



CENTRAL OHIO RIVER VALLEY

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14TH ANNUAL  
LOCAL FOOD GUIDE  
2021-2022

resilience

EAT LOCAL, EAT SUSTAINABLY

# A NOTE FROM *the Producer*

DEBORAH JORDAN

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.

People are cooking more. Farmers Markets have adapted. Produce Perks, community orchards, and gleaning are making local food more available to all people. There are more creative forms of Community Supported Agriculture. My family gardens, belongs to a CSA and joined a soup club in our neighborhood. We all have a chance to re-emerge from this pandemic and live more sustainably.

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 -

*Eat. Enjoy. Share.*

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## CORV'S MISSION

The Central Ohio River Valley (CORV) Local Food Guide covers SW Ohio, Northern Kentucky, and SE Indiana.

The CORV initiative is a grassroots effort to connect community members with local growers and fresh, healthy local food. It aims to promote self-sufficiency, sustainability, and the wise use of resources as we build a vibrant local food system.



## WHAT'S SUSTAINABLE?

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?

Farmers' working conditions & income?

Crop variety?

The local economy?

Our food security?

The health of the planet?

Because it is fun!?



It's not just a job, it's a way of life - one of the last adventuresome trades.

- Marvin Barbian, The Barbian Farm, Campbell Co, KY



### 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.



# Resilience

## DURING THE WORST YEAR EVER

Interview with Dan Divelbiss

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

photo courtesy of Hyde Park Farmers Market

**SYMBOLS TO WATCH FOR:** 🦋 Our Donors ❄️ Winter Market

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

## 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  
FibBrew.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

## MULTIPLE DAYS

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

### ❄️ Healthy Harvest Mobile Market

Accepts VISA/MC/EBT/FMNP/Produce Perks  
Mon. - Fri. Year Round  
Check website for regular  
locations and times in Cincinnati

### ❄️ 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

## WEDNESDAY

### 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

# Farmers' Markets

## Ft. Thomas

Accepts Credit Cards  
3pm - 7pm; Jun. - Sept.  
1080 Highland Ave. Ft. Thomas, KY 41075  
**Winter:** 3pm - 6pm; Oct. 6 - Dec. 15  
Spring: 3pm - 6pm; Mar. 31 - May  
801 Cochran Avenue  
Find us on Facebook

## Milford-Ohio Valley Fruit and Vegetable Grower's Association (see Sat. listing)

Accepts WIC, VISA/MC/Senior FM Coupons  
2pm - 6pm; July - Oct.  
Corner of Route 131 & Route 50  
Garden Center lot  
Milford Shopping Center  
Milford, OH 45150  
MilfordFarmersMarket.com

## Northside

Accepts Credit Card, EBT/WIC, Produce Perks, Senior FM Coupons  
4pm - 7pm; May - Oct.  
4pm - 6pm; Oct. - May  
Behind North Presbyterian Church  
4222 Hamilton Ave., Cincinnati, OH 45223  
NorthsideFM.org  
Find us on Facebook

### THURSDAY

## Centerville

3pm - 7m; May 13 - Oct. 14  
892 S. Main St., Centerville, OH 45458  
CentervilleFarmersMarket.com  
Find us on Facebook

## Dixie

Accepts WIC  
2pm - 6pm; Apr. 29 - Oct. 28  
Lot of Erlanger Baptist Church  
116 Commonwealth Ave., Erlanger, KY 41018

## Lebanon

3pm - 7pm; Mid May - Mid Oct.  
Corner of Sycamore and  
Main Streets parking lot Lebanon, OH 45036  
LebanonOhioFarmersMarket.com  
Find us on Facebook

## Madeira

4pm - 7pm; May - Oct.  
4pm - 6:30pm; Oct.  
**Winter:** 4pm - 6pm; Nov. - Dec.  
Pre-order; Jan. - April  
Madeira Presbyterian Church  
8000 Miami Ave., Madeira, OH 45243  
MadeiraFarmersMarket.com  
Find us on Facebook

