



LORAIN COUNTY LOCAL FOOD GUIDE

Eat and shop for local, farm-fresh food
in Lorain County all year

Acknowledgements

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*Lorain County
Community College*

Welcome!

We hope this guide inspires you to explore the variety of local food grown and raised right here in our community. Whether you're looking for a farm box subscription program, a place to use SNAP benefits, or somewhere to connect with a local farmer, you can find it here. But don't worry, if you don't know much about the benefits of buying local food, you can learn that here too.



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Please note, the businesses listed in this guide can change their hours of operation, products, and accepted payment methods at any time. Please reach out to confirm details.

Farms, Stands & Stores

AUFDENKAMPE FAMILY FARM
3275 N Ridge Rd., Vermilion
afamilyfarm.com
A seasonal u-pick farm committed to providing healthy produce and GMO-free berries for the community.
Daily, 8:30am - 4:30pm as available
Approx. May - July

BAUMHART BERRY FARM
2200 Baumhart Rd., Vermilion
baumhartberryfarm.com
A u-pick blueberry and blackberry farm. Have a fun day picking delicious, sun ripened berries.
Hours vary
(Call ahead, 440-984-0141)
Approx. June - September

CHANCE CREEK BLUES ORGANIC BLUEBERRY FARM
9173 Peasley Rd., Amherst
chancecreekblues.com
A family-owned organic blueberry farm with seven different types of blueberry bushes to provide berries all summer!
Hours and season vary

DOC WATSON'S MARKET
275 South Main St., Amherst
docwatsonsmarket.com
Offering fresh produce, meats and dairy, and pre-made and made-to-order foods from local sustainably-grown or certified organic produce.
Weekly & seasonal hours vary

DOSTALL FARMS
50269 U.S. 20, Oberlin
dostallfarms.com
Started 1999, the farm has one goal: to sell quality, affordable products to the community including eggs and meat.
Schedule pick up: 440-935-5187
Mid-May - Mid-October

FENIK'S SWEET CORN
6413 Lake Ave., Elyria
fenikssweetcorn.com
Fenik's Sweet Corn was started in 1943, and produce is still grown, and the corn still hand-picked, from the family farms.
Daily, 9am - 7pm
July - October

Lorain County's Local Food Scene

In our area, farm stands and stores begin to open in May with the first signs of the season's fresh bounty—asparagus, leafy greens, peas, and more—and close shortly after the pumpkins, squash, and apples are harvested. In those few brief months, each week is a new opportunity to see what's fresh from the farm, and if you blink you could easily miss your favorite fruit or vegetable. So don't wait, make a point of visiting your local farm, stand, or store as often as you can.



Farms, Stands & Stores



FITCH'S FARM MARKET

4413 Center Rd., Avon
fitchsfarmmarket.com

Fresh fruits and vegetables grown at the farm, and offering u-pick for some—all guaranteed to be Fitch Farm Fresh.

Daily, hours vary

Approx. May - October



FLYNN MEAT

43191 Jones Rd., Wellington
facebook.com/flynnbeef

We are a family farm committed to raising happy and healthy cattle in order to provide for our customers.

Call for order details:

605-216-2539



FORESTHILL FARMSTAND

112 Foresthill Dr., Amherst
foresthillfarmstand.com

Growing and supplying organic and sustainable produce that sparks a moment, a conversation, and a community.

Daily, 7am - 7pm

April - August

Photo courtesy of Fenik's Farm



Fenik's Sweet Corn

Fenik's Sweet Corn is a staple in the area. After all, the business celebrated its 80th anniversary recently. Between July and the end of October each year, locals find their way to the market to shop for fresh produce grown by the Fenik family. This has been going on for generations, as evidenced by the number of adults who tell Pat Fenik that they remember coming with their grandparents when they were kids.

Pat is a second generation Fenik farmer whose parents bought the farmland in 1943. While things have changed over the years, Pat explained that he cares deeply about “getting people to eat good, healthy food.” And that’s easier when you have a local spot to shop for strawberries, melons, potatoes, squash, and of course, sweet corn. The Fenik’s also live that mission by participating in several seasonal pop-up markets hosted by Lorain County Public Health that help get fresh local food into the hands of the community.

