



2018-2019

Local Food Guide



NOTE FROM THE PRODUCER

2018

Welcome to our 11th season,

What's trending this season? In 2007, when we first began gathering the Guide, *locavore* was the word of the year. Recently, *hyperlocal* has been a buzzword. But how about *weather trending*? Right now, it's spring, and the world is snow- luscious (to paraphrase ee cummings). The word **agriculture** is from the Latin agricultura: ager, "a field" and cultura, "cultivation". Since the beginning of agriculture, more than ten thousand years ago, having food depended on paying attention to the weather and knowing when and how to cultivate the soil.

The work of farming has changed. Not all farming is in the field, it may be in a high tunnel or an old building. It's still a lot of work with the hands and the land, but as much with planning and marketing and bookkeeping. Then there is the big weather question to ask: since agriculture impacts climate change/disruption, and extreme weather events impact agriculture, how will modern-day farmers continue to address these trends and even help reverse them? We ask a lot of our farmers.

And what can we do in return? – get to know your local farmers and producers, support them by buying their products in markets, CSAs, restaurants, and value-added items. This food guide is one small way to help "lift up" their work, the work which nurtures the seeds and the pastured animals which feed us.

A few days ago, when it was warm, I was hoeing in cover crop and planting seeds. I enjoy gardening, but I'm glad no one is counting on me to feed them. So thanks to the farmers who help feed us; and cheers to the growers of all varieties, including those with window pots of herbs, planters on the balcony, and backyard gardens and chickens. In our own way, we are all participating in the miracle of life.

Eat, Enjoy, Share,

Deborah



REST IN PEACE, ALBERT "BUD" G. MAUCH, FARMER

Albert G. Mauch "Bud", 81, a lifetime resident of Pierce Township, passed away Sunday, December 31, 2017 at his residence. He was born March 6, 1936 in Amelia, son of the late Albert Paul and Henrietta G. Mauch. He was married to Mary Ann Mauch, who survives, for 59 years. He is also survived by his son and grandchildren.

Bud was a lifetime farmer and a 50-year member of the Farmer's Produce Market at Lunken Airport.



Thanks to Rob Lewis, Leah Bartel and the team at Turner Farm for our photo shoot. (photo by Dylan Cahalan)

THE CORV CAST OF CHARACTERS

Producer: Deborah Jordan, Enright Ridge growlocal1@gmail.com

Creative Director: Breanna Parker breannaparkerdesign@gmail.com

Graphic Design and Layout:
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Kitchen Cabinet:

- Jim Lowenburg, Running Creek Farm
- R. Alan Wight, Ph.D. Greater Cincinnati Regional Food Policy Council

Project Team:

- Karen Arnett, Mt. Healthy Honey (Artisan/Cottage Producers)
- Dick Croy Sommelier a.k.a wine guy (wines and spirits)
- Karen Egan, Homeadow Song Farm (OH Growers)
- Deborah Jordan, Enright Ridge (IN Growers)
- Jo Ann Kavanaugh, Mt. Washington (Farmers' Markets)
- Claire Luff, Slow Food Cincinnati and Finn Meadows Farm (Restaurants)
- Haley Shutter (Roving Reporter)
- Ame Vanorio, Fox Run Environmental Education (KY Growers)

Talk Local Editors (website):

Deborah Jordan, Breanna Parker, Alan Wight



CORV Team from L to R: Dick, Alan, Jim, Deborah, Haley.
Seated L to R: Karen A, Jo Ann, Karen E, Breanna and son David.

Front of wagon: L to R: Breanna's daughter Ellie, Leah
with the team of Sam and Phred.



Project Mentor:



700 Enright Ave
Cincinnati, OH 45205
513-921-5124
imagoearth.org

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CORV'S MISSION

The Central Ohio River Valley (CORV) Local Food Guide covers SW Ohio, Northern Kentucky, and SE Indiana. The CORV initiative is a grassroots effort to connect community members with local growers and fresh, healthy local food. It aims to promote self-sufficiency, sustainability, and the wise use of resources as we build a vibrant local food system.

WHAT'S SUSTAINABLE?

What's sustainable, or should we say regenerative? The word "sustainability" can be slippery so some people are now using the word "regenerative." Regenerative growing and grazing practices are those which are "rebuilding organic matter in the soil and restoring degraded soil biodiversity." Besides the ability to reverse climate change with carbon sequestration, regenerative agriculture improves the water cycle, restores ecosystem health, and therefore positively impacts our health. And don't we want our children's children to thrive?

We accept a range of growing practices to encourage conversation about sustainable/ regenerative practices. Check out our key to Growing Practices on p. 17, our Harvest Guide on p. 18 and General questions for growers on p. 18.

OUR LOCAL FOODSHED

Anything within a 50 mile radius of downtown Cincinnati is part of the Central Ohio River watershed. We include growers within a 100 mile radius who regularly sell within the 50 mile radius.

Ask your Restaurants, Artisan/Cottage producers, Farmers' Markets, and Grocery Stores to label local and name the source.

To know your food, know your farmer.

FARMERS' MARKETS

photo courtesy of Northside Farmers Market

The Produce Perks program is Ohio's nutrition incentive program, now serving all Ohioans receiving SNAP. The program increases affordable access to healthy foods at over 80 farmers' markets, farm stands, mobile markets, CSA's and select grocery retailers statewide. The Produce Perks program provides a dollar for dollar match for SNAP customers when they utilize their SNAP/EBT benefits at participating locations. Matching dollars are redeemable for fruits, vegetables, and edible plants. The program empowers SNAP consumers to make better food choices while supporting local farmers and sustaining regional economies.

Visit www.ProducePerks.org to find a site near you.



Multiple Days

Boone County

10am - 5pm; May, Sept., Oct.
9am - 6pm; Memorial Day - Labor Day
1961 Burlington Pike
Adjacent to Boone County Extension
Burlington, KY 41005
BooneCountyFarmersMarket.org

Farmer Produce Market of Cincinnati at Lunken Airport

11am - 6pm; Mon. - Fri.
9am - 5pm; Sat. - Sun.
Late April to late fall
Wilmer Ave. off of State Rt. 52
Cincinnati, OH 45226

Healthy Harvest Mobile Market

Accepts EBT/FMNP (Farmers Market Nutritional Program)/Produce Perks
Mon. - Fri. year round
Check website for regular locations and times in Cincinnati and N. KY.
HealthyHarvestMobileMarket.com

Monday

Nativity Church - Tailgate Market

3:30pm - 7pm; June - Oct.
5935 Pandora (Pleasant Ridge)
at Woodford and Ridge
Cincinnati, OH 45213

Tuesday

Highland Heights

3pm - 7pm; May 15 - Oct. 30
Senior Citizen Activity Center,
3504 Alexandria Pk.
Highland Heights, KY 41076

Loveland

3pm - 6:30pm; May 1- Oct. 30
205 Broadwy Street
Loveland, OH 45140
Winter: Prince of Peace
Lutheran Church
LovelandFM.com

Mt. Carmel-Ohio Valley Fruit & Vegetable Grower's Association

Accepts WIC
2pm - 5:30pm; July - Sept.
Sports Rock Cafe
453 Old 74
Mt. Carmel, OH 45244
MilfordFarmersMarket.com

Sayler Park

4pm-7pm; May - Sept.
Nelson Sayler Memorial Park
6600 Gracely Dr
Cincinnati, OH 45233
Find us on Facebook

Symbols to watch for: Our Donors Winter Market

FARMERS' MARKETS come in many flavors for many needs, from shop and go, to community hubs. Take your bags, your change, and your curiosity. If you have time, take a friend and look around. Shop early to avoid the crowd or late to possibly get a deal. We encourage markets to have vendors label where their produce is from (especially if not from their own operation) and how it's grown. This is about building relationships with each other and our food and land. (Check Growing Practices p. 17, and Harvest Guide p. 18)

Wyoming

Accepts EBT, Produce Perks, Visa/MC
4pm - 7pm; May - Nov.
Find new location on website;
Winter: Market-Basket CSA
alternating weeks November through April
Wyoming, OH 45215
WyomingFarmersMarket.net

Wednesday

Blue Ash

3:30pm - 7:00pm; May 16 - Sept. 26
Summit Park
4335 Glendale Milford Road
Blue Ash, OH 45242
BlueAsh.com

Ft. Thomas

3pm - 7pm; Jun. - Sept.
3pm - 6pm Oct.
1080 Highland Ave.
Ft. Thomas, KY 41075
Find us on Facebook

Milford-Ohio Valley

Fruit and Vegetable Grower's Association
(see Sat. listing)

Accepts WIC
2pm - 6pm; June - Thanksgiving
Corner of Route 131 & Route 50
Garden Center lot
Milford Shopping Center
Milford, OH 45150
MilfordFarmersMarket.com

Northside

Accepts Credit Cards, EBT/WIC, Produce Perks
4pm - 7pm; mid May - mid Oct.
Hoffner Park at corner of Hamilton Ave. & Blue Rock
Winter: mid Oct. - mid May
North Presbyterian Church at 4222 Hamilton Ave.
Cincinnati, OH 45223
NorthsideFM.org
Find us on Facebook



2017 Season
Wednesdays
May 17 - October 4
3:30 - 7:00 PM
Summit Park

Blue Ash Farmers Market

Village Green

4pm - 7pm; May 30 - Oct. 17
301 Wessel Dr.
Fairfield , OH 45014
Fairfield-City.org/market
Find us on Facebook

Thursday

Centerville

2:30pm - 6:30pm; May 17 - Oct. 25
892 S. Main St.
Centerville, OH 45458
Winter: 12pm - 4pm,
Nov. 15 and Dec. 20
Benham's Grove
166 N Main Street
Centerville, OH 45458
CentervilleFarmersMarket.com
Find us on Facebook

Dixie

Accepts WIC
2 - 6pm; Apr. 26 - Oct. 25
Lot of Erlanger Baptist Church
116 Commonwealth Ave.
Erlanger, KY 41018

Lebanon

3pm - 7pm; May 17 - Oct. 18
Corner of Sycamore and
Main Streets parking lot
Lebanon, OH 45036
LebanonOhioFarmersMarket.com
Find us on Facebook

Madeira

3:30pm - 7pm; May - Sept.
Corner of Miami Ave. and Dawson Rd.
Madeira, OH 45243
Winter: 3:30pm - 6:30pm; Oct.
3:30pm - 6pm; Nov. - Apr.
Madeira Presbyterian Church
8000 Miami Ave.
Madeira, OH 45243
MadeiraFarmersMarket.com
Find us on Facebook

Madisonville Garden

Market-tailgate
(see Sat. listing)
Accepts SNAP, credit cards,
Produce Perks
4:30pm - 7pm; May - Sept.
6001 Chandler St. (at shelter)
Cincinnati , OH 45227
SideStream.org
Find us on Facebook

Friday

Alexandria-Campbell County

3pm - 6pm; May 18 - Oct. 26
Southern Lanes
7634 Alexandria Pike
Alexandria, KY 41001
CCFarmersMarket.net