### FRIDAY

## Alexandria-Campbell County

3pm - 6pm; June 18 - Oct. 29  
Southern Lanes  
7634 Alexandria Pike  
Alexandria, KY 41001  
CCFarmersMarket.net

## Brookville

Accepts EBT/WIC/Snap  
3:30 - 7pm; June - Sept.  
South end of Main Street downtown  
Brookville, IN 47012  
FoodandGrowers.org/our\_programs

## Lettuce Eat Well on Cincinnati's Westside

Accepts EBT/Produce Perks  
Pre-order (only) pick up  
4pm - 6pm; April - Nov.  
4pm - 6pm; Nov. - April (1st and 3rd Fri.)  
Back of Cheviot Elementary School  
4040 Harrison Ave. on Roswell Ave.  
Cincinnati, OH 45211

## Northminster United Presbyterian Church - Tailgate Market

Accepts VISA/MC/WIC  
3:30pm - 6:30pm; June - Oct.  
703 Compton Road (Finneytown)  
Cincinnati, OH 45231

## Reading

Accepts EBT/Produce Perks/Credit Cards  
4:00 - 7pm; May 21- Sept. 24  
Corner of Reading and Vine, Reading, OH 45215  
Find us on Facebook

### SATURDAY

## Anderson Township

9am - 12pm; May 15 - Oct. 9  
St. Timothy Episcopal Church  
8101 Beechmont Ave., Cincinnati, OH 45255  
AndersonFarmersMarket.org  
Find us on Facebook

## Batavia (see Wed. listing)

Accepts WIC  
9am - 1pm; July - Oct.  
Main St. at Depot Ave., Batavia, OH 45103  
Find us on Facebook

## Batesville

7:30am - 11am; May 1 - Oct. 31  
Boehringer and Main Streets  
Batesville, IN 47006  
Find us on Facebook

## Clinton County

Accepts EBT, VISA/MC/WIC, Senior FM Coupons  
8:30am - 12pm; June - Sept.  
Mulberry St. between Main and Locust  
69 N. South Street, Wilmington, OH 45177  
ClintonCountyFarmersMarket.com  
Find us on Facebook

## Covington

Accepts EBT, VISA/MC/WIC  
9am - 1pm; May - Dec.  
3rd and Court Street, Covington, KY 41011  
**Winter:** 9am-1pm; thru April 24  
Butlers Pantry Patio  
50 East Rivercenter Blvd.  
Covington KY 41011  
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](http://ProducePerks.org) to find a site near you.

# Farmers' Markets

## Crestview Hills

9am - 1pm; May 8 - Aug. 28  
Crestview Hills Town Center  
(Abuelo'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 Pavillion  
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

## Hamilton Historic

Accepts Snap  
8am - 12pm; May 22 - Oct. 9  
101 High St., Hamilton, OH 45013  
Find us on Facebook

## Independence

8:30am - 1pm; May 1 - Oct. 30  
(Next to Courthouse)  
5272 Madison Pik  
Independence, KY 41051  
Find us on Facebook

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

(See Weds. listing)  
Accepts WIC, VISA/MC/Senior FM Coupons  
10am - 2pm; June - Oct.  
Corner of Route 131 & Route 50  
Garden Center lot Milford  
Shopping Center Milford, OH 45150  
MilfordFarmersMarket.com

## Montgomery

Accepts EBT/Produce Perks/Credit Cards  
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  
MontgomeryFarmersMarket.org  
Find us on Facebook

## Newport-Campbell County

9am - 12pm; May 23 - Oct. 31  
(next to Pepper Pod Restaurant)  
709 Monmouth St., Newport, KY 41071  
Find us on Facebook

## Oxford-Uptown

(see Tues. listing)  
Accepts EBT/WIC  
9am - 12pm; Year Round  
corner of High and Main Streets  
Oxford, OH 45056  
OxfordFarmersMarket.com  
Find us on Facebook

