

LOCAL FOOD GUIDE



2020/2021
13TH ANNUAL

OF THE
CENTRAL
OHIO RIVER
VALLEY



NOTE FROM THE PRODUCER

2020

It's spring, and we're in a pandemic. Life has changed, and we too are being asked to change. I'm fortunate to live in a neighborhood where people know each other. I was talking to a neighbor when I was out for a walk today. His small business has temporarily shut down so, amidst everything else, he is starting a victory garden. While he digs in the soil, he says he's also contemplating how we will need to adapt going forward. What better place to contemplate what's important than from a grounded place with hands in the soil.

How will we adapt—how does this crisis force us to be creative. What is something positive that can come out of this—resilience, community connection? While we acknowledge the fears and stock up on supplies, let's feed the hope—our hope for future generations and a livable planet. I believe local, sustainably grown food and community are an essential part of resilience. So let's grow and support local together.

In the meantime, we're all figuring it out. This means as hard as we worked to update our lists, they are definitely subject to change this year. Many of the restaurants, farmers markets, breweries, and wineries listed are adapting or suspending activity temporarily. We've provided the basics so you can check websites or social media for updates.

While I wonder about the future, the CORV cover makes me think of my grandfather. For many years, he was a farmer and also wrote a book about onions. I realize he survived the pandemic of 1918 and feel encouraged. In these challenging times, I pray that everyone has the resources they need to be well.

As always, thanks to the growers, market managers, chefs, cottage producers, creative concoctors, CORV team, sponsors, plants & animals—all our relations.

Eat, Enjoy, Share,

Deborah Jordan



THE CORV CREW

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- Dick Croy, Sommelier a.k.a Wine Guy (Wines and Spirits)
- Karen Egan, Homeadow Song Farm (Growers)
- Jo Ann Kavanaugh, Mt. Washington (Farmers' Markets)
- Sharon Rudd, Slow Food Cincinnati (Restaurants)
- Caren Welbourne, Sleuth (new growers/markets)

Talk Local Editors (website):

Deborah Jordan, Breanna Parker, Alan Wight

- Cover photo by: Dick Westheimer, Perelandra Farm

WHY DO YOU EAT LOCAL?

Freshness?	Farmers' working conditions & income?
Flavor?	Crop variety?
Nutrition?	The local economy?
Your health?	Our food security?
Your knowledge of growing practices?	The health of the planet?
Community connections?	Because it is fun!?
Your connection to the land?	

We would love to hear from you! Let us know what eating local means to you and any thoughts you have on the guide.

Visit us EatLocalCorv.org/Contact-Us

And thanks to Lauren Holwadel Lancaster for her support!



CORV Team at Tikuun Farm

Thanks to Mary Laymon and Greg York for welcoming us for our photo shoot. During the pandemic, Tikkun Farm has become a distribution center for produce, meals, and other perishables.
TikkunFarm.com

JOIN OUR TEAM!

We are looking for a volunteer to fill a Project Manager role at the CORV Guide.

This role has the potential to develop into a paid position.

INTERESTED?

Contact us at:
growlocal@gmail.com

Project Mentor:



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

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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. 17, our Harvest Guide on p. 18 and General questions for growers on p. 18.

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.

Origins and Evolution of the Farmers Produce Market at Lunken Airport



1939 photo of Farmers Wholesale Produce Market, precursor to the Farmers Produce Market at Lunken

In 1788 the first Euro-Americans settled at Yeatman's Cove, an inlet on the river below today's Broadway St, and the city that would become Cincinnati was born. Within a few years farmers began selling produce at a weekly market above the Cove, and sixteen years later, in 1804, the city built a small market house on the first terrace between Main and Sycamore Streets. Through the 19th century more market houses were built and fed the rapidly expanding city. By the end of the century, however, technological innovations—Incline Planes in the 1870s, electric streetcars in the 1890s, and automobiles and trucks after 1910—opened the uplands and hills to settlements, allowed grocery stores to proliferate, and undermined the viability of the market houses.

As the number of autos increased, traffic congestion did as well. To satisfy market house merchants' request to get farmers' trucks away from their markets, in 1927 the city created an open air market exclusively for farmers on an empty lot north of 12th street, between Central and the Ohio-Erie canal, today's Central Parkway. By the 1930s this "Farmers Wholesale Market" had farmers selling their produce through the night, wholesale to resellers, grocers, and restaurateurs, and retail to residents. The market was huge: on a Friday night in 1934 the Superintendent of Markets estimated 9,000 customers had come, and in 1939 2,000 cars bought produce from 200 farmers. (see photo)

By 1950 the market houses were closing and the city wanted to convert the Farmers Wholesale Market land into a parking lot, so they moved the market to the

riverfront, close to the site of the old Pearl Street Market House. The farmers then organized themselves into the "Farmers Wholesale Market Association" and continued to sell large volumes of produce, but the decision to build Riverfront Stadium forced the market to move again in 1967, this time to the east side, on Wilmar Avenue, near Lunken Airport.

In the first years on the riverfront the Association had 298 members, but by the opening at the Lunken site, 81 farmers remained to supply the elbow-to-elbow hordes of customers. Harold Kress, the President of the Association, attributed the fewer members to deaths, retirements, and farmers "who just stopped farming." Those processes have accelerated in the intervening years, so by 2010 only 8 to 10 farmers continued selling, and most were aging. Several of the farmers sold at the Riverfront market, and a few can remember the original 12th Street site. The market is open every day of the week, from the last weeks of April to Christmas.

John Metz is an associate Professor of Geography at NKU. His research focuses on environmental issues, including sustainable food systems, nuclear weapons facility remediation, and farming systems in Nepal.

FARMERS' MARKETS

photo courtesy of Hyde Park Farmers Market



ProducePERKS

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.

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

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

Check their websites and social media for updates on how each market is adapting to the Coronavirus.

