

2016

COLUMBUS

LOCAL FOODS GUIDE



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Commonly Eaten Vegetables in Five Subgroups that Grow in Ohio



Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content. The 2010 Dietary Guidelines for Americans recommends: eat more red, orange and dark green vegetables.

Make 1/2 your plate fruits and vegetables. The recommended cups of vegetables per week listed for each vegetable subgroup is based on a 2,000 calorie a day diet. For more nutrition information please visit www.ChooseMyPlate.gov.

Red & Orange Vegetables

- | | |
|----------------|------------------|
| acorn squash | butternut squash |
| carrots | hubbard squash |
| pumpkin | red peppers |
| sweet potatoes | tomatoes |
| | tomato juice |
- 5 1/2 cups a week

Dark Green Vegetables

- | | |
|----------------|--------------------------|
| bok choy | broccoli |
| collard greens | dark green leafy lettuce |
| kale | mesclun |
| mustard greens | romaine lettuce |
| spinach | turnip greens |
- 1 1/2 cups a week

(dried) Beans & Peas

- | | |
|--------------|-------------------------------|
| black beans | black-eyed peas (mature, dry) |
| kidney beans | lentils |
| navy beans | pinto beans |
| soy beans | split peas (dried) |
| white beans | garbanzo beans (chickpeas) |
- 1 1/2 cups a week

Starchy Vegetables

- | | |
|---|------------|
| potatoes | green peas |
| green lima beans | corn |
| fresh (not dried) cowpeas, field peas, or black-eyed peas | |
- 5 cups a week

Other Vegetables

- | | | | |
|------------------|----------|---------------|------------------------|
| asparagus | beets | green peppers | iceberg (head) lettuce |
| Brussels sprouts | cabbage | mushrooms | okra |
| cauliflower | celery | onions | parsnips |
| cucumbers | eggplant | green beans | turnips |
| | | wax beans | zucchini |
- 4 cups a week

Vote With Your Dollar, Vote With Your Fork, and Eat Local!

It has never been easier to buy local and eat local in the Columbus Metro area. This *Columbus Local Foods Guide for 2016* features 25 community farmers' markets, 11 farm markets and farm stands, 12 CSAs (Consumer Supported Agriculture operations), and numerous other markets where consumers can purchase fruits, vegetables, meats, honey, eggs, cottage foods, baked goods, and other food items directly from farmers and food producers.

Buying local and eating local benefits your family and the community in many ways, including:

- Access to fresher, more wholesome foods
- Greater variety of foods
- Support of local farmers and businesses
- Support of the Columbus and Central Ohio economy

And with Veggie Snaps, Central Ohio's Farmers' Market Incentive Program, fresh, locally-produced fruits and vegetables can be affordable for all Central Ohio families.

For additional information about eating local in the Columbus Metro area, go to go.osu.edu/franklin/ local foods.

Mike Hogan
OSU Extension Educator



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franklin.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.

1 Bexley Farmers' Market

2111 E. Main St., Bexley, OH 43209
May – October, Thursday 4 – 7PM / Rain or Shine
info@bexleyfarmersmarket.com
www.bexleyfarmersmarket.com
614.327.0102
Accepted Payment: • CREDIT • DEBIT • SNAP
• SNAP INCENTIVE
Producer only farmers' market - yes
Number of vendors at market: 20
Vendors selling produce: 5

2 Cassady Collective Outdoor Market

Near Bexley Natural Market
N. Cassady Ave., Columbus, OH 43209
April – October, Wednesday 4 – 7PM
Bexley Natural Market
cassadycollective@gmail.com
614.252.3951
Accepted Payment: Vendor specific
Producer only farmers' market - no
Number of vendors at market: 6
Vendors selling produce: 2

3 CMNMG@CCAF

Charles Madison Nabrit Memorial Garden at the Church of Christ of the Apostolic Faith
1200 Brentnell Ave., Columbus, OH 43219
June 15 – October 29,
Wednesday 4 – 7PM and Saturday 10AM – noon
info@telosinc.org
www.telosinc.org
614.835.6784
Accepted Payment: • CASH Only
Producer only farmers' market - Yes
Number of vendors at market: 10
Vendors selling produce: 5



4 Clintonville Farmers' Market

N. High St & W. Dunedin Rd, Columbus 43214
May – November, Saturday 9AM – noon
July – September, Wednesday 4 – 7PM
info@clintonvillefarmersmarket.org
www.clintonvillefarmersmarket.org
Accepted Payment: • DEBIT • SNAP • SNAP INCENTIVE
• WIC FMNP • SENIOR FMNP
Producer only farmers' market - yes
Number of vendors at market: 45 on Saturday, 14 on Wed.
Vendors selling produce: 14 on Saturday, 6 on Wednesday

5 Columbus Public Health Farmers' Market

240 Parsons Ave., Columbus, OH 43215
July 28, August 4 & 11 Thursday 10 – 1PM
rickh@columbus.gov
www.publichealth.columbus.gov
614.645.6189
Accepted Payment: • SNAP • SNAP INCENTIVE
• WIC FMNP • Cash
Producer only farmers' market - yes
Number of vendors at market: 17
Vendors selling produce: 17

6 Columbus Square Farmers' Market

Cleveland Ave. and East Dublin - Granville Rd.
Columbus, OH 43229
pearlalleygrowers.com
419.674.4719
July 12 – September 13, Tuesday 4PM – 6PM
Producer only farmers' market - no
Number of vendors at market: 4 – 6
Vendors selling produce: 4 – 6