## West Chester

9am - 1pm; May 22 - Sept. 25  
The Square at Union Centre  
9100 West Chester Towne Centre Dr.  
West Chester, OH 45069  
**Winter:** 2pm - 4pm; Nov. - March.  
1st and 3rd Sat. Mulhauser Barn  
8558 Beckett Road  
West Chester, OH 45069  
WestChesterOhioFarmersMarket.org  
Find us on Facebook

## SUNDAY

## Findlay Market

(see Sat. listing)  
Accepts EBT/WIC/Produce Perks  
10am - 2pm; Year Round  
1801 Race St. Cincinnati, OH 45202  
FindlayMarket.org  
Find us on Facebook

## Hyde Park

Accepts Credit Cards  
9:30am - 1:00pm; May 16 - Oct. 31  
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 16 - 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

## A tisket, a tasket - take your reusable basket ... or bags

It is estimated that across the United States, over 100 billion plastic bags are used per year, with the average consumer using 300-500 bags. For the most part, these bags are short-lived or single-use, but can have a lifetime of hundreds of years when they end up in waterways and landfills. Plus much of the plastic does not really decompose, but rather continues to pollute by breaking down into microplastics. So be part of the solution - take your reusable basket or bags to market. Check out Hamilton County Recycling and Solid Waste District for resources. [hamiltoncountyrecycles.org](http://hamiltoncountyrecycles.org)

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



# Eating Local Makes Sense

(CENTS TOO!)

Ways to Maximize  
your Local Food Dollar

## **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 year 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 [hamiltoncountyclecycling.org/residents/food\\_waste](http://hamiltoncountyclecycling.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.





# Wineries

photo courtesy of  
Valley Vineyards

## SYMBOLS TO WATCH FOR: Our Donors

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.

### Elk Creek Vineyards

150 Highway 330, Owentown, KY 40359  
502-484-5319  
ElkCreekVineyards.com  
laci@ecvwinery.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, meade and distilled spiritits from  
local fruit



# Taprooms

photo courtesy of  
MadTree Brewing

### 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



## Can Youth Development Programs in Agriculture

be the future of local food production  
in the Cincinnati Metro area?

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 enterprising 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.



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.



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



2021 SEASON

WEDNESDAYS  
MAY 12 - SEPT. 29  
3:30 - 7PM  
SUMMIT PARK  
For updates, check our  
Facebook page or  
summitparkblueash.com

# 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

Tuesday



**Loveland**  
Summer: 3:00pm - 6:30pm  
LovelandFm.com

# FRESH LOCAL DAILY

Wednesday



**Northside**  
October - April: 4:00pm - 6:00pm  
April - October: 4:00pm - 7:00pm  
NorthsideFm.org  
(513) 614-3671

Thursday



**Madeira**  
Summer: 4:00pm - 7:00pm  
Winter: 4:30pm - 6:00pm (Preorder Mkt.)  
MadeiraFarmersMarket.com

Saturday



**Montgomery**  
Summer: 9:00am - 12:30pm  
MontgomeryFarmersMarket.org

Sunday



**Hyde Park**  
Summer: 9:30am - 1:00pm  
HydeParkFarmersMarket.com



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

# Artisanal Cottage Producers

photo courtesy of The Tree Hugger Soap Company

**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

# Restaurants

## SYMBOLS TO WATCH FOR: Our Donors



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.**

### 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 • CasaFig.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 Findlay Street  
Cincinnati, Ohio 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

### Metropole at 21c

609 Walnut St., Cincinnati, OH 45202  
513-578-6660 • metropoleonwalnut.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 OttosonMain.com

### Pleasantry

118 W. 15th St., Cincinnati, OH 45202  
513-381-1969 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 45140  
937-496-5268 • WheatPennyDayton.com

