GROWING CLOSER
A guide to local food in Butler County, Ohio

Created by the Rural Butler County Group of the Wilks Scholars at Miami University
GROWING CLOSER
A GUIDE TO LOCAL FOODS AND FARMERS’ MARKETS
IN BUTLER COUNTY, OHIO

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In collaboration with the Harry T. Wilks Leadership Institute

“THINKING GLOBALLY, ACTING LOCALLY”

The photos in this book were taken by the students and professors, unless otherwise noted on page 70.

For more information, visit our website:
http://www.wilksfood.googlepages.com

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Cover Photo: In Memory of Don Schwab, enthusiastic local farmer, vendor, and community member, who died Jan. 23, 2008. We will endeavor to carry your pumpkins forward.
This food guide was created through the collaborative efforts of a group of Miami University students, faculty, farmers’ market vendors, and greater Southwest Ohio community members.

The students involved were in a two-year undergraduate program in Miami’s American Studies department and supported by the Harry T. Wilks Leadership Institute.

The program promotes civic learning, community engagement, partnership, and leadership in southwestern Ohio.

Through research on local agriculture and rural heritage, our goal was to promote local, healthy, and sustainable food practices in the area.

This food guide informs Butler County citizens about the benefits and importance of eating locally-grown food and provides information to make eating more local food easy and simple.

There are eight sections which answer the who, what, when, where, and why of local foods.

The first section “Why Buy Local?” demonstrates the social and environmental importance of purchasing foods locally.

Next, a section will help you find local foods through descriptions of farmers’ markets in Butler County, specifically in Oxford and Hamilton, Ohio.

Section three will discuss the seasonality – when different foods grow here in Ohio.

Section four has profiles of area farmers who sell at the markets in Butler County. We hope these brief stories help consumers better connect with our local food system.
And what can you do with your local food once you bought it? The next section contains recipes, recommended by community members, which provide tasty suggestions on how to enjoy your local foods.

The last two sections of the guide can help make you a food producer too. The food preservation section contains initial tips on how to can and freeze foods to make them available all year long.

The gardening section outlines how you can start your own garden and has great suggestions including how to prepare the soil, handle pests, and compost.

It is our hope that after reading this guide you will become more involved with the local food system and the community that supports it.
**Whittney Barth** is a comparative religion and American studies major interested in the intersection of religion, politics, and environmental sustainability. She plans to attend Harvard Divinity School to pursue a career promoting inter-religious peace-building.

**Katherine Croft** is a political science major and American studies minor. Upon graduation, she hopes to return to Buffalo, NY to continue her education and tackle urban social issues there.

**Josh Dahn** is a senior American studies and philosophy major from Westerville, Ohio. He will be moving to Las Vegas, Nev. to teach elementary school as part of Teach For America.

**Heather Hillenbrand** is a junior anthropology major with minors in American studies and geology. She grew up in a farming town east of Cleveland, Ohio.

**Ben Menker** is a junior political science major from Westerville, Ohio. He is a member of Kappa Kappa Psi, plays tuba in the marching band and athletic band, and sings in the Men’s Glee Club. Ben hopes to attend law school after graduating from Miami.

**John Obrycki** is an environmental studies and history major. He is interested in the development and maintenance of vibrant, locally-based food systems and will pursue this interest after graduating.

**Jennifer Woolum** is a junior public administration major from Hamilton, Ohio. Her personal interest in the local foods effort has derived from her life growing up working in gardens and producing food with her family.
THANK YOU TO OUR PROFESSORS:
Thomas Klak is a professor of geography at Miami University. His interests include sustainability, local food movements, and native habitat restoration and protection. He works both in Ohio and in the Caribbean country of Dominica.
Charles Stevens is a lecturer in international studies and American studies at Miami University. His interests include sustainable agricultural production in the tropics and Midwestern United States.

THANK YOU TO THE FOLLOWING COMMUNITY PARTNERS:
Daryl Baldwin          Harv Roehling
Karen Baldwin          Pat Roehling
Debra Bowles           Ruth Shaefer
Linda Corson           Tony Shaefer
Scott Downing          Bob Sherwin
Don Eberwine           Larry Slocum
Dale Filbrun           Jane Stripple
Eugene Goodman         Bernadette Unger
Lucy Goodman           Phil Wendel
Paula Green            Susann Wendel
Sarah James            Harry T. Wilks
Nick Longo             Houston Wiseman
Suzie Marcum
Why Buy Locally?

From the health of our planet to the health of our community to the health of you and your family, eating locally is crucial for the future. When you buy your food locally, you help to build a strong, vibrant community which you can be proud. You have a personal investment in the success of your local economy and a personal connection to the food your family consumes every day. These invaluable factors have slowly fallen by the wayside in our modernizing, globalizing society. It is time to reclaim them for ourselves, our families and our communities.

Wilks Food Guide students Jenn Woolum, Josh Dahn and Whittney Barth organize a taste test between local and industrial eggs. The local foods were judged much more tasty.
Think Globally, Eat Locally

Most produce sold in the United States travels for as long as two weeks and across hundreds—often even thousands—of miles before reaching the shelf of your local supermarket.¹ This distance traveled is often called “food miles” and is one indicator of the true cost of our modern food system. Studies reveal the average plate of food in the US travelled 1,300 miles to reach you.² Trucks hauling our food to us from across the country and around the world, use countless gallons of gasoline and release tons of carbon dioxide into the atmosphere every day of the year. As the price of gasoline continues to rise, supermarkets will pass the rising shipping costs on to the customer and food prices will increase. Also, as more people become more environmentally aware, it becomes increasingly clear that our modern food system is not sustainable if we want to preserve the health of our planet.

Not only does the shipping of our food itself pose problems for the environment, but the very methods used by many large industrial farms, namely the use of petroleum-based fertilizers and pesticides, add to the threat to the environment and our dependency on petroleum. Additionally, the large quantity of paper and plastic products used to process, package, and store food on its long journey to the supermarket shelf contributes significantly to landfills across the country.

To top it all off, the current food system is in large part counterintuitive and wasteful. A supermarket may sell apples from the other end of the country while the orchard down the street is shipping its apples someplace else. If local farmers did want to sell produce to a local grocery store, they would likely have to drive many miles away to a distribution center so that the food could be driven back along the same route to the local grocery. The illogic of our current food system is not merely frustrating, but also dangerous to our planet. However, there are many other, more personal reasons to consider buying your food from local producers.

¹ FoodRoutes Network; www.foodroutes.org
A Self-sustaining Community

Over the past several decades, the proportion of the United States population that lives on a small farm has been in steady decline. By buying locally-grown foods, you can help make small farms in our area profitable so that local farmers can continue to work on their land. Not only will this benefit the farmers directly, but everyone in the community can enjoy the simple beauty of the open countryside rather than the monotony of housing developments and shopping centers. The open spaces of rural communities are an integral part of the rural heritage that has been fading from our nation, particularly in southwestern Ohio. Butler County alone has lost more than 20,000 acres of farmland during the past 20 years.

By buying locally, you also help your local economy to prosper. A local economy that relies on good from outside is a dependent and weak economy that cannot provide for the needs of the community. However, when members of a community support one another—by buying food from local farmers, for example—the local economy will grow to be healthy and more self-sustaining. While the local economy thrives, so will the social relationships that build a vibrant community. We all want to live in prosperous, vibrant communities, and buying locally-grown foods is one way to make this happen.

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Local Food for Local Families

Perhaps the most important part of our lives is our family. How can we not be concerned about the food our family members consume every day? When you buy food from local producers, you not only know where your food was grown, but you know personally who that produced it, from planting the seeds to picking the fruit. Local farmers have a relationship with the land they own. They not only care about selling their produce, but also about feeding the members of their community.

When you buy locally, you buy food that has not spent days or weeks on a truck, ship, or airplane while traveling across the country or around the world to reach the nearest supermarket. Therefore, produce can be picked at the peak of ripeness rather than being picked early and forced to ripen in a crate on a refrigerated truck. When allowed to ripen on the plant, produce has a much richer flavor and arguably many more nutrients which may be lost during transport. In addition, food that spends such a brief time between the farm and your kitchen does not need to be treated with many preservatives or other chemicals in order to artificially extend its shelf life, nor will the food have as much opportunity to spoil or rot.

Another advantage is that, especially with meat, small-scale processing decreases the risk of food-borne illness. When you buy a pound of ground beef from a conventional producer, you may get a mixture of meat from multiple cows, but when you buy from a local farmer, you are getting your meat from only one animal. Likewise, when you buy produce, you will not buy a mixture of leafy greens gathered from across a large region. When all of your meat and produce comes from the same source, ensuring the quality and safety of your food becomes a much easier task.

\[1\] FoodRoutes Network; www.foodroutes.org
The Value of Eating Locally

We believe that buying locally-grown foods is good for the entire world, your community, and, most importantly, your family. While it may seem local foods are too expensive, it is important to weigh all factors into your calculations. While you may pay a bit more per pound for local meats, you can feel secure in the knowledge that it is safe to eat.

When you buy produce, you know that it is free of the harmful chemicals used by many large industrial farms. Moreover, local foods just taste better. When you take all of these factors into account, you realize that local foods are ultimately less expensive than what you would buy at the supermarket. Many people have come to this realization already, as researchers at The Ohio State University found in a 2004 survey. They discovered that half of Ohio respondents indicated a willingness to pay at least 10 percent more for locally produced foods.¹

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In October 2007, we hosted a local foods dinner, in conjunction with MOON (Miami-Oxford Organic Network) and OEFFA’s (Ohio Ecological Food and Farm Association) at the Harvest Moon Festival in uptown park.

To promote the use of local foods, we created a dinner made with all local foods. The United Methodist Church was kind enough to allow us to have our dinner there.

More than 100 community members joined us for a delicious meal and great conversation.
As students at Miami University and residents of Oxford, Ohio, we were interested in the farmers’ markets in Butler County. While we recognize there are many great outlets for local food in southwest Ohio, the local markets are the most diverse and accessible for the local community member. What follows is a collection of dates, times, events, and narratives highlighting the markets and their contributions to local foods and communities. Two other markets in Butler County are located in West Chester and Middletown.

