



2017-2018

LOCAL FOOD GUIDE

celebrating

1410

years

Take the Pledge



p. 12

2017

THE GRACE OF TEN

I don't actually eat that gracefully, but I do say grace before dinner, taking time to pause and give thanks. So, let me pause to say grace for the 10 years of producing this guide. Although some of the work is just plain work, like updating the listings, the actual connecting with growers and market managers and food/wine makers is a joy. As is working with the CORV team - it's been wonderful to have help with all the details of the lists. The list is long of those to thank for "making this happen," so check the credits, the sponsors, and the advertisers. A special thanks to two people who have worked on this project from the beginning: Jim Lowenburg from Running Creek Farm who gives good advice and Breanna Parker, our primo graphic designer and so much more.

10 WAYS WE'VE GROWN OVER THE PAST 10 YEARS:

- 1 DISTRIBUTION:** Increased from 10,000 copies distributed at one main event to 40,000 copies distributed through CityBeat and multiple events.
- 2 GUIDE SIZE:** Providing twice as much local content with 8 pages in 2008 to 20 pages in 2017.
- 3 LISTING VARIETY:** Expanded from just Farmers' Markets and Farm listings to adding Restaurants, Wineries, a sampling of Cottage/Artisan Producers, CSA, Meats, and the past Beer list - I'll drink to that.
- 4 TEAM:** Doubled our production team from 5 people to 10 (mainly volunteer).
- 5 BUDGET:** More than doubled our budget from \$5000 to \$12,000 increasing funding from 1 grant and a fundraiser to multiple sources, including sponsors and ads.
- 6 LOCAL LISTINGS:** From 31 to 48 farmers' markets listings, 60 to 86 farm listings.
- 7 PARTNERS:** Increased partnering to include Imago, Green Umbrella, Slow Food Cincinnati, and Northside Farmers' Market.
- 8 WEBSITE:** Launched a new website in 2015 with the ability to search for local food in the Central Ohio River Valley.
- 9 TALK LOCAL:** In 2016 started Talk Local, online articles to provoke local discussion around local food topics.
- 10 REPUTATION:** Proud to have established our reputation as the go-to local food resource.

There are many ways that community members are now connecting with local food, growers, and the land; we hope we've helped. Thank you for being a part of the movement.

Eat, Enjoy, Share,

Deborah



THE TEAM

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

Creative Director: Breanna Parker
breannaparkerdesign@gmail.com

Kitchen Cabinet:

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

Project Team:

- Karen Arnett, Mt. Healthy Honey (artisan/cottage producers)
- Jo Ann Kavanaugh, Mt. Washington (farmers' markets)
- Dick Croy, Sommelier a.k.a wine guy (wineries)
- Karen Egan, Homeadow Song Farm (OH growers)
- Ame Vanorio, Fox Run Environmental Education (KY growers)
- Megan Gambrell, Slow Food Cincinnati (Restaurants)
- Judy Ganance, Photographer

Talk Local Editors (website):

Deborah Jordan, Breanna Parker, Alan Wight



CORV Team from L to R, Nicole, Breanna, Jim, Jo Ann, Deborah, Lauren, Kare, Alan, Karen, Amelia the goat and Owen.
A very cold day at the Gorman Heritage Farm

WHAT'S INSIDE

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

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CORV'S MISSION

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

WHAT'S SUSTAINABLE?

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. 14; practices are included by each grower's listing (pp. 15-19).

OUR LOCAL FOODSHED

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

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

WHY EAT LOCAL?



Freshness

Flavor

Nutrition

Your health

Your knowledge of growing practices

Community connections

Your connection to the land

Farmers' working conditions & incomes

Crop variety

The local economy

Our food security

The health of the planet

Did we mention fun!

Project Mentor:

Imago

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

Inspiring innovative sustainable living and celebrating the natural world since 1978.



FARMERS' MARKETS

Photo courtesy of Kristine Cahall



The Produce Perks (PP) program has grown to serve a regional population in Greater Cincinnati and Northern Kentucky. The program works to increase accessibility, affordability, and consumption of healthful foods for vulnerable populations – while supporting regional farmers and sustaining local economies. The PP program is an incentive program for Ohio Direction Card customers, providing a dollar-for-dollar match (up to \$10) for every dollar spent at the market (9 farmers' markets and 1 CSA) on EBT eligible items. PP can be redeemed to purchase fruits, vegetables, seeds and edible plants only.

For more information ProducePerks.org.

Symbols to watch for: 🍷 Our Donors ❄️ Winter Market

FARMERS' MARKETS come in many flavors for many needs, from shop and go, to community hubs. Take your bags, your change, and your curiosity. If you have time, take a friend and look around. Shop early to avoid the crowd or late to possibly get a deal. We encourage markets to have vendors label where their produce is from (especially if not from their own operation) and how it's grown. This is about building relationships with each other and our food and land. (Check Growing Practices p. 14, Harvest Guide p. 14, and General Questions for Growers p. 15)

Multiple Days

❄️ 🍷 Boone County

10am - 5pm; May - Oct
9am - 6pm; Memorial Day - Labor Day
Winter: Nov. 15 - Dec. 16
weather permitting
1961 Burlington Pike
Adjacent to Boone County Extension
Burlington, KY 41005
BooneCountyFarmersMarket.org

🍷 Farmer Produce Market of Cincinnati at Lunken Airport

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

❄️ 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

🍷 Healthy Harvest Mobile Market

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

Monday

Nativity Church-Tailgate Market

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

Tuesday

Highland Heights-Campbell County

3pm - 7pm; mid May 16 - Oct. 31
Senior Citizen Activity Center,
3504 Alexandria Pk.
Highland Heights, KY 41076
CCFarmersMarket.net

🍷 Liberty Center

3pm - 7pm; Jun.- Sept.
7100 Liberty Row
Liberty, OH 45069
liberty-center.com

🍷 Loveland

3pm - 7pm; May 2- Oct. 24
Loveland, OH 45140
Check website for new location
LovelandFM.com

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

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

🍷 Price Hill Farmstand

(operated by Findlay Market)
check website: FindlayMarket.org
Accepts EBT/WIC
3pm - 6pm; June - Oct.
corner of Price and Grand Ave.
in East Price Hill
Cincinnati OH 45205

Saylor Park

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

❄️ Wyoming Ave.