Monthly

🦋 **Fibonacci's Mt. Healthy**

Accepts SNAP/Produce Perks/
Credit Cards
11am - 2pm; May 3 - Nov 2
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. 28
WestSideMarketCincy.com

Multiple Days

🦋 **Boone County**

10am - 5pm; May 4 - Oct. 31 daily
9am - 6pm; Memorial Day - Labor Day
1961 Burlington Pike
Adjacent to Boone County Extension
Burlington, KY 41005
BooneCountyFarmersMarket.org

Farmer Produce Market of Cincinnati at Lunken Airport

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

Cincinnati, OH 45226

❄️ **Healthy Harvest Mobile Market**

Accepts 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)

10am - 6pm; Mon. - Sat.
5850 Princeton Rd.
Liberty Township, OH 45011
LibertyFarmMarket.com

Monday

Nativity Church Tailgate Market

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

Tuesday

Highland Heights

3pm - 7pm; May 19 - Oct. 31
Senior Citizen Activity Center,
3504 Alexandria Pk.
Highland Heights, KY 41076

🦋 **Loveland**

Accepts EBT/Produce Perks/
Credit Cards
3pm - 6:30pm; May 7 - Oct. 29
205 Broadway Street
Loveland, OH 45140
LovelandFM.com

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

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

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 Road
Blue Ash, OH 45242
BlueAsh.com

❄️ **Fairfield Farmers' Market**

4pm - 7pm; Apr. 29 - Oct. 28
411 Wessel Dr.
Fairfield, OH 45014
Fairfield Community Arts Center
Winter: 4pm-7pm Nov.-Apr. 15
1st and 3rd Wed.
Fairfield-City.org/market
Find us on Facebook

Ft. Thomas

3pm - 7pm; Jun. - Sept.
3pm - 6pm Oct.
1080 Highland Ave.
Ft. Thomas, KY 41075
Find us on Facebook

Milford-Ohio Valley Fruit and Vegetable Grower's Association

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

❄️ **Northside**

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

Thursday

🦋 **Centerville**

2:30pm - 6:30pm; May 16 - Oct. 31
892 S. Main St.
Centerville, OH 45458
CentervilleFarmersMarket.com
Find us on Facebook

Dixie

Accepts WIC
2 - 6pm; Apr. 23 - Oct. 29
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**

3:30pm - 7pm; May - Oct.
Corner of Miami Ave. and Dawson Rd.
Madeira, OH 45243
Winter: 4pm - 6:30pm; Nov. - Apr.
Madeira Presbyterian Church
8000 Miami Ave.
Madeira, OH 45243
MadeiraFarmersMarket.com
Find us on Facebook

Friday

Alexandria-Campbell County

3pm - 6pm; May 22 - Oct. 30
Southern Lanes
7634 Alexandria Pike
Alexandria, KY 41001
CCFarmersMarket.net

Brookville

Accepts EBT/WIC
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 mkt.)
3:30pm - 6:30pm; Indoors, Year Round
Back of Cheviot Elementary School
4040 Harrison Ave.
Cincinnati, OH 45211
(Directions: Harrison Ave.
to Carrie St. to McFarran St.)
lewfm.org

**Northminster United
Presbyterian Church -
Tailgate Market**

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

Saturday

🦋 **Anderson Township**

9am - 12pm; May 9 - Oct. 10
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; early May - mid Oct.
Boehringer and Main Streets
Batesville, IN 47006
Find us on Facebook

🦋❄️ **Clinton County**

Accepts EBT (Summer only)
8:30am - 12pm; June 1 - Sept. 28
Mulberry St. between Main and Locust
Wilmington, OH 45177
Winter: 9am - 12pm; Mar.-May,
Oct. - Dec. 1st/3rd Saturday
69 N. South Street
Wilmington, OH 45177
ClintonCountyFarmersMarket.com
Find us on Facebook

❄️ **Covington**

Accepts WIC/Snap
9am - 1pm; May - Oct.
3rd and Court Street
Covington, KY 41011
Winter: 9am-1pm; Nov-April
Braxton Brewery
27 W 7th Street
Covington, KY 41011
Rcov.org/Covington-Farmers-Market
Find us on Facebook

Crestview Hills

10am - 2pm; May 30 - Sept. 26
Crestview Hills Town Center
(Abuelo's parking lot)
Crestview Hills, KY 41017
Find us on Facebook

🦋❄️ **Deerfield Twp.**

9am - 12pm; May 2 - Oct. 31
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 23 - Aug. 29
Clearview Lake, 5125 Foley Rd.
Cincinnati, OH 45238
Find us on Facebook

**Diocesan Catholic
Children's Home (DCCH)**

10am - 2pm; May 9 - Oct. 31
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
Find us on Facebook

Hamilton Historic

8am - 12pm; May 16 - Oct. 3
101 High St.
Hamilton, OH 45013
Find us on Facebook

Independence

8:30am - 1pm; May 2 - Oct. 31
(Next to Courthouse)
5272 Madison Pike
Independence, KY 41051
Find us on Facebook

I think that local market managers are doing great work to build an awareness of local food against the tide of current food trends.
Mike Haas, Idyllwild Farm



2020 Season
Wednesdays
May 13 - September 30
3:30 - 7:00pm
Summit Park

Blue Ash Farmers Market

Symbols to watch for: 🦋 Our Donors ❄️ Winter Market

Milford-Ohio Valley Fruit and Vegetable Grower's Association

(See Weds. listing)
 Accepts WIC/VISA/MC
 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
 Montgomery, OH 45242
 MontgomeryFarmersMarket.org
 Find us on Facebook

Newport-Campbell County

9am - 12pm; May23 - Oct. 31
 (next to Pepper Pod Restaurant)
 709 Monmouth St.
 Newport, KY 41071
 Find us on Facebook

❄️ **Oxford-Uptown**

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

❄️ **West Chester**

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

🦋 **Hyde Park**

Accepts EBT
 9:30am - 1:30pm; May 17 - Oct. 25
 and 5pm - 8pm; Nov. 24
 Hyde Park Square on Erie Ave.
 Cincinnati, OH. 45208
 HydeParkFarmersMarket.com
 Find us on Facebook

❄️ **Winter Market of Hyde Park**

Nov. - May; 9:30 am - 1pm
 Clark Montessori, 3030 Erie Ave.
 Cincinnati, OH. 45208
 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

<p>Tuesday</p>  <p>Loveland Summer: 3:00pm - 6:30pm LovelandFm.com</p>	<p>FRESH LOCAL DAILY</p>	<p>Wednesday</p>  <p>Northside 4:00pm - 7:00pm Year Round NorthsideFm.org (513) 614-3671</p>
<p>Thursday</p>  <p>Madeira Summer: 3:30pm - 7:00pm Winter: 4:00pm - 6:30pm MadeiraFarmersMarket.com</p>		<p>Saturday</p>  <p>Montgomery Summer: 9:00am - 12:30pm MontgomeryFarmersMarket.org</p>