Brookville

Accepts EBT/WIC
3:30 - 7pm; May - Oct.
South end of Main Street downtown
Brookville, IN 47012
FoodandGrowers.org/our_programs

Greensburg/Decatur County

Accepts EBT/WIC/Produce Perks
2pm - 6pm; May - Oct.
150 Courthouse Square
Greensburg, IN 47240
MainStreetGreensburg.com
Find us on Facebook

Lettuce Eat Well

on Cincinnati's Westside
Accepts EBT/Produce Perks
3:30pm - 6:30pm; Indoors, Year Round
Cheviot Elementary School
4040 Harrison Ave.
Cincinnati, OH 45211
Winter: Check website for details
LEWFM.org

Northminster United

Presbyterian Church - Tailgate Market
3:30pm - 6:30pm; June - Oct.
703 Compton Road (Finneytown)
Cincinnati, OH 45231

Saturday

The Anderson Township

9am - 12pm; May 12 - Oct. 27
Anderson Center Station Park and Ride
7832 Five Mile Road
Cincinnati, OH 45230
AndersonFarmersMarket.org

Batesville

8am - 11am; early May - mid Oct.
Main and Boehringer Streets
Batesville, IN 47006
Find us on Facebook

Clinton County

Accepts EBT (Summer only)
8:30am -12pm; June - Sept.
81 W. Main Street
Wilmington, OH 45177
Winter: 9am - 12pm; Mar.-May,
Oct. - Dec. 1st/3rd Saturday
69 N. South Street
Wilmington, OH 45177
ClintonCountyFarmersMarket.com
Find us on Facebook

Tuesday

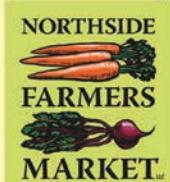


Loveland

Summer: 3:00 PM - 6:30 PM
Winter: 3:30 PM - 6:30 PM
LovelandFm.com

FRESH LOCAL DAILY

Wednesday



Northside

4:00 PM - 7:00 PM
Year Round
NorthsideFm.org
(513) 614-3671

Thursday



Madeira

Summer: 3:30 PM - 7:00 PM
Winter: 3:30 PM - 6:00 PM
MadeiraFarmersMarket.com

Saturday



Montgomery

Summer: 9:00 AM - 12:30 PM
MontgomeryFarmersMarket.org

Sunday



Hyde Park

Summer: 9:30 AM - 1:30 PM
HydeParkFarmersMarket.com

Covington

Accepts WIC/Snap
9am - 1pm; May - Oct.
3rd and Court Street
Covington, KY 41011
rcov.org/Covington-Farmers-Market
Find us on Facebook

Deerfield Twp.

9am - 12pm; May 5 - Oct. 27
Winter: 10am - 11am; Nov. - Apr.
3rd Saturday
Kingswood Park
4188 Irwin Simpson Rd
Mason, OH 45040
DeerfieldFarmersMarket.com
Find us on Facebook

Diocesan Catholic Children's Home (DCHH)

10am - 2pm; Mid May-Oct.
75 Orphanage Rd.
Ft. Mitchell, KY 41017
Find us on Facebook

Findlay Market

(see Sun. listing)
Accepts EBT/WIC/Produce Perks
8am - 2pm; Apr. - Nov.
Winter: Dec. - Mar.
1801 Race St.
Cincinnati, OH 45202
FindlayMarket.org
Find us on Facebook

Madisonville Garden

Market - tailgate
(see Thurs. listing)
Accepts SNAP, credit cards,
Produce Perks
10pm - 1pm; May - Sept.
6001 Chandler St. (at shelter)
Cincinnati, OH 45227
SideStream.org
Find us on Facebook

Milford-Ohio Valley

Fruit & Vegetable Assn.
(See Weds. listing)
Accepts WIC
10am - 2pm; June - Thanksgiving
Corner of Route 131 & Route 50
Garden Center lot Milford
Shopping Center
Milford, OH 45150
MilfordFarmersMarket.com

Montgomery

Accepts SNAP/EBT
9am - 12:30pm; May - Oct.
9609 Montgomery Road
(Montgomery Elem. parking lot)
Montgomery, OH 45242
Winter: 9:30am - 11:30am;
Nov. - Dec.
Montgomery Presbyterian Church
9494 ZigZag Road
Montgomery, OH 45242
MontgomeryFarmersMarket.org
Find us on Facebook

Mt. Washington

"Market in the Park"
9am - 12pm; May - Sept.
Stanberry Park
2221 Oxford Ave
Cincinnati OH 45230
StanberryMarket.wixsite.com/market

Newport-Campbell County

9am - 12pm; May 19 - Oct. 27
(next to Pepper Pod Restaurant)
709 Monmouth St.
Newport, KY 41071

Oxford-Uptown

Accepts EBT/WIC
8am - 12pm; May - Sept.
9am - 12pm; Oct.-Thanksgiving
Winter: 10am - 12pm,
Dec. - Apr. 3rd Sat.
corner of High and Main Streets
Oxford, OH 45056
OxfordFarmersMarket.com
Find us on Facebook

West Chester

9am - 1pm; May - Sept.
The Square at Union Centre
9100 West Chester Towne Centre Dr.
West Chester, OH 45069
Winter: 2pm - 4pm; Oct. - Apr.
1st and 3rd Sat.
Mulhauser Barn
8558 Beckett Road
West Chester, OH 45069
WestChesterOhioFarmersMarket.org
Find us on Facebook

Sunday

Findlay Market

(see Sat. listing)
Accepts EBT/WIC/Produce Perks
10am - 2pm; April - Nov.
1801 Race St.
Cincinnati, OH 45202
FindlayMarket.org
Find us on Facebook

Hyde Park

Accepts EBT
9:30am - 1:30pm; May 20 - Oct. 28
Hyde Park Square on Erie Ave.
Cincinnati, OH. 45208
HydeParkFarmersMarket.com
Find us on Facebook

Winter Market

of Hyde Park
Nov. - May; 10am - 1pm
Clark Montessori, 3030 Erie Ave.
Cincinnati, OH. 45208
Find us on Facebook



JUST AN ORDINARY DAY

IN THE CLASSROOM.

Sustainable Agriculture Management Certificate

PROGRAM IS DESIGNED TO PROVIDE
hands-on, business-oriented foundation for
anyone interested in local food production.

Cincinnati State

Heather.Augustine@cincinnatistate.edu
(513) 569-1620

I want to taste the soul of the soil
in my food.
- Karen Arnett, Mt. Healthy Honey

West Chester FARMERS MARKET

9285 Centre Pointe Drive
WestChesterOhioFarmersMarket.org

Saturdays 9am to 1pm



WINERIES

photo courtesy of StoneBrook Winery

Symbols to watch for: Our Donors

All wineries listed in the CORV Local Food Guide are local (within 50 miles of Cincinnati) and have at least one product which is either estate-bottled or made from ORV or Ohio or Kentucky grown grape.

See eatlocalcdrv.org for more information.

Burnet Ridge

BurnetRidge.com
6721 Richard Ave.
North College Hill, OH 45244
513-522-4203
Ohio grown wines, Ohio produced wines

Elk Creek Vineyards

ElkCreekVineyards.com
150 Highway 330
Owentown, KY 40359
502 484-0005
ORV grown wines, KY produced wines

Hanover Winery

HanoverWinery.com
2121 Morman Rd.
Hamilton, OH 45013
513-863-3119

Estate-bottled wines, ORV

and Ohio Wines

Harmony Hill Vineyards & Estate Winery

2534 Swings Corner Point Isabel Rd.
Bethel, OH 45106
513-734-3548
Artisan wines from our
estate grown grapes

StoneBrook Winery

StoneBrookWinery.com
6570 Vineyard Ln.
Camp Springs, KY 41059
859-635-0111

Estate-bottled wines, local meads,
Dinners by reservation, rentals available

Valley Vineyards Winery & Brewery

ValleyVineyards.com
2276 East US Rt. 22 & 3
Morrow, OH 45152
513-899-2485
Estate-bottled wines, ORV and Ohio
Wines, craft beer

Vinoklet Winery

VinokletWines.com
11069 Colerain Ave.,
Cincinnati, OH 45252
513-385-9309

Estate-Bottled wines, ORV wines

Woodstone Creek Winery and Distillery

WoodstoneCreek.com
4712 Vine Street
Cincinnati, Oh 45217
513-569-0300
Wine, mead and distilled spirits
from local fruit

The region where a grape is grown is an important determining factor in how the wine turns out. Soil nutrients, the amount of sunshine, temperature variations, and the amount of moisture, fog, and other conditions deeply affects a wine's flavor.

The History of Ohio Wine

The history of wine making can be traced back to the early 1800's. Nicholas Longworth, a lawyer from the Cincinnati area, saw the potential of the Ohio River Valley to become a major producer of wine. In 1820 he planted the first Catawba grapes. This domestic variety was hearty enough to withstand Ohio winters and the wine produced from it won quick consumer acceptance. The light, semi-sweet wine was different from the other strong American wines of the day. Soon there were many acres of vines growing in the greater Cincinnati area and by 1845 the annual production was over 300,000 gallons. By 1860, Ohio

led the nation in the production of wine. As crop diseases, such as black rot and mildew, began to plague the grapes, the Civil war left the grape growers with little manpower. This led to the demise of wine making in southern Ohio at that time. (http://www.ohiowines.org/info_pack.shtml)

The Ohio River Valley is the birthplace of American viticulture (cultivation of grapes), starting with Longworth. Wine has been produced in Ohio since 1823 when Longworth planted the first Alexander and Isabella grapes in the Ohio River Valley. The Ohio River Valley is an American Viticultural Area

(AVA) centered around the Ohio River and surrounding areas. It is the second largest wine appellation of origin in the United States (only the Upper Mississippi Valley is larger) with 16,640,000 acres (67,300 km²) in portions of the states of Indiana, Kentucky, Ohio and West Virginia. (appellations define and protect geographically-named wines, spirits, and even certain foods) 85% of the grapes must be from the Ohio River Valley (ORV) viticultural area to be labeled as an ORV Wine.

For more on the history of local vineyards and wineries go to:

FindOhioWines.com

ARTISAN/COTTAGE PRODUCERS

photo courtesy of Northside Farmers Market

Angie Tee's Kitchen

Find us on Facebook
angiesatay@gmail.com
 513-520-9768

Products: Raw ferments: authentic Korean kimchi, soups and salads, Malaysian food products

Bee Haven, LLC

BeeHavenHoney.com
 513-542-5621

Products: raw and creamed honey, beeswax candles, salves and lip balm, jams sweetened with honey

Sold: Findlay FM (Sat. & Sun.), The Chocolate Bee (4037 Hamilton Ave. in Northside)

Chocolats Latour

ChocolatsLatour.com
 513 591-0085
Products: artisan chocolates including chocolate bars in adventurous flavors and hand painted truffles and caramels
Sold: The Chocolate Bee (4037 Hamilton Ave. in Northside), Coffee Emporium, Winter Northside FM, and more

Fab Ferments

FabFerments.com
 Tap room/store M-F 4- 7pm
 Sat. 12- 3pm at
 611 Shepherd Dr.
 Cincinnati, OH 45215
rawkraut@fabferments.com
Products: Raw, Naturally Probiotic USDA Certified Organic: Kimchi, Sauerkraut, Raw Cultured Veggies, Beet Kvass, Kimchi Juice, Hot Pepper Sauce + MORE!! plus raw kombucha tea
Sold: Jungle Jim's, Hyde Park FM (can pre-order), Dorothy Lane Markets, Harvest Market, Whole Foods Markets, Moon Co Op, Clifton Natural Foods, Loving Hut + MORE (see website).

