



CORV

Central Ohio River Valley

2015

LOCAL FOOD GUIDE

Your Connection to Local Growers in the Central Ohio River Valley



eat fresh. eat local. eat sustainably.



2015



It takes a village to complete a CORV guide

Welcome to the eighth annual edition of the CORV Local Food Guide. It takes a village to produce this guide so gratitude to all. There's a lot to show and tell. Read about winter eating, CSAs, seeds, market managers at work, local brewing, and distribution with more on our website. See the map of the area we cover, the various lists of resources in this region, and a flow chart of the food system.

Still, we can't show all the rich interconnections underlying our local food system, from the web of life in the soil to the diverse partnering in our region. These interconnections continue to diversify and strengthen. For example, note the emerging processing and distribution possibilities: new commercial kitchens in Cincinnati and Northern Kentucky, the recent collaboration of farmers' market managers, plans for food hubs in Batesville and Cincinnati, the variety of Community Supported Agriculture.

As always, a special thanks to the farmers and growers who want to make a living doing the very important work of food production, and so they should. To quote Wendell Berry, a Kentucky neighbor, writer, and farmer: The real work of planet-saving will be small, humble, and humbling, and (insofar as it involves love) pleasing and rewarding. Its jobs will be too many to count, too many to report, too many to be publicly noticed or rewarded, too small to make anyone rich and famous.

Here's to all of our collective work to grow local.

Eat, Enjoy, Share,

Deborah

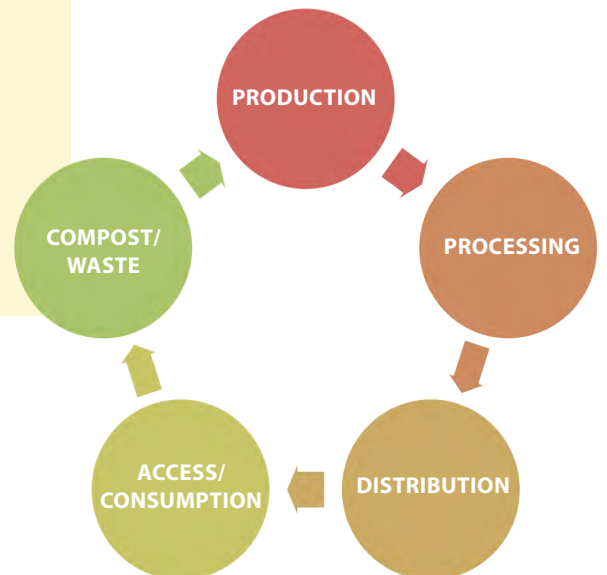
WHAT'S SUSTAINABLE?

There's a worldwide movement towards climate-smart agriculture. Sustainable growing practices are those which are likely to be healthier for us and the soil by helping build the soil for generations to come and limiting the negative impact on climate change. And don't we want our children's children to thrive? We accept a range of growing practices to encourage conversation about sustainable practices. Let's grow the conversation about sustainable practices. Check out our key to growing practices on p. 12; practices are included by each grower's listing (pp. 13-18).

IS IT REALLY LOCAL?

ASK your Restaurants, Artisan/Cottage producers, and Grocery Stores to label what is local (and the source). To know your food, know your farmer.

WHERE ARE YOU IN THE LOCAL FOOD SYSTEM?



“Studies show that more than 90% of Americans support mandatory labeling of genetically modified foods (GMOs).”
~from: justlabelit.org



WILL I BE MORE BEAUTIFUL IF I EAT LOCAL AND SUSTAINABLY GROWN FOOD?

We can't promise but you will find these benefits:

★ Freshness & Flavor

★ Nutrition

★ Good Health

★ Knowledge of Growing Practices

★ Community Connections

★ Connection to Land

★ Farmers' Working Conditions & Incomes

★ Crop Variety

★ The Local Economy

★ Food Security

★ The Health of the Planet

★ Did we mention fun?

WHAT'S INSIDE

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Support the CORV Guide! eatlocalcorv.org

CORV'S MISSION

The Central Ohio River Valley (CORV) Local Food Guide covers Southwest Ohio, Northern Kentucky, and Southeast Indiana. The CORV initiative is a grass-roots 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. Thanks for your feedback, support, and involvement in going and growing local. Check out eatlocalcorv.org or like us on Facebook.

OUR LOCAL FOOD SHED ...

Is within a 50 mile radius from downtown Cincinnati and the Central Ohio River watershed. Although many use 100 miles as the boundary, we drew the line at 50 to make this project manageable. We include growers within a 100 mile radius who regularly sell within the 50 mile radius.



FARMERS' MARKETS

Photo courtesy of Annie Woods, Dark Woods Farm

Kudos to Farmers' Market Managers

The next time you visit your local farmer's market don't forget to thank the market manager! Managing farmers markets can be a rewarding experience but takes a lot of work, with much of it behind the scenes.

In the beginning, rules must be established. Questions such as what to charge the vendors, and criteria of what to allow vendors to sell (e.g. do we want 100% organic or 50%; do we want only food items or should we allow craft items and where to draw the line on craft items, etc.) must be answered. The decision has to be made regarding how to format the market: non-profit 501(c)(3) or (c)(4); or Limited Liability Corporation (LLC). Decisions must also be made on finding a suitable location with hours that don't conflict with other nearby markets.

If the market is organized as an LLC the manager has complete control but also complete responsibility for everything. If it is organized as a non-profit, everything has to run through a board of directors, and someone has to be the secretary and treasurer, and regular board meetings must be held.

Also in the beginning it may be difficult to find vendors; on the other hand, a successful market may get more applicants than it has space for. Vendors have to be carefully selected and may not meet the criteria, and the manager is the one who has to say the disappointing word "no" to an eager vendor.

There are economies of scale: small markets may not take as much work for set up, but the amount of profit does not leave room to hire helpers, so reliable volunteers must be found, or the manager is responsible for setting up and cleaning up herself or himself.

For full article visit eatlocalcorv.org



Annalee Duganier was a founding member of the Madeira Farmers' Market. She is now taking time to engage her passion for permaculture, food, the environment, as well as spending time with family.

Symbols to watch for:

-  **Our Donors**
-  **Winter Market**
- New 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. 12, Harvest Guide p. 12, and General Questions for Growers p. 13)

Daily

  **Boone County**
9am–6pm Memorial Day–Labor Day; 10am–5pm May and Oct.
1961 Burlington Pike
Adjacent to Boone County Extension
Burlington, KY 41005
boonecountymarket.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

 **Freedom Farm Market and Organic Grocery**
Accepts EBT
12pm–6pm Tues–Fri.;
10–4pm Sat. Year round market
405 W. Main Street
Hillsboro, OH 45133
freedomfarmmkt.com

Monday

New **Clifton**
5pm–8pm; March 23–Sept. 28.
Clifton Plaza on Ludlow Ave.
Cincinnati, OH 45220

Nativity Church-Tailgate Market
3:30pm–7pm June–Oct.
5935 Pandora (Pleasant Ridge)
at Woodford and Ridge
Cincinnati, OH 45213

New  **Xavier**
Bi-monthly Aug. 24–Nov. 9
3800 Victory Pkwy
Cincinnati, OH 45207
xavier.edu/green

Tuesday

Highland Heights—Campbell County
3pm–6pm mid May–Oct.
Senior Citizen Activity Center,
3504 Alexandria Pk.
Highland Heights, KY 41076
ccfarmersmarket.net

  **Loveland**
3pm–7pm May–Oct.,
897 Loveland Madeira Road
(next to Skateland)
Loveland, OH 45140
Winter: 3:30pm–6:30pm
1st and 3rd Tues Nov–Apr
Prince of Peace Lutheran Church
Loveland, OH 45140
lovelandfm.com

 **Mt. Carmel - Ohio Valley Fruit & Vegetable Grower's Association**
2pm–5:30pm July–Sept.
Sports Rock Cafe
453 Old 74
Mt. Carmel, OH 45244

 **Roberts Farmstand**
(operated by Findlay Market)
check website: findlaymarket.org
Accepts EBT/WIC
Tuesdays 3pm–6pm May–Oct.
1702 Grand Ave.,
Cincinnati OH 45214

Sayler Park
4pm–7pm May–Oct.
Town Square Park on Parkland Ave.
Cincinnati, OH 45233

Wyoming Ave.