TAPROOMS

photo courtesy of MadTree Brewing

Symbols to watch for: 🍷 Our Donors

2008 - Listermann Brewing Company & Triple Digit

1621 Dana Ave.
Cincinnati, OH 45207

2009 - Rivertown Brewing Company

6550 Hamilton Lebanon Rd.
Middletown, OH 45044

2012 - Cellar Dweller

2276 US-22 & OH-3
Morrow, OH 45152

2013 - MadTree Brewing

3301 Madison Rd.
Cincinnati, OH 45209

2013 - Rhinegeist Brewery

1910 Elm St.
Cincinnati, OH 45202

2013 - Toxic Brew Company

431 E 5th St.
Dayton, OH 45402

2014 - Carillon Brewing Company

1000 Carillon Blvd.
Dayton, OH 45409

2014 - Lucky Star Brewing

219 S 2nd St.
Miamisburg, OH 45342

🍷 2015 - Fibonacci Brewing Company

1445 Compton Rd.
Cincinnati, OH 45231

2015 - Urban Artifact

1660 Blue Rock St.
Cincinnati, OH 45223

2016 - Darkness Brewing

224 Fairfield Ave.
Bellevue, KY 41073

2016 - Streetside Brewery

4003 Eastern Ave.
Cincinnati, OH 45226

2016 - Woodburn Brewery

2800 Woodburn Ave.
Cincinnati, OH 45206

2017 - 16 Lots Brewing Company

753 Reading Rd.
Mason, OH 45040

2017 - Fretboard Brewing

5800 Creek Rd.
Cincinnati, OH 45242

2017 - Heavier Than Air Brewing Company

497 Miamisburg Centerville Rd.
Dayton, OH 45459

2017 - Little Miami Brewing Company

208 Mill St.
Milford, OH 45150

There is a renaissance and revival of our local beer industry – once the largest per capita of any city in the U.S. The taprooms listed below are using more than the one common local ingredient of water; and they are listed in chronological order of when they opened.

Many breweries are temporarily doing pick up or home delivery. Check their websites and social media for updates on how they are adapting to the Coronavirus.

2017 - Westside Brewing

3044 Harrison Ave.
Cincinnati, OH 45211

2018 - Northern Row

111 W McMicken Ave.
Cincinnati, OH 45202

2019 - Highgrain Brewing

6860 Plainfield Rd.
Cincinnati, OH 45236

Why Eat Local?



photo courtesy of Andre Conrad

Food grown responsibly and harvested at peak ripeness has no comparison in flavor. Not only does it taste better, it is significantly higher in nutrient density. Those two aspects always work in harmony. You can't have one without the other. If you want to eat something delicious, the easiest route is to purchase locally grown ingredients.

We can revolutionize this country by supporting local agriculture. We'd be healthier, and less dependent on foreign countries. We could create millions of useful new jobs as we

build resilient, safe and independent communities. Farmers would increase production of real food, expand their footprints and help reverse climate change. Obesity and many other diet-related diseases would cease to exist. Our cost of healthcare would see significant reductions, and our life expectancy would increase. Energy consumption could be vastly reduced by not refrigerating millions of pounds of food as it's shipped across the globe.

We could build soil, reduce erosion and eliminate toxic chemicals from

leaching into our waterways. Millions of species of various birds, mammals, insects and bees would see a resurgence of their populations.

Most importantly, the environment would return to the way it is supposed to be.

Todd Hudson
Executive Chef & Owner
Wildflower Cafe

RESTAURANTS

List provided by Slow Food Cincinnati

photo courtesy of Fausto at the CAC

What better way to be introduced to the delights of local food than in a restaurant. Restaurants and other small businesses have been seriously impacted by necessary public health mandates. Many of these restaurants remain open in a limited capacity offering carry-outs. Please check their websites and social media for updates on how each restaurant is adapting to the Coronavirus.

20 Brix

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

Bauer Farm Kitchen

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

Bouquet Restaurant and Wine Bar

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

Branch

1535 Madison Rd
Cincinnati, OH 45206
513-221-2702
EatAtBranch.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

Commonwealth Bistro

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

Fausto at the CAC

44 E. 6th St.
Cincinnati, OH 45202
513-345-2979
FaustoAtTheCAC.com

FIRE at River Center

50 E. Rivercenter Blvd., Ste 20
Covington, KY 41011
513-392-2850
FireAtRiverCenter.com

Fireside Pizza

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

Fond: Lunch and Deli

10764 Montgomery Rd.
Cincinnati, OH 45242
513-607-1854
FondCincinnati.com

Greenhouse Cafe + Bar

105 E. Mulberry St.
Lebanon, OH 45036
513-934-7248
GreenhouseCafeOhio.com

Lil's Bagels

308 Greenup St.
Covington, KY 41011
859-412-6922
LilsBagels.com

Lily's Bistro

329 E. 5th St.
Dayton, OH 45402
937-723-7637
LilysBistro.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

Orchid's at Palm Court

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



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.

Symbols to watch for:  Our Donors

Otto's

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

Plesantry

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

Please

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

Red Feather Kitchen

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

Salazar

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

Sleepy Bee Cafe

3098 Madison Rd.
Cincinnati, OH 45209
513-533-2339
SleepyBeeCafe.com

Social OTR

1819 Elm St.
Cincinnati, OH 45202
513-263-6893
SocialOTR.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 Governor

231 Main St.
Milford, OH 45150
513-239-8298
GovernorDiner.com

The Kitchen at Butler's Pantry

50 E. Rivercenter Blvd.
Covington, KY 41011
859-292-5034
ButlersPantryMarket.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

The Wildflower Cafe

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

Wheat Penny Oven Restaurant

515 Wayne Ave.
Dayton, OH 45140
937-496-5268
WheatPennyDayton.com

Woodhouse Kitchen + Bar

2629 Water Park Dr.
Mason, OH 45040
513-466-8170
WoodhouseKitchenBar.com

WINERIES

photo courtesy of Valley Vineyards

Symbols to watch for:  Our Donors

Central Ohio River Valley Vineyards

OHIO

- 1| **Hanover Winery**
2165 Morman Rd.
Hamilton, OH 45013
- 2| **Meier's Wine Cellars**
6955 Plainfield Rd,
Cincinnati, OH 45236
- 3| **Meranda-Nixon Winery**
6517 Laycock Rd, Ripley, OH 45167
- 4| **Valley Vineyards**
2276 US-22 &, OH-3
Morrow, OH 45152
- 5|  **Vinoklet Winery**
VinokletWines.com
11069 Colerain Ave.,
Cincinnati, OH 45252
513-385-9309
Estate-Bottled wines, ORV wines



Map by Mel Musie & Alan Wight – Data: Alan Wight

- 6| **Harmony Hill Vineyards**
2534 Swings Corner Point
Isabel Rd., Bethel, OH 45106

 **Burnet Ridge**
BurnetRidge.com
6721 Richard Ave.
North College Hill, OH 45244
OH grown & produced wines

**Woodstone Creek Winery
and Distillery**
4712 Vine Street
Cincinnati, OH 45217

INDIANA

- 1| **Chateau Pomije Winery**
25043 Jacobs Rd
Guilford, IN 47022
- 2| **Holtkamp Winery**
10868 Woliung Rd
Sunman, IN 47041

- 3| **Ertel Cellars Winery Inc**
3794 E County Rd 1100 N
Batesville, IN 47006
- 4| **Legacy Laney Vineyard**
12330 Whitcomb Rd
Brookville, IN 47012
- 5| **Madison Vineyards
Estate Winery**
1456 E 400 N, Madison, IN 47250