Accepts EBT, Produce Perks, Visa/MC
3pm - 7pm; May - Nov.
Wyoming Ave at Oak
Winter: See website for details:
Nov. - Apr.
Market-Basket CSA alternating weeks
Wyoming, OH 45215
WyomingAveFarmersMarket.com

Wednesday

🍷 Blue Ash

3:30pm - 7:00pm; May 17 - Oct. 4
Summit Park
4335 Glendale Milford Road
Blue Ash, OH 45242
BlueAsh.com

Ft. Thomas

3pm - 7pm; Jun. - Sept.
3pm - 6pm Oct.
90 Alexandria Pike
Ft. Thomas, KY 41075
FtThomas.org

🍷 Milford-Ohio Valley Fruit and Vegetable Grower's Association

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

❄️ Northside

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



@sunmitpark



Blue Ash Farmers Market

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

Symbols to watch for: 🦋 Our Donors ❄️ Winter Market

Village Green

4pm - 7pm; May 3 - Oct. 18
301 Wessel Dr. Fairfield, OH 45014
Fairfield-City.org/market

Thursday

Brown County—Georgetown

Accepts EBT
3pm - 7pm; May - Oct.
across from courthouse on Main St.
Georgetown, OH 45121
BCFarmersMarket.webs.com

🦋❄️ **Centerville**

2:30pm - 6:30pm; May 18 - Oct. 26
892 S. Main St. Centerville, OH 45458
(Centerville Shopping Center)

Winter: 2pm - 4pm,

Nov. 16 and Dec. 21

Benham's Grove

CentervilleFarmersMarket.com

🦋❄️ **College Hill**

Accepts EBT/Credit Card
3:00 - 6:30pm; May 18 - Oct. 12
5742 Hamilton Avenue
(across from fire station)
Cincinnati, OH 45224
CollegeHillFarmMarket.org

Dixie

Accepts WIC
2 - 6pm; Apr. 27 - Oct. 26
116 Commonwealth Ave.
Lot of Erlanger Baptist Church
Erlanger, KY 41018
KyAgr.com/marketing/farmmarket/

🦋 **Evanston Farmstand**

(operated by Findlay Market)
Accepts EBT/WIC
3:30pm - 6:30pm; June - Oct.
1614 Hewitt Avenue
Cincinnati, OH 45207

🦋 **Lebanon**

3pm - 7pm; May 18 - Oct. 19
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 - 6:30pm; Oct.
3:30pm - 6pm; Nov. - Apr.
Madeira Silverwood Presbyterian Church,
8000 Miami Ave., Madeira, OH 45243
MadeiraFarmersMarket.com

Madisonville Garden

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

Springdale

3pm - 7pm; June 1 - Oct. 12
City Parking Lot, 11494 Walnut St.
corner of Peach St./Walnut
Springdale, OH 45246

🦋 **Walnut Hills Farmstand**

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

Friday

Alexandria—Campbell County

3pm - 6pm; May 19 - Oct. 27
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

Greensburg/Decatur County

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

“I grew up on a 500 acre farm in Kansas. My dad worked for the U.S. Soil and Conservation Service; he helped initiate a way to protect farmland through LESA (Land Evaluation and Site Assessment) which later morphed into American Farmland Trust. And now, I try to help pay it forward.”

~ Nancy Downs, Farmers' Market Manager

Tuesday



Loveland

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

FRESH LOCAL DAILY

Wednesday



Northside

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

Thursday



Madeira

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

Saturday



Montgomery

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

Sunday



Hyde Park

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

Symbols to watch for: 🦋 Our Donors ❄️ Includes Winter Market

🦋❄️ **Lettuce Eat Well on Cincinnati's Westside**
 Accepts EBT/Produce Perks
 3:00pm - 7:00pm Year Round
 Cheviot Elementary School
 4040 Harrison Ave., Cincinnati, OH 45211
Winter: Check website for details
 LEWFM.org

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

Saturday

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

❄️ **Clinton County**
 Accepts EBT
 8:30 - 12 pm; June - Oct.
Winter: Check website
 Downtown Mural Parking Lot,
 81 W. Main Street
 Wilmington, OH 45177
 ClintonCountyFarmersMarket.com

Covington
 Accepts WIC/Snap
 9am - 1pm; April 22 - Oct.
 3rd and Court Street
 Covington, KY 41011
 rcov.org/Covington-Farmers-Market

🦋❄️ **Deerfield Twp.**
 9am - 12pm; May 6 - Oct.28
Winter: 3rd Sat 10am - 11am
 Nov. - Apr.
 Kingswood Park
 4188 Irwin Simpson Rd
 Mason, OH 45040
 DeerfieldFarmersMarket.com

Diocesan Catholic Children's Home (DCCH)
 9am - 1pm; Mid May-Oct.
 75 Orphanage Rd.
 Ft. Mitchell, KY 41017

🦋❄️ **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

❄️ **Gabriel's Place**
 Accepts WIC/EBT
 4pm - 6pm; Year round
Winter: Winter & Mini Market:
 3618 Reading Rd.
 Cincinnati, OH 45229
 GabrielsPlace.org

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

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

🦋 **Montgomery**
 Accepts EBT
 9am - 12:30pm; May - Oct.
 9609 Montgomery Road
 (Montgomery Elem. parking lot)
 Montgomery, OH 45242
 MontgomeryFarmersMarket.org

🦋 **Mt. Washington "Stanbery Market in the Park"**
 9am - 12pm; May-Oct.
 Stanbery Park
 2221 Oxford Ave Cincinnati OH 45230
 Find us on Facebook

Newport—Campbell County
 9am - 12pm; May 20 - Oct. 28
 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

❄️ **West Chester**
 9am - 1pm; Mid May - Mid Oct.
 9100 West Chester Towne Centre Dr.
Winter: 2pm - 4pm; Nov - Apr
 1st and 3rd Sat.
 8558 Beckett Road
 West Chester, OH 45069
 WestChesterOhioFarmersMarket.org

Sunday

🦋 **Findlay Market**
 (see Sat. listing)
 Accepts EBT/WIC/Produce Perks
 10am - 2pm; April - Nov.
 1801 Race St., Cincinnati, OH 45202
 FindlayMarket.org

🦋 **Hyde Park**
 9:30am - 1:30pm; May 21 - Oct. 29
 Hyde Park Square on Erie Ave.
 Cincinnati, OH. 45208
 HydeParkFarmersMarket.com

❄️ **Winter Market of Hyde Park**
 Nov. - May; 9:30am - 1:30pm
 Clark Montessori, 3030 Erie Ave.
 Cincinnati, OH. 45208
 Find us on Facebook

94% of Americans fall short of USDA recommendations to eat 5 or more servings of fruits and veggies daily. *MegaFood survey*

EATING TO LIVE



photos courtesy of Amy Stross

SO MUCH has been said, researched, written, and debated about the powerful effect of food on the quality of one's life. But studies also show that the prevalence of lifestyle diseases (many related to foods) have not decreased among the general population, nor have the challenges, pain, and costs that accompany such conditions.

So what do we do? Our healthcare is in our hands. Why not make health choices that by now have track records of helping one's physical wellbeing?

For example, Dr. David Steen, a professor of biology, has noted that according to food scientists and chemists, there are more than nine hundred complex chemicals recognized thus far in vegetables, fruits, nuts, and grains. Seems like the main task of these chemicals is to take care of the health of those who consume them. You may have heard of some of these chemicals, such as beta carotene, lycopene, and isoflavones. A great way, then, to consume these chemicals is by eating an abundant variety of vegetables, fruits, nuts, and grains. That sounds more appealing than popping a handful of pills or undergoing surgery.

Spring is here. Why not plant a vegetable or herb garden? Why not shop at a local fruit and vegetable market? Why not resolve to try at least five new and different fruits and vegetables this year? Why not surprise your health care provider by significantly improving your health numbers just by eating better? You can. I wish you well.

Jeba Moses is a health coach and the lead pastor of the Clifton Adventist Church, having a doctoral degree in theology, with secondary emphasis in health education.

