CORV

2018-2019

Local Food Guide
Welcome to our 11th season,

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

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

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

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

Eat, Enjoy, Share,
Deborah

REST IN PEACE, ALBERT “BUD” G. MAUCH, FARMER

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

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

NOTE FROM THE PRODUCER

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THE CORV CAST OF CHARACTERS

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• R. Alan Wight, Ph.D. Greater Cincinnati Regional Food Policy Council
Project Team:
• Karen Arnett, Mt. Healthy Honey (Artisan/Cottage Producers)
• Dick Croy Sommelier a.k.a wine guy (wines and spirits)
• Karen Egan, Homeadow Song Farm (OH Growers)
• Deborah Jordan, Enright Ridge (IN Growers)
• Jo Ann Kavanaugh, Mt. Washington (Farmers’ Markets)
• Claire Luff, Slow Food Cincinnati and Finn Meadows Farm (Restaurants)
• Haley Shutter (Roving Reporter)
• Ame Vanorio, Fox Run Environmental Education (KY Growers)
Talk Local Editors (website): Deborah Jordan, Breanna Parker, Alan Wight

Thanks to Rob Lewis, Leah Bartel and the team at Turner Farm for our photo shoot. (photo by Dylan Cahalan.)
What’s sustainable, or should we say regenerative? The word “sustainability” can be slippery so some people are now using the word “regenerative.” Regenerative growing and grazing practices are those which are “rebuilding organic matter in the soil and restoring degraded soil biodiversity.” Besides the ability to reverse climate change with carbon sequestration, regenerative agriculture improves the water cycle, restores ecosystem health, and therefore positively impacts our health. And don’t we want our children’s children to thrive?

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

**WHAT’S SUSTAINABLE?**

**OUR LOCAL FOODSHED**

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

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

To know your food, know your farmer.
FARMERS’ MARKETS

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

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

Symbols to watch for: 🌟 Our Donors ❄ Winter Market

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

Multiple Days

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

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

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

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

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

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

- **Milford-Ohio Valley Fruit and Vegetable Grower’s Association**
  Accepts WIC
  2pm - 6pm; June - Nov.
  Hoffner Park at corner of Hamilton Ave. & Blue Rock
  Milford, OH 45150
  MilfordFarmersMarket.com

- **Northside**
  Accepts Credit Cards, EBT/WIC, Produce Perks
  3:30pm - 7:00pm; June - Sept.
  2222 Hamilton Ave.
  NorthsideFM.org
  Find us on Facebook

Tuesday

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

- **Loveland**
  3pm - 6:30pm; May 1 - Oct. 30
  205 Broadway Street
  Loveland, OH 45140

- **Mt. Carmel-Ohio Valley Fruit & Vegetable Grower’s Association**
  Accepts WIC
  2pm - 5:00pm; July - Sept.
  Sports Rock Cafe
  453 Old 74
  Mt. Carmel, OH 45244
  MilfordFarmersMarket.com

Wednesday

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

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

- **Mt. Carmel-Ohio Valley Fruit & Vegetable Grower’s Association**
  Accepts WIC
  2pm - 5:00pm; July - Sept.
  Sports Rock Cafe
  453 Old 74
  Mt. Carmel, OH 45244
  MilfordFarmersMarket.com

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

- **Milford-Ohio Valley Fruit and Vegetable Grower’s Association**
  Accepts WIC
  2pm - 6pm; June - Nov.
  Hoffner Park at corner of Hamilton Ave. & Blue Rock
  Milford, OH 45150
  MilfordFarmersMarket.com

- **Northside**
  Accepts Credit Cards, EBT/WIC, Produce Perks
  3:30pm - 7:00pm; June - Sept.
  2222 Hamilton Ave.
  NorthsideFM.org
  Find us on Facebook
Village Green
4pm - 7pm; May 30 - Oct. 17
301 Wessel Dr.
Fairfield, OH 45014
Fairfield-City.org/market
Find us on Facebook

Thursday

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

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

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

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

Friday

Alexandria-Campbell County
3pm - 6pm; May 18 - Oct. 26
Southern Lanes
7634 Alexandria Pike
Alexandria, KY 40001
CCFarmersMarket.net

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

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

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

Saturday

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

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

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

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

Symbols to watch for: Our Donors Winter Market
Covington
Accepts WIC/Snap
9am - 1pm; May - Oct.
3rd and Court Street
Covington, KY 41011
rcov.org/Covington-Farmers-Market
Find us on Facebook