KENTUCKY

- 1|  **StoneBrook Winery**
StoneBrookWinery.com
6570 Vineyard Ln.
Camp Springs, KY 41059
859-635-0111
Estate-bottled wines, local meads,
Dinners by reservation,
rentals available
- 2| **Camp Springs Vineyard**
6685 4 Mile Rd
Melbourne, KY 41059
- 3| **Seven Wells Vineyard
and Winery**
1223 Siry Rd California,
KY 41007
- 4| **Redman's Farm Winery**
12449 Decoursey Pike
Morning View, KY 41063
- 5| **Atwood Hill Winery**
1616 Spillman Rd
Morning View, KY 41063
- 6| **Brianza Gardens & Winery**
14611 Salem Creek Road,
Crittenden KY 41030
- 7| **Verona Vineyards**
13815 Walton-Verona Rd
Verona, KY 41092
- 8| **Schoolyard Winery**
14923 Walton-Verona Rd
Verona, KY 41092
- 9| **Verona Vineyards
at Rabbit Hash**
10021 Lower River Rd Union
KY 41091
- 10| **Baker-Bird
Vineyard and Winer**
4465 Augusta Chatham Rd
Augusta, KY 41002
- 11| **Elk Creek Vineyards**
150 Highway 330
Owentown, KY 40359

ARTISAN/COTTAGE PRODUCERS

photo courtesy of Wildwood Flora

"Creative uses of our regional ingredients by local artisans, from their palette to our palate." -Karen Arnett

Angie Tee's Kitchen

Find us on Facebook
angiesatay@gmail.com
513-520-9768

Products: Raw Fermented Authentic Korean Kimchi & Juice, Power Bowls, Fresh Gourmet Soups & Salads (mostly Vegan), Local Pickled Peppers, Malaysian Cuisine-Satay & Jam
Sold: Pre-orders at Madeira FM, Montgomery FM, Loveland FM, Findlay FM (Sun), Westside Market, Fibonacci FM, Winter West Chester FM, OFF Market, City Flea, Harvest Market, ETC Produce & Provision Store at Findlay Market, Local Food Connection, Marketwagon.com

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).

My Artisano Foods

MyArtisano.com
myartisanofoods@gmail.com
607 Shepard Dr. Unit 6
Cincinnati, OH 45215

Products: Seasonal and Year-round Fresh and Soft Ripened Artisanal Cheeses, Probiotic Yogurt made with Cow and Goat Milk
Sold: Hyde Park FM, Montgomery FM, Jungle Jim's, Clifton Natural, Local Food Connection, Store open Friday 4-7pm, Saturday 10:30am - 1:30 pm.

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.

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 Jam and Jelly Lady

JamAndJellyLady.com
s.sonya@jamandjellylady.com

Products: Jams, Salsa, Chutney, Ohio Specialty Foods

Sold: The Jam and Jelly Lady at 20 S. Broadway in Lebanon; Butcher Bill's in Mason; Cozy Cottage

The Pickled Pig

SmokedandPickled.com
smokedandpickled@gmail.com
645 E. McMillan
Cincinnati, OH 45206

Products: Variety of Fermented Vegetables, Smoked Meats, Prepared Meals at Bricks and Mortar Location
Sold: Jungle Jim's, Keegans Seafood in Hyde Park, Avril-Bleh, The Farmstand Market, Clifton Natural, Aloha Yoga Center, Local Food Connection

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

Tiffany Wise

TiffanyWise.com
wiseroad8@gmail.com

Products: Fresh Soups, Bone Broth, Fermented Veggies, Nut Butters, Crackers, Bread (all free from gluten, dairy, soy, and GMOs)

Sold: private orders, Westside Market, The City Flea, Local Food Connection

We encourage local farmers and food artisans to put themselves out there, seek out opportunities to let people know what, why and how they do what they do. We spend time speaking to neighborhood groups at local branch libraries, garden clubs, schools etc. We are encouraged by the diversity of our audiences - senior citizens, young families and millennials all wanting clean, honest food and wanting to know where it comes from and how we do what we do.

Jeff and Sandy Ashba,
The Organic Farm at Bear Creek, LLC

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Carriage House Farm: A Century Farm that's Diversified and Still Developing



The Stewart family: Amy, Richard Sr. (father), Richard

Carriage House Farm was started in 1855 and is now an Ohio century farm in the seventh generation in North Bend, Ohio on the west side of Cincinnati. Richard Stewart Sr. said the farm originally was a stopover for cattle and pigs going to market and provided overnight fenced areas and a stay at the farmhouse. Today it is far more diversified with son Richard Stewart and daughter Amy Stewart moving into new markets.

Over the years gravel has been mined on the farm and a hilltop was sold to Duke Energy. Some of the bottom land has a federal flood easement with the Army Corps of Engineers. Some of the lower land is used for traditional crops and pasture for the separate business of 30 horses stabled on the farm. Portions of the farm are reserved for deer fawns to be safe from mowing and nearly 4 acres are monarch butterfly habitat. Additional areas are seeded to winter wheat cover crops and buckwheat for nectar for the resident honeybees. Kestrels and other birds and even bobcat also make the farm home. Specialty crops grown at the farm include: elderberry, cold hardy figs, North American Black Walnut (for syrup), Pawpaws, and Asian pears.

The younger Richard was inspired by a trip to Italy to experience the slow food movement and agritourism. A new retail farm market store on Lawrenceburg Road with a licensed food kitchen was almost 5 years in the making to get septic system clearance and license certification. It now houses an Ohio Department of Agriculture inspected bottling facility that allows the farm to safely bottle acidic, low pH products. Several businesses make use of this space including the region's only artisan vinegar producer: The MadHouse Vinegar Company.

The farm still maintains a CSA (Community Supported Agriculture) operation which helps to maintain cash flow through the year and engages the community in on farm production. The farm recently pulled up stakes at Findlay market due to an overall decline in sales, and now supplies several of the market's retailers. The farm also hosts chef events with local foods and has even hosted a wedding.

As bicycle trails become connected along the Ohio River and to nearby Shawnee Lookout county park, Richard is hoping they can become a destination lunch site for those passing by.

For the future, Richard Stewart Sr. would like to add an additional 30 horses to the stable operation, while son Richard would like to expand to family friendly on farm dining experiences and agritourism including slow food, a butchery, canning and preserving, and outdoor cooking. Daughter Amy would like to add currants, hazelnuts and willows for basketmaking.

To keep up with new developments, go to www.Carriagehousefarmllc.com.

Carriage House Farm is one of the featured operations in the upcoming book about the history of food in Cincinnati by Alan Wight. Author Mary Ann Rozum is retired from USDA and is a graduate of The Ohio State University in soils and agronomy.