Along the same vein, the farm uses very minimal pesticides and focuses on soil health by using cover crops to replenish organic matter and support the soil’s micro organisms before each season. This is important to the people who shop the market once or twice a week and are conscious of their food choices and how that relates to their health. As Pat puts it, “if you were going to fly an airplane, would you put just any fuel in it?”

Farms, Stands & Stores

FOWL'S FARM MARKET
43655 Telegraph Rd., Elyria
fowlsfarmmarket.com

Since 1835, we've been proud to serve our community by growing and selling fresh fruits, vegetables, and our own non-GMO sweet corn.
Daily, Jun - Sept, 9am - 6pm
S-M, W-S, Oct - Mar, 10am - 5:30pm

GROBE FRUIT FARM
43875 Telegraph Rd., Elyria
grobefruitfarm.com
Down home friendly service with a great atmosphere for customers to purchase quality produce grown right on our farm!
Daily, 9am - 6pm
July - March

HEALTHY HARVEST ORGANICS
16397 Island Rd., Grafton
healthyharvestorganics.com
Providing high-quality poultry and eggs in an environment that supports regenerative agriculture and consumer education.
Delivery & pick up: 440-371-9487
Year-round

HENRIETTA CO-OP & PANTRY
12290 Vermilion Rd., Amherst
facebook.com/henriettaproducepantry
A produce stand sourcing fresh produce from local farms to bring quality food to the community at affordable prices.
S, T-S 10am - 6pm
Seasonal schedule varies

HILLCREST ORCHARDS
50336 Telegraph Rd., Amherst
hillcrestfunfarm.com
A farm market and 90-acre apple orchard and farm with u-pick and fall activities (admission tickets required) on site.
Hours vary seasonally
August - November

HOOK ORGANICS
49523 Jones Rd., Wellington
hookorganics.weebly.com
A certified organic family farm raising free-range heritage poultry and eggs, organic grains, and organically-grown produce.
Call for more information:
440-213-0854

Local Food Tip #1

Don't forget your reusable shopping bags when you head out to your favorite local food business. And remember, you probably don't need to use plastic produce bags for all your items. Keep an eye out for all the ways plastic sneaks into your daily habits and try to reduce your use!



Farms, Stands & Stores

KNOBLE FARMS

Various Locations in Avon
knoblefarms.com

Providing fresh farm-grown produce and fall decorative items to local markets and consumers. Weekly and seasonal hours vary, call for more info 440-714-0293

KRIEG'S FARM MARKET

3175 North Ridge Rd., Vermilion
[facebook.com/kriegsmarketandcustard](https://www.facebook.com/kriegsmarketandcustard)

Open air fruit and veggie market, also offering u-pick strawberries and weekly fresh fruit flavored custard. S, T-S, Hours vary seasonally
May - October

Doc Watson's

Doc Watson's Market has one goal—bring healthy eating options into the community. Chiropractor, Dr. Jeremy Watson, and his wife and market co-owner, Kelsey, knew there weren't many places in the Amherst area with access to fresh, local food on-the-go. Based on the principles that healthy food should taste good, shouldn't be expensive, and should be convenient, the café and market were created.

Today, shoppers can stop at the market for fresh produce, meat, pre-made, and made-to-order foods such as sandwiches, salads, and smoothies. Produce is sourced locally seasonally or from organic sources outside of the peak local season, and three area farms provide high quality meat that is pasture raised and sustainable. As for their popular smoothies, Kelsey says Doc Watson's doesn't use any artificial syrups or flavors, they're made from 100% real fruits and veggies.

While the market is a great place to stop and talk with neighbors or learn a few things about healthier foods and lifestyles, the market is the perfect place to grab a fast snack or lunch and get on with your day without worrying about what you're eating or where it may have come from. In fact, "many customers order lunch online—some even a week in advance," shared Kelsey. That way they don't need to hunt down a healthy lunch during the week and settle for less healthy options in a jam.

After all, that's all anyone wants out of lunch—a fresh, healthy, fast meal we can enjoy and feel good about.



*Photo
courtesy
of Doc Watson's*

Farms, Stands & Stores

Solidarity Urban Farms

It'd be easy to wager that most grand ideas don't make it past the daydream phase, much less find the right connections, inspiration, and momentum to come to life. Solidarity Urban Farms is one of those rare ideas that lives among us. Jim Goforth, an LCCC Sustainable Agriculture graduate, wanted to start a nonprofit to feed the community, and Father Alex Barton of the Church of the Redeemer wanted to do more with his weekly community meal.