### Wildflower Cafe

207 E. Main St., Mason, OH 45040  
513-492-7514  
WildflowerGourmetCafe.com

# Growing Practices

photo courtesy of Annie Woods, Dark Wood Farm

**(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.

**(SA) Soil Amendments, Such as Use of Compost and Non-synthetic Fertilizers:** Build soil fertility.

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

**(T) Transitional:** Moving to organic.

## ANIMALS AND THEIR TREATMENT:

**(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.



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, HB, HF, HR**  
 EmmettRidgeFarm.com  
 Lauren@emmettridgefarm.com  
 1805 Lindale Nicholasville 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, Louiso'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  
 Find us on Facebook  
 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**  
 SchaefersFarmMarket.com  
 Find us on Facebook  
 513-726-5307  
 schaefercsa@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

## 7 Wonders Farm

**\*B, CCRC, 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

## CLERMONT

#### B & D Goats

**\*C, 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, 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

# Farms

## Farm Beach Bethel

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

FarmBeachBethel.com

Find us on Facebook

513-734-6928

1938 State Route 133 Bethel, OH 45106

Products: Wide variety of produce including lettuces and leafy greens.

Sold: Findlay Market-Sat., Hyde Park FM, Winter Market of Hyde Park includes CSA pick up.

## Fox Tail Farm, LLC

\*O, GAP

FoxTailFarmLLC.com

Find us on Facebook

lcheryl@foxtailfarmllc.com

1775 Fox Tail Chase Drive

New Richmond, OH 45157

Products: Year-Round certified organic vegetables; greens, lettuce, carrots, beets, radishes, garlic, beans, peas, cucumbers, sweet peppers, tomatoes, edible flowers, herbs

Sold: Year-Round online ordering is encouraged for local delivery and pick up, open to all including Flex-CSA members and new customers. Also available through local markets including Findlay Market, ETC Produce and Provisions and more! Wholesale and direct buying is available.

## Gray Fox Farms

\*O, CR, CC, IPM, PF, SA, NON-GMO

GrayFoxFarmsOhio.com

Find us on Facebook

3620 State Route 222, Batavia, OH 45103

Products: certified organic sungold cherry and slicing tomatoes, green beans, peppers, herbs, lettuce, arugula, kale, chard, maple syrup, organic plants

Sold: Farm stand, Harvest Market, Marketwagon.com, Medpace

## Pringles Orchard

Find us on Facebook

513-625-9866

2697 Pringle Rd., Goshen, OH 45122

Products: apples with U-pick Sept. to mid-Oct., cider, honey, jam, fall decorations and pumpkins, pecans

Sold: on Farm: call or check FB

for times

## Rich Life Farm & Fungi

\*PF

RichLifeFarm.com

Find us on Facebook

513-843-7850

info@richlifefarm.com

New Richmond, OH 45157

Products: A broad assortment of gourmet mushrooms including Lions Mane, Chestnut, and several varieties of Oysters. Many new varieties are offered throughout the year.

Sold: Check website for an up to date listing of where products are sold

## The Organic Farm at Bear Creek, LLC

\*O, FSC, CCRC, IPM, SA, CRCC

OrganicFarmatBearCreek.com

513-470-7617

460 Bear Creek Rd., Felicity, OH 45120

Products: certified organic seasonal produce and value-added products: soups, salsas, sauces, dressings, jams, teas and dried herbs

Sold: Direct Buy/Home Delivery, Harvest Mkt (Milford), Pipkins, Susan's Natural World, Jungle Jim's Eastgate & Fairfield, Our Harvest, ETC Produce & Provisions, Miami University

## CLINTON

### Branstrator Farm LLC

\*P, IPM, LS, SA

BranstratorFarms.com

937-725-5607

885 North George Rd., Clarksville, OH 45113

Products: Winter squash, pumpkins and heritage grains

Sold: Pipkins Market & Dorothy Lane Markets, Local Food Connection, Aberlin Springs

### That Guys Family Farm & That Girls Flowers

\*O

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, Local Food Connection, Dorothy Lane Markets and on farm store and winter CSA

## Walnut Ridge Acres

\*IPM, PF, SA, B, CRCC, 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 and Clinton County FM

