

Finding Local Food: How to Create a Local Food Guide in Your Community to Connect Consumers and Farmers

Julie Wayman

Extension Educator, Community Development

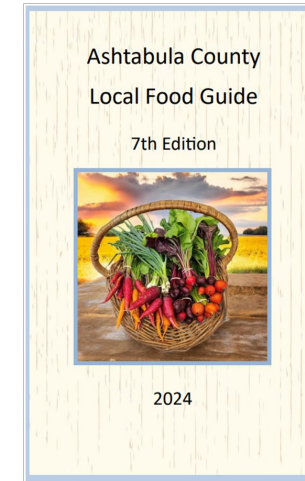
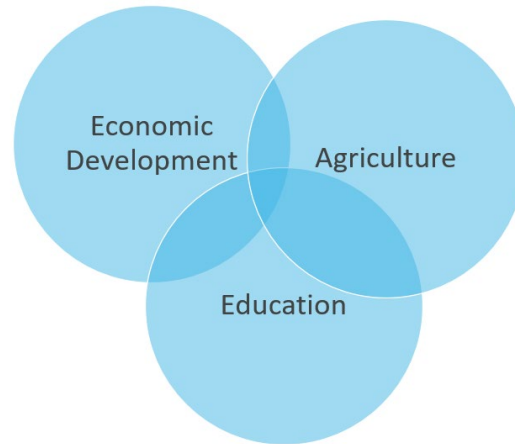


THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Julie Wayman

Community Development Educator- Local Food Systems



Identify, map, and assess all local food system assets. Create a database of producers, institutional buyers (schools, hospitals, restaurants, and governmental entities) and distribution points.

Outline

Finding Local Food: How to Create a Local Food Guide...

- History of the Ashtabula County Local Food Guide
- Overview of the guide
- Discussion of content and decisions around each section
- Steps for creating a guide in your community
- Links to other resources

History

Started in 2016 by Meghan Davis, OSU-E Master Gardener Volunteer

Supported by two other Master Gardener Volunteers Kathy Presciano and Ann Rapose. They approached the then Ashtabula Local Food Council where I worked for Community Action, and we partnered with them on the 1st edition.

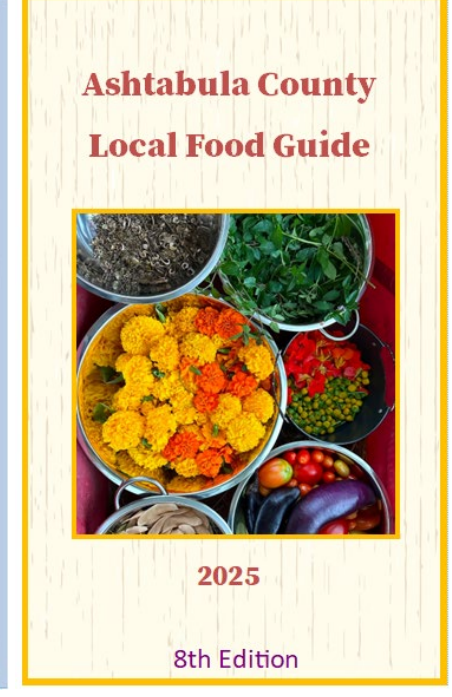
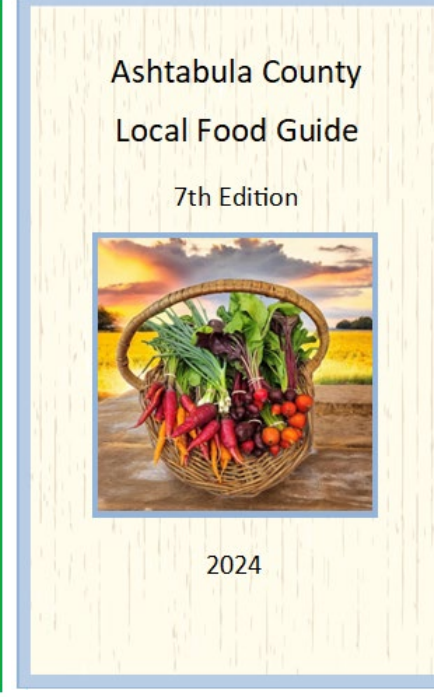
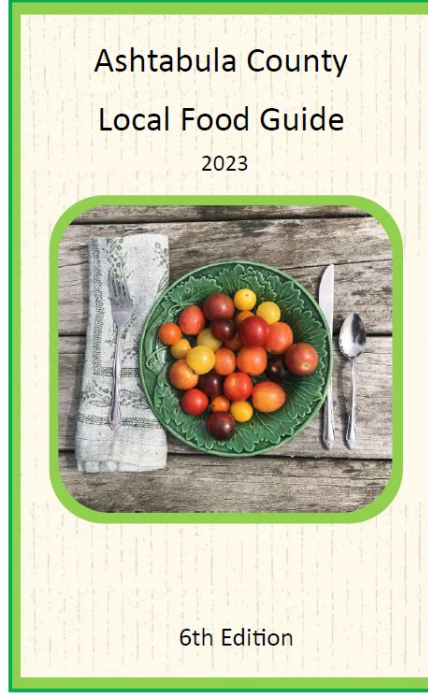
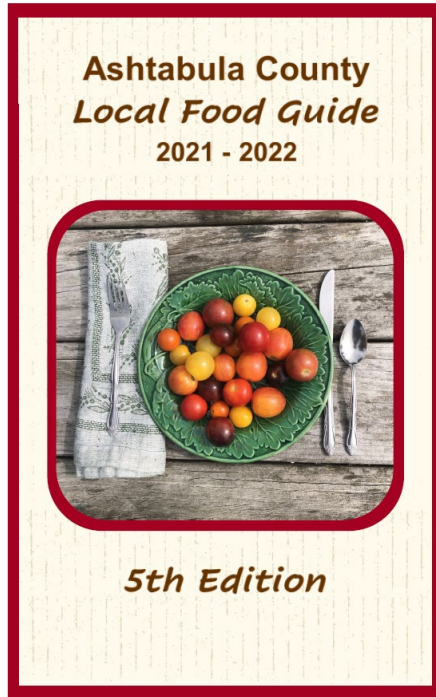
It has been updated and published annually since, with the exception of 2021-2022, which was a combined edition.

I joined again in 2020 and we are now working on our 8th Edition.



October 2, 2022

A Look Back...



FileHomeInsertPage DesignMailingsReviewViewHelp

PasteCutCopyFormat PainterClipboard

B I U x₂ x² Aa Font

Paragraph

Styles

Draw Text BoxPicturesTableShapesObjects

Wrap TextBring ForwardSend BackwardAlignArrange

FindReplaceSelectEditing

Pages



Continued from page 3

We also said goodbye to a few farms. Notably Ralph Rice's Riceland Meadows will no longer be listed. Ralph, a long time homesteader and advocate for self sufficiency and local food, has turned his full attention to his beloved Suffolk draft horses. Ralph is a prolific writer who has chronicled his adventures on the farm. You can continue to keep up with him here: <https://ricelandmeadows.com> or on Facebook at Riceland Meadows Suffolk.

