resilience

EAT LOCAL, EAT SUSTAINABLY
Welcome to our 14th year. I mark the start of the pandemic from when our dear old beagle, Spud, died. This year has been about both loss and reckoning and getting down to what is essential. Many realized that local food, farmers, and farmers markets are essential.

We continue this work of passion and purpose to support local food sovereignty where people regain control of their sources and create a just system for all. So here are some ingredients for food sovereignty (three of the R words from a virtual fall conference sponsored by Agraria, a regenerative farm in Yellow Springs): resilience, regeneration, and reciprocity. These 3 R’s are a recipe for the future:

Resilience – is about springing back or maybe forward. People are starting gardens; seed companies are selling out.

Regeneration – Robert Rodale (more R’s) coined the term “regenerative organic” to distinguish a kind of farming that goes beyond sustainable. There is more buzz around regeneration, probably because industrial, degenerative agriculture has exhausted the soil and contributed to climate disruption. My family practices regeneration on our 9/10th of an acre yard in Price Hill: no-till gardening with cover crops in the winter, planting natives, composting. A change to regenerative practices will help renew the soil, increase biodiversity, sequester carbon, and restore our hopes for a livable future.

Reciprocity – finally, but woven throughout, is the idea of giving back. The gift must keep on moving as Native people say.

Respecting and rebuilding our mutual exchange with all life – that’s what makes a community stronger. We share and barter in my neighborhood. My family expresses gratitude daily for our food and natural sources.

The CORV team once again gives you this food guide as a way to connect with who and what are growing in the region - to build resilience, to highlight regeneration, and to encourage reciprocity. As always – and with gratitude -

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WHY DO YOU EAT LOCAL?
Let us know what eating local means to you and any thoughts you have on the guide.
Visit us EatLocalCorv.org/Contact-Us

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

WHAT’S SUSTAINABLE?
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. 14.

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.

WHY DO YOU EAT LOCAL?
Freshness?
Flavor?
Nutrition?
Your health?
Your knowledge of growing practices?
Community connections?
Your connection to the land?
Let us know what eating local means to you and any thoughts you have on the guide.
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REST IN PEACE AND INTEGRITY - SCOTT RICHARDSON
Scott Richardson was an old order Mennonite living with his family at Sugartree Ridge Grassfed farm. In his words, written Nov. 30, 2020: “I am not a farmer. I am only a caretaker of cows and bees and horses (work & buggy) and soil microbes and my children and our soil and a thousand plus trees and a flock of chickens and a large pen of hogs. All that I try to do is conduct this menagerie orchestra so that everyone dances together to improve our little ecosystem.” While coming home from a market with his horse and wagon, Scott and his horse were killed as the result of a car accident on Feb. 2nd, 2021. We miss him.
The global pandemic and year of domestic unrest has required many farmers and food professionals to innovate in an uncertain environment of shifting needs. CORV reached out to Dan Divelbiss, founding member of Waterfields, to hear how he’s adapted. Dan Divelbiss founded Waterfields in 2013 with his business partners to grow specialty produce for chefs in Cincinnati.

CORV: How were you initially impacted when the pandemic hit?

DD: When restaurants closed dine-in services last March, Waterfields had to give away nearly $100,000 in produce due to cancelled orders and then suspend operations. Uncertainty was high and our team was meeting constantly to decide when to relaunch. It was tough but when we decided to relaunch in summer, we were all ready to go. Throughout this time, the managers and staff at Waterfields have been exceptional.

CORV: What did you do during the lull in operations?

DD: There was still plenty of work to do. In addition to making plans for the relaunch, I redesigned our greenhouse automation to include web-based controls to enable remote and automatic controls based on weather conditions. Our greenhouse manager has since been able to use this system to improve product quality and yields. Additional expansion plans created during the “lull” have begun, and I’m excited about our new capabilities and products. Also, there was time for lots of conversations. In talking to a customer about a meal train we were setting up for a mutual friend, she commented that people in food service always have extra food. Remembering this, and feeling my own financial fragility at the onset of the shutdown, I started a soup club for my neighbors as a side endeavor. It was fun to create and connect with neighbors in this way. It also gave me an excuse to work with one of my friends, Marykate at Mustard Seed Farm CSA, to get a breadth of local veggies in our soups.

CORV: It sounded like the shutdown created space to experiment and innovate.

DD: Yes, some independent design opportunities came up as well. The Southern Ohio Chestnut Company (SOCC) contracted me to consult on and build the control head for the irrigation system at their new 25-acre orchard in Athens county. Working with a commercial perennial farm was a fascinating shift in perspective from the high-turn annual agriculture I had been doing. This in turn led to a design/build engagement with Rust Belt Riders in Cleveland for a compost watering system. And right now I’m preparing for another project with SOCC. This one includes surface water treatment, web-based controls and solar power. Very cool stuff.

CORV: Are there any words of resilience you would like to offer to our readers?

DD: The words from a mutual aid group meeting have stuck with me, “the safest place to store your food is in your neighbor’s mouth.” Share what you can, plant an extra row in your garden and be open to shifts and new challenges in the coming year.

If you would like to connect with Dan, find him on LinkedIn.
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)

**MONTHLY**

- **Fibonacci’s Mt. Healthy**
  - Accepts SNAP/Produce Perks/Credit Cards
  - 11am - 2pm; May 2 - Nov 7
  - 1st Sun. of month
  - 1451 Compton Road, Cincinnati, OH 45231
  - FIBrew.com

- **Westside**
  - 10am - 3pm; May - Aug.
  - 1st Saturday of the month
  - 3719 Harrison Ave., Cheviot, OH 45211
  - Winter: Nov. 27
  - Harvest Home Park, 3961 North Bend Road
  - WestSideMarketCincy.com

- **Boone County**
  - Accepts Credit Cards/WIC
  - 10am - 5pm; May - Oct. daily
  - 9am - 6pm; Memorial Day and 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.
  - Senior Citizen Activity Center, 3504 Alexandria Pk.
  - Highland Heights, KY 41076
  - Find us on Facebook

- **Liberty Farm Market**
  - (and event space)
  - Accepts Credit Cards/EBT/WIC
  - 10am - 6pm; Wed., Thurs., Sun.
  - Beginning April 1; 10am-8pm; Fri-Sat.
  - 5850 Princeton Rd.
  - Liberty Township, OH 45011
  - LibertyFarmMarket.com

**MONDAY**

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

**TUESDAY**

- **Highland Heights**
  - 3pm - 6pm; June 15 - Oct. 26
  - Senior Citizen Activity Center, 3504 Alexandria Pk.
  - Highland Heights, KY 41076
  - Find us on Facebook

- **Loveland**
  - Accepts EBT/Produce Perks/Credit Cards
  - 3pm - 6:30pm; May 4 - Oct. 26
  - 205 Broadway St., Loveland, OH 45140
  - LovelandFM.com

