

2015

# 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 ½ your plate fruits & 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](http://www.ChooseMyPlate.gov).

### 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 2015 features 28 community farmers' markets, 8 farm markets and farm stands, 11 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 [franklin.osu.edu/program-areas/agriculture-and-natural-resources/local-foods](http://franklin.osu.edu/program-areas/agriculture-and-natural-resources/local-foods).

Mike Hogan

OSU Extension Educator

### Red & Orange Vegetables

acorn squash	butternut squash
carrots	hubbard squash
pumpkin	red peppers
sweet potatoes	tomatoes
	tomato juice

5 ½ 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 ½ 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 ½ 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



**1 400 Farmers' Market**

400 W Rich Street, Columbus, OH 43215  
 Year-round, 2<sup>nd</sup> and 4<sup>th</sup> Saturdays, 11AM – 2PM  
[400FarmersMarket@gmail.com](mailto:400FarmersMarket@gmail.com)  
[400westrich.com/the-market-at-400](http://400westrich.com/the-market-at-400)  
 Accepted Payment: • CREDIT • DEBIT  
 Producer only farmers' market - no  
 Number of vendors at market: 25  
 Vendors selling produce: 5

**2 Bexley Farmers' Market**

2111 E. Main St., Bexley, OH 43209  
 May – October, Thursday 4 – 7PM / Rain or Shine  
[info@bexleyfarmersmarket.com](mailto:info@bexleyfarmersmarket.com)  
[www.bexleyfarmersmarket.com](http://www.bexleyfarmersmarket.com)  
 614.327.0102  
 Accepted Payment: • CREDIT • DEBIT • SNAP  
 • SNAP INCENTIVE  
 Producer only farmers' market - no  
 Number of vendors at market: 20  
 Vendors selling produce: 6

**3 Bexley Natural Market's Farm & Handcraft Market**

508 N. Cassady Ave., Columbus, OH 43209  
 April – November, Wednesday 3 – 7PM  
 Bexley Natural Market  
[bexleynaturalmarket@yahoo.com](mailto:bexleynaturalmarket@yahoo.com)  
[bexleynaturalmarket.org](http://bexleynaturalmarket.org)  
 614.252.3951  
 Accepted Payment: Vendor specific  
 Producer only farmers' market - no  
 Number of vendors at market: 8  
 Vendors selling produce: 2

**4 Blendon Township Community Summer Market**

6330 South Hempstead Rd., Westerville, OH 43081  
 June 11 – October 22, Thursday 4 – 7PM  
[ruth.drb@gmail.com](mailto:ruth.drb@gmail.com)  
 614.859.2405  
 Accepted Payment: • CREDIT • DEBIT  
 Producer only farmers' market - no  
 Number of vendors at market: 15 – 20  
 Vendors selling produce: 3 – 4

**5 Clintonville Farmers' Market**

N. High St & W. Dunedin Rd, Columbus 43214  
 April 25 – November 21, Wednesday & Saturday 9AM – noon  
 July 1 – September 16, Wednesday 4 – 7PM  
[info@clintonvillefarmersmarket.org](mailto:info@clintonvillefarmersmarket.org)  
[www.clintonvillefarmersmarket.org](http://www.clintonvillefarmersmarket.org)  
 Accepted Payment: • DEBIT • SNAP • SNAP INCENTIVE  
 • WIC FMNP • SENIOR FMNP  
 Producer only farmers' market  
 Number of vendors at market: 45  
 Vendors selling produce: 28

**6 Columbus Public Health Farmers' Market**

240 Parsons Ave., Columbus, OH 43215  
 July 30, August 6 & 13 Thursday 10 – 2PM  
[rickh@columbus.gov](mailto:rickh@columbus.gov)  
[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)  
 614.645.6189  
 Accepted Payment: • SNAP • SNAP INCENTIVE  
 • WIC FMNP • SENIOR FMNP  
 Producer only farmers' market  
 Number of vendors at market: 17  
 Vendors selling produce: 17

**7 Columbus Square Farmers' Market**

Cleveland Ave. and East Dublin - Granville Rd.  
 Columbus, OH 43229  
[pearlalleygrowers.com](http://pearlalleygrowers.com)  
 419.674.4719  
 July 14 – September, Tuesday 4PM – 6PM  
 Producer only farmers' market - no  
 Number of vendors at market: 4 – 6  
 Vendors selling produce: 4 – 6



