List (1 page)
- d. Email Invitation to Agencies about Lettuce Help Center x Good Food Exchange Meeting (1 page)
- e. List of Businesses and Orgs Met with Between Oct – Dec 2023 (5 pages)
- f. Restaurant/Business Email Outreach List (6 pages)
- g. Promotional Verbiage Sent to Restaurants (1 page)
- h. Promotional Verbiage sent to Women in Food Service Group (2 pages)
- i. Screenshot of Good Food Exchange on Seattle Restaurant Week Webpage (1 page)
- j. Cedar Grove Press Release on Lettuce Help Center x Good Food Exchange (2 pages)
- k. Tilth Alliance Conference Program Advertisement and Booth Pictures (2 pages)



good
food
EXCHANGE

Keeping good food on plates and out of the landfill

Seattle Good Business Network, Cascadia Produce, and Cedar Grove have joined in collaboration to establish a new food rescue hub and marketplace.

The **Lettuce Help Center** recovers good food rejected at retail, as well as farm seconds and surplus, to sell on a secondary market to hunger relief organizations and local food businesses at below wholesale or no cost, providing pickup and delivery options, making rescued food available to any size of buyer.

The **Good Food Exchange** is a free online marketplace where rescued food can be sold or donated by any business or organization to any business or organization, providing transparent and equitable access to the secondary marketplace.

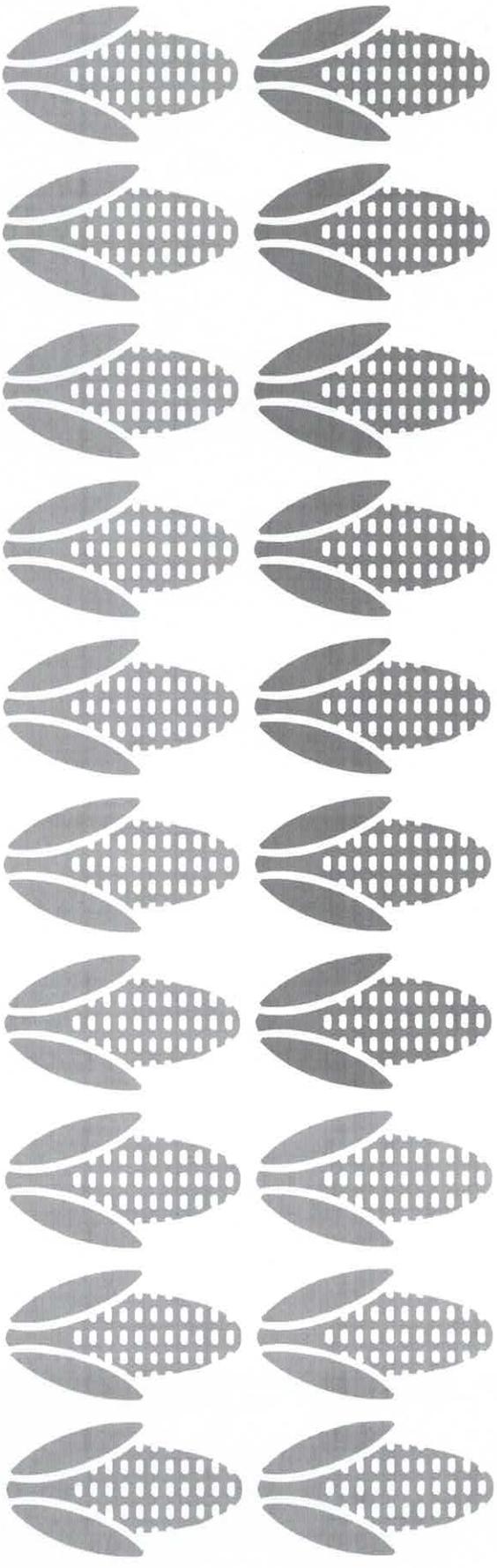
This project is made possible thanks to funding through the Industrial Symbiosis Grant from the Washington State Department of Commerce.



OUR GOALS

- F** Divert good food from the landfill to those who need it
- F** Provide equitable access to free and low-cost food for hunger relief organizations and local food businesses
- F** Pay producers for food that would otherwise be a loss

**Over 1 MILLION TONS
of food waste in Washington is generated annually...**



At least 35% of that food is edible

THE PROBLEMS, CONTINUED

- The current food recovery infrastructure does not capture the breadth of wasted food from retail rejections.
- While there exists an already robust food recovery and redistribution infrastructure locally, it is largely available only to traditional food assistance organizations through already established and insular channels.
- All too often, food recovery is left to volunteer efforts for gleaning and distribution, which can be unreliable and does not recover costs for the producer.
- Small food businesses are struggling with the increasing costs of food procurement and transportation.
- Food security organizations are working with reduced funding and donations, coupled with growing need.

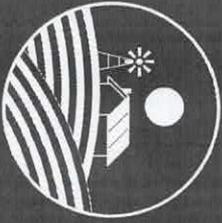
SOURCE



Retail Distributor



Food Manufacturer



Farm

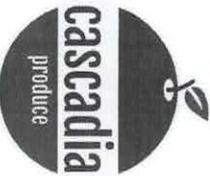


Cascadia Produce receives retail rejections 24/7 from a variety of distributors, including full truckloads of product no matter the condition.

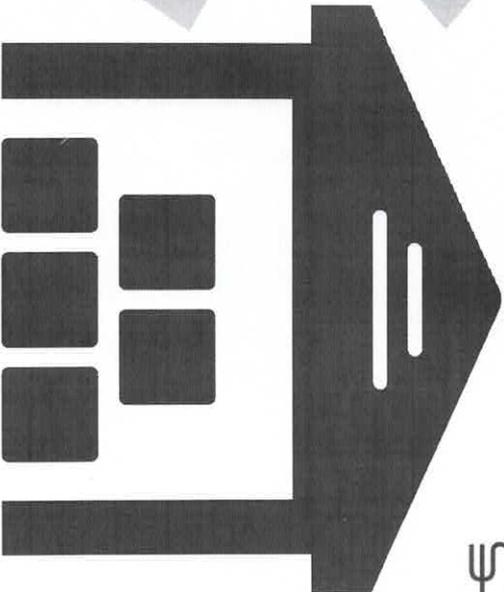
Food is inspected for quality, sorted for viability, stored properly, and offered for sale on the Good Food Exchange and to existing networks.

Cedar Grove helps to store and deliver product.

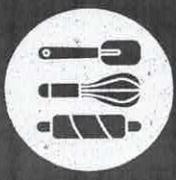
Food that cannot be sold is donated or composted.