Green GRRL: Wisdom

GreenGrrlWisdom.com
karen.l.blocher@gmail.com
 959 Dana Ave. #2

Cincinnati, OH 45229
Products: Handmade artisanal soaps, Natural Body Care, Dried Herbal tea blends and tonics

Sold: Covington FM, Lettuce Eat Well FM, Northside FM, Growing Trade Pet and Plant

My Artisano Foods

MyArtisanoFoods.com
 607 Shepard Dr. Unit 7
 Cincinnati, OH 45215

Products: brie, mozzarella, mediterranean, paisano cheeses

Sold: Store open Friday 4-7pm, Saturday 10:30am - 1:30 pm, Check website for other locations.

Pine Lane Soaps

PineLaneSoaps.com
Products: all natural goat's milk soaps and lotions
Sold: Montgomery FM and a variety of places listed on the website

Symbols to watch for: Our Donors

ARTISANAL – Produced by hand in small batches.

COTTAGE PRODUCTS – Home-produced items such as bakery goods, jams, granola, soaps, candy which are not considered potentially hazardous.

Sunflower Sundries

Etsy.com/shop/SunflowerSundries
jennifer@sunflowersundries.com

Products: soap, jam, mustard, pickled asparagus, cornmeal + grits, corn chips

Sold: Cincinnati Natural Foods, Clifton Natural Foods, Kremers Market, KY Proud rack at Kentucky Kroger's (soap only)

The Organic Farm

at Bear Creek

OrganicFarmAtBearCreek.com

Products: salsas, pasta sauce, soups, salad dressings, barbecue sauce, jams, and dipping oils, all made with fresh produce and herbs grown on the farm.

Sold: Hyde Park FM, Pipkin's, Susan's Natural World, Jungle Jim's Eastgate and Fairfield, Our Harvest Co-op, GreenBEAN Delivery, Miami U., Clifton Market, Holzman's Meats, Ohio Valley Food Connection

The Pickled Pig

SmokedandPickled.com
smokedandpickled@gmail.com

Products: variety of fermented vegetables

Sold: Jungle Jim's, various local farmers' markets (see website), Keegans Seafood in Hyde Park

White Oak Valley Farm

Summer Squash Pizza Crusts

Like us on Facebook

Products: full farm listing p. 15 summer squash pizza crusts made with loads of squash and zucchini grown on our farm

Sold: Montgomery, West Chester, Blue Ash FM, Findlay Market Foodshed on Sundays

Locally prepared foods just taste better and reflect on the culture of our region.

- Gary Leybman, The Pickled Pig

SAYLER PARK SUSTAINS
 A Small Town Festival Celebrating Local Music, Community Stewardship, and Urban Sustainability

JUNE 9, 2018
 Noon - 10pm
 NELSON SAYLER MEMORIAL PARK
 CINCINNATI, OHIO 45233
www.saylerparksustains.org

FEATURING:
 Workshops in Sustainable, Earth-Friendly Practices
 Music All Day
 Instrument Workshops
 Food Trucks
 Local Beer
 Raffles
 Free Admission

MEAT

photo courtesy of Lettuce Eat Well Farmers' Market

OHIO

BROWN CO.

Back Acres Farm
Emmett Ridge Farm

BUTLER CO.

Double J Farm
 **Harris-Miller Farm**

CLERMONT CO.

Mud Foot Farm

CLINTON CO.

Walnut Ridge Acres
Webb Valley Farm

HAMILTON CO.

 **Finn Meadows Farm**
Gorman Heritage Farm
Greenacres Farm

 **Turner Farm**

HIGHLAND CO.

 **Grassroots Farm & Foods**
TS Farms

 **White Clover Farm**

WARREN CO.

 **Bensman Family Farms**
 **Cook's Family Farm**
 **The Goodlife Farm**

KENTUCKY

BRACKEN CO.

The Cox Family Farms

CAMPBELL CO.

Idyllwild Farm

KENTON CO.

Phoenix Rising
Tewes Farm

OWEN CO.

Hundred Happy Acres

PENDLETON CO.

 **Little Green Pastures Farm**

SCOTT CO.

Elmwood Stock Farm

INDIANA

DEARBORN CO.

Abundant Green Pastures

 **Honey Tree Acres**

Lobenstein Farm

Small Acres Family Farm

FRANKLIN CO.

Michaela Farm

JEFFERSON CO.

The Eaton Farm

OHIO CO.

 **Rising Sun Beef**

RIPLEY CO.

Easter Rising Farm

 **Kestler Farms LLC**

Community Friends Meeting

Religious Society of Friends (Quaker)
Working for Peace and Sustainability

3960 Winding Way, 45229

513-861-4353

communityfriendsmeeting.org

9:45am every Sunday

(includes children's program)

Growing Value

Edible Nursery

Open All Season with Sales Through Building Value
4030 Spring Grove Ave. | Northside

 **Fruit Trees**  **Nut Trees**  **Berry Bushes**  **More**

Classes in Permaculture & Sustainability

Info@CincinnatiPermacultureInstitute.org | 513-569-2579
CincinnatiPermacultureInstitute.org



{ ... quality food takes time and labor to grow and that needs to be reflective in our pricing. ... Commercial poultry operations are harsh on the environment, have very poor living conditions for the birds and their labor practices are in many cases exploitative. We provide all the labor, are good stewards of the land, provide a gentle and nurturing environment for our birds and ensure our processor takes good care of his employees.

- Jodie Majancsik, Little Green Pastures Farm, KY. (Pendleton Co.)

Waste Not Want Not: The Issue of Food Waste



OVER 1/3 OF FOOD deemed fit for consumption by humans goes uneaten. The prevalence of wasted food in the United States is appalling. Each year 52 million pounds of food is wasted. This is equal to about 165 billion dollars worth of food. The cost does not reflect the expenditures of production, processing, transporting, and disposal, which nearly doubles the true cost of wasted food. Wasting food has financial, environmental, and societal consequences.

Food waste is food that is fit for consumption, and despite this staggering amount, one in eight people are without adequate food in the United States. In the Cincinnati area alone, 16% of individuals, more than 100,000 (including children under the age of 18), are considered food insecure. Food insecurity is defined as lacking reliable access to a sufficient quantity of affordable, nutritious food. How is quantity of food an issue when 1/3 of food fit for consumption is thrown away?



"Each year 52 million pounds of food is wasted. This is equal to about 165 billion dollars worth of food."

Thankfully, efforts have begun to reduce food waste and the detrimental costs stemming from it. The EPA and USDA have pledged to reduce food waste 50% by the year 2030. Many organizations have created food waste challenges, and other efforts are underway throughout the country. Within our region, Green Umbrella, the City of Cincinnati's Office of Environment and Sustainability, Hamilton County Recycling and Solid Waste District, and Brueggeman Center for Dialogue at Xavier University convened the first ever regional meeting concerning food waste in November of 2016. Informing consumers, improving and standardizing food labeling and packaging, and responsible management of food waste are major topics in reducing, recovering, and recycling food waste.

See full article at [Talk Local, EatLocalCORV.org](http://TalkLocal.EatLocalCORV.org)

Haley Shutter has worked as a director of a childcare center, developing the nutrition and children's garden programs. She enjoys volunteering for the leadership board of Granny's Garden School in Loveland, OH.

BEST IF USED.

**40% OF FOOD IN
AMERICA IS WASTED**

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

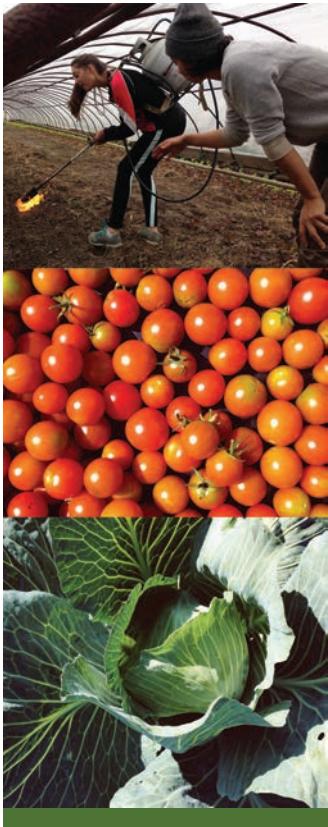
SAVETHEFOOD.COM



Green Umbrella
REGIONAL SUSTAINABILITY ALLIANCE



Know Your Roots



WHEN I WAS LITTLE, I would pick the heads off the marigolds in my grandmother's flowerbed. I found their astringent scent intoxicating; I still do. I like the smell of roses because they remind me of that old house with a backyard full of marigold, lilac, viburnum, ivy, and the greenest grass. My most powerful memories include plants—their smells, their tastes, their colors and textures. Whether we romanticize them or not, plants play an important role in all our lives. From the pleasure of a vase of fresh flowers to the necessity of nourishment, they are intrinsic to our lives.

When I moved to Cincinnati six years ago, it was certainly not with the intention of going to school for farming—I have an undergraduate degree in film production—but life has a pretty predictable way of presenting unexpected forks in the road. After working a few seasons on a vegetable farm my friend managed, I was reminded of the satisfying and meaningful feeling that comes from being in regular communion with plants. It feels like home. I considered the idea of studying plants and, knowing several people who have gone through Cincinnati State's three semester Sustainable Agriculture Management Certificate program, decided to give it a go this past summer.

The curriculum requires classes like Horticulture Science and Soil Science and Plant Nutrition, which give a solid foundation of understanding how to grow plants while maintaining ecological integrity. All of the invisible organisms living in the soil need care and attention, too! There is a harmony to maintain, if not to repair, when it comes to agriculture, and it is a farmer's responsibility to use their knowledge and intuition to do so. Additional required courses in entrepreneurship, financial accounting, and marketing round out the program and ensure students are prepared for the business aspects of farming.

See full article at Talk Local, EatLocalCORV.org

Kasey Hosp will graduate from Cincinnati State. Spring of 2018.

WHY EAT LOCAL, SUSTAINABLY GROWN FOOD?

FRESH: It's generally fresher, and fresher food tastes better. Compare a hard, pale pink winter tomato to a succulent red tomato fresh from the vine. Your taste buds know the difference.

NUTRITIOUS: The freshest food is also the most nutritious. Food loses nutrition – as well as flavor – as it ages. [Just think of that carrot shriveling in the fridge.]