Today, their visions have come together as Solidarity Urban Farms where they, along with dedicated staff and volunteers, provide fresh, local, nutritious food to the community. The "farm" part of the farm is actually 10 previously abandoned city lots that have been converted to little farms that focus on high-intensity, intentional growing practices to provide organic fruits, vegetables, and even flowers for the neighborhood.

"We beautify the land, mend land, then take the food to people who wouldn't normally have access to that quality of fresh food. And afterwards, we take the waste back to the land and compost it," explained Father Alex. "We wanted to provide a farm-to-table experience for people who didn't think they could afford it."

The community can shop at the farm stand on Saturdays (11am - 3pm) or stop by the farm's tent at the Tremont Farmers Market on Tuesdays. As an extension of their mission, shoppers can use their SNAP/EBT cards, Produce Perks, WIC, and Senior Farmer Market Nutrition Coupons.



Photo courtesy of Solidarity Urban Farm



MILLER ORCHARD

8690 Vermilion Rd., Amherst
millerorchardsltd.com

A farm store with seasonal items and apple orchard with u-pick apples, fresh cider, field trips, weekend events, and PumpkinLand (a family play-area)

Year-round, M-S, 9am - 6pm



OUR FAMILY FARM

8504 Furnace Rd., Vermilion
facebook.com/OurFamilyFarmOhio

We are a small family owned farm that has a little bit of everything available in our road side stand. Self-serve stand or winter porch pick ups available Seasonally.

Farms, Stands & Stores

PICKERING HILL FARMS

35669 Detroit Rd., Avon
pickeringhillfarms.com
A family-run farm and market growing 75 acres of fruits and vegetables on farms in Avon and Grafton.
Daily, 10am - 5pm
June - October

RED WAGON FARM

16081 E. River Rd., Columbia Station
redwagonfarm.com
Family owned and operated strawberry, vegetable, and pumpkin farm.
Daily, hours vary
June - October

PYCRAFT FARM MARKET

19345 Indian Hollow Rd., Grafton
(440) 724-6383
Sells only locally grown, in-season produce, as well as products produced on the farm.
Daily, 10am - 7pm
May - October



Healthy Harvest Organics

Hannah and Joe DiVencenzo started out wanting to just raise their own food, and like many who don't start out as farmers say, "if we're going to raise our own food, we might as well raise it for our neighbors too!" With that, Healthy Harvest Organics was created and Joe and Hannah became farmers.

They, along with their kids, raise high-quality chickens, eggs, and occasionally turkeys. They use organic and regenerative standards, and sell to their neighbors, of course. Many locals stop by the farm regularly to pick up eggs and meat, but some also take advantage of ordering online for delivery to make sure they get their farm fresh products routinely. "People just want to know where their food is grown," said Hannah. "When they can see it, they can trust it."

When you stop by the farm, ask about the chicken tractors. While this process of pasture raising chickens is hard work, it leads to better meat, Hannah explained. Each day the chickens, sheltered in a mobile grazing unit, get moved to new pasture to graze. This natural way of farming sets them apart on a farm of this size, but the results prove it's worth it.

A farm doesn't have to be big to have a big impact. The DiVencenzos just wanted to raise food that's healthy for their family and community, as well as teach their kids to understand where their food comes from and how to work hard and do it right.

Farms, Stands & Stores



SHIPULA FARMS

6468 Lake Ave., Elyria
(440) 324-3858

Family-owned farm market started in the 1940s featuring home grown fruits and vegetables.

M-S, 9am - 6pm, S, 10am - 5pm
June - Mid-October



SOLIDARITY URBAN FARM

336 W. 14th St., Lorain
[facebook.com/solidarityurbanfarmslorain](https://www.facebook.com/solidarityurbanfarmslorain)



A community-focused urban farm committed to using agriculture to drive social change featuring regeneratively grown vegetables. Seasonally, Saturdays, 11am - 3pm



WOODRUM BEEF FARM

15936 Gifford Rd., Oberlin
woodrumfarms.com

All natural, no added hormones or antibiotics, freezer beef. The hay and corn used for feed is also grown on the farm.