## Webb Valley Farm

\*B, T, CCRC, PF, SA, FR, GF, HF, HR, NR

WebbValleyFarm.com

cell: 937-725-1690

1134 N. Webb Rd Wilmington, OH 45177

Products: Pasture Raised Beef, Pasture Raised Pork, Pasture Raised Lamb, Pasture Poultry, Free Range Eggs and Hand Crafted Soap and Lotion Bars

Sold: Deerfield FM and Lebanon FM

## HAMILTON

### Bee Haven

BeeHavenHoney.com

513-542-5621

sam@beehavenhoney.com

Cincinnati, OH 45232

Products: raw and creamed honey, beeswax candles, salves and lip balm, jams sweetened with honey

Sold: 1815 Elm St. (near Findlay FM) and The Chocolate Bee (in Northside)

## Camp Washington Perennial Farm

P, CRCC, IPM, SA, PF

CommonOrchard.com

513-256-8908

info@commonorchard.com

3220 Colerain Ave., Cincinnati, OH 45225

Products: Tomatoes, Greens, Fruits, Berries, Medicinal Herbs, perennial potted plants, and education

Sold: CAMP CART (mobile), Welcome Project, onsite

## Carriage House Farm

\*SA, CRCC, PF, IPM

CarriageHouseFarmllc.com

513-967-1106

2872 Lawrenceburg, 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, Deeper Roots, and other Restaurants



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

- Dr. James Linne, White Clover Farm, Highland Co. OH



# Farms

## Cincy Urban Farm

\*B, NON-GMO, CCRC, PF, SA

CincyUrbanFarm.com

cincyurbanfarm@gmail.com

3549 Creek Rd., Cincinnati, OH 45241

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, CCRC, PF, SA

Funkes.com

Find us on Facebook

541-8170

Al@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, CCRC, 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

\*CCRC, IPM, 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

\*C, CCRC, IPM, LS

Find us on Facebook

3241 Fiddlers Green, Cincinnati, OH 45248

Products: peaches, pears, plums, apples, tomatos, peppers, okra, eggplant, corn, green beans, summer squash, jalapenos, cucumber, zucchini, flowers, pumpkin, winter squash, homemade apple butter, pickles and unpasteurized cider

Sold: on Farm Market

## Mustard Seed Farm CSA

\*NON-GMO, P, CCRC, PF, SA, FR, GF, HF, 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, CCRC, 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, CCRC, PF

Permaganic.org

Find us on Facebook

permaganic@gmail.com

1636 Main St., Cincinnati, OH 45202

513-621-GROW(4769)

Products: Peaches, vegetables, mushrooms, herbs, and flowers. Free Food Forest.

Sold: Onsite at our Main Street kitchen and new Urban Ag Co-Op. All proceeds support our Summer Youth Program

## Running Creek Farm

\*SA, CCRC, 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

\*CCRC, IPM, NON-GMO, O, 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, CCRC, 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, CCRC, 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, HB, HF, HR, NR, GF, 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

# Farms

## Old Dutch Hops Farm

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

OldDutchHops.com

olddutchhops@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, CRCC, PF, FR, GF, HB, HF, HR, NR

TSFarmsOH.com

Find us on Facebook

937-763-1167

11061 Careytown Rd., New Vienna, OH 45159

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

Sold: Montgomery FM, Maderia FM, Loveland FM, Pipkin's Market, online at MarketWagon.com

## White Clover Farm

\*GR, HR, NRF

WhiteCloverFarmOhio.com

513-562-7298

9600 East Prospect Rd

Hillsboro, OH 45133

Products: 100% grass fed beef AGA certified  
Sold: Direct market (online)

## MONTGOMERY

### Hungry Toad Farm

\*0

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, CRCC, 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, pears, 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, CCRC, 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, FR, GF, HF, HR, PF, NR, SA

937 239-3216

miltoncook425@gmail.com

3611 E. Lwr. Springboro Rd.

Waynesville, OH 45068-8792

Products: 100 % grass fed beef raised on our Bicentennial Farm (1803)  
No hormones or antibiotics.