Hamilton Farmers’ Farm Market .... Page 15
Original Talawanda Farm Market ... Page 16
Oxford Farmers Market Uptown ..... Page 17
Produce Directory ........................... Page 18
Hamilton’s Farmers’ Market

LOCATION: Hamilton, Ohio
Around Courthouse

SCHEDULE: Begins last Saturday in May and runs until vendors run out of produce.
Saturdays 7 a.m. to noon
Live music 9 to 11 a.m.

The Hamilton market has existed since the late 1880s. It closed shortly after World War II ended, but began again in the late 1950s. After years of nominal interest, the market went through another period of rejuvenation 12 years ago while under the leadership of Hamilton resident Fritz Baker.

When Mr. Baker died, the market languished again. The market began to prosper once more after Bob Sherwin, a trustee of Historic Hamilton, became the new market manager.

Under his leadership, the market began to increase advertisements, the number of vendors, and consequently the number of shoppers. Sherwin noted that collaboration between the market and local businessmen in the area has contributed to this prosperity; their most notable venture is the sponsoring of live music at the market on Saturday mornings from 9 to 11 a.m. Live music has galvanized the crowd, Sherwin said, by helping to create a fun, lively atmosphere.

The farmers’ market has become an important fixture of the Hamilton community. The market “means the opportunity to have access to fresh produce and sustain a long-standing tradition,” Sherwin said. The Hamilton Farmers Market sells many items, including homegrown flowers, fruits, vegetables, jams and jellies, honey, as well as “Hamilton Market” hats, visors, and aprons.
The farmers market was started in 1976 at the Oxford YMCA building and was closely intertwined with Miami University. While working at Miami’s Shriver Center, Sarah James met a student who was interested in starting a farmers market. So, she and a group of community members got together and made it happen as a way to support local agriculture and local people. The market was previously located uptown Oxford, as well as at Stewart School.

Since 2004, the market is at Talawanda High School. The 25 to 30 growers come from within the Talawanda School District. Not all vendors are there every week, depending on the season for their crops. James, the early market starter and manager, said “there’s always something to come for” at the market. The market is a great place to meet others and talk, she said. “It’s a gathering.”
LOCATION: Oxford, Ohio
Parking lot at Main & High streets

SCHEDULE: (year round)
Summer Market
(May through October)
Saturdays 7:30 to 11:30 a.m.
Tuesday Mini-Market
4 to 7 p.m.
Winter Market (November through April)
third Saturday each month
9:30 a.m. to noon.

Like its location in the heart of uptown Oxford, the Oxford Farmers Market Uptown (OFMU) has become an important part of the heart of this community. The market is host to many farmers and local producers who bring fresh fruit, vegetables, meats, cheeses, flowers, bread, and other items each week for market-goers to purchase. While many of the producers and customers live outside of Oxford, market manager Larry Slocum recently wrote in a letter that this year the market is planning an advertising campaign to include a wider geographical area for vendors.

Last year, they had dedicated customers from Richmond, Liberty and Brookville, Ind. to West Hamilton County and Mason, Ohio. “People want to ‘shake the hand that feeds them’ and are willing to drive the extra miles to do just that” he said. The market is also currently planning special events and cooking demos and their new “Sprouts” program, an initiative to involve children in the community and become Friends of the Market.

The most important job of the OFMU Council, the board that directs the market, is to provide an exciting marketplace to facilitate interaction between customers and vendors. Slocum relayed this story: “As one customer told me, ‘I have to force myself to go home on market day or I won’t get anything done other than shopping and visiting with my friends.’”
Below is a list of vendors, their location and the market where they sell their products:

Kenneth Boyd
Boyd Brothers Gardens
Oxford Uptown
Lettuce, broccoli

John W. Brown
Brown Farms and Farm Market
Hamilton
Sweet corn, peppers, cucumbers

Jim and Linda Corson
Cedar House Gardens
Oxford Talawanda
Asparagus, onions, cucumbers

Scott Downing
Downing Fruit Farm
Oxford Uptown
Sweet corn, pumpkins, beans

Don Eberwine
Oxford Talawanda
Onions, radishes, cucumbers

Mike and Marilyn Egbert
M + M Farms: Oxford, Talawanda
Summer/winter squash, tomatoes, cabbage

Roger Fields
Uncle Rog’s Produce
Hamilton
Tomatoes, lettuce, cabbage

Lucy and Eugene Goodman
Boulder Belt Eco-farm
Oxford Uptown
Greens

Sam and Virginia Longmire
Family Gardens
Hamilton
Tomatoes, okra

Suzie and Brent Marcum
Salem Road Farms
Oxford Uptown
Vegetables

Susan Miller
Miller’s Market
Hamilton
Tomatoes and other vegetables

Donna Jean Mull
The Garden Spot
Oxford Uptown
Cabbage, okra, spinach

Bob Rauen
Rauen Honey Farm
Oxford Talawanda
Garden vegetables

Harv Roehling
Locust Run Farm
Oxford Uptown
Lettuce, greens, carrots

Linda and Houston of
Talawanda Farmer’s Market
Oxford Talawanda
Potatoes, green onions, corn
Kenneth Boyd
Boyd Brothers Gardens
Oxford Uptown
Red raspberries, blackberries

John W. Brown
Brown Farms and Farm Market
Hamilton
Pumpkins, watermelon, cantaloupe

Jim and Linda Corson
Cedar House Gardens
Oxford Talawanda
Red raspberries, grapes, apples

Scott Downing
Downing Fruit Farm
Oxford Uptown
Apples, plums, peaches

Don Eberwine
Oxford Talawanda
Strawberries, raspberries

Mike and Marilyn Egbert
M + M Farms
Oxford Talawanda
Strawberries, pumpkins

Roger Fields
Uncle Rog’s Produce
Hamilton
Pumpkins, apples

Lucy and Eugene Goodman
Boulder Belt Eco-farm
Oxford Uptown
Strawberries, blackberries, watermelon

Sam and Virginia Longmire
“Family Gardens”
Hamilton
Strawberries, pumpkins

Donna Jean Mull
The Garden Spot
Oxford Uptown
Blackberries, strawberries, pumpkins

Bob Rauen
Rauen Honey Farm
Oxford Talawanda
Blackberries

Linda and Houston of
Talawanda Farmer’s Market
Oxford Talawanda
Melons, peaches
Black-eyed Susans are easily-grown, locally-native wildflowers that attract pollinating insects.
Eggs & Cheese

Mike and Marilyn Egbert
M + M Farms
Oxford Talawanda
Eggs

Dale Filbrun
Morning Sun Farm
Oxford Uptown
Eggs

Suzie and Brent Marcum
Salem Road Farms
Oxford Uptown
Brown eggs

Donna Jean Mull
The Garden Spot
Oxford Uptown
Eggs

Debra Bowles
Aristry Farm
Oxford Uptown
Duck eggs, goat cheese

Meats

Mike and Marilyn Egbert
M + M Farms
Oxford Talawanda

Robert K. Harris
Robert K. Harris Farm
Oxford Talawanda

Dale Filbrun
Morning Sun Farm
Chicken, turkey, and pork
Oxford Uptown

Tony or Ruth Schaefer
Schaefer’s Meats
Oxford Talawanda

Lucy and Eugene Goodman
Boulder Belt Eco-farm
Oxford Farmer’s Market

Eggs from local, free-range chickens come in all sizes and colors, and usually have deep yellow yokes. Raising backyard chickens is not difficult and contributes to local food sustainability.
Meet some of the farmers from the markets. These listings were provided by the vendors following a letter survey sent out by the Rural Butler County Group of the Wilks Thinking Locally, Acting Globally think tank. These listings are not comprehensive, but are meant to provide a general listing of some of the vendors at the markets and the produce available. If you are a producer and would like to be listed, please email wilksfood@gmail.com.

In the listing, the following seasons refer to these ranges of months:
Spring – March through June
Summer – late June through September
Fall – late September through December
Winter – late December through March
Hamilton’s Farmers Market

JOHN W. BROWN
BROWN FARMS AND FARM MARKET
Ross, OH
513-738-0409
513-200-5568
Summer: Sweet corn, cantaloupes, watermelon, tomatoes, beans, peppers, cucumbers
Fall: Pumpkins, winter squash

ROGER FIELDS
UNCLE ROG’S PRODUCE
681 Pyramid Hill Blvd
Hamilton, OH 45013
513-893-3152
From Spring until frost: Tomatoes (red, yellow, and orange), green beans (pole, string, half runners, and greasy), peppers (hot and mild all varieties), cabbage, lettuce, sweet corn, sweet potatoes, green onions, dried onions, okra, squash
Fall: Pumpkins, gourds of all kinds, apples
Also: Flowers from Mother’s Day until fall

SAM AND VIRGINIA LONGMIRE FAMILY GARDENS
5767 Kennel Rd
Trenton, OH 45067
513-988-6130
Spring: Strawberries
Summer: Tomatoes, sunflowers, okra
Fall: Pumpkins

MILLER’S MARKET
513-266-5097
Contact: Susan Miller
Tomatoes and miscellaneous other veggies from July until frost
JIM AND LINDA CORSON
CEDAR HOUSE GARDENS
4983 Stillwell Road
Oxford, OH 45056

Spring: Green onions, radishes, asparagus (purple, green), lettuce (several varieties), kale, Swiss chard, peas, beets/beet greens, garlic scapes, red raspberries, rhubarb, cherries
Summer: Okra (three varieties), cucumbers (six varieties), potatoes (three varieties), hard-neck garlic (two varieties), summer squash (six varieties), green/yellow/purple/pole/greasy beans, peppers (sweet/hot (11 varieties), eggplant (11 varieties), leeks, tomatoes (21 varieties), cabbage (three varieties), cucuzzi, onions (three varieties), carrots, melons (three varieties), blackberries, currants, raspberries (red, yellow, purple), grapes, elderberries
Fall: Okra, potatoes, garlic, beans, peppers, beets, eggplant, leeks, tomatoes, cabbage, cucuzzi, kale, swiss chard, winter squash, plums, red raspberries, apples
Also: Canned goods, plants, and cut flowers

DON EBERWINE
4200 Nichols Rd
Oxford, OH 45056
513-523-6849
Spring: Onions, radishes, strawberries
Summer: Cucumbers, tomatoes, peppers, potatoes, raspberries
Fall: Gourds, pumpkins

See story of the Eberwine Farm on page 59
MIKE AND MARILYN EGBERT
M + M FARMS
7548 Springfield Rd
Oxford OH, 45056
513-756-9332
Eggs, freezer beef one-fourth or one-half or by the whole steer, (usual turn-around time when available: two months lead time to go to processor, two weeks for processing. No antibiotics and no growth hormones, raised the old fashioned way on pasture and some grain.)