good
food
EXCHANGE



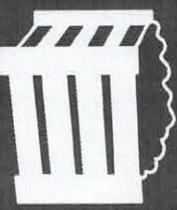
END USE



Food Businesses

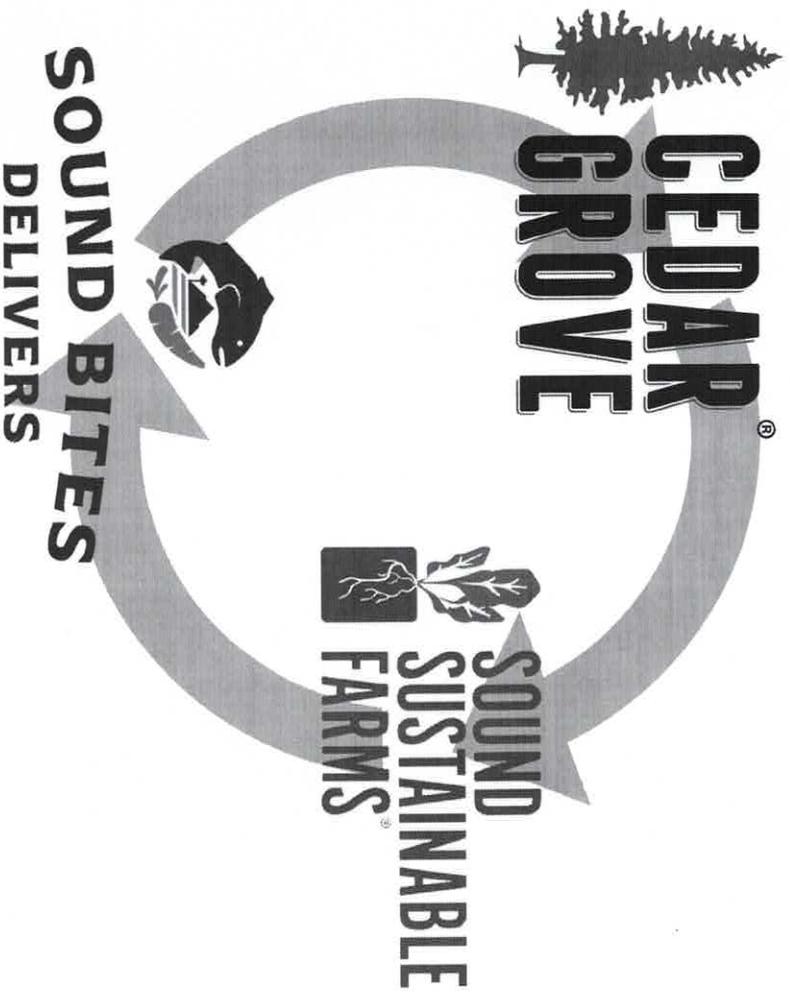


Food Security
Organizations

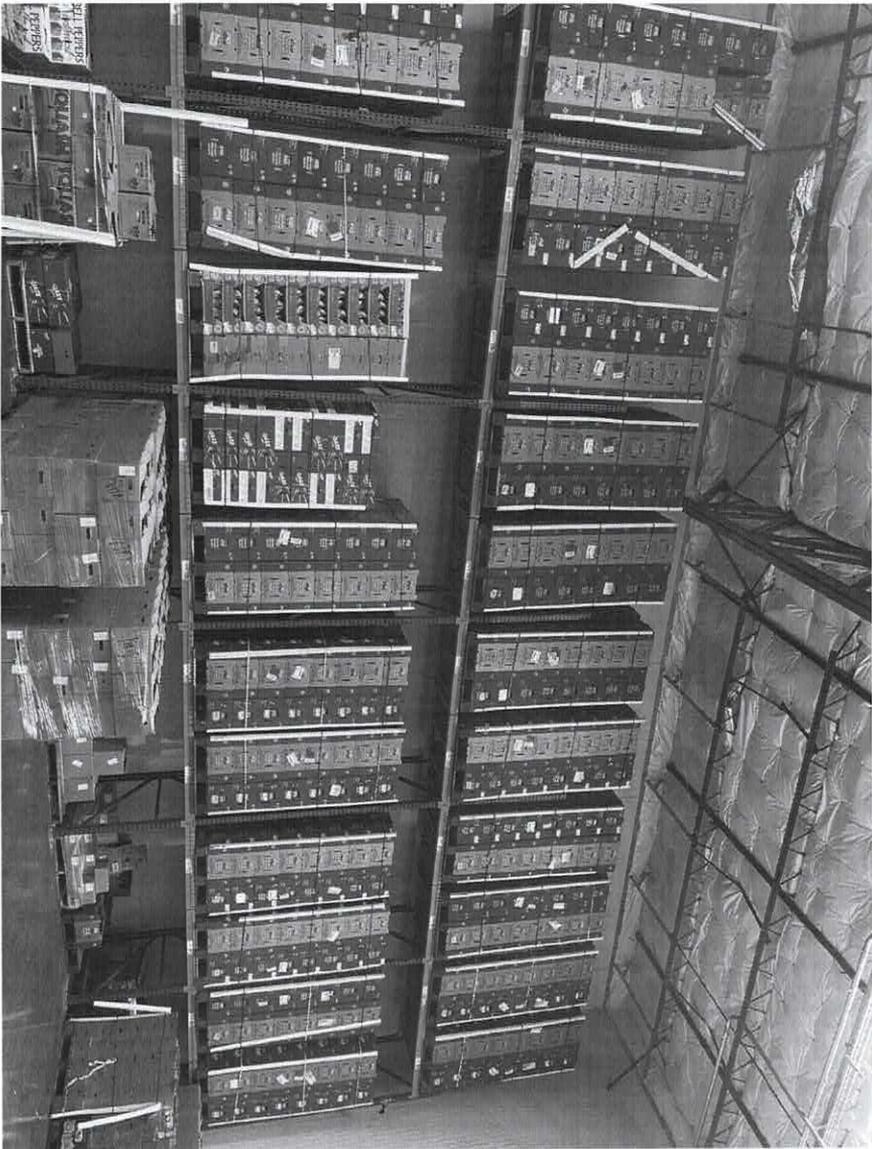


Compost

CIRCULAR CAPACITY



EXAMPLE: ROMAINE LETTUCE



FOR SALE ON GOOD FOOD EXCHANGE

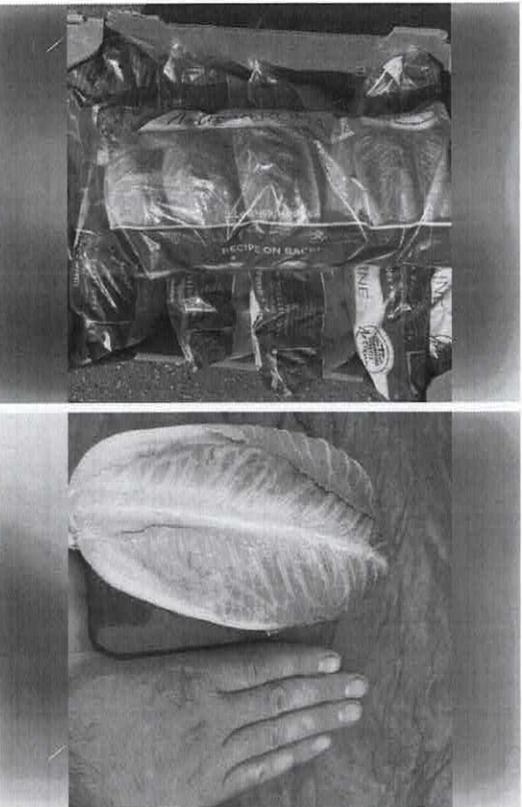


Jeremy Vrablik
Owner - Cascadia Produce

22 Sep 2023

All gone - For Sale: 1,000 cases artisan romaine: Auburn: Pick up/Delivery

Pack size is 7 bags per case with 5 heads per bag. These were rejected from Costco for the heads being too small for their specifications. They are being offered for \$7 per case. Pick up in Auburn at Cascadia Produce. Delivery available for additional fee. To reserve, please email lettucehelp@cascadiaveg.com.