Program definitions used throughout this guide

- SNAP (aka as the Ohio Direction Card, EBT or "Food Stamps")
- SNAP INCENTIVE (i.e., Veggie SNAPs or other)
- WIC FMNP (Women, Infants and Children Farmers' Market Nutrition Program)
- SENIOR FMNP (Senior Farmers' Market Nutrition Program)

7 Dublin Farmers' Market

Oakland Nursery, 4261 W. Dublin- Granville Rd, Dublin, OH 43017
May – September, Wednesday 3:30 – 6:30PM / Rain or Shine
info@dublinfarmersmarket.com
www.dublinfarmersmarket.com
614.327.0102
Accepted Payment: • CREDIT • DEBIT
• SNAP • SNAP INCENTIVE
Producer only farmers' market - yes
Number of vendors at market: 18
Vendors selling produce: 4

8 Dublin Mercato – An Italian Inspired Open-Air Market

37 West Bridge Street, Dublin, OH
The Bridge Street Firehouse near Bridge Street and High Street in Historic Dublin
June – Sept., Thurs. 4PM – 7PM and Saturdays 10AM – 2PM
Weather Permitting, please check our website for details
Terri@PiccoloFarms.com
DublinMercato.com
614-781-1141
Accepted Payment: • CREDIT • DEBIT
Producer only farmers' market - Yes
Number of vendors at market: 15
Vendors selling produce: 3

9 Easton Farmers' Market

Town Square, 160 Easton Town Center (Between Brio and The Cheesecake Factory), Columbus, OH 43219
June – August, Thursday 4 – 7PM
marketmanager@eastonfarmersmarket.org
www.eastonfarmersmarket.org
614.416.7000
Accepted Payment: • CREDIT • DEBIT • SNAP
• SENIOR FMNP (select vendors only)
Producer only farmers' market - no
Number of vendors at market: 25
Vendors selling produce: 10



10 Franklin Park Conservatory and Botanical Gardens Farmers' Market

1777 E. Broad Street, Columbus, OH 43203
June 1 – September, Wednesday 3:30PM – 6:30PM
cnohle@fpconservatory.org
www.fpconservatory.org
614.715.8036
Accepted Payment: • CREDIT • DEBIT • SNAP
• SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers' market - yes
Number of vendors at market: 12
Vendors selling produce: 5

11 Franklinton Produce Market

1003 W. Town Street, Columbus, OH 43222
Franklinton Gardens
May – October, Tuesday 4 – 7PM
info@franklintongardens.org
www.franklintongardens.org
614.233.1887
Fruit - red raspberries, black raspberries, blackberries, strawberries, apples
Baked Goods & Cottage Foods - jams, jellies, nut butters, breads, etc.
Vegetables - tomatoes, spinach, kale, chard, salad mix, arugula, peas, broccoli, herbs, etc
Pick your own - yes • Farm Stand/On Farm Market - yes
Accepted Payment: • CREDIT • DEBIT • SNAP
• SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Operate a CSA that distributes in Franklin County - yes
Participate in any Franklin County Farmers' Market - yes
North Market Farmers' Market
Accepted Payment: • CREDIT • DEBIT
• WIC FMNP • SENIOR FMNP

12 Grandview Avenue Farmers' Market

Grandview Ave. North of Third, Columbus, OH 43212
pearlalleygrowers.com
419.674.4719
July 12 – October 29, Saturday 10AM – 1PM
Accepted Payment: • WIC FMNP • SENIOR FMNP
Producer only farmers' market - no
Number of vendors at market: 10 – 12
Vendors that sell produce: 6 – 8

13 Grove City Farmers' Market

Broadway and Park, Grove City, OH 43123
May 21 – September 10 Saturday 8 AM – noon
marilyn@gcchamber.org
www.gcchamber.org
614.875.9762
Accepted Payment: • CASH only
Producer only farmers' market - yes
Number of vendors at market: 30
Vendors selling produce: 15

14 Hilliard Farm Market

Hilliard United Methodist Church Parking Lot
3691 Main St., Hillard, OH 43026
June 7 – September 13, Tuesday 4 – 7 PM
HilliardFarmMarket@gmail.com
www.hilliardfarmmarket.com
Accepted Payment: • CREDIT • SENIOR FMNP
Producer only farmers' market - yes
Number of vendors at market: 18
Vendors selling produce: 4 – 5

15 Merion Village Farmers' Market

106 East Moler Street, Columbus, OH 43207
June – September, Saturday 9 AM – noon
farmersmarket@merionvillage.org
gvmarket@gmail.com
www.merionvillagefarmersmarket.com
614.929.5255
Accepted Payment: • CREDIT • DEBIT
Producer only farmers' market - no
Number of vendors at market: 7
Vendors selling produce: 3

16 Nationwide Children's Hospital

Livingston Park
760 E. Livingston Ave, Columbus, OH 43205
Every other Tuesday 11:00 AM – 1:00 PM
July 19; August 2, 16 and 30; September 13 and 27
lori.mooney@nationwidechildrens.org
nationwidechildrens.org
614.355.4153 or 4154
Accepted Payment: • CREDIT • DEBIT
• SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers' market - Yes
Number of vendors at market: 12 – 15
Vendors that sell produce: 5 – 6

17 Nationwide Farmers' Market

Nationwide Arena, Columbus, OH 43215
pearlalleygrowers.com
419.674.4719
June 30 – October 27, Thursday 11:00 AM – 1:30 PM
Accepted Payment: • WIC FMNP • SENIOR FMNP
Producer only farmers' market - no
Number of vendors at market: 8 – 10
Vendors that sell produce: 7 – 9