**8 Dublin Farmers' Market**

Oakland Nursery, 4261 West Dublin- Granville Road,  
 Dublin, OH 43017  
 May – September, Wednesday 3:30 – 6:30PM / Rain or Shine  
[info@dublinfarmersmarket.com](mailto:info@dublinfarmersmarket.com)  
[www.dublinfarmersmarket.com](http://www.dublinfarmersmarket.com)  
 614.327.0102  
 Accepted Payment: • CREDIT • DEBIT • SNAP  
 Producer only farmers' market - no  
 Number of vendors at market: 20  
 Vendors selling produce: 6

**9 Easton Farmers' Market**

Town Square, 160 Easton Town Center, Columbus, OH 43219  
 June – August, Thursday 4 – 7PM  
[marketmanager@eastonfarmersmarket.org](mailto:marketmanager@eastonfarmersmarket.org)  
[www.eastonfarmersmarket.org](http://www.eastonfarmersmarket.org)  
 614.416.700  
 Accepted Payment: SNAP • SENIOR FMNP (select vendors only)  
 Producer only farmers' market - no  
 Number of vendors at market: 30 – 35  
 Vendors selling produce: 10 – 12

**10 Franklin Park Conservatory and Botanical Gardens Farmers' Market**

1777 E. Broad Street, Columbus, OH 43203  
 June 3 – October 7, Wednesday 3:30PM – 6:30PM  
[cnohle@fpconservatory.org](mailto:cnohle@fpconservatory.org)  
[www.fpconservatory.org](http://www.fpconservatory.org)  
 614.715.8036  
 Accepted Payment: • CREDIT • DEBIT • SNAP  
 • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP  
 Producer only farmers' market  
 Number of vendors at market: 15  
 Vendors selling produce: 12

**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)

**11 Franklinton Produce Market**

1003 W. Town Street, Columbus, OH 43216  
 Franklinton Gardens  
[info@franklintongardens.org](mailto:info@franklintongardens.org)  
[www.franklintongardens.org](http://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  
 May 19 – October 27, Tuesday 3 – 7PM  
 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  
 Accepted Payment: • CREDIT • DEBIT  
 • WIC FMNP • SENIOR FMNP

**12 German Village Farmers' Market**

551 South Fifth St, Columbus OH 43206  
 July – September, Saturday 9 – 11 AM  
 614.461.4256 or 614.348.0233  
 Accepted Payment: • CREDIT • DEBIT  
 Producer only farmers' market  
 Number of vendors at market: 1  
 Vendors selling produce: 1

**13 Grandview Avenue Farmers' Market**

Grandview Ave. North of Third, Columbus, OH 43212  
[pearlalleygrowers.com](http://pearlalleygrowers.com)  
 419.674.4719  
 July – October, 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



**14 Grove City Farmers' Market**

Broadway and Park, Grove City, OH 43123  
 May 23 – September 12 Saturday 8 AM – noon  
[marilyn@gcchamber.org](mailto:marilyn@gcchamber.org)  
[www.gcchamber.org](http://www.gcchamber.org)  
 614.875.9762  
 Accepted Payment: • SNAP • SNAP INCENTIVE  
 • WIC FMNP • SENIOR FMNP  
 Producer only farmers' market  
 Number of vendors at market: 30  
 Vendors selling produce: 15

**15 Hilliard Farm Market**

Hilliard United Methodist Church Parking Lot  
 5445 Scioto Darby Road, Hilliard, OH 43026  
 June – August, Tuesday 4 – 7 PM  
[HilliardFarmMarket@gmail.com](mailto:HilliardFarmMarket@gmail.com)  
[www.hilliardfarmmarket.com](http://www.hilliardfarmmarket.com)  
 Accepted Payment: • CREDIT  
 Producer only farmers' market  
 Number of vendors at market: 20  
 Vendors selling produce: 4 – 6

**16 Jefferson Community Farmers' Market**

Blacklick Elementary School  
 6540 Havens Corners Road, Blacklick, OH 43004  
 June – August, Saturday 9 AM – noon  
[kkiener@jeffersontownship.org](mailto:kkiener@jeffersontownship.org)  
[jeffersontownship.org](http://jeffersontownship.org)  
 614.743.4757  
 Accepted Payment: Vendor specific • CREDIT • DEBIT  
 Producer only farmers' market  
 Number of vendors at market: 7  
 Vendors selling produce: 2

