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 2018 features 16 community farmers’ markets, 4 farm markets and farm stands, 5 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 Produce PERKS, 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 franklin.osu.edu.

Mike Hogan
Extension Educator & Associate Professor
OSU Extension

OHIO STATE UNIVERSITY EXTENSION

10 tips
Nutrition Education Series

Liven up your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. Vegetables and fruits don’t just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1. Fire up the grill
   Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

2. Take your casserole to the next level
   Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3. Planning something Italian?
   Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.

4. Get creative with your salad
   Toss in shredded carrots, peas, orange segments, onions, or cherry tomatoes into your favorite dish for that extra flavor.

5. Salad bars aren’t just for vegetables
   In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

6. Get in on the stir-frying fun
   Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.

7. Add them to your sandwiches
   Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.

8. Be creative with your breakfast
   Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.

9. Make a tasty fruit smoothie
   Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

10. Liven up an omelet
    Boost the color and texture of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.
On-Farm Markets & Farm Stands

**Foraged & Sown**
1224 E. Cooke Road, Columbus OH 43224
foragedandsown@gmail.com / foragedandsown.com
614-598-3559
Fruits - organic raspberries, blackberries, currants
Vegetables - organic seedlings, herbs, greens
Baked Goods & Cottage Foods
Find us at: Clintonville Farmers’ Market
Farm Stand - yes
Accepted Payment at Farmers’ Market: • CREDIT • DEBIT
• SNAP • SNAP INCENTIVE
Find our Produce at: City Folk’s Farm Shop, Bexley Natural Market, and Weiland’s Market

**Freshtown Farm**
1282 Ann Street, Columbus, OH 43206
June – October, 1st & 3rd Saturday 3 – 5 pm and 2nd & 4th Thursday 6 – 7:30 pm
freshtownfarm@gmail.com / freshtownfarm.com
916-533-8646
Eggs, Tomatoes, Kale, Collards, Basil, Cucumbers, Lettuce, etc.
Accepted Payment at Farm Stand: • WIC FMNP • SENIOR FMNP
Operates a CSA: Home delivery within I-270 & in Pataskala
Pick your Own - yes
Producers only farmers’ market - yes
Find us at: Clintonville Farmers’ Market and Westgate Farmers’ Market.
Accepted Payment at Farmers’ Market: • CREDIT • DEBIT
• SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP

**Poppy’s**
2135 Gantz Road, Grove City, OH 43123
July – September, Tues. – Fri. 10 am – 6 pm, Sat. 10 am – 3 pm
Robert Martinale • smartinale4498@gmail.com
614.539.5749
• Fruits - Apples • Vegetables - sweet corn, green beans, tomatoes, • Baked Goods and Cottage Foods - honey
Accepted Payment at Farm Market: • CASH • CHECK

**Walton Garlic Farm**
Sara & Ryan Walton
Columbus, OH
614-467-4571
Sales through our website
waltongarlicfarm@gmail.com / waltongarlicfarm.com
Garlic
Accepted Payment: • CREDIT • DEBIT

**Red Brick Micro**
7871 Morris Road, Hilliard, OH 43219
614-446-2359
redbrickmicro@gmail.com
instagram.com/redbrickmico
Open Monday – Saturday 4 AM – 6 PM
Pea & sunflower shoots and variety of microgreens
Also find us at Clintonville and Hilliard Farmers’ Markets
Accepted Payment: • CREDIT • DEBIT • SNAP
• SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Specialize in selling directly to chefs and caterers.

**Sanfillipo Produce Company**
4561 E. 5th Ave., Columbus, OH 43219
jeffsanfilli@comcast.net / sanfillipo.com
614-237-3300
January – December, Monday – Saturday 4 AM – 2 PM
• Fruits • Vegetables
Accepted Payment: • CREDIT • DEBIT • SNAP

**Schacht Farm Market**
5950 Shannon Road, Canal Winchester, OH 43110
September & October, Monday – Thursday 10 AM – 6 PM, Friday 10 AM – 3 PM
schachtfarmmarket@gmail.com / mylocalfarm.us
614-837-4463 or 614-496-5482
• Fruits • Vegetables - pumpkins, squash, greens, peas, green beans, sweet corn
Accepted Payment at Farm Stand/On-Farm Market: • CREDIT • DEBIT • SNAP • SENIOR FMNP

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**Other Markets**

**Produce**

- **Red Brick Micro**
  - 7871 Morris Road, Hilliard, OH 43219
  - 614-446-2359
  - redbrickmicro@gmail.com
  - Instagram: redbrickmico
  - Open Monday – Saturday 4 AM – 6 PM
  - Pea & sunflower shoots and variety of microgreens
  - Also find us at Clintonville and Hilliard Farmers’ Markets
  - Accepted Payment: • CREDIT • DEBIT • SNAP
  - SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
  - Specialize in selling directly to chefs and caterers.

- **Freshtown Farm**
  - 1282 Ann Street, Columbus, OH 43206
  - June – October, 1st & 3rd Saturday 3 – 5 pm and 2nd & 4th Thursday 6 – 7:30 pm
  - freshtownfarm@gmail.com • freshtownfarm.com
  - 916-533-8646
  - Eggs, Tomatoes, Kale, Collards, Basil, Cucumbers, Lettuce, etc.
  - Accepted Payment at Farm Stand: • WIC FMNP • SENIOR FMNP
  - Operates a CSA: Home delivery within I-270 & in Pataskala
  - Pick your Own - yes
  - Producers only farmers’ market - yes
  - Find us at: Clintonville Farmers’ Market and Westgate Farmers’ Market.
  - Accepted Payment at Farmers’ Market: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP

- **Poppy’s**
  - 2135 Gantz Road, Grove City, OH 43123
  - July – September, Tues. – Fri. 10 am – 6 pm, Sat. 10 am – 3 pm
  - Robert Martinale • smartinale4498@gmail.com
  - 614.539.5749
  - Fruits - Apples
  - Vegetables - sweet corn, green beans, tomatoes
  - Baked Goods and Cottage Foods - honey
  - Accepted Payment at Farm Market: • CASH • CHECK

- **Walton Garlic Farm**
  - Sara & Ryan Walton, Columbus, OH
  - 614-467-4571
  - Sales through our website
  - waltongarlicfarm@gmail.com • waltongarlicfarm.com
  - Garlic
  - 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.