Jeremy Vrablik
Owner - Cascadia Produce

29 Nov 2023

for sale: green bell peppers: auburn: delivery/pick up

41

[See all analytics](#)

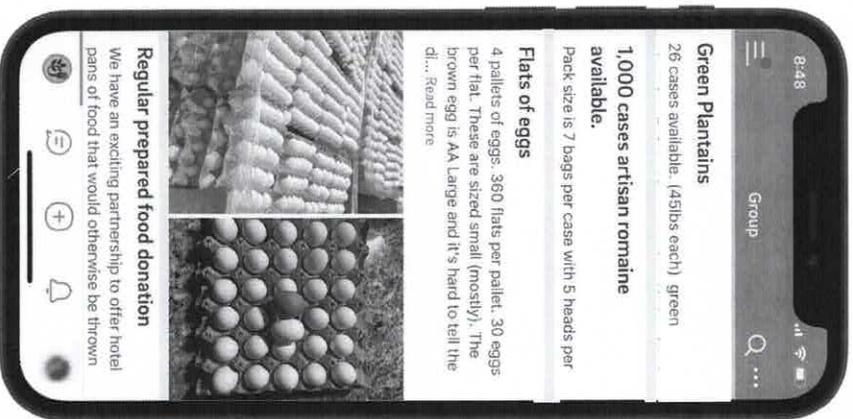
25lb cases. 224 cases available. Rejected for being too small. \$18/case. Pick up in Auburn at Cascadia Produce. Minimum amount for pick up is 5 cases (our standard minimum pick up). Delivery available (general minimum is 10 cases between Tukwila and Federal Way - we can go further out, though) To reserve/discuss deliveries, please email lettucehelp@cascadiaveg.com



RECENT PRODUCTS AVAILABLE

Cherry Tomato	Bananas	Strawberries - organic
Romaine Hearts	Red Raspberry	Spinach - organic
Green cabbage	Avocados	Orange bell peppers
Cucumbers	Cantaloupe	Baker Potatoes
Mini watermelon	Corn	Watermelon - seedless
Broccoli florets	Green grapes	

GOOD FOOD EXCHANGE



Good Food Exchange is an online marketplace for **farms, distributors, manufacturers**, and other organizations with surplus or recovered food to find buyers and recipients who can use it to its highest value. **Food businesses and food security organizations** alike can use this resource to **find and share offers** for edible, free or low-cost food that may have otherwise gone to waste.

Members of the Good Food Exchange are notified by email about each opportunity buy as they are listed by sellers. Each post outlines what product is available, where it is located, and how to reserve.

Financial transactions and pick up/delivery arrangements occur off the platform, between buyer and seller.

Good Food Exchange is a subgroup of the online community Good Food Forum, operating on the Mobilize platform.

A RESOURCE FOR ALL



Micha Ide
Farmer - Bright Ide Acres

8 Nov 2023

SOLD! Turkey Carcasses

Our farm has about 100lbs of turkey carcasses, bulk packaged and frozen. Asking \$1/lb, plus delivery/fee. Pick up in Ortling also possible. Makes great soup/broth/stock for the holidays! Our turkeys are raised on pasture and fed non-GMO grains that are corn and soy free! Email: brightideacres@gmail.com

Be the first to appreciate this

48 Views



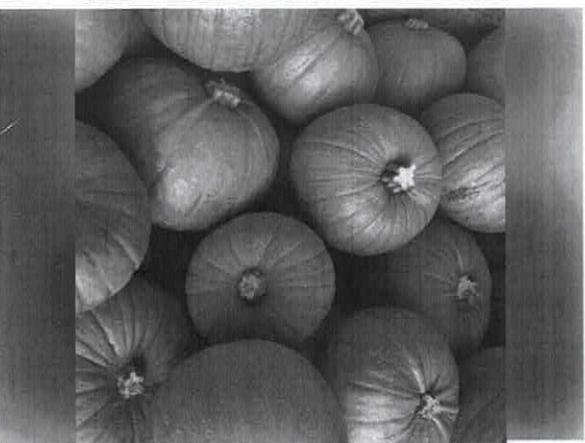
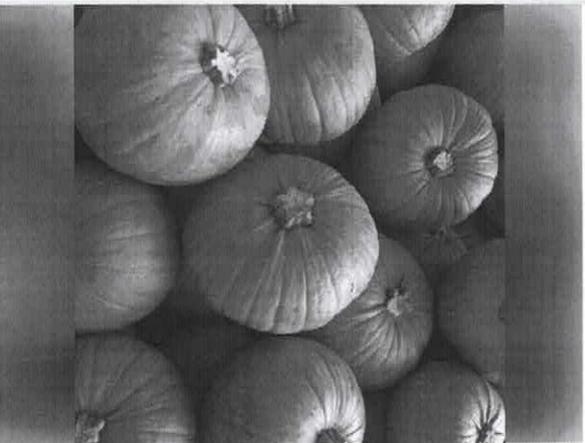
Amy Moreno-Sils
Owner - Four Elements Farm

17 Nov 2023

For Sale: 3000 lbs Organic Pie Pumpkins

Delivery or Pick Up at Four Elements Farm in Puyallup

Farm over production for Thanksgiving. 85x35lb cases \$1170 obo
\$13.75 per 35# case.



2 appreciated this

42 Views

IMPACT TO DATE

Total Food Waste Diverted: 601,320 lbs

Total Sold: 195k lbs

Total Donated: 404k lbs

Total Composted: 2.6k lbs

Total Food Received: 705k lbs / 803 pallets / 353 tons

Total Romaine Received: 456k lbs / 571 pallets / 228 tons

QUESTIONS & DISCUSSION

- Are you currently working on or are you aware of any projects or initiatives that could intersect with our project?
- What opportunities do you see that might lead from this project?
 - Collaborations
 - Funding
 - Advocacy / Legislation
 - Research / Data
- What concerns do you have, if any?
- Who else should we be talking to?
 - Collaborations
 - Other food rescue practitioners

Good Food Exchange Posting Screenshots

Sampling of posts from Oct – Dec 2023

11:40
gone:for sale: pineapple: auburn: pick up/delivery

Owner • Cascadia Produce

Dec 23rd, 2023

gone:for sale: pineapple: auburn: pick up/delivery

8ct cases, 91 cases available, rejected due to some skin blemish \$15/case. Pick up in Auburn at Cascadia Produce. Minimum amount for pick up is 5 cases (our standard minimum pick up). Delivery available (general minimum is 10 cases between Tukwila and Federal Way - we can go further out, though) To reserve/discuss deliveries, please email lettucehelp@cascadiaveg.com



0 comments

Private Reply

11:39

Group

all gone: For sale: Green cabbage: Auburn: Delivery/pick up

210 cases 12/2ct organic green cabbage. Rejected for slight discoloration near the cut end. They are being offered for \$10 per case. Pick up in ... Read more



Be the first to appreciate this

35 Views

Oct 26th, 2023

Hi Jeremy,
We'd love to order 2 cases of the cabbage, but can't pick up until next Tuesday, is that okay?
-Van

Appreciate

Be the first to appreciate this

Private Reply

11:38

SOLD! Turkey Carcasses

48



Micha Ide
Farmer • Bright Ide Acres

Nov 8th, 2023

SOLD! Turkey Carcasses

Our farm has about 100lbs of turkey carcasses, bulk packaged and frozen. Asking \$1/lb, plus delivery fee. Pick up in Orting also possible. Makes great soup/broth/stock for the holidays! Our turkeys are raised on pasture and fed non-GMO grains that are corn and soy free! Email: brightideacres@gmail.com



Be the first to appreciate this

Seen by 48

11:37

for sale: romaine hearts: auburn: delivery/...

Owner • Cascadia Produce

Nov 9th, 2023

for sale: romaine hearts: auburn: delivery/pick up

1700 cases have come in over the last 3 days, rejected because the ribs on them are twisted. They are being offered for \$5 per case. Pick up in Auburn at Cascadia Produce. Delivery available. To reserve, please email lettucehelp@cascadiaveg.com



Be the first to appreciate this

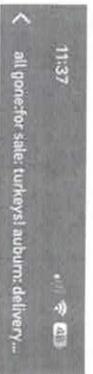
Seen by 47

2 comments

Private Reply

Good Food Exchange Posting Screenshots

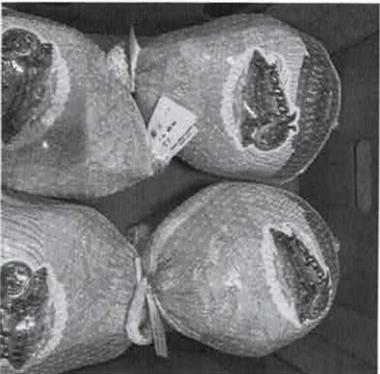
Sampling of posts from Oct – Dec 2023



1 Jeremy Vrablik
Owner • Cascadia Produce
Nov 15th, 2023

**all gone: for sale: turkeys!
auburn: delivery/pick up**

100 cases of a 4 pack of turkeys- 14-16lbs each, rejected because they were over ordered, seriously, that's it. frozen. \$1.65/lb. Pick up in Auburn at Cascadia Produce. Delivery available. To reserve, please email lettucehelp@cascadiaveg.com



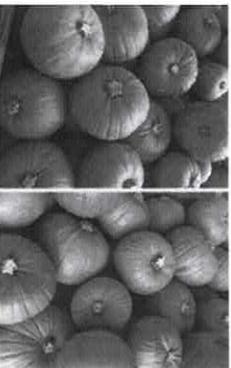
0 comments Private Reply



1 Amy Moreno-Sils
Owner • Four Elements Farm
Nov 17th, 2023

For Sale: 3000 lbs Organic Pie Pumpkins

Delivery or Pick Up at Four Elements Farm in Puyallup
Farm over production for Thanksgiving. 85x35lb cases \$1170 obso cases \$13.75 per 35# case.