Pick ups: F, 4pm - 7pm, S, 8am - 12pm



WOODS FAMILY FARM

2800 Cooper Foster
Park Rd., Vermilion
woodsfamilyfarm2016.com

Raising pasture-raised chicken and turkey, woods-raised pork, and pastured-raised eggs in a natural/ pasture raised system.

Order online for pick up

Local Food Tip #2

Picking a ripe melon is a local food skill to master! When choosing your watermelon, knock or thump on the melon to be sure it's firm and listen for a slight hallow sound or echo. The melon skin should be dull.

For cantaloupe, just give the stem end a smell! A strong fruit smell with a beige, not green, rind will lead you to the tastiest melon. In doubt, ask your farmer!



Farmers Markets

ELYRIA FARMERS MARKET

6400 Broad St., Elyria
oberlinfarmersmarket.info
Features locally grown and prepared foods, homemade goods and a family friendly environment in downtown Elyria.
Saturdays, 9am - 12pm
Mid-May - Mid-October

OVERLIN WINTER MARKET

317 East College St., Oberlin
facebook.com/OberlinWinterMarket
When the weather turns chilly, you can still eat fresh, local food! Explore late and early season produce and enjoy locally made products too.
Saturdays, 10am - 12:30pm
October - May

OVERLIN FARMERS MARKET

66985 South Main St., Oberlin
oberlinfarmersmarket.info
A small, friendly market to shop for fresh, seasonal vegetables and fruits, herbs, free range meat and poultry, eggs, and more.
Saturdays, 9am - 12pm
Mid-May - Mid-October

VERMILION FARMERS MARKET

687 Main St., Vermilion
mainstreetvermilion.org/mip
Every week features new vendors and new products along with other activities and entertainment for the community.
Saturdays, 10am - 2pm
July - August

Oberlin Farmers Market

If you haven't strolled through Oberlin on a summer Saturday morning, you're missing out. The lively community always has something to offer during the season, and that includes its weekly farmers market.

The market got its start to encourage people to grow more of their own food and not rely on transported food from across the country. The organizers wanted to help people learn about gardening and local food as a method for healthier living.

Now, roughly 20 vendors create a "small, friendly market" filled with fresh food throughout the season, as Oberlin Farmers Market Board Member and vendor John Gates shares. From long-time vendors to new farmers, the market is always changing and trying to offer the community a range of locally grown, prepared, and raised foods. The market proudly supports a handful of organic and GMO-free vendors, too.

While summer is the peak of harvest, the market takes on another vibe as Oberlin College students return to the community and also shop the market to find fresh, local produce to take back to campus. If you can make this market part of your weekly shopping habit, you won't be disappointed.

*Photo courtesy of
Oberlin Farmers
Market*



SEASONAL EATING GUIDE

Part of eating locally is eating seasonally, but what does that really mean? When you start to add more local foods to your diet, you'll realize quickly that you won't find bananas at Ohio farmers markets or strawberries in your CSA bag in October. Eating when produce is harvested and at its freshest isn't a limitation, but rather, an opportunity to taste the best of what nature can supply and enjoying it in the moment.

	A	M	J	J	A	S	O	N
Apples					■	■	■	■
Asparagus	■	■	■					
Beans			■	■	■	■		
Beets			■	■	■	■		
Blackberries				■	■	■		
Blueberries			■	■	■	■		
Broccoli			■			■		
Cabbage		■	■	■	■	■	■	
Carrots				■	■	■	■	
Cauliflower						■	■	■
Cherries			■	■				
Collards			■	■	■	■	■	
Cucumbers			■	■	■	■		
Eggplant				■	■	■		
Kale		■	■	■	■	■	■	
Leeks				■	■	■		
Leafy Greens	■	■	■	■	■	■	■	■

SEASONAL EATING GUIDE

There are other benefits to eating seasonally, too. Eating locally and seasonally can add more nutrients to your diet since the produce was picked more recently, and the closer you eat your fruits and vegetables to when they were harvested, the more nutrients the produce retains. Also, you can support local farmers and potentially reduce food transportation miles, making your meals a little better for the environment.