**Spring:** Strawberries (late spring)
**Summer:** Potatoes, Summer and Winter Squash, String beans, pepper, tomatoes, sweet corn
**Fall:** Pumpkins, gourds, cabbage

See Sarah's bread recipe on page 38

SARAH K JAMES
3240 Oxford Street
Oxford, OH 45056
**Spring, Summer, Fall:** Baked breads

See story of the Schaefer farm on page 63

BOB RAUEN
RAUEN HONEY FARM
6651 Imhoff Road
Oxford, OH 45056
513-523-3213
**Seasonally:** Garden vegetables, blackberries, herbs, rhubarb
**All Year:** Local honey and beeswax, canned goods (like salsa) and vegetable drink

TONY OR RUTH SCHAEFER
SCHAEFER’S MEATS
513-726-5307
All natural (no hormones/antibiotics) beef, lamb, pork, and poultry. Meat available year round.
WILLIAM SOIKA
37770 Kehr Road
Oxford, OH 45056
513-523-4233
Flowers, canna and dahlia tubers, Peruvian daffodils, also fruit
trees and berry bushes (when available)

P + S WENDEL FARMS
Philip and Susan Wendel, owners
8134 N. State Line Road
Brookville, IN 47012
812-775-9051
http://www.wendelfarms.com/
Mums, corn maize, u-pick pumpkin patch, gourds, squash, fall
decorations

LINDA AND HOUSTON OF WISEMAN FARM
TALAWANDA FARM MARKET
From May 3 till Nov. 1 of 2008
At home: July 1 till Nov. 1 of 2008
At 7247 Brookville Rd.
Oxford, OH
513-523-1691
Large amount by orders, corn, tomatoes,
potatoes, green onions, melons, peaches,
variety of other products.

OXFORD FARMER’S MARKET

KAREN AND DARYL BALDWIN
TAPAHSIA FARM
1081 Scratch Gravel Rd.
Liberty, IN 47353
765-458-0952
Email: tapaahsiafarm@verizon.net

Spring and Summer: Potted herbs, organically grown, Native
Prairie Plants, organically grown including wildflowers and prairie
grasses
All Year: Handmade natural soaps, lotions, and creams.

See the story of
P + S Wendel
Farm on page 66

See the story of
Wiseman Farm
on page 68

See the story of
Tapaahsia Farm
on page 64
Debra Bowles
Aristry Farm
7704 Stillwell Beckett Rd
Oxford, OH 45056
All Year: Goat cheese stone-ground-organic in my kitchen, whole grain baked goods, goat milk soaps and crème, pure local beeswax candles, farm-fresh block prints, sun-dried wax/ink paintings, calligraphy clay, duck eggs

Kenneth Boyd
Boyd Brothers Gardens
9503 Fairhaven College Corner Road
College Corner, Ohio 45003
513-798-0031
Spring: Lettuce
Summer: Broccoli, lettuce, tomatoes (until frost), red raspberries, blackberries

Scott Downing
Downing Fruit Farm
2468 Harrison Rd
New Madison, OH 45346
937-997-3361
Spring, Summer, early Fall: Peaches, plums, pears, strawberries, blackberries, raspberries, melons, tomatoes, potatoes, peppers, sweet corn, squash, pumpkins, beans, peas.

Dale Filbrun
Morning Sun Farm
3993 St. Rt. 503 S.
West Alexandria, OH 45381
937-787-4885
All Year: Eggs, chicken, turkey and pork. Certified organic and pasture raised. The grain fed to livestock is also organically grown. Also totally grass-fed lamb and mostly grass-fed beef.

See the story of Debra Bowles on page 55

See story of the Downing Fruit Farm on page 57
LUCY AND EUGENE GOODMAN
BOULDER BELT ECO-FARM
PO Box 593
3257 US 127 N
Eaton, OH
937-456-9724
Email: boulderbet@voyager.net
http://www.boulderbeltfarm.com

Spring: Arugula, spinach, spring mix, lettuce, snow peas, snap peas, kale, scallions, garlic powder, popcorn, broccoli, zucchini, basil, tarragon, chives, asparagus, strawberries, radishes, cilantro, garlic scapes, pastured chicken, chard, beets, cabbage

Summer: Arugula, chard, kale, strawberries, peas, lettuce, potato, zucchini, summer squash, cantaloupe, watermelon, raspberries, garlic, sweet onions, red onions, chicken, basil, parsley, cilantro, beets, scallion, dill, blackberries, green beans, carrots, cucumbers, broccoli, tomatoes, hot peppers, sweet peppers, cherry tomato, eggplant, leeks, rutabaga, cabbage

Fall: Arugula, chard, kale, strawberry, raspberry, spring mix, lettuce, potato, zucchini, cucumber, onions, melons, chicken, basil, mizuna, garlic, carrots, beets, butternut squash, delicata squash, acorn squash, tomato, peppers, basil, cilantro, scallions, green beans, leeks, dill, eggplant, rutabaga, turnip, sweet potato, spinach, catnip, radish

Winter: Arugula, spring mix, leeks, yellow onions, red onions, acorn squash, butternut squash, delicata squash, garlic, chicken, mizuna, spinach, red mustard, tat soi, garlic powder, dried herbs, catnip

ROBERT K. HARRIS
ROBERT K. HARRIS FARM
513-523-0079
Farm address: 5303 Morning Sun Road, Camden, OH 45311
Business address: 6325 Timothy Lane, Oxford, OH 45056
Produces certified organic beef, both grain fed and grass fed. All beef cuts are available most of the year.
SUZIE AND BRENT MARCUM
Salem Road Farms
340 S. Salem Rd.
Liberty, IN 47353
765-458-0059
salemroadfarms@msn.com
Spring: Bedding plants
Summer: Vegetables, eggs
Fall: Vegetables, eggs

DONNA JEAN MULL
THE GARDEN SPOT
9235 Wayne Trace Road
Camden, OH 45311
Spring: Lettuce, spinach, mustard greens, green onions,
Summer: Cabbage, green beans, beets, zucchini, cucumbers, squash, dill, tomatoes (yellow wax, greasy), black eye peas, okra, sweet corn, potatoes, blackberries, lettuce, spinach, green onions, strawberries
Fall: Sweet potatoes, pumpkins
Also: Brown eggs and mini cakes (pumpkin, banana, and applesauce)

HARV ROEHLING
LOCUST RUN FARM
513-756-9272
209 Sample Rd
Oxford, OH 45056
Spring: Lettuce, greens, radish, sunflower sprouts
Summer: Greens, tomatoes, peppers, summer squash, onions, beets, carrots, cabbage, sunflower sprouts
Fall: Greens, tomatoes, peppers, winter squash, onions, beets, carrots, turnips, cabbage, broccoli, Brussels sprouts, kale collards, kohlrabi, sun flower sprouts, some herbs
Winter: Lettuce (limited amount), greens, onions, carrots, Brussels sprouts, sunflower sprouts

See story of Suzie Marcum on page 42
See story of Locust Run Farm on page 61
Local Seasonality

This food guide emphasizes and encourages eating local, seasonal foods. Some may call this “seasonal eating,” but what is seasonal eating anyway? This section will tell you all about it. There are several ways to describe eating seasonally, but they all have the same general theme: eating certain foods at specific times of the year when they are locally in season.

To put this another way, would you wear a winter coat in the summer? No way! Eating seasonally is just like knowing when to wear a winter coat. Eating seasonally requires you to know what can be grown during certain times of the year.
Seasonality of Foods in SW Ohio

We brainstormed about our descriptions for eating seasonally. It’s about re-connecting with the landscape and communities around you. It’s about learning to be local. It’s not just food, it’s a lifestyle. Eating well, from nearby. Again, these definitions have a similar central theme which emphasizes learning more about your immediate surroundings and connecting with the communities around you through food.

What about your thoughts on seasonal eating? Please write them here:

_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________

This guide highlights foods available in Southwest Ohio. Seasonality charts are useful to learn what grows when. Does asparagus grow in August?

A great example of a seasonality chart on the web is the “Ohio’s fresh fruit and vegetable harvest calendar,” from the Ohio Farm Bureau Federation, that is on the next page (http://ourohio.org/index.php?page=whats-in-season). Visit http://ourohio.org for great resources about buying locally and seasonally, including searching the neat county by county interactive map.

Seasonality charts provide great places to start learning about when food is in season. These guides are handy, but they do not tell the whole story of local foods.