2 appreciated this 43 Views

Write your comment...

Jeremy Vrablik
0 comments Private Reply



1 Jeremy Vrablik
Owner • Cascadia Produce
Nov 28th, 2023

**for sale: orange peppers:
auburn: delivery/pick up**

11lb cases. 65 cases available. rejected because of greening. \$10/case Pick up in Auburn at Cascadia Produce. Delivery available. To reserve, please email lettucehelp@cascadiaveg.com



Be the first to appreciate this Seen by 41

0 comments Private Reply



1 Jeremy Vrablik
Owner • Cascadia Produce
Nov 28th, 2023

**gone: for sale: strawberries:
auburn: delivery/pick up**

8/1lb cases. 60 cases available. rejected because (best guess here) the retailer was overstocked. \$10/case. pick up in Auburn at Cascadia Produce. Delivery available. To reserve, please email lettucehelp@cascadiaveg.com



0 comments Private Reply

Good Food Exchange Posting Screenshots

Sampling of posts from Oct – Dec 2023

11:35
for sale: corn: auburn: delivery/pick up

1
Jeremy Vrablik
Owner · Cascadia Produce
Dec 3rd, 2023

for sale: corn: auburn:
delivery/pick up

12/4ct case, 320 cases available, rejected for
dimpled kernels. \$18/case. Pick up in Auburn at
Cascadia Produce. Minimum amount for pick up
is 5 cases (our standard minimum pick up).
Delivery available (general minimum is 10 cases
between Tukwila and Federal Way - we can go
further out, though) To reserve/discuss
deliveries, please email
lettucehelp@cascadiaveg.com



0 comments

Private Reply

11:35
Group

1
Jeremy Vrablik
Owner · Cascadia Produce
Dec 17th, 2023

for sale: mini melons: auburn:
delivery/pick up
4/2ct cases, 338 cases available, rejected
because some melons are decayed, we are going
to compost the bad ones. \$18/case. Pick up in
Auburn a... Read more



1 appreciated this

11:35
Group

1
Jeremy Vrablik
Owner · Cascadia Produce
Dec 23rd, 2023

gone for sale: dragon fruit:
auburn:pick up/delivery
10lb cases, 3d cases available, rejected due a
few softer ones in the box. \$21/case. Pick up in
Auburn at Cascadia Produce. Minimum amount
for p... Read more

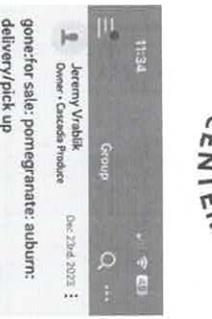


appreciate this
40 Views

11:34
Group

1
Jeremy Vrablik
Owner · Cascadia Produce
Dec 23rd, 2023

gone for sale: pomegranate: auburn:
delivery/pick up
26ct cases, 16 cases available, rejected due to
some discolored spots. \$23/case. Pick up in
Auburn at Cascadia Produce. Minimum amount
for pick... Read more



Be the first to appreciate this
28 Views

11:33
Group

1
Jeremy Vrablik
Owner · Cascadia Produce
Dec 29th, 2023

gone for sale: chorizo: auburn:
delivery/pick up
8/72ct cases, 49 cases available, rejected due to
item being overstocked. \$9/case. Pick up in
Auburn at Cascadia Produce. Minimum amount
for pick... Read more



Be the first to appreciate this
50 Views



Good Food Exchange Posting Screenshots

Admin posts from Oct – Dec 2023



Jeremy Vrablik
Owner • Cascadia Produce

Nov 10th, 2023

Inventory at Cascadia Produce's Lettuce Help Center

Here's the link to the google doc for our inventory. It'll get updated at least once per day. We'll still post when things come through, but this will be the easiest way to see what is available.

<https://docs.google.com/spreadsheets/d/16wUVcoTR3in-2NxwIqBIXx19cWGYsYx6sIz9qthjIPw/edit#gid=0>



Be the first to appreciate this

Seen by 64

Lettuce Help Center x Good Food Exchange Agency Meetings Attendee List

Timestamp	Name	Organization	Title
11/8/2023 17:29:27	Eliza Kruszyński	King County Solid Waste Divisor	Organics Program Manager
11/9/2023 6:29:29	Seán Walsh	City of Seattle - Human Services Department	
11/9/2023 6:58:19	Kelsey Bailey	King County SWD	Organics Circular Economy PM
11/9/2023 7:18:30	Elizabeth Kimball	Public Health - Seattle & King Co	Program Manager
11/9/2023 8:09:28	Chris Morrnick	Washington State Department of SNAP-Ed	Program Manager
11/9/2023 9:14:46	Cullen Naumoff	Dept of Ecology	Organics Implementation Lead
11/9/2023 10:04:49	Patrick Merscher	WA Department of Ecology	Organics/Food Center Specialist
11/9/2023 10:11:16	Hannah Scholes	King County	Policy Analyst
11/9/2023 11:37:53	Beth Jarot	City of Tacoma	Resilient & Green Building Specialist
11/9/2023 12:53:11	Karen Hultgren	Pierce County PPW - Sustainable	Solid Waste Recycling Analyst
11/14/2023 14:07:40	Jade	Washington State Department of	Food waste reduction lead
11/15/2023 14:55:24	Mary Embleton	King Conservation District	Senior Manager, Regional Food Systems Program
11/16/2023 8:58:47	Adrian Tan	King County Solid Waste Divisor	Policy & Market Development Manager
11/17/2023 8:56:42	Jenny Ugolino	Cascadia Consulting	Senior Associate
11/17/2023 11:24:51	Dan Corum	City of Tacoma	Sustainability Analyst
11/19/2023 6:07:31	Michael Lufkin	King County DNRP	Local Food Economy Manager
11/29/2023 15:49:40	Liz Fikejs	Seattle Public Utilities	Waste Prevention Program Manager
11/29/2023 16:04:23	Bridget Igoe	City of Seattle Office of Sustainat	Strategic Advisor, Food Policy and Programs
12/5/2023 22:16:41	Heather Trim	Zero Waste Washington	Executive Director
12/7/2023 14:51:31	Katie Rains	WA State Dept of Agriculture	Food Policy Advisor
12/8/2023 10:02:53	Heather Trim	Zero Waste Washington	ED

Email invitation to Agencies about Lettuce Help x Good Food Exchange Info Meetings

Lettuce Help Center & Good Food Exchange Meetings

Please join us for one of two meetings to learn more about our newly/launched food rescue hub & marketplace project, Lettuce Help Center and Good Food Exchange. You can find more information [here](#) and below.

Please choose a meeting that works best for you to attend. If you are unable to make it, but would like to schedule a follow up meeting with one or more of our project team, please let us know.

We look forward to hosting you!

~ Seattle Good Business Network, Cascadia Produce, and Cedar Grove

About Lettuce Help Center

The Lettuce Help Center is a food recovery and distribution hub operated in partnership by Cascadia Produce and Cedar Grove. Combining the wholesale infrastructure and expertise of Cascadia Produce with the delivery capacity and food waste diversion of Cedar Grove, Lettuce Help Center will serve to receive, store, and redistribute recovered food.