18 New Albany Farmers' Market

200 Market Square, New Albany, OH 43054
June 23 – September 8, Thursday 4:00 PM – 7 PM Rain or Shine
manager@nafarmersmarket.com
www.healthynewalbany.org/activities/Farmers-market/
614.390.2733
Accepted Payment: • CREDIT • DEBIT
Producer only farmers' market - yes
Number of vendors at market: 52 – 57
Vendors selling produce: 9 – 12

19 North Market Farmers' Market

59 Spruce Street, Columbus, OH 43215
May – 1st week of December, Saturday 8 AM – 2 PM
info@northmarket.com
www.northmarket.com
614.463.9664
Accepted Payment: • CREDIT • DEBIT - some vendors
• SNAP • SNAP INCENTIVE • SENIOR FMNP
Producer only farmers' market - yes
Number of vendors at market: 22
Vendors selling produce: 21

20 Pearl Market

Next to 20 E. Broad St., Columbus, OH 43215
June – October, Tuesday & Friday 10:30 AM – 1 PM
aeschroeder@sidservices.com
www.downtowncolumbus.com/pearlmarket
614.645.5061
Accepted Payment: • CREDIT • DEBIT • SNAP
• SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers' market - yes
Number of vendors at market: 30+
Vendors selling produce: 12

21 Prairie Township Farmer's Market

Prairie Township Community Center
5955 W. Broad St., Galloway, OH 43119
May – September, Mondays 4 – 7 PM
mpollack@prairietownship.org
www.prairietownship.org
614.907.7995
Accepted Payment: • CASH
• CREDIT (some vendors) • DEBIT (some vendors)
Producer only farmers' market - no
Number of vendors at market: 7
Number of vendors that sell produce: 3

22 Reynoldsburg Farmers' Market

1520 Davidson Drive, Reynoldsburg, OH 43068
June 16 – September 8, Thursday 3 – 6 PM
dbauman@ci.reynoldsburg.oh.us
www.ci.reynoldsburg.oh.us
614.322.6806
Accepted Payment: • CREDIT • DEBIT • SNAP INCENTIVE
Vendors selling produce: 15

23 Upper Arlington Farmers' Market

1945 Ridgeview Rd., Upper Arlington, OH 43221
May – September, Wednesday 3 – 6 PM
mkinney@uaoh.net • uaoh.net
614.583.5300
Accepted Payment: • CREDIT • DEBIT
Producer only farmers' market - yes
Number of vendors at market: 14 – 18
Vendors selling produce: 10

24 Uptown Westerville Farmers' Market

N. State St. and E. Home St., Westerville, OH 43081
June – August, Saturday 10 AM – 1 PM • Rain or Shine
May – October, Wednesday 3 – 6 PM • Rain or Shine
westervilleuptownfarmersmarket.com
www.marketwednesday.com
www.facebook.com/MarketWednesday
614.216.7673
Accepted Payment: • CASH • CREDIT • DEBIT
Producer only farmers' market - no
Number of vendors at market: 25 – 30
Vendors selling produce: 3

25 Westgate Farmers' Market

2925 West Broad Street, Columbus, OH 43204
June – October 1st & 3rd Saturdays 9 AM – 1 PM
farmersmarketwestgate@gmail.com
www.facebook.com/WestgateFarmersMarket
Accepted Payment: • CASH
Producer only farmers' market - no
Number of vendors at market: 10
Vendors selling produce: 5

26 Worthington Farmers' Market

7227 N. High Street, Worthington, OH 43085
May – October, Saturday 8 AM – noon
Shops at Worthington Place (indoor market)
November – April, Saturday 9 AM – noon
Organizer: Old Worthington Partnership
worthingtonfarmersmarket@gmail.com
www.worthingtonfarmersmarket.com
614.285.5341
Accepted Payment: • CREDIT • DEBIT • SNAP
• SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers' market - no
Number of vendors at market: 80
Vendors selling produce: 20

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- SENIOR FMNP (Senior Farmers' Market Nutrition Program)



27 Clarfield Farm Stand

3220 Groveport Road, Columbus, OH 43207
 July – Oct, Mon & Wed 9–11 AM, Tues 5–7 PM, Sat 9–11 AM
urbanfarms@midohiofoodbank.org
 614.317.9476 • 614-274-7770
 Accepted Payment: • CREDIT • DEBIT
 • SNAP INCENTIVE • SENIOR FMNP
 Clarfield Farm Stand operates on a donation basis for produce; cash or credit/debit accepted for the donation.
 Pick your own - yes
 Producer only farmers' market - yes
 Pick your own - yes

28 Doran's Farm Market

5462 Babbitt Road, New Albany, OH 43054
 June – Oct, Mon–Thurs 10 AM – 7 PM, Fri – Sun 10 AM – 6 PM
 Opens at 8 AM During Strawberry Season
info@DoransFarmMarket.com
www.DoransFarmMarket.com
 614.855.3885 or 614.855.7132
 Eggs, Fruits, Vegetables, Baked Goods & Cottage Foods - jams, jellies, breads, etc
 We offer Pick your own and Farm Stand/On - Farm Market
 Accepted Payment at Farm Stand/On Farm Market:
 • CREDIT • DEBIT • WIC FMNP • SENIOR FMNP
 Find us at the Westerville Farmers' Market on Wednesdays,
 New Albany Farmers' Market on Thursdays and
 Worthington Farmers' Market on Saturdays.