It is evident that prepared foods made from locally sourced produce & herbs are just more flavorful & fresher, healthier and add value to your foods.

Angie Tee, Angie's Tee's Kitchen

Community Friends Meeting

Religious Society of Friends (Quaker)
Working for Peace and Sustainability

3960 Winding Way, 45229
 513-861-4353
communityfriendsmeeting.org
 9:45am every Sunday
 (includes children's program)



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Sustainable Agriculture Management Certificate

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

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FUTURE

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Reserve your copy of the Atlas! This coffee table book showcases artistically-inspired maps, infographics and original artwork that celebrates the farming and food related innovations of the Central Ohio River Valley.

greenumbrella.org/Edible_City

Greater Cincinnati Regional Food Policy Council



ADVANCING A HEALTHY, EQUITABLE, AND SUSTAINABLE FOOD SYSTEM FOR ALL

We connect the dots and lead collaborative efforts with partners across the food system to enhance opportunities for farmers, institutions, and consumers.

Your support helps us:

- Increase healthy food access in our communities
- Get local food into our schools and hospitals
- Advance policies that create healthy soil and support family farms
- Reduce wasted food from farm to plate

Invest in the future of our food system! Donate at greenumbrella.org!



An initiative of



MEAT

photo courtesy of Hyde Park Farmers Market

For more information on what kind of meat is carried, check the farm section (pp. 18-23).

Symbols to watch for:  **Our Donors**

OHIO

BROWN CO.

Back Acres Farm
Bixler Farm Market
Emmett Ridge Farm
Straight Creek Valley Farm

BUTLER CO.

Double J Farm
Harris-Miller Farm
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

TS Farms

 White Clover Farm

PREBLE CO.

Boulder Belt Eco-Farm

WARREN CO.

 Cook's Family Farm

 The Goodlife Farm

KENTUCKY

BRACKEN CO.

The Cox Family Farms

KENTON CO.

Rising Phoenix

Tewes Farm

OWEN CO.

Hundred Happy Acres

SCOTT CO.

Elmwood Stock Farm

INDIANA

DEARBORN CO.

Abundant Green Pastures
Lobenstein Farm

FRANKLIN CO.

Beneker Family Farm

JEFFERSON CO.

The Eaton Farm

OHIO CO.

 Rising Sun Beef

RIPLEY CO.

Easter Rising Farm

Kestler Farms LLC

Rising Sun Beef

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We use our cows to turn leafy greens into delicious, satisfying steak.

Our Angus Beef is all-natural and has no hormones or antibiotics.



RisingSunBeef.com

Jay Meyers 513-236-5042 • Ray Kersey 513-200-6042

Rising Sun, IN 47040

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

Journey to Health for the Land and Human Communities



photo courtesy of James Linne

It's been quite a journey since I first purchased White Clover Farm in 2005. I first developed a keen interest in soils after completing a Master Gardener Program. I was fascinated by the biology in the soil. I attended several Acres USA conferences, learning about organic agriculture and the degradation of our soils by our current conventional agricultural practices. My primary motivation to purchase the farm was to improve soil fertility and preserve farmland. At the time of purchase, this 300-acre farm in Highland County had a small cow/calf operation but was primarily in conventional corn and soybean row crops. Soil samples revealed a soil organic matter of 1.5%.

I have transitioned the entire farm to perennial pastures and hay fields. I produce 100% grass-fed beef which is all sold locally. We use no artificial fertilizers, herbicides, or pesticides. I practice adaptive planned rotational grazing, moving the cows to fresh pasture every 1-2 days. Rotational grazing of cattle has been shown to be an effective way to sequester carbon in the soil. Our soils now have

3-4% organic matter allowing better water infiltration and water holding capacity. We can now hold an additional 2 inches of rain (50,000 gallons/acre). This prevents runoff, erosion, or leaching.

To fulfill my goal of farmland preservation, I worked with the Ohio Department of Agriculture and The Cardinal Land Conservancy on an agricultural easement. In 2019, my wife and I granted an agricultural conservation easement on the entire farm. This easement goes with the title of the farm and preserves it from development in perpetuity.

As a retired physician, I am very excited to now be able to offer healthy food to our local community, while at the same time improving our soils and protecting our watershed. 80% of all diseases in the USA are diet and lifestyle related with a 3 trillion dollar health care bill. I would like to be able to keep people healthy instead of treating illness.

I try to be active in the local food movement. As part of the Good Food

Purchasing Program, I had an opportunity to testify as a physician at the Cincinnati Public Schools board meeting as to the importance of good nutrition in the prevention of disease. CPS is now using a portion of their food dollars to purchase local foods for their students. Let's continue to support a healthy local foods system and education to our children about the importance of nutrition and healthy life styles. We have an opportunity for urban and rural communities to work together to build a more resilient landscape and food system. One cannot separate the health of our soils from the health of its peoples.

Dr. James Linne was a practicing physician (gastroenterologist) for 35 years. He believes the health care system spends too much time and resources treating disease as opposed to keeping people healthy. A healthy diet is the first and most important step in maintaining good health.

About 90 billion pounds of edible food goes uneaten each year - that weighs 123x the Empire State Building. This costs consumers \$370 per person each year.

- USDA



CSA'S

photo courtesy of Shagbark 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.

For more details about products of the following CSAs, see the Farm Listings (pp. 18–23)

OHIO

BROWN CO.

Back Acres Farm

BUTLER CO.

Double J Farm

🦋 Just Farmin'

🦋 Schaefer's Farm Market & CSA LLC

CLERMONT CO.

Farm Beach Bethel

CLINTON CO.

🦋 That Guys Family Farm & That Girls Flowers

🦋 Webb Valley Farm

HAMILTON CO.

Carriage House Farm

Gorman Heritage Farm

Greenacres Farm

🦋 Our Harvest Cooperative

🦋 Turner Farm

HIGHLAND CO.

Fair Ridge Farm

🦋 TS Farms

MONTGOMERY CO.

Hungry Toad 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

FRANKLIN CO.

Michaela Farm

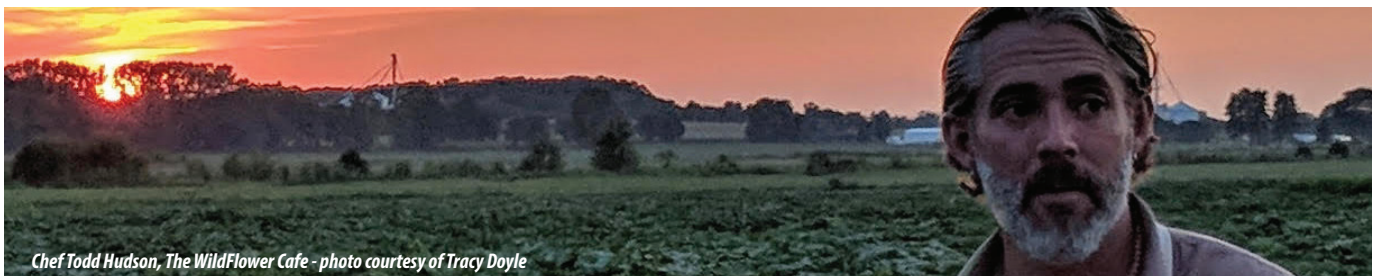
JEFFERSON CO.