	A	M	J	J	A	S	O	N
Melons				Red	Red	Red		
Onions			Orange	Orange	Orange	Orange	Orange	Orange
Peaches				Orange	Orange			
Peas		Green	Green			Green	Green	
Peppers			Red	Red	Red	Red	Red	
Potatoes				Brown	Brown	Brown	Brown	Brown
Pumpkins						Orange	Orange	
Radishes		Red	Red	Red	Red	Red	Red	
Raspberries			Purple	Purple		Purple	Purple	
Rhubarb	Light Green	Light Green	Light Green					
Spinach		Dark Green	Dark Green	Dark Green		Dark Green	Dark Green	Dark Green
Squash (Summer)			Yellow	Yellow	Yellow			
Squash (Winter)						Orange	Orange	Orange
Strawberries			Dark Red	Dark Red				
Sweet Corn				Yellow	Yellow	Yellow	Yellow	
Tomatoes			Red	Red	Red	Red	Red	
Turnips						Light Yellow	Light Yellow	Light Yellow

CSA's, Farm Boxes & Buying Clubs

How a CSA Works

CSAs and farm boxes are like local food subscriptions where a farmer or organization offers a certain number of "shares" of the week's pre-selected harvest to the community. Typically, the shares consist of a box of seasonal fruits and vegetables, meat, and/or possibly other farm products like eggs or honey. Shares can be reserved seasonally or weekly in some cases, and can be picked up in a central location, most likely near your neighborhood, or even delivered. There are usually different types and sizes of offerings, especially when it comes to meat programs, and some can be customized too.

Why join a CSA?

- You'll get to know your farmer, where your food comes from, and how it's grown
- Produce will be fresher and travel fewer miles to get to your plate
- Fresher food means you'll get higher nutrient values
- Try new foods and learn new ways to prepare fresh local foods
- Opening your share each week is pure joy, trust us!

Joining a CSA, or similar program isn't just beneficial to you, farmers also benefit from the relationship since many times shareholders commit to their shares early in the season. This helps farmers ensure cash flow prior to harvest and keeps their business stable. Each CSA is different, so explore these options to see if one fits your family.



BUCKEYE HARVEST MARKET

bharvestmkt.com

Order fresh, local produce, meat, eggs, and specialty products at your convenience with this online co-op style market working to strengthen local sustainable small farms.

Thursday deliveries, year-round

CITY FRESH

cityfresh.org



A farm box program featuring seasonal, sustainable, local, fresh veggies ordered in a single or family size share weekly or at the start of the season.

Pick ups: Tues-Thurs

May - December

CSA's, Farm Boxes & Buying Clubs

Second Spring Farm

Farmer and owner of Second Spring Farm, Rachel Wiegand hears one question quite a bit: “Do you grow this?” The short answer is yes.

The longer answer is that Rachel farms a variety of vegetables and fruits using only organic and sustainable farming practices on her seven-acre farm in Grafton, and does it mostly by herself and with the help of her family. Starting from scratch in 2017, Rachel says she’s “finally getting the hang of it,” giving a laugh only a farmer who has learned some lessons could.



Second Spring Farm sells directly to customers through CSA shares available for sign up each spring and also weekly at the Frostville Farmers Market in North Olmsted. What makes Second Spring Farm and its CSA shares different is Rachel’s dedication to growing one new thing each season to introduce to the community. Ground cherries, cape gooseberries, and specialty greens are interesting finds you’ll spot at her farmers market stand and in CSA shares.

If running a small farm isn’t enough, Rachel also opens up Second Spring Farm to Lorain County Community College Sustainable Agriculture* students to use for hands-on learning year-round during their Crop Production courses, and spreads her knowledge of ecological farm practices so one day there will be more farms in the area who can also proudly say, *Yes, I grew this.*

*See the inside back cover to learn more about the LCCC SAGR program



FAIR VIEW MEADOW FARM

22735 Pitts Rd., Wellington
fairviewmeadowfarm.com

A buying club focused on producing clean, healthy grass-fed and pastured meats, naturally-grown produce, and more for the community.