- **Mt. Carmel-Ohio Valley Fruit & Vegetable Grower’s Association**
  - Accept WIC, VISA/MC/Senior FM coupons
  - 2pm - 5:30pm; July - Sept.
  - St. Veronica Church
  - 4473 Mt. Carmel Tobasco Rd.
  - Mt. Carmel, OH 45244
  - MilfordFarmersMarket.com

- **Oxford-Uptown**
  - (see Sat. listing)
  - Accepts EBT/WIC
  - 4pm - 7pm; May - Nov.
  - corner of Locust & Wells Mills Drive.
  - Oxford, OH 45056
  - OxfordFarmersMarket.com
  - Find us on Facebook

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

- **Batavia**
  - (see Sat. listing)
  - Accepts WIC
  - 3:30pm - 6pm; July - Oct.
  - Main St. at Depot Ave., Batavia, OH 45103
  - Find us on Facebook

- **Blue Ash**
  - 3:30pm - 7:00pm;
  - May 13 - Sept. 30
  - Summit Park
  - 4335 Glendale Milford Rd.
  - Blue Ash, OH 45242
  - BlueAsh.com

- **Fairfield**
  - 4pm - 7pm; Apr. 28 - Sept. 29
  - Winter: 4pm - 7pm Oct. - Apr. (1st and 3rd Wed.)
  - Fairfield Community Arts Ctr.
  - Fairfield, OH 45014
  - Fairfield-City.org/market
  - Find us on Facebook

**WEDNESDAY**

- **Milford**
  - (see Sat. listing)
  - Accepts Credit Cards/WIC
  - 10am - 3pm; May - Nov.
  - 1st Saturday of the month
  - 3961 North Bend Road
  - WestSideMarketCincy.com

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  - Fairfield-City.org/market
  - Find us on Facebook
The Produce Perks program is Ohio’s nutrition incentive program, now serving all Ohioans receiving SNAP. The Produce Perks program provides a dollar for dollar match for SNAP customers when they utilize their SNAP/EBT benefits at participating locations. The program increases affordable access to healthy foods at over 100 farmers’ markets, farm stands, mobile markets, CSA’s and select grocery retailers statewide. Matching dollars are redeemable for fruits, vegetables, and edible plants. The program empowers consumers, supports local farmers, and sustains regional economies.

Visit ProducePerks.org to find a site near you.
Crestview Hills
9am - 1pm; May 8 - Aug. 28
Crestview Hills Town Center
(ABU Eld’s parking lot)
Crestview Hills, KY 41017
Find us on Facebook

Deerfield Twp.
9am - 12pm; May 1 - Oct. 30
Kingswood Park
4188 Irwin Simpson Rd Mason, OH 45040
Winter: 10am - 11am; Nov. - Apr.
3rd Saturday
Market Pavilion
DeerfieldFarmersMarket.com
Find us on Facebook

Delhi
9am - 12pm; May 29 - Aug. 28
Delhi Park 5125 Foley Rd.
Cincinnati, OH 45238
Find us on Facebook

Diocesan Catholic
Children’s Home (DCCH)
10am - 2pm; May 8 - Oct. 30
75 Orphanage Rd., Ft. Mitchell, KY 41017

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

Hyde Park
Accepts Credit Cards
9:30am - 1:00pm; May 16 - Sept. 26
and Harvest Celebration
6:30pm - 8:30pm; Nov. 24
Hyde Park Square on Erie Ave.
Cincinnati, OH, 45208
HydeParkFarmersMarket.com
Find us on Facebook

Mariemont
Accepts EBT/Credit cards
10am - 1:00pm; May 8 - Sept. 26
Mariemont Elementary School parking lot
6750 Wooster Pike., Mariemont, OH 45227
Find us on Facebook

Winter Market of Hyde Park
Nov. - May; 10:00am - 1:30pm
MadTree Brewing, 3301 Madison Rd.
Cincinnati, OH. 45209
Find us on Facebook

If 10% of the population in our region shifted 10% of their purchases to local food, this would translate to an average of $15/week per household and $66 million dollars total in the local food economy.

- Michaela Oldfield, Greater Cincinnati Regional Food Policy Council, Green Umbrella
EAT SEASONALLY.

Use CORV’s Harvest Guide to learn what produce is in season when. It’s easy to get excited when the first strawberries or asparagus appear in the spring but wait a couple of weeks and you will be able to get more for your money. When supply is high during peak season, prices often go down. That is the time to buy larger quantities and preserve for future meals.

Learn how to preserve our local harvest by drying, freezing, pickling or canning. Look for classes and online resources offered by the OSU Extension, UK Extension, Civic Garden Center and others.

PLAN MEALS AROUND LOWER COST FOODS.

Produce that is easy to harvest and store tends to be less expensive per serving than more perishable items. For example, apples cost less per serving than berries. Lower cost veggies include cabbage, carrots, greens, potatoes, sweet potatoes and winter squash.

Cabbage is a great example of a low cost, nutrient dense vegetable that is in season for 6 months of the years and can be used in a variety of ways. A $3.75 head of cabbage can be used in soups and stews, stir-fries and casseroles. Braise chopped cabbage with other greens and stir into mashed potatoes. Sliced raw and lightly dressed it makes an easy slaw. USDA’s MyPlate.gov has plenty of low cost recipes to inspire you.

Protein foods are often the most expensive part of our plate so plan meals using plant proteins like beans or inexpensive animal proteins like eggs. Even though local eggs at a farmers market may cost more than the industrial eggs in the grocery store they are still a nutrition bargain and taste so much better.

KNOW YOUR MARKETS AND GROWERS.

Compare prices between markets and farmers. Browse your market before you buy and you’ll get to know which farmers have lower prices. Find out who offers discounts for buying in bulk or for buying “ugly” (blemished) produce. If you shop at the end of market hours you might be able to get some good bargains from farmers who don’t want to pack it up.

DON’T THROW YOUR MONEY AWAY.

Prevent food waste by planning your meals and using all parts of the food you buy. Vegetable scraps and peels can be used to make vegetable broth. Broccoli stalks can be shredded into a slaw. The green tops of radishes or beets are delicious sautéed with a little garlic and olive oil. Use leftover veggies to make an omelet or frittata. Keep track of what food you have to use. (see hamiltoncountyrecycles.org/residents/food_waste)

TAKE ADVANTAGE OF SNAP INCENTIVE PROGRAMS.

If you receive SNAP benefits check to see if your state has a fresh produce incentive program like Produce Perks in Ohio or Double Dollars in Kentucky. These programs vary but can help increase the money you have to spend on fresh fruits and vegetables at your local market.

Lauren Lancaster is a registered dietitian and was the Executive Director of the Nutrition Council for over 20 years. Now retired, she is enjoying her time at home preparing lots of local food.
The Ohio River Valley is the birthplace of American viticulture (cultivation of grapes), starting with Nicholas Longworth, a lawyer from the Cincinnati area. He saw the potential of the Ohio River Valley to become a major producer of wine and in 1820 he planted the first Catawba grapes.