The Eaton Farm

RIPLEY CO.

Easter Rising Farm

Glean and Share Southwest Ohio



Chef Todd Hudson, The WildFlower Cafe - photo courtesy of Tracy Doyle

Glean and Share Southwest Ohio, (an effort supported by Vitality Cincinnati, Society of St. Andrew, and the Episcopal Church) is a local project engaging volunteers to glean the fields/farms/orchards of southwest Ohio growers for fresh produce that is not destined for market, but is still edible. We then redistribute that produce to local food

pantries, soup kitchens, and other distribution points that serve the food insecure. We are fighting against hunger and food waste. If you would like to invite gleaners to your farm, volunteer as a gleaner, or have us donate gleanings to your organization/kitchen/pantry/food bank, please contact scplummer65@gmail.com, or 513-300-5174.

Sue Plummer is a Satellite Coordinator and Hunger Relief Advocate for Glean and Share Southwest Ohio.

GROWING PRACTICES

photo courtesy of Perelandra Farm

Growing practices play an important role in healthy food and a healthy planet. Many terms are used to describe the various growing methods which can create confusion for the consumer. The list below clarifies the terms used in this guide. Developing a relationship with your growers and/or market manager and asking questions will further clarify these growing practices. We support sustainable food production which evolves through education and dialogue.

(B) Biodynamic: A unified approach to agriculture which tends the soil and the farm as living organisms, considers animals an integral part of a living ecosystem, and strives to bring community into farming. There is a certification process in order to use the biodynamic label.

(C) Conventional: How most farms have operated over the past 50-plus years. Commercial fertilizers and synthetic chemicals are likely used.

(CNG) Certified Naturally Grown: A grassroots, affordable certification program for farmers who sell locally and directly to customers. Its standards are based on the National Organic Program but uses peer to peer inspection instead.

(CRCC) Crop Rotation, Use of Cover Crop: A method to help hold the soil, renew fertility, and reduce pests.

(FSC) Forest Stewardship Council: Practices that respect natural habitats by restricting the conversion of new forestland; prohibiting illegal harvesting, the use of hazardous pesticides or genetically modified trees; and supporting fair labor policies.

(IPM) Integrated Pest Management: Matches information with available pest-control methods to prevent unacceptable levels of pest damage while using the most economical means and causing the least possible hazard to people, property, and the environment.

(LS) Low-Spray: Chemicals are used sparingly.

(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.

(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.

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CincinnatiPermacultureInstitute.org

■ Available fresh

□ Available from storage, greenhouse, or hydroponically grown

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	■	■	■	■	■	■	■	■	■	■	■	■
Apple Cider	■	■	■	■	■	■	■	■	■	■	■	■
Asian Vegetables												
Asparagus				■	■	■						
Basil	■	■	■	■	■	■	■	■	■	■	■	■
Beans						■	■	■	■	■	■	■
Beets						■	■	■	■	■	■	■
BERRIES:												
Blackberries							■	■				
Blueberries						■	■	■				
Currants							■					
Raspberries						■	■	■	■			
Strawberries					■	■		■	■	■	■	■
Broccoli						■				■	■	■
Brussels Sprouts										■	■	■
Cabbage						■	■	■	■	■	■	■
Carrots							■	■				
Cauliflower									■	■	■	■
Cherries						■						
Collards					■	■	■	■	■	■	■	■
Cucumbers	■	■	■	■	■	■	■	■	■	■	■	■
Dairy Products	■	■	■	■	■	■	■	■	■	■	■	■
Edamame								■	■			
Eggplant							■	■	■	■	■	■
Eggs	■	■	■	■	■	■	■	■	■	■	■	■
Flowers										■	■	■
Garlic	■	■	■	■	■	■	■	■	■	■	■	■
Grains & Flour	■	■	■	■	■	■	■	■	■	■	■	■
Grapes, Table								■	■	■	■	■
Grapes, Wine								■	■	■	■	■
Herbs	■	■	■	■	■	■	■	■	■	■	■	■
Honey	■	■	■	■	■	■	■	■	■	■	■	■
Kale						■	■	■	■	■	■	■
Leeks									■	■	■	■
Lettuce	■	■	■	■	■	■	■	■	■	■	■	■
Maple Syrup									■	■	■	■
Meat and Poultry	■	■	■	■	■	■	■	■	■	■	■	■
Melons									■	■	■	■
Mushrooms	■	■	■	■	■	■	■	■	■	■	■	■
Mustard Greens									■	■	■	■
Okra									■	■	■	■
Onions, Dry									■	■	■	■
Onions, Green						■	■	■	■	■	■	■
Parsnips									■	■	■	■
Peaches								■	■	■	■	■
Pears									■	■	■	■
Peas				■	■				■	■	■	■
Peppers									■	■	■	■
Plums									■	■	■	■
Potatoes									■	■	■	■
Pumpkins									■	■	■	■
Radishes									■	■	■	■
Rhubarb									■	■	■	■
Spinach				■	■	■	■	■	■	■	■	■
Squash, Summer									■	■	■	■
Squash, Winter										■	■	■
Sweet Corn									■	■	■	■
Swiss Chard									■	■	■	■
Tomatoes									■	■	■	■
Turnips										■	■	■
*Value Added	■	■	■	■	■	■	■	■	■	■	■	■
Zucchini									■	■	■	■

*Value-added foods are those that have been processed in some way. Examples include pickles, soup, and pasta sauce.



FARMS

Symbols to watch for: 🦋 Our Donors *GROWING PRACTICES

Questions to know your farmer, know your food:

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

Questions for meat, chicken, and egg producers:

- Do you use antibiotics or hormones, steroids, or other growth promoters?
- What type of feed do you give your animals?
- How are your animals raised?
- How much time do your animals have outside? On Pasture?
- How large is your operation?

