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2015

Ross County

Local Food Directory



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Legend:

*Bainbridge Produce Auction

^Chillicothe's Farmers Market

-Open from 8-Noon

from May to October

Note: Farms are listed Alphabetically. No preference or endorsement of one producer over another is intended.

- No matter what container you use to store herbs, consider that herbs are made of mostly water. Water expands when frozen, so leave some extra space, or “headspace” in the container.
- During freezing, cell walls of foods are broken down so they will likely be a much softer texture when thawed. For this reason, herbs that have been frozen are best used in cooked dishes like soups or stews, rather than as toppings.

Written by: Joanna Rini, Extension Educator, Family and Consumer Sciences, Ohio State University Extension

Source: safefoodforyourfamily.wordpress.com

Online Resources for Canning

- National Center for Home Food Preservation,
www.uga.edu/nchfp
- Ohionline Fact Sheets
www.ohionline.osu.edu
- Ohio State University Extension, Family and Consumer Sciences website:
<http://fcs.osu.edu/food-safety/home-foodpreservation>



Tips for Freezing Fresh Herbs

Fresh herbs are wonderful, bring flavor to your foods and can make an otherwise colorless food colorful! (Think chives on a baked potato).

Preserve your fresh herbs easily by freezing them. Here are some top tips for freezing fresh herbs.

- Keep your freezer temperature at 0 °F for best quality. Keep a thermometer in your freezer to monitor the temperature.
- Chop your herbs finely by using a sharp knife or scissors. Place pinches of the herb in ice cube trays, and cover them with water or olive oil. Once frozen, remove the cubes and store in a freezer bag for 3-6 months. Add a cube to your meals when cooking. Don't hesitate to use this "ice cube tray" freezing method with combinations of different types of herbs that you use together.
- Other freezer storage methods for herbs include storing them in freezer grade bags or containers, including jars. All containers used for freezing should be moisture-proof, vapor-proof, and designed for freezing.
- Always label your frozen herbs, and any foods that you freeze. Labels should include the product name and a date. Many herbs will look alike when chopped and frozen – so it's important to know what is in the container.

Why Ohio Local Foods Week?

- Agriculture is Ohio's number one industry contributing more than \$107 billion to the state's economy.
- Ohio ranks in the top ten states for direct sales to consumers represented by a wide variety of food products including, but not limited to, eggs, milk, cheese, honey, maple syrup, beverages, bread and other artisan products, fresh, frozen canned and dried vegetables, fruits and meats.
- One in six Ohioans is food insecure and lacks access to fresh, local, healthy food.
- All Ohioans are part of the food system just by making daily decisions about what food to eat. There is not one definition for "local" food.

Ohio Local Foods week is not only about enjoying the tastes of local foods but is also about becoming more aware and better informed about the nutritional, economic, and social benefits of local foods in Ohio. Even during wintertime, Ohio local food is available, whether it is fresh produce grown with season extenders or crops that can be held for long periods of time in cold/cool storage as well as baked, canned, frozen and dried foods. August is a great time to celebrate Ohio Local Foods Week because of the availability of direct to consumer marketing of all products including a wide variety of fresh produce.

The Ohio State University Extension Local Food Signature Program invites everyone to celebrate Ohio Local Foods Week from August 9th – 15th, 2015. We encourage individuals, families, businesses and communities to grow, purchase, highlight and promote local food all the time but especially during this week.

Source: localfoods.osu.edu

Food Safety Tips for Farm Fresh Produce

Fresh vegetables and fruits available at farmers markets, or from a local orchard, can be an important part of our healthy diet. These foods provide fiber, vitamins and minerals to prevent chronic disease, help keep our weight down, and to maintain our bodies at an optimum level. On occasion, these fresh foods can be contaminated with harmful bacteria or viruses, such as *E. coli* or *Salmonella* (example - *E. coli* and spinach). While the high profile cases have involved large produce operations. It is always good to follow safe food handling techniques to protect your family and your investment.