Accepts EBT/Visa/MC
3pm–7pm May–Oct.
Wyoming Ave at Oak
on the Village Green
Winter: buy on-line (pre-order).
See website for details
Wyoming, OH 45215
WyomingAveFarmersMarket.com

Wednesday

New  **Blue Ash**
3:30pm–7:00pm; May 6–Oct. 28
Summit Park
4335 Glendale Milford Road
Blue Ash, OH 45242
blueash.com

 **Clinton County**
(see Sat. listing)
Accepts EBT
4pm–7pm June–Oct.
Downtown Mural Parking Lot,
81 W. Main Street
Wilmington, OH 45177
clintoncountymarket.com

Ft. Thomas
Wed. 3pm–7pm May–Oct.
S.Ft. Thomas Road and River Ave
Ft. Thomas, KY 41075
ftthomas.org

 **Milford-Ohio Valley Fruit and Vegetable Grower's Association**
(see Sat. listing)
2pm–6pm June–Thanksgiving
Corner of Route 131 & Route 50
Garden Center lot
Milford Shopping Center
Milford, OH 45150
milfordfarmersmarket.com

Symbols to watch for: 🦋 Our Donors ❄️ Winter Market

❄️ **Northside**

Accepts Credit Cards, EBT/WIC, Produce Perks
4pm–7pm mid May–mid Oct.
Hoffner Park at corner of Hamilton Ave. & Blue Rock

Winter: North Presbyterian Church mid Oct.–mid May at 4222 Hamilton Ave. Cincinnati, OH 45223
Facebook; Twitter

Shelbyville

(see Sat. listing)
Accepts EBT/WIC
4pm–7pm (July–Oct 7)
Downtown Shelbyville on the circle
Shelbyville, IN 46176

New 🦋 **St. James Farmstand**

3pm–6pm, June–Oct.
St. James Episcopal Church
3207 Montana Ave.
Cincinnati, OH 45211

🦋 **Walnut Hills Farmstand**

(operated by Findlay Market)
Accepts EBT/WIC
4pm–7pm June - Oct.
For location check website:
findlaymarket.org

Thursday

Brown County—Georgetown

3pm–7pm May–Oct.
across from courthouse on Main St.
Georgetown, OH 45121

🦋 **Centerville**

2:30pm–6:30pm May 14–Oct. 29
893 S. Main Street
(Centerville Shopping Center)
Centerville, OH 45458
centervillefarmersmarket.com

🦋❄️ **College Hill**

Accepts EBT/Credit Card
3:00–6:30pm May 21–Oct. 22
5742 Hamilton Avenue
(across from fire station)
Cincinnati, OH 45224
collegehillfarmmarket.org

Dixie

Accepts WIC
2–6pm Apr. 23 - Oct. 29
116 Commonwealth Ave.
Lot of Erlanger Baptist Church
Erlanger, KY 41018
kyagr.com/marketing/farmmarket/

“Each vegetable is a work of art, a journey, a rite of passage to the natural world.”

~by Joel Morrow,
Author of the Vegetable Gardening
for organic and biodynamic growers



Tuesday



Loveland
Summer: 3:00 PM - 7:00 PM
Winter: 3:30 PM - 6:30 PM
LovelandFm.com
(513) 683-0491

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



Anderson
9:00 AM - 1:00 PM
AndersonFarmersMarket.org
(513) 688-8400

Sunday



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

Symbols to watch for: 🦋 Our Donors ❄️ Winter Market



Photo courtesy of Annie Woods, Dark Wood Farm

❄️ **Gabriel's Place**

Accepts WIC/EBT
4pm-6pm Oct.- May; 5-7pm June-Sept.
Winter: 4pm-6pm Nov.-May
3618 Reading Rd.
Cincinnati, OH 45229
gabriels-place.org

Lebanon

3pm-7pm May 14-Oct. 15
Corner of Sycamore and
Main Streets parking lot
Lebanon, OH 45036
lebanonohiofarmersmarket.com

🦋❄️ **Madeira**

3:30pm-7pm May-Sept-
Corner of Miami Ave. and Dawson Rd.
Madeira, OH 45243
Winter: 3:30pm-6pm Oct.-Apr.
Madeira Silverwood Presbyterian Church,
8100 Miami Ave., Madeira, OH 45243
madeirafarmersmarket.com

Springdale

3pm-7pm June 4-mid-Oct.
City Parking Lot, 11494 Walnut St.
corner of Peach St./Walnut south of
Springdale Town Center
Springdale, OH 45246

Friday

Alexandria—Campbell County

3pm-6pm May-Oct.
Southern Lanes, 7634 Alexandria Pike
Alexandria, KY 41001
ccfarmersmarket.net

🦋 **Brookville**

Accepts Snap/WIC
3:30-7pm May-Oct.
Main Street, Brookville, IN 47012
foodandgrowers.org/our_programs

Ft. Thomas

(see Weds. listing)
3pm-7pm May-Oct.
S. Ft. Thomas Road and River Ave
Ft. Thomas, KY 41075
ftthomas.org

❄️ **Greensburg/
Decatur County**

Accepts EBT/WIC
2pm-6pm May-Oct.
Winter: second Saturday
9am-12 pm Nov.-April
150 Courthouse Square
Greensburg, IN 47240
mainstreetgreensburg.com

🦋❄️ **Lettuce Eat Well
on Cincinnati's Westside**

Accepts EBT/Produce Perks
3pm-7pm Year Round
For location and other details
please see website lewfm.org
or call 513 481-1914
lewfm.org

**Northminster United
Presbyterian Church**

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

Saturday

🦋 **Anderson**

Accepts WIC
9am-1pm May 23-Oct. 24
7832 Five Mile Road
(Anderson Center Station
Park & Ride)
Cincinnati, OH 45230
andersonfarmersmarket.org

Batesville

Accepts SNAP/WIC
8am-11am mid-May-mid Oct.
Main and Boehringer Streets
Batesville, IN 47006
foodandgrowers.org/our_programs

Brown County—Mt. Orab

9am-12pm May 2-Oct
477 W. Main St., Mt. Orab, OH 45154

Covington

Accepts WIC/Snap
9am-1pm May-Oct.
3rd and Court Street
Covington, KY 41011
Facebook; growthecov.org

❄️ **Clinton County**

(See Weds. listing)
Accepts EBT
8:30-12 pm, June-Oct.
Downtown Mural Parking Lot,
81 W. Main Street
Wilmington, OH 45177
clintoncountyfarmersmarket.com

🦋❄️ **Deerfield Twp.**

9am-12pm May 9-Oct.31
Nov-Apr 3rd Sat 10am-11am
Kingswood Park
4188 Irwin Simpson Rd
Mason, OH 45040
deerfieldfarmersmarket.com

🦋❄️ **Findlay Market**

(see Sun. listing)
Accepts EBT/WIC/Produce Perks
8am-2pm April-Nov
Winter: Dec-Mar
1801 Race St., Cincinnati, OH 45202
findlaymarket.org

🦋 **Milford-Ohio Valley
Fruit & Vegetable Assn.**

(See Weds. listing)
10am-3pm, June-Thanksgiving
Corner of Route 131 & Route 50
Garden Center lot Milford
Shopping Center
Milford, OH 45150
milfordfarmersmarket.com

🦋 **Montgomery**

9am-12:30pm, May-Oct.
9609 Montgomery Road
(Montgomery Elem. parking lot)
Montgomery, OH 45242
montgomeryfarmersmarket.org

Newport—

Campbell County
9am-12 June 6-Oct. 24
709 Monmouth St.
(next to Pepper Pod Restaurant)
Newport, KY 41071

🦋❄️ **Oxford—Uptown**

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

Shelbyville

Accepts EBT/WIC
8am-12pm Mid May-Oct. 3
Downtown Shelbyville on the circle
Shelbyville, IN 46176

❄️ **West Chester**

9am-1pm May 16-Oct. 10
Winter: 2pm-4pm Nov-Apr
1st and 3rd Sat.
West Chester Towne Centre Dr.
West Chester, OH 45069
westchestersfarmersmarket.com

Sunday

🦋 **Findlay Market**

(see Sat. listing)
Accepts EBT/WIC/ Produce Perks
8-2pm April-Nov
1801 Race St., Cincinnati, OH 45202
findlaymarket.org

🦋❄️ **Hyde Park**

9:30-1:30pm, May 17-Oct.25
Hyde Park Square on Erie Ave.
Cincinnati, OH. 45208
Winter: Nov.-May
Clark Montessori, 3030 Erie Ave.
Cincinnati, OH. 45208
hydeparkfarmersmarket.com

When we eat from where we live, we grow more in tune with the area.
~Jeff Poppen, Long Hungry Creek Farm, TN.