VARIETY: Local growers can try specialty crops that don't have to be processed and packaged for shipping.

CONNECTIONS: Knowing your neighbor who grows your food not only builds a relationship with that grower but invites a better understanding of growing practices, seasonality, and a connection to our foodshed

LOCAL ECONOMY: Purchasing locally grown food keeps your food dollars in the community, which in turn strengthens other parts of the local economy. Plus, you help create a market for growers to make a living feeding our community.

TRUE COSTS: When locally and sustainably grown food does cost more, it is more likely to reflect the true environmental, health, and social costs of food production and the lack of government subsidies.

FOOD SECURITY: Strengthening the local food system is also increasing our food security. If there's a disruption in our national food supply due to transportation problems or contamination, we have regional food supply.

HEALTH: You can understand the growing practices that are good for your health. Many people rethink and change their diet after a health problem to cut down on fast, processed, and pesticide-treated food and eat fresher, nutrient-dense, whole food. ("You are what you eat.")

PLANET HEALTH: It's also good for the health of the planet since caring for the soil is vital for the future of food production, the health of the food, and the removal of carbon dioxide from the air (climate protection). You're voting with your fork for growers who are good stewards of the land and of biodiversity (plant and animal diversity).

DID WE MENTION FUN?
It's fun to gather at the market, talk about and try new recipes, talk local.

Generation Rx



GENERATION RX: That's what Robyn O'Brien (author of *The Unhealthy Truth*) calls her children's age group. An acute allergic reaction of her 2 year old launched this high-powered, professional data analyst into research that continues to reveal a story of our food system that is sad at best and criminal at its worst. Clinging to her every word when she spoke at the OEFFA conference in 2017, her message that "numbers tell the story" bears repeating:

- 18% of U.S. income is spent on health care. Projected 20% by 2020
- 1 in 3 U.S. children has one of the 3As; Allergy, Asthma, Autism
- Cancer is the leading cause of disease death in U.S. children
- 1 in 3 U.S. Women are expected to get cancer in their lives
- 1 in 2 U.S. Men are expected to get cancer in their lives
- U.S. ranks 45th in life expectancy at birth
- Kellogg's, Kraft, Coca-Cola and many more U.S. companies market organic versions of their foods in other countries and have admittedly refused to offer those products in the U.S.

One fact really sticks out: **HOSPITALIZATIONS FROM FOOD ALLERGIES INCREASED 265% BETWEEN 1997-2003.**

These six years correspond with the introduction of virtually all Genetically Modified Foods. As the right graph illustrates, a corresponding increase in the use of Glyphosate marked that period of time as well. (left graph displays the increase of 5 different GMO crops). If—as Hippocrates told us, "Food is Medicine and Medicine is Food"—the U.S. fails miserably.

I am a college instructor of Environmental Science. A majority of students are young mothers whose stories validate these data. It is mortifying to realize how vulnerable their families are in the face of a monolithic industry whose governing bodies are ineffective and seemingly unconcerned about them.

"This gives our CORV efforts ever more urgency as we work toward successful, healthy food choices for all."

This gives our CORV efforts ever more urgency as we work toward successful, healthy food choices for all. Ohio is making strides in the right direction with the Double Up Produce Perks program that allows EBT recipients (formerly known as Food Stamps) to double their produce dollar at participating Farmers' Markets. The recent updates of the Green Cincinnati Plan purport the FOOD goal of 100% of City residents having access to healthy, affordable food in the next 5 years. These are exciting, pivotal times in which we live. We are empowered by every consumer choice we make, and nowhere is that power more significant than in the many, many food choices we make each week.

Susan S. VonderHaar; College Instructor of Environmental and Life Sciences

The logo for the Sierra Club Miami Group, Ohio Chapter. It features a circular emblem with a green tree and a mountain peak. To the right of the emblem, the words "SIERRA CLUB" are written in large, bold, black capital letters. Below the emblem, there is a photograph of a forest with tall evergreen trees and a rocky foreground. To the right of the forest image, there is a bulleted list of four items: "Fighting climate change", "Advancing sustainability", "Saving our environment", and "Promoting good food policies". At the bottom right, the text "Miami Group, Ohio Chapter: MiamiGroup.org" is displayed.

RESTAURANTS

List provided by Slow Food Cincinnati

What better way to be introduced to the delights of local food than in a restaurant. These eateries offer a wide range of food from local growers, artisans, and wineries; some even have their own gardens and beehives. Many acknowledge their sources but, if not, please ask. It takes time and effort to source locally, sometimes even more money, but the results are worth it.

photo courtesy of Northside Farmers Market



Slow Food is a “global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment.” Slow Food Cincinnati awards the Snail of Approval based on “contributions to the quality, authenticity and sustainability of the food supply of Greater Cincinnati.” SlowFoodCincinnati.org.

20 Brix

101 Main Street
Milford, OH 45150
513-831-2749
20Brix.com

Anchor OTR

1401 Race St.
Cincinnati, OH 45202
513-421-8111
TheAnchor-OTR.com

Bauer

435 Elm St.
Cincinnati, OH 45202
513-621-8555
BauerCincinnati.com

Bite

1279 State Route 131
Milford, OH 45150
513-831-2483
BiteFoodie.com

Bouquet

Restaurant and Wine Bar
519 Main St.
Covington, KY 41011
859-491-7777
BouquetRestaurant.com

BrewRiver Gastropub
2062 Riverside Dr.
Cincinnati, OH 45202
513-861-2484
BrewRiverGastropub.com

Commonwealth Bistro
621 Main St.
Covington, KY 41011
859-916-6719
CommonwealthBistro.com

Coppin's at

Hotel Covington
638 Madison Ave.
Covington, KY 41011
859-905-6800
HotelCovington.com/Dining

Cozy's Cafe & Pub

6440 Cincinnati Dayton Rd.
Liberty Township, OH 45044
513-644-9365
CozysCafeandPub.com

Dutch's Larder

3378 Erie Ave.
Cincinnati, OH 45208
513-871-1446
DutchsCincinnati.com

Fireside Pizza

773 E. McMillan St.
Cincinnati, OH 45206
513-751-3473
FiresidePizzaWalnutHills.com

Fond Lunch and Deli

10764 Montgomery Rd.
Cincinnati, OH 45242
513-607-1854
Find us on Facebook

Forno Osteria + Bar

3514 Erie Ave.
Cincinnati, OH 45208
513-818-8720
FornoOsteriaBar.com

Iris Cafe

1331 Main St.
Cincinnati, OH 45202
513-381-2665
IrisBookCafe.com

Jean Robert's Table

713 Vine St.
Cincinnati, OH 45202
513-621-4777
JRTable.com

Keegan's Seafood

2724 Erie Ave.
Cincinnati, OH 45208
513-321-0181
KeegansHydePark.com

L Restaurant

301 E 4th St. Suite 450
Cincinnati, OH 45202
513-760-5525
Lcincinnati.com

Lydia's on Ludlow

329 Ludlow Ave.
Cincinnati, OH 45220
513-381-3436
AquariusStar.com

Maplewood

Kitchen and Bar
525 Race St.
Cincinnati, OH 45202
(513) 421-2100
MaplewoodKitchenandBar.com

Maribelle's

3235 Madison Rd.
Cincinnati, OH 45209
513-321-9111
MaribellesEatDrink.com

Meadowlark

5531 Far Hills Ave.
Dayton, OH 45429
937-434-4750
MeadowlarkRestaurant.com

Metropole at 21c Hotel

609 Walnut St.
Cincinnati, OH 45202
513-578-6600
MetropoleonWalnut.com

Mita's

501 Race St.
Cincinnati, OH 45202
513-421-6482
Mitas.co

Orchid's at Palm Court

35 West Fifth St.
Cincinnati, OH 45202
513-421-9100
OrchidsatPalmCourt.com

Otto's

521 Main St.
Covington, KY 41011
859-491-6678
OttosonMain.com

Panino

1315 Vine St.
Cincinnati, OH 45202
513-381-0287
FindPanino.com

Pleasantry

118 W. 15th St.
Cincinnati, OH 45202
513-381-1969
PleasantryOTR.com

Please

1405 Clay St.
Cincinnati, Ohio 45202
513-405-8859
PleaseCincinnati.com

 **Red Feather Kitchen**

3200 Madison Rd.
Cincinnati, OH 45209
513-407-3631
RedFeatherKitchen.com

 **Salazar**

1401 Republic St.
Cincinnati, OH 45202
513-621-7000
SalazarCincinnati.com

Sleepy Bee Café

3098 Madison Rd.
Cincinnati, OH 45209
ALSO in Blue Ash
9514 Kenwood Rd.
Blue Ash 45242
513-533-2339
SleepyBeeCafe.com

Tano Bistro

204 W Loveland Ave.
Loveland, OH 45140
513-683-8266
FoodByTano.com

Tela Bar + Kitchen

1212 Springfield Pike
Wyoming, OH 45215
513-821-8352
TelaBarAndKitchen.com

The Farmstand Market & Cafe

9914 Old Union Rd.
Union KY 41091
859-817-1134
TheFarmstandMarket.com

The Golden Lamb

27 S. Broadway St.
Lebanon, OH 45036
513-932-5065
GoldenLamb.com

The Gruff

129 East 2nd St.
Covington, KY 41011
859-581-0040
atTheGruff.com

The Littlefield

3934 Spring Grove Ave.
Cincinnati, OH 45223
513-386-7570
Littlefielddns.com

 **The Summit**

3520 Central Parkway
Cincinnati, OH 45223
513-569-4890
MidwestCulinary.com/theSummit

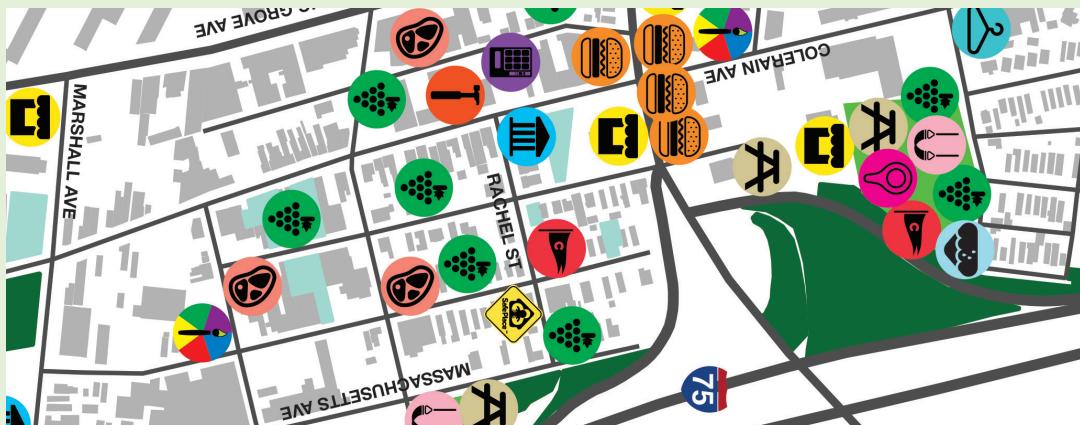
Wheat Penny Oven

515 Wayne Ave.
Dayton, OH 45410
937-496-5268
WheatPennyDayton.com

  **Wildflower Cafe**

207 E. Main St.
Mason, OH 45040
513-492-7514
WildflowerGourmetCafe.com

Food Mapping!