**Wineries**

**Elk Creek Vineyards**
150 Highway 330, Owentown, KY 40359
502-484-5319
ElkCreekVineyards.com
lacii@ecwinery.com
ORV grown wines, KY produced wines

**StoneBrook Winery**
6570 Vineyard Lane
Camp Springs, KY 41059
859-635-0111
StoneBrookWinery.com
info@stonebrookwinery.com
Estate-bottled wines, local meads, Dinners by reservation, rentals available.

**Burnet Ridge**
6721 Richard Ave.
North College Hill, OH 45244
513-522-4203
BurnetRidge.com
trillium92@fuse.net
Ohio grown wines, Ohio produced wines

**Hanover Winery**
2121 Mormon Rd., Hamilton, OH 45013
513-863-3119
HanoverWinery.com
beth@hanoverwinery.com
OH grown wines, OH produced wines

**Harmony Hill Vineyards & Estate Winery**
2534 Swings Corner Point Isabel Rd.
Bethel, OH 45106
513-734-3548
HHWines.com
wine@hhwines.com
Estate-Bottled wines, Ohio produced wine

**Valley Vineyards Winery & Brewery**
2276 East US Rt. 22 & 3, Morrow, OH 45152
ValleyVineyards.com
ken@valleyvineyards.com
513-899-2485
Estate-bottled wines, ORV and Ohio Wines, craft beer

**Vinoklet Winery**
11069 Colerain Ave., Cincinnati, OH 45252
513-385-9309
VinokletWines.com
vinokletwinery@fuse.net
Find us on Facebook: VinkoletWines
Estate-Bottled wines, ORV wines

**Woodstone Creek Winery and Distillery**
4712 Vine Street, Cincinnati, OH 45217
513-569-0300
WoodstoneCreek.com
woodstonecreek@yahoo.com
Find us on Facebook
Wine, mead and distilled spiritis from local fruit

**SYMBOLS TO WATCH FOR:**
- Our Donors
- Taprooms

The taprooms listed below are using five or more local ingredients in their beer and they are listed in chronological order of when they opened.

2013 MadTree Brewing
MadTreeBrewing.com
2014 Lucky Star Brewing
LuckyStarBrewery.com
2015 Crooked Handle
CrookedHandle.com
2015 Urban Artifact
ArtifactBeer.com
2015 Fibonacci Brewing Company
FibBrew.com
The Agricultural and Forestry Career Tech Pathway is in its inaugural year at Aiken High School, but the agricultural background of the students and school itself provides the necessary support for the present and future. Aiken High School is situated in College Hill within the Cincinnati Metro area. Historically, the site of the school housed Farmers' College, an agricultural school and an Underground Railroad abolitionist bastion from 1846 until 1885, and serves as the foundation of the reincarnation of the agricultural program at Aiken, today.

Celebrating a two-year anniversary this February, Aiken’s agricultural program was renewed by tapping into the diverse cultural experiences of the students themselves. Home to a collection of over 30 countries and as many languages from around the world, the international students of Aiken were invited to apply their knowledge, experiences, and skills to an underused collection of 35 raised beds. Within months the dormant beds sprung to life with the herbs, fruits, and vegetables synonymous with cultural backgrounds of the students themselves. Simultaneously, Aiken students were engaged in developing the agribusiness centered around the social enterprise standards of sourcing, roasting, brewing, and selling coffee - which many times originated from the same countries of the students themselves.

Spring forward two-years and the youth development program in agriculture at Aiken has grown to include a career tech pathway of 90 international students, a student-led FFA chapter, a philanthropic coffee business, a forward-thinking orchard of 21-fruit trees, the hatching and raising of chickens, a community-linking natural resource trail, and a “Victory Garden” that continues to defy a global pandemic.

To explore the issue of the impact of youth development programs, our class utilized the graduate research of Joyce Mwakatoga’s graduate thesis at The Ohio State University, “Improving Food Production and Food Security in Tanzania through a Youth Development Program in Agriculture.” We focused on the eight essential elements of positive youth development programs (based on belonging, mastery, independence and generosity) and reflected on whether Aiken is providing the opportunities for our students now, so a future in agriculture would be more certain.

The students shared their own thoughts about this experience: “Our agricultural class gives us opportunities to learn about coffee and learn about plants and trees in our community. We would identify invasive trees and cut them. We would identify orchard and native trees and save them.” “We share our love to our community and to others with our vegetables and fruits. We are working on a trail for students to walk and have a hike, enjoying the fresh air and nature. We bring our cultures together to create a big family with our work that we do.” “The program gives us skills that we can use in our future careers like communication, active listening, teamwork, and how to collect data.” “My experience with Awaken at Aiken is roasting, brewing, and using the money we make to help people in need.” “I know that the healthy food we planted in our garden last year was delivered and eaten by a lot of our students during the summer when we were locked down.”

Aaron Parker is an Aiken High School educator. This is one of a number of ag programs at regional schools.

Can Youth Development Programs in Agriculture be the future of local food production in the Cincinnati Metro area?
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

Growing Value Edible Nursery
New location! Enright Ecovillage, 824 Enright Ave. Price Hill
Open Weekends Spring & Fall & by Appointment
- Fruit Trees
- Nut Trees
- Berry Bushes
- More

Classes in Permaculture & Sustainability
Info@CincinnatiPermacultureInstitute.org | 513-569-2579
CincinnatiPermacultureInstitute.org

We need to protect agricultural lands for future generations with a regional agricultural land trust that will hold land for agricultural purposes in perpetuity and provide first-generation farmers with a place to farm.

- Annie Woods, Dark Wood Farm
Artisan/Cottage Producers

Central Ohio River Valley • Local Food Guide 2021 • eatlocalcorv.org

Symbols to Watch For:

Our Donors

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.

Angie Tee’s Kitchen
Find us on Facebook
angiesatay@gmail.com
513-520-9768
Products: Raw Fermented Authentic Korean Kimchi (Variety of Local Vegetables), Kimchi Juice, Power & Buddha Bowls & Gourmet Soups (mostly Vegan, DF, GF), Entrees & Prepared Meals, Local Pickled Peppers, Local Dill Pickles and more, Malaysian Cuisine: Satay Products, Curries, Noodles, Jams and more!
Sold: Production Kitchen/Store, Madeira FM (preorder), Montgomery FM (preorder), Westside Market, Fibonacci FM, OFF Market, City Flea, ETC Produce & Provision Store at Findlay Market, Marketwagon.com, Gracie’s Grocery Store

Bee Haven, LLC
BeeHavenHoney.com
513-542-5621
Products: Raw and Creamed Honey, Beeswax Candles, Salves and Lip Balm, Jams Sweetened with Honey
Sold: 1815 Elm St. near Findlay FM, & The Chocolate Bee (4037 Hamilton Ave. in Northside)

Chocolats Latour
ChocolatsLatour.com
513 591-0085
Products: Artisan Chocolates including Chocolate Bars in Adventurous Flavors and Hand Painted Truffles and Caramels
Sold: The Chocolate Bee (4037 Hamilton Ave. in Northside), Coffee Emporium, Winter Northside FM, and more

Fab Ferments
FabFerments.com
Tap room/store M-F 4-7pm
Sat. 12-3pm at 611 Shepherd Dr.
Cincinnati, OH 45215
rawkraut@fabferments.com
Products: Raw, Naturally Probiotic USDA Certified Organic: Kimchi, Sauerkraut, Raw Cultured Veggies, Beet Kvass, Kimchi Juice, Hot Pepper Sauce + MORE!! plus Raw Kombucha Tea
Sold: Tap Room/Store M-F 4-7pm (see above) in Lockland, Jungle Jim’s, Hyde Park FM (can pre-order), Dorothy Lane Markets, Harvest Market, Whole Foods Markets, Moon Co-op, Clifton Natural Foods, Fond, Country Fresh Market + MORE (see website), Free FAB home delivery.