Even though foods are not grown during those months, foods can be preserved and enjoyed any time of the year. Also, some farmers, like Scott Downing and Harv Roehling, use green houses and other techniques to lengthen the growing season. Please see the section on food preservation for more details. Also, some foods like meats and eggs, are available all year long from local sources.
Ohio’s fresh food calendar

**SPRING:**
Asparagus (April, May, June)
Broccoli (June)
Cabbage (May, June, July)
Cilantro (May, June, July)
Collards (May, June, July)
Dill-dry (June)
Endive and Escarole (June)
Gooseberries (June-July)
Kale (May, June)
Leafy Lettuce (June)
Mustard Greens (May, June)
Onions-green (June)
Parsley (June)
Radishes (May, June)
Rhubarb (April, May, June)
Spinach (May, June)
Strawberries (May, June)
Strawberries-everbearing (May, June)
Turnip Greens (May, June)

**SUMMER:**
Apples (August)
Beans-Hort (July, August, September)
Beans-Lima (July, August, September)
Beans-pole (June, July, August, September)
Beans-snap (June, July, August, Sept..)
Beets (June, July, August, September.)
Blackberries (July, August)
Blueberries (June, July, August)
Cabbage (August)
Cantaloupe (July, August)
Carrots (July, August, September)
Cilantro (August, September)
Collards (August, September)
Corn (July, August, September)
Cucumbers (July, August, September)
Currants (July)
Dill-dry (July, August, September)
Dill-seed (July, August, September)
Eggplant (July, August, September)
Endive and Escarole (July, August)
Grapes (August, September)
Kale (July, August, September)
Leeks (July, August, September)
Leafy Lettuce (July, August, September)
Mustard Greens (July-August)
Okra (July, August, September)
Onions-dry (July, August, September)
Onions-green (July, August, September)
Parsley (July, August, September)
Peaches (July, August, September)
Peas (June, July)
Peppers-bell (July, August, September)
Peppers-hot (August, September)
Peppers-sweet (July, August, September)
Potatoes (July, August, September)
Radishes (July, August, September)
Raspberries-black (June, July)
Raspberries-purple (June, July)
Raspberries-red (June, July)
Spinach (August. September)
Squash (June, July, August)
Strawberries-everbearing (July, Aug.,Sept.)
Sweet corn (July, August)
Tomatoes (July, August)
Turnip Greens (July, August)
Turnips (August)

**FALL/WINTER**
Apples (September, October)
Broccoli (September)
Cabbage (September, October)
Cauliflower (September, October)
Cilantro (September, October)
Collards (September, October)
Endive and Escarole (September)
Leeks (September, October)
Leafy Lettuce (September, October)
Mustard Greens (September, October)
Parsley (September, October, November)
Parsnips (September, October)
Peppers-bell (September, October)
Potatoes ((September, October)
Pumpkins (September, October)
Radishes (September, October)
Raspberries-Fall (Aug, Sept)
Spinach (September, October)
Squash (September, October)
Squash (November)
Sweet Corn (September, October)
Tomatoes (September, October)
Turnip Greens (September, October)
Turnips (September, October)
Watermelon (September, October)
On the following pages you will find plenty of local recipes that can be made using local ingredients. These recipes have come from your local farmers and neighbors.

**Recipes:**

- Applesauce ......................... Page 34
- Apple Squares ....................... Page 34
- Butternut Squash and Apples .... Page 35
- Cold Pack Dill Pickles ............. Page 35
- Hearty Baked Ziti .................... Page 36
- Maple Acorn Squash ............... Page 36
- Miami Corn Soup .................... Page 37
- Pasta Primavera .................... Page 37
- Poppy Seed Bread .................. Page 38
- Potato Leak Soup .................. Page 38
- Rainbow Stew ...................... Page 39
- Spaghetti Squash .................. Page 39
- Summer Zest Salad ............... Page 40
- Veggie Soup ....................... Page 40

**Additional Recipe in Food Preservation Section:**

- Bread and Butter Pickles ........ Page 48
- Suzie Marcum’s Spaghetti Sauce .. Page 43
Applesauce
Family recipe of Heather Hillenbrand, Wilks student

Ingredients:
- Apples
- Butter
- Sugar
- Water

Preparation:
This recipe can be made in as large or small of a batch as desired. The steps are the same, it all depends on how many apples you choose to use. Peel and core apples and place in pot. Add enough water to cover the bottom of the pot. Add a handful of sugar and about (enough to cover the top of your apples) and a few pats of butter. Cover and cook on medium heat until soft (about ½ hour), stirring frequently so apples do not stick. More water can be added if necessary. Turn to low and uncover for 5-10 minutes to thicken. If you prefer smooth applesauce, mash apples with a potato masher. If you prefer chunky applesauce, serve as is.

Apple Squares
Family recipe of Jenn Woolum, Wilks student

Ingredients:
- 14-16 apples, Peeled, diced
- 2 ½ c. sugar
- 1 Tbsp cinnamon
- 2 Tbsp cornstarch
- 5 c. All-purpose flour
- 5 ½ c. Sugar
- 1 stick butter, sliced
- 4 large egg yolks
- 1 cup milk
- 1 c. powdered sugar
- 2 Tbsp water

Preparation:
Mix apples with sugar, cinnamon, cornstarch; set aside. In a separate bowl, mix sugar and flour; add butter. In a third bowl, beat together egg yolks and milk. Slowly add this mixture to the flour/sugar/butter mixture. Knead this dough, preferably on a floured surface as the dough will be sticky. Divide, set aside in fridge for 20-30 min. Next roll this mixture out into a 9 x 13 pan. Allow the edges to hang over the sides. Pour apple mixture into pan and fold the remaining edges over top to cover. Bake at 350 degrees for 30-40 min, until golden brown. Mix water & powdered sugar together. Lightly brush warm crust with this mixture to create glaze. Serve. Great with ice-cream.
Butternut Squash and Apples

Family recipe of Heather Hillenbrand, Wilks student

Serves 6

**Ingredients:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butternut Squash</td>
<td>3 lbs</td>
</tr>
<tr>
<td>Apples</td>
<td>3-5</td>
</tr>
<tr>
<td>Butter</td>
<td>6 tbs</td>
</tr>
<tr>
<td>2/3 cup brown sugar</td>
<td></td>
</tr>
<tr>
<td>1 ⅓ tbs Flour</td>
<td></td>
</tr>
<tr>
<td>1 ¼ tbs Salt</td>
<td></td>
</tr>
</tbody>
</table>

**Preparation:**

Peel squash, halve and remove seeds and fiber. Cut into slices ¾ to ½ inch thick. Arrange in baking pan. Core apples (don’t peel), slice and lay on top of squash. Mix butter, brown sugar, flour and salt and spread on top. Cover with aluminum foil. Bake at 350 degrees until tender (about 1 hour). Serve.

Cold Pack Dill Pickles

Recipe by Clark Echols, community member

**Yields 16 pints**

**Ingredients:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brine:</td>
<td></td>
</tr>
<tr>
<td>3 cups white vinegar</td>
<td></td>
</tr>
<tr>
<td>1 cup coarse salt (Morton’s kosher)</td>
<td></td>
</tr>
<tr>
<td>½ cup sugar</td>
<td></td>
</tr>
<tr>
<td>11 cups water (not from tap, bottled water works)</td>
<td></td>
</tr>
<tr>
<td>Pickles:</td>
<td></td>
</tr>
<tr>
<td>15-18 pounds pickling Cucumbers, not peeled</td>
<td></td>
</tr>
<tr>
<td>Coarsely chopped fresh garlic (2 pinches per jar)</td>
<td></td>
</tr>
<tr>
<td>2 pieces of sprigs fresh dill each jar</td>
<td></td>
</tr>
</tbody>
</table>

**Preparation:**

To make brine: In a large crock or bowl, add vinegar, salt, sugar, and water. Mix well, making sure the salt and vinegar are dissolved. Set aside. Cut ends off of cucumbers. Cut each cucumber into 4 to 6 spears, long enough to fit into a wide-mouth pint jar. Add 1 piece of garlic and 1 piece of dill to each jar. Put cucumbers in jar, packing them tightly. Add the rest of the garlic and dill on the top of the cucumbers. Fill each jar to the brim with the brine; then tighten the lid by hand. Put in a cool place, but not the refrigerator. Room temperature is best. Never put the jars in the sun or in a hot room. About 24 hours later, put the jars in the refrigerator and keep them cold until they are gone.
Hearty Baked Ziti
Recipe of Josh Dalm, Wilks student

Ingredients:
1 Pkg. Ziti Noodles
1 jar Tomato Sauce
1 lb. Italian Sausage
1 Vidalia Onion
3 Bell Peppers (1 each red, yellow, green)
2 Tomatoes (1 each red, yellow)
1 bundle Parsley
Fresh Basil
Goat Cheese
Mozzarella Cheese

Preparation:
Cook pasta as indicated on box. Cut Peppers, rub with Olive Oil, and grill. Cook Sausage with a frying pan on medium high heat. Sautee onion and add with pasta. Add mozzarella cheese and place in oven for 45 minutes at 350 degrees. Add sliced tomato, parsley, goat cheese, and basil.

Maple Acorn Squash
Family recipe of Heather Hillenbrand, Wilks student

Ingredients:
1 Maple Acorn Squash
½ cup maple syrup

Preparation:
Slice an acorn squash in half and scoop out seeds. Pour maple syrup in the middle and bake at 350 degrees for about one hour, until tender.
Miami Corn Soup
Family recipe of Daryl and Karen Baldwin of Tapaahsia Farm

Serves 8

Ingredients:
1 pork/ham or ham bone (optional)
1 cup dried, cracked corn
1 medium Onion, diced
Salt and Pepper

Preparation:
Soak corn overnight in 4-6 cups of water. Begin to cook in
morning slowly on stove or in crock pot. When corn is nearly
done, dice pork into ½ inch cubes add to corn along with onions.
Finish cooking until corn is tender. Add salt and pepper to taste.
You can substitute other meats, chicken, deer, or rabbit. It is also
good without the meat.

Pasta Primavera
Recipe of Matt Laroche, executive chef, 45 East Bar & Grill

Serves 4 to 5

Ingredients:
2 cup penne pasta, uncooked
2 tbsp finely chopped fresh basil
1 head broccoli, chopped
1 tsp fresh minced garlic
1 zucchini sliced
1 tbsp olive oil
1 squash sliced
Salt and pepper
1 large carrot shredded
1 cup vegetable stock
½ white onion, julienne

Preparation:
Add penne pasta to 1 qt of boiling water. Cook 10-12 minutes or
until tender. Strain pasta and run under cold water to chill for
later use. In a large 4qt stock pot, sauté zucchini and squash in
olive oil with fresh garlic on medium heat about two minutes. Add
vegetable stock, broccoli, carrot, onion, basil and increase heat to
high. Bring veggies to a boil and boil about 5 minutes until veggies
are tender. Add pasta to the pot and turn heat to low. Salt and
pepper to taste.
Poppy Seed Bread
Recipe of Sarah James, manager of Original Talawanda Market

Serves 4 to 5

Ingredients:
- 3 cups flour
- 2 ¼ cups sugar
- 4 ½ teaspoons of poppy seeds
- 1 ½ tsp baking powder
- ½ tsp salt
- 3 eggs
- 1 ½ cups milk
- 1 cup cooking oil
- 1 ½ tsp vanilla
- 1 tsp of almond flavoring

Preparation:
Grease bread pan. Mix all dry ingredients in large mixing bowl. In another bowl, combine eggs, oil, milk, vanilla, and almond flavoring. Combine the two. Bake at 350 degrees for about 30-40 minutes.