Tips for shopping for, storing, and eating fresh vegetables and fruits:

- Plan your trip before going, by bringing clean canvas or “go green” bags, and a cooler or insulated bag.
- Arrive at the farmers market early. If your market opens before 8:00 am on Saturday; try to arrive before 9:00 am in order to get the best selection. Fresh produce is perishable once cut, so keeping it between 34 and 40 degrees is best. As the days heat up, your foods will lose quality. Use your cooler.
- Look for produce that is not bruised or damaged as you shop. If they offer you a discount for something that appears slightly damaged, remember to cut off those areas before you refrigerate them.
- When you get home, store fresh produce without washing to prevent mold. If you see visible dirt, wipe off with a clean, dry cloth before storing.
- Once you are ready to prepare or eat your fresh produce – start by washing your hands well with warm, soapy water for at least 20 seconds and clean your preparation surface. Next wash all whole vegetables and fruits, even if you will be removing the skins or rind. For firmer produce, use a produce brush. Do not use soap or bleach on produce. Research from the University of Maine actually found that the best cleaner for fresh produce was distilled water, but cold tap water also worked well.
- Dry cleaned produce by patting with a clean cloth or paper towel.

Writer: Lisa Barlage, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Ross County,
barlage.7@osu.edu
Source: livehealthyosu.com

Welch Farms, LLC^

We offer: Strawberries
Locations: 319 E. Hydell Rd. Chillicothe, OH 45601
Hours: 10 am - 7 pm daily in season.
Phone: 740-775-7977
Email: welchfarms@yahoo.com
Find on Facebook: @Welch Farms LLC
Payment: Cash, Check, Credit/Debit (MasterCard, Visa, Discover)



Customers are encouraged to call or check Facebook before coming to the farm.

Williams Honey Bees^

We offer: Honey and Pollen
Location: 46 Porter Ave, Frankfort, Ohio 45628
By appointment only 740-998-4380
Location: Schlegel's Coffee House
80 N Paint St Chillicothe, Ohio 45601
Hours: Monday - Saturday: 8:00 am - 9:00 pm
Location: Spaulding Chiropractic
265 N. Woodbridge Ave, Chillicothe Ohio 45601
Hours: Monday-Friday 9am-5 pm
Email: pine_ridge_farms@yahoo.com
Find us on Facebook @WilliamsHoneyBees
Payment: Cash/Check



Way Farms, LLC. ^

We offer: Strawberries, black berries, Carolina peaches, water melon, cantaloupe, sweet Corn, tomatoes, onions, potatoes, green beans, cabbage, broccoli, greens, peppers, zucchini, cucumbers, asparagus, honey, pumpkins, gourds, Indian Corn, and Christmas trees.

Location: 403 E. Emmitt Ave, Waverly, OH
Monday-Friday 10 am-6 pm, Saturday 9am.-3 pm

Rt93/Standpipe Rd, Jackson, OH
Tuesday ,Thursday, and Saturday 10 am-5:30 pm

Chillicothe V.A. Medical Center Farmers Market
Tuesdays from 9 am-1pm

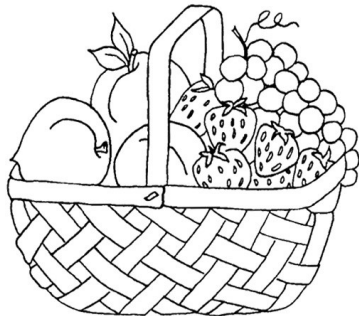
Payment: Cash, Ohio EBT Card, Check, Credit/Debit
(Master Card, Visa, Discover, American Express, WIC,
and Senior Nutrition Coupons)

Phone: 740-222-0179

Email wayfarms@yahoo.com

Website: way-farms.com

Find us on Facebook: @WayFarms



Corcoran Farms

We Offer: Freezer beef sold in 1/4 of beef increments
Thru January-March

1297 E Hydell Rd Chillicothe, OH 45601

Email: gotbeef@roadrunner.com

Phone: 740-851-4837

Find Us on Facebook: Corcoran Farms Freezer Beef

Payment: PayPal/Cash/Check



Cory Farms^

We offer: Raspberries, blackberries, strawberries, sweet corn,
asparagus, broccoli, cauliflower, okra, green beans,
peas, variety of tomatoes, peppers, potatoes, sweet
potatoes, quash, onions, eggplant, pumpkins, gourds,
Indian corn, cut flowers, herbs, jams, jellies, baked
goods, candies, and holiday gift baskets.

