**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.

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**Red & Orange Vegetables**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Subgroup</th>
<th>Cups per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>acorn squash</td>
<td>butternut squash</td>
<td>5 1/2 cups a week</td>
</tr>
<tr>
<td>carrots</td>
<td>hubbard squash</td>
<td></td>
</tr>
<tr>
<td>pumpkin</td>
<td>red peppers</td>
<td></td>
</tr>
<tr>
<td>sweet potatoes</td>
<td>tomatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tomato juice</td>
<td></td>
</tr>
</tbody>
</table>

**Dark Green Vegetables**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Subgroup</th>
<th>Cups per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>bok choy</td>
<td>broccoli</td>
<td></td>
</tr>
<tr>
<td>collard greens</td>
<td>dark green leafy lettuce</td>
<td></td>
</tr>
<tr>
<td>kale</td>
<td>mesclun</td>
<td></td>
</tr>
<tr>
<td>mustard greens</td>
<td>romaine lettuce</td>
<td></td>
</tr>
<tr>
<td>spinach</td>
<td>turnip greens</td>
<td></td>
</tr>
</tbody>
</table>

**(dried) Beans & Peas**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Subgroup</th>
<th>Cups per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>black beans</td>
<td>black-eyed peas (mature, dry)</td>
<td>5 cups a week</td>
</tr>
<tr>
<td>kidney beans</td>
<td>lentils</td>
<td></td>
</tr>
<tr>
<td>navy beans</td>
<td>pinto beans</td>
<td></td>
</tr>
<tr>
<td>soy beans</td>
<td>split peas (dried)</td>
<td></td>
</tr>
<tr>
<td>white beans</td>
<td>garbanzo beans (chickpeas)</td>
<td></td>
</tr>
</tbody>
</table>

**Starchy Vegetables**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Subgroup</th>
<th>Cups per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>potatoes</td>
<td>green peas</td>
<td>5 cups a week</td>
</tr>
<tr>
<td>green lima beans</td>
<td>corn</td>
<td></td>
</tr>
<tr>
<td>fresh (not dried) cowpeas, field peas, or black-eyed peas</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Other Vegetables**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Subgroup</th>
<th>Cups per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>asparagus</td>
<td>beets</td>
<td>4 cups a week</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>cabbages</td>
<td></td>
</tr>
<tr>
<td>cauliflower</td>
<td>celery</td>
<td></td>
</tr>
<tr>
<td>cucumbers</td>
<td>eggplant</td>
<td></td>
</tr>
<tr>
<td></td>
<td>green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>green peppers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>iceberg (head) lettuce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>mushrooms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>onions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>okra</td>
<td></td>
</tr>
<tr>
<td></td>
<td>parsnips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>parsnips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tomatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>turnips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>wax beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>zucchini</td>
<td></td>
</tr>
</tbody>
</table>

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 3/4 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.
Cassady Collective Outdoor Market

335x283
Charles Madison Nabrit Memorial Garden at the Church of Christ of the Apostolic Faith

May – October, Thursday 4 – 7

Number of vendors at market: 20

Vendors selling produce: 5

Columbus Public Health Farmers’ Market

240 Parsons Ave., Columbus, OH 43215

July 28, August 4 & 11 Thursday 10 – 1

Accepted Payment: • SNAP + SNAP INCENTIVE + WIC FMNP + SENIOR FMNP

Producer only farmers’ market - yes

Number of vendors at market: 45

Vendors selling produce: 17

Columbus Square Farmers’ Market

Cleveland Ave. and East Dublin - Granville Rd., Columbus, OH 43229

July 12 – September 13, Tuesday 4 – 6

Accepted Payment: • CASH only

Producer only farmers’ market - yes

Number of vendors at market: 15

Vendors selling produce: 15

Dublin Farmers’ Market

Oakland Nursery, 4261 W. Dublin-Granville Rd, Dublin, OH 43017

May – September, Wednesday 3:30 – 6:30

Accepted Payment: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP

Producer only farmers’ market - yes

Number of vendors at market: 25

Vendors selling produce: 10

Franklin Park Conservatory and Botanical Gardens Farmers’ Market

1777 E. Broad Street, Columbus, OH 43203

June 1 – September, Wednesday 3:30 – 6:30 PM

Accepted Payment: • CREDIT • DEBIT • SNAP

Producer only farmers’ market - yes

Number of vendors at market: 12

Vendors selling produce: 5

Grandview Avenue Farmers’ Market

Grandview Ave. North of Third, Columbus, OH 43212

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

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)
Grove City Farmers’ Market
Broadway and Park, Grove City, OH 43123
May 21 – September 10 Saturday 8 am – noon
mark@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