Other farms leaving the guide this year include Blessed Dwellings micro-greens and Roesch Pick-Your-Own Produce Stand. Both were valiant efforts and we hope to see more from them in the future. Careful readers may also notice we no longer list Miller Livestock Co. They remain in business but are no longer selling at a location within the county — one of the criteria for inclusion. You can read more about their great efforts here: www.millergrassfed.com. And Better-N-Bulk, a popular bulk goods store is in the process of moving to a new location. You can now find them listed as Old Mill Pantry along with their future new address on page 36.

As always, thank you for reading and caring about local food. We appreciate your continued interest.

Sincerely,
The Ashtabula County Local Food Guide Team
Kathy Presciano Ann Rapose Julie Wayman

This guide is project of the Ohio State University Master Gardener Volunteers, Ashtabula Local Food, and the OSU Extension with support from the Ashtabula County Commissioners.

For an electronic copy of this guide, visit OSU Extension Ashtabula County at www.go.osu.edu/ashtabula-local-food-guide

For questions or changes to the guide or to be included in a future copy, please contact Julie Wayman 440-576-9008 wayman.31@osu.edu

Ashtabula County Farmers' Markets

Endless Local Food Choices

All Ashtabula County farmers' markets are outdoor markets promoting locally grown produce and locally made food products. Each market has its own rules about what types of vendors can participate, such as craft makers and non-profit organizations. Markets are held rain or shine but may be cancelled or closed early because of lightning, wind or drenching rain.



Ashtabula Farmers' Market
Sundays, June 9th through October 12th, 2024
10 a.m.—2:00 p.m.
No markets during major festivals on Bridge St.
Located in the parking lot of 1105 Bridge St, Ashtabula
Find on Facebook at [Ashtabula Farmers Market](#)
Market Manager: Rees Davis, 440-992-8362
The market features early plants, a wide array of fruit and vegetables, baked goods and artisanal bread, honey, maple syrup, jams and jellies, & crafts. Live music!



Conneaut Farmers' Market
Saturdays, June 15th through October 11th, 2024
9:00 am – 1:00 pm Open fathers day weekend through the 2nd weekend in October
Located in the Moose Lodge parking lot at 280 Park Ave., Conneaut
Find on Facebook at [Conneaut Farmers Market](#)
Market Manager: JoAnne Seavy, 440-599-8684
Longest running market in the county. A great place to find locally grown fresh fruits and vegetables, baked goods and hand-crafted items.

Tips for Buying at a Farmers' Market

- Bring cash in smaller denominations. Some vendors may take credit cards or electronic payments.
- Come early. Popular items often sell out quickly.
- If you see unfamiliar produce, ask how to store, prepare, cook and eat it.

Legend of Farm / Producer Offerings

Vegetables and Herbs	Eggs and Dairy
Fruit	Maple Syrup
Meat	Packaged and Other Goods
Honey	Educational Services

Farm/producer has a Facebook page.

Farm/producer has an Instagram account.

Farm/producer accepts Women, Infants and Children (WIC) coupons.

Market/farm accepts Senior Farmers' Market Nutrition Program coupons.

A name in green indicates the first year for inclusion in the guide.

Business accepts Supplemental Nutrition Assistance Program (SNAP) payments

Farm offers a Farm Share or Community Supported Agriculture (CSA)

Veteran owned

Certified Organic

Offers agritourism opportunities

Ashtabula County Local Food Guide

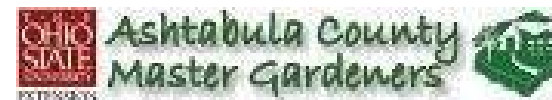
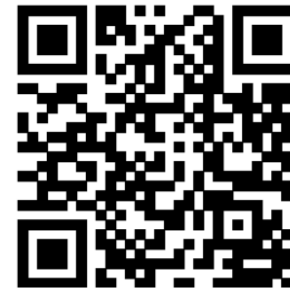
7th Edition



2024

Ashtabula County Local Food Guide

www.go.osu.edu/ashtabulalocalfoodguide



Published in conjunction with the Ashtabula Local Food Network
With funding from the County Commissioners for printing



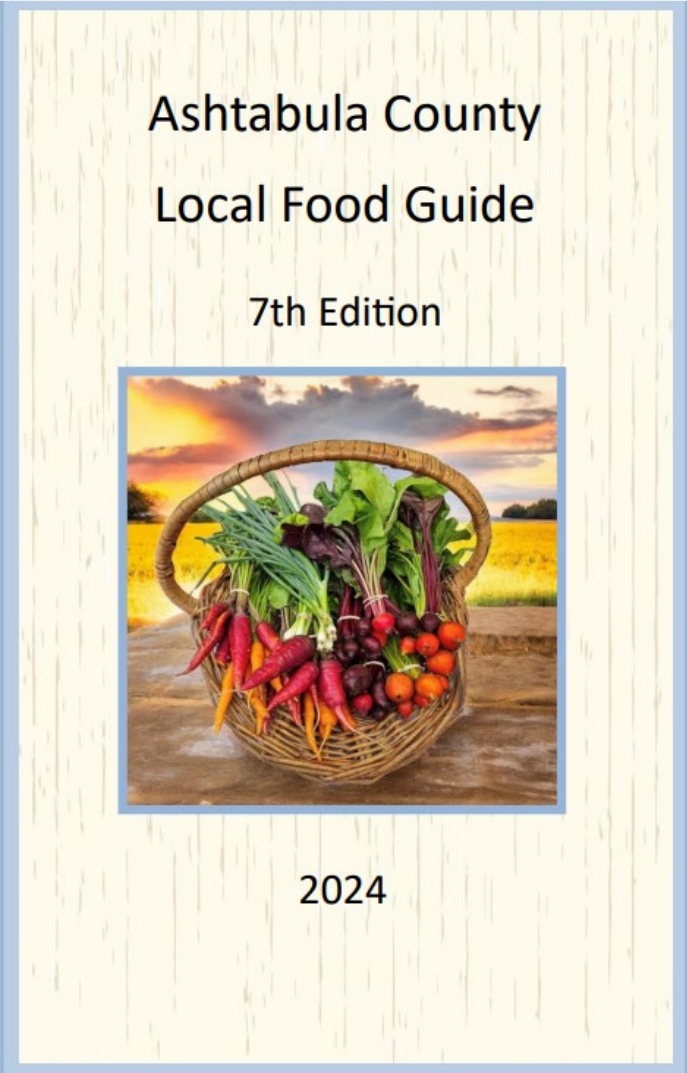


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Ashtabula County Local Food Guide





7th Edition








2024


Legend


Legend of Farm / Producer Offerings


-  Vegetables and Herbs
-  Fruit
-  Meat
-  Honey


-  Eggs and Dairy
-  Maple Syrup
-  Packaged and Other Goods
-  Educational Services


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 Business accepts Supplemental Nutrition Assistance Program (SNAP) payments

 Farm offers a Farm Share or Community Supported Agriculture (CSA)

 Veteran owned

 Certified Organic

 Offers agritourism activity- includes u-pick farms

We sustain life.