What is all the fuss about? Have you heard the words? Food. Friends. Foraging. Gardens. Community. Conversations. Creativity. Art. Walking. Wild Edibles! These are a few of the highlights of Food Mapping (FM).

FM is a community engagement strategy. It gets the conversation flowing with an emphasis on the personal health, community, economic, and ecological impacts of our food systems. FM is a participatory exercise and an asset-based process for developing a picture of the food sources and resources in a certain area. Food Maps tell stories of how the physical environment intersects with our lived experiences. Participatory mapping engages eaters and generates local knowledge that increases people's awareness regarding where food comes from, how it is produced, distributed, sold, consumed, and maybe even composted!

Food Maps come in all shapes, sizes, forms, and formats; from napkin sketches and brochures, to

posters, murals, mobile crowd-sourced apps. Food Maps can highlight land use (fruit and nut trees, community gardens, etc.) and identify the possibilities for future projects. Food Maps can show "deserts," "swamps," and highlight the supports and barriers to creating healthy food availability and access. Some maps show church and community kitchens, public parks, restaurants, vending machines, or other traditional food sources. What are you interested in mapping?

To learn more about FM and view additional asset maps of Cincinnati and our region, visit CORV's Talk Local Series.

Interested in making maps?

Contact: Alan Wight | wightra@ucmail.uc.edu.

Alan Wight is a local food advocate. He works with schools and communities to map their assets and plan and plant orchard gardens.

CSA'S

photo courtesy of Northside Farmers Market

Community Supported Agriculture (CSA)

Community supported agriculture (CSA) is a plan where community members become shareholders, pay an upfront fee, possibly exchange some work, and in return get a share of the harvest and/or other products during agreed upon times of the year. Shareholders are taking some risk by participating in the "adventure of farming" and what is successful that season; shareholders are also getting the benefits of regular connection with a grower and their land.

Symbols to watch for: Our Donors

Some of the varied structures of CSAs that have developed are: ownership by a co-op or community, not just a farmer; work and non-work shares available; can extend throughout the year, not just summer and fall; products can include not only vegetables and fruits, but meat, eggs, milk, mushrooms and herbs.

For more details about products of the following CSAs, see the Farm Listings (pp. 18–23)

INDIANA

DEARBORN CO.

 Honey Tree Acres

FRANKLIN CO.

Michaela Farm

JEFFERSON CO.

The Eaton Farm

RIPLEY CO.

Easter Rising Farm

KENTUCKY

BOONE CO.

 Dark Wood Farm

KENTON CO.

 Rains & Sun Hilltop Farm

PENDLETON CO.

 Fox Run Environmental Education Center

SCOTT CO.

Elmwood Stock Farm

OHIO

BROWN CO.

Back Acres Farm

BUTLER CO.

Double J Farm

CLERMONT CO.

 Earth-Shares CSA

Farm Beach Bethel

CLINTON CO.

 That Guys Family Farm & That Girls Flowers

Webb Valley Farm

HAMILTON CO.

Carriage House Farm

 Finn Meadows Farm

Gorman Heritage Farm

Greenacres Farm

 Our Harvest Cooperative

 Parkland Homestead Farm

Probasco Farm

 Turner Farm

 Urban Earth Farms

Urban Greens

HIGHLAND CO.

Fair Ridge Farm

TS FARMS

MONTGOMERY CO.

Hungry Toad Farm

PREBLE CO.

 Boulder Belt Eco-Farm

WARREN CO.

 The Goodlife Farm

Giving Fields

The Giving Fields, Freestore Foodbank's community farm located in Melbourne, Kentucky, provides fresh produce for Northern Kentucky food pantries. There are about 15 acres inside an electric fence, with another 5 acres or so in a hay field that someone else cuts. Inside the electric fence, there are about 4 acres of vegetable production, 4 acres of trees (300, mostly apple, some pear, peach trees), about 1500 feet of brambles (mostly blueberries). Vegetables include tomatoes, peppers, eggplants, broccoli, cabbages, onions, lettuces, collards, cucumbers, squash, beans. Volunteers help with the farm. Produce is picked up by local charities, who distribute it to their members.

Karen Huseman, Giving Fields Farm Manager
freestorefoodbank.org/programs/givingfields/

GROWING PRACTICES

photo courtesy of Northside Farmers Market

Growing practices play an important role in healthy food and a healthy planet. Many terms are used to describe the various growing methods which can create confusion for the consumer. The list below clarifies the terms used in this guide. Developing a relationship with your growers and/or market manager and asking questions will further clarify these growing practices. We support sustainable food production which evolves through education and dialogue.

(B) Biodynamic: A unified approach to agriculture which tends the soil and the farm as living organisms, considers animals an integral part of a living ecosystem, and strives to bring community into farming. There is a certification process in order to use the biodynamic label.

(C) Conventional: How most farms have operated over the past 50-plus years. Commercial fertilizers and synthetic chemicals are likely used.

(CNG) Certified Naturally Grown: A grassroots, affordable certification program for farmers who sell locally and directly to customers. Its standards are based on the National Organic Program but uses peer to peer inspection instead.

(CRCC) Crop Rotation, Use of Cover Crop: A method to help hold the soil, renew fertility, and reduce pests.

(FSC) Forest Stewardship Council: Practices that respect natural habitats by restricting the conversion of new forestland; prohibiting illegal harvesting, the use of hazardous pesticides or genetically modified trees; and supporting fair labor policies.

(IPM) Integrated Pest Management: Matches information with available pest-control methods to prevent unacceptable levels of pest damage while using the most economical means and causing the least possible hazard to people, property, and the environment.

(LS) Low-Spray: Chemicals are used sparingly.

(Non-GMO) Non-genetically modified organisms: Are novel organisms created in a laboratory using genetic modification/engineering techniques. Some growers specify not using GMOs in seeds or in animal feed.

(O) Certified Organic: The operation is certified by a United States Department of Agriculture accredited agency by a neutral third party professional inspector to meet national standards for raising produce or livestock in a way that does not harm the environment with synthetically derived inputs and that preserves or improves soil fertility, soil structure, and farm sustainability. Some people consider this the minimum for insuring sustainable growing practices.

(P) Permaculture: A design system for creating sustainable human environments which, for food production, begins with soil building and focuses on perennials.

(PF) Pesticide Free: No use of pesticides on seeds and plants throughout the crop lifecycle.

(SA) Soil Amendments, Such as Use of Compost and Non-synthetic Fertilizers: Build soil fertility.

(S) Sustainable: sustainable describes farming systems that are "capable of maintaining their productivity and usefulness to society indefinitely. Such systems... must be resource-conserving, socially supportive, commercially competitive, and environmentally sound."

(T) Transitional: Moving to organic.

ANIMALS AND THEIR TREATMENT:

(FR) Free Range: At a minimum, animals have access to an outside area.

(GF) Grass Fed: Animals are mainly raised on pasture instead of being confined in feedlots and fed grain. Grass-finished animals are raised entirely on pasture and are fed stored hay and grass over the winter.

(HB) Heritage Breeds: Traditional breeds raised by farmers before industrial agriculture drastically reduced breed variety.

(HF) Hormone Free: Growth hormones are not used to force an animal to gain weight, increasing incidences of disease and leading to the routine prescription of antibiotics. (Hormones are not permitted in chicken production.)

(HR) Humanely Raised: Animal stress is limited through sufficient space, shelter, and gentle handling.

(NR) Naturally Raised: Animals cannot be given antibiotics, hormones, or animal by-products.

(P) Pastured: An animal spends time

{ Forest Stewardship Council (FSC) is an important designation for anyone harvesting/foraging. There are far too many things being over-harvested from the wild...following these practices might be enlightening for some...

- Amy Cortez, Shagbark Farm Ohio (Adams Co.)

Our Harvest

WE CREATE ACCESS TO HEALTHY,
LOCAL FOOD IN A WAY THAT
HONORS LAND AND LABOR.

WWW.OURHARVEST.COOP



■ Available fresh

□ Available from storage, greenhouse, or hydroponically grow

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	■	■	■	■	■	■	■	■	■	■	■	■
Apple Cider	■	■	■	■	■	■	■	■	■	■	■	■
Asian Vegetables				■	■	■	■	■	■			
Asparagus				■	■	■						
Basil	■	■	■	■	■	■	■	■	■	■	■	■
Beans						■	■	■	■	■		
Beets						■	■	■	■	■	■	
BERRIES:												
Blackberries							■	■				
Blueberries						■	■					
Currants							■					
Raspberries						■	■	■	■			
Strawberries				■		■	■	■	■			
Broccoli						■				■	■	
Brussels Sprouts										■	■	■
Cabbage						■	■	■	■	■	■	■
Carrots						■	■	■	■	■	■	■
Cauliflower							■	■	■	■	■	■
Cherries						■						
Collards					■	■	■	■	■	■	■	■
Cucumbers	■	■	■	■	■	■	■	■	■	■	■	■
Dairy Products	■	■	■	■	■	■	■	■	■	■	■	■
Edamame							■	■				
Eggplant							■	■	■	■		
Eggs	■	■	■	■	■	■	■	■	■	■	■	■
Flowers					■	■	■	■	■	■	■	
Garlic	■	■	■	■	■	■	■	■	■	■	■	■
Grains & Flour	■	■	■	■	■	■	■	■	■	■	■	■
Grapes, Table							■	■	■	■		
Grapes, Wine								■	■	■		
Herbs	■	■	■	■	■	■	■	■	■	■	■	■
Honey	■	■	■	■	■	■	■	■	■	■	■	■
Kale						■	■	■	■	■	■	■
Leeks							■	■	■	■	■	■
Lettuce	■	■	■	■	■	■	■	■	■	■	■	■
Maple Syrup	■	■	■	■	■	■	■	■	■	■	■	■
Meat and Poultry	■	■	■	■	■	■	■	■	■	■	■	■
Melons												
Mushrooms	■	■	■	■	■	■	■	■	■	■	■	■
Mustard Greens					■	■	■	■	■	■	■	■
Okra							■	■	■	■	■	■
Onions, Dry							■	■	■	■	■	■
Onions, Green					■	■	■	■	■	■	■	■
Parsnips							■	■	■	■		
Peaches						■	■	■				
Pears							■	■				
Peas				■	■							
Peppers						■	■	■	■	■	■	■
Plums						■	■	■	■	■	■	■
Potatoes						■	■	■	■	■	■	■
Pumpkins							■	■	■	■		
Radishes					■	■	■					
Rhubarb						■	■					
Spinach					■	■	■	■	■	■	■	■
Squash, Summer						■	■	■	■	■	■	■
Squash, Winter						■	■	■	■	■	■	■
Sweet Corn						■	■	■	■	■	■	■
Swiss Chard						■	■	■	■	■	■	■
Tomatoes						■	■	■	■	■	■	■
Turnips						■	■	■	■	■	■	■
*Value Added	■	■	■	■	■	■	■	■	■	■	■	■
Zucchini						■	■	■	■			

*Value-added foods are those that have been processed in some way.
Examples include pickles, soup, and pasta sauce.