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

Diocesan Catholic
Children’s Home (DCCH)
10am - 2pm; Mid May-Oct.
75 Orphanage Rd.
Ft. Mitchell, KY 41017
Find us on Facebook

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

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

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

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

❄ Mt. Washington
“Market in the Park”
9am - 12pm; May - Sept.
Stanbery Park
2221 Oxford Ave
Cincinnati OH 45230
StanberyMarket.wixsite.com/market

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

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

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

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

JUST AN ORDINARY DAY
IN THE CLASSROOM.
Sustainable Agriculture Management Certificate
PROGRAM IS DESIGNED TO PROVIDE
hands-on, business-oriented foundation for
anyone interested in local food production.

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

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

West Chester
9285 Centre Pointe Dr.
www.WestChesterOhioFarmersMarket.org

FARMERS’ MARKETS
The History of Ohio Wine

The history of wine making can be traced back to the early 1800’s. Nicholas Longworth, a lawyer from the Cincinnati area, saw the potential of the Ohio River Valley to become a major producer of wine. In 1820 he planted the first Catawba grapes. This domestic variety was hearty enough to withstand Ohio winters and the wine produced from it won quick consumer acceptance. The light, semi-sweet wine was different from the other strong American wines of the day. Soon there were many acres of vines growing in the greater Cincinnati area and by 1845 the annual production was over 300,000 gallons. By 1860, Ohio led the nation in the production of wine. As crop diseases, such as black rot and mildew, began to plague the grapes, the Civil war left the grape growers with little manpower. This led to the demise of wine making in southern Ohio at that time. (http://www.ohiowines.org/info_pack.shtml)

The Ohio River Valley is the birthplace of American viticulture (cultivation of grapes), starting with Longworth. Wine has been produced in Ohio since 1823 when Longworth planted the first Alexander and Isabella grapes in the Ohio River Valley. The Ohio River Valley is an American Viticultural Area (AVA) centered around the Ohio River and surrounding areas. It is the second largest wine appellation of origin in the United States (only the Upper Mississippi Valley is larger) with 16,640,000 acres (67,300 km2) in portions of the states of Indiana, Kentucky, Ohio and West Virginia. (appellations define and protect geographically-named wines, spirits, and even certain foods) 85% of the grapes must be from the Ohio River Valley (ORV) viticultural area to be labeled as an ORV Wine.

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

Symbols to watch for: Our Donors

Hanover Winery
HanoverWinery.com
2121 Mormon Rd.
Hamilton, OH 45013
513-863-3119
Estate-bottled wines, ORV and Ohio Wines

Harmony Hill Vineyards
HarmonyHill.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
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
WoodstoneCreek.com
4712 Vine Street
Cincinnati, OH 45217
513-569-0300
Wine, mead and distilled spirits from local fruit
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.

Symbols to watch for: < Artisanal, Cottage Products >

Locally prepared foods just taste better and reflect on the culture of our region.
- Gary Leybman, The Pickled Pig
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. 17 for “animals and their treatments.”

Nicole Gunderman, Gorman Heritage Farm

Symbols to watch for: 

OHIO

BROWN CO.
Back Acres Farm
Emmett Ridge Farm

BUTLER CO.
Double J Farm
Harris-Miller Farm

CLERMONT CO.
Mud Foot Farm
CLINTON CO.
Walnut Ridge Acres
Webb Valley Farm

HAMILTON CO.
Finn Meadows Farm
Gorman Heritage Farm
Greenacres Farm

HIGHLAND CO.
Grassroots Farm & Foods
TS Farms
White Clover Farm

WARREN CO.
Bensman Family Farms
Cook’s Family Farm
The Goodlife Farm

KENTUCKY

BRACKEN CO.
The Cox Family Farms

CAMPBELL CO.
Idyllwild Farm

KENTON CO.
Phoenix Rising
Tewes Farm

OWEN CO.
Hundred Happy Acres

PENDLETON CO.
Little Green Pastures Farm

JEFFERSON CO.
The Eaton Farm

OHIO CO.
Rising Sun Beef

RIPLEY CO.
Easter Rising Farm

PENDLETON CO.
Kestler Farms LLC

INDIANA

DEARBORN CO.
Abundant Green Pastures
Honey Tree Acres

FRANKLIN CO.
Lobenstein Farm
Small Acres Family Farm
Michaela Farm

WARREN CO.
Bensman Family Farms
Cook’s Family Farm
The Goodlife Farm

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

- Jodie Majancsik, Little Green Pastures Farm, KY. (Pendleton Co.)
OVER 1/3 OF FOOD deemed fit for consumption by humans goes uneaten. The prevalence of wasted food in the United States is appalling. Each year 52 million pounds of food is wasted. This is equal to about 165 billion dollars worth of food.