Dear Readers,

Welcome to the 7th Edition of the Ashtabula County Local Food Guide! Remarkably, even after all these years, the guide continues to grow. This year we added 14 new listings including a new farmers' market, 10 new local food producers, one new retail location, and two new organizations. You can find out more about the new listings here:

- Jefferson Wellness Farmers Market Pg. 6
- 9th of September Flower Farm Pg. 8
- Bloom & Wilt Gardens Pg. 10
- Bulls and Bloom Pg. 11
- Fiat Farms Pg. 14
- Kaleidoscope Dream Homestead Pg. 18
- Kern Cattle Co. Pg. 19
- Mission Maple Pg. 21
- Modular Mushrooms Pg. 21
- Of The Earth Farm Pg. 24
- Tricamo Farms Pg. 31
- Maples Mercantile & Trading Co. Pg. 35
- Healthy Ashtabula County Pg. 46
- Healthy Roots Community Pg. 46

This increase meant we had to make a few changes to our layout. In order to make room for the listings, we had to add more pages. This gave us the ability to stretch out a bit and create new sections including:

Friends & Neighbors— though we focus on food produced or sold in the county, we can't help but want to acknowledge other farms around us doing good work. This section highlights a few of the larger farms around us. We offer basic information in the hopes you'll look them up and explore farms around the area.

U-Pick— This section came about from a reader's suggestion. They wanted an easy way to find the farms offering a u-pick option. We obliged and on page 41 of the guide you will find a list of farms offering a u-pick experience. These farms will also see their listings marked with an "A" to indicate an agri-tourism activity offered.

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Continued from page 3

We also said goodbye to a few farms. Notably Ralph Rice's Riceland Meadows will no longer be listed. Ralph, a long time homesteader and advocate for self sufficiency and local food, has turned his full attention to his beloved Suffolk draft horses. Ralph is a prolific writer who has chronicled his adventures on the farm. You can continue to keep up with him here: <https://ricelandmeadows.com> or on Facebook at Riceland Meadows Suffolks.

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wayman.31@osu.edu

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Farms and Producers



9th of September Flower Farm

Maaik Jenkins
6522 OH-7, Andover, OH 44003
9thofseptemberflowerfarm@gmail.com
Find on Facebook at [9th of September Flower Farm](#)
You-Pick flower farm in the Pymatuning Lake Community featuring You-pick flowers. Sells on farm and at Jefferson Wellness Farmers Market. Edible flowers available.



2140 Farm Market

Rick and Julie Puckrin
1511 Forman Rd., Austinburg, OH 44010
440-813-1144
Farm fresh produce, home baked goods and more!
Sells at seasonal home road stand, Geneva Farmers-Market, Hil-Mak Restaurant parking lot in Ashtabula and to local restaurants. Daily at 4135 State Road at the Eastside Drive Thru and Carry Out. Starts June 1st. Beef and pork for sale. Call with interest.



A&D Gardens

Debbie Anderson
Geneva, OH 44041
440-228-6246 debianderson@yahoo.com
Vegetables and fruit in season
No sales on farm
Sells at Ashtabula Farmers' Market and North Olmsted Farmers' Market

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Crooked Fence Farms

Chris Bradek
1941 Netcher Road, Jefferson, OH 44047
440-645-8393 crookedfence@windsteam.net
Beef and pork— halves & wholes



Dash Farm Market

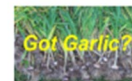
Sarah Huston
4990 State Rte. 7, Conneaut 44010
440-813-2465 hustonsarah61@gmail.com
Seasonal vegetables, fruits, honey, maple syrup
Opens mid-June through Labor Day
Tuesday– Saturday, 10:30– until sold out
Closed Sundays



Farm 153

Tim & Barb Loya
1440 Overly Road, Jefferson, Ohio 44047
216-299-4970 (Tim) or 216-780-3526 (Barb)
Find on Facebook at [Farm 153](#)
Large amount of seasonal produce, small amount of fruit, occasional dehydrated snacks; culinary and medicinal herb seedlings, perennial seedlings and vegetable seedlings available April through November. Make contact in fall or winter to preorder seedlings for the upcoming growing season. Open most of the year, Sunday– Friday. No Saturday sales. Sells at Ashtabula Farmers Market, Wellness Market in Jefferson and occasional pop-up markets at Harbor Gardens. Seedlings available at Erie Food Co-op, Erie, PA April– June.

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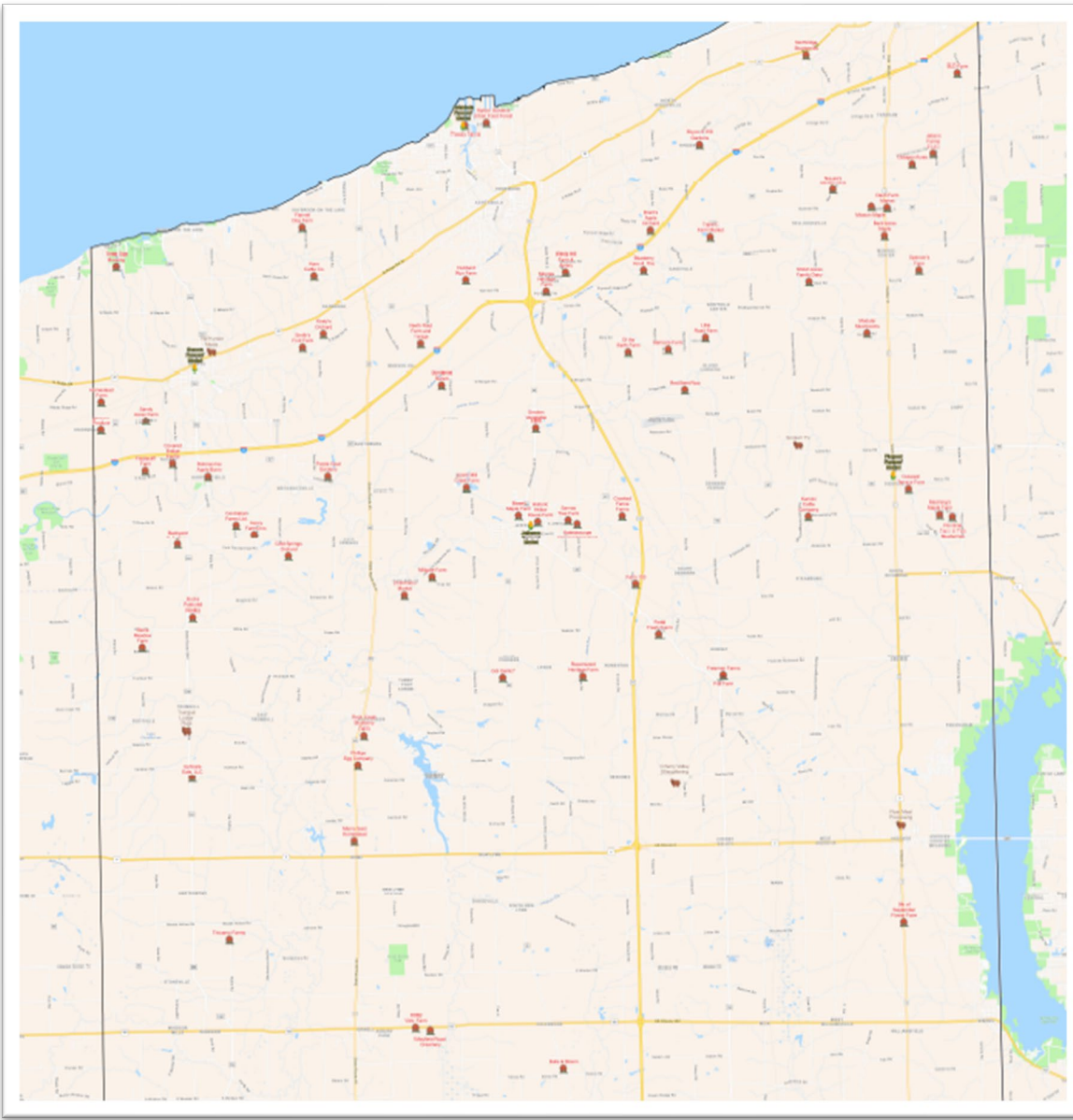
Got Garlic?