Pine Lane Soaps
PineLaneSoaps.com
Products: All Natural Goat’s Milk Soaps and Lotions
Sold: Montgomery FM and a variety of places listed on the website

The Tree Hugger Soap Company
thetreehuggerco.com
thetreehuggerco@gmail.com
Products: All natural bath and body care made with organic oils, essential oils and local ingredients.
Sold: Find us online, Hyde Park Farmers’ Market, Anderson Farmers’ Market, West Chester Farmers’ Market and various festivals and shows in the greater Cincinnati area.

White Oak Valley Farm
Summer Squash Pizza Crusts
SummerSquashPizzaCrusts.com
Find us on Facebook
Products: Summer Squash Pizza Crusts made with Loads of Squash and Zucchini Grown on our Farm
Sold: Montgomery FM, Blue Ash FM, Findlay Market Foodshed on Sundays

“Consumer support of local, quality food is the lifeblood of the small farm direct market model.
- Tom Bensman, Bensman Family Farms, Warren Co., OH
This list of local restaurants using local food provided by Slow Food Cincinnati. 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.

SYMBOLOSTOWATCHFOR: Our Donors

- **20 Brix**
  101 Main Street, Milford, OH 45150
  513-831-2749 • 20Brix.com
- **Allez Bakery**
  1208 Main St., Cincinnati, OH 45202
  513-381-6700 • AllezBakery.com
- **Bite Restaurant**
  1279 State Route 131, Milford, Ohio 45150
  513-831-2483 • BiteFoodie.com
- **Bouquet Restaurant and Wine Bar**
  519 Main St., Covington, KY 41011
  859-491-7777 • BouquetRestaurant.com
- **Casa Figueroa**
  6112 Montgomery Rd.
  Cincinnati, OH 45213
  513-631-3333 • CasaFigueroa.com
- **Colonel Kitchen & Catering**
  22 N. Ft Thomas Ave.
  Ft. Thomas, KY 41075 • 859-215-0200
- **Coppin’s at Hotel Covington**
  638 Madison Ave.
  Covington, KY 41011
  859-905-6800
  HotelCovington.com/dining/
- **Essen**
  1 Fインドay Street
  Cincinnati, OH 45202
  513-802-5013 • EssenKitchen.com
- **Fond: Lunch and Deli**
  10764 Montgomery Rd.
  Cincinnati, OH 45242
  513-607-1854 • FondCincinnati.com
- **Grassroots & Vine**
  1011 S. Ft. Thomas Ave, Ft. Thomas,KY 41075
  859-814-8391
  GrassrootsAndVine.com
- **Greenhouse Cafe + Bar**
  105 E. Mulberry St., Lebanon, OH 45036
  513-934-7248 • GreenhouseCafeOhio.com
- **Kiki**
  5932 Hamilton Avenue
  Cincinnati, OH 45224
  513-541-0381 • KikiCincinnati.com
- **Maplewood Kitchen and Bar**
  525 Race St., Cincinnati, OH 45202
  513-421-2100
  MaplewoodKitchenAndBar.com
- **Meadowlark**
  5531 Far Hills Ave., Dayton, OH 45429
  937-434-4750 MeadowlarkRestaurant.com
- **Mita’s**
  501 Race St., Cincinnati, OH 45202
  513-421-6482 Mitas.co
- **Mom ‘n ‘Em Coffee and Wine**
  3128 Colerain Avenue
  Cincinnati, OH 45225
  513-886-0591 • MomNEmCoffee.com
- **Orchid’s at Palm Court**
  35 West Fifth St., Cincinnati, OH 45202
  513-421-9100 OrchidsatPalmCourt.com
- **Otto’s**
  521 Main St., Covington, KY 41011
  859-491-6678 OttsonMain.com
- **Pleasantry**
  118 W. 15th St., Cincinnati, OH 45202
  513-381-1959 PleasantryOTR.com
- **Red Feather Kitchen**
  3200 Madison Rd., Cincinnati, OH 45209
  513-407-3631 RedFeatherKitchen.com
- **Salazar**
  1401 Republic St., Cincinnati, OH 45202
  513-621-7000 SalazarCincinnati.com
- **Sleepy Bee Cafe**
  3098 Madison Rd., Cincinnati, OH 45209
  513-533-2339 SleepyBeeCafe.com
- **Tela Bar + Kitchen**
  1212 Springfield Pike, Wyoming, OH 45215
  513-821-8352 TelaBarAndKitchen.com
- **The Farmstand**
  Market & Cafe 9914 Old Union Rd.
  Union, KY 41091 859-817-1134
  TheFarmstandMarket.com
- **The Littlefield**
  3934 Spring Grove Ave.
  Cincinnati, OH 45223
  513-386-7570 LittleFieldns.com
- **The Pickled Pig**
  645 E. McMillan St., Cincinnati, OH 45206
  513-748-7114 • SmokedAndPickled.com
- **Tortilleria Garcia**
  5917 Hamilton Ave
  Cincinnati, OH 45224
  513-541-0568 • TortilleriaGarcia.us
- **Wheat Penny Oven Restaurant**
  515 Wayne Ave., Dayton, OH 45409
  937-496-5268 • WheatPennyDayton.com
- **Wildflower Cafe**
  207 E. Main St., Mason, OH 45040
  513-492-7514
  WildflowerGourmetCafe.com
(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.

(GAP) Good Agricultural Practices: are voluntary audits that verify that fruits and vegetables are produced, packed, handled, and stored as safely as possible.

(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.

(Non-GMO) Non-genetically modified organisms: Are novel organisms created in a laboratory using genetic modification/engineering techniques. Some growers specify not using GMOs in seeds or in animal feed.

(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.

(R) Regenerative Agri-culture: Conservation and rehabilitation approach to farming and gardening methods that extends organic agriculture. It improves the soil, biodiversity, and water cycle while building resilience to climate disruption.

(PF) Pesticide Free: No use of pesticides on seeds and plants throughout the crop lifecycle.