The cost does not reflect the expenditures of production, processing, transporting, and disposal, which nearly doubles the true cost of wasted food. Wasting food has financial, environmental, and societal consequences. Food waste makes up the majority of trash collected, and of that which is collected 95 percent ends up in landfills. During decomposition, the organic matter releases methane and contributes to 18% of all U.S. emissions of this greenhouse gas. (Methane absorbs the sunlight and warms the atmosphere.) Moreover, through the processes of food production, other natural resources including 21% of all our nation’s use of fresh water, 18% of cropland, and 21% of landfill content are additional consequences of wasting food.

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

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

See full article at Talk Local, EatLocalCORV.org

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

40% OF FOOD IN AMERICA IS WASTED

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

SAVETHEFOOD.COM

Green Umbrella
REGIONAL SUSTAINABILITY ALLIANCE
Know Your Roots

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

When I moved to Cincinnati six years ago, it was certainly not with the intention of going to school for farming—I have an undergraduate degree in film production—but life has a pretty predictable way of presenting unexpected forks in the road. After working a few seasons on a vegetable farm my friend managed, I was reminded of the satisfying and meaningful feeling that comes from being in regular communion with plants. It feels like home. I considered the idea of studying plants and, knowing several people who have gone through Cincinnati State’s three semester Sustainable Agriculture Management Certificate program, decided to give it a go this past summer. The curriculum requires classes like Horticulture Science and Soil Science and Plant Nutrition, which give a solid foundation of understanding how to grow plants while maintaining ecological integrity. All of the invisible organisms living in the soil need care and attention, too! There is a harmony to maintain, if not to repair, when it comes to agriculture, and it is a farmer’s responsibility to use their knowledge and intuition to do so. Additional required courses in entrepreneurship, financial accounting, and marketing round out the program and ensure students are prepared for the business aspects of farming.

See full article at Talk Local, EatLocalCORV.org

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

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

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

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

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

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

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

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

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

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

DID WE MENTION FUN? It’s fun to gather at the market, talk about and try new recipes, talk local.
GENERATION RX: That’s what Robyn O’Brien (author of The Unhealthy Truth) calls her children’s age group. An acute allergic reaction of her 2 year old launched this high-powered, professional data analyst into research that continues to reveal a story of our food system that is sad at best and criminal at its worst. Clinging to her every word when she spoke at the OEFFA conference in 2017, her message that “numbers tell the story” bears repeating:

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

One fact really sticks out: HOSPITALIZATIONS FROM FOOD ALLERGIES INCREASED 265% BETWEEN 1997-2003. These six years correspond with the introduction of virtually all Genetically Modified Foods. As the right graph illustrates, a corresponding increase in the use of Glyphosate marked that period of time as well. (left graph displays the increase of 5 different GMO crops). If—as Hippocrates told us, “Food is Medicine and Medicine is Food”—the U.S. fails miserably.

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

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

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

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

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.
Food Mapping!


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

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

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

Interested in making maps?
Contact: Alan Wight | wightra@ucmail.uc.edu.

Alan Wight is a local food advocate. He works with schools and communities to map their assets and plan and plant orchard gardens.
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. 18–23)

Symbols to watch for: Our Donors

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

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

(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

(PI) 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.

(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.

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

(P) Pastured: An animal spends time...
### OHIO

#### ADAMS CO.
**Shagbark Farm Ohio**  
*B, CRCG, 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, CRCG, PT, TR, GF, HF, HR, NR*  
513-405-4379  
pattycakes3@frontier.com  
Georgetown, OH  
**Products:** pastured eggs; grass fed beef, lamb, pork, chicken and turkey; seasonal vegetables: spelt  
**Sold:** Anderson FM, College Hill Coffee Company, Covington FM, CSA

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### Symbols to watch for:
- **Our Donors**
- **GROWING PRACTICES**