WINERIES



Photo courtesy of StoneBrook Winery

Burnet Ridge

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

Elk Creek Vineyards

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

Hanover Winery

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

“The health of soil, plant, animal and man is one and indivisible.” -Sir Albert Howard. The roots of organic farming in the West began a century ago, by observing and learning from traditional farmers in India and China after Westerners like Sir Albert Howard had initially set out to teach *them*. He wrote An Agricultural Testament from this learning, the “bible” of modern organic practices.

~ Karen Arnett, Mt. Healthy Honey

ARTISAN/COTTAGE PRODUCERS



Photo courtesy of Sunflower Sundries

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, LLC

BeeHavenHoney.com
513-542-5621
Products: raw and creamed honey, beeswax candles, salves and lip balm, jams sweetened with honey
Sold: Findlay FM (Sat. & Sun.), The Chocolate Bee (4037 Hamilton Ave. in Northside)

Chocolats Latour

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

Fab Ferments

FabFerments.com
rawkraut@fabferments.com
Products: raw, naturally probiotic, USDA certified organic: kombucha, cultured veggies, sauerkraut, kimchi, beet kvass, kimchi juice, pickles, hot pepper sauce and MORE
Sold: see website for locations AND Kombucha tap room/store M-F 4- 7pm 611 Shepherd Dr., Lockland

Lola's Botanicals

LolasBotanicals.com
lolas.botanicals@gmail.com
Products: herbal teas and natural remedies; all herbs that we use are locally grown with love by us
Sold: The Chocolate Bee, Happy Chicks, Essencha, The Folk School Coffee Parlor, The Golden Turtle, The Kessing Haus Cafe

My Artisano Foods

MyArtisanoFoods.com
10965 Reading Rd.,
Sharonville, OH 45241
Products: brie, mozzarella, mediterranean, paisano cheeses
Sold: Check website for locations

Pine Lane Soaps

PineLaneSoaps.com
1897 Hunters Ridge
Batavia, OH 45103
Products: all natural goat's milk soaps and lotions
Sold: Montgomery FM and a variety of places listed on the website

Riehle's Select Popcorn

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

Sunflower Sundries

Etsy.com/shop/SunflowerSundries
jennifer@sunflowersundries.com
Products: soap, jam, mustard, pickled asparagus, cornmeal + grits, corn chips
Sold: Cincinnati Natural Foods, Clifton Natural Foods, Kremers Market, KY Proud rack at Kentucky Kroger's (soap only)

The Organic Farm at Bear Creek

OrganicFarmAtBearCreek.com
460 Bear Creek, Cincinnati, OH. 45120
Products: salsas, pasta sauce, soups, salad dressings, barbecue sauce, jams, and dipping oils, all made with fresh produce and herbs grown on the farm.
Sold: Hyde Park FM, Pipkin's, Susan's Natural World, Jungle Jim's Eastgate and Fairfield, Our Harvest Co-op, GreenBEAN Delivery, Miami U., Clifton Market, Holzman's Meats, Ohio Valley Food Connection

The Pickled Pig

SmokedandPickled.com
smokedandpickled@gmail.com
Products: variety of fermented vegetables
Sold: Jungle Jims, various local farmer's markets (see website), Dirt: A Modern Market, Keegans Seafood in Hyde Park

Wittmeyer White Oak Valley Farm

Like us on Facebook
Products: full farm listing p. 15 summer squash pizza crusts made with loads of squash and zucchini grown on our farm
Sold: Loveland, Montgomery, West Chester and Blue Ash FM

RESTAURANTS

List provided by Slow Food Cincinnati

Photo courtesy of Shagbark Farm Ohio

20 Brix

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

27 Bar + Kitchen

720 Monmouth St.
Newport, KY 41071
859-360-5579
27Bar.Kitchen

Anchor OTR

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

Bauer

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

Bite

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

Bouquet Restaurant and Wine Bar

519 Main St.
Covington, KY 41011
859-491-7777
BouquetRestaurant.com

BrewRiver Gastropub

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

Commonwealth Bistro

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

Coppin's at Hotel Covington

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

Cozy's Cafe & Pub

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

Dutch's Larder

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

Fireside Pizza

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

Fond: Lunch and Deli

10764 Montgomery Rd.
Cincinnati, OH 45242
Find us on Facebook

Forno Osteria + Bar

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

Iris Cafe

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

Jean Robert's Table

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

Keegan's Seafood

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

Lydia's on Ludlow

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

Maplewood Kitchen and Bar

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

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?



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

Maribelle's

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

Meadowlark

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

Metropole at 21c Hotel

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

Mita's

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

Orchid's at Palm Court

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

Otto's

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

Panino

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

Piccolo Casa

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

Pleasantry

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

Please

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

Red Feather Kitchen

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

Salazar

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

Sleepy Bee Café

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

Tano Bistro

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

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 Summit

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

Wahill Farm

857 Six Pine Ranch Rd.
Batesville, IN 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

"Fresh food matters a lot to our health and to the pleasure of eating."

~ Anita Sorkin,
Certified Health Coach

MEAT

Abundant Green Pastures, photo courtesy of Lettuce Eat Well Farmers' Market

OHIO

BROWN CO.

- Back Acres Farm
- Emmett Ridge Farm

BUTLER CO.

Double J Farm

CLERMONT CO.

- HillShares GrassFed Beef
- Mud Foot Farm

CLINTON CO.

- Walnut Ridge Acres
- Webb Valley Farm

DARKE CO.

- E.A.T. Food For Life Farm

HAMILTON CO.

- Finn Meadows Farm
- Gorman Heritage Farm

Greenacres Farm

- Turner Farm

HIGHLAND CO.

- Grassroots Farm & Foods
- TS Farms

- White Clover Farm

WARREN CO.

Bensman Family Farms

- Cook's Family Farm

Kentucky

BRACKEN CO.

The Cox Family Farms

KENTON CO.

- Phoenix Rising
- Tewes Farm

OWEN CO.

- Hundred Happy Acres

Symbols to watch for: Our Donors

Looking for local meat? Many local farms also produce meat. The average American eats about 200 pounds of meat per year with the vast majority produced on large-scale industrial farms. These "factory farms," called concentrated animal feeding operations (CAFOs), are coming under scrutiny for being inhumane, unhealthy and anti-environment. Most animals raised in CAFOs are routinely given antibiotics, hormones, genetically modified feed and grains treated with chemicals. Local farmers are happy to explain how they raise their animals. See p. 14 for "animals and their treatments."

Nicole Gunderman, Gorman Heritage Farm

SCOTT CO.

Elmwood Stock Farm

Indiana

DEARBORN CO.

Small Acres Family Farm

DECATUR CO.

- Langeland Farms

FRANKLIN CO.

Michaela Farm

JEFFERSON CO.

The Eaton Farm

OHIO CO.

Rising Sun Beef

RIPLEY CO.

Easter Rising Farm
Kestler Farms LLC

DEARBORN CO.