F FARMS

photo courtesy of Northside Farmers Market

Symbols to watch for: Our Donors *GROWING PRACTICES

Questions to know your farmer, know your food:

- Did you grow this produce yourself?
- Where is the farm or plot of land and how big is it?
- How long have you been growing or farming?
- What practices do you use to control pests, disease, or weeds and to tend the soil on your farm?
- Is your farm open to the general public to visit?
- What is this?...How do you cook this product?

Questions for meat, chicken, and egg producers:

- Do you use antibiotics or hormones, steroids, or other growth promoters?
- What type of feed do you give your animals?
- How are your animals raised?
- How much time do your animals have outside? On Pasture?
- How large is your operation?

OHIO

Bixler Farm Market

*NO SPRAY, CRCC, FR

937-515-0109

7389 Clifton Ave. Russellville, OH 45168

Products: variety of vegetables, free range chickens, brown eggs, jellies, homemade noodles, and baked goods like blackberry jam, cake on request

Sold: Bixler Bixler Farm Market-Sunday-Thursday call for time and appointment, Saturday 9-noon, Fri 10-5, Ridley FM, Georgetown FM appt.

Emmett Ridge Farm

*B, CRCC, PF, FR, GF, HB, HF, HR

Lauren@emmettridgefarm.com

EmmettRidgeFarm.com

6284 Big Run Rd.

Georgetown, OH 45121

Products: grass fed beef, pasture raised heritage breed pork, pasture raised chicken

Sold: on website. Pick-up order or have it delivered

BROWN CO.

Back Acres Farm

*SA, CRCC, PF, T, FR, GF, HF, HR, NR

513-405-4379

pattycakes3@frontier.com

Georgetown, OH

Products: pastured eggs; grass fed beef, lamb, pork, chicken and turkey; seasonal vegetables; spelt

Sold: Anderson FM, College Hill Coffee Company, Covington FM, CSA



photo courtesy of Northside Farmers Market

Mark's Pure Honey

*PF

513-373-2724

wesselerm@yahoo.com

5231 Tricounty Highway

Mount Orab, OH 45154

Products: raw local honey, bee pollen, bee swarms wanted

Sold: On-site, can order ahead, Louiso's in Eastgate, Bite Restaurant in Milford, Burger Farm in Newtown

Straight Creek Valley Farm

*CRCC, IPM, PF, SA, FR, HF, HR, NR

StraightCreekValleyfarm.com

6489 Straight Creek Rd

Georgetown, OH 45121

Products: honey, maple syrup, free range eggs, a 3/4 acre summer garden with all the typical produce, meat: rabbits, hay, buckwheat

Sold: Farm store, visit our web site

White Oak Valley Farm

*SA, IPM, LS, CRCC, T

Find us on Facebook

513-404-1238

4153 Kincheloe Rd.

Georgetown, OH 45121

Products: variety of beans: bush, lima, cranberry; tomatoes; sweet and hot peppers; eggplant, cucumbers; okra, melons, greens, potatoes, squash plus vegetable starts

Sold: Loveland FM, West Chester FM, Blue Ash FM, Findlay Market Foodshed on Sundays

BUTLER

Double J Farm

*SA, CRCC, PF, GF, HR ,NR, HB

513-284-7330

info@doublejfarmohio.com

3070 Wehr Rd., Hamilton, OH 45011

Products: herd shares for Jersey cows, pastured eggs, grass fed beef, produce in season, many Weston Price items

Sold: Only at the Farm

Five Oaks Organic

*O, P

513-258-7541

50OaksOrganics@gmail.com

2771 Oxford Trenton Rd.

Oxford, OH. 45056

Products: vegetables including lettuce, tomatoes, peas; strawberries; grains: millet, dent corn for cornmeal, buckwheat, quinoa, amaranth, sunflower seeds; flowers and herbs

Sold: Hyde Park FM, Oxford FM, Wyoming FM, Fairfield FM
(Email for updates)

Harris-Miller Farm

*O, GF

513-524-9419

millersibyl883@gmail.com

6578 Fairfield Rd., Oxford, OH 45056

Products: certified organic grains, 100% grass fed cattle, 1/4 and 1/2 shares & individual cuts available

Sold: Farm pickup, MOON
Co-op Store in Oxford

CLERMONT

B & D Goats

*C, FR, GF, HF, HR, NR

BDGoats.com

513-553-1422

2644 State Route 132

New Richmond, OH 45157

Products: goat's milk soap & lotion, herbal soap, chicken eggs, homemade jams & jellies, honey, goat meat

Sold: At farm, via website, Hyde Park FM

Can-Du Farm

*IPM, LS

513-734-7213

candufarm@yahoo.com

2935 State Route 125

Bethel, OH 45106

Products: tomatoes, eggplant, peppers, okra, onions, garlic, cucumbers

Sold: Madera FM, Blue Ash FM, Hyde Park FM

Earth-Shares CSA

*O, SA, CRCC, PF

EarthSharesCSA.org

membership@earthsharescsa.org

932 O'Bannonville Rd.

Loveland, OH 45140

Products: organically grown vegetables plus a few herbs

Sold: CSA members pick up shares weekly at farm late May thru October; excess produce for sale at on-site farm stand

Farm Beach Bethel

*SA, CRCC, PF, B, GF, HF, HR, NR

Find us on Facebook

513-734-6928

1938 State Route 133

Bethel, OH 45106

Products: a wide variety of produce including lettuces and many dark, leafy greens. Cow Herd Shares (dairy) available, please call. Pastured chickens fed with certified organic, local feed. Orders appreciated.

Sold: Findlay Market-Sat., Hyde Park FM, Winter Market of Hyde Park

Gray Fox Farms

*O, CR, CC, IPM, PF, SA

GrayFoxFarmsOhio.com

3620 State Route 222

Batavia, OH 45103

Products: organic produce: tomatoes, green beans, bell and hot peppers, herbs, greens (lettuce, arugula, kale), squash (yellow, zucchini, and winter), potatoes, maple syrup

Sold: Farm, Our Harvest Coop, Susan's Natural World, Harvest Market (Milford), select restaurants

Honey Sweetie Acres

*HR, NR

513-313-1110

HoneySweetieAcres.com

Goshen, OH 45122

Products: (Nigerian dwarf) goat milk products: soap, lotion, body butter, lip balms, lotion bars, bath fizzies

Sold: At the farm by app't, Retail: Jungle Jim's Eastgate, Greener Portions Aquaponics, Whole Foods (Rookwood and Dayton), Celebrate Local store in Liberty Twpnship

WHITE CLOVER FARM

James Linne

513-562-7298

grassfedbeefohio@gmail.com

www.whitecloverfarmohio.com

100% Grassfed Beef from Hillsboro, OH

Mud Foot Farm***SA, CRCC, PF, FR, HF, HR, NR**

513-797-0973

mudfootfarm@yahoo.com

Amelia, OH 45102

Products: produce; beyond free range eggs; grass fed lamb and beef; pasture raised poultry; pawpaw fruit/trees**Sold:** Northside FM**Pringles Orchard**

Find us on Facebook

513-625-9866

2697 Pringle Rd.

Goshen, OH 45122

Products: apples with U-pick Sept. to mid-Oct., cider, honey, jam, fall decorations and pumpkins, pecans**Sold:** On Farm: call or check FB for times **The Organic Farm at Bear Creek*****O, SA, CRCC**

OrganicFarmatBearCreek.com

513-470-7617

460 Bear Creek Rd.

Felicity, OH 45120

Products: certified organic vegetables, greens and herbs; salsa, pasta sauces, soups, salad dressings, jams, dipping oils and herbal teas
Sold: Pipkins, Susan's Natural World, Jungle Jim's Eastgate & Fairfield, Our Harvest, Harvest Mkt. (Milford) Green BEAN Delivery, Ohio Valley Food Connection, Miami University**CLINTON****Branstrator Farm LLC*****P, IPM, LS, SA**

BranstratorFarms.com

937-203-8289

885 North George Rd.

Clarksville, OH 45113

Products: cabbage, blackberries, peaches, tomatoes, winter squash, pumpkins, gourds, broccoli, cauliflower
Sold: Second Harvest, Ohio Valley Food Connection, Pipkins Market & Dorothy Lane Markets, Loveland FM, Madeira FM **That Guys Family Farm & That Girls Flowers***** O, FR, GF, HR, NR**

ThatGuysFamilyFarm.com,

ThatGirlsFlowers.com

937-289-3151

394 State Route 380

Clarksville, OH 45113

Products: certified organic produce and cut flowers; specializing in greens, tomatoes, root crops and hand tied bouquets**Sold:** Deerfield FM, Ohio Valley Food Connection, Dorothy Lane Markets and CSA**Walnut Ridge Acres*****IPM, PF, SA, B, CRCC, HB, HF, NR**

WalnutRidgeAcres.com

937-289-3222

7912 Route 22/3

Clarksville, OH 45113

Products: produce and cut flowers; Berkshire pasture-raised pork**Sold:** Hyde Park FM, Blue Ash FM, Wyoming FM, Clinton County FM**Webb Valley Farm*****B, T, CRCC, PF, SA, FR, GF, HF, HR, NR**

WebbValleyFarm.com

937-382-5480, cell: 937-725-1690

1134 N. Webb Rd

Wilmington, OH 45177

Products: grass fed beef, pasture raised pork, pasture raised lamb, pasture poultry, free range eggs and hand crafted soap and lotion bars**Sold:** Bellbrook Buying Club, Blue Ash FM, Deerfield FM, Lebanon FM, Loveland FM, Farm Store every Saturday 1:30–4:00 Year round & during the week by aptt.**HAMILTON** **Bee Haven**

BeeHavenHoney.com

Cincinnati, OH 45232

513-542-5621

Products: Raw and creamed honey, beeswax candles, salves and lip balm, jams sweetened with honey**Sold:** Findlay FM (Sat & Sun) and The Chocolate Bee (in Northside)**Camp Washington Urban Farm****CRCC, IPM, P, PT, SA**

CWUrbanFarm.org

513-256-8908

urbanfarm@camp-washington.org

3220 Colerain Ave.

Cincinnati, OH 45225

Products: garlic, heirloom tomatoes, onions, broccoli, kale, peppers, herbs and other seasonal vegetables**Sold:** Madison's at Findlay Market, Northside FM, CAMP CART (mobile), call for direct sales**Carriage House Farm*****SA, CRCC, PF, IPM**