Location: 10006 Westfall Road Frankfort, OH 45628

Spring, Summer, Fall (May - December)

Phone: 740-701-1896

Payment: Cash/Check

Elliott Feed And Supply Inc.*

We Offer: Corn, greenbeans, tomatoes, lettuce, watermelon, cucumbers, cantaloupe, potatoes, goat meat, eggs off farm, and more items in the store.

May - October for produce and all year for meat

Location: 3978 us highway 50W Bainbridge Ohio 45612

Email: relliottinc@yahoo.com

Hours: Monday-Friday 8 am -5 pm.

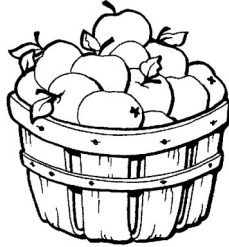
Saturday 8 am-3 pm

Phone: 740-634-2500

Find us on Facebook: Elliott Feed & Supply Inc.

Payment: Cash/Check/Credit Card (Master, Discover, Visa)

Also offers: A full line of dog food and livestock feeds.



Farm Fresh Produce*

We Offer: Strawberries, peaches, cantaloupe, watermelon, apples, tomatoes, potatoes, greenbeans, squash, cabbage, lettuce, cucumbers, peppers, corn, zucchini, broccoli, cauliflower, onions, and apple butter.

Location: 3540 State Route 28 South Salem OH, 45681
May- September

Hours: Tuesday 10 am-5:30 pm
Friday 10 am-5:30 pm
Saturday 9:30 am-2:00 pm

Phone: 937-981-2651

Payment: Cash/Check

Pinterest: The Silver Maple Farm
Instagram: The Silver Maple Farm
Payment: Cash/ Check/Credit (MasterCard and Visa)

The produce grown on our small family farm is Certified Naturally Grown. CNG participants follow the USDA Organic program principals, such as using organic/non-gmo seeds and plants, and we do not use synthetic pesticides and herbicides, to name just a few of our principles. We also have a small apiary.

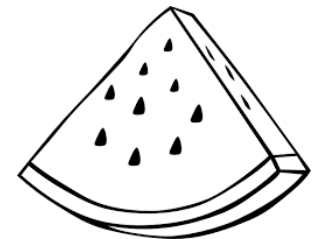
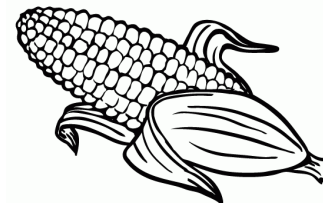
The Old Home Place

We offer: Berries, melons, lettuce, sweet corn green bean, zucchini, cucumbers, tomatoes, Free Range Eggs, Bens Mustard, Two Roasting Joes Coffee, Yummers BBQ Sauce.

Location: 225 Frankfort Clarksburg Rd. Frankfort,
Monday-Friday 8:30 am-5:30 pm
Saturday 8:30 am- 4:00 pm
Closed Sunday
Open Year Around

Phone: 740-998-4303

Payment: Cash/Check/Ohio EBT Card/Credit
(MasterCard, Discover, Visa, AMEX)



Red Rabbit: Candies, Cakes, Bakes and More^

We offer: Candies, cakes, scones, pies, and more.

Location: Chillicothe Farmer's Market season
623 Larrick Lane for Holiday Orders

Phone: 740-773-1023

Email: marykate@horizonview.net

Payment: Cash/Check

My bakes are a lighter, healthier alternative to traditional and processed baked goods.

The Silver Maple Farm^

We offer: As available and weather permitted, we offer a wide variety of Certified Naturally Grown produce from cool weather (spring and fall) vegetables such as lettuce and broccoli, to warm weather produce like tomatoes, peppers, beans, eggs, variety of baked goods and herbal teas, herbal soaps and lotions, along with hand spun yarns and animal fibers

Location: 1670 Sever Road, Frankfort, OH, 45628.

May call for hours and product availability.