**17 Merion Village Farmers' Market**

106 East Moler Street, Columbus, OH 43207  
 June – September, Saturday 9 AM – noon  
[gumvmarket@gmail.com](mailto:gumvmarket@gmail.com)  
[www.merionvillagefarmersmarket.com](http://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

**18 Nationwide Farmers' Market**

Nationwide Arena, Columbus, OH 43215  
[pearlalleygrowers.com](http://pearlalleygrowers.com)  
 419.674.4719  
 July – October, 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

**19 New Harvest Urban Farmers' Market**

2457 Cleveland Ave., Columbus, OH 43215  
 May – October, Saturday 10 AM – 3 PM  
[www.facebook.com](http://www.facebook.com)  
 614.447.8810  
 Accepted Payment: • CREDIT • DEBIT  
 • SNAP • SNAP INCENTIVE  
 Producer only farmers' market - no  
 Number of vendors at market: 2  
 Vendors selling produce: 1

**20 Nicola Mercato – An Italian Farm to Table Market**

4740 Reed Road, Upper Arlington, OH 43220  
 June, Saturday 9 AM – noon / please check our website  
[www.nicolacolombus.com/nicola-mercato.html](http://www.nicolacolombus.com/nicola-mercato.html)  
[nicolamercato@nicolacolombus.com](http://nicolamercato@nicolacolombus.com)  
 614.781.1141  
 Accepted Payment: • CREDIT • DEBIT  
 Producer only farmers' market  
 Number of vendors at market: 10  
 Vendors selling produce: 6

**21 North Market Farmers' Market**

59 Spruce Street, Columbus, OH 43215  
 May – October, Saturday 8 AM – gone  
[info@northmarket.com](mailto:info@northmarket.com)  
[www.northmarket.com](http://www.northmarket.com)  
 614.463.9664  
 Accepted Payment: • CREDIT • DEBIT  
 • SNAP • SENIOR FMNP  
 Producer only farmers' market  
 Number of vendors at market: 28  
 Vendors selling produce: 24

**22 Pearl Market**

Next to 30 E. Broad St., Columbus, OH 43215  
 mid-May – October, Tuesday & Friday 10:30 AM – 2 PM  
[adschroeder@sideservices.com](mailto:adschroeder@sideservices.com)  
[www.downtowncolumbus.com/pearlmarket](http://www.downtowncolumbus.com/pearlmarket)  
 614.645.5061  
 Accepted Payment: • CREDIT • DEBIT • SNAP  
 • SNAP INCENTIVE • WIC FMNP • Senior FMNP  
 Producer only farmers' market  
 Number of vendors at market: 30  
 Vendors selling produce: 12

**23 Reynoldsburg Farmers' Market**

1520 Davidson Drive, Reynoldsburg, OH 43068  
 Producer only farmers' market  
 Number of vendors at market: 30  
 Number of vendors that sell produce: 12  
 June 18 – September 10, Thursday 3 – 6 PM  
[kharmon@ci.reynoldsburgloh.us](mailto:kharmon@ci.reynoldsburgloh.us)  
[www.ci.reynoldsburg.oh.us](http://www.ci.reynoldsburg.oh.us)  
 614.322.6839  
 Accepted Payment: • CREDIT • DEBIT • WIC FMNP  
 • SENIOR FMNP  
 Producer only farmers' market  
 Number of vendors at market: 15 – 20  
 Vendors selling produce: 5 – 6

**24 The Raven's Farmers' Market**

1555 South James Rd., Columbus, OH 43227  
 June – October, Sunday 1 – 4 PM  
[www.facebook.com/pages/Ravens-Market](http://www.facebook.com/pages/Ravens-Market)  
 614.237.1263  
 Accepted Payment: • CREDIT • DEBIT • SNAP  
 • SNAP INCENTIVE • SENIOR FMNP  
 Producer only farmers' market  
 Number of vendors at market: 6  
 Vendors selling produce: 4

**25 Upper Arlington Farmers' Market**

1945 Ridgeview Rd., Upper Arlington, OH 43221  
 May – September, Wednesday 3 – 6 PM  
[mkinney@uaoh.net](mailto:mkinney@uaoh.net) • [uaoh.net](http://uaoh.net)  
 614.583.5300  
 Accepted Payment: • CREDIT • DEBIT • SNAP  
 • SNAP INCENTIVE • WIC FMNP • SENIOR FMNP  
 Producer only farmers' market - no  
 Number of vendors at market: 14 – 17  
 Vendors selling produce: 10