(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:

(AGA) American Grassfed Association Certified: Animals were fed a lifetime diet of 100% forage, raised on pasture, not in confinement, and never treated with hormones or antibiotics.

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

(GF) Grass Fed: Animals are fed grass or stored hay, but may be supplemented by grains. Grass-finished animals are only fed grass and hay.

(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: Animals are raised and forage on pastures a significant amount of time.

Year Round Online Ordering - Featuring multiple producers

Farmniverous
Farmniverous.com
Community of Local Food Producers and Farmers Markets - hooking up with a variety of local food online. Some offer home delivery and pick up options.

Hoosier Farmers Market SE
HoosierHarvestMarket.com
The first farmer-owned online farmers cooperative in the region featuring locally grown and produced food. Multiple pick up locations on Tuesday.
Farms

See Growing Practices p. 14

Symbols to watch for:  OUR DONORS

OHIO

ADAMS CO.

Shagbark Farm Ohio
*B, CRCC, FSC, IPM, LS, P, PF SA
ShagbarkFarmOhio.com
shagbarkfarmohiollc@gmail.com
Winchester, OH 45697
Products: berries, heirloom melons, wild mushrooms, “Dam Good Jam”, hickory syrup, herbs, herbal teas, foraged edibles
Sold: Hyde Park FM, check website for additional locations

BROWN CO.

Back Acres Farm
*Sa, CRCC, PF, T, FR, GF, HF, HR, NR
513-405-4379
pattycakes3@frontier.com
Georgetown, OH 45121
Products: pastured eggs, grass fed beef, lamb, pork, chicken and turkey; seasonal vegetables; spelt
Sold: Anderson FM,

Emmett Ridge Farm
*B, CRCC, PF, FR, GF, HF, HR
EmmettRidgeFarm.com
Lauren@emmettridgefarm.com
1805 Lindale Nicholls Rd. Amelia, OH 45102
Products: Grassfed Beef, Pasture Raised Pork, Pasture Raised Chicken and Turkeys as well as eggs. Hosting Corporate Events, Weddings, Birthday Parties, and more
Sold: on website. Pick-up or delivery.

Mark’s Pure Honey
*PF
513-373-2724
wesselerm@yahoo.com
Mount Orab, OH 45154
Products: raw local honey, bee pollen, bee swarms wanted
Sold: On-site, can order ahead, Louso’s in Eastgate, Bite Restaurant in Milford, Burger Farm in Newtown

BUTLER

Harris-Miller Farm
*O, GF
513-524-9419
millersibyl883@gmail.com
6578 Fairfield Rd., Oxford, OH 45056
Products: certified organic grains, 100% grass fed cattle, 1/4 and 1/2 shares & individual cuts available
Sold: Farm pickup, MOON Co-op Store in Oxford

Just Farmin’
*B, NON-GMO, CRCC, IPM, LS, PF, SA, FR, HR, NR
Just-Farmin.com
williscrg@aol.com
6887 Devon Dr., Liberty, OH 45044
Products: market garden produce, Spring/Summer/Fall-Winter Flex CSA, wholesale
Sold: Liberty Farm Market, West Chester Farm Market, Reading Farm Market

Locust Run Farm
*O
513-478-1761
locustrunfarm@gmail.com
PO Box 182, Oxford, OH 45056
Products: lettuce, onions, tomatoes, and peppers
Sold: Oxford FM, Moon Coop (local and organic food store in Oxford)

Schaefer’s Farm Market & CSA, LLC
*CRCC, IPM, PF, SA, FR, HR, NR
Schaefer’sFarmMarket.com
Find us on Facebook
513-726-5307
schaeferscsa@gmail.com
5024 Jacksonburg Rd.
Trenton, OH 45067
Products: A wide variety of year-round fruits & vegetables, u-pick strawberries (May), eggs, honey, jams, jellies, salsa, pickles, flowers, pumpkins, mums and more! Sold: on farm, CSA delivery, various farm markets

CLERMONT

B & D Goats
*O, FR, GF, HF, HR, NR
513-883-7799
bdgoats@yahoo.com
2644 State Route 132
New Richmond, OH 45157
Products: Goat’s Milk Soap and Lotion, Goat’s Milk fudge and caramels, Jams and Jellies
Sold: At farm

Can-Du Farm
*IPM, LS, PF, SA
513-734-7213
candufarm@yahoo.com
2935 State Route 125, Bethel, OH 45106
Products: tomatoes, eggplant, peppers, okra, onions, garlic, cucumbers
Sold: Maderia FM, Blue Ash FM, Hyde Park FM

ETC Produce & Provisions
*B, NON-GMO, P, CRCC, IPM, PF, SA, FR, GF, HB, HF, HR, NR
ETCProduce.com
TLC@ETCProduce.com
477 Bear Creek Rd., Felicity, OH 45120
Products: heritage pasture-raised eggs, baked goods, chemical free produce, fresh herbs, pastured meat birds and flowers
Sold: Findlay FM, Home Delivery

7 Wonders Farm
*B, CRCC, IPM, PF, SA, FR, GF, HF, HR, NR
7wondersfarm@gmail.com
5872 Oxford Milford Rd.
Somerville, OH 45064
Products: Year round vegetables; microgreens; pasture raised pork, chicken and lamb
Sold: On farm, Oxford FM, Fairfield FM, West Chester FM

photo courtesy of Jon Media, Hunter and Light Photography
Central Ohio River Valley • Local Food Guide 2021 • eatlocalcorv.org

One cannot separate the health of our soils from the health of its people.

- Dr. James Linne, White Clover Farm, Highland Co. OH
Central Ohio River Valley • Local Food Guide 2021 • eatlocalcorv.org

Cincinnati, OH 45213
Products: A wide variety of seasonal produce including greens, root crops, tomatoes, herbs and more. Micro greens and salsa. Sold: Deerfield FM, ELL Farm (store) at 10062 Cincinnati-Columbus Road, CSA

Eden Urban Gardens LLC
0
Find us on Facebook 513-485-2679 edenurbangardens@gmail.com
Cincinnati, OH 45213
Products: Customized CSA with Certified Organic Produce
Sold: Delivery within urban service area neighborhoods; Hyde Park FM, on Westside to Lettuce Eat Well FM

Funke’s Greenhouse
B, NON-GMO, CBRC, PF, SA Funkes.com
Find us on Facebook 541-8170
Aii@Funkes.com 4798 Gray Rd., Cincinnati, OH 45232
Products: A wide variety of seasonal produce including greens, root crops, tomatoes, herbs and more. Micro greens and salsa. Sold: Deerfield FM, ELL Farm (store) at 10062 Cincinnati-Columbus Road, CSA

Gorman Heritage Farm
B, CBCC, SA, PF, 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 (purchased from local farmers, 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
*CRG, IPM, P, CRCC, PF, SA, FR, GF, HF, HR, NR, P Green-Acres.org 513-891-4227
farm@green-acres.org 8255 Spooky Hollow Rd.
Cincinnati, OH 45242
Products: Grass-fed and finished Angus beef, pastured poultry and eggs, grass-fed lamb, Berkshire pork, produce and flowers year-round
Sold: Greenacres Farm Store, CSA