May also contact us through email or social media for current information

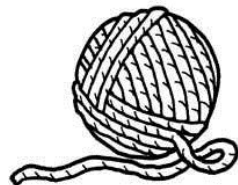
Phone: 740-656-4592

Email: thesilvermaplefarm@gmail.com

Website: <http://www.thesilvermaplefarm.com>

Find us on Facebook: The Silver Maple Farm

Twitter: @TheSilverMaple



Hirsch Fruit Farm*^

We offer: Strawberries, blueberries, red and black raspberries, peaches, pears, plums, nectarines, apples, blackberries, grapes, tart cherries, cantaloupe, watermelon, asparagus, pumpkins, tomatoes, zucchini, yellow squash, cucumbers, sweet corn, green beans, potatoes, lettuce, radishes, onions, beef, pork, lamb, bison, brown eggs, ice cream, and fresh-pressed apple cider, and cider slushies

Location: Farm Store located at 12846 State Route 772

Phone: 740-775-7055

Hours: The farm store is open year-round, Monday thru Saturday. November-May from 9am-6pm; June-October from 8am-6pm

Location: Hirsch Market located at 41 Seney Road (off Bridge Street, behind Olive Garden)

Phone: 740-775-1037

Hours: The Seney market is open year-round Monday thru Saturday. January-December from 10am-6pm with additional hours on Sunday beginning April-December from 11am-5pm

Payment: Cash/Check/Ohio EBT Card/Credit (Master, Visa, Discover, American Express)

Website: www.hirschfruitfarm.com

Find us on Facebook: @Hirsch Fruit Farm or Twitter @HirschFruitFarm

Other information: Annual Apple Harvest Open House is held at the farm location on the third full weekend (Sat/Sun) in September. Cider slushies can also be found at the Ross County Fair. Hirsch is a Fifth Generation Family Farm.

Jones Farm

We Offer: Pumpkins, gourds, squash, and fodder shocks.

Location: 1210 Schrader Rd., Chillicothe, OH 45601

Hours: September-October
10am - 6pm

Phone: 740-774-4962

Email: njones173@gmail.com

Payment: Cash/Check



Family owned business that's located on our farm.
Wonderful Fall decorations for your yard!

McCann's Blueberry Farm^

We Offer: Strawberries, Blueberries and Black Raspberries

Location: Late May to late July
1444 Trego Creek rd. Chillicothe, OH 45601

Hours: 10:00 am to 6:00 pm

Phone: 740-703-8624

Email: fruitgrower2004@yahoo.com

Payment: Cash or check



Owl Creek Bison^

We Offer: Grass-fed and grass-finished bison (buffalo) meat.
No hormones or antibiotics. 15 varieties of naturally
grown garlic.

Location: Bison meat sold at Hirsch Fruit Farm Market
at 41 Seney Road Chillicothe, OH 45601

Hours: The Seney market is open year-round
Monday thru Saturday.
January-December from 10am-6pm
with additional hours on Sunday beginning in
April-December from 11am-5pm.

Phone: 740-775-4795

Email: owlcreekbison@gmail.com

Find us on Facebook: @Owl Creek Bison

Payment: Cash/Check/Credit (MasterCard, Visa, Discover, Amex)



Pastured Providence Farmstead^

We Offer: Grass-fed beef, grass-fed lamb, pastured pork,
free-range turkey, pastured chicken, free-range eggs.
Available all year

Phone 740-851-3883

Email: paul@pasturedprovidence.com

Website: www.pasturedprovidence.com

Find us On Facebook: @PasturedProvidence

Payment: Cash/Check/Credit (MasterCard, Discover, Visa, Amex)

Pastured Providence Farmstead is a small, sustainable, diversified, pasture-based farm. Our heritage-breed animals are raised on grass, without any growth hormones, antibiotics, or chemicals. We consider ourselves partners with creation as we focus on producing healthy, natural food for our family and others. Our emphasis is on natural and synergistic processes, as we seek to mimic nature and minimize external inputs. We are striving to heal the land and improve it for future generations, as well as share our values, methods and lessons learned with others in an attempt to both educate and encourage. Finally, we want to embody honesty, integrity and transparency in our business practices, as we produce food in an ethical, humane, beyond organic, ecologically sound, pasture-based manner.