**26 Uptown Westerville Farmers' Market**

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

**27 Worthington Farmers' Market**

7227 N. High Street, Worthington, OH 43085  
 May – October, Saturday 9 AM – noon  
 Shops at Worthington Place (indoor market)  
 November – April, Saturday 9 AM – noon  
 Organizer: Old Worthington Partnership  
[worthingtonfarmersmarket@gmail.com](mailto:worthingtonfarmersmarket@gmail.com)  
[www.worthingtonfarmersmarket.com](http://www.worthingtonfarmersmarket.com)  
 614.285.5341  
 Accepted Payment: • CREDIT • DEBIT • SNAP  
 • SNAP INCENTIVE  
 Producer only farmers' market - no  
 Number of vendors at market: 55  
 Vendors selling produce: 6

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- SNAP INCENTIVE (i.e., Veggie SNAPs or other)
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- SENIOR FMNP (Senior Farmers' Market Nutrition Program)



**28 Clarfield Farm Stand**

3320 Groveport Road, Columbus, OH 43207  
 May – October, Monday 5 – 7 PM, Saturday 9 – 11 AM  
[urbanfarms@midohiofoodbank.org](http://urbanfarms@midohiofoodbank.org)  
 614.317.9476

Accepted Payment: • CREDIT • DEBIT  
 Clarfield Farm Stand operates on a donation basis for produce; cash or credit/debit accepted for the donation.  
 Producer only farmers' market  
 Number of vendors at market: 1 • Vendors selling produce: 1

**29 Doran's Farm Market**

5462 Babbitt Road, New Albany, OH 43054  
[info@DoransFarmMarket.com](mailto:info@DoransFarmMarket.com)  
[www.DoransFarmMarket.com](http://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  
 June – October, Mon – Thurs 10 AM – 7 PM, Fri – Sun 10 AM – 6 PM  
 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.

**30 Herban Pioneer (aka Urban Pioneer)**

4355 Boulder Creek Dr., Gahanna, OH 43230  
 614.787.8191  
 Bill Papworth • [papworth@sbcglobal.net](mailto:papworth@sbcglobal.net)  
[www.herban-pioneer.com](http://www.herban-pioneer.com)

• Eggs • Grains • Fruit – watermelon, cantaloupe, strawberries  
 • Vegetables – tomatoes, eggplant, peppers, potatoes, onions, garlic, squash  
 Wyandotte Dr., Gahanna, OH 43230  
 July – October, Saturday 12 – 5 PM  
 Also find us at Blendon Twp Farmers' Market on Thursdays.

**31 Kuhlwein's Farm Market**

1859 Walker Rd., Hilliard, OH 43026  
 614.876.2833

Year-round, Mon – Fri 10 – 6 PM, Sat 9 – 6 PM & Sun 11 – 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  
 • CREDIT • DEBIT • SENIOR FMNP  
 Also find us at Grove City Farmers' Market on Saturdays.

**32 Poppy's Farm Market**

2135 Gantz Road, Grove City, OH 43123  
 614.539.5749

Robert Martindale • [rmartindale4498@wowway.com](mailto:rmartindale4498@wowway.com)  
 • Fruits – Apples • Vegetables – sweet corn, green beans, tomatoes, potatoes, cucumbers  
 Baked Goods & Cottage Foods – jams, raw local honey  
 July – November, Tuesday – Saturday 10 – 6 PM  
 Accepted Payment at Farm Market: • CASH • CHECK

**33 Schacht Farm Market**

5950 Shannon Road, Canal Winchester, OH 43110  
[schachtfarmmarket@gmail.com](mailto:schachtfarmmarket@gmail.com) • [mylocalfarm.us](http://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  
 September & October, Monday – Saturday 10 AM – 6 PM,  
 Sundays in October, 12 – 5 PM  
 Accepted Payment at Farm Stand/On-Farm Market:  
 • CREDIT • DEBIT • SNAP • SENIOR FMNP  
 We supply produce to: • Will Fischer & Son Produce  
 • Sanfillipo Produce • New Century CSA

