Nutrition

When it comes to fruits and vegetables, it is easy to make excuses as to why we are not getting enough of these valuable foods into our diet:

“They cost too much!”

“There is no way I can get 5-9 servings of fruits and vegetables in my diet each day!”

These statements all have some truth, but do not have to be the deciding factor in whether or not we choose to eat fruits and vegetables. Let’s dispel some of the popular myths that surround these nutrient-rich, versatile foods so that we can buy more, eat more, and get healthy.

“They cost too much!”

Area grocery stores have weekly specials on fresh foods, and it is a good idea to check your store’s circular for those deals. Also, the food does not have to be fresh: frozen fruits and vegetables, as well as canned fruits and vegetables, are packed with vitamins and minerals and are excellent substitutes in cooking.

Some consumers feel they need to buy more organic fruits and vegetables to stay healthy. Limited food dollars are better spent on improving the overall quality of the diet and not necessarily on organic food products. There is no conclusive evidence that organic foods are more nutritious than conventional foods. In other words, you will get just as much vitamin A from an organic carrot as you will from a conventional carrot!

Cost-Benefit of Fruits and Vegetables: Something to Consider:

Often, buying more fruits and vegetables is as easy as taking a look at your food budget and determining where you could buy less of other food items to afford more nutritious foods. Also, because we know fruits and vegetables play an important part in disease prevention and weight loss, we can look at buying fruits and vegetables as an investment in our health.

“There is no way I can get 5-9 servings of fruits and vegetables in my diet each day.”

Asking people to eat 5-9 servings of fruits and vegetables each day can be very overwhelming—particularly if these foods are not a favorite choice. It is important to set small goals for ourselves and our families when eating more fruits and vegetables. If you are eating none of these foods, going from zero to two servings each day is a great start.

Next, look at your meals and see where you could potentially add fruits and vegetables. Could you have a banana or berries with your cereal at breakfast? Spaghetti, pizza, casseroles, and soups are good places to add vegetables at dinnertime. Sometimes, savvy cooks can even “sneak” vegetables into dishes at dinner so that picky children cannot taste hidden vegetables.

Color and variety are very important in buying and eating fruits and vegetables. Each color of fruits or vegetables provides different health benefits and a varying array of vitamins and minerals. Please visit http://www.fruitsandveggiesmatter.gov/ for more information on colors, nutrient content, recipes, and storage and preparation instructions.

While it may be tempting to just not choose fruits or vegetables, telling yourself you are “saving money” or “it will be too hard to eat everything you need anyway,” please remember: it doesn’t have to be difficult, time-consuming, or costly. Northeast Ohio has many options that make healthy eating easy, fun to prepare, and low-cost.

“The piece was written by Lauren Melnick, a registered dietitian with The Ohio State University Extension.
Get out your bookmark—In making this guide we covered many topics related to local food. If you want to learn more about local food and what it means for your health, your kitchen, your family and your community, there are lots of great books available with more information. To the right is a list of some of our favorites.

**Books on Local Food**

*Animal, Vegetable, Miracle: A Year of Food Life* (Barbara Kingsolver)

*Coming Home to Eat: The Pleasures and Politics of Local Foods* (Gary Paul Nabhan)

*Bringing it to the Table: On Farming and Food* (Wendell Berry)

*Edible Schoolyard: A Universal Idea* (Alice Waters)

*Slow Food Nation: Why Our Food Should be Good, Clean and Fair* (Carlo Petrini)

*Closing the Food Gap: Resetting the Table in the Land of Plenty* (Mark Winne)

*Remaking the North American Food System: Strategies for Sustainability* (C. Clare Hinrichs and Thomas A. Lyson)

*In Defense of Food* (Michael Pollan)

*The Omnivore’s Dilemma* (Michael Pollan)

**Cookbooks and Guidebooks**

- *Local Flavors: Cooking and Eating from America’s Farmers’ Markets* (Deborah Madison)
- *Fresh From the Farmers’ Market: Year-Round Recipes for the Pick of the Crop* (Janet Kessel Fletcher)
- *Simply in Season: Recipes that Celebrate Fresh, Local Foods in the Spirit of More-with-Less* (Cathleen Hockman-Wert and Mary Beth Lind)
- *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce* (Madison Area CSA)
- *How to Store Your Garden Produce: The Key to Self-Sufficiency* (Piers Warren)
- *Eat Where You Live* (Lou Bendrick)
- *Clean Food: A Seasonal Guide to Eating Close to the Source* (Terry Walters)

**FOOD FACT:** Established in 2008, Gardening for Greenbacks is a grants program for urban farmers managed by the City of Cleveland’s Department of Economic Development. For info., call 216-664-3622.