**Red & Orange Vegetables**
- acorn squash
- carrots
- pumpkin
- sweet potatoes
- tomato juice
- 5½ cups a week

**Beans & Peas (dried)**
- black beans
- black-eyed peas (mature, dry)
- kidney beans
- navy beans
- soy beans
- white beans
- red peppers
- lentils
- pinto beans
- split peas (dried)
- garbanzo beans (chickpeas)
- 1½ cups a week

**Other Vegetables**
- asparagus
- Brussels sprouts
- cauliflower
- cucumbers
- green beans
- beets
- cabbage
- celery
- eggplant
- green peppers
- iceberg (head) lettuce
- onions
- parsley
- wax beans
- mushrooms
- parsnips
- zucchini
- 4 cups a week

**Dark Green Vegetables**
- bok choy
- collard greens
- kale
- mustard greens
- spinach
- turnip greens
- romaine lettuce
- 1½ cups a week

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- black beans
- black-eyed peas (mature, dry)
- kidney beans
- navy beans
- soy beans
- white beans
- red peppers
- lentils
- pinto beans
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- garbanzo beans (chickpeas)
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- cucumbers
- green beans
- beets
- cabbage
- celery
- eggplant
- green peppers
- iceberg (head) lettuce
- onions
- parsley
- wax beans
- mushrooms
- parsnips
- zucchini
- 4 cups a week

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

**Eat 1½ cups every day**

- Milk
- Dairy
- Eat 3 cups every day
- Grains
- Eat 6 oz eq every day
- Protein
- Eat 5 oz eq every day

**Food groups recommendations based on a 2,000 calories diet**

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**EatSmart 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 Childrens’ Market Nutrition Program)
- SENIOR FMNP (Senior Farmers’ Market Nutrition Program)

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**Schacht Farm Market**
5950 Shannon Road, Canal Winchester, OH 43110
September & October, Monday – Thursday 10 AM – 6 PM, Friday 10 AM – 3 PM
schachtfarmmarket@gmail.com / mylocalfarm.us
614-837-4463 or 614-496-5482
• Fruits • Vegetables - pumpkins, squash, greens, peas, green beans, sweet corn
Accepted Payment at Farm Stand/On-Farm Market: • CREDIT • DEBIT • SNAP • SENIOR FMNP

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**On-Farm Markets & Farm Stands**

OHIO STATE UNIVERSITY EXTENSION

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CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity
Franklin County Farmers’ Markets
1. Bexley Farmers’ Market
2. Canal Winchester’s Farmers’ Market
3. Clintonville Farmers’ Market
4. Columbus Public Health Farmers’ Market
5. Franklin Park Conservatory and Botanical Gardens Farmers’ Market
6. Grove City Area Chamber of Commerce Farmers’ Market
7. Nationwide Children’s Hospital
8. North Market Farmers’ Market
9. Pearl Market
10. Prairie Township Farmers’ Market
11. Reynoldsburg Farmers’ Market
12. Upper Arlington Farmers’ Market
13. Westerville Saturday Farmers’ Market
14. Westgate Farmers’ Market
15. Worthington Farmers’ Market
16. Xenos Farmers’ Market

On-Farm Markets & Farm Stands
17. Foraged & Sown
18. Freshtown Farm
19. Poppy’s
20. Schacht Farm Market

Other Markets

Produce
21. Red Brick Micro
22. Sanfillipo Produce Company
23. Walton Garlic Farm (online sales only)

CSA Operations
(Consumer-Supported Agriculture)
Please call or check us out on the web, not shown on map.
24. Franklinton Gardens
614-233-1887
25. Great Rivers Organics
614-929-5255
26. New Century CSA
740-207-1073
27. Over The Fence Urban Farm
overthefenceurbanfarm.com
28. 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.

Will my family and I love trying new foods?

Expect to learn more about the importance of storing food. Know that not all you need for a meal will be in your share each week.

Do I have time to pick up or receive produce weekly or every other week?

Expect a lot of certain fruit and vegetable when in season.

Do the “share” size options work for my family?

Expect to cook more often.

Does the CSA require payment for a season up front or can I pay weekly?

Expect the unexpected and to try new things.

Do I have someone I can share my fruits and vegetables with?

Do I have time to pick up or receive produce weekly or every other week?

Expect to still grocery shop.

Will produce go to waste in my house?

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.

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)
# Ohio's Fresh Fruit and Vegetable Harvest Calendar

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The Columbus Local Foods Guide is published by the Franklin County Office of Ohio State University Extension. 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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The Ohio Master Urban Farmer program was developed by OSU Extension in Franklin County in 2014 and has graduated 228 Master Urban Farmers in five different classes. The program is a 12 week course designed to give participants the knowledge and skills needed to produce and market food in an urban environment. The program is now being offered in other cities in Ohio.

The next Master Urban Farmer course in Columbus will begin in September. Registration information will be available in early July. To receive registration information, send an email to: hogan.1@osu.edu.
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