Mike and Yuling
928 Tische Road, Jefferson, OH 44047
440-576-1546

Specializing in hardneck garlic, July - October. Garlic scapes available June 10th – 30th. Garlic powder and granules available all year Also seasonal produce. Sells from farm (call first) and through craigslist (search for Got Garlic?). Please call ahead for garlic scapes. Farm open daily at 10:00 am from June – October

这里说普通话 Chinese spoken here

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Map courtesy of the Ashtabula County Auditor's Office GIS
Department

Local Food Map

An accompanying map shows readers where the farms are located throughout the county. It can be seen online at:

www.go.osu.edu/ashtabulalocalfoodmap



Retail and Online Stores



Byler's Community Kitchen

400 Route 193, Jefferson, OH 44047
440-858-2082

Find on Facebook at [Byler's Community Kitchen](#)

Amish bulk food store with fresh baked goods, deli meats and more. Carries local, seasonal vegetables and fruit, local meat, honey and maple syrup.

Summer hours*: Mon, Tues, Thurs, Fri 7:30 am - 6:00 pm;
Wed 10:00 am to 6:00 pm, Sat 7:30 am to 5:00 pm.

*Store is currently for sale, call ahead to confirm hours



Earth's Natural Treasures too...

Mike Coles & Sharon Bezoski
56 S. Broadway, Geneva, OH 44041
440-466-4368 entresures@live.com

Find on the web at earthsnaturaltreasures.com

Offers foods that are fresh, wholesome, and safe to eat, including seasonal produce; honey, maple syrup, locally made items; herbal and whole food vitamins; organic health & beauty products; bulk herbs & spices and local grass-fed meat. Café featuring wraps, soups, and more Sun 10 am - 5 pm, Mon-Wed 10 am to 6 pm, Thurs-Sat 10 am to 7 pm



Harbor Gardens: General Store and Demonstration Kitchen

Sarah Brower and Gallo
1022 Bridge Street, Ashtabula, OH 44004
HarborGardens21@gmail.com

Find on Facebook at [AshtabulaCountyOhio](#)

Find on the web at harborgardens.org

Local food market focusing on food grown and produced in Ashtabula County (and within 100 miles), fresh sourdough bread, cheeses, cottage food items, and hand-made goods. A space to build community around local food. Classes offered on food topics and more! Open Thurs - Mon, 10:00 am to 6:00 pm



Farm Share
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Robinson's Apple Barn

Steve Robinson
5202 State Route 307 East, Geneva, OH 44041
440-466-6780

Find on the web at robinsonapplebarn.com

Family operated farm market specializing in locally grown fruits, vegetables, maple syrup, honey, pies, jams, jellies and more

Mon-Sat 10:00-5:00; Sun 10:00-4:00 (hours may vary in spring). Open year round.



Tony O's Supermarket & Catering

6277 South Main St., North Kingsville, OH 44068
440-224-1809

tonysstore@gwcmail.net

www.tonyssupermarket.com

A locally owned and operated full service grocery store with an award winning deli case. Features local food items when available such as blueberries, garlic, and local honey. Featuring quality fresh meats and on-site butcher

Hours: Monday-Saturday: 8am-7pm

Sunday: 9am-5pm



Friends and Neighbors

Cherry Hill Ecological Farm— West Springfield, Pennsylvania
www.cherryhillecofarm.com

Ginger Gorge Organics— Orwell, Trumbull County, Ohio
[Ginger Gorge Organics LLC | Facebook](#)

The Meadville Market House— Meadville, OH
www.meadvillemarkethouse.org

The Oxe Shoppe— Thompson, Ohio
www.theoxeshoppe.org

Red Basket Farms— Kinsman, Ohio
<https://goodintentionsmarket.com/red-basket-farm>



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Local Meat Butchers / Processors



Cherry Valley Slaughtering & Processing

4345 Piper Road Dorset, Ohio 44032

440-293-7832

Find on Facebook at [Cherry Valley Slaughtering & Processing](#)

Beef, pork, and some lamb

Variety of in-house cured meats

Some meat sourced locally

Open Mon-Fri 8:00 am - 5:00 pm, Sat 8:00 - Noon



Na*Kyrsie Meats

Nate and Kristen Fagnilli

100 Austin Rd. Geneva, OH 44041

440-361-3064 nate@nkmeats.com

Find on the web at [nkmeats.com](#)

Locally raised meats, whole-animal butchery

Artisan style charcuterie and salumi. No form of nitrates, in house ground spices, natural casings.

Open Monday-Friday 10am-5:30pm

Saturday 9am-1pm

Our products are served at many wineries and restaurants in northeast Ohio



Piper Meat Processing

430 North Main Street Andover, 44003

440-293-7170

Find on Facebook at [Piper Meat Processing](#)

Beef, pork, chicken, smoked meats

Some meat sourced locally

Open Mon-Fri, 8:00 am - 5:00 pm; Sat 8:00 am - 1:00 pm



Smokin' T's

1550 Stanhope-Kelloggsville Road Jefferson, OH 44047

440-577-1117 smokint@windstream.net

Find on the web at [smokintsmokehouse.com](#)

Beef, pork, chicken, shrimp, cheese, deer processing

Some meat sourced from own farm and cheese from Mercer, PA

Open Mon-Fri, 9:00 am - 4:00 pm; Sat 9:00 - noon



Trumbull Locker Plant

3393 State Route 534 Rock Creek, 44084

440-474-4631 info@trumbull-locker.com

Find on the web at [trumbull-locker.com](#)

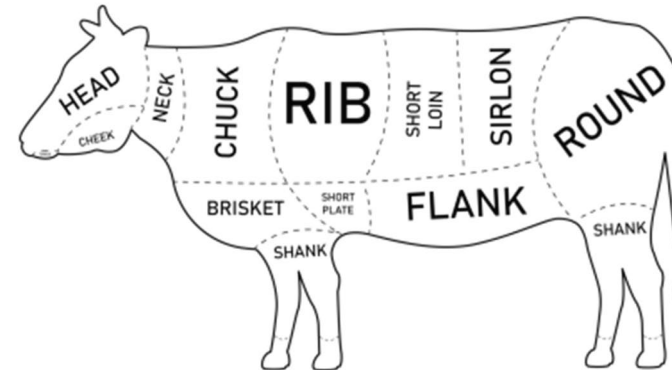
Offering our own Old-Fashioned Hickory Smoked meats since 1947.