WINERIES

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 Mormon Rd., Hamilton, OH 45013
513-863-3119
OH grown wines, OH produced wines

Harmony Hill Vineyards & Estate Winery

HHWines.com
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, meade and distilled spirits from local fruit

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 eatlocalcorv.org for more information.

“Give the farmer a chance to diversify and to make their goods saleable over a longer period of time. Berries to Jam equal sales throughout the year.”

~Jennifer Gleason,
Sunflower Sundries



Available at:
Avril-Bleh & Sons
Remke
Bridgetown Finer Meats
Dutch's Larder
Langen Meats and Fine Wines
Le Bon Vivant
Marrilee's Hardware
Om Cafe
Picnic & Pantry
Pipkin's Market


www.carriagehousefarmllc.com

ARTISAN/COTTAGE PRODUCERS

Photo courtesy of Judy Ganance

Just a few of those who are using local produce to create value-added products for our enjoyment.

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.

Bee Haven Honey

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.)

Chocolats Latour

chocolatslatour.com
513 591-0085
Products: hand crafted chocolates, including chocolate bars in unique flavors, hand painted truffles and caramels, and seasonal items
Sold: Northside FM, Coffee Emporium, Park + Vine, Picnic +Pantry, Sidewinder, Jungle Jim's

Fab Ferments

fabferments.com
rawkraut@fabferments.com
Products: raw and naturally probiotic: kombucha, cultured veggies, sauerkraut, kimchi, beet kvass, pepper relishes, pickles, hot sauce and MORE
Sold: Whole Foods Market; Jungle Jim's; Weekly Juicery, Dorothy Lane Markets; Madison's at Findlay Market; Loving Hut; Fond Deli; Clifton Natural Foods; Park+Vine; Sprouts Market; Freedom Farm Market; Northside, Hyde Park and Findlay Markets; online

Grateful Grahams

gratefulgrahams.com
1032 Madison Ave., Covington, KY 41011
Products: handmade vegan graham crackers in a variety of flavors produced in the N KY. Incubator Kitchen, a shared kitchen, in Covington, KY.
Sold: Loveland, Madeira, Hyde Park FM

My Artisano Foods

myartisanofoods.com
10965 Reading Rd.,
Sharonville, OH 45241
Products: brie, mozzarella, mediterranean, paisano cheeses
Sold: Blue Ash FM, Hyde Park FM, Montgomery FM, Wyoming FM, Jungle Jim's, Fond Deli, Orchids at Palm Court

Riehle's Select Popcorn

selectpopcorn.com
812-212-2202
Products: unpopped specialty popcorn, non GMO
Sold: online, Green BEAN Delivery, George's Pharmacy

streetpops

streetpops.com
1437 Main St., Cincinnati, OH. 45202
3096 Madison Rd., Cincinnati, OH 45209
Products: all-natural gourmet pops in unique cream-based and fruit-based flavors
Sold: Storefront in OTR, Park+Vine, Picnic & Pantry, Avril Bleh Deli, Whole Foods Market, Jungle Jim's, area Farmers' Markets and events via pushcarts

Sunflower Sundries

etsy.com/shop/sunflowersundries
jennifer@sunflowersundries.com
Products: soap, jam, mustard, pickled asparagus, cornmeal + grits, corn chips
Sold: Cinti & Clifton Natural Foods, Park+Vine, Butcher Betties in Friendly market, Kremers Market, Dutch's Wine & Larder

Wittmeyer White Oak Valley Farm

Like us on Facebook
Products: summer squash pizza crusts made with loads of squash and zucchini grown on our farm
Sold: Loveland, Montgomery and Anderson FM

RESTAURANTS

List provided by Slow Food

Photo courtesy of Judy Ganance

Aquarius Star's OM

Eco Café

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

Cheapside Cafe

326 E. 8th St.
Cincinnati, OH 45202
513-345-6618
cheapsidecafe.com

Dutch's Larder

3378 Erie Ave.
Cincinnati, OH 45208
513-871-1446
facebook.com/DutchsLarder

Fireside Pizza

773 E. McMillian St.
Cincinnati, OH 45206
513-751-3473
firesidepizzawagon.com

Fond: Lunch and Deli

10764 Montgomery Rd.
Cincinnati, OH 45242
513-607-1864
facebook.com/
fondorganiclunchanddeli

Fresh Table

1801 Race St.
Cincinnati, OH 45202
513-381-FRSH
freshtable.biz

Green Dog Cafe

3543 Columbia Pkwy.
Cincinnati, OH 45226
513-321-8777
greendogcafe.net

Hen of the Woods

(coming soon) 1434 Main St.
Cincinnati, OH 45202
513-317-3551
like us on Facebook

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

Krueger's Tavern

1211 Vine St.
Cincinnati, OH 45202
513-834-8670
facebook.com/KruegersTavern

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

Meatball Kitchen

2912 Vine St., Clifton
Cincinnati, OH 45219
513-407-7405
meatballkitchenusa.com

A healthy growth of restaurants, eateries, and carry outs that source locally in season, from produce to meat and dairy products. Some even have their own gardens and beehives. It takes more time and effort to source locally, sometimes more money, but the results are worth it. They know and acknowledge their sources, and shouldn't we all?



Since 2012, one restaurant a year has been recognized for contributing to the quality, authenticity and sustainability of the food supply of Greater Cincinnati. Restaurants indicated in red have received the Snail of Approval from Slow Food. slowfoodcincinnati.org

Melt Eclectic Cafe

4165 Hamilton Ave.
Cincinnati, OH 45223
513-681-6358
meltcincy.com

Metropole at 21c Hotel

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

Murphin Ridge Inn

750 Murphin Ridge Rd.
West Union, OH 45693
877-687-7446
murphinridgelinn.com

Nectar Restaurant

1000 Delta Ave.
Cincinnati, OH 45208
513-929-0525
dinenectar.com

Nuvo

308 Greenup St.
Covington, KY 41011
859-415-1308
nuvoatgreenup.com

Orchid's at Palm Court

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

Park + Vine

1202 Vine St.
Cincinnati, OH 45202
513 721-7275
parkandvine.com

Quan Hapa

1331 Vine St.
Cincinnati, OH 45202
513-421-7826
quanhapa.com

Red Feather Kitchen

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

Red Roost Tavern

151 West 5th Ave.
Cincinnati, OH 45202
513-354-4121
cincinnati.hyatt.com

Salazar

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

Sleepy Bee Cafe

3098 Madison Rd.
Cincinnati, OH 45209
513-533-2339
sleepybeecafe.com

BREAKFAST • LUNCH • LOCAL

Monday-Friday 7am-2:30pm 3098 Madison Road
Saturday+Sunday 8am-3pm Cincinnati, OH 45209

513-533-BEEZ • sleepybeecafe.com

NEW!

PICNIC AND PANTRY

LOCATED IN OTR!
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sproutmtadams.com

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513-932-5065
goldenlamb.com

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859-581-0040
atthegruff.com

The Littlefield

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

The National Exemplar

6880 Wooster Pike
Cincinnati, OH 45227
513-271-2103
nationalexemplar.com

The Palace

601 Vine St.
Cincinnati, OH 45202
513-381-1300
palacecincinnati.com

The Rookwood

1077 Celestial St., Mt. Adams
Cincinnati, OH 45202
513-421-5555
facebook.com/TheRookwood

The Summit

3520 Central Parkway
Cincinnati, OH 45223
513-569-4890
midwestculinary.com/
thesummit

Wahill Farm

857 Six Pine Ranch Rd.
Batesville, OH 47006
812-934-2600
walhillfarm.com

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

HOW LOCAL IS YOUR BEER?

