



Locally Grown Lorain County

A Summer Guide to Fresh Food

Thank you for picking up this guide to local food! This quick resource will help you find farmers markets and shop for local produce and protein products in and around Lorain County. Whether you're trying to eat more seasonally and soak up the flavors of summer or looking for fresh options to shop with nutrition assistance benefits, we hope you find this guide helpful.

Lorain Co. Farmers Markets



OBERLIN FARMERS MARKET

6985 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 local products.

Saturdays, 9am - 12pm
Mid-May - Mid-October



VERMILION MARKET IN THE PARK

Victory Park - 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

Neighboring Farmers Markets



CROCKER PARK MARKET

177 Market St., Westlake
northunionfarmersmarket.org

Each Saturday you'll find farms and food producers with fresh produce, meats, dairy, baked goods, and more.

Saturdays, 9am - 1pm
April - December



FROSTVILLE FARMERS MARKET

24101 Cedar Point Rd., North Olmsted
frostvillefarmersmarket.com

Our market supports small family farms, producers, and artisans and offers fresh, local, and quality farm, arts, and handmade goods.

Saturdays, 9am - 1pm
May - October



MEDINA'S FARMERS MARKET

3939 Granger Rd., Medina
farmersmarketofmedina.com

Home to over 25 local vendors connecting local farms and freshly made foods created with thought and respect for our community.

Saturdays, 9am - 12pm
May - October



MEDINA SQUARE FARMERS MARKET

39 Public Square, Medina
mainstreetmedina.com

Features over 60 vendors with the best in locally grown greens, fruits, vegetables, herbs, flowers, heirloom produce, local meats and cheeses, and more.

Saturdays, 9am - 1pm
May - October

Why Local Farm Fresh Products?

Local food isn't a new buzzword, in fact it's the way our grandparents ate and what they mostly knew food to be when they were children.

Today, local food is making a comeback as more people want to know where their food comes from, support the local economy and farmers, and experience the real flavors of fresh foods again.

Farmers markets are one example of direct-to-consumer sales and a great way for the community to access local fresh foods. Other ways to purchase local foods can include farm stands and stores, CSAs (community supported agriculture), and u-pick farms. Additionally, more sources of local foods, like farmers markets, now accept nutritional benefits like SNAP, WIC, and Senior Farmers Market Nutrition vouchers making them more accessible than ever.

This summer guide to local farmers markets is the first resource shared with Lorain County to help you find fresh, locally grown produce and protein products. Later this year, a comprehensive guide to all the ways you can shop and enjoy year-round local food will also be published and you can find that guide where you picked up this one. So whether you're looking for a farm box subscription program, a place to use SNAP benefits, or somewhere to connect to a local farmer, that guide will have you covered.

Local Food Facts

- Lorain County is one of the biggest counties in Ohio (923 square miles)
- There are over 1,000 farms totaling 125,000 acres of land in the county
- Local food is considered anything grown within 100 miles of where it's sold
- Supermarket food can travel over 1,000 miles, but local food is less likely to have lost its vitamins and nutrients during long transit periods
- In 2021, over \$100 million in federal nutrition benefits were redeemed at farmers markets and with direct-to-consumer farmers
- The Food Justice Movement works to ensure universal access to nutritious, affordable, and culturally-appropriate food for all—particularly for low-resourced communities

Sources: USDA 2017 Census of Agriculture, University of New Hampshire, Farmers Market Coalition, Boston University