Beef, pork, fresh and frozen chicken, deli, grocery, produce, dairy, and beer cave

Complete meat processing and packages available

Some meat sourced locally

Open Mon-Sat 9am-6pm Sunday 9am-5pm



Honey Producers

Many beekeepers sell extra honey from their home. Contact a beekeeper from this list to find honey or check the Farms and Producers section farms offering honey. Farms offering honey will be marked with a yellow box .

James Baker 440-645-0659

Coltman Apiary, Russ Coltman, Conneaut Ohio 440-812-2643

Annie Bee Honey, Anne Hathy 440-563-6538
anniebeehoney.com honey@anniebeehoney.com

Howard Beeman 440-275-3277

Jason Lowe 440-594-1900

Jeff Fenton 440-969-3211; fenton@fsallc.biz

Jeff McCarty 330-553-9447; jmccarty7594@gmail.com

Sandra Morris 440-521-8219

Stefan Persson 765-265-1887; stefanpersson1970@yahoo.com

Roland Quickle 440-576-2855

Sharon's Apiary, Sharon Riccio, Sheffield/Plymouth, 440-576-8818;
sjraccio@yahoo.com



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Ashtabula County Beekeepers Association

Interest in beekeeping and honey production has exploded in Ashtabula County! Many honey producers are members of the Ashtabula County Beekeepers Association, which was founded in 1889. The organization promotes the scientific study of beekeeping, pollination, honey production, marketing and disease control.

Members are active with beginning and advanced beekeeping classes, field days, monthly meetings, informative newsletters, an information table at the Ashtabula County fair, Ag Day graders and more. For more information, find on the web at ashtabulacountybeekeepers.org or on Facebook at: www.facebook.com/AshtabulaCountyBeekeepersAssoc

Cosponsors of the Northeast Ohio Pollinator Symposium.

U-Pick Operations

Farms offering a u-pick. Please check listing for full details.

9th of September	Flowers	pg. 8
Brants	Apples	pg. 11
Blueberry Knoll	Blueberries	pg. 10
Covered Bridge Farms	Concord Grapes	pg. 12
Kiraly's Orchard	Peaches, Apples, Plums	pg. 19
Northridge Blueberries	Blueberries	pg. 23
Rainbow Farms	Fruit and Vegetables	pg. 26
Rock Creek Blueberry	Blueberries	pg. 27
Smith's Fruit Farm	Apples, Pumpkins	pg. 29
Wiese's Pennline Farm	Blueberries	pg. 33



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Restaurants & Wineries



Many independently owned restaurants in Ashtabula county source local meat, products, and produce during the growing season. Ask your chef or server which menu items have been made with local ingredients. Creating demand gives restaurants feedback that eating locally is important to their patrons.

Ashtabula County has wineries producing award-winning wines from the Lake Erie and Grand River Valley growing regions. The following wineries grow at least some of their own grapes:

- Buccia Winery
- Emerine Estates
- Ferrante Winery & Ristorante
- Grand River Cellars Winery & Restaurant
- Harpersfield Vineyard
- Hundley Cellars
- Kosicek Vineyards
- Laurello Vineyards
- Laurentia Vineyard and Winery
- M Cellars
- Markko Vineyard
- South River Vineyard
- The Lakehouse Inn Winery
- Virant Family Winery

To explore local restaurants and wineries on the web, see the Ashtabula County Visitors Bureau at visitashtabulacounty.com

You can participate in their wine pass program here: [Grand River Valley Wine Pass](http://GrandRiverValleyWinePass.com) | [Ashtabula County Visitors Bureau](http://AshtabulaCountyVisitorsBureau.com) (visitashtabulacounty.com)

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Community Gardens



Ashtabula Harbor Community Garden

West 13th & Lake Ave., Ashtabula
Garden plots tended by individuals for growing their own produce
Flora Simmen 440-964-6971



Dorset Community Food Forest Project

The Dorset Community Food Forest is a 7 acre plot at the Dorset Township Community center that mimicks a native forest—growing large fruit and nut trees, fruit bearing shrubs, perennial and annual vegetables along with culinary and medicinal herbs. The food is free to anyone in the community for home use, as well as seeds and cuttings (shrubs with permission) to start your home orchards and food plots. We welcome anyone to participate and to enjoy. Events and progress are published on facebook.com/DorsetFoodForest

Project Director: Donna Devadoss 440-645-8954
donnadvds@yahoo.com
Dorset Community Center
2681 Route 193, Dorset, OH 44032



Jefferson Community Seed-to-Harvest Project Community Garden

Garden plots of fresh vegetables are tended by church members and volunteers. Free seasonal produce available at a roadside stand. Volunteers welcome. Isaac Chappell and Kenneth French 440-624-0102
Jefferson Community Church of God in Christ
1381 State Route 167, Jefferson, OH 44047

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My Neighborhood Collaborative

www.myneighborhoodcollaborative.org

my.neighborhood.collaborative@gmail.com

Find on Facebook at [My.Neighborhood.Collaborative](#)



The mission of My Neighborhood Collaborative “is bringing people and resources together to help revitalize and rebuild a stronger neighborhood where people want to live, work, play and prosper.”

As part of this mission, a large community garden is maintained by volunteers at Clifford Kadon Presidential Park at 5835 Madison Ave. in Ashtabula. The garden produces fresh vegetables available through their markets and Community Supported Agriculture (CSA) program. In addition, garden volunteers can use their work time in the garden to pay for weekly shares.

Resources



Ashtabula County Ag Day

Where does your food come from? Each May all first graders in Ashtabula County discover the answer when they are invited to get up-close with farm animals, crops, fruits and vegetables at the county’s youth agricultural education event called Ag Day.



More than 1000 first graders learn about local food, bees & honey, milk, tomato growing, maple syrup and more from 300 volunteers of agricultural organizations. To learn more about ag day, how to donate, or volunteer, please visit: www.go.osu.edu/agdayashtabula or scan the QR code.



Ashtabula County Community Seed Libraries

Seed Libraries house vegetable, herb, fruit and flower seeds for public use. The aim is to help make healthy food accessible and to build up a community seed stock of locally adapted seeds. Currently seed libraries are located in all of the county’s libraries. Visit <https://redbeetrow.com/seed-libraries> for a full list of locations and information about seed saving.



Ashtabula County Junior Fair Market Animal Sale

Saturday, August 10, 2024 11:00 am

(registration at 10:00 am)

Ashtabula Fairgrounds– in the Show Barn



The Market Animal Sale benefits 4-H and FFA youth who raise beef, pigs, sheep, goats, dairy, rabbits and poultry for their annual projects. They learn animal husbandry skills of proper care and feeding of livestock. Their finished projects are then sold at a live auction with the highest bidder purchasing the animal. The proceeds go to the 4-H or FFA youth who in turn uses this money to pay for project expenses and to further their education.