Cincinnati beer drinkers can now select “local” beers from twenty-three area craft breweries. The brewing process does require one abundant, local ingredient—water, and lots of it. It takes up to 5 liters of high quality water to produce a liter of good beer. But other than the water, very few of the ingredients are currently locally sourced. The malted barley likely comes from Wisconsin, the yeast from a few national suppliers, and the hops largely from the Pacific Northwest .

Meanwhile homebrewers can source their hops locally by growing their own or by seeking out a local supplier. I once harvested wild hops on the Little Miami Bike Trail outside of Yellow Springs. Hops production in Ohio is ramping up and now has over 100 acres of hops. Osborn Brewing in Monroe, Ohio supplies local homebrewers with fresh hops in the months of July and August.

Last year there were 35 acres of Ohio-grown barley for brewing purposes at the Matus Winery of Wakeman, Ohio. However, at this time there is no Ohio source of yeast. Homebrewers can wash and reuse purchased commercial yeast several times.

The current craft beer brewing phenomena builds on the long history of German Cincinnati beer brewing. In 1872 Cincinnati had 38 local breweries, but by 1996 the last Cincinnati traditional brewery was sold to a Boston beer company. Now, in 2015, there are new local beer taprooms in neighborhoods throughout the region and they are driving economic development from Over-The-Rhine to Mt. Healthy. Maybe someday the beer will be entirely local!

Leonard Webb is a home brewer in Cincinnati

Drink. Local. Beer: A Listing of Local Breweries

Bad Tom Smith Brewing

Blank Slate Brewing Company

Braxton Brewing Company

Cellar Dweller Brewing Company

Christian Moerlein

DogBerry Brewing

Ei8ht Ball Brewing

Fifty West Brewing

Fibonacci Brewing Company

Great Crescent Brewery

Listermann Brewing Company

MadTree Brewing Company

Mt. Caramel Brewing Company

Nine Giant Brewery

Old Firehouse Brewery

Quaff Bros Brewing

Rhinegeist Brewing Company

Tap & Screw Brewery

Taft's Ale House

Triple Digit Brewing

Urban Artifact

*list of local beers from
beerprof.com*

“The dynamics of eating are changing rapidly, back to a traditional model, used for centuries before us. . . It’s wonderful to see so many people participating in nutritious & environmentally conscious eating. And it tastes damn good too.”

~Todd Hudson, Owner and Chef,
Wildflower Café





Civic Garden Center
of Greater Cincinnati
2715 Reading Rd. (513) 221-0981
www.civicgardencenter.org



- Tour the Green Learning Station
- Find a community or children's garden near you
- Attend a class to build your gardening skills
- Bring kids for a family class, field trip, or to explore
- Shop at THE Plant Sale the first weekend in May
- Read in the Hoffman Horticultural Library
- Learn how to develop a school garden



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NEW! Sustainable Agriculture Management Certificate

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

Contact Heather Wiggins-Augustine at (513) 569.1645 or by email at heather.wiggins@cincinnatiastate.edu



www.cincinnatiastate.edu

STARTING SEEDS!



Photo courtesy of Amy Stross

For beginning gardeners seed starting can be an intimidating process. Where and what seeds to buy and how to start them can be challenging.

Starting your own seeds has many advantages. There is a much wider variety of choices when choosing seeds over transplants. Numerous varieties can be chosen for taste, climate preference, and size. You can also choose how those seeds (or their parents) were raised.

Seedlings that you raise yourself are healthier because you reduce the risk of introducing foreign pathogens. It's important to start with a good quality organic starting mix and sturdy containers. You can buy plastic flats with inserts of various sizes, or peat pots; also good are yogurt cups. Before planting your seeds you will need to find out your last frost free date, usually between April 22 – May 5 in the Greater Cincinnati area. You will plant your seedlings to correspond with when you want to transplant them into the garden. Remember to water them so they are nice and moist but not soggy.

You will need a warm sunny window, preferably getting afternoon sun. Most seedlings prefer a temperature of 65-85 degrees. Light is very important. The intensity of light is much lower for seedlings grown on a windowsill versus a greenhouse. Seedlings grown on a windowsill will need to be turned daily, lest their stems become lopsided as they reach for the sun. You may want to invest in artificial lights with fluorescent bulbs.

Once your young plants start growing you will want to give them some half strength fertilizer. Fish emulsion is a good organic fertilizer that won't burn young plants. Feed your young plants weekly and watch them grow!

Ame Vanorio is an author and organic farmer in Falmouth, Ky. You can learn more about her at www.foxrunproduce.com



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ohiovalleyfood.com • 513.818.2221

BUILDING THE LOCAL FOOD ECONOMY:

Meeting the Challenge of Distribution



Photo courtesy of Judy Ganance

Cincinnati area food shoppers will soon have three new opportunities to buy locally sourced products from neighborhood food stores: the Clifton Market on Ludlow Avenue; the Apple Street Market in Northside; and Dirt at Findlay Market. These markets will be a boost to the local foods movement because they will be open more often during the week plus give producers more time to grow food. Our region's chefs will soon have a way to more easily connect with local producers as well, through the Ohio Valley Food Connection.

DIRT: In the planning stages is a local food outlet, named Dirt, which is modeled after Local Roots in Wooster, Ohio. Dirt will be located at and operated by Findlay Market; it will be open six days a week. Local vendors will pay an annual membership fee to rent space at the store for their products. Plans are to partner with the Free Store/Food Bank to incorporate a State and Federal program where FS/FB would buy excess produce from the farmers once a week so products not sold at Dirt can go to needy families. Look for a June opening.

THE CLIFTON MARKET: After Keller's IGA closed in 2011, local residents and business owners were concerned that with the loss of its anchor grocery store that the distinctive Ludlow Avenue would lose other businesses as well. The idea to form a grocery store cooperative took shape in response to this concern and by 2014 the Clifton Market was officially incorporated. The store will be a full service market owned by its members, featuring local and organic products, with a bakery, butcher, sushi bar, and deli. It will also be a gathering place for foodies and members. Fund raising has begun. If all goes well, the opening is planned for fall 2015 or early 2016.

THE APPLE STREET MARKET will be located in the building previously occupied by the Save-a-lot grocery store, which closed in 2013, at 4145 Apple Street. This area in Northside is truly a food desert, and the market planners are hoping to attract shoppers from as far away as the College Hill area. This market will be unique in that it is a worker- and consumer-owned enterprise being developed by Cincinnati Union Cooperative Initiative. Our Harvest, the union's CSA, is coordinating the local vendors who will be selling their products such as sauces, granola and herbs in addition to fresh produce. The Apple Street Market will also deal directly with Associated Wholesale Grocers (AWG) for less expensive food and non-food items, which could attract more people to the store.

OHIO VALLEY FOOD CONNECTION will ease the connection between farmers' and chefs, helping facilitate regular access to fresh local food items in area restaurants. It's launching in 2015.

One way to build the local food economy is to improve and expand distribution models. These four ventures will each bring unique models of ownership and connection to the region, helping grow the local food economy.

Annalee Duganier was a founding member of the Madeira Farmers' Market. She is now taking time to engage her passion for permaculture, food, the environment, as well as spending time with family.

PLEDGE ALLEGIANCE TO LOCAL FOOD

Take the local food pledge at GreenUmbrella.org



Green Umbrella
REGIONAL SUSTAINABILITY ALLIANCE

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)

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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.

(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.

(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 feed-lots 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.

■ 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.

FARMS

photo courtesy of Judy Ganance

Know your farmer; know your food: Questions

- 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?
- How large is your operation?

OHIO

ADAMS CO.

Shagbark Farm Ohio

*FSC, IPM, P, PF, B, SA

www.shagbarkfarmohio.com

Winchester, OH 45697

Products: red raspberries, Shagbark Hickory Syrup, culinary & medicinal herbs & herbal teas, blackberries, wild mushrooms, wild edibles, Ohio Pawpaws

Sold: Hyde Park FM, check website for additional locations

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; raw milk cheese, herd shares Jersey cows; seasonal vegetables; spelt

Sold: Anderson FM, College Hill FM, Covington FM, Northside FM, CSA

Bixler Farm *NO SPRAY, CCRC, 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: At our farm Sat. 9am to 12pm or by appointment, Brown Co FM in Mt. Orab and Georgetown

Dean Family Farm

*GF, HR, CRCC, LS, HB, HF, NR

www.deanfamilyfarm.com

513-739-3125

10924 Smokey Row Rd.

Georgetown, OH 45121

Products: rare Red Wattle pork

Sold: primarily to restaurants

Mark's Pure Honey *PF

513-373-2724

wesselem@yahoo.com

5231 Tricounty Highway

Mount Orab, OH 45154

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

Sold: On-site, can order ahead, Patty's Old Fashioned Popcorn in Cincinnati, Bite Restaurant in Milford, Burger Farm in Newtown

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"Gardening is not just our livelihood – it is our passion."

