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.

<table>
<thead>
<tr>
<th>Red &amp; Orange Vegetables</th>
<th>Dark Green Vegetables</th>
<th>Starchy Vegetables</th>
<th>Other Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>acom squash</td>
<td>butternut squash</td>
<td>potatoes</td>
<td>asparagus</td>
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<tr>
<td>carrots</td>
<td>Hubbard squash</td>
<td>green peas</td>
<td>beets</td>
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<tr>
<td>pumpkin</td>
<td>red peppers</td>
<td>green lima beans</td>
<td>Brussels sprouts</td>
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<tr>
<td>sweet potatoes</td>
<td>tomatoes</td>
<td>corn</td>
<td>cabbage</td>
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<tr>
<td>tomato juice</td>
<td>tomato juice</td>
<td>fresh (not dried)cowpeas, field peas,</td>
<td>beans</td>
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<td></td>
<td>5 ½ cups a week</td>
<td>or black-eyed peas</td>
<td>4 cups a week</td>
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<td></td>
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<td>or black-eyed peas</td>
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<tr>
<td>(dried) Beans &amp; Peas</td>
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<td></td>
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<tr>
<td>black beans</td>
<td>black-eyed peas (mature, dry)</td>
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<tr>
<td>kidney beans</td>
<td>lentils</td>
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<tr>
<td>navy beans</td>
<td>pinto beans</td>
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<tr>
<td>soy beans</td>
<td>split peas (dried)</td>
<td></td>
<td></td>
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<tr>
<td>white beans</td>
<td>garbanzo beans (chickpeas)</td>
<td></td>
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<tr>
<td></td>
<td>1 ½ cups a week</td>
<td></td>
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</tbody>
</table>

OHIO STATE UNIVERSITY EXTENSION

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.

Mike Hogan
OSU Extension Educator
**Farmers’ Markets**

### 400 Farmers’ Market
400 W Rich Street, Columbus, OH 43215
Year-round, 2nd and 4th Saturdays, 11am – 2pm
400FarmersMarket@gmail.com
www.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

### Bexley Farmers’ Market
2111 E. Main St., Bexley, OH 43209
May – October, Thursday 4 – 7pm
408 N. Cassady Ave., Columbus, OH 43209
400 W Rich Street, Columbus, OH 43215
June 11 – October 22, Thursday 4 – 7pm
Accepted Payment: • CREDIT • DEBIT
Producer only farmers’ market - no
Number of vendors at market: 20
Vendors selling produce: 6

### 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
www.bexleynaturalmarket.com
614.252.9351
Accepted Payment: Vendor specific
Producer only farmers’ market - no
Number of vendors at market: 8
Vendors selling produce: 2

### Blendon Township Community Summer Market
6330 South Hempstead Rd., Westerville, OH 43081
June 11 – October 22, Thursday 4 – 7pm
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

### 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
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

### Columbus Public Health Farmers’ Market
240 Parsons Ave., Columbus, OH 43215
July 30, August 6 & 13 Thursday 10 – 2pm
nickh@columbus.gov
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

### Columbus Square Farmers’ Market
551 South Fifth St, Columbus OH 43206
May 19 – October 27, Tuesday 3 – 7pm
marketmanager@eastonfarmersmarket.org
www.eastonfarmersmarket.org
Easton Farmers’ Market
www.eastonfarmersmarket.org
info@dublinfarmersmarket.com
Dublin Farmers’ Market
franklinfarmersmarket.com
Franklin Park Conservatory and Botanical Gardens Farmers’ Market
1777 E. Broad Street, Columbus, OH 43203
June 3 – October 7, Wednesday 3:30pm – 6:30pm
www.fpconservatory.org
info@franklintongardens.org
Franklinton Produce Market
1003 W. Town Street, Columbus, OH 43216
May – September, Tuesday 3 – 6pm
Number of vendors at market: 1
Vendors selling produce: 1

### 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
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

### Easton Farmers’ Market
Town Square, 160 Easton Town Center, Columbus, OH 43219
June 4 – August, Thursday 4 – 7pm
marketmanager@eastonfarmersmarket.org
www.eastonfarmersmarket.org
614.416.700
Accepted Payment: 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
Operate a CSA that distributes in Franklin County - yes
Participate in any Franklin County Farmers’ Market – yes