- Abundant Green Pastures

**Farm Raised
Brown Eggs
and
Chicken**



**Pasture Raised
Beef
Pork
Lamb**

**MONTHLY
MEAT
CSA**

**ALL MEAT AND EGGS ARE
RAISED ON OUR
105 ACRE FARM
NO HORMONES, NO ANTIBIOTICS,
NO CHEMICALS**

**CUSTOM MEAT
PACKAGES
AVAILABLE**

Come visit us at the following locations:

Loveland Farmers Market - Tuesdays May 2nd through October 31st 3:00 PM to 7:00 PM

Lebanon Farmers Market - Thursdays May 4th through October 26th 3:00 PM to 7:00 PM

Deerfield Township Farmers Market - Saturdays May 13th through October 28th 9:00 AM to 12:00 Noon

For more information call 937-382-5480 or email us at webbvalleyfarm@aol.com

Randy & Pam Moore ~ Ryan & Kristen Moore ~ Sara Moore

1134 N Webb Road

Wilmington, Ohio 45177

The Suburban Micro-Farm

MODERN SOLUTIONS FOR BUSY PEOPLE



Less Lawn to Worry About.
Less Money Spent at the Grocery Store.
Take Gardening to the Next Level.

TheSuburbanMicroFarm.com

a book by local author Amy Stross

Growing Value

Edible Nursery

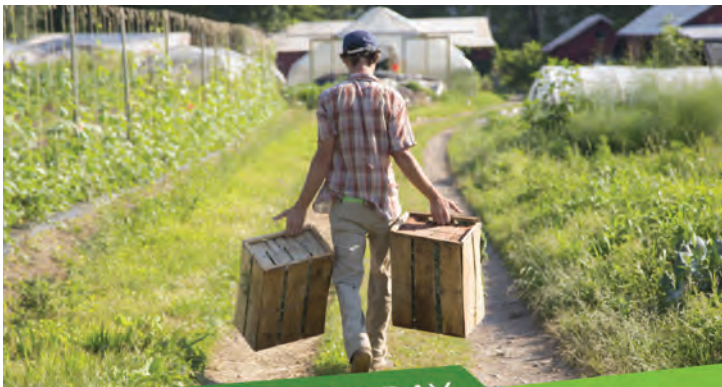


Now Open All Season with Sales Through Building Value
4030 Spring Grove Ave. | Northside

● Fruit Trees ● Nut Trees ● Berry Bushes ● More

Classes in Permaculture & Sustainability

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



JUST AN ORDINARY DAY

IN THE CLASSROOM.

Sustainable Agriculture Management Certificate

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

Cincinnati State

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

SCHOOL GARDENS: GROWING THE NEXT GENERATION



Civic Garden Center, photos courtesy of Mary Dudley

CHILDREN

all over our region are gearing up to get dirty at school! School gardens, also known as teaching gardens, eco labs, outdoor classrooms, edible schoolyards, etc., are becoming an integral part of daily curricular activities. Teachers are engaging students with inquiry driven science and social studies lessons while learning how to cultivate and enjoy local food.



School gardens come in all shapes and sizes. A small window box sprouting peas can be just as effective as a large outdoor garden, depending on the goals and scope of the project. Some schools are even installing edible forest gardens, also known as Permaculture Orchards, or food forests. Schools, youth organizations, and even community groups often build garden programs to match the unique nature of their community and available local resources. No matter what form a school garden takes, each has the potential to introduce the wonder of growing to younger generations and bring local food to the communities that tend them.

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

Mary Dudley is the Youth Education Coordinator at the Civic Garden Center of Greater Cincinnati. Abby Strietmann is the School Gardens Assistant at the Civic Garden Center.



SoupCycle

We serve tasty, nutritious soups to children in need so they will begin making healthier eating choices.
SoupCycleCincy.org



FROM FOOD DESERT TO FOOD ACCESS, ONE GARDEN AND CHICKEN AT A TIME



Madisonville Garden Market (top left), Lighthouse Community School Garden (top right), Plant Giveaway (Bottom)

MADISONVILLE is growing food access. Lighthouse Community School (LCS) is a charter school run by Lighthouse Youth Services that now has an agriculture program. With the support and encouragement of Sidestreams Foundation (SF), they have developed an Urban Agriculture program over the past six years. It's complete with a parking lot garden, a previously vacant lot garden, chickens, and an aquaponics system. Three years ago, the Madisonville Garden Market was subsequently started as a job training program for youth from LCS to sell the vegetables and eggs they help produce.

The positive community reaction to the LCS garden inspired SF's next big project: 500 Gardens Madisonville. After interested community members take a gardening class, volunteers build back yard gardens in their area homes and businesses. There are now 500 gardens in network, 475 built by SF. SF supports participants' continued interest through teaching basic gardening classes and organizing food-related events.

Once again, inspired by the positive neighborhood reaction to LCS's chickens, SF initiated another project - 500 Chickens Madisonville. It was started in 2015 as a way to introduce chicken-keeping into the neighborhood. In the next five years, SF has more big plans. Using Madisonville residents for rehab efforts, SF would like to create an interactive space for learning, meetings, aquaponics expansion and all things related to Urban Ag education. Then there will be a sustainability lab in Madisonville.

Kristine Cahall, Program Coordinator
for Sidestreams Foundation, SideStreams.org



SIERRA CLUB

- Fighting climate change
- Advancing sustainability
- Saving our environment
- Promoting good food policies

Miami Group, Ohio Chapter: MiamiGroup.org



Your Local Source for Farm Fresh
Family Fun, Produce, Meats, &
More

Gorman Heritage Farm
gormanfarm.org
10052 Reading Road | Evendale, OH



A BETTER EDUCATION FOR A GREENER WORLD

Xavier University is strongly committed to educating students, serving others and protecting the planet, offering bachelor's degrees in:

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- Land, farming and community
- Economics, sustainability and society
- Sustainability: Economics and management

Plus, master's degree in Urban Sustainability and Resilience.

Learn more:
xavier.edu/sustainability



XAVIER UNIVERSITY

Why Eat Local?



Local Farmers

Buying local helps sustain family farms, and connects you to your farmer and your food.



Your Health

Fresh, minimally processed and sustainably produced foods are a delicious answer to many health issues.



Our Economy

If 10% of the regional population shifts 10% of their food dollars to local food, it will result in over **\$56,000,000** infused into our local economy!

**Pledge to Make a Difference Today, Go to
www.greenumbrella.org/10shift**



Green Umbrella
REGIONAL SUSTAINABILITY ALLIANCE

At Green Umbrella we're all about making Greater Cincinnati as environmentally sustainable as possible. To do that, we drive collaborations in key areas of impact to our region (greenspace, energy, local food, outdoor recreation, transportation, waste reduction and watershed). By making measurable improvements in these areas, our region will become one of the nation's top metro areas for sustainability by 2020. Our Local Food Action Team specifically is working to double the production and consumption of local fruits and vegetables by 2020.



CSA'S

Symbols to watch for: 🦋 **Our Donors**

Community Supported Agriculture (CSA)

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

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

For more details about products of the following CSAs, see the Farm Listings (pp. 15–19)

INDIANA

FRANKLIN CO.

Michaela Farm

JEFFERSON CO.

The Eaton Farm

RIPLEY CO.

Easter Rising Farm

Wind Dance Family Farm

KENTUCKY

KENTON CO.

🦋 Rains & Sun Hilltop Farm

OWEN CO.

Hazelfield Farm

PENDLETON CO.

🦋 Fox Run Environmental Education Center

SCOTT CO.

Elmwood Stock Farm

OHIO

BROWN CO.

Back Acres Farm

BROWN CO.