CarriageHouseFarmllc.com

513-967-1106

10251 MiamiView Rd.

North Bend, OH 45052

Products: honey, flour & grains, produce with a focus on herbs, root crops, & leafy greens**Sold:** On Farm, CSA, Findlay FM (Sat) Retailers: Avril-Bleh & Sons, Bridgetown Finer Meats, Humbert Meats, Langen Meats, Lydia's on Ludlow, Deeper Roots, and other Restaurants **Finn Meadows Farm*****SA, CRCC, PF, FR, GF, HF, HR, NR**

FinnMeadowsFarm.com

513-608-6585, 812-212-1196

8100 Perin Rd.

Cincinnati, OH 45242

Products: vegetables, herbs, flowers, eggs, beef, chickens, pork, Thanksgiving turkeys**Sold:** on farm through CSA; Hyde Park FM **Funke's Greenhouse****IPM, PF, SA**

Funkes.com

Find us on Facebook

4798 Gray Rd.

Cincinnati, OH 45232

Products: huge selection of vegetable and herb starts and other specialty cultivars**Sold:** on-site**Gorman Heritage Farm*****B, CRCC, SA, PF, FR, GF, HF, HR, NR**

GormanFarm.org

513-563-6663

10052 Reading Rd., Evendale, OH 45241

Products: cage free eggs, local honey, chicken, turkey, pork, beef (preorder suggested, quantities limited) vegetables and herbs available in the Farm Shop. Flower Cutting Garden subscriptions. Garden Rental plots. Volunteer opportunities.**Sold:** Onsite Farm Market – see website for availability**Greenacres Farm*****CRCC, PF, FR, GF, HF, HR, NR**

Green-Acres.org

513-891-4227

8255 Spooky Hollow Rd.

Cincinnati, OH 45242

Products: Grass-fed Black Angus Beef, pastured chickens, pastured turkeys, grass-fed lamb and Woodland raised pork**Sold:** Greenacres Farm Store, CSA **Homeadow Song*****P, CRCC, IPM, PF, SA, HF, HR, NR**

HomeadowSongFarm.com

5038 Gray Road

Cincinnati, OH 45232

Products: Fresh home-grown Hopi Blue Corn Nixtamal and Pazole, raw honey, calendula salve, hand-dipped beeswax candles**Sold:** at the farm, occasionally at Northside FM **Our Harvest Cooperative*****T, CRCC, IPM, PF, SA, GF, HF, HR, NR**

OurHarvest.coop

513-620-4642

ourharvest@ourharvest.coop

1250 Tennessee Ave.

Cincinnati, OH 45229

Products: wide variety of seasonal produce including greens, carrots, beets, turnips, squash, lettuce, tomatoes and potatoes; grass fed beef**Sold:** year-round CSA pick-up locations around the city; area restaurants, retail outlets, and institutions; see website for up-to-date list and to sign up for CSA

Farming is all-encompassing work and is only financially sustainable with a strong connection between farmer and consumer.
- Annie Woods, Dark Wood Farm, KY.

Parkland Homestead Farm

*B, CRCC, IPM, P, PF, SA, FR, GF, HB,

HR, NR, HF

ParklandHomesteadFarm.com

513-706-5148

Cincinnati, OH 45233

Products: fresh fruits & vegetables, herbs, fresh eggs

Sold: CSA subscriptions

Permaganic ECO GARDEN

*P, SA, CRCC, PF

Permaganic.org and Facebook

1718 Main St.

Cincinnati, OH 45202

513-621-GROW(4769)

Products: seasonal vegetables, fruits and herbs, lettuces, greens and garlic

Sold: Please Check Website or Facebook to find out about our Table to Garden Happenings, on site call for times

Probasco Farm

*IPM, PF, SA

ProbascoMushrooms.com

Find us on Facebook

PO Box 20209

Cincinnati, OH 45220

Products: cultivated enoki, shiitake and oyster mushrooms, lions grow-your-own mushroom kits

Sold: Hyde Park FM, Northside FM, pre-orders/CSA online

Running Creek Farm

*SA, CRCC, PF

513-522-5220

Mt. Healthy, OH 45231

Products: wide variety of produce, locally grown, pesticide-free - heirloom tomatoes, specialty potatoes, gourmet garlic, herbs, lettuce, greens, peppers, eggplant, squash, flowers and much more

Sold: Hyde Park FM, Northside FM

Turner Farm

*O, CRCC, FR, GF, HF, HR, NR

TurnerFarm.org

513-561-7400; info@turnerfarm.org

7400 Given Rd., Cincinnati, OH 45243

Products: wide variety of certified organic seasonal produce; herbs; pick your own flowers & flower CSA, mushrooms, wheatgrass and microgreens; eggs; meat: by the cut and pre-order beef, chicken, lamb and pork. Call or e-mail for ordering. Gardening and Culinary Educational classes.

Sold: Farm Shed - straight down driveway, Madeira FM, Findlay Market - Sat.

Urban Earth Farms

*CRCC, IPM, P, SA, S

EnrightEcovillage.org

urbanearth@enrightecovillage.org

Greenhouse, 824 Enright Ave.,

Cincinnati, OH 45205

Products: 3 season vegetables, fruits and herbs, leafy greens

Sold: CSA pickup and Farmstand at greenhouse, Saturday 10-1 beginning May 12. Accepts EBT/Snap and credit cards. Community building/volunteer opportunities

Urban Greens

*ZERO CHEMICALS

UrbanGreensFresh.com

513-255-0955

241 Worth St., Cincinnati, OH 45226

Products: annual vegetables, perennials, herbs

Sold: CSA, FM on location

Wildwood Flora

*B, CCRC, IPM, P, PF, SA

Find us on Facebook

513-3486020

wildwoodflora33@gmail.com

4798 Gray Rd.

Cincinnati, OH 45232

Products: flowers, herbs, and vegetable starts

Sold: Northside FM, Yellow Springs FM, on-site(call ahead)

HIGHLAND**Fair Ridge Farm**

*B, SA, CRCC, PF, FR, HR, NR

FairRidgeFarm.com

7066 Fair Ridge Rd.

Hillsboro, OH 45133

Products: in season produce all 4 seasons; spinach, mustard, asian greens, lettuces, basil, cilantro, garlic, tomatoes etc.

Sold: CSA (option to choose the contents of the order) and through Fair Ridge Foodhub

Grassroots Farm & Foods

*FR, GF, HB, HF, HR, NR

grassrootsfoods.biz

740-634-2440

1727 Frost Rd.

Hillsboro, OH 45133

Products: beef, lamb, chicken, pork, eggs, prepared foods. 100% grass-fed (American Grassfed Association certified) cattle & sheep on certified organic pasture; unconfined chickens & hogs supplemented with non-GMO grains

Sold: Findlay FM (Sat & Sun), Blue Ash FM, Lehr's Prime Market in Milford, Freedom Farm Market, Hyde Park FM

Jaybird Farms

*IPM, LS, FR, HF

JaybirdFarms.com

937-442-4800, 513-633-5218

2091 State Route 321,

Sardinia, OH 45171

Products: herbs, microgreens, cut flowers, lavender, homemade jams & jellies; potted herbs, vegetable & flower plants; free range eggs, herbal soaps & lotions

Sold: Loveland FM, Milford FM, Madeira FM

TS Farms

*SA, CRCC, PF, FR, GF, HB, HF, HR, NR

Find us on Facebook

937-763-1167

11061 Careytown Rd.,

New Vienna, OH 45159

Products: cow & goat milk herd shares; Market share CSA; beef, pork, chicken, turkey, lamb, and rabbits; chicken, duck, quail eggs; grains & flours; jams & jellies

Sold: Farm, Montgomery FM, Madera FM, drop off points in Cincinnati

White Clover Farm

*GR, HR, NRF

WhiteCloverFarmOhio.com

513-562-7298

9600 East Prospect Rd

Hillsboro, OH 45133

Products: 100% grass fed beef

AGA certified

Sold: Direct market (online)

MONTGOMERY**Hungry Toad Farm**

*O

Find us on Facebook

9307 Rooks Rd.

Centerville, OH 45458

Products: specialize in salad greens and microgreens, heirloom tomatoes, hardneck garlic, carrot, beets, transplants of veggies and herbs

Sold: Centerville FM, 2nd St. Market in Dayton (Sat.), local restaurants, CSA

PREBLE

Boulder Belt Eco-Farm

*SA, CRCC, PF, FR, GF, HF, HR, NR

BoulderBelt.com; on Facebook

937-456-9724

3257 US 127 N

Eaton, OH 45320

Products: over 50 kinds of heirloom and hybrid fruits, vegetables and herbs including berries, pears, melons, beans, tomatoes; eggs, pastured chicken

Sold: Boulder Belt Farm Store, CSA, Richmond, IN FM Sat. 9-noon



Non-GMO - A GMO, or genetically modified organism or Genetically Engineered (GE), is a plant, animal, microorganism or other organism whose genetic makeup has been modified. This relatively new science creates unstable combinations of plant, animal, bacterial and viral genes that do not occur in nature or through traditional crossbreeding methods. Most developed nations do not consider GMOs to be safe and have significant restrictions or outright bans on their production and sale. In the absence of mandatory labeling in the U.S. and Canada, the Non-GMO Project was created to give consumers the informed choice they deserve. From: nongmoproject.org Organic food is usually GMO free.

WARREN**Bensman Family Farms*****PF, FR, GF, HF, HR, NR**

BensmanFamilyFarms.com

937-902-1172

3440 Pekin Rd

Waynesville, OH 45068

Products: grass fed beef, pork; 1/4, 1/2 or whole animals**Sold:** see website for details**Cook's Family Farm*****CRCC, FR, GF, HF, HR, PF, NR, SA**

937-238-9858

cooksfarm@embarqmail.com

3611 E. Lwr. Springboro Rd.

Waynesville, OH

45068-8792

Products: 100 % grass fed beef raised on our Bicentennial Farm (1803)

No hormones or antibiotics.