~ Vivian Pfankuch, Jaybird Farms

Martin Hill Farms Ltd.

*B, P, CRCC, PF, SA, IPM

www.growmaster.com

farmermike@growmaster.com

Aberdeen, OH 45101

Products: CSA, Fresh Produce, Farm Produced Preserve Harvest

Sold: Custom Online Ordering and Home/Office Delivery, Participates in Share-A-Share Program
www.share-a-share.org

Straight Creek Valley Farm

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

www.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, and hay

Sold: Farm store, visit our web site

Wittmeyer White Oak Valley Farm *SA, IPM, LS, CRCC, T

Find us on Facebook

513-404-1238

4153 Kincheloe Rd.

Georgetown, OH 45121

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

Sold: Loveland, Montgomery, and Anderson FM

BUTLER

Double J Farm

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

513-284-7330

streitsdoublejfarm@gmail.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

5oaksorganics@gmail.com

2771 Oxford Trenton Rd.

Oxford, OH. 45056

Products: vegetables including lettuce, tomatoes, green beans, peas; strawberries; grains – wheat, oats, millet, dent corn for cornmeal, barley; flowers and herbs

Sold: Hyde Park FM, Oxford Uptown FM, Wyoming Ave. FM

Harris-Miller Farm *O, GF

513-524-9419

wmiller618@aol.com

6578 Fairfield Rd., Oxford, OH 45056

Products: 100% grass-fed beef, sold in cuts and ground beef at MOON in Oxford and in quarters/halves from the farm, certified organic corn, wheat, spelt, soy bean, hay & oats

Sold: Farm paickup, MOON Coop Store in Oxford

CLERMONT

B & D Goats *C, FR, GF, HF, HR, NR

www.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: Findlay and Hyde Park FM

Big Fish Farms

www.bigfishfarms.com

513-233-5909

info@bigfish.com

Bethel, OH 45106

Products: regional, sustainable farm-raised Paddlefish

Sold: see website

Bryan Farm *FR, GF, HF, HR

cbryan@fuse.net
New Richmond, OH 45157
Products: Dairy herdshares – goat & cow
Sold: Farm, various delivery spots

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: Loveland FM, Maderia FM, Milford FM, Hyde Park FM

Earth-Shares CSA

*O, SA, CRCC, PF
www.earthsharescsa.org
membership@earthsharescsa.org
932 O'Bannonville Rd.
Loveland, OH 45140
Products: organically grown vegetables plus a few herbs & fruit
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: Anderson FM, Hyde Park FM, Loveland FM

Gray Fox Farms

*O, CR, CC, IPM, PF, SA
www.grayfoxfarmsohio.com
3620 State Route 222, Batavia, OH 45103
Products: organic produce: tomatoes, green beans, bell and hot peppers, greens (lettuce, arugula, kale), squash (yellow, zucchini, and winter), potatoes, maple syrup
Sold: Farm, Our Harvest Coop, select restaurants, contact us or see our website for current list of locations

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

Poe's Honeybee Farm *PF

513-734-0169
2989 State Route 133, Bethel, OH 45106
Products: local honey and bee pollen
Sold: at Farm

Pringles Orchard *PF

Find us on Facebook
513-625-9866
2697 Pringle Rd., Goshen, OH 45122
Products: apples with limited U-pick, cider, honey, jam, fall decorations and pumpkins
Sold: at Farm

The Organic Farm at Bear Creek *O, SA, CRCC

www.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: Hyde Park FM, Pipkin's, Susan's Natural World, Gorman Farm, Madison's at Findlay Market, Spicy Olive, Miami University, and direct contact

CLINTON

Bergefurds Farm Market and Greenhouses *IPM, LS, CRCC

www.bergefurdsfarmmarket.com
937-383-2133
234 State Route 350 West
Wilmington, OH 45177
Products: a variety of berries, tomatoes, sweet corn, melon, peppers, summer and fall squash, green beans, lettuce, pumpkins and more
Sold: Farm Store, Anderson FM, College Hill FM, Deerfield FM, Hyde Park FM, CSA

Branstrator Farm LLC

*P, IPM, LS, SA
www.branstratorfarms.com
937-203-8289
885 North George Rd.
Clarksville, OH 45113
Products: asparagus, strawberries, blackberries, peaches, tomatoes, winter squash, pumpkins, gourds, broccoli, cauliflower
Sold: our own Farm Market, Pipkins Market & Dorothy Lane Markets, Loveland FM, Madeira FM

That Guys Family Farm & That Girls Flowers

*O, FR, GF, HF, CRCC, SA
www.thatguysfamilyfarm,
www.thatgirlsflowers
937-289-3151
394 State Route 380, Clarksville, OH 45113
Products: certified organic produce and cut flowers; pastured raised Thanksgiving turkeys; specializing in greens, tomatoes, root crops and hand tied bouquets
Sold: Farm, Wyoming FM, Deerfield FM, CSA from farm

Walnut Ridge Acres

*CNG, IPM, PF, SA, B, CRCC, HB, HF, NR
www.walnutridgeacres.com
937-289-3222
7912 Route 22/3, Clarksville, OH 45113
Products: certified naturally grown produce and cut flowers; non-certified pork. Pork is sold whole or by the side only from the farm.
Sold: Hyde Park FM, Blue Ash FM and select local restaurants

Webb Valley Farm

*B, T, CRCC, PF, SA, FR, GF, HF, HR, NR
www.webbvalleyfarm.com
937-382-5480, cell: 937-725-1690
1134 N. Webb Rd
Wilmington, OH 45177
Products: grass fed beef, pastured pork, pasture raised chicken/eggs and year-round meat CSA; homemade soap and lotion bars
Sold: Blue Ash FM, Deerfield FM, Lebanon FM, Loveland FM, Farm Store open year round 3:30pm to 7:00pm

DARKE

E.A.T. Food For Life Farm

*O, SA, CRCC, PF, FR, GF, HR, NR
www.eatfoodforlife.com,
Find us on Facebook
419-336-5433
14360 Mangen Rd
Yorkshire, OH 45388
Products: grass fed meats, dairy, breads, eggs, fermented vegetables, Kangen water
Sold: Farm Store in Yorkshire; Delivery locations in Greenville, Dayton, Cincinnati

HAMILTON

Al Krismer's Plant Farm *SA, PF

www.krismers.com
513-295-5822
3556 Poole Road, Cincinnati, OH 45247
Products: fresh vegetable, herb and bedding plants. Heirloom varieties. Homegrown vegetables, many new varieties
Sold: On-site

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)

Carriage House Farm

*SA, CRCC, PF, IPM
www.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: Northside FM, Hyde Park FM, Lettuce Eat Well FM, Retailers: Biggs, Bridgetown Fine Meats, Green BEAN Delivery, Park + Vine, Picnic and Pantry, Pipkin's Market, Whole Foods Market, Restaurants

Clough Valley Maple Syrup

www.cloughvalley.com
Find us on Facebook
5531 Clough Pike, Cincinnati, OH 45244
Products: locally produced maple syrup
Sold: check website

"I am currently working with the National Resources Conservation Services (NRCS) on soil conservation practices on my farm. . . This will ensure clean water for individuals within the watershed as well as (in) the Ohio River. . . when you support local, sustainable farming practices, you are helping to ensure clean water for all."

~James Linne, White Clover Farm, Highland Co.