Double J Farm

CLERMONT CO.

🦋 Earth-Shares CSA

Farm Beach Bethel

CLINTON CO.

🦋 That Guys Family Farm & That Girls Flowers

🦋 Webb Valley Farm

HAMILTON CO.

Finn Meadows Farm

🦋 Gorman Heritage Farm

Greenacres Farm

🦋 Our Harvest Cooperative

Probasco Farm

🦋 Turner Farm

🦋 Urban Earth Farms

🦋 Urban Greens

🦋 Wooden Shoe Gardens

HIGHLAND CO.

Fair Ridge Farm

TS Farms

MONTGOMERY CO.

Hungry Toad Farm

PREBLE CO.

🦋 Boulder Belt Eco-Farm

WHAT'S A "FOOD HUB"?



Findlay Market

FOOD Hubs are part of the growth and sustainment of the local food system, providing infrastructure to consumers and farmers. Local food hubs enable wholesale and retail channels a safe and reliable source of locally grown farm products by actively managing the aggregation, marketing, demand planning, and distribution of local farm foods.

The Fair Ridge Foodhub was built by Fair Ridge Farms llc in 2016 to provide an Ohio Department of Agriculture licensed and insured facility that is dedicated to local farmers and accessible for the consumers of the Central Ohio River Valley.

Some local food hubs are:

- Fair Ridge Farm
- Findlay Market
- Ohio Valley Food Connection
- Our Harvest Cooperative

Adam Batson, Fair Ridge Farm

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.

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

(T) Transitional: Moving to organic.

ANIMALS AND THEIR TREATMENT:

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

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

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

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

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

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

(P) Pastured: An animal spends time in a pasture.

■ 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 Turner Farm

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

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? On Pasture?
- How large is your operation?

OHIO

ADAMS CO.

Shagbark Farm Ohio

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

ShagbarkFarmOhio.com
Winchester, OH 45697

Products: berries, heirloom melons, wild mushrooms, "Dam Good Jam", hickory syrup, herbs, herbal teas, foraged edibles

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; seasonal vegetables; spelt

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

Bixler Farm Market

*NO SPRAY, CRCC, FR

937-515-0109
7389 Clifton Ave. Russellville, OH 45168

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

Sold: Bixler Farm Market
Sun.-Fri. call for time and appt.

Dean Family Farm

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

DeanFamilyFarm.com
513-739-3125

10924 Smokey Row Rd.
Georgetown, OH 45121

Products: rare Red Wattle pork
Sold: primarily to restaurants

Emmett Ridge Farm

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

Lauren@emmettridgefarm.com
EmmettRidgeFarm.com
6284 Big Run Rd.

Georgetown, OH 45121
Products: grass fed beef, pasture raised heritage breed pork, pasture raised chicken
Sold: on website. Pick-up order or have it delivered

Rest in Peace – Dwight Michener, Farmer

MICHENER, Dwight W., a lifelong resident of Waynesville, died at home March 7, 2016 at age 83. He was a graduate of Waynesville High School and The Ohio State University. He was also a lifelong member of the Christian Science Church. Dwight worked on the family farm before serving with Agriculture Extension Service in Washington State and Nevada. He worked for Aid for Agriculture Development in Turkey, Ethiopia, Pakistan, Iraq, and Iran, helping regions of the world. He returned to farming the Michener Farm.

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, Louiso's in Eastgate, Bite Restaurant in Milford, Burger Farm in Newtown

Straight Creek Valley Farm

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

StraightCreekValleyfarm.com
6489 Straight Creek Rd
Georgetown, OH 45121

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

Sold: Farm store, visit our web site

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

Find us on Facebook

513-404-1238
4153 Kincheloe Rd.
Georgetown, OH 45121

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

Sold: Loveland FM, Montgomery FM, West Chester FM, Blue Ash 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, peas; strawberries; grains: millet, dent corn for cornmeal, buckwheat, quinoa, amaranth, sunflower seeds; flowers and herbs

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

Harris-Miller Farm *O, GF

513-524-9419
millersibyl883@gmail.com
6578 Fairfield Rd., Oxford, OH 45056

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

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

CLERMONT

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

BDGoats.com
513-553-1422
2644 State Route 132
New Richmond, OH 45157

Products: goat's milk soap & lotion, herbal soap, chicken eggs, homemade jams & jellies, honey, goat meat
Sold: At farm, via website, DIRT- a modern market at Findlay Market

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, Blue Ash FM, Hyde Park FM

Earth-Shares CSA

*O, SA, CRCC, PF
 EarthSharesCSA.org
 membership@earthsharesca.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
 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

HillShares GrassFed Beef

*GF, HF, HR, NR, PF, SA
 513-535-2288
 hillshares.grassfed@yahoo.com
 974 O'Bannonville Rd.
 Loveland OH 45140
Products: grassfed beef
Sold: pre-ordered, pre-sold by the side or in bulk packages. Call or email to place orders or be on market list

Honey Sweetie Acres *HR, NR

513-313-1110
 HoneySweetieAcres.com
 Goshen, OH 45122
Products: (Nigerian dwarf) goat milk products: soap, lotion, body butter, lip balms, lotion bars, bath fizzies
Sold: At the farm by app't, Retail: Jungle Jim's Eastgate, Greener Portions Aquaponics, Whole Foods (Rookwood and Dayton), Celebrate Local store in Liberty Twnshp

Mud Foot Farm

*SA, CRCC, PF, FR, HF, HR, NR
 513-797-0973
 mudfootfarm@yahoo.com
 Amelia, OH 45102
Products: produce; beyond free range eggs; grass fed lamb and beef; pasture raised poultry; pawpaw fruit/trees
Sold: Northside FM

Pringles Orchard

Find us on Facebook
 513-625-9866
 2697 Pringle Rd., Goshen, OH 45122
Products: apples with U-pick Sept. to mid-Oct., cider, honey, jam, fall decorations and pumpkins, pecans
Sold: on Farm: call or check FB for times

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

OrganicFarmatBearCreek.com
 513-470-7617
 460 Bear Creek Rd., Felicity, OH 45120
Products: certified organic vegetables, greens and herbs; salsa, pasta sauces, soups, salad dressings, jams, dipping oils and herbal teas
Sold: Hyde Park FM, Pipkins, Susan's Natural World, Jungle Jim's Eastgate & Fairfield, Clifton Market, Holzman's Meats, Our Harvest, Green BEAN Delivery, Ohio Valley Food Connection, Miami University

CLINTON

Branstrator Farm LLC

*P, IPM, LS, SA
 BranstratorFarms.com
 937-203-8289
 885 North George Rd.
 Clarksville, OH 45113
Products: cabbage, strawberries, blackberries, peaches, tomatoes, winter squash, pumpkins, gourds, broccoli, cauliflower
Sold: Second Harvest, Ohio Valley Food Connection, Pipkins Market & Dorothy Lane Markets, Loveland FM, Madeira FM

That Guys Family Farm & That Girls Flowers

*O, FR, GF, HR, NR
 ThatGuysFamilyFarm.com,
 ThatGirlsFlowers.com
 937-289-3151
 394 State Route 380, Clarksville, OH 45113
Products: certified organic produce and cut flowers; pastured raised Thanksgiving turkeys; specializing in greens, tomatoes, root crops and hand tied bouquets
Sold: Deerfield FM, Ohio Valley Food Connection, Dorothy Lane Markets and CSA

Walnut Ridge Acres

*CNG, IPM, PF, SA, B, CRCC, HB, HF, NR
 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, CCRC, PF, SA, FR, GF, HF, HR, NR
 WebbValleyFarm.com
 937-382-5480, cell: 937-725-1690
 1134 N. Webb Rd
 Wilmington, OH 45177
Products: grass fed beef, pasture raised pork, pasture raised lamb, pasture poultry, free range eggs and hand crafted soap and lotion bars
Sold: Bellbrook Buying Club, Blue Ash FM, Deerfield FM, Lebanon FM, Loveland FM, Farm Store every Saturday 1:30-4:00 Year round & during the week by appt.