Hollmeyer’s Orchards
*CRG, CRCC, IPM, LS
Find us on Facebook 3241 Fiddlers Green, Cincinnati, OH 45248
Products: peaches, pears, plums, apples, tomatoes, peppers, okra, eggplant, corn, green beans, squash, jalapeños, cucumber, zucchini, flowers, pumpkin, winter squash, homemade apple butter, pickles and unpasteurized cider
Sold: on Farm Market

Mustard Seed Farm CSA
NON-GMO, P, CRCC, PF, SA, FR, GF, HF, HR, NR MustardSeedFarmer.webnode.com
Find us on Facebook mustardseedfarmer@gmail.com
Norwood, OH 45212
Products: Women-run, multi-farm CSA: assortment of seasonal veggies, occasional fruits and gourmet mushrooms with eggs and soup/bread add-ons.
Sold: old St. Elizabeth’s church, 1759 Mills Ave., Norwood, Friday 4:30 to 6:30pm June 11 to Nov 19

Our Harvest Cooperative
T, CRCC, IPM, PF, 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: Avondale (Civic Garden Center), Clifton (Ludlow Wines), College Hill (Bahr Farm), Northside FM, E. Price Hill (Enright)

Permaganic ECOGARDEN
P, SA, CRCC, PF Permaganic.org
Find us on Facebook permaganic@gmail.com
1636 Main St., Cincinnati, OH 45202
513-621-GROW(4769)
Sold: Onsite at our Main Street kitchen and new Urban Ag Co-Op. All proceeds support our Summer Youth Program

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
CRCC, IPM, NON-GMO, G, PF, R, SA, S; FR, GF, HB, HF, HR, NR, P TurnerFarm.org 513-561-7400; info@turnerfarm.org
7400 Given Rd., Cincinnati, OH 45243
Products: wide variety of certified organic seasonal produce, herbs, mushrooms, microgreens and flowers; 100% grass fed beef and lamb; pasture raised heritage pork; pasture raised chicken and eggs; wedding venue and event spaces
Sold: Vegetable CSA, Flower CSA, Meat CSA -Farm Market, year-round Mon.-Sat.; Findlay Market – Saturdays during growing season

Wildwood Flora Greenhouses & Flower Farm
T, CRCC, IPM, PF, SA WildWoodFlora.com
Find us on Facebook 513-541-4300
4848 Gray Rd., Cincinnati, OH 45232
Products: plant starts, cut flowers, wreaths, flower CSA
Sold: Spring retail hours 9am-7pm-7 days a week. Findlay FM, Yellow Springs FM, Northside FM

Highland
Fair Ridge Farm
B, CRCC, IPM, NON-GMO, P, S FairRidgeFarms.com farmfresh@fairridgefarms.com
Products: Produce CSA with add ons; Elderberries, Herbs, Garlic, Greens, different flavors kombucha
Sold: CSA and Yellow Springs FM

Grassroots Farm & Foods
FR, HF, HR, NR, AGA (beef and lamb) GrassRootsFoods.biz 740-634-2440
1727 Frost Rd., Hillsboro, OH 45133
Products: beef, lamb, chicken, pork, eggs, prepared foods.100% grass-fed (American Grassfed Association certified) cattle & sheep on certified organic pasture; unconfined chickens & hogs supplemented with non-GMO grains
Sold: Montgomery FM, Hyde Park FM, Pipkin’s Market (Blue Ash), Harvest Market (Milford)

Jaybird Farms
IPM, LS, SA, NON-GMO JaybirdFarms.com 513-633-5218
2091 State Route 321, Sardinia, OH 45171
Products: herbs, cut flowers, lavender, homemade jams & jellies, cut & potted herbs, vegetable & flower plants, vegetables, herbal soaps & lotions
Sold: Loveland FM, Madeira FM, Montgomery FM, Bite Restaurant in Milford, shop online on our website
**Old Dutch Hops Farm**

*FR, GF (POULTRY AND BEEF FED SUPPLEMENTAL GRAIN, LAMB IS 100% GF), HF, HR, NR

OldDutchHops.com

oldduckhops@gmail.com

937-509-0064

6550 Pence Rd., Hillsboro, OH 45133

Products: Pasture-raised poultry (chicken, eggs, turkey), all-natural beef, 100% grassfed lamb, maple syrup

Sold: Northside FM, Home Delivery in Cincy and NKY, Growing Trade Pet and Plant, Common Roots Pub

**TS Farms**

*Sa, CC, PF, FR, GF, HB, HF, HR, NR

TSFarmsOH.com

Find us on Facebook

937-763-1167

1061 Careytown Rd., New Vienna, OH 45159

Products: cow & goat milk herd shares; Market share CSA; beef, pork, chicken, turkey, lamb, goat; eggs; jams & jellies; goat’s milk soap

Sold: Montgomery FM, Madera FM, Loveland FM, Pipkin’s Market, online at MarketWagon.com

**White Clover Farm**

*GF, HR, NBF

WhiteCloverFarmOhio.com

513-562-7298

9600 East Prospect Rd

Hillsboro, OH 45133

Products: 100% grass fed beef AGA certified

Sold: Direct market (online)

**MONTGOMERY**

**Hungry Toad Farm**

*S

Find us on Facebook

9307 Rooks Rd. Centerville, OH 45458

Products: specialize in salad greens and Micro greens, heirloom tomatoes, hardneck garlic, carrot, beets, transplants of veggies and herbs, flowers and florals

Sold: Centerville FM, 2nd St. Market in Dayton (Sat.), local restaurants, CSA

**PREBLE**

**Boulder Belt Eco-Farm**

*Sa, CC, PF, FR, GF, HF, HR, NR

BoulderBelt.com

Find us on Facebook

937-456-9724

3257 US 127 N Eaton, OH 45320

Products: over 50 kinds of heirloom and hybrid fruits, vegetables and herbs including berries, peaches, melons, beans, tomatoes, eggs, pastured chicken

Sold: Boulder Belt Farm Store, CSA for Richmond IN area, Oxford area and Preble County, Richmond, IN FM Sat.9-noon

**WARREN**

**Bensman Family Farms**

*NON-GMO, CC, LS, PF, FR, GF, HF, HR, NR

BensmanFamilyFarms.com

tom@bensmanfamilyfarms.com

3440 Pekin Rd. Waynesville, OH 45068

Products: Grass Fed or Grain Finished Beef raised without hormones or antibiotics and fed only non-GMO feeds.

Sold: Bundles of 30+ pounds off the farm by appointment or pick up whole, half or quarter at the processor or the farm.

**Cook’s Family Farm**

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

937 239-3216

miltoncook425@gmail.com

361 E. Lwr. Springboro Rd.

Waynesville, OH 45068-8792

Products: 100 % grass fed beef raised on our Bicentennial Farm (1803)

No hormones or antibiotics.