**34 Smith Farm Market**

3341 Winchester Pike, Columbus, OH 43232  
[Produce@SmithFarmMarketOhio.com](mailto:Produce@SmithFarmMarketOhio.com)  
[www.smithfarmmarketohio.com](http://www.smithfarmmarketohio.com)  
 614.235.2014

• Dairy – cheese, milk • Eggs • Fruit • Vegetables  
 • Baked Goods & Cottage Foods – jams, jellies, breads, etc.  
 April – October, Monday – Sunday 9 AM – 7 PM  
 Bakery open year-round  
 Accepted Payment at Farm Stand/On-Farm Market:  
 • CREDIT • DEBIT • SNAP • WIC FMNP • SENIOR FMNP  
 Smith Farm Market operates a CSA that distributes in Franklin County.

**35 The Witten Farm Market**

380 Agler Rd., Gahanna, OH 43230  
[wittenfarm@gmail.com](mailto:wittenfarm@gmail.com) • [www.wittenfarm.com](http://www.wittenfarm.com)  
 740.538.2962

• Fruits • Vegetables • Baked goods available on Tues. & Fri.  
 June – September, Monday – Sunday 9 AM – 7 PM  
 Accepted Payment at Farm Stand/On-Farm Market:  
 • CREDIT • DEBIT • SNAP • WIC FMNP • SENIOR FMNP  
 The Witten Farm Market CSA distributes in Franklin County.  
 Locations to be determined

**Honey**

**36 Conrad Hive and Honey**

Barry Conrad  
 6240 Wright Rd., Canal Winchester, OH 43110  
[barry@hiveandhoney.com](mailto:barry@hiveandhoney.com)  
[hiveandhoney.com](http://hiveandhoney.com)  
 614.837.1846

Honey  
 Farm Stand/On-Farm Market Available - yes  
 6240 Wright Rd., Canal Winchester, OH. 43110  
 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  
 • CREDIT

**37 Tip's Apiary**

James W. Tippie  
 3311 Longstreth Park Place, Gahanna, OH. 43230  
[jimtip2@aol.com](mailto:jimtip2@aol.com)  
 614-582-0523  
 Honey

**Produce**

**38 Sanfillipo Produce**

4561 E. 5th Ave., Columbus, OH 43215  
 614.643.1931  
[SanfillipoRetail@Sanfillipoproduce.com](mailto:SanfillipoRetail@Sanfillipoproduce.com)  
[Sanfillipoproduce.com](http://Sanfillipoproduce.com)

Open Tuesday – Saturday 8 AM – 3 PM  
 A producer-only market with 40 vendors with 30 vendors that sell produce  
 Accepted Payment: • CREDIT • DEBIT • SNAP  
 • SNAP INCENTIVE • SENIOR FMNP

**Meats**

**39 Blystone Farm Butcher Shop**

8677 Oregon Road, Canal Winchester, OH 43110  
 614.833.1211  
 Blystone Farm LLC • Canal Winchester / Franklin County  
[blystonefarm@yahoo.com](mailto:blystonefarm@yahoo.com)  
[blystonefarm.com](http://blystonefarm.com)  
 Meat • Dairy • Eggs • Vegetables  
 • Baked Goods & Cottage Foods

**40 Bluescreek Farm Meats**

Located inside the North Market  
 59 Spruce St, Columbus, OH 43215  
 Marysville, OH / Union County  
[bluescreekfarmmeats@yahoo.com](mailto:bluescreekfarmmeats@yahoo.com)  
[bluescreekfarmmeats.com](http://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)

**41 The New American Deli**

David Martin & Brian Erchenbrecher  
 Located in The Commissary  
 1400 Dublin Road, Columbus, OH 43215  
[contact@newamericandeli.com](mailto:contact@newamericandeli.com)  
 614.600.2072  
 Honey and deli meats  
 Locally sourced charcuterie & deli meats  
 Accepted Payment • CREDIT • DEBIT