Ashtabula Local Food

Ashtabula Local Food (ALF) is a clearinghouse for information about local food activity across the county. It is a networking group comprised of individual stakeholders from a wide cross section of the community including local food farmers, local food enthusiasts, educators, activists, farmers market managers, gardeners and more. We meet quarterly to discuss what is happening individually and collectively in local food and discuss projects that would benefit our community. For more information visit our website www.ashtabulalocalfood.org or email us: ashtabulalocalfood@gmail.com



Healthy Ashtabula County

Healthy Ashtabula County is our County’s community health improvement process. It is an ongoing effort that brings together County government agencies, County hospital systems, minority health programs/initiatives, advocacy groups, academic institutions, community-based service providers, and other stakeholders to achieve optimal health and well-being for all Ashtabula County residents. They focus on three areas: Obesity, Access to Care, and Depression & Anxiety Prevention and Treatment. You can read more and access resources including recipes on their website: www.healthyashtabulacounty.com



Healthy Roots Community

Healthy Roots is a new 501 c 3 non-profit whose purpose “is to promote a resilient local food system by supporting local farms, encouraging new farmers, and increasing access to local food and farm products. This organization will also work together to address food equity, community education, and promote community health.” Contact: healthyrootscommunity@gmail.com



Northeast Ohio Pollinator Society (NEOPS)

NEOPS is a non-profit organization started by the Ashtabula County Beekeepers Association, Ashtabula County Master Gardeners, Ashtabula OSU Extension and Ashtabula SWCD. The organization’s goal is to educate the public about the critical role pollinators play in our food system and how individuals can assist in building up pollinator numbers by adding habitat. They do this through a winter webinar series and a summer pollinator festival. More information can be found at www.go.osu.edu/neops or Contact: Suzanne Westlake 440-576-4946



The Ohio State University Extension

The Extension is a statewide outreach and research arm of The Ohio State University (OSU). It brings knowledge and resources developed at OSU to local communities across Ohio. It focuses on a wide range of areas including agriculture, natural resources, family and consumer sciences, community development, and youth development. The Extension provides educational programs, workshops, publications, and other resources to help Ohioans solve problems, develop skills, and build a better future. 440-576-9008



The Ohio State University Master Gardener Volunteers of Ashtabula County

Master Gardeners conduct a Hotline during the growing season to answer home gardening questions. For 2022 the Hotline is staffed on Monday from 9:00 am to noon and Thursday from 1:00 pm to 4:00 pm. Contact the Hotline by calling the OSU Extension office at 440-576-9008 or visiting the office at 39 Wall St. in Jefferson.

Find on Facebook at

[Ashtabula County Master Gardeners](#)



Promoting Local Food in Ashtabula County

The Ashtabula County District Library (ACDL) sponsored webinars in 2021 to promote local food. The programs were recorded and are available through ACDL's YouTube channel:

[Let's Eat Locally Together!](#) by Julie Wayman, Local Food Coordinator at OSU Extension, and Meghan Davis

[From Pasture to Plate - Purchasing Meat Directly from Local Producers and Processors](#) by Julie Wayman and Mandy Orahoad, Ohio Farm Bureau

To find these programs, go to YouTube.com and search for Ashtabula County District Library. Click on the videos tab and look for the *Let's Eat Local Ashtabula* videos.

Eat with the seasons by purchasing local food at these peak times.

	J	F	M	A	M	J	J	A	S	O	N
Apples											
Apricots											
Asparagus											
Beans (green, wax, purple)											
Beets											
Berries (raspberry, blackberry)											
Blueberries											
Broccoli											
Brussels Sprouts											
Cabbage											
Carrots											
Cauliflower											
Celery											
Cherries											
Collards											
Corn (sweet)											
Cucumbers (slicing, pickling)											
Eggplants											
Garlic											
Garlic Scapes											
Grapes (Concord)											
Kale											
Leeks											
Lettuce											
Melons											
Onions											
Onions, Green											
Parsnips											
Peas											
Peaches											
Pears											
Peppers											
Plums											
Potatoes											
Pumpkins											
Radishes											
Rhubarb											
Spinach											
Squash, Summer (zucchini, yellow)											
Squash, Winter (butternut, acorn)											
Strawberries											
Sweet Potatoes											
Swiss Chard											
Tomatillos											
Tomatoes											

* All times subject to change based on weather.

Choices we have made

- We chose to continue to print copies- this is due to aging population and a number of seniors still not accessing online materials
- We do not allow advertisements
- We do not charge farmers to be listed
- We do not charge for the guide since it is printed with public funds- donations are accepted as desired
- Kept our team intentionally small to limit community wrangling over design, distribution, etc.

Changes over time

- Deleted home bakeries
- Updated cover format- this year featured a photo contest
- Added icons- Agritourism, organic, veteran owned
- Added a Friends & Neighbors section
- Listed Agritourism operations
- New this year- Added flower farms due to their contribution to farmers markets
- Future plans- a more robust digital version and enhanced layout & design

Steps to Creating a Food Guide in Your Community

Steps to Creating a Food Guide

1. Form a Committee

Possible Partners: Local Food Council members, Master Gardener Volunteers, Hospitals, County Health Departments, Non-Profits, Farm Advocacy Organizations, Employers, etc.



Published in conjunction with the Ashtabula Local Food Network
With funding from the County Commissioners for printing

Steps to Creating a Food Guide

2. Decide on your process and criteria for inclusion

Decisions will need to be made around project parameters and how data will be gathered, stored, and shared.

- What geographic area will you cover?
- Will you list bakeries, restaurants?
- Will you require a farm visit?
- Will there be a cost to farmers? To customers?
- Will you sell advertising?
- Who owns the data?

Steps to Creating a Food Guide

3. Find Funding

Possible Sources- program funds, county commissioners, local foundations, private donations, hospitals, farmers markets, non-profits, etc.

Description: ASHTABULA COUNTY FOOD GUIDE 2022 -2023

Components:

Description	No Of Pages	Color Side 1/Color Side 2	Paper	Paper Color	Trim Size
FOOD GUIDE	44	4 / 4	FSC 80# Gloss Text	WHITE	5.5 by 8.5