Hilliard Farm Market
Hilliard United Methodist Church Parking Lot
3891 Main St., Hilliard, 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

Merton Village Farmers’ Market
106 East Moler Street, Columbus, OH 43207
June – September, Saturday 9 am – noon
farmersmarket@merionvillage.org
www.merionvillagefarmersmarket.com
614.929.5255
Accepted Payment: • CREDIT • SENIOR FMNP
Producer only farmers’ market - yes
Number of vendors at market: 7
Vendors selling produce: 3

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

Nationwide Children’s Hospital Farmers’ Market
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
bri.mooney@nationwidemhealth.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

Nationwide Farmers’ Market
Nationwide Arena, Columbus, OH 43215
pearlalleygrowers.com
614.674.4719
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

New Albany Farmers’ Market
200 Market Square, New Albany, OH 43054
June 23 – September 8, Thursday 4:00 pm – 7 pm
rain or shine
nmary@nafarmersmarket.com
www.newalbanyohio.gov/activities/farmers-market/
614.390.2733
Accepted Payment: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers’ market - yes
Number of vendors at market: 52 – 57
Vendors selling produce: 9 – 12

North Market Farmers’ Market
1520 Davidson Drive, Reynoldsburg, OH 43068
June 16 – October 2, Thursday 4 – 6:30 pm
dhaumann@ci.reynoldsburg.oh.us
www.ci.reynoldsburg.oh.us
614.322.6806
Accepted Payment: • CREDIT • DEBIT • SNAP INCENTIVE
Vendors selling produce: 15

North Market 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
www.sapmarket.com
westervilleuptownfarmersmarket.com
614.285.5341
Accepted Payment: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers’ market - yes
Number of vendors at market: 25 – 30
Vendors selling produce: 5

Ohiopyle Children’s Hospital Farmers’ Market
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
bri.mooney@nationwidemhealth.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

Prairie Township Community Market
5955 W. Broad St., Galloway, OH 43119
May – September, Mondays 4 – 7 pm
prairie@ci.reynoldsburg.oh.us
www.prairie@ci.reynoldsburg.oh.us
760 E. Livingston Ave, Columbus, OH 43205
 accepted
Payment: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers’ market - yes
Number of vendors at market: 25 – 30
Vendors selling produce: 5

Pearl Market
Next to 20 E. Broad St., Columbus, OH 43215
June – October, Tuesday & Friday 10:30 am – 1 pm
info@pearlmarket.com
www.pearlmarket.com
7227 N. High Street, Worthington, OH 43085
May – October, Saturday 8 am – noon
shopsatw WorthingtonPlace.com
www.worthingtonfarmersmarket.com
614.285.5341
Accepted Payment: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers’ market - yes
Number of vendors at market: 25 – 30
Vendors selling produce: 5

Prairie Township Farmer’s Market
Prairie Township Community Center
5955 W. Broad St., Galloway, OH 43119
May – September, Mondays 4 – 7 pm
prairie@ci.reynoldsburg.oh.us
www.prairie@ci.reynoldsburg.oh.us
760 E. Livingston Ave, Columbus, OH 43205
 accepted
Payment: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers’ market - yes
Number of vendors at market: 25 – 30
Vendors selling produce: 5

Prairie Township Community Market
5955 W. Broad St., Galloway, OH 43119
May – September, Mondays 4 – 7 pm
prairie@ci.reynoldsburg.oh.us
www.prairie@ci.reynoldsburg.oh.us
760 E. Livingston Ave, Columbus, OH 43205
 accepted
Payment: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers’ market - yes
Number of vendors at market: 25 – 30
Vendors selling produce: 5

Producers only farmers’ market - no
Number of vendors at market: 8 – 10
Vendors selling produce: 5

Producers only farmers’ market - no
Number of vendors at market: 5
Vendors selling produce: 3