About Good Food Exchange

Good Food Exchange is an online marketplace dedicated to keeping good food on plates and out of the landfill.

List of Businesses and Orgs Met With Between Oct 2023 - Dec 2023

ORGANIZATION	PARTNER TYPE	CONTACT PERSON	DATE
Dept of Ecology	Government	Jade Monroe	Sept 2023
Washington State Food Coalition	Marketing	Trish Twomey	Sept 2023
Farmer Frog	Food Security Organization	Zsofia Pasztor	Sept 2023
Eloise's Cooking Pot	Food Security Organization	Ahndrea Blue	Sept 2023
Othello Food Bank	Food Security Organization	Jose Garza	Sept 2023
Catholic Community Services	Non-Profit Organization	Richard Houle	Sept 2023
West Seattle Foodbank	Food Security Organization	Fran Yeats	Sept 2023
Praisalulah	Food Security Organization	Schwanda Taylor	Sept 2023
Modest Family Solutions	Food Security Organization	Adasha Turner	Sept 2023
Utopia NW	Non-Profit Organization	Adrianna Sulai	Sept 2023
Ojaswe	Retail	Ash Ganapathiraju	Sept 2023
Four Roots Farm	Wholesale	Britney Tyler	Sept 2023
INSP	Food Security Organization	Brandy Badger	Sept 2023
Harbor Foods	Broadliner	Brent Nysoe	Sept 2023
Lutheran Catholic Services NW	Food Security Organization	Adriana Mendivil	Oct 2023
Northwest Harvest	Food Security Organization	Gary Newte	Oct 2023
Des Moines Foodbank	Food Security Organization	Barn Houston-Shimizu	Oct 2023
Ballard Food Bank	Food Security Organization	Anthony A	Oct 2023
Feeding Feasible Feasts	Food Security Organization	Angel Swanson	Oct 2023
Rebellious Meats	Food Business	Anne Marie Phillips	Oct 2023
United Way of King County	Non-Profit Organization	Colleen Guillory	Oct 2023
Pacific Coast Harvest	Food Business	Chris Teeny	Oct 2023
Medosweet Farms	Food Business	Dan Newburn	Oct 2023
Food is Free Tacoma	Food Security Organization	Ursula Thompson	Oct 2023
Seattle Housing Authority	Government	Ella McCrae	Oct 2023
Blue Mountain Action Council	Food Security Organization	Erik Mora	Oct 2023
Phat Factory DJ BBQ	Food Business	Michael Eddings	Oct 2023

List of Businesses and Orgs Met With Between Oct 2023 - Dec 2023

ORGANIZATION	PARTNER TYPE	CONTACT PERSON	DATE
Four Elements Farm	Farm	Amy	Oct 2023
Eagle's Nest	Food Security Organization	Joy Sanders	Oct 2023
Family Works Seattle	Food Security Organization	Tobey Solomon-Auger	Oct 2023
We Do Better Relief	Food Security Organization	Bobby Rodrigo	Oct 2023
Common Spirit	Non-Profit Organization	Bonnie Hamilton	Oct 2023
Bonney Lake Food Bank	Food Security Organization	Stacy	Oct 2023
Well Church	Non-Profit Organization	Greg McMullen	Oct 2023
EI Dios Viviente	Non-Profit Organization	Gerardo Guzman	Oct 2023
Sustainable Renton	Food Security Organization	Hannah Flory	Oct 2023
Reclaim NW	Non-Profit Organization	Kenny Carlson	Oct 2023
Jubilee Reach	Non-Profit Organization	Ken Carpenter	Oct 2023
International Rescue Committee	Non-Profit Organization	Khue Tran	Oct 2023
Touched by One	Non-Profit Organization	Lakeda Sullivan	Oct 2023
New Life Christian Church	Non-Profit Organization	Teresa	Oct 2023
Serve Ethiopians	Non-Profit Organization	Tariku Messele	Oct 2023
Utopia NW Food Pantry	Food Security Organization	Toni Tupufia	Oct 2023
Rand Outreach	Food Security Organization	Suprina Ford	Oct 2023
Sound Sustainable Farms	Farm	Jamie Porter	Oct 2023
Emergency Feeding	Food Security Organization	Glenn Turner	Oct 2023
Black Star Food Collective	Food Business	Carmen	Oct 2023
Marysville Food Bank	Food Security Organization	Amy	Oct 2023
A Common Thread	Food Security Organization	Brenda Jallits	Oct 2023
Free Pantry Spanaway	Food Security Organization	Carrie Scott	Oct 2023
Lend a Hand	Food Security Organization	Fia Taito	Oct 2023
Family Resource Center of the Tri Cities	Non-Profit Organization	Yadira	Oct 2023
Republic of Cider	Food Business	George Ptasinksi	Oct 2023
South Kitsap Helpline	Food Bank	Jennifer Hardison	Dec 2023

List of Businesses and Orgs Met With Between Oct 2023 - Dec 2023

ORGANIZATION	PARTNER TYPE	CONTACT PERSON	DATE
American Heart Association	Health Organization	Johanna Lindsay	Nov 2023
Washington State Senate	State Senator	Joe Nguyen	Nov 2023
Washington State Governemnet	Deputy Governor	Denny Heck	Nov 2023
Feeding Washington	Food Security Organization	David Uhl	Nov 2023
EastWest Food Rescue	Food Security Organization	John Kunin	Nov 2023
EastWest Food Rescue	Food Security Organization	Diane Demster	Nov 2023
Washington State Government	Rep Newhouse Office	Rachel McClure	Nov 2023
Washington State Government	Rep McMorris Rodgers Office	Andrew Engell	Nov 2023
Common Threads Farm	School Garden/Cooking Education Org	Carly Renner	Dec 2023
Mashiko	Food Business	Allison Hill	Dec 2023
Artisan Community Kitchen	Commissary kitchen	Darrin Clark	Dec 2023
Culinx Kitchen	Commissary kitchen	John Schoenfeld	Dec 2023
Ryan-Cedar Grove			
Mamma Malena-Barolo-CinquTerre	Restaurants	Roberto Varchetta	Sept 2023
Stoneburner	Restuarants	Jason Stoneburner	Sept 2023
Terra Platta	Restauarant	Tamara Murphy	Sept 2023
United Food Service	Distributor	Ryan Marshall	Sept 2023
Dreamland Foods	Food Processor	Whalid	Sept 2023
PCC Community Markets	Retailer	Rachel Teft	Sept 2023
Pacific Coast Fruit Company	Distributor	Joe Santucci	Sept 2023
Columbia Tower Club	Restaurant	Thomas Cullen	Sept 2023
Seattle Golf club	Restaurant	Kip Johnson	Sept 2023
PCC Community Markets	Retailer	Manwinder Uppal	Sept 2023
PCC Community Markets	Retailer	Tracy Merick	Sept 2023
El Moose	Restaurant	Camilla	Oct 2023
Sound Sustainable Farms	Farm	Chris Cunningham	Oct 2023