DARKE

E.A.T. Food For Life Farm

*O, SA, CRCC, PF, FR, GF, HR, NR
 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, Beavercreek and Columbus

HAMILTON

Bee Haven

BeeHavenHoney.com
 Cincinnati, OH 45232
 513-542-5621
Products: Raw and creamed honey, beeswax candles, salves and lip balm, jams sweetened with honey
Sold: Findlay FM (Sat & Sun) and The Chocolate Bee (in Northside)

Camp Washington Urban Farm

CRCC, IPM, P, PT, SA
 CWUrbanFarm.org
 801-210-9501; sam@cwurbanfarm.org
 3220 Colerain Ave., Cincinnati, OH 45225
Products: garlic, heirloom tomatoes, onions, broccoli, kale, peppers, herbs and other seasonal vegetables
Sold: Madison's at Findlay Market, Northside FM, CAMP CART (mobile), call for direct sales

Carriage House Farm

*SA, CRCC, PF, IPM
 CarriageHouseFarmllc.com
 513-967-1106
 10251 Miamiiview Rd.
 North Bend, OH 45052
Products: honey, flour & grains, produce with a focus on herbs, root crops, & leafy greens
Sold: Findlay FM (Sat)(Dirt Store), Hyde Park FM, Northside FM, Retailers: Avril-Bleh & Sons, Bridgetown Finer Meats, Dutch's Larder, Green BEAN Delivery, Langen Meats, Humbert Meats, Merillee's Hardware, OM Cafe, Park + Vine, Picnic & Pantry, Son & Soil Restaurant, Whole Foods Market, other Restaurants

Clough Valley Maple Syrup

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

Finn Meadows Farm

*SA, CRCC, PF, FR, GF, HF, HR, NR
 FinnMeadowsFarm.com
 513-608-6585, 812-212-1196
 8100 Perin Rd., Cincinnati, OH 45242
Products: vegetables, herbs, flowers, eggs, beef, chickens, pork, Thanksgiving turkeys
Sold: on farm through CSA; Hyde Park FM, Montgomery FM, Blue Ash FM

🦋 **Funke's Greenhouse** *IPM, PF, SA*

Funkes.com
Find us on Facebook
4798 Gray Rd., Cincinnati, OH 45232
Products: Huge selection of vegetable and herb starts and other speciality cultivars
Sold: on-site

🦋 **Gorman Heritage Farm**

**B, CRCC, SA, PF, FR, GF, HF, HR, NR*
GormanFarm.org
513-563-6663
10052 Reading Rd., Evendale, OH 45241
Products: cage free eggs, local honey, chicken, turkey, pork, beef (preorder suggested, quantities limited) vegetables and herbs available in the Farm Shop. Flower Cutting Garden subscriptions. Garden Rental plots. Volunteer opportunities.
Sold: Onsite Farm Market – see website for availability

Greenacres Farm

**CRCC, PF, FR, GF, HF, HR, NR*
Green-Acres.org
513-891-4227
8255 Spooky Hollow Rd.
Cincinnati, OH 45242
Products: grass fed: Black Angus beef, 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*
HomeadowSongFarm.com
5038 Gray Road, Cincinnati, OH 45232
Products: Fresh home-grown Hopi Blue Corn Nixtamal and Pazole, raw honey, calendula salve, hand-dipped beeswax candles
Sold: at the farm, occasionally at Northside FM

🦋 **Our Harvest Cooperative**

**T, CRCC, IPM, PF, SA, GF, HF, HR, NR*
OurHarvest.coop
513-242-0222
ourharvest@ourharvest.coop
Products: wide variety of seasonal produce including greens, carrots, beets, turnips, squash, lettuce, tomatoes and potatoes; grass fed beef
Sold: year round CSA pick-up locations around the city; area restaurants, retail outlets and institutions; see website for up-to-date list and sign-up for CSA

🦋 **Parkland Homestead Farm**

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

Permaganic ECO GARDEN

**P, SA, CRCC, PF*
Permaganic.org and Facebook
1718 Main St.
Cincinnati, OH 45202
513-621-GROW(4769)
Products: seasonal vegetables, fruits and herbs, lettuces, greens and garlic
Sold: Please check website or Facebook to find out about our Table to Garden Happenings

Phoenix Greenhouses **IPM, PF, SA*

facebook.com/phoenixgreenhouse
937-260-2258
4798 Gray Rd., Cincinnati, OH 45232
Products: flowers, herbs, and vegetable starts
Sold: Northside FM, Yellow Springs FM, on-site(call ahead)

Probasco Farm **IPM, PF, SA*

Find us on Facebook
PO Box 20209
Cincinnati, OH 45220
Products: cultivated enoki, shiitake and oyster mushrooms, seasonal foraged mushrooms, sustainably raised vegetables, greens & basil, grow-your-own mushroom kits
Sold: Hyde Park FM, Northside FM, CSA

🦋 **Running Creek Farm**

**SA, CRCC, PF*
513-522-5220
Mt. Healthy, OH 45231
Products: wide variety of produce, locally grown, pesticide-free -- heirloom tomatoes, specialty potatoes, gourmet garlic, herbs, lettuce, greens, peppers, eggplant, squash, flowers and much more
Sold: Hyde Park FM, Northside FM

🦋 **Turner Farm**

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

🦋 **Urban Earth Farms**

**B, P, SA, CRCC, PF*
EnrightEcovillage.org
urbanearth@enrightecovillage.org
Greenhouse, 824 Enright Ave., Cincinnati, OH 45205
Products: seasonal vegetables, fruits and herbs, lettuces, greens and fresh eggs
Sold: Sat. CSA Pick up at greenhouse. Sat. Farmstand at Common Roots Cafe & Pub, starting May 20

Urban Greens **ZERO CHEMICALS*

UrbanGreensFresh.com
513-255-0955
241 Worth St., Cincinnati, OH 45226
Products: annual vegetables, perennials, herbs
Sold: CSA, FM on location

Wooden Shoe Gardens **O*

woodenshoegarden@fuse.net
5115 Wooden Shoe Hollow Dr.
Cincinnati, OH 45232
Products: Certified organic wheatgrass, micro-greens, potted herbs and vegetable plants, seasonal vegetables
Sold: Whole Foods Market, several Greater Cincinnati area FM, CSA