Notes: 44PG SELF COVER, 5.5 X 8.5, FULL COLOR, SADDLESTITCH

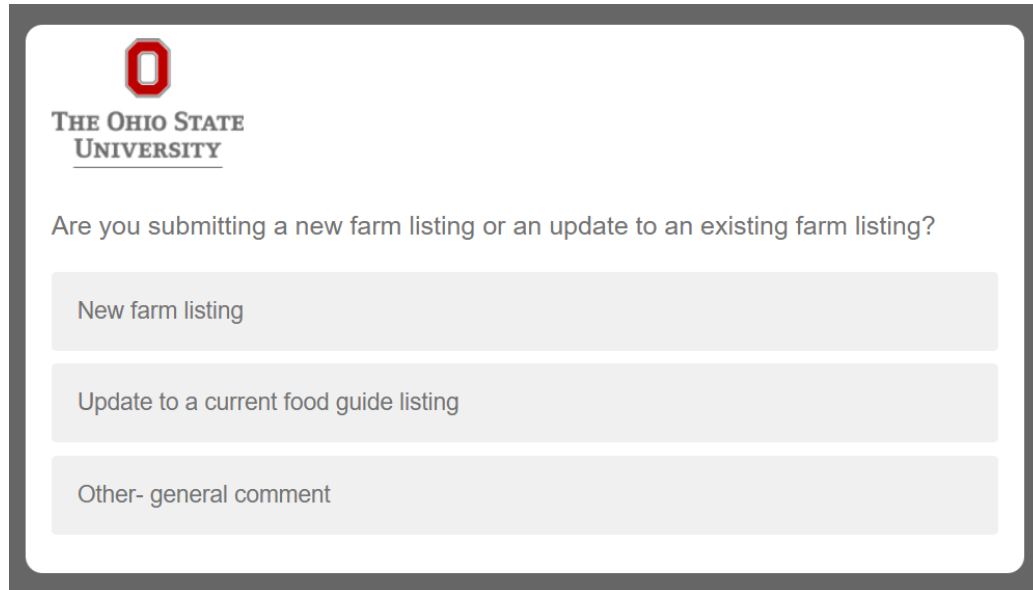
Quantity:

Quantity	Price
500	\$1,302.07
750	\$1,512.05
1,000	\$1,636.80
1,500	\$1,803.97

Steps to Creating a Food Guide

4. Gather Your Data

Find farms through farmers markets, word of mouth, farm signs, web searches, social media, etc. Call to confirm their information.

A screenshot of a web form from The Ohio State University. The form has a white background with a grey border. At the top left is the OSU logo (a red 'O' with a white 'S' inside) and the text 'THE OHIO STATE UNIVERSITY' in a serif font. Below the logo is the question 'Are you submitting a new farm listing or an update to an existing farm listing?'. There are three light grey rectangular buttons stacked vertically. The first button is labeled 'New farm listing', the second 'Update to a current food guide listing', and the third 'Other- general comment'.

Steps to Creating a Food Guide

5. Layout & Design

- Beware! This can be the most time-consuming task.
- Hire a designer if no one on the team has design skills.
- Consider the role technology will play and whether you will be publishing this data online as well.

Steps to Creating a Food Guide

6. Publish and Distribute

Make a marketing plan to share info broadly. Possible locations to distribute:

Farms, Farmers Markets, Farm Stands

Public Libraries

Extension Office

Meat Processors/ Butchers

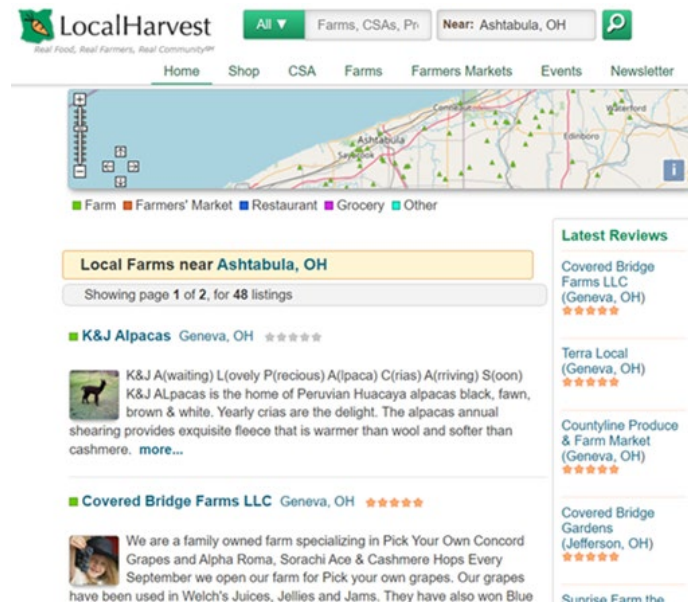
Local retailers, chiropractors, yoga studios

YMCA or other gyms

Steps to Creating a Food Guide

7. Update Annually

This can be challenging so please consider your timeline and process for this at the start.



The Value of the Food Guide


Serves as an Educational Resource for Others

- Natural Resources Conservation Service Professionals
- Other Ag Related Professionals including new Extension Educators
- New businesses wanting to source local products
- Local Foodies and farmers market fans
- **County Commissioners** and Other Government Officials
- Outreach and Education tool at community events
- Calling card to farms
- Realtors
- Librarians
- Health promotion coalitions, organizations, doctors, chiro., and coaches
- **Helps researchers** connect with local farms


Greater accuracy than online listings




Local Food : Rating ▾ Cuisine ▾ Price ▾



Kardohely's Family Restaurant
4.3 ★★★★★ (730) · \$ · Family-friendly
8.5 mi · 1730 W Prospect Rd
Dine-in · Drive-through · No delivery



Lunch Box
4.5 ★★★★★ (167) · \$ · Diner
8.4 mi · 1837 E 51st St
Dine-in · Curbside pickup · No-contact delivery