Potato Leek Soup
Family recipe of Heather Hillenbrand, Wilks student

Ingredients:
- 2 Tablespoons Butter
- 1 Large Onion, chopped
- 2 Leeks, chopped
- 2 Tablespoons flour
- 4 Cups Chicken (or Vegetable) Stock
- 3 Potatoes, peeled, cubed
- 1 Cup Milk
- Salt and Pepper to Taste

Preparation:
Melt butter in a saucepan over medium heat. Add onions and leeks, sauté gently until soft. Stir in flour and cook for 2 minutes, then gradually stir in stock. Add potatoes and bring to a boil, then simmer for 30 to 40 minutes until potatoes soft. Mash potatoes. Stir in milk and seasonings, serve.
Rainbow Stew
Family recipe of Heather Hillenbrand, Wilks student

**Ingredients:**

3 Carrots sliced into rounds  
4 Potatoes, quartered  
2 Bratwurst (or sausage of choice), sliced into rounds  
2 Tablespoons Butter  
Parsley, salt and pepper to taste

**Preparation:**
Boil carrots and potatoes until they begin to get soft. Melt butter in a large frying pan, begin to cook the sausage. Drain potatoes and carrots, add to pan with spices. Fry to desired crispness and serve.

Spaghetti Squash
Family recipe of Heather Hillenbrand, Wilks student

Serves 4  
**Ingredients:**

1 Spaghetti Squash, pierced  
1/2 Cup Butter  
1/2 Cup Apple Cider  
Mozzarella  
Oregano  
Basil

**Preparation:**
Cook squash by boiling or microwaving for 18 minutes. Meanwhile, melt butter and add remaining ingredients, simmer. Cut cooked squash and discard seeds. Remove spaghetti strands and toss with sauce.
Summer Zest Salad
Family recipe of Jenn Woolum, Wilks student

**Ingredients:**
- 5 medium tomatoes
- 3 large cucumbers
- 1 bunch green onions
- 3-4 Jalapeños (or habaneras)
- 1 Tbsp. mayonnaise
- ¼ c. Italian dressing
- Salt
- Pepper

**Preparation:**
Slice tomatoes and cucumbers, leaving one tomato to the side. Arrange on platter, cucumbers on top. Puree remaining tomato in blender on high. I suggest slicing the tomato before to make it easier. Add chopped onions and jalapenos into blender. Continue mixing in blender. Add mayonnaise, dressing, salt and pepper to taste. Pour on top of arranged cucumbers and tomatoes. Chill in fridge for 60 min. Serve cold.

Veggie Soup
Family recipe of Jenn Woolum, Wilks student

**Ingredients:**
- 2 32 oz. cans tomato juice
- 3 ripe tomatoes, pureed in blender
- 3 ears of corn
- 2 c. celery, chopped
- ½ med. Cabbage head
- 2 large onions, chopped
- 6 medium potatoes, diced
- ½ bushel green beans
- Butter, about 3 tbs.
- 1 lb. ground beef, turkey, or venison

**Preparation:**
Remove kernels of corn from the ear and set aside. Rip cabbage into square inch pieces. String and break green beans. Sautee ½ the chopped onions in a skillet with butter. If using meat, brown in skillet now. Pour tomato juice into a large pot; add pureed tomatoes. Bring juice to a boil and add the corn, celery, cabbage, onions, potatoes, green beans, & meat. Boil on high for 10 min. Simmer on low for 30 min (until potatoes are done).
Through food preservation, you can enjoy local fruits and vegetables even when they are not in season. There are several methods for home food preservation that are great ways to make buying local last all year long.

Included in this section are brief overviews of four different methods of home food preservation along with several great resources suggested by local Home Preservationists.

Canning Food ........................................ Page 42
Freezing Food .................................... Page 44
Drying Food ....................................... Page 46
Pickling Food ..................................... Page 48
Canning

Here are some suggestions to extend the season for locally grown foods. Proper canning techniques remove oxygen, kill enzymes, and prevent the spread of unwanted mold, yeast, and bacteria, thereby ensuring your local foods are safe for you and your family to enjoy. A few key steps to always follow include: washing and peeling fresh foods, adding acids such as lemon juice or vinegar to some foods to increase their acidity (which adds to their shelf life), and using jars and lids that have been processed in a boiling-water or pressure canner for the amount of time specified.

Step by step canning instructions for specific foods can be found at the National Center for Home Food Preservation website listed in the resources section of this section. What kinds of foods can be preserved using home canning methods?

**Fruits:** Jams, jellies, juices, pie fillings, sauced, sliced, whole, and much more.

**Tomatoes:** Ketchup, barbeque sauce, spaghetti sauce, juices, and pastes

**Salsa:** Spice it up by incorporating apples and peaches into an old favorite

**Vegetables:** Slice, dice, and entice.

**Poultry & Red Meat:** Broths, mincemeat pie filling, and more. (should be done in a pressure canner to ensure food safety)

**Homemade Baby Food:** Only the best for your little one.

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**Suzie Marcum**

Salem Road Farm

Suzie Marcum comes from a long line of home preservationists. She learned the art from her mother and grandmother at a young age. Today, she continues to can, dry, freeze, and pickle much of her family’s food. Advice for new Home Preservationists:

- Always follow a tried and tested recipe closely.
- If just starting out, it is best to talk to someone who has done home preservation before.

*Suzie Marcum is a member of the Oxford Uptown Farmer’s Market where she occasionally provides demonstrations for different home preservation methods.*
A Note on Storage & Usage: Jars of canned food should be labeled and dated, then stored in cool, dry areas not exceeding 95ºF (preferably between 50ºF and 70ºF). The longevity of your canned foods will be reduced if the items are placed in direct sunlight or near sources of extreme heat like hot pipes or a furnace. It is recommended that you do not can more than you plan to eat in one year.

Canning Spaghetti Sauce
Recipe of Suzie Marcum, local community member

Serves 18
Ingredients:

Pressure Canner
nine 1-pint jars
30 pounds tomatoes
2 ½ lbs ground beef
5 cloves garlic, minced
2 med. onions, chopped
4 ½ tsp salt

2 stalks celery, chopped or
1 large green pepper, chopped
1 lb fresh mushrooms, sliced
2 Tbsp fresh oregano
4 Tbsp minced fresh parsley
2 tsp black pepper
¼ c. brown sugar

Preparation:  Do not change the amounts of peppers, onions, mushrooms in, as it may change the final product’s acidity, canning safety, and taste. Dip tomatoes in boiling water 30-60 seconds. Plunge into cold water and slip off skins. Core and quarter. In a very large saucepan, boil the tomatoes 20 minutes, uncovered. Meanwhile, sauté garlic, onion, celery, and mushrooms. Cook until vegetables are tender. Add to cooked tomatoes. Stir in salt, spices, and sugar. Bring to a boil. Reduce heat and simmer, uncovered, until thick enough for serving. At this time initial volume will have been reduced to approximately one-half. Stir frequently to avoid burning. Fill jars, leaving 1 inch headspace. Adjust lids and process in a pressure canner for 60 minutes. If you’re using a dial gauge canner, process at 11 pounds pressure. If you’re using a weighted gauge canner, process at 10 pounds pressure.
Freezing food

Freezing can be an easy and versatile way of preserving certain foods until you need them. Packing is an important part of this process, that’s why the type of container you choose to use for freezing is crucial to the success of the finished product. Whether it is a rigid container or a flexible bag/wrapping, there are several qualities a container must have in order for it to be suitable for freezing. When choosing a container, ask if this container:
- moisture resistant?
- durable and leak-proof?
- sturdy enough not to crack at low temperatures?
- resistant to oil, grease, or water?
- able to protect foods from external flavors or odors?
- easy to seal and to label?

When freezing vegetables, it is crucial to first “blanch” the vegetables to prevent a loss of flavor, color, and texture. Blanching is the process of scalding the food in boiling water or steam for a short time, the amount of which varies depending on the type and size of the vegetables. Boiling water is the most effective method, though steaming is recommended for vegetables like broccoli, pumpkin, sweet potatoes, and winter squash.

Once you have cut and prepared the vegetables, place them in the wire basket and submerge into the boiling water. Begin counting the minutes after placing the vegetables into the water and the water has resumed boiling.

Remove basket quickly and place entirely into cold water in order to immediately stop the cooking process. Cooling times should match blanching times in terms of length. Drain vegetables thoroughly so as to prevent the loss of quality once frozen. For helpful hints when freezing fruits, poultry and meat products, and fresh herbs, please consult the resource list at the end of this section.