29 Franklinton Gardens

1003 W. Town Street, Columbus, OH 43222
 May – October, Tuesday 4 – 7 PM
info@franklintongardens.org
www.franklintongardens.org
 614.233.1887
 Fruit - red raspberries, black raspberries, blackberries, strawberries, apples
 Baked Goods & Cottage Foods- jams, jellies, nut butters, breads, etc.
 Vegetables - spinach, kale, chard, salad mix, arugula, peas, broccoli, herbs, etc
 Pick your own - yes • Farm Stand/On Farm Market - yes
 Accepted Payment: • DEBIT • SNAP • SNAP INCENTIVE
 • WIC FMNP • SENIOR FMNP
 Operate a CSA that distributes in Franklin County - yes
 Participate in any Franklin County Farmers' Market - yes
 North Market Farmers' Market

30 Herban Pioneer (aka Urban Pioneer)

4355 Boulder Creek Dr., Gahanna, OH 43230
 July – October, Saturday 12–4 PM (also by appointment)
 Bill Papworth, papworth@sbcglobal.net
www.herban-pioneer.com
 614.787.8191
 Heirloom Tomatoes, Sweet Peppers, Hot Peppers, Zucchini, Summer Squash, Kohlrabi, Corn, Green Beans, Beets, Potatoes, Eggplant, Okra, Onions, Garlic, Winter Squash, Herbs, Watermelon, Cantaloupe, Apples, Peaches, Amish Free-range Eggs, Amish Cheeses, Maple Syrup, Raw Honey, Berkey Water Purifiers, Fermenting Jars for pickling, Fall Mums, Gourds, Grains, and more
 Accepted Payment: • WIC FMNP • SENIOR FMNP
 Wyandotte Dr., Gahanna, OH 43230

31 Hoffman's Farm Market

800 Hilliard Rome Rd, Columbus, OH 43228
 May – November, Sunday – Sat. 8 AM – 6 PM
 Vegetables, Fruits & Flowers
 614.878.5161
 Produce grown and sold all summer.
 Pumpkins, Apples and cider in the fall.
 Accepted Payment: • CASH • CHECK • CREDIT • DEBIT
 • SENIOR FMNP
 Producer only farmers' market - yes
 Find us at: Grove City Farmers' Market on Saturdays 8–12 PM
 Prairie Township Monday 4–7 PM
 Plain City Thursday 4–7 PM

32 Kuhlwein's Farm Market

1859 Walker Rd., Hilliard, OH 43026
 Year-round, Mon – Fri 10 – 6 PM, Sat 9 – 5 PM & Sun 11 – 4 PM
 614.876.2833
 • Eggs • Vegetables - sweet corn, tomatoes, green beans, squash, melons, okra, onions
 • Baked Goods & Cottage Foods - jams, jellies, nut butters, breads, etc.
 October Hayride with Pick your Own Pumpkin
 Accepted Payment: • CREDIT • DEBIT
 Also find us at Grove City Farmers' Market on Saturdays.



33 Poppy's Farm Market

2135 Gantz Road, Grove City, OH 43123
 July – November, Tuesday – Saturday 10 – 6 PM
 Robert Martindale • rmartindale4498@gmail.com
 614.539.5749
 • Fruits - Strawberries, Apples
 • Vegetables - sweet corn, green beans, tomatoes, cabbage
 Baked Goods & Cottage Foods - jams, raw local honey
 Accepted Payment at Farm Market: • CASH • CHECK

34 Schacht Farm Market

5950 Shannon Road, Canal Winchester, OH 43110
 September – October, Monday – Saturday 10 AM – 6 PM,
 Sundays in October, 12 – 5 PM
schachtfarmmarket@gmail.com • mylocalfarm.us
 614.837.4463 or 614.496.5482
 • Fruits • Vegetables
 We offer Pick your Own & Farm Stand/On-Farm Market
 NE corner Brice Road & Shannon Road
 Accepted Payment at Farm Stand/On-Farm Market:
 • CREDIT • DEBIT • SNAP • SENIOR FMNP
 We supply produce to: • Will Fischer & Son Produce
 • Hirsch Fruit Farm, Chillicothe, • Rhoads Farm Market, Circleville
 • New Century CSA, Yutzy's Farm Market, Plain City

35 Smith Farm Market

3341 Winchester Pike, Columbus, OH 43232
 April – October, Monday – Sunday 9 AM – 7 PM
Produce@SmithFarmMarketOhio.com
www.smithfarmmarketohio.com
 614.235.2014
 • Dairy - cheese, milk • Eggs • Fruit • Vegetables
 • Baked Goods & Cottage Foods - jams, jellies, breads, etc.
 Bakery open year-round
 Accepted Payment at Farm Stand/On-Farm Market:
 • CREDIT • DEBIT • SNAP • WIC FMNP • SENIOR FMNP