Sold: Deerfield Township FM

### Fresh To Morrow

\*ZERO SPRAY

Find us on Facebook

Fresh45152@gmail.com

201 Miranda St., Morrow, OH 45152

Products: Cafe weekend hours and seasonal produce

Sold: Cafe and Store - hours Friday 5-8pm, Saturday 9am-8pm, Sunday 9-1pm

### Irons' Fruit Farm

\*CRCC, C, IPM, LS

IronsFruitFarm.com

Closed till Spring; leave message

513-932-2853

ironsfruitfarm@gmail.com

1640 Stubbs 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, CCRC, 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

\*CCRC, 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

\*0

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

\*0, 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

\*CRCC, 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)

\*C, P, CRCC, LS, IPM, SA

859-635-9681

3349 Nine Mile Rd. Melbourne, KY 41059

Products: tomatoes, green beans, tree ripened peaches, plums, pears& apples  
Sold: Nativity Church Tailgate FM, Northminster Presbyterian Tailgate FM, Erlanger FM, Lakeside Commons Market

# Farms

## KENTON

### Rains & Sun Hilltop Farm

\*O

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

\*FR, 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

## PENDLETON

### Fox Run Environmental Education center

\*B, CRCC, GF, FR, HR, HF, HR, NR, O, PF, SA

FoxRunEEC.org

859-242-1037

foxruneec@gmail.com

PO Box 174, Falmouth, KY 41040

Products: certified organic produce, herbs and flowers, plants; non-profit, educational programs for individuals and groups; online consultation, wildlife rehabilitation

Sold: on farm and maybe Covington FM

## SCOTT

### Elmwood Stock Farm

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

ElmwoodStockFarm.com

859-621-0755

elmwoodorders@gmail.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 FM; CSA with pick up in Cincinnati and N. KY. and home delivery

## INDIANA

### DEARBORN CO.

### Abundant Green Pastures

\*B, PF, SA, GF, HB, 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 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)

## Lobenstein Farm

\*CNG, LS, CRCC, FR, HR, NR

513-582-0762

lobensteinfarmcsa@gmail.com

29703 Post 464 Rd., St. Leon, IN 47012

Products: veg. plants in Spring, produce - sweet corn, cantaloupe, watermelon, tomatoes, green beans and much more; home grown beef, pork, lamb; October u-pick Pumpkin Festival

Sold: Delhi FM, Findlay FM, Nativity & Northminster Tailgate Markets, Northside FM, Ft. Thomas FM, Madeira FM

## FRANKLIN

### Beneker Family Farms

BenekerFamilyFarms.com

513-635-8309

info@benekerfamilyfarms.com

9137 St. Peters Rd., Brookville, IN 47012

Products: build your own 6-12lbs. bundles and 1/16th, 1/8th, shares of pasture raised, grain finished beef.

Sold: On website year round. Pick-up at the farm by appt. or have shipped. Also at Cincinnati Market Wagon

## 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, local honey, dried herbs, free range eggs, local honey

Sold: On-farm store

## Steinfort 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

\*FR, 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: call to order, available year round.

## RIPLEY

### Easter Rising Farm

\*CRCC, FSB, P, PF, SA, FR, GF, HF, HB

EasterRisingFarm.com

704-798-6071

5736 E SR 62, Friendship, IN 47021

Products: "salad bar" beef; pasture-raised chicken (GMO free) & turkey; naturally raised, GMO free pork; grass fed lamb, rabbit, goose, pheasant

Sold: meat is available at the farm seasonally. Delivery to Madeira and Western Hills through our CSA.