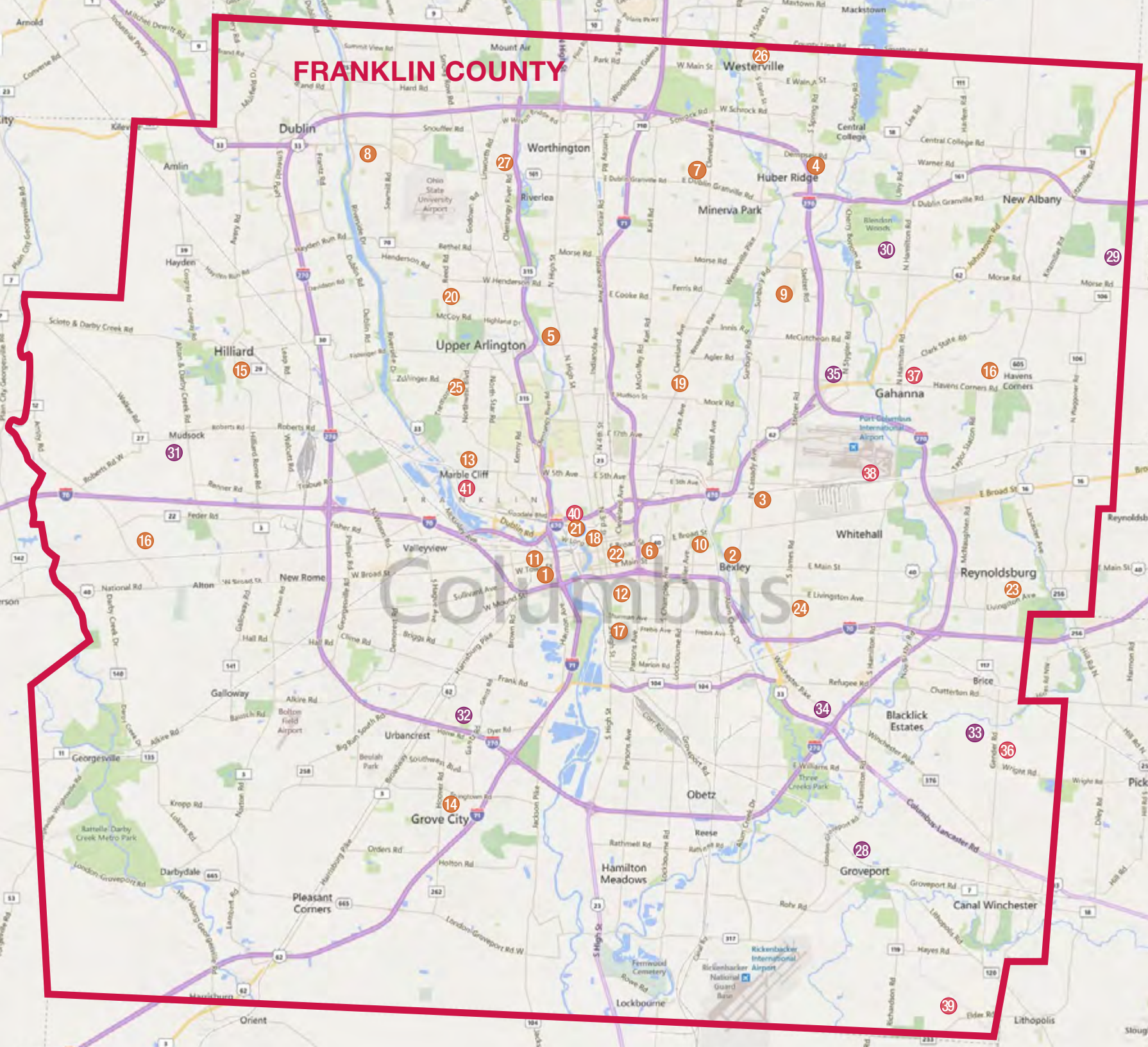


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# FRANKLIN COUNTY



## Farmers' Markets

- 1 400 Farmers' Market
- 2 Bexley Farmers' Market
- 3 Bexley Natural Markets Farm & Handcraft Market
- 4 Blendon Township Community Summer Market
- 5 Clintonville Farmers' Market
- 6 Columbus Public Health Farmers' Market
- 7 Columbus Square Farmers' Market
- 8 Dublin Farmers' Market
- 9 Easton Farmers' Market
- 10 Franklin Park Conservatory and Botanical Gardens Farmers' Market
- 11 Franklinton Produce Market
- 12 German Village Farmers' Market
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- 16 Jefferson Community Farmers' Market
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- 18 Nationwide Farmers' Market
- 19 New Harvest Urban Farmers' Market
- 20 Nicola Mercato – An Italian Farm to Table Market
- 21 North Market Farmers' Market
- 22 Pearl Market
- 23 Reynoldsburg Farmers' Market
- 24 The Raven's Farmers' Market
- 25 Upper Arlington Farmers' Market
- 26 Uptown Westerville Farmers' Market
- 27 Worthington Farmers' Market