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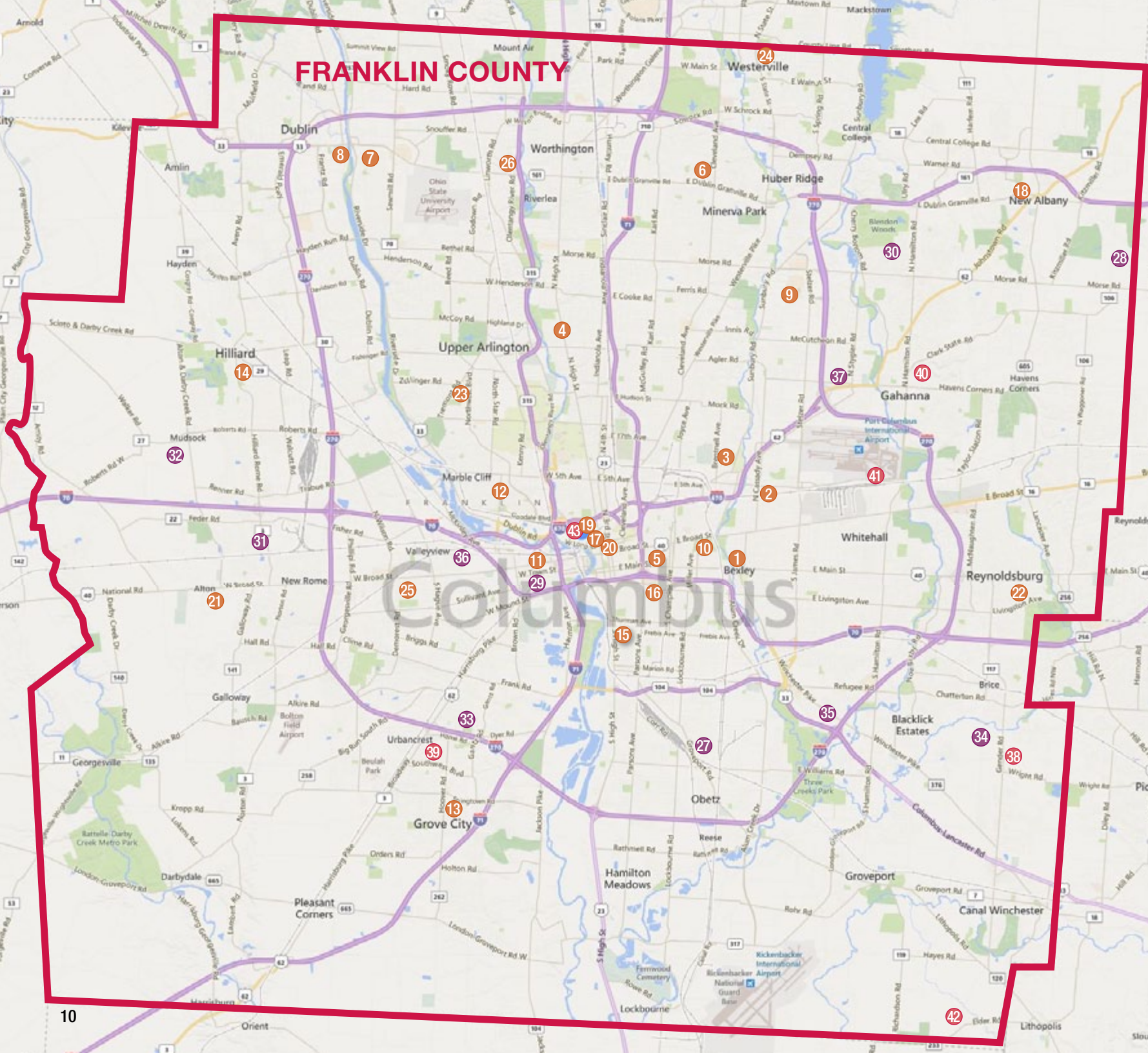
36 Urban Farms of Central Ohio

Wheatland Farm, Columbus, OH
 116 N. Wheatland Ave., Columbus, OH 43223
 May – October, Wednesday 9 AM – 11 AM
urbanfarms@midohiofoodbank.org
urbanfarmsofcentralohio.org
 614.317.9481
 • Fruits - Strawberries, Watermelon
 • Vegetables - over 40 varieties
 Accepted Payment at Farm Stand/On-Farm Market:
 • CREDIT • DEBIT • SENIOR FMNP
 Find us at the North Market Farmers' Market • CREDIT • DEBIT
 • SNAP • SNAP INCENTIVE • SENIOR FMNP
 Also find our products at Little Eater Produce & Provisions

37 The Witten Farm Market

380 Agler Rd., Gahanna, OH 43230
 June – September, Monday – Sunday 9 AM – 7 PM
wittenfarm@gmail.com • www.wittenfarm.com
 740.538.2962
 • Fruits • Vegetables • Baked goods available on Tues. & Fri.
 Accepted Payment at Farm Stand/On-Farm Market:
 • CREDIT • DEBIT • SNAP • WIC FMNP • SENIOR FMNP





Farmers' Markets

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- 2 Cassady Collective Outdoor Market
- 3 Charles Madison Nabrit Memorial Garden
- 4 Clintonville Farmers' Market
- 5 Columbus Public Health Farmers' Market
- 6 Columbus Square Farmers' Market
- 7 Dublin Farmers' Market
- 8 Dublin Mercato – An Italian Inspired Open-Air Market
- 9 Easton Farmers' Market
- 10 Franklin Park Conservatory and Botanical Gardens Farmers' Market
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- 17 Nationwide Farmers' Market
- 18 New Albany Farmers' Market
- 19 North Market Farmers' Market
- 20 Pearl Market
- 21 Prairie Township Farmers' Market
- 22 Reynoldsburg Farmers' Market
- 23 Upper Arlington Farmers' Market
- 24 Uptown Westerville Farmers' Market
- 25 Westgate Farmers' Market
- 26 Worthington Farmers' Market

On-Farm Markets & Farm Stands

- 27 Clarfield Farm Stand
- 28 Doran's Farm Market
- 29 Franklinton Gardens
- 30 Herban Pioneer (aka Urban Pioneer)
- 31 Hoffman's Farm Market
- 32 Kuhlwein's Farm Market

- 33 Poppy's Farm Market
- 34 Schacht Farm Market
- 35 Smith Farm Market
- 36 Urban Farms of Central Ohio
- 37 The Witten Farm Market

Other Markets

Honey

- 38 Conrad Hive and Honey
- 39 Hinton's Apiary
- 40 Tip's Apiary

Produce

- 41 Sanfillippo Produce

Meats

- 42 Blystone Farm Butcher Shop
- 43 Bluescreek Farm Meats

CSA Operations

(Consumer-Supported Agriculture)
Please call, not shown on map.