Blanching

To blanch vegetables you will need:
- a blancher with lid
  OR a wire basket that will fit into a large pot with a lid
- one gallon boiling water per pound of vegetables
- a large quantity of cold/ice water (60ºF or below) in which to submerge basket of vegetables after blanching.
<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Blanching Time (in minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke-Globe (Hearts)</td>
<td>7</td>
</tr>
<tr>
<td>Artichoke-Jerusalem</td>
<td>3-5</td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
</tr>
<tr>
<td>Small Stalk</td>
<td>2</td>
</tr>
<tr>
<td>Medium Stalk</td>
<td>3</td>
</tr>
<tr>
<td>Large Stalk</td>
<td>4</td>
</tr>
<tr>
<td>Beans-Snap, Green, or Wax</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>3</td>
</tr>
<tr>
<td>Medium</td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>cook</td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
</tr>
<tr>
<td>(flowerets 1 1/2 inches across)</td>
<td>3</td>
</tr>
<tr>
<td>Steamed</td>
<td>5</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td></td>
</tr>
<tr>
<td>Small Heads</td>
<td>3</td>
</tr>
<tr>
<td>Medium Heads</td>
<td>4</td>
</tr>
<tr>
<td>Large Heads</td>
<td>5</td>
</tr>
<tr>
<td>Cabbage or Chinese Cabbage (shredded)</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>5</td>
</tr>
<tr>
<td>Diced, Sliced or Lengthwise</td>
<td></td>
</tr>
<tr>
<td>Strips</td>
<td>2</td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
</tr>
<tr>
<td>(flowerets, 1 inch across)</td>
<td>3</td>
</tr>
<tr>
<td>Celery</td>
<td>3</td>
</tr>
<tr>
<td>Corn</td>
<td></td>
</tr>
<tr>
<td>Corn-on-the-cob</td>
<td>7</td>
</tr>
<tr>
<td>Small Ears</td>
<td>9</td>
</tr>
<tr>
<td>Medium Ears</td>
<td>11</td>
</tr>
<tr>
<td>Eggplant</td>
<td>4</td>
</tr>
<tr>
<td>Greens</td>
<td></td>
</tr>
<tr>
<td>Collards</td>
<td>3</td>
</tr>
<tr>
<td>All Other</td>
<td>2</td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td>Whole (steamed)</td>
<td>5</td>
</tr>
<tr>
<td>Buttons or Quarters (steamed)</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Slices steamed)</td>
<td>3</td>
</tr>
<tr>
<td>Okra</td>
<td></td>
</tr>
<tr>
<td>Small Pods</td>
<td>3</td>
</tr>
<tr>
<td>Large Pods</td>
<td>4</td>
</tr>
<tr>
<td>Onions</td>
<td></td>
</tr>
<tr>
<td>(blanch until center is heated)</td>
<td>3-7</td>
</tr>
<tr>
<td>Rings</td>
<td>10-15 seconds</td>
</tr>
<tr>
<td>Peas-Edible Pod</td>
<td>1 1/2-3</td>
</tr>
<tr>
<td>Peas-Field (blackeye)</td>
<td>2</td>
</tr>
<tr>
<td>Peas-Green</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Peppers-Sweet</td>
<td></td>
</tr>
<tr>
<td>Halves</td>
<td>3</td>
</tr>
<tr>
<td>Strips or Rings</td>
<td>2</td>
</tr>
<tr>
<td>Potatoes-Irish (New)</td>
<td>3-5</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>cook</td>
</tr>
<tr>
<td>Soybeans-Green</td>
<td>5</td>
</tr>
<tr>
<td>Squash-Chayote</td>
<td>2</td>
</tr>
<tr>
<td>Squash-Summer</td>
<td>3</td>
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<tr>
<td>Squash-Winter</td>
<td>cook</td>
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<tr>
<td>Sweet Potatoes</td>
<td></td>
</tr>
<tr>
<td>Turnips or Parsnips</td>
<td>2</td>
</tr>
<tr>
<td>Cubes</td>
<td></td>
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</tbody>
</table>
Drying Food

Drying is an ancient means of preservation and the easiest method to use when keeping herbs. There are several methods for drying, including using a dehydrator, air drying, or separately drying leaves using a home oven.

According to the National Center for Home Food Preservation “Dehydrator drying is fast and easy way to dry high quality herbs because temperature and air circulation can be controlled.” A dehydrator should be pre-heated with the thermostat right around 95-115 degrees Fahrenheit. Drying times and instructions vary depending on your dehydrator. Check the instruction booklet for details about your machine.

Some herbs are better dried without a dehydrator and can be left to air dry. Simply tie small bundles and hang them indoors. This method works best for more “sturdy” herbs such as rosemary, sage, thyme, summer savory, and parsley.

Herbs with a high moisture content such as basil, oregano, tarragon, lemon balm, and the mints can be placed in paper bags. Holes should be made in the sides of the paper bag to aid in air circulation and a rubber band should be used to secure the top while hanging. This is an important method for these “tender-leaf herbs” that will mold if not dried quickly.

Drying individual leaves is also an acceptable method for drying herbs such as mint, sage or bay leaf. First, remove the best leaves from the stems and place them on a paper towel without allowing them to touch. Add another paper towel and leaf layer on top for

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**Drying Herbs**

Did you know…?

- The best time to gather fresh herbs is early in the morning after the dew has evaporated because it minimizes wilting.
- Dried herbs are usually 3 to 4 times stronger than fresh herbs. If using dried herbs in a recipes calling for fresh herbs, cut the amount needed to 1/3 to ¼ the amount specified.
- Drying herbs indoors rather than outdoors leads to better flavor retention and color.
Check to see if your oven will go as low as 140 degrees; this is crucial to prevent your fruit from cooking instead of drying. For air circulation, the oven door will need to be propped open 2–6 inches during the drying process. A fan may be placed near the door to facilitate air circulation. An oven thermometer may be placed near the drying rack to monitor temperature fluctuations.

Begin by coring, peeling, and/or slicing the desired fruit in order to speed drying. Fruits may be dried whole but these will take longer to dry and will need to be “checked” (placed in boiling water then cold water) in order to speed up the process.

Certain fruits darken quickly and will need to be pre-treated in order to prevent spoilage. Sulfuring and sulfiting are effective long-term pre-treatments, though ascorbic acid (Vitamin C) may also be used for short-term pre-treating. Please consult the resources listed in the back of this chapter for more information on pre-treating fruits.

Fruit may then be placed on the drying trays and placed inside the oven. Cake cooling racks placed on top of cookie sheets work well for some foods as long as the oven racks holding the trays are at least two-three inches apart.

Drying times vary depending on the type, size, and pre-existing condition of the fruit. Please consult the Table 1.2 for more detailed information regarding drying times.

Drying Fruit in Your Home Oven

up to five layers. Dry in a very cool oven. The National Center for Home Food Preservation acknowledges “the oven light of an electric range or the pilot light of a gas range furnishes enough heat for overnight drying.”
Pickling is a popular way to create familiar favorites such as dill pickles or sauerkraut. Since the procedures vary depending on the food being pickled, this section provides you with a dill pickle recipe to help jump start your pickling career. Other recipes for sauerkraut, fruit pickles, pickled eggs, relishes, and salads can be found at the National Center for Home Food Preservation website address located in the Resources section of this chapter.

LOW TEMPERATURE PASTEURIZATION TREATMENT

In order to produce better product texture, a recipe may indicate the use of Low Temperature Pasteurization. This treatment can be done using the following method:

Place jars in a canner filled half way with warm (120 degrees to 140 degrees F) water. Then, add hot water to a level 1 inch above jars. Heat the water enough to maintain 180 degrees to 185 degrees F water temperature for 30 minutes. Check with a candy or jelly thermometer to be certain that the water temperature is at least 180 degrees F during the entire 30 minutes. Temperatures higher than 185 degrees F may cause unnecessary softening of pickles.

Bread and Butter Pickles

Recipe of Suzie Marcum, local community member

Yields: 7 pints (fifty-six 2-ounce servings)

Ingredients:

Boiling-water-bath canner
seven 1-pint jars
6 pounds medium-size cucumbers, scrubbed and sliced 1/8 inch thick (about 4 quarts)
1 1/2 cups small white onions, sliced and peeled (about 1 pound)
lots of garlic cloves
1/3 cup salt
Ice cubes
4 1/2 cups sugar
1 1/2 teaspoons ground turmeric
1 1/2 teaspoons celery seeds
2 tablespoons yellow mustard seeds
3 cups white distilled vinegar
Preparation:
In a large mixing bowl combine cucumbers, onions and garlic. Add salt and mix thoroughly. Cover with ice cubes. Let stand 3 hours. Rinse well, thoroughly drain the mixture. Combine sugar, turmeric, celery and mustard seeds, and vinegar, and heat to boiling in an 8-quart saucepan. Add drained cucumber mixture and heat 5 minutes. Pour in sterilized jars, leaving ½ inch headspace. Cap and seal. Process 5 minutes in a boiling-water-bath canner.

List of Resources
Places to help in your quest to “act locally.”

**Ball Blue Book** (available at select local retailers and online)
http://www.freshpreserving.com/pages/home/1.php
- Offers recipes, how to, and product information

**Jarden Home Brands** (formerly Ball Home Preserving)
http://www.freshpreserving.com/pages/home/1.php
- Offers recipes, how to, and product information

**The Big Book of Preserving the Harvest** by Carol W. Costenbader

**National Center for Home Food Preservation** http://www.uga.edu/nchfp/how/general.html
This website was the primary source of information for the Home Preservation section of this food guide. In addition to the information discussed in the preceding pages, it includes step-by-step instructions for home canning, freezing, drying, and pickling (among other methods). It also provides a wealth of information on food safety and a variety of recipes to try using these methods.
Starting an organic garden in your own backyard is a great way to keep your family healthy and have fun at the same time! Maintaining an organic home garden not only provides children with healthy food to nourish their growing bodies, but also provides them with a fun and safe activity that will both entertain and educate them. Not to mention the convenience of having dinner ingredients in your own backyard.

The following pages will have step-by-step instructions to make an organic garden in your own backyard.
Let’s Get Growing

PICK A SPOT
Choose a location in your yard that receives sunlight for at least half of the day and that has easy access to a water supply, preferably protected from harsh winds. Stay away from large trees, as they will compete with your garden for moisture and can cause root damage to your garden. Also, make sure that this location will provide adequate drainage. Not ready to begin a full garden in your yard? Then what about small window box garden?

DETERMINE A SIZE
The number and variety of plants you will be able to grow depends in part on the size of your garden. But bigger is not necessarily better—because you don’t want to have to walk through the garden to get crops. Consider two smaller gardens with a walkway in between.

GET YOUR MATERIALS
Use a permanent material that is at least one inch thick and one foot in height to create a basic frame, such as the one shown to the right. You can construct this frame out of wood, bricks, or concrete blocks. If you choose to use wood, use cedar for best results.