## On-Farm Markets & Farm Stands

- 28 Clarfield Farm Stand
- 29 Doran's Farm Market
- 30 Herban Pioneer (aka Urban Pioneer)
- 31 Kuhlwein's Farm Market
- 32 Poppy's Farm Market
- 33 Schacht Farm Market
- 34 Smith Farm Market
- 35 The Witten Farm Market

## Other Markets

### Honey

- 36 Conrad Hive and Honey
- 37 Tip's Apiary

### Produce

- 38 Sanfillipo Produce

### Meats

- 39 Blystone Farm Butcher Shop
- 40 Bluescreek Farm Meats
- 41 The New American Deli

## CSA Operations

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

- Bird's Haven Farms  
740.587.1100
- Copia Farm  
614.915.9269
- 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



## 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)

### Bird's Haven Farms

[farmfresh@birdhavenfarms.com](mailto:farmfresh@birdhavenfarms.com) • [www.BirdsHavenFarms.com](http://www.BirdsHavenFarms.com)  
740.587.1100  
FULL - \$565 (21wks) \$355 (11wks)  
SINGLE - \$365 (21wks) \$215 (11wks)  
CSA pick up - Newark at Licking Memorial Hospital,  
Granville, Westerville, New Albany  
Accepted Payment: • CREDIT • CHECK

### Bluescreek Farm Meats

[bluescreekfarmmeats@yahoo.com](mailto:bluescreekfarmmeats@yahoo.com) • [bluescreekfarmmeats.com](http://bluescreekfarmmeats.com)  
614.228.5727  
Beef CSA • Custom Meat CSA  
FULL - \$71.00/ month and \$562.00/ 8 months  
CSA pick up - Marysville, Columbus  
Accepted Payment: • CREDIT • DEBIT SNAP

### Cooke Forest Edibles and Medicinals

[info@cookeforest.com](mailto:info@cookeforest.com)  
Fruits - Elderberry, Mulberry, Blackberry, Raspberry,  
Strawberry, Aronia, etc.  
Accepted Payment: • CREDIT • DEBIT  
Operate a CSA that distributes in Franklin County - yes  
Our products are also found at: Clintonville Co-op, Boline Apothecary

### Copia Farm

[copiafarm@gmail.com](mailto:copiafarm@gmail.com) • 614.915.9269  
FULL - \$600 • HALF - \$300  
CSA pick up - Clintonville, Westerville, New Albany, Granville  
CSA delivery is available • Accepted Payment: • CREDIT • DEBIT

### Folsom and Pine Farm

5959 Lambert Road, Orient, OH 43146  
[sales@folsomandpine.com](mailto:sales@folsomandpine.com) • [www.folsomandpine.com](http://www.folsomandpine.com)  
614.385.4080  
FULL - \$29.99 / wk • HALF- \$29.99 / biweekly  
CSA pick up - Grove City  
Accepted Payment: • CREDIT  
Farm Stand/ On-Farm Market Available - yes  
March 15 – June 30, Monday – Sunday 9 – 6PM  
By appt. & seasonal events (check website)  
Accepted Payment: • CREDIT • DEBIT  
Participate in Grove City, Easton Farmers' Markets  
Accepted Payment: • CREDIT  
Operate a CSA that distributes in Franklin County - yes  
CSA distribution at Azoti, 1275 Kinnear Rd, Columbus, OH 43212  
Grocery store sales at The Hills Worthington Market  
7860 Olentangy River Road, Columbus, OH 43235

### New Century CSA

[newcenturycsa@newcenturycsa.com](mailto:newcenturycsa@newcenturycsa.com)  
[www.newcenturycsa.com](http://www.newcenturycsa.com)  
740.207.1073  
FULL - \$42 • HALF - \$32.50 • SINGLE - \$22.50  
New Century CSA is all home delivery!  
Accepted Payment: • CREDIT • DEBIT

### Paiges Produce

[paigesproduce@msn.com](mailto:paigesproduce@msn.com) • [paigesproduce.com](http://paigesproduce.com)  
740.601.8419  
FULL - \$550 – \$1100 varies with selection  
HALF - \$295 – \$600 varies with selection  
CSA pick up – Pearl Alley (downtown COLS),  
Upper Arlington, Pickerington, Clintonville  
Accepted Payment: • CREDIT • DEBIT • SNAP