**Canning & Preserving**

Food preservation is making a big comeback thanks to a renewed interest in home gardening, a trend towards healthier eating, the local food movement, and a downturn in the economy. Food preservation is the process of treating or handling food to stop or greatly slow down the spoilage. Food preservation methods include freezing, drying, canning, pickling, curing and fermentation.

"Last year we had to add a workshop in Cuyahoga County to handle the demand," says Marisa Warrix, Ohio State University Extension Educator, Family and Consumer Sciences, Cuyahoga County.

To schedule a workshop on canning and freezing, please contact Marisa Warrix at 216-429-8217 or warrix.1@osu.edu. In addition to offering canning workshops, extension offices have equipment to help home enthusiasts check the gauges on pressure canners to determine if they are calibrated properly. A pressure canner is required for safely canning low-acid foods. Consumers may also e-mail or call with questions.

**FOOD FACT:** By rinsing the excess salt off of canned vegetables and choosing fruits canned in 100% juice, consumers eliminate excess salt and sugar.

The National Center for Home Food Preservation is an additional source for current research-based recommendations for methods of home food preservation. The site includes:

- instructions
- videos
- recipes

Please visit: USDA Home Food Preservation Center
www.uga.edu/echtp

&
OSU Extension, Cuyahoga County
http://cuyahoga.osu.edu for more information online.

Graphic Design and Layout Design by: Brian Abramczyk
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One of the best ways to support local food is to buy produce that can be easily grown within the climate of Northeast Ohio. An example of this would be eating more spinach and lettuce in the spring and purchasing tomatoes in the middle of summer when they are “in-season”. Buying foods in-season will go a long way toward supporting the farmers of our region that work to put food on our plates. Despite our region’s brutal winters, there are plenty of ways that we can eat within the season throughout the winter months. Foods such as potatoes, beets, squash, and cabbage can be stored or harvested in ways that keep them fresh throughout the winter. Cold-loving salad crops like lettuce, arugula, and spinach also do well in the winter if they are protected from the elements with a greenhouse or a hoop house (a low-cost unheated greenhouse that is covered with plastic). If you are interested in supporting local food, eating seasonal foods is a great way to start. Please check out the harvest schedule of some of the common crops grown in Ohio to see when you can pick them up at a nearby farmers’ market or farm stand.
Farmers’ Markets

Often held outdoors in public spaces, farmers’ markets bring together vendors that sell vegetables, fruit, meat, cheese, honey, bread and much more. Produce sold at farmers’ markets is usually picked the day of the market. This process not only guarantees freshness, but also ensures that shoppers will get the tastiest product possible. In addition to improved quality, farmers’ markets open up new relationships between consumers and producers. Food is sold close to where it is grown, many of the vendors that sell at farmers’ markets are the farmers themselves! Giving buyers the opportunity to meet and build relationships with growers is one of the more unique aspects of farmers’ markets. Increasing in popularity, more markets have popped up yearly in Northeast Ohio, including the recent addition of new farmers’ markets in urban neighborhoods throughout Greater Cleveland. Take a look at the list below and find a market near you!

**FOOD FACT:**
Electronic Benefits Transfer (EBT) for Ohio Food Assistance recipients is accepted at a growing number of Cuyahoga County markets; including Tremont, Coit Road, Kamm’s Corners, Downtown at Public Square, Warszawa, North Union at Cleveland Clinic, North Union at Cleveland State University and North Union at Lakewood. More markets are expected to obtain EBT access by the end of the season.

**DOWNTOWN**
Burke Lakefront Airport Farmers’ Market
501 N. Marginal Road, Cleveland
Thursday 11:30am - 2:30pm
June 18 - Oct. 29
SV

Downtown Farmers’ Market at Public Square
Northeast Quadrant of Public Square
at Rockwell and W. Roadway, Cleveland
Fridays 11am - 2pm
July 9 - Oct. 30
W, SV, EBT, RTA

**EAST**
Blue Pike Farm Market
900 E. 72nd St. btw St. Clair & I-90, Cleveland
Thursdays 4pm-7pm
June 11 - Oct. 30
(216) 373-9461 or www.bluepikefarm.com
SV, RTA