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

Questions for meat, chicken, and egg producers:
- Do you use antibiotics or hormones, steroids, or other growth promoters?  
- What type of feed do you give your animals?  
- How are your animals raised?  
- How much time do your animals have outside?  
- On Pasture?  
- How large is your operation?
Mark's Pure Honey
*PF
513-373-2724
wesselerm@yahoo.com
5231 Tricounty Highway
Mount Orab, OH 45154
Products: raw local honey, bee pollen, bee swarms wanted
Sold: On-site, can order ahead, Louiso's in Eastgate, Bite Restaurant in Milford, Burger Farm in Newtown

Straight Creek Valley Farm
*CRCC, IPM, PF, SA, FR, HF, HR, NR
StraightCreekValleyfarm.com
6489 Straight Creek Rd
Georgetown, OH 45121
Products:
Sold:

White Oak Valley Farm
*SA, IPM, LS, CRCC, T
Find us on Facebook
513-404-1238
4153 Kincheloe Rd.
Georgetown, OH 45121
Products:
Sold:

Five Oaks Organic
*O, P
513-258-7541
50aksOrganics@gmail.com
2771 Oxford Trenton Rd.
Oxford, OH 45056
Products:
Sold:

Harris-Miller Farm
*O, GF
513-524-9419
millersibyl883@gmail.com
6578 Fairfield Rd., Oxford, OH 45056
Products:
Sold:

Gray Fox Farms
*O, CR, CG, IPM, PF, SA
GrayFoxFarmsOhio.com
3620 State Route 222
Batavia, OH 45103
Products:

Honey Sweetie Acres
*HR, NR
513-313-1110
HoneySweetieAcres.com
Goshen, OH 45122
Products:
Sold:

Can-Du Farm
*IPM, LS
513-734-7213
candufarm@yahoo.com
2935 State Route 125
Bethel, OH 45106
Products:
Sold:

Earth-Shares CSA
*O, SA, CRCC, PF
EarthSharesCSA.org
membership@earthsharescsa.org
932 O'Bannonville Rd.
Loveland, OH 45140
Products:
Sold:

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:
Sold:

Five Oaks Organic
*O, P
513-258-7541
50aksOrganics@gmail.com
2771 Oxford Trenton Rd.
Oxford, OH 45056
Products:
Sold:

Gray Fox Farms
*O, CR, CG, IPM, PF, SA
GrayFoxFarmsOhio.com
3620 State Route 222
Batavia, OH 45103
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513-734-7213
candufarm@yahoo.com
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Bethel, OH 45106
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membership@earthsharescsa.org
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GrayFoxFarmsOhio.com
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513-313-1110
HoneySweetieAcres.com
Goshen, OH 45122
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Sold:

Can-Du Farm
*IPM, LS
513-734-7213
candufarm@yahoo.com
2935 State Route 125
Bethel, OH 45106
Products:
Sold:
Mud Foot Farm
*SA, CRCC, PF, FR, HF, HR, NR
513-542-5621
Bee Haven Honey.com
Cincinnati, OH 45232
513-382-5480, cell: 937-725-1690
937-289-3151
That Guys Family Farm & That Girls Flowers
*
0, FR, GF, NR, NR
ThatGuysFamilyFarm.com,
ThatGirlsFlowers.com
937-289-3151
394 State Route 380
Clarksville, OH 45113
Products: certified organic produce and cut flowers; specializing in greens, tomatoes, root crops and hand tied bouquets
Sold: Deerfield FM, Ohio Valley Food Connection, Dorothy Lane Markets and CSA
Walnut Ridge Acres
*IPM, PF, SA, B, CRCC, HB, HB, HF, NR
WalnutRidgeAcres.com
937-289-3222
7912 Route 22/3
Clarksville, OH 45113
Products: produce and cut flowers;
Berkshire pasture-raised pork
Sold: Hyde Park FM, Blue Ash FM, Wyoming FM, Clinton County FM
Webb Valley Farm
*B, T, CRCC, PF, SA, FR, GF, HF, HR, NR
WebbValleyFarm.com
937-382-5480, cell: 937-725-1690
1134 N. Webb Rd
Wilmington, OH 45177
Products: grass fed beef, pasture raised pork, pasture raised lamb, pasture poultry, free range eggs and hand crafted soap and lotion bars
Sold: Bellbrook Buying Club, Blue Ash FM, Deerfield FM, Lebanon FM, Loveland FM, Farm Store every Saturday 1:30–4:00 Year round & during the week by appt.