HIGHLAND

Fair Ridge Farm

**B, SA, CRCC, PF, FR, HR, NR*
FairRidgeFarm.com
7066 Fair Ridge Rd., Hillsboro, OH 45133
Products: in season produce all 4 seasons; spinach, mustard, asian greens, lettuces, basil, cilantro, garlic, tomatoes etc.
Sold: CSA (option to choose the contents of the order) and through Fair Ridge Foodhub

🦋 **Grassroots Farm & Foods**

**FR, GF, HB, HF, HR, NR*
grassrootsfoods.biz
740-634-2440
1727 Frost Rd., Hillsboro, OH 45133
Products: beef, lamb, chicken, pork, eggs, prepared foods. 100% grass fed cattle & sheep on certified organic pasture; unconfined chickens & hogs supplemented with non-GMO grains
Sold: Findlay FM (Sat & Sun), Blue Ash FM, Lehr's Prime Market in Milford, Freedom Farm Market

🦋 **Jaybird Farms** **IPM, LS, FR, HF*

JaybirdFarms.com
937-442-4800, 513-633-5218
2091 State Route 321,
Sardinia, OH 45171
Products: herbs, microgreens, cut flowers, lavender, homemade jams & jellies; potted herbs, vegetable & flower plants; free range eggs, herbal soaps & lotions
Sold: Loveland FM, Milford FM, Madeira FM

TS Farms

**SA, CRCC, PF, FR, GF, HB, HF, HR, NR*
Find us on Facebook
937-763-1167
11061 Careytown Rd.,
New Vienna, OH 45159
Products: cow & goat milk herd shares; Market share CSA; beef, pork, chicken, turkey, lamb, and rabbits; chicken, duck, quail eggs; grains & flours; jams & jellies
Sold: Farm, Montgomery FM, Madeira FM, drop off points in Cincinnati

“We are a family-owned, sustainable and transparent farm. We raise our food ethically in a way that gives back to the land instead of depleting it. The animals are treated with respect and live authentic lives. We are passionate about giving our local community a food choice that they can feel good about feeding their family. . . ”

~ Jeremy and Lauren Boswell from Emmett Ridge Farm, Brown Co., OH.

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

🦋 **White Clover Farm** *GR, HR, NRF

WhiteCloverFarmOhio.com
513-562-7298
9600 East Prospect Rd
Hillsboro, OH 45133
Products: 100% grass fed beef
AGA certified
Sold: Direct market (online)

MONTGOMERY

Hungry Toad Farm *o

Find us on Facebook
9307 Rooks Rd. Centerville, OH 45458
Products: specialize in salad greens and microgreens, heirloom tomatoes, hardneck garlic, carrot, beets, transplants of veggies and herbs
Sold: Centerville FM, 2nd St. Market in Dayton (Sat.), local restaurants, CSA

PREBLE

🦋 **Boulder Belt Eco-Farm**

*SA, CRCC, PF, FR, GF, HF, HR, NR
BoulderBelt.com; on Facebook
937-456-9724
3257 US 127 N, Eaton, OH 45320
Products: over 50 kinds of heirloom and hybrid fruits, vegetables and herbs including berries, pears, melons, beans, tomatoes; eggs, pastured chicken
Sold: Boulder Belt Farm Store, CSA

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 Family Farm**

*CRCC, FR, GF, HF, HR, PF, NR, SA
937-238-9858
cooksfarm@embarqmail.com
3611 E. Lwr. Springboro Rd.
Waynesville, OH 45068-8792
Products: 100% grass fed beef raised on our Bicentennial Farm (1803)
No hormones or antibiotics.
Sold: Deerfield Township FM, Wyoming Ave. FM

Irons' Fruit Farm

*CRCC, C, IPM, LS
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, Liberty FM

Peace Angel Farm *CNG, CRCC, PF, SA

PeaceAngelFarm.com
513-850-5788
416 W. Pike St., Morrow, OH 45152
Products: garlic, blueberries & blackberries in season
Sold: Farm or mail order—must call ahead

KENTUCKY

BOONE CO.

Dark Wood Farm *CRCC, PF, SA
DarkWoodFarmstead.com
5285 Waterloo Rd.,
Burlington, KY 41005
Products: all-natural, pesticide-free seasonal vegetables and berries
Sold: CSA and restaurants

McGlasson Farms *CRCC, LS, C

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
TheCoxFamilyFarms.com
151 Cox Lane, Johnsville, KY 41043
Products: grass fed beef
Sold: On-line ordering

CAMPBELL

Idyllwild Farm *o, SA, CRCC, PF

Find us on Facebook
740-475-9157
PO Box 191, Melbourne, KY 41059
Products: certified organic and organic methods. 4 season salad greens, kale, onions, potatoes, shallots and the usual delicious seasonal suspects.
Sold: Findlay FM

Neltner Farm *CRCC, LS, GF

NeltnersFarm.com
859-635-3636
6922 Four Mile Rd., Melbourne, KY 41059
Products: hydroponic lettuce, tomatoes, cucumbers, seasonal fruits & vegetables, jams, u-pick pumpkins in fall festival
Sold: Sat Findlay FM, Alexandria-CC FM, Nativity Church and Northminster Church Tailgate Markets

🦋 **The Barbian Farm (Apple Ridge Farm)**

*C, P, CRCC, LS, IPM, SA
859-635-9681
3349 Nine Mile Rd., Melbourne, KY 41059
Products: tomatoes, green beans, tree ripened peaches, plums, pears & apples
Sold: Nativity Church Tailgate FM, Northminster Presbyterian Tailgate FM, Erlanger FM, Lakeside Commons Market

KENTON

Atwood Village Family Farm

*SA, CRCC, PF, FR, GF, HF, HR, NR
AtwoodFarmshare.com
859-803-4992
2043 Moffett Rd.,
Independence, KY 41051
Products: transplants sold on farm and at select sales
Sold: farm by appt.; call for more info

🦋 **Phoenix Rising**

*B, FR, GF, HB, HF, NR
RisingPhoenixFarm.com
14093 Madison Pk
Morning View, KY 41063
Products: 100% grass fed and finished beef, lamb and pork
Sold: on farm

🦋 **Rains & Sun Hilltop Farm**

*CRCC, IPM, PF, SA, CNG
RainsAndSun.com
859-432-3641
10050 Marshall Road
Covington, KY 41015
Products: Naturally grown fruits and vegetables from our family to yours. Focusing on the veggies you love with some new things to try. Small, CSA-centric farm.
Sold: multiple pick-up sites in NKY and delivery options Tues. and Thurs. ; Independence FM on Sat.