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, College Hill Coffee House, CSA

Bixler Farm Market

*NO SPRAY, CCRC, FR

937-515-0109
vbixler2000@yahoo.com
7389 Clifton Ave. Russellville, OH 45168

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

Sold: Bixler Farm Market
Sunday-Thursday call for time and appointment

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.



photo courtesy of Judy Ganance

Mark's Pure Honey

***PF**
513-373-2724
wesselerm@yahoo.com
5231 Tricounty Highway
Mount Orab, OH 45154
Products: raw local honey, bee pollen, bee swarms wanted
Sold: On-site, can order ahead, Louiso's in Eastgate, Bite Restaurant in Milford, Burger Farm in Newtown

Straight Creek Valley Farm

***CRCC, IPM, PF, SA, FR, HF, HR, NR**
513-205-0054
StraightCreekValleyfarm.com
6489 Straight Creek Rd
Georgetown, OH 45121
Products: Free range eggs, a 3/4 acre summer garden with all the typical produce, meat - rabbits and beef, hay, agri-tourism
Sold: visit our website and call first to pick up products

BUTLER

Double J Farm

***SA, CRCC, PF, GF, HR, NR, HB**
513-284-7330
DoubleJFarmOhio.com
info@doublejfarmohio.com
3070 Wehr Rd., Hamilton, OH 45011
Products: herd shares for Jersey cows, pastured eggs, grass fed beef, produce in season, many Weston Price items
Sold: At farm, delivery to Blue Ash, Anderson Twnship, Loveland, White Oak, Cheviot

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**
williscrg@aol.com
Find us on Facebook
6887 Devon Dr., Liberty, OH 45044
Products: market garden produce, Spring/Summer/Fall-Winter 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 & lotion, herbal soap, chicken eggs, homemade jams & jellies
Sold: At farm

Can-Du Farm

***IPM, LS**
513-734-7213
candufarm@yahoo.com
2935 State Route 125
Bethel, OH 45106
Products: tomatoes, eggplant, peppers, okra, onions, garlic, cucumbers
Sold: 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**
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

Farm Beach Bethel

***SA, CRCC, PF, B, GF, HF, HR, NR**
Find us on Facebook
513-734-6928
1938 State Route 133
Bethel, OH 45106
Products: a wide variety of produce including lettuces and many dark, leafy greens. Cow Herd Shares (dairy) available, please call. Pastured chickens fed with certified organic, local feed. Orders appreciated.
Sold: Findlay Market-Sat., Hyde Park FM, Winter Market of Hyde Park

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 full-size tomatoes, green beans, bell and hot peppers, herbs, variety of greens and squash, potatoes, maple syrup
Sold: Farm, Our Harvest Coop, Susan's Natural World, Harvest Market, Market Wagon, selected restaurants, check website for current list of locations

Pringles Orchard

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

The Organic Farm at Bear Creek, 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 local grains

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

That Guys Family Farm & That Girls Flowers

*O, FR, GF, HR, NR

ThatGuysFamilyFarm.com,
ThatGirlsFlowers.com
937-289-3151

394 State Route 380
Clarksville, OH 45113
Products: certified organic produce and cut flowers; 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, Wyoming 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: grass fed 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
53-542-5621
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 Urban Farm

P, CRCC, IPM, SA, PF

CWUrbanFarm.org
513-256-8908
urbanfarm@camp-washington.org
3220 Colerain Ave.
Cincinnati, OH 45225

Products: heirloom tomatoes, onions, broccoli, kale, peppers, herbs and other seasonal vegetables and perennials

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

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

🦋 Cincy Urban Farm

*SA, FR, GR, HB, HF

CincyUrbanFarm.com
cincyurbanfarm@gmail.com
3549 Creek Rd., Cincinnati, OH 45241

Products: micro greens, salsa and a wide variety of seasonal produce including greens, root crops, tomatoes, herbs and more

Sold: Deerfield FM, Wyoming FM, ELL Farm (store) at 10062 Cincinnati-Columbus Road

🦋 Funke's Greenhouse

IPM, PF, SA

Funkes.com
Find us on Facebook
541-8170
Al@Funkes.com
4798 Gray Rd.
Cincinnati, OH 45232

Products: insane selection of vegetable and herb starts, over 1000 varieties to choose, ethnic selection around the planet including many native varieties

Sold: on-site

Gorman Heritage Farm

B, CRCC, SA, PF, FR, GF, HF, HR, NR

GormanFarm.org
513-563-6663
10052 Reading Rd.
Evendale, OH 45241

Products: cage free eggs, local honey, chicken, turkey, pork, beef (preorder suggested, quantities limited) vegetables and herbs available in the Farm Shop. Flower Cutting Garden subscriptions. Garden Rental plots. Volunteer opportunities.

Sold: Onsite Farm Market – see website for availability

Greenacres Farm

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

Green-Acres.org
513-891-4227
pschatz@green-acres.org
8255 Spooky Hollow Rd.
Cincinnati, OH 45242

Products: Grass-fed and finished beef, pasture raised poultry, grassfed-lamb, woodland raised pork, pasture raised eggs, biodynamically grown produce

Sold: Greenacres Farm Store, CSA

🦋 Hollmeyer's Orchards

*C, 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, summer squash, jalapenos, cucumber, zucchini, flowers, pumpkin, winter squash, homemade apple butter, pickles and unpasteurized cider

Sold: on Farm Market

🦋 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: year-round CSA pick-up locations around the city; area restaurants, retail outlets, and institutions; see website for up-to-date list and to sign up for CSA

Permaganic ECO GARDEN

*P, SA, CRCC, PF

Permaganic.org
Find us on Facebook
1718 Main St.
Cincinnati, OH 45202
513-621-GROW(4769)

Products: peaches, vegetables, herbs, and flowers. Free Food Forest. Donations, community gardeners, volunteers, visitors and foragers welcome.

Sold: visit the garden, Hyde Park Market or our Main Street Kitchen at 1636 Main Street (free meals on Thursdays at 5:30pm and cooking demos)

🦋 Running Creek Farm

*SA, CRCC, PF

513-522-5220
Mt. Healthy, OH 45231

Products: wide variety of produce, locally grown, pesticide-free - heirloom tomatoes, specialty potatoes, gourmet garlic, herbs, lettuce, greens, peppers, eggplant, squash, flowers and much more

Sold: Hyde Park FM, Northside FM

Turner Farm

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

TurnerFarm.org
513-561-7400; info@turnerfarm.org
7400 Given Rd., Cincinnati, OH 45243

Products: wide variety of certified organic seasonal produce; herbs; pick your own flowers & flower CSA, mushrooms, wheatgrass and microgreens; eggs; meat: by the cut and pre-order beef, chicken, lamb and pork. Call or e-mail for ordering. Gardening and Culinary Educational classes.

Sold: Farm Shed - straight down driveway, Madeira FM, Findlay Market - Sat.