BUILD THE FRAME
Begin by clearing out the area on which the garden will be of weeds and preexisting vegetation. Put a stake firmly into the ground at each corner of the garden bed, and half-way between stakes on the longest side if your garden is long and rectangular. With good-ole nails and a hammer, attach the boards to the stakes to create a box frame, similar to the style of a sandbox. If you have decided to use brick or concrete blocks to make your frame, then you need not place stakes in the ground. Simply arrange the bricks or blocks to create the frame.

Three Yellow Springs farmers discuss innovative farming practices.
START LAYERING
Place a layer of newspapers, 2 to 3 sections thick, atop the ground within the frame. This is important because it keeps weeds from growing in the garden, yet is also bio-degradable. Next, place a layer of hay in the garden, about a third of the depth of the frame. Finally, fill the garden box with organic compost material that will serve as the soil for your garden.

PLANT SEEDS
Now you are ready to plant your garden! It is important to take time to think about and plan what you want to grow in your garden, based on a number of factors. What foods do your family use most often? What types of vegetables will grow given the sunlight and water available for this garden? What foods grow in each season in your area? Purchase seeds from your local farmers market! Plant the seeds according to the instructions provided by the seller- different plants have different space requirements.

WATER YOUR GARDEN
All living things need water. Keep your garden well hydrated is vital to its survival. Creating a tub to harvest rain water is very easy, cost-effective, and good for the environment.

EAT WHAT YOU GROW
There are many tasty and nutritious recipes you can make with the food you have grown. Cooking with home-grown vegetables is very healthy for you and your family. It is also low-cost and fun for kids.

Quick guide to making compost
A passive compost is easy to start and low-maintenance. In a passive compost, the food and organic matter is piled up and allowed to sit and rot on its own. Collect organic matter, such as leaves, grass, food waste, and leftovers from your organic garden, and pile them up! It’s that simple! You may wish to build a type of bin or enclosure for your compost out of fencing, wood, or concrete blocks. It may take up to two years for your passive compost to be finished composting the materials. You can eventually use the finished compost to give nutrients back to your garden. For more information on composting, visit the Compost Guide at http://www.compostguide.com/.
COMPOST EXTRA FOOD

One of the great things about an organic home garden is that you can reuse the leftovers from your family’s meals as well as leaves from your yard to create organic compost that will help your garden grow.

PESKY PESTS

When caring for your organic garden, it is important to stay away from chemicals. This includes pesticides. There are a number of non-chemical forms of pest control you can utilize to protect your garden. To protect from rabbits and other rodents, construct a wire mesh fence around the perimeter of your garden. As recommended by local gardener Charlie Stevens, to prevent insects from wanting to infest your garden, be sure to water your plants in the morning so they are not damp during the night, hand-pick visible insects, and remove diseased plants and/or weeds.

Home-made fixes for bugs

- **Soft-bodied insects (including mites and aphids):** Mix one tablespoon canola oil (this will smother the insect) and a 4 drops of dishwashing soap into a quart of water. Shake and pour into a spray bottle. Spray plant from above down, and from below up.

- **Fungal plant diseases:** Mix two tablespoons of baking soda into a quart of water. Pour into a spray container and spray affected areas. Repeat this process every few days until problem ceases.

- **Insects found on fruit trees:** Lime sulfur and dormant oil, which can be found at a local nursery, should be sprayed using a pump sprayer onto the trunk and branches of dormant fruit trees. This mixture suffocates insect egg cases. It is important that you only do this while the tree is dormant. Otherwise it is possible to kill the tree. Be sure to stay away from commercial dormant oils, as they may contain petroleum oil or kerosene. Luckily, it is easy enough to make your own from scratch! Combine 1 cup vegetable oil and 2 tbsp liquid soap in one gallon (4 liters) water. Mix the soap and oil before adding the water.

The Butler County area has a long history of family-owned farms. Many of your neighbors grow food and sell it locally. The following pages showcase a few of the local producers who sell at farmers markets in Butler County. These individuals responded to a letter that was sent to market producers and were interviewed by Wilks Scholars students either in person, by phone, or by e-mail.

Each history was shared with the farmer prior to inclusion in the guide to receive their feedback and suggestions. We are grateful for their involvement.

Get to know some of the farmers who sell at the area farmers markets. It is important to know where your food comes from and the hard-working people who grow it.

Artistry Farm ........................................... Page 55
Boulder Belt Eco-Farm ............................ Page 57
Downing Fruit Farm .............................. Page 58
Eberwine Farm ................................. Page 38
Locust Run Farm ................................. Page 40
Shaefer’s Meats ................................... Page 63
Taapahsia Farm ................................. Page 64
Wendel Farms ....................................... Page 66
Wiseman Farm ................................. Page 68
Debra Bowles is an artist at heart. Every piece of goat cheese she produces is a work of art—encompassing a flavor, shape, and texture all its own. Debra grew up in Indiana on a farm that began in 1835. Goats and rural living have long been a part of her life.

During her childhood, Debra’s goats were pets, not for milk. That changed when she got a farm of her own. She passed this interest along to her children when they were young, often participating with them in 4-H projects involving their goats. During that time, she organized the Union County goat project for the county fair.

In those early days, most of her goat’s milk went to feed her family. She began exploring the art of cheese-making 30 years ago. In March 2007, she began selling it to the public at the Oxford Uptown Farmers Market.

Besides her raw goat cheese, Artistry Farm also sells duck eggs and hand-milled organic grain baked goods during the winter market. In addition, Debra makes beeswax candles and uses ink and beeswax as a medium to produce art.

Her small farm is also home to a bed-and-breakfast called Artistry. Debra often graces her cooking for Artistry with herbs and vegetables from her own garden.

Debra keeps her goat herd small so that she is able to manage milking them by hand daily. Her artistic talent permeates many aspects of her life on the farm, from tending her herd and creating unique cheeses to producing beeswax and ink creations.

This biography was drawn from an interview with Debra Bowles featured in Starting and Running Your Own Small Farm Business (2007) by Sarah Beth Aubrey and published by Storey Publishing, LLC.
A self-proclaimed “foodie,” Lucy Goodman loves to produce healthy, fresh, local food for other “foodies” to enjoy. With her her husband Eugene, she runs Boulder Belt Eco-Farm, just north of Eaton, Ohio. In addition to selling at the Oxford Uptown Farmers Market, the Goodmans operate a Farm Store year-round.

Lucy and Eugene are first-generation farmers who grow a wide variety of produce as well as pastured poultry.

Lucy says the best thing about being a local producer is “growing really great food for the public.”

Being a lover of food herself, she recognizes the need for quality food—something you “simply cannot find” at grocery stores any longer. The importance of eating seasonally is key for the Goodmans. For them, that does not only means eating fresh food in its time, but also preserving seasonal fruit for later use when it is short supply.

Growing and eating local food is more than just about good taste. Lucy and Eugene firmly believe that to buy locally grown organic produce is to take control of what kind of food goes into your body. They say this control needs to be taken away from multi-national corporations that dominate the industrial food industry. Profit should not dominate food choices; healthy and sustainable food options should, according to Lucy Goodman.

“Buying local foods means the freshest food you can get and it keeps the local economy healthy by keeping your food dollars in the area. When you spend $1 at Wal-Mart, more than 75 cents leaves the area. When you spend that dollar at the farmers’ market more than 75 cents stays in your local area,” Lucy Goodman says.

For more information about the Goodmans and their Eco-Farm, including a listing of available produce and poultry, check out their website and blog at www.boulderbeltfarm.com
Downing Fruit Farm is the oldest business in Darke County, Ohio, celebrates its 170th (1838) anniversary this year.

Scott Downing is the seventh generation of his family to operate the farm that has always raised fruits such as apples, peaches, and plums.

Vegetable production has increased during the last 20 years, and now comprises 25 percent of the farm’s income. The family has developed several apple varieties, including Downing Land, a cross between Golden Delicious and Rome Beauty, and Pink Sugar.

Pink Sugar was bred to be an early apple, ready around Labor Day, so that apple cider could be made earlier in the season. The apple is so tasty that people also like to eat them, in addition to being used for apple cider.

Up until 20 years ago, most of their produce was sold from the farm. However, the family now sells primarily at farmers markets and other small retail locations.

The food system has changed, Downing notes. For example, today his apples have to compete with apples sold at large grocery stores shipped from all over the country and the world. For some consumers today it seems easier to get cheaper apples at a grocery store rather than visit farmers’ markets or other smaller retail locations.

Downing said he thinks farmers markets are great. He sells at
five or six each week. Scott enjoys giving samples out because he knows his product is of the highest quality. “I’ll say, ‘would you like to try a plum,’” says Downing. “They’ll (the customer) say, ‘we don’t really like plums,’ and I’ll say, ‘well just try it,’ and they taste it and say, ‘wow, I didn’t know a plum could taste like that.’”

Downing said consumers need to be educated about what local means. “Some large grocery chains could define local as five states away,” says Downing, “I define local as much closer than that.”

“Oxford has been fantastic to me,” says Downing. It’s about 40 miles from his farm and is a good market to attend because the customer base appreciates quality, local food.

Downing is not 100 percent organic. Vegetables and early fruits can be raised organically, but apples are difficult to raise in this manner due to a small worm for apples and peaches, the codling moth.

Downing does everything to keep insecticide use to a minimum, and makes an important comparison. People don’t want insecticide on their fruit, he notes. But if you go to the grocery store, you are buying an apple that was picked perhaps 2-3 weeks ago, spayed (probably with insecticides), waxed, kept in controlled storage with gases to ripen the fruit, and then shipped to the store.

Downing picks apples when they are ripe, uses far fewer chemicals and storage time, and sells locally.
Don Eberwine is one of the founding vendors at the Original Talawanda Farmers Market. He started selling there in 1976, the market’s inaugural year. Mr. Eberwine was born and raised on a farm in Coshocton County, Ohio. His family raised dairy cows, beef cattle, sheep, hogs, and chickens, and also grew corn and wheat. Educating others has been an integral part of Mr. Eberwine’s agricultural career. He attended Ohio State University as an agricultural education major and also received a master’s degree in educational administration from Miami University. Mr. Eberwine has taught vocational agriculture at several school districts and also served as a school administrator for a vocational school. Currently, Mr. Eberwine works for Ohio State University Extension in Butler County as a horticulturalist. You might have seen one of Mr. Eberwine’s weekly articles on farming in one of 17 area newspapers.