🦋 **Tewes Farm** *FR, HF, HR, NR

TewesFarm.com
859-341-8844
2801 Crescent Springs Rd.
Erlanger, KY 41018
Products: fresh chickens, turkeys & eggs
Sold: at Farm, ordering is encouraged



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

OWEN

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

🦋 **Hundred Happy Acres**

*GF, HB, HF, HR, NR, PF, SA
 HundredHappyAcres.com
 513-535-1617
 Jonesville, KY 41035
Products: grass fed lamb, pork, duck, turkey supplemented with non-gmo feed
Sold: on farm and at Owen County Farm and Craft Market

PENDLETON

🦋 **Fox Run Environmental Education center** *B, CRCC, GF, FR, HR, HF, HR, NR, O, PF, SA

FoxRunEEC.org
 859-242-1037
 foxruneec@gmail.com
 PO Box 174, Falmouth, KY 41040
Products: certified organic produce, herbs and flowers, plants; non-profit, educational programs for individuals and groups; online consultation, wildlife rehabilitation
Sold: CSA (pick up at Farm)
 Covington FM

🦋 **Little Green Pastures Farm**

*FR, GF, HF, HR, NR
 LGPFarm.com
 513-258-8424; jodiem@lgpfarm.com
 Butler, KY 41006
Products: pastured chicken & eggs, Thanksgiving turkey, goats milk soap, bath bombs and body scrubs
Sold: Boone County FM on Sat., Ft Thomas FM, DIRT at Findlay Market, online at OhioValleyFood.com

SCOTT

Elmwood Stock Farm

*O, FR, GF, HB, HF, HR, NR
 ElmwoodStockFarm.com
 3520 Paris Rd.
 Georgetown, KY 40324
Products: mixed vegetables, berries, herbs; grass fed beef and lamb; pastured chicken and eggs; pastured Heritage Breed turkey; Heirloom cornmeal—all USDA Certified organic
Sold: Hyde Park and Madeira FM; CSA with pick up in Cincinnati and N. KY.

INDIANA

DEARBORN CO.

🦋 **Abundant Green Pastures**

*B, GF, HB, HF, HR, NR, PF, SA
 AbundantGreenPastures.com
 812-637-3090
 1165 Chappelow Ridge Rd.
 West Harrison, IN 47060
Products: 100% grass fed beef and pasture pork. No GMO Grains, only 2 lbs. of grain per pig per day.
Sold: on farm and at Lettuce Eat Well FM

Beiersdorfer Orchard *LS

BeiersdorferOrchard.com
 812-487-2695
 21874 Kuebel Rd., Guilford, IN 47022
Products: apples, peaches, pears, plums, apple cider, apple (with or without sugar), pear, & pumpkin butters, honey
Sold: Farm Store year round, Madison's at Findlay Market, Clifton Natural Food, and Kroger's (cider)

🦋 **Honey Tree Acres**

*B, CRCC, GF, IPM, FR, HF, HR, NR, PF, SA, T
 HoneyTreeAcres.com
 523-265-2796
 8036 St. Peter's Rd.,
 West Harrison, IN 47060
Products: produce, CSAs, soy free, non-GMO pasture raised meat, chicken and eggs, cut flowers
Sold: on farm and at Lettuce Eat Well FM

Lobenstein Farm

*CNG, LS, CRCC, FR, HR, NR
 513-582-0762
 lobensteinfarmcsa@gmail.com
 29703 Post 464 Rd., St. Leon, IN 47012
Products: veg. plants in Spring, produce - sweet corn, cantaloupe, watermelon, tomatoes, green beans and much more; home grown beef, pork, lamb; October u-pick Pumpkin Festival
Sold: Findlay FM, Nativity & Northminster tailgate markets, Northside FM, Ft. Thomas FM, Wyoming Ave FM, Madeira FM, Mercy offices in Norwood

Small Acres Family Farm

*CRCC, PF, SA, FR, GF, HF, HR, NR
 Find us on Facebook
 23006 Kammeyer Rd. Sunman, IN 47041
Products: grass fed beef, pastured pork, non-GMO fed chicken and eggs, maple syrup, no-spray produce
Sold: On farm, Batesville FM, Fairfield FM

DECATUR

🦋 **Langeland Farms**

*O, SA, CRCC, HF, GF, HR, NR
 812-663-9546
 patty@langelandfarms.com
 3806 S. County Rd. 550E
 Greensburg, IN 47240
Products: freezer grass fed beef. Certified organic popcorn, black beans, heritage turkeyred wheatberries, hullless oat berries, fresh rolled oats, flours
Sold: at the farm, online FM at HoosierHarvestMarket.com

FRANKLIN

Michaela Farm

*B, CRCC, PF, SA, FR, GF, HF, HR
 OldenburgFranciscans.org/farm.asp
 michaelafarm@oldenburgosf.com
 3127 SR 229, Batesville, IN 47006
Products: seasonal produce, grass fed beef, local honey, dried herbs, canned goods, free range eggs
Sold: CSA featuring produce, beef, and eggs, at farm store

Steinfort Farms

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

JEFFERSON

The Eaton Farm

*O, SA, CRCC, PF, GF, HF, HR, NR
 TheEatonFarm.com
 812-839-6452
 6880 N. Scott's Ridge Rd.
 Madison, IN 47250
Products: non-GMO pastured eggs, chicken, turkey, & silvopastured pork. 100% grass fed beef & lamb. Certified Organic produce, raw honey
Sold: Hyde Park FM (produce and meat CSA) & The Good Eaton Club (our year-round meat CSA) in Clifton, cuts available at market

OHIO

Backyard Orchard *IPM, LS, SA

Find us on Facebook
 812-584-3266
 4713 SR 56, Rising Sun, IN 47040
Products: 32 varieties of apples, more than 12 varieties of peaches; plums, pears, Native American grapes; from Farm- vegetables, corn, melon
Sold: Bellevue FM, Findlay FM, Hyde Park FM, Madeira FM, Northside FM; u-pick on select weekends

Rising Sun Beef

*FR, GF, HF, HR, NR
 RisingSunBeef.com
 513-200-6042
 5004 Stahl Rd., Rising Sun, IN 47040
Products: grass fed and finished Angus beef, quarters, halves, and whole animal available year round
Sold: Call to order, available year round.

RIPLEY

Easter Rising Farm

*CRCC, FSB, P, PF, SA, FR, GF, HF, HB
 EasterRisingFarm.com
 704-798-6071
 5736 E SR 62, Friendship, IN 47021
Products: "salad bar" beef; pasture-raised chicken (GMO free) & turkey; naturally raised, GMO free pork; grass fed lamb, rabbit, goose, pheasant
Sold: meat is available at the farm seasonally. Delivery to Madeira and Western Hills through our CSA.

Kestler Farms LLC *HF, HR, NR

KestlerFarms.com
 812-212-1078
 565 SR 229 South, Batesville, IN 47006
Products: Angus beef 1/4, 1/2 or whole shares
Sold: individual cuts available at farm by appointment, or pick up shares at the locker

Wind Dance Family Farm

*P, B, CRCC, IPM, PF, SA
 WakeTheFarmUp.com
 513-479-7070
 2655 So. Co. Rd 750 E
 Dillsboro, IN 47018
Products: various seasonal produce, foraged edibles and ferments
Sold: Northside FM all year long, CSH shares, check our website & etsy store for more pop up locations and special orders

{ " (My work) is a love affair with nature. " }
 ~ Charlie Ernstes, Can Du Farm, Clermont Co., OH.

**GRATITUDE FOR THE
GENEROSITY OF
OUR SPONSORS**

HARVEST HOTSHOTS:



Meshewa Farm Foundation

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



Sisters of Charity
of Cincinnati

Sisters of Charity of Cincinnati

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

CULTIVATORS:

Debbie and Dick Westheimer

Perelandra Farm

Findlay Market

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

SEED SAVERS:

Civic Garden Center

2715 Reading Road
Cincinnati, OH 45206
CivicGardenCenter.org

Nutrition Council

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

Slow Food Cincinnati

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

**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.*

