



# 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

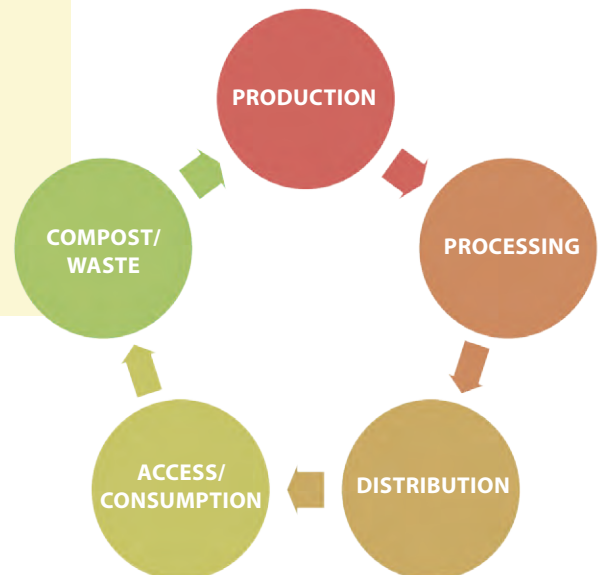
## WHAT'S SUSTAINABLE?

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

### *What can you do to know, grow, and eat local?*

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**Support the CORV Guide!** [eatlocalcorv.org](http://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](http://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](http://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](http://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](http://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](http://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](http://ccfarmersmarket.net)

  **Loveland**  
3pm–7pm May–Oct.,  
across from Loveland City Hall  
**Winter:** 3:30pm–6:30pm  
1st and 3rd Tues Nov–Apr  
Prince of Peace Lutheran Church  
Loveland, OH 45140  
[lovelandfm.com](http://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](http://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](http://WyomingAveFarmersMarket.com)

## Wednesday

*New*  **Blue Ash**  
3:30pm–7:00pm; May 6–Oct. 28  
Summit Park  
4335 Glendale Milford Road  
Blue Ash, OH 45236  
[blueash.com](http://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](http://clintoncountymarket.com)

**Ft. Thomas**  
Wed. 3pm–7pm May–Oct.  
S.Ft. Thomas Road and River Ave  
Ft. Thomas, KY 41075  
[ftthomas.org](http://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](http://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](http://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  
brewrivergastropub.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  
freshstable.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](http://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  
murphinridgelnn.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

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

513-533-BEEZ • [sleepybeecafe.com](http://sleepybeecafe.com)

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513-381-6325 (MEAL)  
[picnicandpantry@gmail.com](mailto:picnicandpantry@gmail.com)  
[WWW.PICNICANDPANTRY.COM](http://WWW.PICNICANDPANTRY.COM)



**Sprout Market & Eatery**

941 Pavilion St.  
Cincinnati, OH 45202  
513-721-6977  
sproutmtadams.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  
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  
513-492-7574  
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



*"Building community through gardening, education and environmental stewardship."*

# Growing Value

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(Next to Building Value)  
Open Spring and Fall or by Appointment: 513-569-2579  
[This-Land.org](http://This-Land.org)



**JUST AN ORDINARY DAY**

# IN THE CLASSROOM.

**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](mailto:heather.wiggins@cincinnatiastate.edu)



[www.cincinnatiastate.edu](http://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](http://www.foxrunproduce.com)



Farmers produce.  
Chefs create.  
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## OHIO VALLEY FOOD CONNECTION

[info@ohiovalleyfood.com](mailto:info@ohiovalleyfood.com)  
[ohiovalleyfood.com](http://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](http://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](http://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					■	■	■	■	■	■	■	■
<b>BERRIES:</b>												
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

Symbols to watch for:  Our Donors \***GROWING PRACTICES**

"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](http://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

🦋 **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.easterisingfarm.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...  
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**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

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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](http://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](http://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

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## 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.

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- Diana Porter, Farm Market of College Hill
- David Rosenberg, Wooden Shoe Garden

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- Karen Egan, Home Meadow Song Farm (growers)
- Jo Ann Kavanaugh, Mt. Washington (farmers' markets)
- Diana Porter, Farm Market of College Hill (wineries)
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- Slow Food Cincinnati (Restaurants)

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