Enright Ridge Urban Ecovillage Farm Project

*B, P, SA, CRCC, PF
 www.enrightecovillage.org
 csa@enrightecovillage.org
 PO Box 5206, Cincinnati, OH 45205
Products: CSA
Sold: CSA pick up in Price Hill

Findlay Market Farm

*SA, LS, CRCC, PF
 www.findlaymarket.org
 513-665-4839
 1801 Race St., Cincinnati, Ohio 45202
Products: 4 season salad greens, kale, chard, tomatoes, onions, potatoes & usual seasonal suspects
Sold: Findlay FM, Findlay Merchants

Finn Meadows Farm

*SA, CRCC, PF, FR, GF, HF, HR, NR
 www.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, Montgomery FM

Gorman Heritage Farm

*CRCC, SA, PF, FR, GF, HF, HR, NR
 www.gormanfarm.org
 513-563-6663
 10052 Reading Rd., Evendale, OH 45241
Products: cage free eggs, chicken & pork, beef in season, vegetables including 4 season salad greens, u-pick flowers
Sold: Onsite Farm Market – see website for availability

Greenacres Farm

*CRCC, PF, FR, GF, HF, HR, NR
 www.green-acres.org
 513-891-4227
 8255 Spooky Hollow Rd.
 Cincinnati, OH 45242
Products: grass fed: Black Angus beef, lamb; pastured broiler chickens, layer hens, turkey; pastured Berkshire pork; seasonal produce; fresh eggs daily, raw honey
Sold: Greenacres Farm Store, CSA

Homeadow Song

*P, CRCC, IPM, PF, SA, HF, HR, NR
 www.homeadowsongfarm.com
 513-542-1547
 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 Coop

*T, CRCC, IPM, PF, SA, GF, HF, HR, NR
 www.ourharvest.coop
 513-620-4642, cell: 405-818-3731
Products: wide variety of seasonal produce including greens, carrots, squash, lettuce, broccoli, tomatoes, and sweet corn; grass fed beef
Sold: CSA pick-up locations around the city; West Chester FM, and College Hill FM, area restaurants and retail outlets; see website for up-to-date list

Parkland Homestead

*B, CRCC, P, PF, SA, FR, GF, HB, HR, NR, HF
 www.parklandhomestead.com
 513-706-5148
 Cincinnati, OH 45233
Products: Fresh fruits & vegetables, herbs, fresh eggs
Sold: Saylor Park FM, Lettuce Eat Well FM, onsite, home delivery in selected areas

Permaganic ECO GARDEN

*P, SA, CRCC, PF
 www.permaganic.org
 513-621-GROW(4769)
Products: seasonal vegetables, fruits and herbs, lettuces, greens and garlic
Sold: Findlay FM Sat, Hyde Park FM, We Pick Youth Urban Market Garden - location at ECO Garden @ 1718 Main St., Cincinnati 45202, Thurs. 4-7pm

Probasco Farm

*IPM, PF, SA
 Find us on Facebook
 2335 W. McMicken Ave
 Cincinnati, OH 45214
Products: cultivated oyster and shiitake mushrooms, seasonal forged mushrooms, sustainably raised vegetables, greens & basil, Grow-your-own mushroom kits during cool season
Sold: mushroom CSA (10wks or 30 wks subscription), Hyde Park FM, Northside FM

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

The Village Green

*B, P, CRCC, SA, FR, NR
 Find us on Facebook
 513-541-3553
 1415 Knowlton St.
 Cincinnati, OH 45223
Products: community garden spaces, produce, eggs, plant starts
Sold: on site, Northside FM

Turner Farm

*O, CRCC, FR, GF, HF, HR, NR
 www.turnerfarm.org
 513-561-7400
 7400 Given Rd., Cincinnati, OH 45243
Products: wide variety of seasonal produce; herbs; pick your own flowers & flower CSA; eggs; meat: pre-order chicken, lamb and pork. Call or e-mail for ordering. Educational classes.
Sold: Farm Shed - straight down driveway, Madeira FM, Findlay Market - Sat.

Urban Greens *ZERO CHEMICALS
 www.urbangreencinci.com
 513-255-0955
 234 Strader Ave, Cincinnati, OH 45226
Products: annual vegetables, perennials, herbs
Sold: CSA

To help grow the local food system, "we need continued and growing consumer support of small family farms and community/neighborhood markets and retail outlets. "
 ~ Jeff and Sandra Ashba,
 The Organic Farm at Bear Creek

Building Healthy Futures Through:

- CSA/Produce
- Hiking Trails
- School Groups
- Camps
- Volunteering
- Farm Animals
- Festivals
- Tours/Classes
- You Pick Flowers



www.GormanFarm.org



10052 Reading Road
 Cincinnati, OH 45241
 513.563.6663
 info@GormanFarm.org

WHITE CLOVER FARM
James Linne
513-562-7298
grassfedbeefohio@gmail.com
www.whitecloverfarmohio.com
100% Grassfed Beef from Hillsboro, OH

American Grassfed®

🦋 **Wooden Shoe Gardens** *0

woodenshoegarden@fuse.net
5115 Wooden Shoe Hollow Dr.
Cincinnati, OH 45232
Products: organic wheatgrass, microgreens, potted herbs, seasonal vegetables
Sold: Whole Foods Market, several Greater Cincinnati area FM, CSA

HIGHLAND

🦋 **Dutch Valley Acres**

www.dutchheritage.farm
Leesburg, OH 45135
Products: produce, pastured poultry and eggs, grass fed beef and dairy, cultured vegetables, home-baked goods
Sold: CSA, delivery in the Cincinnati area

🦋 **Fair Ridge Farm**

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

Highland Haven Farm

*SA, CRCC, PF, GF, FR, HF, HR, NR
www.highlandhavenfarm.com
contact Andrea 513-417-8777
12221 Turley Lane, Hillsboro, OH 45133
Products: milk & dairy products through herd share, grassfed beef, pork, poultry, & eggs
Sold: Farm, buying club, numerous delivery points across Cincinnati

🦋 **Jaybird Farms** *IPM, LS, FR, HF

www.jaybirdfarms.com
937-442-4800, 513-633-5218
2091 State Route 321,
Sardinia, OH 45171
Products: herbs, fresh cut flowers, vegetables, homemade jams, jellies, potted herbs & flower plants, brown eggs & u pick lavender
Sold: Loveland FM, Milford FM, Maderia FM

TS Farms

*SA, CRCC, PF, FR, GF, HB, HF, HR, NR
www.tsfarms.net
937-763-1167
11061 Careytown Rd.,
New Vienna, OH 45159
Products: cow & goat milk herd shares; beef, pork, chicken, turkey, lamb, and rabbits; eggs, grains & flours, jams, jellies, canned & baked goods; catering
Sold: at the Farm, Montgomery FM, Maderia FM, drop off points in Cincinnati

🦋 **White Clover Farm** *GR, HR, NFR

www.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 *0

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
www.boulderbeltfarm.com
Boulder Belt 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, MOON co-op, CSA

🦋 **Morning Sun Farm (Dale Filbrun and Family)**

*CRCC, IPM, PF, SA, FR, GF, HB, HF, HR, NR
937-787-4885
3993 St. Route 503 S
West Alexandria, OH 45381
Products: organically raised chicken, turkey, pork, beef, lamb; eggs; fresh ground and rolled spelt, spelt cereal; turkey red wheat flour; straw & hay
Sold: From the farm, West Chester FM, Oxford FM, Yellow Springs FM, Centerville FM; eggs - locations in Dayton and Cincinnati

WARREN

Bensman Family Farms

*PF, FR, GF, HF, HR, NR
www.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 Organic Farm**

*B, O, SA, CRCC, GF, HF, HR, NR
937-238-9858
cooksfarm@embarqmail.com
3611 E. Lwr. Springboro Rd.
Waynesville, OH 45068-8792
Products: grass fed beef, free range eggs, lettuce, spinach, squash, potatoes, tomatoes, sweet corn
Sold: Deerfield Township FM, Wyoming Ave. FM

🦋 **Irons' Fruit Farm**

*CRCC, C, IPM, LS
www.ironsfruitfarm.com
Closed till Spring; leave message
513-932-2853, or cell: 513-836-0871
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, Centerville FM, Oakwood FM, Franklin FM

Michener's *PF, HR, NR, HF

513-897-7236
4980 East Old State Route 73
Waynesville, OH 45068
Products: beef by the 1/4, 1/2 or whole share, freezer beef available year round; sweet cherries, apples, pears
Sold: on the Farm, call or stop by

Peace Angel Farm *CNG, CRCC, PF, SA

www.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

🦋 **Schappacher Farm**

*C, IPM, FR, HF, HR, NR
www.schappacherfarms.com
513-515-5138
3829 S. US 42, Lebanon, OH 45036
Products: sweet corn, summer produce, beef, pumpkins, Thanksgiving turkeys, honey, jams & jellies, fall decorations, hayrides, corn maze

🦋 **Wrocklage Run Farm**

*P, CRCC, PF, SA
www.localharvest.org/wrocklage-run-farm-M56108
wrocklage@tds.net
8813 Morrow-Rossburg
Pleasant Plain, OH 45162
Products: half-runner and many kinds of dry beans, garlic, veggies, herbs, fruits, nuts, & mushrooms
Sold: at farm; see website, Deerfield FM

KENTUCKY

BOONE CO.