Producers only farmers’ market - yes
Number of vendors at market: 10
Vendors selling produce: 3

Producers only farmers’ market - no
Number of vendors at market: 7
Vendors selling produce: 3

Producers only farmers’ market - yes
Number of vendors at market: 7
Vendors selling produce: 3

Producers only farmers’ market - yes
Number of vendors at market: 7
Vendors selling produce: 3

Producers only farmers’ market - no
Number of vendors at market: 10
Vendors selling produce: 5

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Number of vendors at market: 7
Vendors selling produce: 3

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Vendors selling produce: 3

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Vendors selling produce: 3

Producer only farmers’ market - no
Number of vendors at market: 10
Vendors selling produce: 5

Producer only farmers’ market - no
Number of vendors at market: 7
Vendors selling produce: 3

Producer only farmers’ market - no
Number of vendors at market: 10
Vendors selling produce: 5
On-Farm Markets & Farm Stands

### Clarfield Farm Market
3220 Groveport Road, Columbus, OH 43207
July–October, Monday & Wednesday 9–8 pm
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 check accepted for the donation. Pick your own – yes
Produce only farmers’ market – yes
Pick your own – yes

### Doran’s Farm Market
5462 Babbit Road, New Albany, OH 43054
June – October, Mon – Thurs 10 am – 7 pm, Fri – Sun 10 am – 6 pm
Opens at 8 am during Strawberry Season
info@DoranFarmMarket.com
www.DoranFarmMarket.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.

### Kuhlwein’s Farm Market
1859 Walker Rd., Hilliard, OH 43026
Year-round, Mon – Fri 10 am – 6 pm, Sat 9 am – 5 pm & Sun 11 am – 4 pm
• 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.

### Poppy’s Farm Market
2135 Gantz Road, Grove City, OH 43123
July–November, Tuesday to Sunday 10 am – 6 pm
Robert Martindale • martindale4448@gmail.com
614.539.5748
• 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 • CREDIT • DEBIT • SNAP • SENIOR FMNP

### Schacht Farm Market
5950 Shannon Road, Canal Winchester, OH 43110
September – October, Monday to Saturday 10 am – 6 pm, Sundays in October, 12 – 5 pm
Find us at the North Market Farmers’ Market • CREDIT • DEBIT • SENIOR FMNP
We supply products to: • Wills Fischer & Son Produce
Hirsch Fruit Farm, Chillicothe • Rhoads Farm Market, Circleville
New Century CSA, Voce’s Farm Market, Plain City

### Smith Farm Market
3341 Winchester Pike, Columbus, OH 43232
April – October, Monday to Sunday 9 am – 7 pm
ProducedAtSmithFarmMarketOhio.com
www.smithfarmmarketohio.com
614.235.2014
• Dairy - cheese, milk • Eggs • Fruits • 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

### Urban Farms of Central Ohio
Wheatland Farm, Columbus, OH
116 N. Wheatland Ave., Columbus, OH 43223
May – October, Monday 9 am – 11 am
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 Exeter Produce & Provisions

### The Witten Farm Market
380 Agler Rd., Gahanna, OH 43230
June – September, Monday to 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

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• WIC FMNP (Women, Infants and Children Farmers’ Market Nutrition Program)
• SENIOR FMNP (Senior Farmers’ Market Nutrition Program)
FRANKLIN COUNTY

**Farmers’ Markets**
- Bexley Farmers’ Market
- Cassady Collective Outdoor Market
- Charles Madison Nabrit Memorial Garden
- Clintonville Farmers’ Market
- Columbus Public Health Farmers’ Market
- Columbus Square Farmers’ Market
- Dublin Farmers’ Market
- Dublin Mercato – An Italian Inspired Open-Air Market
- Easton Farmers’ Market
- Franklin Park Conservatory and Botanical Gardens Farmers’ Market
- Franklinton Produce Market
- Grandview Avenue Farmers’ Market
- Grove City Farmers’ Market
- Hilliard Farm Market
- Merion Village Farmers’ Market
- Nationwide Children’s Hospital
- Nationwide Farmers’ Market
- New Albany Farmers’ Market
- North Market Farmers’ Market
- Pearl Market
- Prairie Township Farmers’ Market
- Reynoldsburg Farmers’ Market
- Upper Arlington Farmers’ Market
- Uptown Westerville Farmers’ Market
- Westgate Farmers’ Market
- Worthington Farmers’ Market