### Schultz Valley Farms CSA

[schultzvalleyfarms@yahoo.com](mailto:schultzvalleyfarms@yahoo.com) • [www.schultzvalleyfarms.com](http://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](mailto:shadygrovefarms02@gmail.com)  
[www.facebook.com/farmshadygrove](http://www.facebook.com/farmshadygrove)  
740.248.1207  
FULL - \$450 • HALF - \$275  
CSA pick up – Washington Courthouse, Columbus  
Accepted Payment: • CREDIT • DEBIT • SNAP  
• WIC FMNP • SENIOR FMNP

### Swainway Urban Farm Monthly CSA

[racheletayse@gmail.com](mailto:racheletayse@gmail.com) • [www.Swainway.com](http://www.Swainway.com)  
614.598.3359  
FULL - \$64 – 94/month  
CSA pick up – Clintonville, Worthington  
Accepted Payment: • CREDIT • DEBIT

### Wayward Seed Farm

[farm@waywardseed.com](mailto:farm@waywardseed.com) • [www.waywardseed.com](http://www.waywardseed.com)  
614.327.0102  
FULL - \$650  
CSA pick up – Columbus and suburbs – farmers'  
markets and neighborhoods  
Accepted Payment: • CREDIT • DEBIT

## 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
<b>Greenhouse/Hydroponic</b>									
Cucumbers / Long, Seedless									Cool
Herbs									Cool
Lettuce									Cool
Peppers									Cool
Tomatoes									Mature Green – Warm, Ripe – Cool

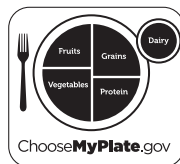


10 tips

Nutrition Education Series

# be an active family

## 10 tips for becoming more active as a family



**Physical activity is important for children and adults of all ages.** Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

### 1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



### 6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

### 7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

### 8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



### 9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



### 10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

### 2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

### 3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



### 4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

### 5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!



United States Department of Agriculture

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 29

April 2013  
Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.

# 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



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

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## 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](http://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](http://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](http://ChooseMyPlate.gov) were developed by and are maintained by the USDA Center for Nutrition Policy & Promotion (CNPP).

## 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



# DOUBLE YOUR DOLLARS

## \* PARTICIPATING MARKETS

**BEXLEY**  
BEXLEY FARMERS' MARKET  
Bexley Farmers' Market  
Thursdays 4-7pm  
2111 East Main Street  
BexleyFarmersMarket.com

**NEAR EAST SIDE**  
Franklin Park Conservatory Market  
Wednesdays 3:30-6:30pm  
1777 E Broad Street  
FPCconservatory.org

**DOWNTOWN**  
PEARL MARKET  
Pearl Market  
Tuesdays & Fridays 10:30am-2pm  
At Lynn and Pearl Alley  
DowntownColumbus.com/PearlMarket

**BERWICK/BERWYN**  
Raven's FARMERS MARKET  
Raven's Farmers' Market  
Sundays 1-4pm  
1555 East James Road  
RavensMarket.org

**LINDEN**  
New Harvest Urban Farmers' Market  
Saturdays 10am-3pm  
2457 Cleveland Avenue  
Facebook.com/NewHarvestCafe

**COLUMBUS PUBLIC HEALTH**  
July 30, August 6 & 13  
10am-1pm  
240 Parsons Avenue  
Columbus.gov/PublicHealth

**FRANKLINTON**  
Franklinton Gardens  
Tuesdays 3-7pm  
Town Street and Avondale  
FranklintonGardens.org

**CLINTONVILLE**  
Clintonville Farmers' Market  
Saturdays 9am-Noon, April to Nov.  
Wednesdays 4-7pm through Aug. 20  
High Street, between Orchard and Dunedin  
ClintonvilleFarmersMarket.org

**WORTHINGTON**  
Worthington Farmers' Market  
Saturdays 8am-Noon  
Downtown Worthington  
WorthingtonFarmersMarket.org



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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Columbus, OH 43232  
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[hogan.1@osu.edu](mailto:hogan.1@osu.edu)



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TDD N. 800-589-8292 (Ohio only) or 614-292-6181.

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