Weekly pick ups, Year-round



FIFTH ACRE FARM

Vermillion
fifthacrefarms.com

A regenerative farm and CSA passionate about healthy soil and nutritious food. Order a box online. Saturday deliveries May - October

CSA's, Farm Boxes & Buying Clubs



MURRAY HILL FARM

murrayhillfarm.com

Get local, in-season, fruit and organic vegetables grown on small, family owned farms and orchards in Northern Ohio. Order online for year-round pick ups. Pick ups: Wednesdays & Fridays



SECOND SPRING FARM

second-spring-farm-llc.square.site

Organically grown seasonal produce, pasture raised eggs, and more! Shop from the farm at the Frostville Farmers Market or sign up for a weekly CSA pick up. May - October

Fair View Meadow Farm

When we talk about local food we tend to think of seasonal produce at peak freshness. However, for those who eat meat, finding sources of locally and responsibly raised protein products is sometimes difficult. That's where Fair View Farms' buying club fills the gap.

Nate Joppeck grew up in a farming family where his grandpa farmed to feed the family and later rented the land to a grain farmer. It wasn't until later in life that Nate decided to try himself, although in a slightly different way. He decided to try a more natural way of farming, thanks to inspiration from his mom and a hands-on apprenticeship on Joel Salatin's Polyface Farm—whose farming methods are well-known for their simplicity in working with nature's systems to produce healthy food.

Nate brought those ideas home and started Fair View Meadow Farm with his family. There, they grow and raise grass-fed beef and lamb, pastured poultry, eggs, and pork, raw honey, maple syrup, and naturally grown produce. The community can order online and pick up on the farm or at a designated buying club location. This way, Nate explains, "people can have access to the products in an easy way." The buying club is a little like a CSA in the way that everyone picks up their local food in one location each week, but here the shopper chooses what products they want instead of getting a surprise bag of what's in season chosen by a farmer.

The farm is run with "openness and transparency—we don't hide anything," says Nate. "Customers are welcome to visit. If you're buying food from us you deserve to know what we're doing and what we're saying is actually true."



Photo courtesy of Fair View Meadow Farm

CSA's, Farm Boxes & Buying Clubs

City Fresh

City Fresh isn't a typical farm-based CSA. The farm box that a shareholder picks up at their weekly Fresh Stop is made of more than veggies. It represents a "pipeline between farmers and eaters, making the local food system fair, vibrant, and equitable," as Executive Director, Anna Kiss Mauser-Martinez, puts it.

City Fresh is a nonprofit organization operating in Lorain and Cuyahoga counties working to increase food access while building community and supporting local farmers. They sell affordably priced farm boxes stuffed with nutrient-rich, fresh fruits and veggies with pick up locations in 15 neighborhoods (including one at LCCC) weekly from June to October.

What's different about this CSA model is that 70% of the Fresh Stops are located in Food Desert Census Tracts. This is deliberate in order to increase access to farm fresh foods and serve these low-access communities that sometimes don't even have grocery stores. City Fresh offers two share sizes and limited-income pricing for their farm boxes too—no questions asked. Shareholders can also use SNAP/EBT benefits to order.

Another part of its mission comes to life at the weekly Fresh Stops. Each neighborhood stop is run by people from the community offering a peer network around topics like nutrition education, seasonal eating, and learning about culturally relevant foods. "We have to do this together to work against entrenched systems. This is a process," noted Anna Kiss, speaking to the challenges of accessing healthy food in areas of high poverty.



Photo courtesy of City Fresh

Local Food Tip #3

Don't squeeze the fruits and veggies! Especially if you aren't going to purchase the produce. Squeezing, even a little, bruises the produce and makes it break down faster. Use your sense of smell to see if there's a strong aroma and look for bright, deep coloring to indicate ripeness. Remember, you can ask your farmer to choose one for you!

Community Gardens



AVON LAKE COMMUNITY GARDENS

6237 Belmar Blvd., Avon Lake
avonlakecommunitygarden.org
We are a community of volunteer-led gardeners growing organically in a beautiful setting. Our mission is to provide residents of Avon Lake a space to garden.



LEGION FIELD COMMUNITY GARDEN

425 South Professor St., Oberlin
ourfamilyohio.org
A small garden promoting healthy living and the joy of harvesting your own food while nurturing a strong sense of community and shared growth.



EASTSIDE BLOCKWATCH COMMUNITY GARDEN

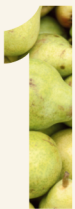
3361 Garfield Blvd, Lorain
lorainseniorcenter.com
Located at the Lorain Community Senior Center, the mission of the garden is to provide vegetables to Lorain Community Senior Center members in need.