Authentic Beef CSA

614.228.5727

Bird's Haven Farms

740.587.1100

Cooke Forest Edibles & Medicinals

330.622.3860

Franklinton Gardens

614.233.1887

Great Rivers Organics

614.929.5255

New Century CSA

740.207.1073

Paiges Produce

740.601.8419

Schultz Valley Farms CSA

740.438.8337

Shady Grove Farm

740.248.1207

Wayward Seed Farm

614.327.0102

Whole Diet CSA

614.915.9269

The Yellowbird Foodshed

419.889.7316

What is a CSA Operation, how does it benefit me?

Consumer Supported Agriculture (CSA) has become a great way to eat locally, support a local farm and save money. Before you join a CSA it's important to know if it's the right way for you and your family to get seasonal food. When you buy a CSA share you are “sharing” the risks involved in the farming: weather, disease, and other factors that can affect the harvest of the seasonal, local food.

Here are the basics: a farmer offers a certain number of “shares” to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a “membership” or a “subscription”) and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season.

To determine if a CSA share is right for you, first think about these questions:

- Will my family and I love trying new foods?
- Do I have time to pick up or receive produce weekly or every other week?
- Will produce go to waste in my house? Do I have someone I can share my fruits and vegetables with?
- Do I have time to cook at least a couple of times a week?
- Does the CSA require payment for a season up front or can I pay weekly?
- Do the “share” size options work for my family? (See Columbus Area CSA directory page 13.)

If you've decided to give it a try, here's what to expect:

- Expect to still grocery shop. Many CSAs go beyond vegetables offering fruits, eggs, meat, and even baked goods. However, don't assume all you need for a meal will be in your share each week.
- Expect the unexpected and to try new things.
- Expect to cook more often.
- Expect a lot of certain fruit and vegetable when in season.
- Expect to learn more about the importance of storing food. Knowing how to avoid waste is half of the savings you get with a CSA. Learn quick and simple ways to store foods.

This arrangement creates several rewards for both the farmer and the consumer.

Advantages for farmers:

- Get to spend time marketing the food early in the year, before their 16 hour days in the field begin.
- Receive payment early in the season, which helps with the farm's cash flow.
- Have an opportunity to get to know the people who eat the food they grow.

Advantages for consumers:

- Eat ultra-fresh food, with all the flavor and vitamin benefits.
- Get exposed to new vegetables and new ways of cooking.
- Usually get to visit the farm at least once a season.
- Find that kids typically favor food from “their” farm, even veggies they've never been known to eat.
- Develop a relationship with the farmer who grows their food and learn more about how food is grown.



CSA Operations (Consumer-Supported Agriculture)

Authentic Beef CSA, Custom CSA

bluescreekfarmmeats@yahoo.com
www.BluescreekFarmMeats.com
614.228.5727

FULL (8 months, 1 pickup/month) \$592 Cash or \$607 credit
Single (1 pickup) \$76
Custom CSA (Custom fit to your needs - normally 4–8 months)
\$500 Cash or \$520 Credit
CSA pickup - inside North Market, Plain City

Bird's Haven Farms

farmfresh@birdshavenfarms.com • www.BirdsHavenFarms.com
740.587.1100

A Little More - \$550 (20wks) \$355 (11wks)
Just Right - \$355 (21wks) \$220 (11wks)
CSA pick up - Newark at Licking Memorial Hospital,
Granville, Westerville, New Albany, Canal Market in Newark
Accepted Payment: • CREDIT • CHECK

Cooke Forest Edibles and Medicinals

info@cookeforest.com
330.622.3860
FULL \$510

Fruits - Elderberry, Mulberry, Blackberry, Raspberry,
Strawberry, Aronia, etc.
Accepted Payment: • CREDIT • DEBIT

Franklinton Gardens Franklinton Neighborhood CSA

info@franklintongardens.org • franlintongardens.org/csa
614.233.1887

Half / Medium = family of 2 – 3 each week \$420 for 21 weeks
Discounts are available for individuals with limited income
Members receive a box of produce every week May – October
Mobile Delivery to Franklinton neighborhood
alternate pickup at 1003 W. Town St Columbus, OH 43222
Accepted Payment: • CREDIT • DEBIT • SNAP

Great River Organics

info@greatriverorganics.org • www.greatriverorganics.org
614.929.5255

Certified Organic Vegetables, 30 Week = \$810, 20 Week = \$580,
15 Week (every other week delivery) = \$420,
20 Week non-organic fruit supplement = \$300
Accepted Payment: • CREDIT • DEBIT
CSA Pick-up - Columbus

New Century CSA

newcenturycsa@newcenturycsa.com • www.newcenturycsa.com
740.207.1073

LARGE - \$42 • MEDIUM - \$32.50 • SMALL - \$22.50
Bi-weekly share \$25 • New Century CSA is all home delivery!
Accepted Payment: • CREDIT • DEBIT • ELECTRONIC CHECK

Paiges Produce

paigesproduce@msn.com • paigesproduce.com
740.601.8419
FULL - \$28.90 / box, HALF - \$16.39 / box
CSA pick up - Pearl Alley (downtown COLS),
Hillard, Upper Arlington, Pickerington, Clintonville
Accepted Payment: • CREDIT • DEBIT • SNAP