List of Businesses and Orgs Met With Between Oct 2023 - Dec 2023			
ORGANIZATION	PARTNER TYPE	CONTACT PERSON	DATE
Puget Sound Business Journal	Media-Press	Patti Payne	Oct 2023
Feed Me Hospitality	Catering	Katie Dunsmore	Oct 2023
Bon Appetite	Catering	Jay	Oct 2023
General Harvest Pasta	Restaurant Group	Briam Cleveneger	Oct 2023
Tonys Produce	Market	Tony Genzale	Oct 2023
Inglenore Golf Course	Restaurant	Amanda Kent	Oct 2023
Neighborhood Grills Catering	Catering	Brendon Cook	Oct 2023
Della Terra Catering	Catering	Cody Castigla	Oct 2023
PCC Community Markets	Retailer	Eric Lind	Oct 2023
PCC Community Markets	Retailer	Tracy Merik	Nov 2023
Brickwest Brew-Related-Spokane	Restaurants/Catering	Matt Goodwin	Nov 2023
Cascadia Public House-Spokane	Restaurant/Catering	Jordan Smith	Nov 2023
Paseo Carribean Sandwiches	Restaurant	Ryan Santwire	Nov 2023
Paseo Carribean Sandwiches	Restaurant	Ashley Nolan	Nov 2023
Per 57-Crab Pot	Restuarants	Todd Christensen	Nov 2023
Harried and Hungy	Restuarant	Harry	Nov 2023
Goodr	Hunger Relief Organization	Grayson Stewart	Nov 2023
Goodr	Hunger Relied Organization	Beth	Nov 2023
United Food Service	Distributor	Paul Esvelt	Nov 2023
Lake Washington School District	Schools	Nirali Shah	Nov 2023
Ballard FoodBank	Food Bank	Natalie Schwartz	Nov 2023
Country Market	Fruit stand	aaron sloan	Dec 2023
Mojitos	Restaurant/Processor	Laum Wersome	Dec 2023
Franks Quality Produce	Distributor	Frank Genzale Jr	Dec 2023
Ballard Food Bank	Food Bank	Anthony Anderson	Dec 2023
Meta	Sattelite Cafes	Jamie Porter	Dec 2023
Old Stove Brewery	Restuarants	Mike Mackley	Dec 2023

List of Businesses and Orgs Met With Between Oct 2023 - Dec 2023

ORGANIZATION	PARTNER TYPE	CONTACT PERSON	DATE
Woodland Park Zoo	Food Service/Processor	Jamie Porter	Dec 2023
Greenlake Bar Grill	Restuarant	Brendon Cook	Dec 2023
Lake Forest Park Bar Grill	Restuarant	Brendon Cook	Dec 2023
99 Ranch Market	Market	Flora Fang	Dec 2023
Bellevue School District	School District	Wendy Weyer	Dec 2023
Conscious Eatery	Restaurant	Chaz	Dec 2023

Industrial Symbiosis - Cascadia Produce Project Outreach List Oct - Dec 2023

Restaurant/Business Name	Outreach Method	Outreach Date
Gold Coast Ghal	Email	11/10/23
Osteria La Spiga	Email	11/10/23
Ada's Restaurant & Bar	Email	11/10/23
Grayseas Pies	Email	11/10/23
Bok a Bok Capitol Hill	Email	11/10/23
Whiskey by John Howie	Email	11/10/23
Mojito	Email	11/10/23
Nue	Email	11/10/23
Pike Brewing Company (Pike Taproom Ballard)	Email	11/10/23
Jude's Old Town	Email	11/10/23
Republic of Cider/Woodinville CiderWorks SoDo Tasting Room	Email	11/10/23
El Moose	Email	11/10/23
Korochka Tavern	Email	11/10/23
Shewa-Ber Bar & Restaurant	Email	11/10/23
Samara	Email	11/10/23
Spice Waala - Capitol Hill	Email	11/10/23
Spice Waala - Ballard	Email	11/10/23
Bakescapade	Email	11/10/23
Askatu Bakery by Liberated Foods	Email	11/10/23
Lassi & Spice South Lake Union	Email	11/10/23
Lassi & Spice Wallingford	Email	11/10/23
Finch & Pine	Email	11/10/23
Mamnoon	Email	11/10/23
Bok a Bok Kirkland	Email	11/10/23
Bok a Bok U District	Email	11/10/23
Haidilao Hot Pot Seattle Inc	Email	11/10/23
Theary Cambodian Foods	Email	11/10/23
BOBA UP	Email	11/10/23
Kaffa Cafe	Email	11/10/23
Delish Ethiopian Cuisine	Email	11/10/23
Toulouse Petit	Email	11/10/23
La Palmera South Lake Union	Email	11/10/23
Seastar Restaurant and Raw Bar	Email	11/10/23
Beardslee Public House	Email	11/10/23
Crawfish King	Email	11/10/23
Gourmet Noodle Bowl	Email	11/10/23
El Gaucho Seattle	Email	11/10/23
AQUA by El Gaucho	Email	11/10/23
El Gaucho Bellevue	Email	11/10/23
Haidilao Hot Pot Bellevue Inc	Email	11/10/23
Goldfinch Tavern	Email	11/10/23

Industrial Symbiosis - Cascadia Produce Project Outreach List Oct - Dec 2023

Restaurant/Business Name	Outreach Method	Outreach Date
Brunello Ristorante	Email	11/10/23
Goldfinch Tavern	Email	11/10/23
Zio Sal	Email	11/10/23
Bar Dojo	Email	11/10/23
IL Bistro	Email	11/10/23
Serafina	Email	11/10/23
Herb & Bitter Public House	Email	11/10/23
Suite Restaurant / Lounge	Email	11/10/23
Salt and Iron	Email	11/10/23
Sankai	Email	11/10/23
Feed Co. Burgers Central	Email	11/10/23
Solarium Kitchen	Email	11/10/23
Raccolto	Email	11/10/23
Plenty of Clouds	Email	11/10/23
Noodle/Bar	Email	11/10/23
Eve Fremont	Email	11/10/23
Fire and the Feast	Email	11/10/23
Cedars Restaurant	Email	11/10/23
Purple Woodinville	Email	11/10/23
Pablo y Pablo Woodinville	Email	11/10/23
Amaro Bistro	Email	11/10/23
Omega Ouzeri	Email	11/10/23
Lola	Email	11/10/23
SeaTown Rub Shack and Fish Fry	Email	11/10/23
Meesha	Email	11/10/23
Old Stove Brewing Company	Email	11/10/23
The Hart & The Hunter	Email	11/10/23
Teinei	Email	11/10/23
How to Cook a Wolf Madison Park	Email	11/10/23
How to Cook a Wolf Queen Anne	Email	11/10/23
Red Cow	Email	11/10/23
Rione XIII	Email	11/10/23
Staple & Fancy	Email	11/10/23
Tavolata Belltown	Email	11/10/23
Tavolata Capitol Hill	Email	11/10/23
Tavolata Stone Way	Email	11/10/23
The Victor Tavern Downtown	Email	11/10/23
The Victor Tavern SLU	Email	11/10/23
Anthony's Pier 66	Email	11/10/23
Bar Cotto/Cotto Belltown	Email	11/10/23
Ballard Pizza Co. Frelard	Email	11/10/23

Industrial Symbiosis - Cascadia Produce Project Outreach List Oct - Dec 2023

Restaurant/Business Name	Outreach Method	Outreach Date
Ballard Pizza Co. Woodinville	Email	11/10/23
Cortina	Email	11/10/23
The Lakehouse Bellevue	Email	11/10/23
Ocho	Email	11/10/23
I Love Sushi on Lake Union	Email	11/10/23
The Loft	Email	11/10/23
Wasabi Sushi & Izakaya	Email	11/10/23
Nirmal's	Email	11/10/23
Willmott's Ghost	Email	11/10/23
Feast	Email	11/10/23
Bottle & Bull	Email	11/10/23
WildFin American Grill - Issaquah	Email	11/10/23
WildFin American Grill - Renton	Email	11/10/23
Maximilien	Email	11/10/23
Grappa Restaurant	Email	11/10/23
Dumpling The Noodle	Email	11/10/23
Volterra	Email	11/10/23
Sparrow	Email	11/10/23
Salty's on Alki	Email	11/10/23
Voila Bistrot	Email	11/10/23
19 Gold	Email	11/10/23
Soprano's Antico	Email	11/10/23
Blossom Vegetarian	Email	11/10/23
The State Hotel / Ben Paris	Email	11/10/23
Biang Biang Noodles	Email	11/10/23
The Restaurant at DeLille Cellars	Email	11/10/23
Taku Seattle	Email	11/10/23
Rondo Japanese Kitchen	Email	11/10/23
Firenze Ristorante	Email	11/10/23
Hurry Curry of Tokyo	Email	11/10/23
Nolita	Email	11/10/23
Forum Social House	Email	11/10/23
Autumn	Email	11/10/23
Vendemmia	Email	11/10/23
Haymaker West Seattle	Email	11/10/23
Charcoal	Email	11/10/23
The Tin Table	Email	11/10/23
STK Steakhouse	Email	11/10/23
Kokkaku	Email	11/10/23
The Olive and Grape	Email	11/10/23
Via Tribunali Capitol Hill	Email	11/10/23