**On-Farm Markets & Farm Stands**
- Clarfield Farm Stand
- Doran’s Farm Market
- Franklinton Gardens
- Herban Pioneer (aka Urban Pioneer)
- Hoffman’s Farm Market
- Kuhlwein’s Farm Market
- Poppy’s Farm Market
- Schacht Farm Market
- Smith Farm Market
- Urban Farms of Central Ohio
- The Witten Farm Market

**Other Markets**
- Honey
  - Conrad Hive and Honey
  - Hinton’s Apiary
  - TIP’s Apiary
- Produce
  - Sanfillipo Produce
- Meats
  - Blystone Farm Butcher Shop
  - 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
  740.248.1207
- New Century CSA
  740.228.5727
- 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:
1. Will my family and I love trying new foods?
2. Do I have time to pick up or receive produce weekly or every other week?
3. Will produce go to waste in my house? Do I have someone I can share my fruits and vegetables with?
4. Will my family and I love trying new foods?

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

Advantages for farmers:
1. Get to spend time marketing the food early in the year, before their 16 hour days in the field begin.
2. Receive payment early in the season, which helps with the farm’s cash flow.
3. Have an opportunity to get to know the people who eat their food.

Advantages for consumers:
1. Eat ultra-fresh food, with all the flavor and vitamin benefits.
2. 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.
3. Expect to cook more often.
4. 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.

CSA Operations (Consumer-Supported Agriculture)

Authentic Beef CSA, Custom CSA
bluescreekfarmmeats@yahoo.com
www.bluescreekfarmmeats.com
740.801.8419
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) * $55 (11wks)
Just Right = $555 (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
330.822.3860
FULL $510
Fruits - Elderberry, Mulberry, Blackberry, Raspberry, Strawberry, Aronia, etc.
Accepted Payment: • CREDIT • DEBIT
Franklin Gardens Franklin Neighborhood CSA
info@franklingardens.org • franklingardens.org/csa
614.233.1867
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 Franklin 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 • SNAP
CSA Pick-up - Columbus
New Century CSA
newcenturycsa@newcenturycsa.com • www.newcenturycsa.com
740.207.7073
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@map.com • paigesproduce.com
$200 for 8 week season / $25 per week
Shultz Valley Farms CSA
schultzvalleyfarms@yahoo.com • www.schultzvalleyfarms.com
740.438.6337
FULL - $600 • HALF - $375 • SINGLE - $250
CSA pick up - Lancaster, Pickerington, Logan
Accepted Payment: • CREDIT • DEBIT • SNAP
Whole Diet CSA
copiafarm@gmail.com • www.CopiaOhio.com
614.915.9269
Order Online, Thursday Home Delivery
Accepted Payment: • CASH • DEBIT
Pasture Raised Eggs & Meats, Seasonal Vegetables, Berries & Fruit
Also find our eggs at Lucky’s Market, Clintonville
The Yellowbird Foodshed
info@yellowbirds.com • www.yellowbirds.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 6 week season / $25 per week
Accepted Payment: • CREDIT • DEBIT
CSA pickup - Bluffton, Columbus, Findlay, Mt. Vernon
OHIO STATE UNIVERSITY EXTENSION

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.

MyPlate 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.

Another placement for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

Choose MyPlate.gov and Accept Payment an SNAP

Honey

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

Hinton Apiaries
Jerry & Jill Hinton
2697 Martha Court, Grove City, OH 43123
hintonapiaries@gmail.com
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

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

Produce

Sanfillipo Produce
4561 E. 5th Ave., Columbus, OH 43219
614.237.3300
Jeff@SanFillippoproduce.com
SanFillippoproduce.com
Open Sunday – Saturday 8 am – 6 pm
A market of 30 vendors with 25 vendors selling produce
Accepted Payment: • 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

