



Eat Drink Bend

YOUR GUIDE TO EATING AND DRINKING IN CENTRAL OREGON

IN PARTNERSHIP WITH



**HIGH DESERT
FOOD
& FARM
ALLIANCE**

SEASONAL ITINERARY & GUIDE

ISSUE 01 | SEP 2026

SEPTEMBER IN SISTERS COUNTRY



★ Exploring the **High Desert Food Trail**



5

TRAIL STOPS



1

FULL DAY



33

MILES



Jul-Sep

BEST WINDOW

Consider this your formal invitation to explore the HDEFFA's High Desert Food Trail, a self-guided tour across Central Oregon with over 60 farms, restaurants, and farm stands to visit!

We've made it easy to trek the trail with a ***done-for-you itinerary*** that takes you to five trail stops across Sisters Country, including directions, tips, and best days to visit!



IDEAL TOUR DAYS: **FRIDAY & SATURDAY**

PLAN FOR YOUR DAY!

Get ready for a day of touring some farms and farm-to-table restaurants in Sisters, Oregon!

To make the best of your experience, you'll want to come prepared. Make sure you've looked over this checklist before heading out!

FOOD TRAIL CHECKLIST



- ☒ Cooler/insulated bag
- ☒ Closed-toed shoes
- ☒ Light jacket/layers
- ☒ Designated driver
- ☒ VenMo/Cash (for the farmstands)

*driving
directions for
each stop!*



MAP & DIRECTIONS

***PARTICIPATE RESPONSIBLY AND RESPECT THE
WORKING NATURE OF THE FARMS**

1 Suttle Tea

ARRIVAL TIME: 10 A.M.

**OPEN 10 AM TO 4 PM
MON THROUGH SAT**

450 E. CASCADE AVE #2124, SISTERS, OR

Just off the main street, Suttle Tea sits in a cozy, intimate, cabin-like café. Enjoy loose-leaf tea or “special-tea” tea-based barista drinks like a **London Fog** or **honey lavender matcha latté**, both sweetened with local **Broadus Bees honey**.



 [WEBSITE](#)



 [INSTAGRAM](#)

The menu offers caffeinated and uncaffeinated options. Try the **iced chocolate chai latté**, sweetened with **Sisters-made Holy Kakow organic chocolate sauce**. For a refreshing, caffeine-free option, sip on an iced **strawberry hibiscus tea** or try one of their **bubble tea** offerings!



14.7 MILES/20 MINS TO NEXT DESTINATION

2

Rainshadow Organics

ARRIVAL TIME: 11:30 A.M.**OPEN 11 AM FRI; 9 AM SAT**

71290 HOLMES RD, SISTERS, OR

Welcome to the farm! Rainshadow Organics is a working farm, so ***please come dressed accordingly***. Head to the farm store to begin your **self-guided tour (map)**. Then, explore the 2-acre produce garden, followed by a flourishing flower patch, and then to the "big field."

 [WEBSITE](#) [INSTAGRAM](#)

After exploring, check out their farm goods, all grown or produced at Rainshadow Organics, including **fresh flowers**, **pastured organic eggs**, and **frozen meat**. Take home a jar or two of their pickled veggies, or stock up on fresh wheat berries for milling.

**15.3 MILES/19 MINS TO NEXT DESTINATION**

3

Lazy Z Ranch Wines



ARRIVAL TIME: 1:00 P.M.

71290 HOLMES RD, SISTERS, OR

OPEN NOON TO 9 PM,
THURS THROUGH SUN

take time to unwind!

Next stop, wine tasting! Lazy Z Ranch is a **working bee farm** serving **farm-to-table mead wines**.



Wait, what's mead? It's fermented honey! Similar to wine, minus the grapes. Their ranch wines vary from dry to sweet, still, or sparkling. The best way to enjoy their mead wines is the house flight featuring favorites like **marionberry** wine and **smoky raspberry**.



[WEBSITE](#)



[@INSTAGRAM](#)

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CONTINUED

Lazy Z Ranch Wines

Opt for a light lunch with their **charcuterie platters**. Lazy Z offers **private ranch tours** with behind-the-scenes sampling — \$20 per person and requires a **reservation (book)**.



Choose from **outdoor seating** on the patio or inside the tasting room with roll-up doors and windows. If you can't get enough mead wines, **join Lazy Z's wine club**! Available to locals and in states that allow wine shipping. **Don't leave without a jar of honey!**



1.6 MILES/4 MINS TO NEXT DESTINATION

EXPERIENCE SPONSOR

Turn your farmstand finds into a luxury pop-up picnic experience with Poppy.



BOOK YOUR PICNIC



4

The Stand

OPEN DAILY 9 AM - 7 PM

ARRIVAL TIME: 3:30 P.M.

254 E. ADAMS AVE, SISTERS, OR

The farm stand for **Mahonia Gardens**, a one-acre market garden, offers over 40 “no-spray” vegetable crops. The Stand runs on the honor system, selling **pasture-raised eggs** and **meats**, **seasonal berries**, **honey**, and **flowers** from other local growers they trust, like **Sungrounded Farm** and **Boundless Farmstead**. Be sure to **have your cooler bag on hand** for your farm stand finds! **Next stop, dinner!**



BEFORE DINNER, EXPLORE DOWNTOWN SISTERS



[WEBSITE](#)



[@INSTAGRAM](#)

TRANSPORTATION SPONSOR

A BETTER WAY TO EXPLORE!

BOOK A PRIVATE SHUTTLE



5 Choose your dining adventure

THE FINAL STOP IS UP TO YOU!

Luckey's Woodsman

ARRIVAL TIME: 5 P.M.

352 EAST HOOD AVE UNIT B., SISTERS, OR

Choose **Luckey's Woodsman** if you want off-grid provisions designed for hungry adventurers. Think **hearty ranch burgers** made with local **Well Rooted Farms** beef loaded with rustic toppings.

But the **must-try menu item** at Luckey's is undoubtedly the **mountain nachos** topped with pork carnitas, camper queso, stellar sauce, and arugula pesto (to name a few). Polish it off with "Mom's" apple pie. Beer, wine, and cider on tap.

OPEN 11 AM TO 4 PM TUES - SUN



 YOU'VE COMPLETED THE ITINERARY!

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The Barn

ARRIVAL TIME: 5 P.M.

171 EAST MAIN ST, SISTERS, OR

Choose **The Barn** if you want options from multiple food carts. With a full bar and an abundance of outdoor seating, you can often catch live music while enjoying dinner.

Grab a pie from **Boone Dog Pizza** wood-fired pizza cart with ingredients from **Casad Family Farms** and **Seed to Table**. Share a bowl of **loaded Middle Eastern-inspired fries** from **Bob's Electric** or grab an order of the popular **vegan tri-colored nachos** from **Root Down Kitchen**.

OPEN DAILY 11 A.M. TO 9 P.M.



 YOU'VE COMPLETED THE ITINERARY!

 [WEBSITE](#)  [INSTAGRAM](#)

Want to explore *more*?

High Desert Food & Farm

Alliance connects people with local food growers and makers!

[Explore HDEFA events.](#)



Download **[High Desert Food Trail map](#)** for more food and farm stops! Partnering with farmers, ranchers, and food producers who grow, raise, and make our food, their mission is to support a healthy and thriving food and farm network in Central Oregon.



Let us do the planning! Get a custom dining experience itinerary.

★ Interested in becoming a partner? **[Sponsor the next itinerary!](#)**