Industrial Symbiosis - Cascadia Produce Project Outreach List Oct - Dec 2023		
Restaurant/Business Name	Outreach Method	Outreach Date
Via Tribunali Queen Anne	Email	11/10/23
Luigi's Italian Eatery	Email	11/10/23
Nell's	Email	11/10/23
Aerlume	Email	11/10/23
Columbia Hospitality (Jetty Bar & Grille)	Email	11/10/23
Columbia Hospitality (Hearth)	Email	11/10/23
Yoroshiku	Email	11/10/23
Pink Salt	Email	11/10/23
Mondello Ristorante Italiano	Email	11/10/23
Ristorante Paradisio	Email	11/10/23
Limoncello Belltown	Email	11/10/23
Hanoon	Email	11/10/23
Arnies / Coho Cafe	Email	11/10/23
Revel	Email	11/10/23
Maria Luisa Empanadas	Email	11/10/23
Tamari Bar	Email	11/10/23
Pablo y Pablo Wallingford	Email	11/10/23
Fiasco	Email	11/10/23
Barrio	Email	11/10/23
Purple Seattle	Email	11/10/23
Andare Kitchen & Bar	Email	11/10/23
TIDAL+	Email	11/10/23
Koku Cafe + Market	Email	11/10/23
Novilhos Brazilian Steakhouse	Email	11/10/23
The Grill from Ipanema	Email	11/10/23
Bar Sabine	Email	11/10/23
Serious Pie Totem Lake	Email	11/10/23
BOCA Restobar & Grill	Email	11/10/23
Amarone Ristorante and Bar	Email	11/10/23
Serious Pie Ballard	Email	11/10/23
Serious Pie Downtown	Email	11/10/23
BOCA Restaurant at Queen City Grill	Email	11/10/23
Anthony's Homeport Kirkland	Email	11/10/23
Le Coin	Email	11/10/23
San Fermo	Email	11/10/23
Bok a Bok White Center	Email	11/10/23
Bamboo Sushi	Email	11/10/23
Frank's Oyster House & Champagne Parlor	Email	11/10/23
Ballard Pizza Co. Ballard	Email	11/10/23
Cantinetta Bellevue	Email	11/10/23

Industrial Symbiosis - Cascadia Produce Project Outreach List Oct - Dec 2023		
Restaurant/Business Name	Outreach Method	Outreach Date
Cantinetta Wallingford	Email	11/10/23
COMO	Email	11/10/23
Mamma Melina Restaurant	Email	11/10/23
Bang Bang Kitchen	Email	11/10/23
Secret Congee	Email	11/10/23
Karaage Setsuna	Email	11/10/23
Light Sleeper	Email	11/10/23
Reckless Noodle House	Email	11/10/23
G.H. Pasta Co. (not participating - did not open in time for SRW)	Email	11/10/23
The Bangalore Kitchen	Email	11/10/23
Ishoni Seattle	Email	11/10/23
Chan Seattle	Email	11/10/23
Angel City Deli	Email	11/10/23
Conversation Kitchen & Bar	Email	11/10/23
Currant Bistro	Email	11/10/23
Radiator Whiskey	Email	11/10/23
Cafe Con Todo	Email	11/10/23
Kelnero	Email	11/10/23
Japonessa	Email	11/10/23
Noi Thai Cuisine	Email	11/10/23
Mashiko	Email	11/10/23
Beans Bagels	Email	11/10/23
Black Angus Federal Way	Email	11/10/23
Black Angus Puyallup	Email	11/10/23
Lotus Pond Vietnamese Cuisine	Email	11/10/23
Earls Kitchen + Bar - Bellevue	Email	11/10/23
Soul	Email	11/10/23
Baego Pa	Email	11/10/23
Aburiya Bento House	Email	11/10/23
Cloud Cafe	Email	11/10/23
Westland Distillery	Email	11/10/23
Kricket Club	Email	11/10/23
Walla Walla Steak Co. Woodinville	Email	11/10/23
Ruben's Eats	Email	11/10/23
mkt.	Email	11/10/23
Cava Azul Cocina & Cantina - Woodinville	Email	11/10/23
Agave Cocina & Cantina Redmond	Email	11/10/23
Agave Cocina & Cantina Kent Station	Email	11/10/23
L'Experience Paris	Email	11/10/23
Bombo Italian Kitchen	Email	11/10/23
Tavolata Redmond	Email	11/10/23

Industrial Symbiosis - Cascadia Produce Project Outreach List Oct - Dec 2023		
Restaurant/Business Name	Outreach Method	Outreach Date
Sandia	Email	11/10/23
Poquitos Seattle	Email	11/10/23
Palace Kitchen	Email	11/10/23
La Dispensa	Email	11/10/23
Camp West	Email	11/10/23
Swansons Cafe	Email	11/10/23
Kobo Pizza	Email	11/10/23
Northwest Spirits	Email	11/10/23
Secret Fort	Email	11/10/23
All Water Seafood and Oyster Bar	Email	11/10/23
Wero	Email	11/10/23
El Encanto	Email	11/10/23
Vinbero	Email	11/10/23
Rough and Tumble Pub	Email	11/10/23
Mt. Joy	Email	11/10/23
Livbud	Email	11/10/23
Pennyroyal	Email	11/10/23
Etta's Big Mountain BBQ	Email	11/10/23

PROMOTIONAL VERBIAGE SENT TO RESTAURANTS OCT - DEC 2023

“Seattle Restaurant Week is one promotion in Seattle Good Business Network’s thriving Good Food Economy program focused on building a resilient, sustainable, and just local food economy.

JOIN GOOD FOOD FORUM

We would love to have you join our online community, Good Food Forum, as we continue to build out this B2B network linking producers, buyers, and service providers which will serve as a hub for events, opportunities, and shared resources.

JOIN GOOD FOOD EXCHANGE

In addition, you are also invited to join The Good Food Exchange, a marketplace where you will have access to below-wholesale priced food including farm seconds. We encourage you to explore this opportunity to source more sustainably and in a cost effective way! Joining this subgroup automatically includes you in Good Food Forum.

EAT LOCAL FIRST - WHOLESALE FINDER

If you are interested in deepening your local sourcing relationships, but are not sure where to start, the Washington Food and Farm Finder connects you with farmers who sell directly to food service businesses. Whether you search by product or geography, this tool makes it simple to see lots of local wholesale options in one convenient place.

EAT LOCAL FIRST - FREE RESTAURANT LISTING

If your restaurant is purchasing from two local producers per month and is committed to shifting more of your sourcing towards local farmers, then you can also be listed on the Washington Food and Farm Finder. Listings are a free source of digital marketing and allow your business to reach an audience of consumers passionate about local food.

SUPPLIER GUIDE

Not ready to buy farm-direct? Use this [supplier guide](#) to find local suppliers, including distributors and food hubs, who offer multiple product categories with convenient delivery options.

WATER ASSESSMENTS

Restaurants and other businesses can sign up for a free water conservation assessment to help you: identify risks, understand your water use and how to reduce it, and get free tips and tools from water experts, courtesy of the Saving Water Partnership and EnviroStars. Not in Seattle? Email sydney@seattlegood.org to ask if you are eligible in your city.

STOREFRONT REPAIR FUND

PROMOTIONAL EMAIL TO WOMEN IN FOOD SERVICE GROUP OCT - DEC 2023

Hi all,

I want to call attention to an ongoing opportunity for food businesses (value-added processors, food manufacturing, and food service) and food assistance organizations to access food at below-wholesale prices.

We highly encourage farmers to use this as an opportunity to capture value from farm seconds and reach an audience of potential buyers.