### German Village Farmers’ Market
551 South Fifth St, Columbus OH 43206
July – September, Saturday 9 – 11am
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

### Grandview Avenue Farmers’ Market
Grandview Ave. North of Third, Columbus, OH 43212
pearlalleygrowers.com
Grandview Avenue Farmers’ Market
Grandview Ave. North of Third, Columbus, OH 43212
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

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*Program definitions used throughout this guide*

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- 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)
**Farmers’ Markets**

**Grove City Farmers’ Market**
Broadway and Park, Grove City, OH 43123
May 23 – September 12 Saturday 8 am – noon
marilyn@gccchamber.org
www.gccchamber.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

**Hilliard Farm Market**
Hilliard United Methodist Church Parking Lot
5445 Sciotto Darby Road, Hillard, OH 43026
June – August, Tuesday 4 – 7 pm
HilliardFarmMarket@gmail.com
www.hilliardfarmmarket.com
Accepted Payment: • CREDIT
Producer only farmers’ market
Number of vendors at market: 20
Vendors selling produce: 4 – 6

**Jefferson Community Farmers’ Market**
Blacklick Elementary School
6540 Havens Corners Road, Blacklick, OH 43004
June – August, Saturday 9 am – noon
kkiener@jeffersontownship.org
www.jeffersontownship.org
614.743.4757
Accepted Payment: Vendor specific • CREDIT • DEBIT
Producer only farmers’ market
Number of vendors at market: 24
Vendors selling produce: 2

**Merion Village Farmers’ Market**
106 East Moler Street, Columbus, OH 43207
June – September, Saturday 9 am – noon
gmymarket@gmail.com
www.merionvillagefarmersmarket.com
614.929.5255
Accepted Payment: • CREDIT • DEBIT
Producer only farmers’ market
Number of vendors at market: 7
Vendors selling produce: 3

**Nationwide Farmers’ Market**
Nationwide Arena, Columbus, OH 43215
May 23 – September 12 Saturday 9 am – 3 pm
www.facebook.com
614.447.8810
Accepted Payment: • CREDIT • DEBIT
Producer only farmers’ market
Number of vendors at market: 24
Vendors selling produce: 1

**New Harvest Urban Farmers’ Market**
2457 Cleveland Ave., Columbus, OH 43215
May – October, Saturday 10 am – 3 pm
www.facebook.com
614.674.4719
July – October, Thursday 11:00 am – 1:30 pm
Accepted Payment: • WIC FMNP • SENIOR FMNP
Producer only farmers’ market
Number of vendors at market: 8 – 10
Vendors that sell produce: 7 – 9

**North Market Farmers’ Market**
59 Spruce Street, Columbus, OH 43212
May – October, Saturday 8 am – 12 pm
www.info@northmarket.com
www.northmarket.com
614.463.9664
Accepted Payment: • CREDIT • DEBIT
Producer only farmers’ market
Number of vendors at market: 28
Vendors selling produce: 24

**Pearl Market**
Next to 30 E. Broad St., Columbus, OH 43215
mid-May – October, Tuesday & Friday 10:30 am – 2 pm
adschroeder@sideservices.com
www.downowncolumbus.com/pearlmarket
614.645.5081
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

**Reynoldsburg Farmers’ Market**
1520 Davidson Drive, Reynoldsburg, OH 43068
June, Saturday 8 am – noon
reynoldsburgfarmersmarket@gmail.com
www.reynoldsburgfarmersmarket.org
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

**The Raven’s Farmers’ Market**
1555 South James Rd., Columbus, OH 43227
June – October, Sunday 1 – 4 pm
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

**Upper Arlington Farmers’ Market**
1945 Ridgeview Rd., Upper Arlington, OH 43221
May – October, Wednesday 3 – 6 pm
mkirnely@uahs.net • uahs.net
614.583.5300
Accepted Payment: • CREDIT • DEBIT • SNAP
• SNAP INCENTIVE • WIC FMNP • SENIOR FMNP
Producer only farmers’ market
Number of vendors at market: 14 – 17
Vendors selling produce: 10

**Uptown Westerville Farmers’ Market**
N. State St. and E. Home St., Westerville, OH 43081
June – September, Saturday 10 am – 1 pm • Rain or Shine
westervilleuptownfarmersmarket.com
www.facebook.com/WestervilleUptownFarmersMarket
614.216.7673
Accepted Payment: • CREDIT • DEBIT
Producer only farmers’ market
Number of vendors at market: 25 – 30
Vendors selling produce: 3