The Organic Farm at Bear Creek
*O, SA, CRCC
OrganicFarmatBearCreek.com
513-470-7617
460 Bear Creek Rd.
Felicity, OH 45120
Products: certified organic vegetables, greens and herbs; salsa, pasta sauces, soups, salad dressings, jams, dipping oils and herbal teas
Sold: Pipkins, Susan's Natural World, Jungle Jim’s Eastgate & Fairfield, Our Harvest, Harvest Mkt. (Milford) Green BEAN Delivery, Ohio Valley Food Connection, Miami University

That Guys Family Farm & That Girls Flowers
*
O, FR, GF, NR, NR
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ThatGirlsFlowers.com
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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.

Hamiton

Camp Washington Urban Farm
*CRCC, IPM, P, PT, SA
CWUrbanFarm.org
513-356-8908
urbanfarm@camp-washington.org
3220 Colerain Ave.
Cincinnati, OH 45225
Products: garlic, heirloom tomatoes, onions, broccoli, kale, peppers, herbs and other seasonal vegetables
Sold: Madison’s at Findlay Market, Northside FM, CAMP CART (mobile), call for direct sales
Carriage House Farm
*SA, CRCC, PF, IPM
CarriageHouseFarmLLC.com
513-967-1106
10251 Miamiview Rd.
North Bend, OH 45052
Products: honey, flour & grains,
produce with a focus on herbs, root crops, & leafy greens
Sold: On Farm, CSA, Findlay FM
(Sat) Retailers: Avril-Bleh & Sons, Bridgetown Finer Meats, Humbert Meats, Langen Meats, Lydia’s on Ludlow, Deeper Roots, and other Restaurants
Greenacres Farm
*CRCC, PF, FR, GF, HF, HR, NR
GreenacresFarm.com
513-891-4227
8255 Spooky Hollow Rd.
Cincinnati, OH 45242
Products: Grass-fed Black Angus Beef, pastured chickens, pastured turkeys, grass-fed lamb and Woodland raised pork
Sold: Greenacres Farm Store, CSA

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

Funke’s Greenhouse
*IPM, PF, SA
Funkes.com
Find us on Facebook
4798 Gray Rd.
Cincinnati, OH 45232
Products: huge selection of vegetable and herb starts and other specialty cultivars
Sold: on-site

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

Greenacres Farm
*CRCC, PF, FR, GF, HF, HR, NR
Green-Acres.org
513-891-4227
8255 Spooky Hollow Rd.
Cincinnati, OH 45242
Products: Grass-fed Black Angus Beef, pastured chickens, pastured turkeys, grass-fed lamb and Woodland raised pork
Sold: Greenacres Farm Store, CSA

Homeadow Song
*P, CRCC, IPM, PT, 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
*CRCC, IPM, PT, SA, GF, HF, HR, NR
OurHarvest.coop
513-620-4642
ourharvest@ourharvest.coop
1250 Tennessee Ave.
Cincinnati, OH 45229
Products: wide variety of seasonal produce including greens, carrots, beets, turnips, squash, lettuce, tomatoes and potatoes; grass fed beef
Sold: year-round CSA pick-up locations around the city; area restaurants, retail outlets, and institutions; see website for up-to-date list and to sign up for CSA

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

eatlocalcorv.org
Non-GMO - A GMO, or genetically modified organism or Genetically Engineered (GE), is a plant, animal, microorganism or other organism whose genetic makeup has been modified. This relatively new science creates unstable combinations of plant, animal, bacterial and viral genes that do not occur in nature or through traditional crossbreeding methods. Most developed nations do not consider GMOs to be safe and have significant restrictions or outright bans on their production and sale. In the absence of mandatory labeling in the U.S. and Canada, the Non-GMO Project was created to give consumers the informed choice they deserve. From: nongmoproject.org  Organic food is usually GMO free.
Bensman Family Farms
*PF, FR, GF, HF, HR, NR
BensmanFamilyFarms.com
937-902-1172
3440 Pekin Rd
Waynesville, OH 45068
Products: grass fed beef, pork; 1/4, 1/2 or whole animals
Sold: see website for details

Cook’s Family Farm
*CRC, FR, GF, HF, HR, PF, NR, SA
937-238-9858
cooksfarm@embarqmail.com
3611 E. Lwr. Springboro Rd.
Waynesville, OH 45068
Products: vegetables, fruit, herbs, plants, grass-fed, pork, chicken, eggs
Sold: Lebanon FM, Deerfield FM, Montgomery FM and through our free choice CSA - The Farm Club

KENTUCKY

BOONE CO.