Dark Wood Farm *CCRC, PF, SA
darkwoodfarmstead.com
5285 Waterloo Rd.,
Burlington, KY 41005
Products: all-natural, pesticide-free
seasonal vegetables and berries
Sold: Northside FM, Findlay Market, CSA

🦋 **McGlasson Farms** *CCRC, LS, C
www.mcglassonfarms.com
859-689-5229
5832 River Rd. (route 8),
Hebron, KY 41048
Products: wide selection of seasonal
fruits and vegetables, apple cider and
maple syrup, fall decorations, selected
hardwood lumber, mums; 6th generation
family farm
Sold: Farm stand-check website;
Boone Co. FM

BRACKEN

The Cox Family Farms
*GF, HF, HR, NR
www.thecoxfamilyfarms.com
151 Cox Lane, Johnsville, KY 41043
Products: grass-fed beef
Sold: On-line ordering

CAMPBELL

Dawson Farms L.L.C. *CCRC, LS
859-635-5244
11897 Pleasant Rd., Alexandria, KY 41001
Products: flowers and produce
Sold: Lunken Airport FM

🦋 **Greensleeves Farm**
*P, CCRC, IPM, PF, SA, FR, GF, NR
859-445-5044
greensleevesfarm@gmail.com
10851 Pleasant Ridge Rd.
Alexandria, KY 41001
Products: asparagus to zucchini,
seasonal greens, 20 varieties garlic,
12 varieties driedbeans, blackberries,
heirloom tomatoes, peppers and
potatoes; unusual veggies, bedding
plants; fresh and dried herbs
Sold: Ft. Thomas FM, Covington FM,
on the farm CSA

Idyllwild Farm *O, SA, CCRC, PF
www.idyllwildfarm.wordpress.com
740-475-9157
7251 Four Mile Rd., Melbourne, KY 41059
Products: certified organic 4 season
salad greens, onions, garlic, potatoes,
shallots and the usual seasonal suspects
Sold: Northside FM, Findlay FM

Neltner Farm *CCRC, LS, GF
www.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, CCRC, 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

**Farm at Holiday Harbor & Our
Mother's Garden**
*B, P, CCRC, PF, SA, FR, HB, HF, HR, NR
Find us on Facebook
www.ourmothersgarden@insightbb.com
California, KY 41001
Products: naturally grown produce
from A-Z, blackberries, farm fresh eggs,
handcrafted soaps, jellies & jams
Sold: CSA pickup Bellevue/Ft. Thomas

KENTON

Atwood Village Family Farm
*SA, CCRC, PF, FR, GF, HF, HR, NR
www.AtwoodFarmshare.com
859-803-4992
2043 Moffett Rd.,
Independence, KY 41051
Products: heirloom tomato plants,
vegetable plants; heirloom vegetables;
cut flowers; heritage breed turkeys,
pork, duck, chicken, goat meat
Sold: farm by appt; CSA,
DCCH FM in Ft. Mitchell



Photo courtesy of Judy Ganance

🦋 Rains & Sun Hilltop Farm

*CCRC, IPM, PF, SA
www.rainsandsun.com
859-432-3641
10050 Marshall Road
Covington, KY 41015
Products: 30 + fruits and
vegetables through CSA
Sold: CSA pick up on farm or near
Devou Park (Covington/Park Hills)

Tewes Farm
*FR, HF, HR, NR
www.tewesfarm.com
859-341-8844
2801 Crescent Springs Rd.
Erlanger, KY 41018
Products: fresh chickens, turkeys & eggs
Sold: Farm—ordering is encouraged

OWEN

Hazelfield Farm *CNG, SA, CCRC, PF
www.hazelfieldfarm.com
502-463-2492
1585 Butler Inn Rd., Worthville, KY 41098
Products: cut flowers; heirloom toma-
toes, vegetables, herbs, potted plants;
flowers for weddings etc.
Sold: Hyde Park FM - CSA

PENDLETON

🦋 **Fox Run Farm - CSA** *B, CNG,
SA, CCRC, PF, FR, HR, GF, HF, HR, NR
www.foxrunproduce.com
859-242-1037
PO Box 174, Falmouth, KY 41040
Products: produce, herbs and flowers,
eggs and heritage meats; educational
programs in self sufficiency, organic
gardening and livestock care for individu-
als and groups; online consultation
Sold: CSA (pick up at Farm and Covington
FM) Residential CSA Delivery to Campbell
and Kenton Counties, Covington FM
on Saturdays

INDIANA

DEARBORN CO.

Beiersdorfer Orchard *LS
www.beiersdorferorchard.com
812-487-2695
21874 Kuebel Rd., Guilford, IN 47022
Products: apples, peaches, pears,
plums, cherries, apple cider, apple
(with or without sugar), pear, &
pumpkin butters, honey
Sold: Farm Store year round

Lobenstein Farm
*CNG, LS, CCRC, FR, HR, NR
Cell: 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; UC/Blue Ash FM,
Northside FM, Ft. Thomas FM, Wyoming
Ave FM, Maderia FM

DECATUR

Langeland Farms
*O, SA, CCRC, HF, GF, HR, NR
812-663-9546
patty@langelandfarms.com
3806 S. County Rd. 550E
Greensburg, IN 47240
Products: freezer beef - both grass fed
certified organic pasture & Non-GMO
corn@finish. Certified organic popcorn,
black beans, wheatberries, flours
Sold: Online FM (hoosierharvestmarket.
com) and at the farm

Symbols to watch for: 🦋 Our Donors *GROWING PRACTICES

FRANKLIN

Michaela Farm

*B, CRCC, PF, SA, FR, GF, HF, HR
oldenburgfranciscans.org/farm.asp
michaelafarm@etczone.com
michaelafarm@oldenburgosf.com
3127 SR 229
Batesville, IN 47006

Products: seasonal produce, grass fed beef, local honey, dried herbs, canned goods, free range eggs
Sold: CSA featuring produce, beef, and eggs, On-farm store

Steinfert Farms

812-934-4598
1176 Shrine Rd. Batesville, IN 47006
Products: vegetables, pumpkins, cut flowers
Sold: Batesville FM

JEFFERSON

The Eaton Farm

*SA, CRCC, PF, GF, HF, HR, NR
www.theeatonfarm.com
812-839-6452
6880 N. Scott's Ridge Rd.
Madison, IN 47250
Products: produce, non-gmo eggs & meat, including beef, chicken, pork, and turkey (Thanksgiving and year round)
Sold: Hyde Park FM (produce and meat CSA) & The Good Eaton Club (our year-round meat CSA) in Clifton

OHIO

🦋 **Backyard Orchard** *IPM, LS, SA

www.backyardorchard.blogspot.com
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: Anderson FM, Bellevue FM, Findlay FM, Hyde Park FM, Madeira FM, Northside FM, Wyoming FM; from Farm 10am-7pm July-Nov.

Rising Sun Beef

*FR, GF, HF, HR, NR
www.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
www.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

www.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

Wake The Farm Up, Lola's Botanicals & Wind Dance Farm

*P, B, CRCC, IPM, PF, SA
www.wakethefarmup.com
513-479-7070
2655 So. Co. Rd 750 E
Dillsboro, IN 47018
Products: Over 300 plant species recorded through 2013. Herbs fresh, dried and preserved in various forms. Roots shoot, greens, flowers, fruits, berries, seeds and more...
Sold: Northside FM all year long, CSH shares, check our website & etsy store for more pop up locations and special orders

COMMUNITY SUPPORTED AGRICULTURE IS GROWING!