**Worthington Farmers’ Market**
7227 N. High Street, Worthington, OH 43085
May – October, Saturday 8 am – noon
http://www.worthingtonfarmersmarket.com
614.285.5341
Accepted Payment: • CREDIT • DEBIT • SNAP
• SNAP INCENTIVE
Producer only farmers’ market
Number of vendors at market: 55
Vendors selling produce: 6

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- WIC FMNP (Women, Infants and Children Farmers’ Market Nutrition Program)
- SENIOR FMNP (Senior Farmers’ Market Nutrition Program)
On-Farm Markets & Farm Stands

Clarinfield Farm Stand
3320 Groveport Road, Columbus, OH 43207
May – October, Mon – Thurs 10 am – 7 pm, Saturday 9 am – 11 am
urbanfarmers@midohiofoodbank.org
614.317.9476
Accepted Payment: • CREDIT • DEBIT
Clarinfield Farm Stand operates on a donation basis for produce; cash or check/credit accepted for the donation. Producer only operates its market.
Number of vendors at market: 1 • Vendors selling produce: 1

Doran’s Farm Market
5462 Babbitt Road, New Albany, OH 43054
614.387.4467 or 614.966.5402
• 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.

Herban Pioneer (aka Urban Pioneer)
4055 Boulder Creek Dr., Gahanna, OH 43230
614.787.8191
• 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.

Kuhlwein’s Farm Market
1859 Walker Rd., Hilliard, OH 43026
614.876.2833
Year-round, Mon – Fri 10 am – 6 pm, Sat 9 am – 6 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
• CREDIT • DEBIT • SENIOR FMNP
Also find us at Grove City Farmers’ Market on Saturdays.

Poppy’s Farm Stand
2135 Gantz Road, Grove City, OH 43123
614.539.5749
Robert Martinson • rmartinsen4498@owow.com
• Fruits – Apples • Vegetables – sweet corn, green beans, tomatoes, potatoes, cucumbers
Baked Goods & Cottage Foods – jams, raw local honey
July– November, Tuesday – Saturday 10 am – 6 pm
Accepted Payment at Farm Market: • CASH • CHECK

Schacht Farm Market
5950 Shannon Road, Canal Winchester, OH 43110
schachtfarmmarket@gmail.com • mylocalfarm.us
614.837.4467 or 614.966.5402
• 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

Smith Farm Market
3341 Winchester Pike, Columbus, OH 43232
Produced@SmithFarmMarketOhio.com
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.

The Witten Farm Market
380 Agler Rd., Gahanna, OH 43230
wittenfarm@gmail.com • www.wittenfarm.com
740.538.2962
• Fruits • 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
The Witten Farm Market CSA distributes in Franklin County.
Locations to be determined

Other Markets

Honey

Conrad Hive and Honey
Barry Conrad
6240 Wright Rd., Canal Winchester, OH 43110
barry@hivedanhoney.com
hivedanhoney.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

Tip’s Apiary
James W. Tippie
3311 Longstreth Park Place, Gahanna, OH 43230
jmtip2@gmail.com
614.582.0523
Honey

Produce

Sanfillipo Produce
4561 E. 5th Ave., Columbus, OH 43215
SanfillipoRetail@SanfillippoProduce.com
410.904.3072
Meat • Dairy • Eggs • Vegetables
Sanfillipo Produce
Open Tuesday – Saturday 8 am – 3 pm
A produce-only market with 40 vendors with 30 vendors that sell produce
Accepted Payment: • CREDIT • DEBIT • SNAP • SNAP INCENTIVE • SENIOR FMNP

Bluescreek Farm Meats
Located inside the North Market
59 Spruce St, Columbus, OH 43215
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)

The New American Deli
David Martin & Brian Enchenbrecher
Located in The Commissary
1400 Dublin Road, Columbus, OH 43215
contact@newamericandeli.com
614.690.2072
Honey and deli meats
Locally sourced charcuterie & deli meats
Accepted Payment • CREDIT • DEBIT

Meats

Blystone Farm Butcher Shop
8877 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

