LOCAL FOOD GUIDE

2017-2018

celebrating

14

years

Take the Pledge

p. 12
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
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.
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.

### 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

### Wednesday

- **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

- **Sayler Park**
  - 4pm-7pm; May - Oct.
  - Town Square Park on Parkland Ave.
  - Cincinnati, OH 45223

- **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

- **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

**FARMERS’ MARKETS**

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).

**For more information ProducePerks.org.**
**Symbols to watch for:**
- 🌸 Our Donors
- ❄ Winter Market

**FARMERS’ MARKETS**

**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

**❄ 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

**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

**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

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

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.

EATING TO LIVE

photos courtesy of Amy Stross

O 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.


donate to support food banks and farmers' markets

Related to foods) have not decreased among the general population, nor have the challenges, pain, and costs that accompany such conditions.
“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
A healthy growth of restaurants, eateries, and carries out 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.

“Fresh food matters a lot to our health and to the pleasure of eating.”
~ Anita Sorkin, Certified Health Coach
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

Symbols to watch for: 🍃Our Donors
School Gardens: Growing the Next Generation

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, 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.
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
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

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.
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)

WHAT’S A “FOOD HUB”?

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.
**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?

**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
wesselerm@yahoo.com
5231 Tricounty Highway
Mount Orab, OH 45154
**Products:** raw local honey, bee pollen, bee swarms wanted
**Sold:** On-site, can order ahead, Louise’s in Eastgate, Bite Restaurant in Milford, Burger Farm in Newtown

**Straight Creek Valley Farm ★CRCC, IPM, PF, SA, FB, HF, HR, NR**
5649 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

**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**
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

**Can-Du Farm ★PM, 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, Madera FM, Blue Ash FM, Hyde Park FM
Symbols to watch for: 

Our Donors  *GROWING PRACTICES

Earth-Shares CSA  
*D, SA, CRCC, PF  
EarthSharesCSA.org  
member@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 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  
*D, 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 appt., Retail: Jungle Jim’s Eastgate, Greener Portions Aquaponics, Whole Foods (Rookwood and Dayton), Celebrate Local store in Liberty Township

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 Farm FM, Phipps, 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

That Guys Family Farm & That Girls Flowers  
*D, 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 Thanksgivings 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, CRCC, HB, HF, HR, NR  
WALnutRidgeAcres.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.

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

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

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, Phipps Market & Dorothy Lane Markets, Loveland FM, Madeira FM

DARKE

That Guys Family Farm & That Girls Flowers  
*D, 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 Thanksgivings 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, CRCC, HB, HF, HR, NR  
WALnutRidgeAcres.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.

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

FINN MEADOWS FARM  
*SA, CRCC, PF, IPM  
FinnMeadowsFarm.com  
513-608-6858, 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 Farm FM, Montgomery FM, Blue Ash FM

BRADLEY SMITH  

HAMILTON

Bee Haven  
BeeHavenHoney.com  
Cincinnati, OH 45232  
513-542-5621  
Products: Raw and creamy 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  
CWRurbanFarm.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 Miamiview 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-Bleih & Sons, Bridgetown Finer Meats, Dutch’s Larder, Green BEAN Delivery, Langen Meats, Humbert Meats, Millerie’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, GF, HF, HR, NR  
FinnMeadowsFarm.com  
513-608-6858, 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 Farm FM, Montgomery FM, Blue Ash FM
**Parkland Homestead Farm**
*B, CRCC, IPM, P, PF, SA, FR, GB, HB, HR, NR
ParklandHomesteadFarm.com
513-706-5148
Cincinnati, OH 45233
**Products:** Fresh fruits & vegetables, herbs, fresh eggs
**Sold:** Sayler Park FM, Covington FM, onsite, home delivery in selected areas

**Permaganic ECO GARDEN**
*B, SA, CRCC, PF
Permagamic.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**
*B, CRCC, GR, GB, HF, HR, RR
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 drive-way, Madeira FM, Findlay Market – Sat.

**Urban Earth Farms**
*B, P, SA, CRCC, PF
EnrightCovillage.org
urbanearth@enrightcovillage.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
513-255-9955
241 Worth St., Cincinnati, OH 45226
**Products:** annual vegetables, perennials, herbs
**Sold:** CSA, FM on location

**Wooden Shoe Gardens**
*O
woodenshoeoarden@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

**Gorman Heritage Farm**
*B, CRCC, SA, FR, GB, HF, HR, RR
GormanHeritageFarm.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, GB, HF, HR, RR
Green.Acres-Ohio.com
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

**Homestead Song**
*B, CRCC, IPM, PF, SA, HF, HR, RR
HomesteadSongFarm.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, RR
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

"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.
Symbols to watch for: Our Donors *GROWING PRACTICES

KENTUCKY

BOONE CO.

Dark Wood Farm *CCRC, PF, SA
DarkwoodFarmstead.com
5283 Waterloo Rd.,
Burlington, KY 41005
Products: all-natural, pesticide-free seasonal vegetables and berries
Sold: CSA and restaurants

McGlasson Farms *CCRC, LS, C
McGlassonFarms.com
859-689-5229
5832 River Rd. (route B),
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

PRECK

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

Idylwild Farm *0, 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
NeltnerFarms.com
859-633-5878
14093 Madison Pk
Morning View, KY 41063
Products: grass fed beef, lamb and pork
Sold: on farm

Rising Phoenix Farm
*CRCC, IPM, PF, SA, CHG
RisingPhoenixFarm.com
859-342-3614
5003 Madrid Rd.
Covington, KY 41015
Products: grass fed, natural, antibiotic free, hormone free grain fed
Sold: On-line ordering

Farm store opens in May, CSA and restaurants

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.
Hundred Happy Acres
*GF, HB, HF, HR, NR, PF, SA
HundredHappyAcres.com
513-535-1617
Jonesville, KY 40135
Products: grass fed lamb, pork, duck, turkey supplemented with non-gmo feed
Sold: on farm and at Owen County Farm and Craft Market

Elmwood Stock Farm
*O, 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 commnmeal— 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, NF, PF, SA
AbundantGreenPastures.com
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

Honey Tree Acres
*B, CRCC, GF, IPm, FR, HF, HR, NR, PF, SA, T
HoneyTreeAcres.com
253-265-2796
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

Forest Farms
*O, CRCC, PF, SA, FR, GF, HF, HR
OldenburgFranciscans.org/farm.asp
michaelafarm@oldenburgofos.org
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

The Eaton Farm
*O, SA, CRCC, PF, GF, HF, HR, NR
TheEatonFarm.com
812-393-4598
1176 Shrine Rd. Batesville, IN 47006
Products: vegetables, pumpkins, cut flowers
Sold: Batesville FM

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.

JEFFERSON

The Eaton Farm
*O, SA, CRCC, PF, GF, HF, HR, NR
TheEatonFarm.com
812-839-6452
2655 So. Co. Rd 750 E
Dillsboro, IN 47018
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
513-212-1078
865 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
513-879-7070
2655 So. Co. Rd 750 E
Dillsboro, IN 47018
Products: various seasonal produce, foraged edibles and fermenters
Sold: Northside FM all year long, CSA shares, check our website & etsy store for more pop up locations and special orders

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

“My work is a love affair with nature.”
~ Charlie Ernstes, Can Du Farm, Clermont Co., OH.
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.