Dark Wood Farm
*CRCC, PF, SA
DarkwoodFarmstead.com
2590 Lawrenceburg Ferry Rd.
Petersburg, KY 41080
Products: all-natural, pesticide-free seasonal vegetables
Sold: CSA and restaurants

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

Campbell

Idyllwild Farm
*GF, HR, NR, O, SA, CRCC, PF
IdyllwildFarm WordPress.com
740-475-9157
Idyllwildfarm@gmail.com
PO Box 191
Melbourne, KY 41059
Products: 100% grass fed and finished beef, lamb and pork
Sold: on farm

PENDLETON

Fox Run Environmental Education center
*bf, CRCC, GF, HR, HF, HR, NR, O, PF, SA
FoxRunEEC.org
859-242-1037
foxrunscene@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
*BF, GF, HF, HR, NR
LGPFarm.com
513-258-8424
jodiem@lgpfarm.com
Butler, KY 41006
Products: pastured chicken & eggs, Thanksgiving turkey, goats milk soap, bath bombs and body scrubs
Sold: Boone County FM on Sat., online at OhioValleyFood.com

symbols to watch for:  Our Donors  GROWING PRACTICES

WOVEN

Hundred Happy Acres
*GF, HB, HF, HR, NR, PF, SA
HundredHappyAcres.com
513-355-1617
Jonesville, KY 41035
Products: Duck eggs, 100% grass fed lamb & goat, pastured pork, duck & turkey (supplemented with soy free/ non-gmo feed), sausage (9 varieties) and goetta
Sold: on farm and at Owen County Farm and Craft Market; Delivery and bulk discounts available

Tewe’s Farm
*FR, HF, HR, NR
Tewe’s Farm.com
859-341-8844
2801 Crescent Springs Rd.
 Erlanger, KY 41018
Products: fresh chickens, turkeys & eggs
Sold: at Farm, ordering is encouraged

One of the greatest conundrums is how to price things so that everyone can enjoy the food, and we can eat too. Fairness in food is an extremely complex subject.
- Megan Gambrill, Garden Manager of Carriage House Farms, North Bend, Ohio
Lobenstein Farm
*CNG, LS, CRCC, FR, HR, NR
lobensteinfarmsca@gmail.com
29703 Post 464 Rd., St. Leon, IN 47012
**Products:** veg. plants in Spring, produce - sweet corn, cantaloupe, watermelon, tomatoes, green beans and much more; home grown beef, pork, lamb; October u-pick Pumpkin Festival
**Sold:** Findlay FM, Nativity&Northminster tailgate markets, Northside FM, Ft. Thomas FM, Wyoming Ave FM, Madeira FM

Small Acres Family Farm
*CRCC, PF, SA, FR, GF, HF, HR, NR
Find us on Facebook
23006 Kammeyer Rd. Sunman, IN 47041
**Products:** grass fed beef, lamb, non-GMO fed chicken and eggs, maple syrup, no-spray produce
**Sold:** On farm and online at: squarecup.com/store/small-acres-family-farm

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

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

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

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

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

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

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

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

Honey Tree Acres
*B, CRCC, GF, IPM, FR, HF, HR, NR, PF, SA, T
HoneyTreeAcres.com
513-265-2796
8036 St. Peter’s Rd., West Harrison, IN 47060
**Products:** produce, Soy free, non-GMO pasture raised meat chicken and eggs
**Sold:** CSA, on farm, at Lettuce Eat Well FM

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

Easter Rising Farm
*CRCC, FSF, 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
*NF, 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
*B, B, CRCC, IPM, PF, SA
WakeTheFarmUp.com
513-479-7070
2655 So. Co. Rd 750 E
Dillsboro, IN 47018
**Products:** various seasonal produce, foraged edibles and ferments
**Sold:** Northside FM, check our website for more, pop up locations and special orders

OUR DONORS

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

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

Easter Rising Farm
*CRCC, FSF, 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
*NF, 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
*B, B, CRCC, IPM, PF, SA
WakeTheFarmUp.com
513-479-7070
2655 So. Co. Rd 750 E
Dillsboro, IN 47018
**Products:** various seasonal produce, foraged edibles and ferments
**Sold:** Northside FM, check our website for more, pop up locations and special orders

OUR DONORS

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

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

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

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

CULTIVATORS:
Debbie and Dick Westheimer
Perelandra Farm

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

SEED SAVERS:
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