### Sundance

\*NON-GMO, P, CCRC, IPM, PF, SA; FR, GF, HB, HF, HR

SundanceFarmin.com

calvinos@sundancefarmin.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

photo courtesy of Judy Ganance

## 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.

### OHIO

#### BUTLER CO.

- 🦋 Just Farmin’
- 7 Wonders Farm

#### CLERMONT CO.

- 🦋 ETC Produce & Provisions

#### CLINTON CO.

- Walnut Ridge Acres
- Webb Valley Farm

#### HAMILTON CO.

- 🦋 Gorman Heritage Farm
- 🦋 Greenacres Farm
- 🦋 Turner Farm

#### HIGHLAND CO.

- 🦋 Grassroots Farm & Foods
- 🦋 Old Dutch Hops Farm
- TS Farms
- 🦋 White Clover Farm

#### PREBLE CO.

- Boulder Belt Eco-Farm

#### WARREN CO.

- 🦋 Bensman Family Farms
- Cook’s Family Farm
- 🦋 The Goodlife Farm

## SYMBOLS TO WATCH FOR: 🦋 Our Donors

### KENTUCKY

#### CAMPBELL

- 🦋 Little Rock Farm

#### KENTON CO.

- Tewes Farm

#### SCOTT CO.

- Elmwood Stock Farm

### INDIANA

#### DEARBORN

- 🦋 Abundant Green Pastures

- Lobenstein Farm

#### FRANKLIN CO.

- 🦋 Beneker Family Farms

#### JEFFERSON CO.

- The Eaton Farm

#### OHIO

- Rising Sun Beef

#### RIPLEY CO.

- 🦋 Sundance

WHITE CLOVER FARM  
HILLSBORO, OH  
100% GRASS FED BEEF  
No hormones. No antibiotics.

American Grassfed®

FOR MORE INFO AND TO PLACE ORDERS  
whitecloverfarmohio.com  
(513) 562-7298

# CSAs

photo courtesy of Annie Woods, Dark Wood Farm

## SYMBOLS TO WATCH FOR: 🦋 Our Donors

### COMMUNITY SUPPORTED AGRICULTURE (CSA)

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

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

#### OHIO

##### BUTLER CO.

- 🦋 Just Farmin'
- 🦋 Schaefer's Farm Market & CSA LLC

##### CLERMONT CO.

- 🦋 Fox Tail Farm, LLC  
Farm Beach Bethel

##### CLINTON CO.

- 🦋 That Guys Family Farm & That Girls Flowers  
Webb Valley Farm

##### HAMILTON CO.

- Carriage House Farm
- 🦋 Cincy Urban Farm
- Eden Urban Gardens LLC

- 🦋 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

##### PREBLE CO.

- 🦋 Boulder Belt Eco-Farm

##### WARREN CO.

- 🦋 The Goodlife 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

#### INDIANA

##### JEFFERSON CO.

- The Eaton Farm

##### RIPLEY CO.

- 🦋 Easter Rising Farm
- 🦋 Sundance Farm

## Our Harvest

WE CREATE ACCESS TO HEALTHY, LOCAL FOOD IN A WAY THAT HONORS LAND AND LABOR.

www.ourharvest.coop



ORGANIC VEGETABLES  
GROWN  
YEAR ROUND



JOIN OUR FLEX-CSA TODAY!

SHOP ONLINE FOR WEEKLY PICK UP & DELIVERY

FOLLOW US @foxtailfarm.oh www.foxtailfarmllc.com

NEW RICHMOND, OH



# Hollmeyer's Orchards

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).



# Greater Cincinnati Regional Food Policy Council

Green Umbrella's Greater Cincinnati Regional Food Policy Council is creating a healthy, equitable, sustainable food system.



**FEED OUR FUTURE**<sup>®</sup>  
*Local Foods for Growing Minds*

**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](http://greenumbrella.org/food-policy)



**Green Umbrella**  
REGIONAL SUSTAINABILITY ALLIANCE



# 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

### Sisters of Charity of Cincinnati

5900 Delhi Rd.

Mount St. Joseph, OH 45051

SrCharityCinti.org

## CULTIVATORS:

### Debbie and Dick Westheimer

Perelandra Farm

### Produce Perks Midwest

ProducePerks.org

*Spend a little, save a lot.*

## 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*

## Project Mentor:



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.