Wildwood Flora Greenhouses & Flower Farm

*T, CCRC, IPM, PF, SA

WildWoodflora.com
Find us on Facebook
513-541-4300
info@wildwoodflora.com
4848 Gray Rd., Cincinnati, OH 45232

Products: plant starts, cut flowers and wreaths

Sold: Anderson FM, Findlay FM, Yellow Springs FM, store hours-Spring hours 9am-7pm-7 days a week

HIGHLAND

Fair Ridge Farm

*B, CRCC, IPM, NON-GMO, P, S

FairRidgeFarms.com
farmfresh@fairridgefarms.com
adam@fairridgefarms.com

Products: elderberries, herbs, garlic, greens, different flavors of kombucha
Sold: CSA and Yellow Springs FM

Grassroots Farm & Foods

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

grassrootsfoods.biz
740-634-2440
1727 Frost Rd., Hillsboro, OH 45133
Products: beef, lamb, chicken, pork, eggs, prepared foods. 100% grass-fed (American Grassfed Association certified) cattle & sheep on certified organic pasture; unconfined chickens & hogs supplemented with non-GMO grains

Sold: Blue Ash FM, Hyde Park FM, Pipkin's Market in Blue Ash. Harvest Market in Milford

Jaybird Farms

*IPM, LS, SA, NON-GMO

JaybirdFarms.com
937-442-4800, 513-633-5218
2091 State Route 321, Sardinia, OH 45171

Products: herbs, microgreens, 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

🦋 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, chicken eggs, jams & jellies
Sold: Montgomery FM, Maderia FM, Loveland FM, 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

*O

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, Richmond, IN FM Sat. 9-noon

WARREN

Cook's Family Farm

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

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

Fresh To Morrow

*ZERO SPRAY

Find us on Facebook
Fresh45152@gmail.com
10 Miranda St., Morrow, OH 45152
Products: produce, preserves, eggs, honey, syrup, meats, bake goods, soup and breakfast Saturday morning
Sold: Store-Fresh To Morrow hours Thursday 5-8pm, Saturday 9am-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

Peace Angel Farm

*CNG, CRCC, PF, SA

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

🦋 The Goodlife Farm

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

GoodLifeFamilyFarm.com
goodlife.laura@gmail.com
2290 East Lower Springboro Rd.
Waynesville, OH 45068
Products: vegetables, fruit, herbs, plants, grass-fed, pork, chicken, eggs
Sold: Lebanon FM, Deerfield FM, on farm and our online market - The Farm Club

KENTUCKY

BOONE CO.

🦋 Dark Wood Farm

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

DarkwoodFarmstead.com
2590 Lawrenceburg Ferry Rd.
Petersburg, KY 41080
Products: all-natural, pesticide-free seasonal vegetables
Sold: CSA and restaurants

BRACKEN

The Cox Family Farms

*GF, HF, HR, NR

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

CAMPBELL

🦋 Idyllwild Farm

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

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)

Neltner Farm

*CRCC, LS, GF

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

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

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, Northminister Presbyterian Tailgate FM, Erlanger FM, Lakeside Commons Market

KENTON

Rains & Sun Hilltop Farm

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

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

Rising Phoenix

*B, FR, GF, HB, HF, NR

RisingPhoenixFarm.com

14093 Madison Pk

Morning View, KY 41063

Products: 100% grass fed and finished beef, lamb and wool

Sold: on farm

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

OWEN

Hundred Happy Acres

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

HundredHappyAcres.com

Find us on Facebook

513-535-1617

kyranch@gmail.com

Jonesville, KY 41035

Products: raised on certified organic pasture; duck eggs, 100% grass fed lamb & goat, pastured pork (supplemented with soy free/non-gmo feed), sausages (9 varieties), goetta and CBD oil

Sold: on farm and at Owen County Farm and Craft Market; Delivery and bulk discounts available

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

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.

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)

FOOD FOR THOUGHT

"Much of our food system depends on our not knowing much about it, beyond the price disclosed by the checkout scanner...The more knowledge people have about the way their food is produced, the more likely it is that their values—and not just "value"—will inform their purchasing decisions."

~Michael Pollan, The Omnivore's Dilemma

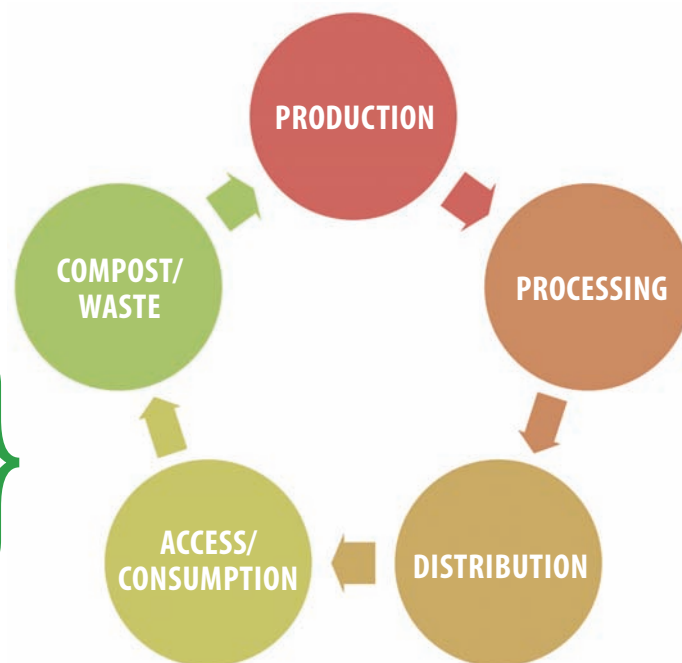




photo courtesy of Dick Westheimer, Perelandra Farm

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, canned goods

Sold: CSA featuring produce and eggs, on farm new 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.

Kestler Farms LLC

*HF, HR, NR

KestlerFarms.com

812-212-1078

565 SR 229 South

Batesville, IN 47006

Products: Angus beef 1/4, 1/2 or whole shares

Sold: individual cuts available at farm by appointment, or pick up shares at the locker



Non-GMO: Genetically modified organisms (GMOs) are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This creates combinations of plant, animal, bacteria, and virus genes that do not occur in nature or through traditional crossbreeding methods.

Most GMOs have been engineered to withstand the direct application of herbicide and/or to produce an insecticide. Despite biotech industry promises, there is no evidence that any of the GMOs currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit.

EVERYONE DESERVES AN INFORMED CHOICE.

**GRATITUDE FOR THE
GENEROSITY OF
OUR SPONSORS**

HARVEST HOTSHOTS:



Meshewa Farm Foundation

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



Sisters of Charity
of Cincinnati

Sisters of Charity of Cincinnati

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



Casa Figueroa

6112 Montgomery Rd.
Pleasant Ridge, OH 45213
CasaFig.com
513-631-3333

CULTIVATORS:

Debbie and Dick Westheimer

Perelandra Farm

SEED SAVERS:

Findlay Market

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

Produce Perks

ProducePerks.org

Slow Food Cincinnati

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