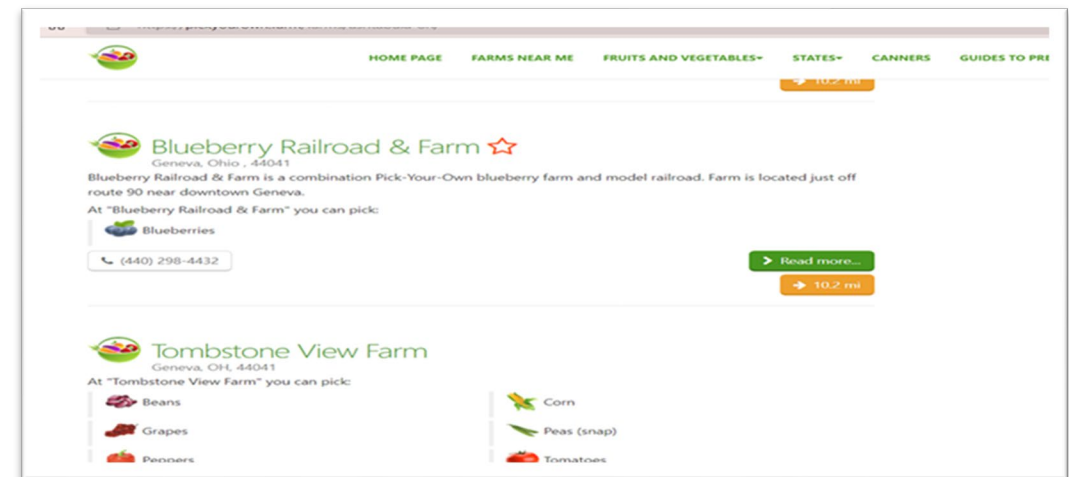
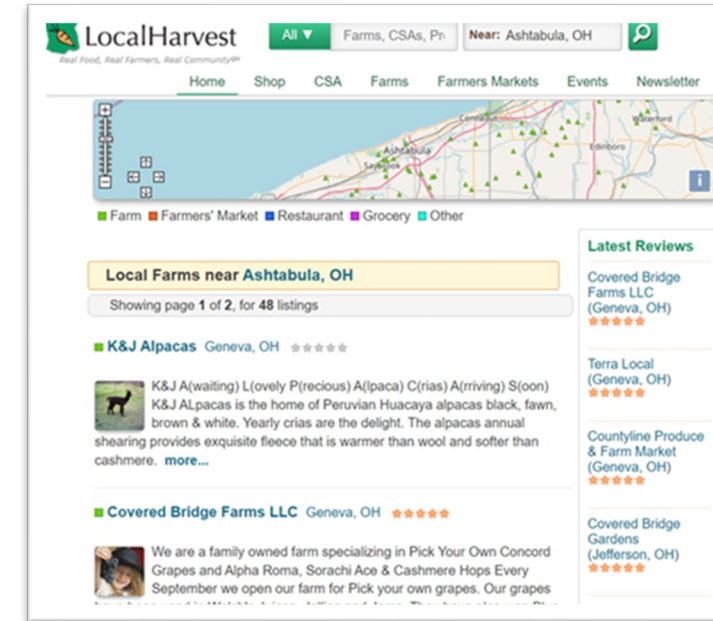
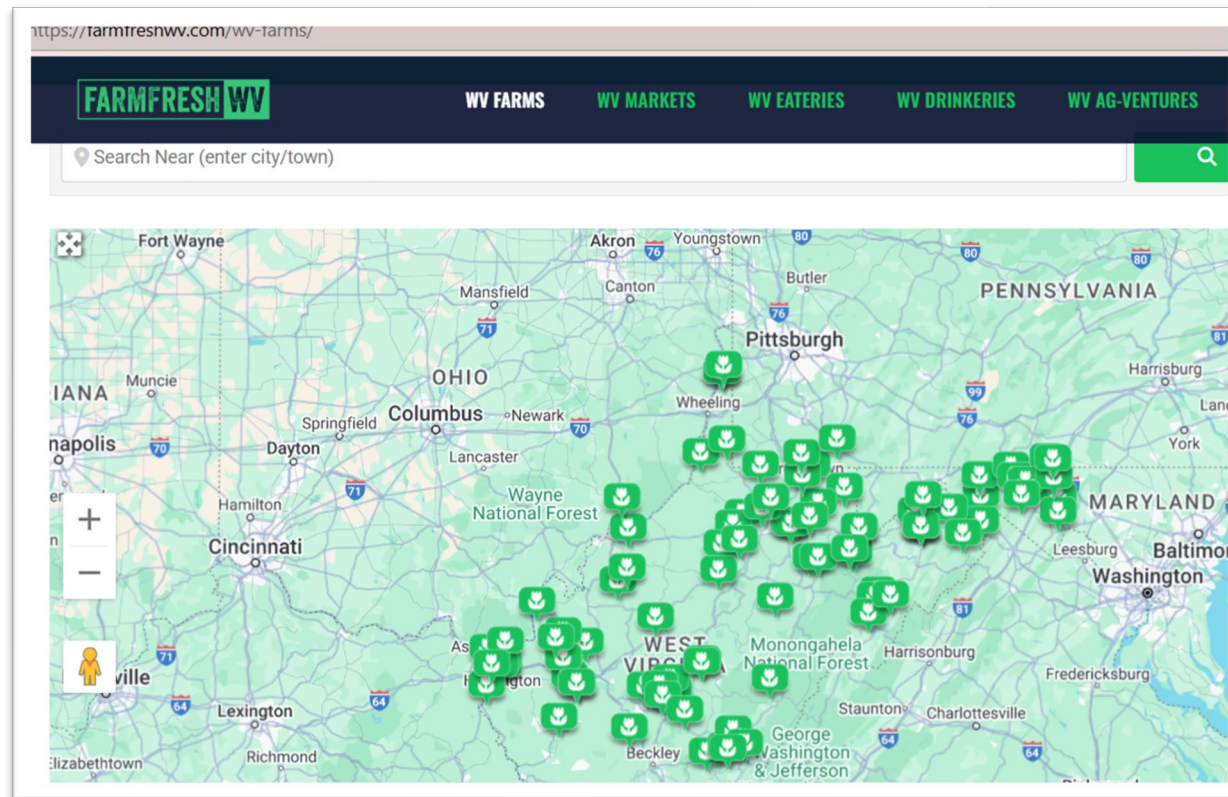
Becker's Restaurant
4.5 ★★★★★ (458) · \$ · Restaurant
8.5 mi · 1601 W Prospect Rd
Dine-in · Takeout · No delivery

Websites that aggregate data

www.localharvest.org

www.pickyourown.org

<https://farmfreshwv.com/wv-farms/> WV = 60ish farms?





Promotes community good will towards agriculture

Point of community pride to be listed

Strengthens the concept of a local food community- builds the network

“

Subject: Thank You for your Excellent work

3-3-22

Hello Ladies, Megahan, Kathy , Ann, Julie,

May I first most graciously **complement you all** on excellent work on the compilation of the Ashtabula Local Food Guide 2021 – 2022 5 th addition. I spent at least an hour looking down thru it. My how things have changed since we first entered into the local food production here on our farm. I was totally surprised at how many of the listings folks I know. from my past marketing experience from [REDACTED] Farm over the past 53 years of our existence here on [REDACTED] Rd. What a treasure you have provided. I printed out all 43 pages for our home reference. As M [REDACTED] and I move into our late 70's we mostly are only able to providing for ourselves and family members. We certainly have down sized from our Organic vegetable production. However we still do a very small farm stand in the front yard as the season permits. What a joy to see how many folks have chosen to do things sustainably & organically. "Live Food – Live People " for sure from my past readings somewhere.

”



Roadmap to Local Food: How to Find & Buy Food From Farms in Ashtabula Co.

DATE:

May 9th, 2 P.M.

LOCATION

Iten Defense



**THE OHIO STATE
UNIVERSITY**
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Join us for this interactive program from OSU Extension Educator, Julie Wayman. Class participants will learn about the farms in Ashtabula County, where to find farmers' markets & how to buy local food on a budget. All attendees will receive a free copy of the Ashtabula County Local Food Guide and will have the opportunity to create their own Roadmap to Local Food.

Consumer Education

- Let's Eat Locally!
- Roadmap to Local Food
- How to Have a Local Thanksgiving



Promotes a Circular Economy

Keeping money in the community!



Do you want to start a food guide?

Questions to Consider

- Will you have a team of people helping at all phases?
- Does someone have layout skills, or will you contract for that piece?
- Where will the information be stored- how will it be shared amongst team?
- How will you pay for the printing costs?
- Will you have an online version? If so, how will it be accomplished?
- Who will maintain it?

Resources

Other food guides or similar publications

Farmers' Market Flip Book

<https://digital.pghmag.com/de/2022/FarmToTable2022/>

Central Ohio River Valley

<https://www.eatlocalcorv.org/>

Ohio State Resource Page

<https://localfoods.osu.edu/resources/ohio-local-food-directories>

Julie Wayman

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(440) 576-9008

I would appreciate your feedback on this presentation →

Please email me your address if you would like to receive a copy of the 2025 local food guide when it is published.