Have you ever wondered if the number of CSA programs are growing? Are more people getting their food directly from farmers? What are people learning about agriculture, food, and cooking through participating in CSAs? To answer these and other questions, I investigated CSA programs in Ohio, Kentucky, and Indiana. I conducted a series of case studies through 100 hours of participant observation and 31 semi-structured interviews with shareholders and growers of 10 CSAs in the Cincinnati area. Furthermore, to gain a regional perspective, I conducted a telephone survey with 111 CSA growers in Ohio, Kentucky, and Indiana.

I found that the number of CSA programs have increased in all three states over the past decade. Since 2009 Ohio has added 102, Kentucky 32, and Indiana 28 new CSA programs, bringing the totals of the states to 198, 78, and 84, respectively. Over half (56%) of 111 CSAs in my sample began their programs since 2009, with 1/3rd of the CSAs being 6-10 years old. Only 16 CSAs (14%) have been around for more than 11 years. I estimate that 48,316 people in OH, KY, and IN are eating CSA food (about .21% of the total population in these three states).

Along the lines of education many CSAs provide recipes, newsletters, farm tours, and classes. Other CSA programs offer opportunities for learning and education by training new farmers, conducting research, building community partnerships, and organizing outreach, volunteer, service learning, and social events. Findings indicate a dynamic and constant evolution of the CSA model as organizations adapt from season to season. The case study data reveals a rich network of people, organizations, and resources that are working together to build alternative agrifood systems.

R. Alan Wight. PhD.
wightra@ucmail.uc.edu

FARM-FRESH FOOD

Purchase our custom CSA / food basket and choose which local foods you want weekly from our real-time inventory.

HOME DELIVERY AVAILABLE



Our Local Food Shepherd

- Fresh, local produce
- Grass-fed meats
- Pastured poultry
- Cultured vegetables
- Home-baked goods
- Grass-fed Dairy
- Pastured Eggs
- Non-GMO chicken feed

... and much more!

dutchheritage.farm

Local food is an important piece of increasing vegetable and fruit consumption. Studies show that people who eat 5 or more fruits and vegetables a day manage their weight much better than those who don't.

~Mary Singler, Health Education Manager, Northern KY Health Dept.

CSA'S

Photo courtesy of Amy and Vince Stross

Community Supported Agriculture (CSA) is a plan where shareholders pay an upfront fee to the farmer who, in return, provides a share of each week's harvest during agreed upon times of the year. There are different types of CSAs in our region: work and no work shares with a choice of products and seasons.

For more details about the following CSAs, check out the Farm listings (pp. 13-18)

EAT LOCAL IN WINTER



Photo courtesy of Adam Batson, Fair Ridge Farm and CSA

Eating locally in winter can actually be a rewarding experience for everyone. Think rich savory stews, roasted root vegetables, and pumpkin bread. Hearty meals that fill and warm us are popular. Trying out a new recipe is a fun activity on a blustery day. Check out eatlocalcorv.org for recipes.

In the Central Ohio River Valley fresh vegetables in winter come from two main sources:

Locally grown vegetables are grown in the fall and early winter outside and stored for winter use. Turnips, beets, carrots, potatoes, winter squash, and apples are often available in our area. They store well in a root cellar or other cool dry location.

Greens and hardy crops can be grown in unheated or heated greenhouses for winter consumption. Greens such as mustard, kale and chard as well as lettuce are very hardy. Broccoli and cabbage actually become more flavorful after a cold snap.

Farmers also provide meats that have been frozen and various homemade value added products. Honey, maple syrup, dried beans, jams, eggs and fermented vegetables are also readily available during the winter.

Planning is as important for the consumer as it is for the farmer. Utilize your CORV guide to plan your winter shopping trips. Check for the snowflake next to the Farmers Market to find a winter market. A growing number of CSAs offer a fall or winter share to provide their members with fresh vegetables and frozen meats.

Ame Vanorio is an author and organic farmer in Falmouth, Ky. You can learn more about her at www.foxrunproduce.com

INDIANA

FRANKLIN CO.

Michaela Farm

JEFFERSON CO.

The Eaton Farm

RIPLEY CO.

Easter Rising Farm

Wake The Farm Up

KENTUCKY

CAMPBELL CO.

Greensleeves Farm

The Farm at Holiday Harbor & Our Mother's Garden

KENTON CO.

Atwood Village Family Farm

Rains & Sun Hilltop Farm

OWEN CO.

Hazelfield Farm

PENDLETON CO.

Fox Run Farm – CSA

OHIO

BROWN CO.

Back Acres Farm

Martin Hill Farms Ltd.

CLERMONT CO.

Earth-Shares CSA

CLINTON CO.

Bergefurds Farm Market and Greenhouses

That Guys Family Farm & That Girls Flowers

Webb Valley Farm

HAMILTON CO.

Enright Urban Ecovillage Farm Project

Finn Meadows Farm

Gorman Heritage Farm

Greenacres Farm

Our Harvest Coop

Turner Farm

Urban Greens

Wooden Shoe Gardens

HIGHLAND CO.

Cedarmore Farm

Fair Ridge Farm

MONTGOMERY CO.

Hungry Toad Farm

PREBLE CO.

Boulder Belt Eco-Farm

Our Harvest Cooperative

Weekly Harvest Box (CSA)

- Sustainable, local produce and other local products
- 12+ convenient pick-up locations across Cincinnati

Sign Up/Visit Us:
www.OurHarvest.coop

WHAT WOULD WE DO WITHOUT OUR SPONSORS

Gratitude for the generosity of our supporters

THANKS TO OUR HARVEST HOTSHOTS:

Meshewa Farm Foundation

7400 Given Road
Cincinnati, OH 45243-1540
turnerfarm.org
513-561-7400

Findlay Market

1801 Race St.
Cincinnati, OH 45202
findlaymarket.org
513-665-4839

Sisters of Charity of Cincinnati

5900 Delhi Rd.
Mount St. Joseph, OH 45051
srcharitycinti.org

AND OUR SEED SAVERS:

Debbie and Dick Westheimer

Perelandra Farm

Cincinnati Monthly Meeting of the Religious Society of Friends

8075 Keller Rd.
Cincinnati, OH 45243
cincinnati.friends.org
513-791-0788

LaTerza Artisan Coffee Roasterie

Our NEW Roasterie site is located at: 611 Shepherd Drive, Unit 17 Cincinnati, OH 45215
info@laterzacooffee.com
find us on FB

Sold: CAVU coffee, Whole Foods Mason and Cincinnati, Redtree Gallery, Buona Terra Gelato, Coffee Shop on Wooster, Park + Vine, Picnic and Pantry OTR (opening soon), Dean's Mediterranean Imports, Clifton Natural Foods, Sidewinder Coffee, etc.

Nutrition Council

5050 Madison Rd. (on the campus of The Children's Home)
Cincinnati, OH 45227
nutritioncouncil.org
513-621-3262

SW Chapter of the Ohio Ecological Food and Farming Association (OEFFA)

oeffa.org
swoeffa@gmail.com
Promotes sustainable, local, and organic agriculture that builds safe and healthy food systems, and preserves Ohio's natural environment.

Margaret L. Straub

PRODUCTION TEAM

Thanks to all those planning, gathering, sorting, editing, designing, and doing tasks too small to name to create this publication.

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

Kitchen Cabinet:

- Jim Lowenburg, Running Creek Farm
- Diana Porter, Farm Market of College Hill
- David Rosenberg, Wooden Shoe Garden

Project Support:

- Karen Arnett, Mt. Healthy Honey (artisan/cottage producers)
- Karen Egan, Home Meadow Song Farm (growers)
- Jo Ann Kavanaugh, Mt. Washington (farmers' markets)
- Diana Porter, Farm Market of College Hill (wineries)
- Anita Sorkin, Certified Holistic Health Coach (editing)
- Slow Food Cincinnati (Restaurants)

Cover Photo: Judy Ganance

Back Cover Photo: Amy and Vince Stross

Graphic Art & Layout: Breanna Parker
breannaparkerdesign@gmail.com

Website: Design by Breanna Parker.
Local food locator, Donde (donde.io).

Project Mentor:



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

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