Schultz Valley Farms CSA

schultzvalleyfarms@yahoo.com • www.schultzvalleyfarms.com
740.438.8337

FULL - \$600 • HALF - \$375 • SINGLE - \$250
CSA pick up - Lancaster, Pickerington, Logan
Accepted Payment: • CREDIT • DEBIT • SNAP
• WIC FMNP • SENIOR FMNP

Shady Grove Farm

shadygrovefarms02@gmail.com
www.facebook.com/farmshadygrove
740.248.1207

FULL - \$475 • HALF - \$300
CSA pick up - Columbus
Accepted Payment: • CREDIT • DEBIT • SNAP
• WIC FMNP • SENIOR FMNP

Wayward Seed Farm

farm@waywardseed.com • www.waywardseed.com
614.327.0102
FULL - \$26/week

CSA pick up - Columbus and suburbs – farmers'
markets and neighborhoods
Accepted Payment: • CREDIT • DEBIT

Whole Diet CSA

copiafarm@gmail.com • www.CopiaOhio.com
614.915.9269

Order Online, Thursday Home Delivery
Accepted Payment: • CASH • CREDIT
Pasture Raised Eggs & Meats, Seasonal Vegetables, Berries & Fruit
Also find our eggs at Lucky's Market, Clintonville

The Yellowbird Foodshed

info@yellowbirdfs.com
www.yellowbirdfs.com
419.889.7316

FULL / Large = feeds family of 4 each week
\$300 for 8 week season / \$37.50 per week
HALF / Medium = feeds 2–3 each week
\$200 for 8 week season / \$25 per week
Accepted Payment: • CREDIT • DEBIT
CSA pickup - Bluffton, Columbus, Findlay, Mt. Vernon

Honey

38 Conrad Hive and Honey

Barry Conrad
6240 Wright Rd., Canal Winchester, OH 43110
barry@hiveandhoney.com
hiveandhoney.com
614.837.3899

Honey

Farm Stand/On - Farm Market Available - yes

Hours of operation / Year-round – vary

Accepted Payment at Farm Stand/On - Farm Market • CREDIT

Also find us at Clintonville Farmers' Market on Saturdays.

Methods of Payment Accepted at the Farmers' Markets:

Accepted Payment • CREDIT • DEBIT

39 Hinton Apiaries

Jerry & Jill Hinton
2697 Martha Court, Grove City, OH 43123
hintonapiaries@gmail.com
[facebook.com/hinton.apiaries](https://www.facebook.com/hinton.apiaries)
614.871.4904

• Honey • Bee Pollen • Wax Products

Accepted Payment at Market: • CREDIT • DEBIT • SNAP

Our products are available at the following Franklin County Farmers' Markets: Pearl Market, Pickerington, Grove City and Westerville Farmers' Market

Also find our products at LuLu's Sweet Shop in Westerville, OH

40 Tip's Apiary

James W. Tippie
3311 Longstreth Park Place, Gahanna, OH. 43230
jimtip2@aol.com
614-582-0523
• Honey



Produce

41 Sanfillipo Produce

4561 E. 5th Ave., Columbus, OH 43219
614.237.3300

Jeff@SanFillipoProduce.com

SanfillipoProduce.com

Open Sunday – Saturday 8 AM – 6 PM

A market of 30 vendors with 25 vendors selling produce

Accepted Payment: • CREDIT • DEBIT • SNAP

Meats

42 Blystone Farm Butcher Shop

8677 Oregon Road, Canal Winchester, OH 43110
614.833.1211

Blystone Farm LLC • Canal Winchester / Franklin County

blystonefarm@yahoo.com

blystonefarm.com

Meat • Dairy • Eggs • Vegetables

• Baked Goods • Cottage Foods • Beer • Wine

43 Bluescreek Farm Meats

Located inside the North Market
59 Spruce St, Columbus, OH 43215
and Marysville, OH / Union County
bluescreekfarmmeats@yahoo.com

bluescreekfarmmeats.com

614.228.5727

Meat - Beef, Lamb, Pork, Goat, Veal

Baked Goods and Cottage Foods - jams, jellies,

nut butters, breads from Cooper's Mill

Bluescreek Farm operates a CSA

distribution in Franklin County

Bluescreek Farm Meats at the North

Market (Authentic Beef CSA, Custom CSA)

Accepted Payment • CREDIT • DEBIT

Eat Smart

Make half your plate fruits and vegetables.
Vary your veggies and fruits.
Eat deep orange and dark green vegetables.

Choose fat free or low fat dairy.
Make half your grains whole.
Choose lean protein.

Fruits

Eat 2 cups
every day

Vegetables

Eat 2 ½ cups
every day



Dairy

Eat 3 cups
every day

Grains

Eat 6 oz eq
a day

Protein

Eat 5 ½ oz
eq every
day

Food groups recommendations based on a 2,000 calories diet



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Family and Consumer Sciences
College of Education and Human Ecology
College of Food, Agriculture, and Environmental Sciences

MyPlate

On June 2, 2011, First Lady Michelle Obama and USDA Secretary Tom Vilsack released the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. MyPlate is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to ChooseMyPlate.gov. The MyPlate icon emphasizes the fruit, vegetable, grains, protein foods, and dairy groups. Later in 2011, MiPlato was launched as the Spanish-language version of MyPlate.

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. As Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children.

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

MyPlate, MiPlato, and ChooseMyPlate.gov were developed by and are maintained by the USDA Center for Nutrition Policy & Promotion (CNPP).