NORTH RIDGEVILLE COMMUNITY GARDEN

Chestnut Ridge Rd. & Alt St. Rt. 83, North Ridgeville
nridgeville.org
The two-acre garden has 94 plots, each measuring 20 feet by 15 feet. Registration opens in the spring.

Why Should We Try Eating Seasonally?



Grows our local economy



Know the source & farmers



Peak season flavor



Supports local farmers



Fresher and nutrient dense foods

Community Gardens



THE PEOPLE'S GARDEN

285 S. Professor St., Oberlin
oberlincommunityservices.org/garden

Everyone in the community can work together to grow fresh food here! We grow a wide variety of vegetables, lettuces, and herbs while providing education and growth for the community.



SHEFFIELD LAKE COMMUNITY GARDEN

4575 E. Lake Rd., Sheffield Lake
sheffieldlake.net

This new community garden is now open to gardeners for produce and flower growing! Join current gardeners to talk about the hobby and exchange ideas in the garden.



Photo courtesy of the People's Garden

How to Grow Your Own Herbs

You may not have space for a garden or even a collection of potted veggies, but growing an herb garden is simple, doesn't take much space, and adds flavor to your meals.

Here's how to get started:

1. Research and plan what to grow, and make sure they're flavors you enjoy in your food.
2. Create a growing space; a few containers with drainage is all you'll need.
3. Add soil, but skip soils with extra fertilizers, remember you're going to eat this food and don't need to add extra chemicals potentially.
4. Plant herbs with similar water and sun needs together.
5. Water when the soil begins to dry and make sure to put the herbs in the sun.



Food Pantries

COMMODORE CUPBOARD

1005 Abbe Rd. N., Elyria
lorainccc.edu

Provides food assistance to eligible community members. Along with nonperishable items, fresh local produce is donated to the pantry by LCCC's Sustainable Agriculture classes.
Hours as posted

GOOD SHEPHERD BAPTIST MINISTRIES

1100 Cleveland Ave., Amherst
gsbcmistry.org

This mobile, choice pantry allows participants more freedom over the food they take home and a convenient pick up location. Every third Thursday
10am - 12pm

LCAA PRODUCE PICK UP CENTER

204 W 10th St., Lorain
lcaa.net

Eligible participants use online ordering to make selections from available food items and choose appointment times for pick up. Available weekly

People's Garden & OCS

A community garden is a beautiful example of local food and community coming together. That's especially true for the People's Garden in Oberlin that not only gives the community access to food without signing up or paying a fee, but also hosts workshops, operates a seed library, and provides educational resources to the community to learn more about healthy food.

The People's Garden is managed by Jenna Stolarik who organizes the garden from propagation through to harvest with the help of volunteers.

As the dedicated community garden of Oberlin Community Services (OCS), the garden has an extra mission too. "Last year, the garden produced roughly 900 pounds of food" using organic and regenerative agriculture practices, shared Jenna. All the produce that isn't harvested by community members goes to OCS's food pantry program. There, members of the community can have access to fresh, local food during some of the weekly food distributions.

OCS has moved to a new location to offer more support services in a community hub style, including expanding its food programs. But rest assured, the community garden will continue to nourish and support the community as always.



Food Pantries

OBERLIN COMMUNITY SERVICES

500E. Lorain St., Oberlin*

oberlinfarmersmarket.info

Our mission is to empower area residents through emergency assistance, food programs, and other services—including a dedicated choice pantry.

Hours vary by service

**New Location*

OUR LADY QUEEN PEACE

708 Erie St., Grafton

olqpgrafton.org/food-pantry

Nonperishable items along with vegetables from the Reintegration Center are distributed monthly in addition to a market-style choice pantry. First Saturday of the month

What are food assistance and nutrition incentive programs?

If you're not deeply familiar with SNAP, chances are you've at least heard of it in the recent past as COVID-era funding and Farm Bill conversations involving SNAP benefits have made the news. [SNAP stands for Supplemental Nutrition Assistance Program](#) and helps low-income households stretch their food budgets and buy healthy foods. Eligibility for this program is determined by household income and helps prevent food insecurity for low-wage families, low-income seniors, and people with disabilities, for example.