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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
13. Grandview Avenue Farmers’ Market
14. Grove City Farmers’ Market
15. Hilliard Farm Market
16. Jefferson Community Farmers’ Market
17. Merion Village Farmers’ Market
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
1. Clarfield Farm Stand
2. Doran’s Farm Market
3. Herban Pioneer (aka Urban Pioneer)
4. Kuhlwein’s Farm Market
5. Poppy’s Farm Market
6. Schacht Farm Market
7. Smith Farm Market
8. The Witten Farm Market

Other Markets

Honey
9. Conrad Hive and Honey
10. Tip’s Apiary

Produce
11. Sanfillipo Produce

Meats
12. Blystone Farm Butcher Shop
13. Bluescreek Farm Meats
14. The New American Deli

CSA Operations
(Consumer-Supported Agriculture)
Please call, not shown on map.
15. Bird’s Haven Farms
   740.587.1100
16. Copia Farm
   614.915.9269
17. New Century CSA
   740.267.1073
18. Paiges Produce
   740.601.8419
19. Schultz Valley Farms CSA
   740.438.8337
20. Shady Grove Farm
   740.248.1207
21. 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 cook 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?
- Does the CSA require payment for a season up front or can I pay weekly?
- Do I have time to pick up or receive produce weekly or every other week?
- Will my family and I love trying new foods?

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.

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.

Bird's Haven Farms
farmfresh@birdshavenfarms.com • www.BirdsHavenFarms.com
740.587.1100
FULL - $565 (21wks) 1055 (11wks)
SINGLE - $365 (21wks) 715 (11wks)
CSA pick up - Newark at Licking Memorial Hospital, Granville, Westerville, New Albany
Accepted Payment: • CREDIT • CHECK
Bluescreek Farm Meats
bluescreekfarmmeats@yahoo.com • 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

Copia Farm
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 • 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
CSD distribution at Azoti, 1275 Kinnear Rd, Columbus, OH 43212
Grove store sales at The Hills Worthington Market
7860 Olentangy River Road, Columbus, OH 43235

New Century CSA
newcenturycsa@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 • paigesproduce.com
740.601.8419
FULL - $550 – $1100 varies with selection
HALF - $295 – $500 varies with selection
CSA pick up – Pearl Alley (downtown COLS), Upper Arlington, Pickerington, Clintonville
Accepted Payment: • CREDIT • DEBIT • SNAP

Shady Grove Farm
shadysgrovefarm@gmail.com • www.facebook.com/farmshadygrove
740.248.1207
FULL - $650 • HALF - $325
CSA pick up – Lancaster, Pickerington, Logan
Accepted Payment: • CREDIT • DEBIT • SNAP
• WIC FMNP • SENIOR FMNP

Swainway Urban Farm Monthly CSA
rachetaylorg@gmail.com • www.Swainway.com
740.438.8337
FULL - $600 • HALF - $375 • SINGLE - $250
CSA pick up – Worthington, Logan
Accepted Payment: • CREDIT • DEBIT • SNAP
• WIC FMNP • SENIOR FMNP

Wayward Seed Farm
farm@waywardseed.com • www.waywardseed.com
614.327.0102
FULL - $650
CSA pick up – Columbus and suburbs - farmers’ markets and neighborhoods
Accepted Payment: • CREDIT • DEBIT

Cooke Forest Edibles and Medicinals
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, Boine Apothecary

CSA Operations (Consumer-Supported Agriculture)
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**Greenhouse/Hydroponic**

- Cucumbers / Long, Seedless: Year Round
- Herbs: Year Round
- Lettuce: Year Round
- Peppers: Year Round
- Tomatoes: Year Round

**Ohio’s Fresh Fruit and Vegetable Harvest Calendar**

- Peaches: Hard – Warm, Ripe – Cold
- Peas, Green: Cold
- Peppers, Bell: Cold
- Peppers, Hot: Cold
- Peppers, Sweet/Cubanel: Cold
- 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: Cold
be an active 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.

2. Plan 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!

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.

Nutrition Education Series

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 America is 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 plate 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).
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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OSU Extension – Franklin County Office
2105 S. Hamilton Ave., Suite 100
Columbus, OH 43232
614.866.6900
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Keith L. Smith, Associate Vice President for Agricultural Administration; Associate Dean, College of Food, Agricultural, and Environmental Sciences; Director, Ohio State University Extension and Gist Chair in Extension Education and Leadership.

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

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