Ohio's Fresh Fruit and Vegetable Harvest Calendar									
	Apr	May	June	July	Aug	Sept	Oct	Nov	Storage
Apples									Cold
Asparagus									Cold
Beans, Horticultural									Cold
Beans, Lima									Cold
Beans, Pole									Cold
Beans, Snap									Cold
Beets									Cold
Blackberries									Cold
Blueberries									Cold
Broccoli									Cold
Cabbage									Cold
Cantaloupe									Cold
Carrots									Cold
Cauliflower									Cold
Cilantro									Cold
Collards									Cold
Cucumbers									Cold
Currants									Cold
Dill, Dry									Cold
Dill, Seed									Cold
Eggplant									Cold
Endive & Escarole									Cold
Gooseberries									Cold
Grapes, table									Cold
Kale									Cold
Leeks									Cold
Leafy Lettuce									Cold
Mustard Greens									Cold
Okra									Cool
Onions, Dry									Cool
Onions, Green									Cold
Parsley, Herbs									Cold
Parsnips									Cold

	Apr	May	June	July	Aug	Sept	Oct	Nov	Storage
Peaches									Hard – Warm, Ripe – Cold
Peas, Green									Cool
Peppers, Bell									Cool
Peppers, Hot									Cool
Peppers, Sweet/Cubanel									Cool
Potatoes									Cool
Pumpkins									Warm
Radishes									Cold
Raspberries, Black									Cold
Raspberries, Purple									Cold
Raspberries, Summer, Red									Cold
Raspberries, Fall, Ever-Bearing, Red/Yellow									Cold
Rhubarb									Cold
Spinach									Cold
Squash, Summer/ Zucchini									Cold
Squash, Winter									Warm
Strawberries									Cold
Strawberries (Everbearing)									Cold
Sweet Corn									Cold
Tomatoes									Mature Green-Warm, Ripe-Cool
Turnip Greens									Cold
Turnips, Fall									Cold
Watermelon									Cool
Greenhouse/Hydroponic									
Cucumbers/ Long, Seedless									Cool
Herbs									Cool
Lettuce									Cool
Peppers									Cool
Tomatoes									Mature Green-Warm, Ripe-Cool

HOW IT WORKS

STEP 1 GO

to a participating farmers' market info tent before you shop

STEP 2 SWIPE

your Ohio Direction Card for tokens to spend on fruits and vegetables

STEP 3 DOUBLE

your dollars with up to \$10 in Veggie SNAPS tokens

STEP 4 SHOP

for fresh produce



Central Ohio's
Farmers' Market
Incentive Program

For more information, visit
veggiesnaps.wordpress.com

DOUBLE YOUR DOLLARS

PARTICIPATING FARMERS' MARKETS

BEXLEY
Bexley Farmers' Market
Thursdays 4–7pm (5/19–10/20)
Main Street at Dawson Avenue
BexleyFarmersMarket.com

CLINTONVILLE
Clintonville Farmers' Market
Saturdays 9am–Noon (4/30–11/19)
Wednesdays 4–7pm (7/6–9/28)
High Street, between Orchard and Dunedin
ClintonvilleFarmersMarket.org

COLUMBUS PUBLIC HEALTH
July 28, August 4 & 11
10am–1pm
240 Parsons Avenue
Columbus.gov/PublicHealth

DOWNTOWN
North Market
Saturdays 8am–3pm (5/7–12/10)
59 Spruce Street
NorthMarket.com

DOWNTOWN
Pearl Market
Tuesdays & Fridays 10:30am–1pm
(6/3–10/14)
At Lynn and Pearl Alley
DowntownColumbus.com/PearlMarket

DUBLIN
Dublin Farmers' Market
Wednesdays 3:30–6:30pm (5/4–9/28)
4261 West Dublin-Granville Road
DublinFarmersMarket.com

FRANKLINTON
Franklinton Produce Market
Tuesdays 3–7pm (5/3–10/25)
1002 West Town Street
FranklintonGardens.org

NATIONWIDE CHILDREN'S HOSPITAL
1st & 3rd Tuesdays 11am–1pm
(7/19–9/27)
Livingston Park - 760 E Livingston Ave
NationwideChildrens.org

OLDE TOWNE EAST
Franklin Park Conservatory
Wednesdays 3:30–6:30pm (6/1–9/7)
1777 East Broad Street
FPCconservatory.org

WESTGATE
Westgate Farmers' Market
1st & 3rd Saturdays 9am–1pm
(6/4–10/15)
2925 West Broad Street

WORTHINGTON
Worthington Farmers' Market
Saturdays 8am–Noon (May–Oct)
646 North High Street
Saturdays 9am–Noon (Nov–April)
7227 North High Street
WorthingtonFarmersMarket.org

FAYETTE COUNTY
Fayette County Farmers' Market
Saturdays 8:30am–Noon (5/14–10/22)
101 East Street, 43160
Wednesdays 11am–1pm (5/18–10/26)
1650 Columbus Ave, 43160
FayetteCountyFarmersMarket.wordpress.com

Call the Mid-Ohio Foodbank's Outreach Team with SNAP questions: 614-325-6443

SPONSORS



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The Columbus Local Foods Guide is published by the Franklin County Office of Ohio State University Extension with financial support from Franklin County Farm Bureau. Listings of markets and products in this publication are for educational purposes and do not imply endorsement of any products, market, or business.

For more information about listing your market or business in future editions of the *Columbus Local Foods Guide*, contact:

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FRANKLIN
COUNTY
FARM
BUREAU

Since 1919, Farm Bureau has worked to make Ohio a great place to call home—and it doesn't matter if you're a farmer who produces food or a customer who purchases it, there's a place for you in Farm Bureau.

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GrowWithFB.org | 614-876-1274