Sold: Deerfield Township FM, Wyoming FM**Irons' Fruit Farm*****CRCC, C, IPM, LS**

IronsFruitFarm.com

Closed till Spring; leave message

513-932-2853, or cell: 513-836-0871

ironsfruitfarm@gmail.com

1640 Stubbs Mill Rd.

Lebanon, OH 45036

Products: seasonal; u-pick apples & strawberries; blueberries, peaches, vegetables, cider, pumpkins, baked goods, honey, homemade apple butter and jams; farm tours & pumpkin picking hay rides Sept.-Oct. with 12 acre corn maze.**Sold:** Farm store opens in May, Bellbrook FM, Lebanon FM, West Chester FM, Loveland FM, Blue Ash FM, Liberty FM**Peace Angel Farm*****CNG, CRCC, PF, SA**

PeaceAngelFarm.com

513-850-5788

416 W. Pike St.

Morrow, OH 45152

Products: garlic, blueberries & blackberries in season**Sold:** Farm or mail order - must call ahead **The Goodlife Farm*****PF, SA, FR, GF, HF, HR, NR**

GoodLifeFamilyFarm.com

goodlife.laura@gmail.com

2290 East Lower Springboro Rd.

Waynesville, OH 45068

Products: vegetables, fruit, herbs, plants, grass-fed, pork, chicken, eggs**Sold:** Lebanon FM, Deerfield FM, Montgomery FM and through our free choice CSA - The Farm Club**KENTUCKY****BOONE CO.** **Dark Wood Farm*****CCRC, PF, SA**

DarkwoodFarmstead.com

2590 Lawrenceburg Ferry Rd.

Petersburg, KY 41080

Products: all-natural, pesticide-free seasonal vegetables**Sold:** CSA and restaurants**BRACKEN****The Cox Family Farms*****GF, HF, HR, NR**

TheCoxFamilyFarms.com

151 Cox Lane

Johnsville, KY 41043

Products: grass fed beef**Sold:** On-line ordering**CAMPBELL****Idyllwild Farm***** GF, HR, NR, O, SA, CRCC, PF**

IdyllWildFarm.WordPress.com

740-475-9157

idyllwildfarm@gmail.com

PO Box 191

Melbourne, KY 41059

Products: certified organic and organic methods 4 season salad greens, kale, onions, potatoes, shallots and the usual delicious suspects. Hydro lettuce and tomatoes. Chicken, eggs, and turkeys**Sold:** Findlay FM, OVFC, Other Markets **Neltner Farm*****CRCC, LS, GF**

NeltnersFarm.com

859-635-3636

6922 Four Mile Rd.

Melbourne, KY 41059

Products: hydroponic lettuce, tomatoes, cucumbers, seasonal fruits & vegetables, jams, u-pick pumpkins in fall festival**Sold:** Sat Findlay FM, Alexandria-CC FM, Nativity Church and Northminster Church Tailgate Markets **The Barbian Farm****(Apple Ridge Farm)*****C, P, CRCC, LS, IPM, SA**

859-635-9681

3349 Nine Mile Rd.

Melbourne, KY 41059

Products: tomatoes, green beans, tree ripened peaches, plums, pears & apples**Sold:** Nativity Church Tailgate FM, Northminster Presbyterian Tailgate FM, Erlanger FM, Lakeside Commons Market**KENTON****Phoenix Rising*****B, FR, GF, HB, HF, NR**

RisingPhoenixFarm.com

14093 Madison Pk

Morning View, KY 41063

Products: 100% grass fed and finished beef, lamb and pork**Sold:** on farm **Rains & Sun Hilltop Farm*****CRCC, IPM, PF, SA, CNG**

RainsAndSun.com

859-432-3641

10050 Marshall Road

Covington, KY 41015

Products: Naturally grown fruits and vegetables from our family to yours. Focusing on the veggies you love with some new things to try. Small, CSA-centric farm.**Sold:** CSA with multiple pick-up sites in NKY and delivery options Tues. and Thurs.; Independence FM on Sat., Ft. Thomas FM**Tewes Farm*****FR, HF, HR, NR**

TewesFarm.com

859-341-8844

2801 Crescent Springs Rd.

Erlanger, KY 41018

Products: fresh chickens, turkeys & eggs**Sold:** at Farm, ordering is encouraged**OWEN****Hundred Happy Acres*****GF, HB, HF, HR, NR, PF, SA**

HundredHappyAcres.com

513-535-1617

Jonesville, KY 41035

Products: Duck eggs, 100% grass fed lamb & goat, pastured pork, duck & turkey (supplemented with soy free/non-gmo feed), sausage (9 varieties) and goetta**Sold:** on farm and at Owen County Farm and Craft Market; Delivery and bulk discounts available**PENDLETON** **Fox Run Environmental Education center*****B, CRCC, GF, FR, HR, HF, HB, NR, O, PF, SA**

FoxRunEEC.org

859-242-1037

foxruneec@gmail.com

PO Box 174, Falmouth, KY 41040

Products: certified organic produce, herbs and flowers, plants; non-profit, educational programs for individuals and groups; online consultation, wildlife rehabilitation**Sold:** CSA (pick up at Farm) Covington FM **Little Green Pastures Farm*****FR, GF, HF, HR, NR**

LGPFarm.com

513-258-8424

jodiem@lgpfarm.com

Butler, KY 41006

Products: pastured chicken & eggs, Thanksgiving turkey, goats milk soap, bath bombs and body scrubs**Sold:** Boone County FM on Sat., online at OhioValleyFood.com

One of the greatest conundrums is how to price things so that everyone can enjoy the food, and we can eat too. Fairness in food is an extremely complex subject.

- Megan Gambrill, Garden Manager of Carriage House Farms, North Bend, Ohio

SCOTT**Elmwood Stock Farm*****0, FR, GF, HB, HF, HR, NR**

ElmwoodStockFarm.com

3520 Paris Rd.

Georgetown, KY 40324

Products: mixed vegetables, berries, herbs; grass fed beef and lamb; pastured pork, chicken, eggs; pastured Heritage Breed turkey; Heirloom cornmeal— all USDA Certified organic
Sold: Hyde Park; CSA with pick up in Cincinnati and N. KY.

INDIANA**DEARBORN CO.****Abundant Green Pastures*****B, GF, HB, HF, HR, NR, PF, SA**

AbundantGreenPastures.com

812-637-3090

1165 Chappelow Ridge Rd.

West Harrison, IN 47060

Products: 100% grass fed beef and pasture pork. No GMO Grains, only 2 lbs. of grain per pig per day.

Sold: on farm and at Lettuce Eat Well FM

Beiersdorfer Orchard***LS**

BeiersdorferOrchard.com

812-487-2695

21874 Kuebel Rd.

Guilford, IN 47022

Products: apples, peaches, pears, plums, apple cider, apple (with or without sugar), pear, & pumpkin butters, honey

Sold: Farm Store year round, Madison's at Findlay Market, Clifton Natural Food, and Kroger's (cider)

Honey Tree Acres***B, CRCC, GF, IPM, FR, HF, HR, NR, PF,****SA, T**

HoneyTreeAcres.com

513-265-2796

8036 St. Peter's Rd.,

West Harrison, IN 47060

Products: produce, Soy free, non-GMO pasture raised meat chicken and eggs

Sold: CSA, on farm, at Lettuce Eat Well FM

Lobenstein Farm***CNG, LS, CRCC, FR, HR, NR**

513-582-0762

lobensteinfarmcsa@gmail.com

29703 Post 464 Rd., St. Leon, IN 47012

Products: veg. plants in Spring, produce - sweet corn, cantaloupe, watermelon, tomatoes, green beans and much more; home grown beef, pork, lamb; October u-pick

Pumpkin Festival

Sold: Findlay FM, Nativity&Northminster tailgate markets, Northside FM, Ft. Thomas FM, Wyoming Ave FM, Madeira FM

Small Acres Family Farm***CRCC, PF, SA, FR, GF, HF, HR, NR**

Find us on Facebook

23006 Kammeyer Rd. Sunman, IN 47041

Products: grass fed beef, lamb, non-GMO fed chicken and eggs, maple syrup, no-spray produce

Sold: On farm and online at: squareup.com/store/small-acres-family-farm

FRANKLIN**Michaela Farm*****B, CRCC, PF, SA, FR, GF, HF, HR**

OldenburgFranciscans.org/farm.asp

michaelafarm@oldenburgosf.com

3127 SR 229, Batesville, IN 47006

Products: seasonal produce, grass fed beef, local honey, dried herbs, free range eggs, local honey

Sold: CSA featuring produce, beef, and eggs, at farm store

Steinfort Farms

812-934-4598

1176 Shrine Rd.

Batesville, IN 47006

Products: vegetables, pumpkins, cut flowers

Sold: Batesville FM

JEFFERSON**The Eaton Farm*****CNG, SA, CRCC, PF, GF, HF, HR, NR**

TheEatonFarm.com

812-839-6452

6880 N. Scott's Ridge Rd.

Madison, IN 47250

Products: non-GMO pastured eggs, chicken, turkey, & silvopastured pork.

100% Grassfed beef & lamb. Certified Naturally Grown produce, raw honey

Sold: Hyde Park FM (produce and meat CSA) & The Good Eaton Club (our year-round meat CSA) in Clifton, cuts available at market

OHIO**Backyard Orchard** ***IPM, LS, SA**

Find us on Facebook

812-584-3266

4713 SR 56

Rising Sun, IN 47040

Products: 32 varieties of apples, more than 12 varieties of peaches; plums, pears, Native American grapes; from Farm- vegetables, corn, melon

Sold: Bellevue FM, Findlay FM, Hyde Park FM, Madeira FM, Northside FM, Wyoming FM; u-pick on select weekends

Rising Sun Beef***FR, GF, HF, HR, NR**

RisingSunBeef.com

513-200-6042

5004 Stahl Rd.

Rising Sun, IN 47040

Products: grass fed and finished Angus beef, quarters, halves, and whole animal available year round

Sold: Call to order, available year round.

RIPLEY **Easter Rising Farm*****CRCC, FSB, P, PF, SA, FR, GF, HF, HB**

EasterRisingFarm.com

704-798-6071

5736 E SR 62

Friendship, IN 47021

Products: "salad bar" beef; pasture-raised chicken (GMO free) & turkey; naturally raised, GMO free pork; grass fed lamb, rabbit, goose, pheasant

Sold: meat is available at the farm seasonally. Delivery to Madeira and Western Hills through our CSA.

Kestler Farms LLC***HF, HR, NR**

KestlerFarms.com

812-212-1078

565 SR 229 South

Batesville, IN 47006

Products: Angus beef 1/4, 1/2 or whole shares

Sold: individual cuts available at farm by appointment, or pick up shares at the locker

Wind Dance Family Farm***P, B, CRCC, IPM, PF, SA**

WakeTheFarmUp.com

513-479-7070

2655 So. Co. Rd 750 E

Dillsboro, IN 47018

Products: various seasonal produce, foraged edibles and ferments

Sold: Northside FM, check our website for more, pop up locations and special orders

Dr. Rattan Lal, soil scientist at Ohio State University, states "A mere 2% increase in the carbon content of the planet's soils could offset 100% of all greenhouse gas emissions going into the atmosphere." We must shift from "extractive" agriculture to regenerative agriculture. At White Clover Farm we have increased our soil organic matter by 2% thru the use of rotational grazing and cover crops. The time has come for reduced tillage and the use of cover crops.

Jim Linne, White Clover Farm, OH. (Highland Co.)

**GRATITUDE FOR THE
GENEROSITY OF
OUR SPONSORS**

HARVEST HOTSHOTS:



Meshewa Farm Foundation
7400 Given Road
Cincinnati, OH 45243-1540
TurnerFarm.org
513- 561-7400



Sisters of Charity of Cincinnati
5900 Delhi Rd.
Mount St. Joseph, OH 45051
SrCharityCinti.org

CULTIVATORS:

Debbie and Dick Westheimer
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SEED SAVERS:

Slow Food Cincinnati
SlowFoodCincinnati.org
Food: Good, Clean & Fair for All

**SW Chapter of the Ohio
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