Sold: Deerfield Township FM

**Fresh To Morrow**

*ZERO SPRAY

Find us on Facebook

Fresh45152@gmail.com

201 Miranda St., Morrow, OH 45152

Saturday 9am-8pm, Sunday 9-1pm

**Iron’s Fruit Farm**

*CRCC, CS, IPM, LS

IronFruitFarm.com

Closed till Spring; leave message

513-932-2853

ironsfruitfarm@gmail.com

1640 Stubs Mill Rd.

Lebanon, OH 45036

Products: apples, peaches, strawberries, blueberries, raspberries, cherries, corn, tomatoes, squash, beans, cider. Pumpkins, corn maze, and hayrides in Sept./Oct.

Sold: Store open mid-May thru Dec., Lebanon FM

**The Goodlife Farm**

*B, CC, CC, LS, SA, PF, FR, GF, HF, HR, NR

GoodLifeFamilyFarm.com

goodlife.laura@gmail.com

2290 East Lower Springboro Rd.

Waynesville, OH 45068

Products: Seasonal produce, plants, daylilies. Pasture raised beef, pork, chicken, and eggs.

Sold: Lebanon, Sugarcreek, and Deerfield Farmers Markets. On farm sales through our online market, the Farm Club.

**KENTUCKY**

**BOONE CO.**

**Dark Wood Farm**

*CRCC, PF, SA, IPM, NON-GMO

DarkwoodFarmstead.com

Petersburg, KY 41080

Products: all natural pesticide-free, seasonal vegetables, mushrooms

Sold: CSA drop sites and Restaurants

**CAMPBELL**

**Idyllwild Farm**

*Sa

IdyllWildFarm.Wordpress.com

740-475-9157

idyllwildfarm@gmail.com

2802 Ten Mile Rd., Melbourne, KY 41059

Products: organic methods to grow 4 season salad greens, early tomatoes, eggplant, peppers, shallots and usual delicious seasonal suspects

Sold: Hyde Park FM, Northside FM, at the Farm (check first)

**Little Rock Farm**

*O, FR, GF, HF, HR, NR

LRFCampSprings.com

lrf@campsprings.com

2802 Ten Mile Road

Camp Springs, KY 41059

Products: Organic produce, grass fed beef, pasture chicken, pork, baked goods, jams, honey, eggs, organic bone stock

Sold: on the Farm

**Neltner Farm**

*CC, LS, GF

NeltnersFarm.com

859-635-3636

6922 Four Mile Rd. Melbourne, KY 41059

Products: tomatoes, cucumbers, seasonal fruits & vegetables, jams, u-pick pumpkins at fall festival

Sold: Sat Findlay FM, Alexandria-CC FM, Nativity Church and Northminster Church Tailgate Markets, and on farm (end of May-Oct.)

**The Barbian Farm**

(Apple Ridge Farm)

*CC, PF, CC, LS, IPM, SA

859-635-9681

3349 Nine Mile Rd. Melbourne, KY 41059

Products: tomatoes, green beans, tree ripened peaches, plums, peaches & apples

Sold: Nativity Church Tailgate FM, Northminster Presbyterian Tailgate FM, Erlanger FM, Lakeside Commons Market
**KENTON**

**Rains & Sun Hilltop Farm**
*0*
RainsAndSun.com
859-432-3641
10050 Marshall Road, Covington, KY 41015
Products: naturally grown fruits and vegetables from our family to yours. Focusing on the veggies you love with some new things to try. Small, CSA-centric farm.
Sold: CSA with multiple pick-up sites in NKY and delivery options Tues. and Thurs.; Independence FM on Sat., Ft. Thomas FM

**Tewes Farm**
*RF, HF, HR, NR*
TewesFarm.com
859-341-8844
2801 Crescent Springs Rd. Erlanger, KY 41018
Products: fresh chickens, turkeys & eggs
Sold: on farm, ordering is encouraged

**Fox Run Environmental Education center**
*Crcc, GF, HF, HR, HR, O, FS, SA*
FoxRunEEC.org
859-242-1037
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: on farm and maybe Covington FM

**SCOTT**

**Elwood Stock Farm**
*0, RF, GF, HB, HF, HR, NR*
ElwoodStockFarm.com
859-621-0755
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 commalle– all USDA Certified organic
Sold: Hyde Park FM; CSA with pick up in Cincinnati and N. KY. and home delivery

**DEARBORN CO.**

**Abundant Green Pastures**
*GF, HF, HR, NR*
AbundantGreenPastures.com
812-637-3090
1165 Chappelow Ridge Rd.
West Harrison, IN 47060
Products: 100% grassfed beef and pasture pork - non-gmo grains, only 2lbs. of organic grain per pig 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)

**Lobenstein Farm**
*CNG, LS, CRCC, FR, HR, NR*
513-582-0762
lobensteinfarmscsa@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

**FRANKLIN**

**Beneker Family Farms**
BenekerFamilyFarms.com
513-635-8309
info@benekerfamilyfarms.com
3127 SR 229, Batesville, IN 47006
Products: AGA grass fed and finished Angus certified organic
Sold: on farm by appt. or have shipped. Also at Cincinnati Market Wagon

**Michaela Farm**
*Crcc, GF, SF, FR, GF, HF, HR*
OldenburgFranciscans.org/farm.asp
3127 SR 229, Batesville, IN 47006
Products: seasonal produce, local honey, dried herbs, free range eggs, local honey
Sold: On farm store

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

**JEFFERSON**

**The Eaton Farm**
*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, naturally grown produce, raw honey, lard soap
Sold: Hyde Park FM (produce and meat CSA) & The Good Eaton Club (our year-round meat CSA) in Clifton, cuts available at market

**OHIO**

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

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

**RIPLEY**

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

**Sundance**
*Non-GMO, P, CBCC, IPM, PF, SA, FR, GF, HF, HR*
SundanceFarms.com
calvin@sundancefarms.com
331-826-5048
Products: 100% Grass-fed Red Devon Beef, soy-free, non-GMO chicken, turkey, and eggs, soy-free non-GMO pork, seasonal produce
Sold: Available on Farm, through our CSA, with delivery available at Lettuce Eat Well FM and Batesville FM
## Meats