Read on to learn more about Good Food Exchange!

Seattle Good Business Network is excited to announce the launch of two new resources to increase access for food businesses and food security organizations to low- or no-cost recovered food through a collaborative project in partnership with **Cascadia Produce** and **Cedar Grove**: Good Food Exchange and the Lettuce Help Center.

What is Good Food Exchange?

Good Food Exchange is an online marketplace dedicated to keeping good food on plates and out of the landfill. This platform creates a space for farms, distributors, and other organizations with surplus or recovered food to find buyers and recipients who can use it to its highest value. Food businesses and food security organizations alike can use this resource to find and share offers for edible, free or low-cost food which may have otherwise gone to waste, and farmers and food producers have a secondary market to reclaim the cost of their food.

Members of the Good Food Exchange will be notified by email about each opportunity buy as they are listed by sellers. Each post will outline what product is available, where it is located, and how to reserve.

What is the Lettuce Help Center?

The Lettuce Help Center is a food recovery and distribution hub operated in partnership by Cascadia Produce and Cedar Grove. Combining the distribution infrastructure and expertise of Cascadia Produce with the delivery capacity and food waste diversion of Cedar Grove, Lettuce Help Center will serve to receive, store, and distribute fresh, frozen, and dry food, recovered from retail distributors and farm seconds and surplus.

Look for offers of available products for purchase and delivery from the Lettuce Help Center through Good Food Exchange.

JOIN GOOD FOOD EXCHANGE

Good Food Exchange and the Lettuce Help Center are creating a bridge for food businesses and food security organizations to identify and purchase food below wholesale prices in quantities that suit their capacity. Over 1 million tons of food waste is generated in Washington state annually, yet an estimated minimum of 35% of this food is edible. Our project recovers food across the supply

chain and closes gaps between food producers, suppliers, and purchasers. Each diversion of food brings us closer to our vision of a thriving local food economy in which nothing goes to waste. Good Food Exchange and Lettuce Help Center are collaborations of Seattle Good Business Network, Cascadia Produce, and Cedar Grove. This project is made possible with funding through the Industrial Symbiosis Grant from the Washington State Department of Commerce.

For any questions or requests, you're welcome to reply back to this email or contact our Good Food team at goodfood@seattlegood.org.

In community,

The Good Food team at Seattle Good Business Network

Good Food Exchange on Seattle Restaurant Week Webpage (Screenshot)
Dec 2023

SEATTLE
RESTAURANT
WEEK

Passport Give a Meal Spotlight Preview Event Partners About

Seattle Restaurant Week Surveys

Restaurant Survey

Restaurant Staff Survey

Diner Survey

Business Resources

Good Food Forum

Good Food Exchange

Good Food Economy Program

Local Supplier Guide

Eat Local First Listing

Wholesale Product Finder

Storefront Repair Grant

Free Water Use Assessment

Cedar Grove Composting

7343 E Marginal Way S
Seattle, WA 98108

Release Date:

November 17, 2023

A New Food Rescue Hub and Marketplace:

Lettuce Help Center and Good Food Exchange

Cedar Grove Composting is pleased to announce our partnership with Cascadia Produce and Seattle Good Business Network to launch a food rescue hub and marketplace, the Lettuce Help Center and Good Food Exchange.

Through this collaborative partnership, Cedar Grove expands upon its commitment to zero waste. By following the hierarchy of the Environmental Protection Agency's "Wasted Food Scale", Cedar Grove works to divert wasted food from disposal by donating and upcycling. Through this new partnership, Cedar Grove will work to increase access for businesses and food security organizations recovering eligible food.

This project will serve to divert food waste at a pivotal link in the distribution chain: between producer or distributor and restaurant or grocer. Surplus or rejected orders would otherwise go to waste, but this new collaboration rescues this food, putting it back into the supply chain and remitting payment back to the producer.

What is the Lettuce Help Center?

The Lettuce Help Center is a food recovery and distribution hub located in Auburn, WA operated by Cascadia Produce. Within this partnership, Cascadia will receive truckloads of fresh food rejected by area retail receiving hubs, inspect and store food properly in the Lettuce Help Center warehouse, and make discounted food available for purchase at below wholesale rates via the Good Food Exchange. Combining the wholesale infrastructure and expertise of Cascadia Produce with the delivery capacity and food waste recycling services of Cedar Grove will keep good food out of the landfill and enable surplus food and farm seconds to reach new markets at reduced cost. Cedar Grove will compost any organic matter that is unfit for consumption.

What is Good Food Exchange?

Good Food Exchange is a free online marketplace operated by Seattle Good Business Network dedicated to keeping good food on plates and out of the landfill. This platform creates an accessible space for farms, distributors, and other organizations with surplus or recovered

food to find buyers and recipients who can use it to its highest value. Food businesses and food security organizations alike can use this resource to find and share offers for edible, free or low-cost food which may have otherwise gone to waste. This also opens a secondary market to farmers and food producers to get paid for food that would otherwise be a loss. The Lettuce Help Center will use Good Food Exchange as its primary sales platform.

Members of the Good Food Exchange will be notified by email about each opportunity to buy as they are listed by sellers. Each post will outline what product is available, where it is located, and how to reserve.

Visit goodfoodexchange.org to learn more about Good Food Exchange and to sign up for their marketplace. Good Food Exchange is a subgroup of Good Food Forum, an online community connecting people working across the Puget Sound food system to resources, opportunities, and each other.

This project is made possible thanks to funding through the Industrial Symbiosis Grant from the Washington State Department of Commerce.

About Cedar Grove Composting

As an industry-leading environmental solutions company, Cedar Grove harnesses the vitality of organic waste by recycling it into innovative products. In doing so, we energize cities, businesses and citizens to be a force for good by offering a full circle approach to diversion. For more information, click [here](#). [Farm Here](#)

For any questions or requests, please contact ...

About Cascadia Produce

[Cascadia Produce](#) is a family-owned wholesale food business working in collaboration with farms, non-profit community groups, government programs, and other small businesses in Washington to mitigate food insecurity through low-cost access to culturally relevant food.

About Seattle Good Business Network

Seattle Good Business Network connects and inspires people to buy, produce, and invest locally, so that everyone has a meaningful stake in the local economy. Their Good Food Economy program connects the Puget Sound food community to strengthen the local food chain and build a resilient, sustainable, and just local food economy. For more information, visit seattlegood.org and seattlegoodfood.org.

For any questions or requests, please contact Mariah DeLeo at mariah@seattlegood.org.

###

Tilth Alliance Conference, October 2023

Ad in Program

GOOD FOOD EXCHANGE x LETTUCE HELP CENTER

A collaborative effort expanding access to recovered food through a dynamic online marketplace.

JOIN GOOD FOOD EXCHANGE

Good Food Exchange is an online marketplace dedicated to keeping good food on plates and out of the landfill. This platform creates a space for farms, distributors, and other organizations with surplus or recovered food to find buyers and recipients who can use it to its highest value. Food businesses and food security organizations alike can use this resource to find and share offers for edible, free or low-cost food which may have otherwise gone to waste.

- Cascadia's Lettuce Help Center will receive multi-pallet quantities of rejected food from retail hubs and buy low-cost, otherwise unsellable seconds from WA farms.
- Available rescued food of both types will be posted for sale or donation on the Good Food Exchange.
- Pictures, pricing, reason for discount, location, and contact information for seller included in each post.

Good Food Exchange is an initiative of the Good Food Economy program of the nonprofit Seattle Good Business Network, connecting the Puget Sound food community to strengthen the local food chain and build a resilient, sustainable, and just local food economy.

JOIN HERE



- Anyone can post surplus food opportunity buys on the **Good Food Exchange**—it is a free, easy to use, accessible-to-all online platform.
- Financial transactions occur off the platform, between buyer/seller.



Farmers deserve top dollar for crops...but sometimes nature has other plans.

lettucehelp@cascadia.com

Tilth Alliance Conference, October 2023

Booth in Tradeshow

