

TUESDAY, AUGUST 17, 2010

Picking Fresh Cascade and Nugget Hops at Star B Ranch



We read in the [Slow Food Urban](#) August newsletter that fresh hops were available to be picked locally at [Star B Ranch](#). Yesterday, we headed out to their location near Ramona to get us some.

This is their second season of growing hops, and they have a nice crop of Cascade, Nugget and some Willamette. Here are Cascade hop flowers on the vine:



It smelled fantastic walking up and down the rows of vines, picking flower after flower. It took us about half an hour to bag a half pound of Nugget and two thirds of a pound of Cascade. They charged \$20 per pound (although [others have reported lower prices](#) - your mileage may vary).

While we were there for the hops, Star B's primary business is raising Bison. They were scattered all around the hop vines:



Star B unfortunately does not directly sell their own meat. When asked why, the response was similar to what you hear from a lot of small, local producers - USDA regulations and the lack of a local slaughtering option make it impractical. They do sell Bison meat at the ranch, though, and despite the fact that it is processed in Wisconsin we decided to pick up a pound of ground meat:



STAR B RANCH
Grassfed American Bison

GROUND BISON
69
100 lb

KEEP FROZEN OR REFRIGERATED



SAFE HANDLING INSTRUCTIONS
THIS PRODUCT HAS BEEN CAREFULLY INSPECTED AND PASSED FOR SALE BY SOME FOOD PRODUCTS INSPECTION SERVICES. PLEASE READ THE PRODUCT LABELS AND INSTRUCTIONS THAT COULD CAUSE PROBLEMS. ALWAYS USE THE DATE AND INSTRUCTIONS. ALWAYS KEEP A RECORD OF THE DATE AND INSTRUCTIONS. ALWAYS KEEP IN REFRIGERATION. ALWAYS USE THE DATE AND INSTRUCTIONS. ALWAYS USE THE DATE AND INSTRUCTIONS. ALWAYS USE THE DATE AND INSTRUCTIONS.

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