**Symbols To Watch For:** 🍗 Our Donors

### Central Ohio River Valley Local Food Guide 2021 • eatlocalcorv.org

#### Meats

<table>
<thead>
<tr>
<th>State</th>
<th>County</th>
<th>Farm Name</th>
</tr>
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<tbody>
<tr>
<td>OHIO</td>
<td>BUTLER CO.</td>
<td>Just Farmin’</td>
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<td></td>
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<td>7 Wonders Farm</td>
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<td></td>
<td>CLERMONT CO.</td>
<td>ETC Produce &amp; Provisions</td>
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<td></td>
<td>CLINTON CO.</td>
<td>walnut Ridge Acres</td>
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<td>Webb Valley Farm</td>
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<td></td>
<td>HAMILTON CO.</td>
<td>Gorman Heritage Farm</td>
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<td>Greenacres Farm</td>
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<td>Turner Farm</td>
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<td></td>
<td>HIGHLAND CO.</td>
<td>Grassroots Farm &amp; Foods</td>
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<td>Old Dutch Hops Farm</td>
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<td></td>
<td></td>
<td>TS Farms</td>
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<td></td>
<td></td>
<td>White Clover Farm</td>
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<td></td>
<td>PREBLE CO.</td>
<td>Boulder Belt Eco-Farm</td>
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<td></td>
<td>WARREN CO.</td>
<td>Bensman Family Farms</td>
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<td>Cook’s Family Farm</td>
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<td></td>
<td></td>
<td>The Goodlife Farm</td>
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### Getting to the Meat of It

The majority of meat is produced on large-scale industrial farms called CAFOs which are inhumane and unsustainable. While there is controversy about the effects of meat production on the environment and concern about meat over-consumption in the US, there is widespread agreement that “factory farms” are unhealthy in all aspects. Local, small-scale farmers are happy to explain how they raise their animals — practices which are not only better for the animal but for environmental and human health. If you eat meat, eat local meat.

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### Kentucky

- **Campbell**
  - Little Rock Farm
- **Kenton Co.**
  - Tewes Farm
- **Scott Co.**
  - Elmwood Stock Farm

### Indiana

- **Dearborn**
  - Abundant Green Pastures

### Symbol Notes:

- 🍗 Our Donors
- 🐄 Lobeinstein Farm
- 🍃 Beneker Family Farms
- 🍃 The Eaton Farm
- 🍃 Rising Sun Beef
- 🍃 Sundance

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### White Clover Farm

**Hillsboro, OH**

100% Grass Fed Beef

No hormones. No antibiotics.

For more info and to place orders:

whitecloverfarmohio.com

(513) 562-7298

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*photo courtesy of Judy Ganance*
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. Some even ask for preferences or offer a choice of products.

SYMBOLS TO WATCH FOR: 🍗 Our Donors

OHIO

BUTLER CO.
- Just Farmin'

CLERMONT CO.
- Schaefer’s Farm Market & CSA LLC

CLINTON CO.
- Fox Tail Farm, LLC
- Farm Beach Bethel

HAMILTON CO.
- That Guys Family Farm & That Girls Flowers
- Webb Valley Farm

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Gorman Heritage Farm
- Greenacres Farm
- Mustard Seed Farm CSA
- Our Harvest Cooperative
- Turner Farm

HIGHLAND CO.
- Fair Ridge Farm
- TS Farms
- Old Dutch Hops Farm

PENDLETON CO.
- Fox Run Environmental Education Center

JEFFERSON CO.
- The Eaton Farm

KENTUCKY

BOONE CO.
- Dark Wood Farm

KENTON CO.
- Rains & Sun Hilltop Farm

PENDLETON CO.
- Fox Run Environmental Education Center

SCOTT CO.
- Elmwood Stock Farm

JEFFERSON CO.
- The Eaton Farm

PREBLE CO.
- Boulder Belt Eco-Farm

WARREN CO.
- The Goodlife Farm

INDIANA

JEFFERSON CO.
- The Eaton Farm

RIPLEY CO.
- Easter Rising Farm
- Sundance Farm

photo courtesy of Annie Woods, Dark Wood Farm
Just outside of the city limits in Green Township Ohio, you can step back in time. A short drive from anywhere in the tri-state area, up a hill and down with a turn into a gravel lot that is only marked by a modest sign, you will find yourself at a little ol’ farm store. If you blink or drive too fast as you drive down Fiddler’s Green, you will miss this 105-year-old orchard. It is most likely what happened for approximately the eight years that I grew up right around the corner. It took another nine years until I met Ron Hollmeyer at Findlay Market. He was selling his apples, eggs, and cider in the winter months as I managed the market.

A few years later, I started working for Ron. This is truly when I learned not only about apples, peaches, pears, and plums, but about the slower life just outside the city, although Ron would probably disagree about me learning how to slow down. Ron is a keen observer, as he takes his walks around the orchard in winter or as he drives the tractor down the rows during the summer and fall. This is how I have started to learn about the fruit. Each time he stops at a tree or end of a row or even as we zoom by on the gator, Ron takes notice of the fruit development or reaches up to pull a piece off of a branch hanging over the row.

Ron grew up on the farm not just with his family, but school-aged friends who would come work on the farm after school or during the summer months. It was not all work and no play. There have been plenty of stories about fishing, ice skating, hunting, fixing cars, and playing ball. On the day Ron graduated from high school, he came down the stairs and his dad, Ray, asked what his plans were. Ron said he did not have any plans expect to work on the farm. Ray couldn’t have agreed more. Ron and Ray worked side by side throughout the years as Ron continued to learn from his Dad. Ron also learned from his mom, Rosie, that the best apple pies are a good assortment of three or four apple varieties such as Johnathan, golden delicious, melrose and northern spy (an heirloom).

This orchard holds a special place for all who have come to work the land. Some started picking apples off the ground and continue to come by and check in and have a chat with Ron. When you visit the farm store, it is a good bet that you can catch stories from multi-generations who have shopped here. If you are lucky, you might even hear a story from Ron. These stories have been one of my favorite parts over the past six years. This land is not only family deep but community deep.

Rebecca Keys has the pleasure and honor of working with Ron and raising her little girl on the farm. She makes sure to take notice and teach her child the value of the land.

Ron’s grandfather, William, first leased the property and then bought it in 1916. Ron’s dad, Ray, was born in the original farmhouse (built in 1858).
Green Umbrella’s Greater Cincinnati Regional Food Policy Council is creating a healthy, equitable, sustainable food system.

**FEED OUR FUTURE**

Inspiring young minds to make mindful choices about what they eat.

Feed Our Future connects schools, homes, and communities by providing practical information about sourcing, eating, and promoting local foods that nourish young students.

**Edible City: An Art Atlas**

Pre-Order the book now!

The Edible City Project features a series of art exhibitions, community events and publications that showcase our regional foodshed’s past, present and future. The project culminates in the publication of a beautiful coffee table book.

Learn more, get involved, and donate to invest in the future of our food system at greenumbrella.org/food-policy
gratitude
for the Generosity of our Sponsors

HARVEST HOTSHOTS:

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

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

SEED SAVERS:

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

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

Solar Energy Solutions
We are solar in OH, KY, & IN
513-400-7340
SESre.com

Community Friends Meeting - Quaker
CommunityFriendsMeeting.org
Working for peace and sustainability

CULTIVATORS:

Debbie and Dick Westheimer
Perelandra Farm

Project Mentor:

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

With the support of the Hamilton County Recycling and Solid Waste District, CORV will be distributing reusable shopping bags to a number of area farmers’ markets. Thanks to folks at Hamilton County for assistance with this project. Together, we all can make a difference.