Mr. Eberwine enjoys all aspects of gardening, from eating the food he’s grown with his own hands and sharing quality time with other gardeners, to meeting and talking with people face-to-face at the market.

In his quarter acre garden Mr. Eberwine grows “a little bit of everything really,” including tomatoes, green beans, peppers, pumpkins, onions, cabbages, eggplants, strawberries and raspberries. Mr. Eberwine encourages everyone to start growing their own food, no matter how small the plot of land, because of
the feeling of satisfaction and the opportunities to share in the experience with others.

Particularly because of continued concerns over food safety and knowing where our food comes from, gardening provides a great way to get involved with local foods, according to Eberwine. And you just can’t beat the home-grown, vine ripened taste. Butler County Extension is even planning to create several community gardens in the county to help supply local food pantries.

This guide has a gardening section with helpful tips but Mr. Eberwine also recommends that you consult the Ohio State University Extension website, http://www.ohioline.osu.edu. Click on the “Yard and Garden” section for numerous fact sheets.

According to Mr. Eberwine, reading about gardening is a good start, but the best teacher is experience, “It’s like driving a car, you can read about it all you want, but when you get behind the wheel, it’s a whole new thing.”

Mr. Eberwine enjoys linking up beginning gardeners with experienced ones, so that everyone can have a meaningful experience. “There’s a lot to be passed on, there’s the benefit of the garden and there’s the benefit of quality time with people.” Stop by the Original Talawanda Farmers Market to meet Mr. Eberwine and other producers that are growing food and nurturing community in Butler County.

Don Eberwine grows a number of vegetables and fruit in his small garden each summer.
Harv Roehling, former President of OEFFA (Ohio Ecological Food and Farmers Association), bought his land on Sample Road in 1977. Mr. Roehling is a certified organic farmer and an active member of MOON (Miami Oxford Organic Network). He has grown peppers, tomatoes, squash, beets, carrots, and his famous lettuce.

Harv believes the burgeoning local food movement has reconnected buyers with the food they eat. He advocates consumer awareness as to the amount of energy that goes into our food. While we may never be able to eat 100 percent seasonally in southwest Ohio, Harv encourages us to be conscious of the costs to the environment. When asked about the sometimes-higher price of locally grown organic foods, Mr. Roehling points out two things. The first is that large, industrial-scale farmers are given substantial government subsidies to lower their input costs, thus allowing them to charge less. The sacrifice comes in the taste, nutrition, and quality of conventional fare, which pales in comparison to that of local foods. Second is that supporting local foods provides jobs for people and for farmers in our community.
As President of OEFFA, Harv worked with The Ohio State University to research scientific advantages of organic farming practices. Through the establishment of OSU’s OFFER program (Organic Food Farm Education and Research) organic farming practices were shown to have greater life and diversity in their soil and suffer less insect damage.

For Harv, these findings were confirmation of what he had known all along; crop rotations and sustainable farming practices provide crops with more nitrogen and a better habitat. With season-extension practices, farmers have been able to plant weeks earlier and are able to provide delicious food to customers sooner and longer. Harv remembers curious patrons at the farmers market one June day eyeing his tomatoes with suspicion. Innovative farming practices such as hoop houses have allowed him to grow lettuce and other crops beyond their traditional seasons.

Harv Roehling believes that eating locally is a way to recycle money in the community and to create economic stability for the men and women who produce our food. As a leading member of the local foods movement, Harv is a man who truly loves to farm. His leadership on an institutional, political, and commercial level has contributed greatly to building the local food economy of southwest Ohio.
Tony and Ruth Shaefer both grew up on diverse farms (consisting of sheep, beef and dairy cattle, hogs, and poultry) — a tradition they continue with their children today.

They own and operate Shaefer’s Meats (established in 1992) where they raise livestock and sell a variety of meats, including beef, lamb, pork, and poultry. They also process deer for local hunters: 14,000 deer in 10 years, according to Tony Shaefer.

In addition to running their farm store, Ruth Shaefer frequently sells at the Original Talawanda Farmers Market and the West Chester Farmers Market, alternating her summer Saturdays between the two. A new Hamilton Market will be added to the agenda this season. The Shaefer’s 10-year old daughter also sells her home-grown produce at the markets with her mother.

The Shaefers take great pride in providing all-natural meats raised without hormones and antibiotics for their family and their customers. According to the Shaefers, their meats come straight from the slaughterhouse, as opposed to industrially-raised meat which makes multiple stops on the way to the grocery store.

The most rewarding part of being a local producer is “Providing a good source of all natural farm-raised meats that we feel are safe to eat,” Ruth Shaefer said.

The Shaefer’s meats are available year-round from their family-owned and operated farm on Jacksonburg Road, just outside of Trenton. Call 513-7260-5307 for store hours and product availability.
Karen and Daryl Baldwin moved to their small farm in Liberty, Indiana in 2001 and named it Tapaahsia Farm. The word Tapaahsia is from the Miami Indian language and means Canadian Goose, which are commonly seen flying over the farm in the spring and fall. With the challenges of raising four children, home schooling, and keeping up with farm duties, they set out to build their farm as an economically sustainable family-feeding endeavor. Important to the Baldwin’s farming ethic is sustainable use of the land and creating natural habitats by restoring native flora. Karen Baldwin is a niche market producer of handmade soaps and lotions. She also sells heirloom bedding plants, native prairie plants, and organic eggs at the Oxford Farmer’s Market Uptown. These sellable products financially support the farm.

The Baldwins believe buying locally helps reinforce community ties, provides an opportunity to know what conditions food is being grown and produced under, cuts down on transportation costs and fuel consumption, and encourages more diversity among farm products grown by smaller farms. They said food awareness has important health implications. They admit that re-integration within a local food system has its challenges, but feel that awareness
and more opportunities to buy locally can only aid in further developing a local food effort that support small farms.

Seasonal eating is also a practice in the Baldwin home. They can be seen harvesting milkweed and nettle in the spring along with varieties of lettuce grown in the greenhouse. Mr. Baldwin notes: “our bodies have evolved to reflect the biological rhythms in our environment and that includes what we eat and when we eat it.” Finding that balance between body-food-environment is what makes Tapahsia Farm a unique place.

Daryl Baldwin of Tapahsia Farm.

This biography and pictures were provided by Karen and Daryl Baldwin.

The Baldwin’s dairy goats. The front kid is part Saanen and Nubian. The back kid is pure-bred Sanaan.
Phil and Susann Wendel, owners of Wendel Farms, have been farming since 1973. Both were raised on farms too. Susann Wendel added 2000 fall mums to the farm’s production in 2000, a number that has increased to 3,500 in recent years. A five-acre pumpkin patch was added in 2002 and continues to thrive, as does the corn maze created in 2001.

An educational center on the farm serves as a place for grade-school children to come learn about agriculture. Susann and Phil take turns leading different stations for the students and “letting people know a bit about what agriculture is like.”

The Wendels recognize the importance of educating youth in knowing where their food is coming from and connecting with the land. The most rewarding part of being a local producer, is the people they work with and meet through the services offered by their farm, Susann and Phil agree.

It is important for consumers to know about the work
farmers do in order to make food available and safe to eat; Susann summed it up by saying “we take care of our land and our animals because we live here.”

Consumers should be conscious of this commitment and “buy food grown locally because you know where it’s from. Plus, it’s fresh.”

The variety available at local markets makes it easy to get what you want and when going to the market it is “more than just the food, it’s the experience.”

For more information about Wendel Farms and the services they offer, check out their website at www.wendelfarms.com.
Houston Wiseman was raised on a family-run farm in Estill County, Kentucky, and today he continues that farming heritage right here in Butler County.

Houston worked for the Miami University Food Service for 30 years and began growing food at his Oxford home in 1975, where he now grows a lot of early-season crops such as onions, tomatoes, lettuce, spinach, radishes, and a large variety of potatoes.

Later in the season, he has corn, squash, cantaloupe, peaches, watermelon, pumpkins and more. All are grown on a 150 acre farm he owns just over the border in Indiana.

He is proud of his work as a local producer and says the most rewarding aspect for him is the knowledge that all of his produce is a direct result of his time and hard work. Though, as he points out, farming is very demanding and does not allow for vacation time, it is worth it when he can offer a good alternative to the processed foods found in grocery stores today.

Houston has been proudly selling his produce for 16 years at the Talawanda Farmers Market and hopes to see many of you there.
This food guide would not have been possible without the generous financial support of Harry T. Wilks, who has been interested in cultivating leadership qualities among Miami University students. The students involved in the food guide project demonstrated civic leadership by working with a wide range of community members who are interested in local food, and by bringing together their perspectives and offerings in this guide.

The food guide represents a collective statement that Butler County’s local food economy is thriving and has the strong potential to continue to expand. Please play your community role by participating in the local food movement, and enjoy high quality, healthy food in the process.

Harry T. Wilks gratiously hosts faculty from the Wilks Acting Locally project at his home at Pyramid Hill, Hamilton, Ohio.
Special thanks to all those who provided images for this food guide. Unless noted, all photographs taken by Heather Hillenbrand, Thomas Klak, or other members of the local food group.

The following photographs were provided by community members:
Page 12 – Photo provided by Larry Slocum
Page 15 – Photos provided by Bob Sherwin
Page 55 – Photo provided by Debra Bowles
Page 57, 58 – Photos provided by Scott Downing
Page 62 – Photo provided by Larry Slocum
Page 64, 65 – Photos provided by Daryl and Karen Baldwin
Page 66, 67 – Photos provided by Phil and Susann Wendel’s website
Page 68 – Photos provided by Houston and Linda Wiseman
“In great and growing numbers, people are voting with their forks for a different sort of food system.”