Now, SNAP is being accepted in more than just grocery stores. Farmers markets, direct-to-consumer farmers, and community food organizations are able to accept SNAP/EBT cards in exchange for locally grown, nutrient dense foods. To build on that, some farmers markets, through a partnership with Produce Perks Midwest, will offer dollar-per-dollar matching funds to shop for fresh local fruits and vegetables.

While shopping for local food, also ask about options to use [WIC \(Women, Infants & Children\)](#) and [Senior Farmers' Market Nutrition Program](#) vouchers.

Now, more than ever, local, healthy food is easier to reach for more of us.

Looking for more resources?

Second Harvest Food Bank helps many in our community with more than just food assistance. Visit secondharvestfoodbank.org/find-help/resources to learn more about additional services the team there can assist with, including healthcare, child care, and other benefits.



What is Food Justice?

Food justice doesn't have a single definition, it's more of a movement. It boils down to underserved communities regaining access to healthy and culturally appropriate foods after years of food insecurity or economic injustices in an area. At the core, food justice views healthy food as a human right for all, not an economic privilege of the few.

The sources of the inequities in our food system are too numerous to list here, but it's easy to see if you look closely. Low-income communities, those usually home to BIPOC individuals, are most impacted by the poor quality of food choices in their neighborhoods. It's easier to find fast food than vegetables in these communities, and sometimes there are no grocery stores at all.

This lack of food access directly relates to poor health outcomes and contributes to other social issues. The term "food desert" emerged to illustrate this lack of healthy food in mostly urban communities, but a version growing in popularity may be more accurate. "Food apartheid" describes how the food system is divided between those who have access to an abundance of healthy foods and those who are denied based on systematic injustice. Whether we want to believe it or not, neighborhoods are not shaped by happenstance, and without pushes for social change like the food justice movement, many of these issues would go unnoticed or get worse.

Want to do more to make healthy food available to all? Choose to shop at local food organizations or support them with donations, volunteer hours, or other resources that extend healthy food beyond the borders of the suburbs and reach into neighborhoods without access.



Local Agriculture & Food Education Programs

Lorain County Community College's Sustainable Agriculture Program

Chances are you didn't put much thought into where the food that made up your last meal came from. There's not much time to consider how your vegetables were grown, your protein was raised, or the environmental practices the farm used to grow that food. And if you did have time, you might not like what you learn.

But, inside the classrooms at LCCC there are students studying how to grow and raise food sustainably right here in northeast Ohio. The Sustainable Agriculture Program (SAGR) started in 2011 and teaches students the principles of nature and ecologically restorative growing practices with the goal of creating self-sustaining, profitable farms, and to build healthier food systems that support vibrant communities.

Students and alumni are represented in the farms and businesses in this guide and work in the region and beyond to minimize the impact of agriculture on the environment and create sustainable food systems so we won't have to worry about how our food was grown and raised one day.

To learn more about the program and its degrees, contact program coordinator, Ruby Beil at rbeil@lorainccc.edu or visit www.lorainccc.edu/sciences/sustainable-agriculture for more information.

Oberlin College & Conservancy's Food Studies Program

There's a new program at Oberlin College, but the ideals and interests that make up the program have seemingly always been a part of the Oberlin student body. The Food Studies program asks students to critically examine food and agriculture from a range of perspectives and against social and cultural contexts. With a curriculum rooted in ethics, justice, and history, as much as experiential learning, the program cracks open our food system for a closer examination.

The program allows students to partner with local organizations focused on urban farming, food and community justice, and more, while digging deeper into the big questions surrounding food and agriculture.

To learn more about the program, contact program chair Jay Fiskio at jfiskio@oberlin.edu or visit oberlin.edu/arts-and-sciences/departments/food-studies.

A vibrant collage of fresh local food products. In the center, two whole chickens are prominently displayed. Surrounding them are various vegetables: a red bell pepper, mushrooms, green beans, a cucumber, a purple eggplant, and several tomatoes (some whole, some sliced). There are also fruits like strawberries in a small basket, green grapes, and a yellow bell pepper. A jar of honey or jam is visible on the left, and a large piece of meat, possibly a ham or pork loin, is on the right. The background is a soft, light-colored gradient.

THANK YOU FOR READING THE LORAIN COUNTY LOCAL FOOD GUIDE

**For more information about this guide
or to submit a local farm or food
business for a future edition,
please contact
healthed@loraincountyhealth.com**