Meats

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

Bluecreek Farm Meats
Located inside the North Market 59 Spruce St, Columbus, OH 43215 and Marysville, OH / Union County
bluecreekfarmmeats@yahoo.com
bluecreekfarmmeats.com
614.228.5727
Meat - Beef, Lamb, Pork, Goat, Veal
Baked Goods and Cottage Foods - jams, jellies, nut butters, breads from Cooper’s Mill
Bluecreek Farm operates a CSA distribution in Franklin County
Bluecreek Farm Meats at the North Market (Authentic Beef CSA, Custom CSA)
Accepted Payment • CREDIT • DEBIT

Bluescreek Farm Meats
Located inside the North Market 59 Spruce St, Columbus, OH 43215 and Marysville, OH / Union County
bluescreekfarmmeats@yahoo.com
bluecreekfarmmeats.com
614.228.5727
Meat - Beef, Lamb, Pork, Goat, Veal
Baked Goods and Cottage Foods - jams, jellies, nut butters, breads from Cooper’s Mill
Bluecreek Farm operates a CSA distribution in Franklin County
Bluecreek Farm Meats at the North Market (Authentic Beef CSA, Custom CSA)
Accepted Payment • CREDIT • DEBIT

Family and Consumer Sciences
College of Education and Human Ecology
College of Food, Agriculture, and Environmental Sciences
CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity

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 calorie diet

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.

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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

<table>
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<tr>
<th>Produce</th>
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### Greenhouse/Hydroponic

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</table>

- **Hard – Warm, Ripe – Cold**
- **Cool**
- **Warm**
- **Year Round**
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 veggiensaps.wordpress.com

DOUBLE YOUR DOLLARS

PARTICIPATING FARMERS' MARKETS

**BEXLEY**
Bexley Farmers’ Market
Thursday 4–7pm (8/19–10/28)
Main Street at Galloway Avenue
BexleyFarmersMarket.com

**CLINTONVILLE**
Clintonville Farmers’ Market
Saturday 9am–1pm (8/18–10/12)
High Street, between Broad and Dundie
ClintonvilleFarmersMarket.org

**COLUMBUS PUBLIC HEALTH**
July 26, August 9 & 16
10am–1pm
240 Parsons Avenue
ColumbusOHPublicHealth.com

**DOWNTOWN**
Food Market
Tuesdays & Fridays 10:30am–1pm
1st & Pearl Hky
DowntownColumbus.com/FarmMarket

**DUBLIN**
Dublin Farmers’ Market
Wednesdays 3:30–6:30pm (8/1–10/15)
4261 West Dublin Granville Road
DublinFarmersMarket.com

**FRANKLIN TOWN EAST**
Franklin Park Conservatory
Wednesdays 3:30–6:30pm (8/1–10/15)
1777 E. Broad Street
FPCConservatory.org

**FRANKLIN TOWN WEST**
Westerville Farmers’ Market
1st & 3rd Saturdays 9am–1pm
401 W. College St.
WestervilleFarmersMarket.com

**NATIONAL CHILDREN’S HOSPITAL**
Sat & 3rd Tuesdays 11am–1pm
1/22, 2/27
Livingston Park, 7501 E Livingston Ave
NationalChildrensHospital.org

**OLDE TOWNE EAST**
Olde Towne East
Tuesdays 3:30–6:30pm (8/1–10/15)
1777 E. Broad Street
ODCOldeTowneEast.org

**OLDE TOWNE WEST**
Old Towne West Farmers’ Market
Wednesdays 3–6pm (8/1–10/15)
1777 E. Broad Street
ODCOldTowneWest.org

**WESTGATE**
Westerville Farmers’ Market
1st & 3rd Saturdays 9am–1pm
401 W. College St.
WestervilleFarmersMarket.com

**WORTHINGTON**
Worthington Farmers’ Market
Saturdays 9am–1pm (8/1–10/15)
401 W. College St.
WorthingtonFarmersMarket.org

Call the Mid-Ohio Foodbank’s Outreach Team with SNAP questions: 614-225-6443

**FAYETTE COUNTY**
Fayette County Farmers’ Market
Sat & 3rd Tuesdays 11am–1pm
1/22, 2/27
Livingston Park, 7501 E Livingston Ave
FayetteCountyFarmersMarket.com

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We gratefully acknowledge the continued assistance and financial support of the Franklin County Board of Commissioners: Marilyn Brown, John O’Grady, and Paula Brooks.
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.

Join our growing community

GrowWithFB.org | 614-876-1274