Chagrin Falls Market:
North Union Farmers’ Market
N. Main St & N. Franklin St., Chagrin Falls
Sundays 10am - 1pm
June 6 - Oct. 24
(216) 751-7656 or www.northunionfarmersmarket.org
SV, RTA

Cleveland Clinic:
North Union Farmers’ Market
E. 100 St. and Carnegie, Cleveland
Wednesdays 10:30am-2:30pm
June 2 - Oct. 6
(216) 751-7656 or www.northunionfarmersmarket.org
W, SV, EBT, RTA

**WEST**
Crocker Park Market:
North Union Farmers’ Market
Crocker Park Blvd., Westlake
Saturdays 9am-1pm
April 10 - Nov. 20
(216) 751-7656 or www.northunionfarmersmarket.org
SV

**SOUTH**
Sterns Homestead Farmers’ Market
6975 Ridge Road, Parma
Saturdays 9am-1pm
June 19 - Oct. 30
(440) 882-6234 or http://sternshomestead.com

Strongsville Farmers’ Market
Strongsville Town Commons
Pearl & Royalton Rd., Thursdays 2pm-6pm
Aug. 7 - Oct. 2
(440) 580-3276

**FOOD FACT:**
The real price of fresh fruits and vegetables has risen 84% since 1980, while the real price of fats and oils has dropped 42%. (Source: U.S. Bureau of Labor Statistics, 2008)

Gordon Square Farmers’ Market
West 66th St. and West Clinton St., Cleveland
Saturdays 9am-1pm
July 5 - Oct. 25
(216) 233-8500 or ward17farmersmarket@gmail.com
SV, RTA, WIC

Kamm’s Corners Farmers’ Market
W. 168th & Lorain Ave., Cleveland
Sundays 10am-2pm
June 7 - Oct. 25
(216) 292-6559 or www.kammscorners.com/
farmersmarket
W, SV, EBT, RTA

Kamm’s Corners Indoor Farmers’ Market
Cretan Center 3853 West 168th St.,
Cleveland Second Sunday of the Month
10am-2pm
Nov.-May
(216) 526-3803 or www.kammscorners.com/
farmersmarket
W, SV, EBT, RTA

Lakewood Farmers Market
Detroit Ave. and Warren Ave., Lakewood
Saturdays 9am-1pm
June through Oct.
(440) 964-2295 or http://lakewoodfarmersmarket.blogspot.com

Lakewood Market:
North Union Farmers’ Market
15900 Detroit Ave., Lakewood
Wednesdays 10am-2pm
June 2 - Sept. 29
(216) 751-7656 or www.northunionfarmersmarket.org
W, SV, EBT, RTA

Tremont Farmers’ Market
Lincoln Park: West 14th St. and Starkweather, Cleveland
Tuesdays 4:30pm-7:30pm
June 16 - Oct. 20
(216) 575-0920 or www.tremontfarmersmarket.com
W, SV, EBT, RTA

Strongsville Farmers’ Market
Bretz Park at Mt. Gilead Rd.
Saturdays 9am-3pm
June 6 - Oct. 30
(440) 580-3276

Ward 17 Farmers’ Market
8am-1pm All Year round
Saturdays & Wednesdays
Cleveland
(216) 233-8300 or www.ward17farmersmarket.com

**FOOD FACT:**
The real price of fresh fruits and vegetables has risen 84% since 1980, while the real price of fats and oils has dropped 42%. (Source: U.S. Bureau of Labor Statistics, 2008)

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Community Gardens

Ithaca Court Community Garden in Cleveland’s Detroit-Shoreway neighborhood.

Great Gardening Books:

- *Square Foot Garden* (Mel Bartholomew)
- *Carrots Love Tomatoes: Secrets of Companion Planting for Successful Gardening* (Louise Riotte)
- *Let It Rot! The Gardener's Guide to Composting* (Stu Campbell)
- *The Organic Gardener’s Handbook of Natural Insect and Disease Control* (Barbara W. Ellis and Fern Marshall Bradley)

INNOVATION

Food Policy is any decision made by a government agency, business, or organization which effects how food is produced, processed, distributed, purchased and protected. For this reason, even slight changes in food policy can positively affect not only the way we eat and what we eat, but also our physical health and the culture surrounding food. You don’t have to look any further than the school lunch room to see evidence of how food policy impacts our lives— even from an early age.

Because of the hard work and advocacy of the Cleveland-Cuyahoga County Food Policy Coalition (CCCFPC), Cuyahoga County has become a leader in creating and implementing innovative food policy. The following are just a few examples of local legislation that has been driven by CCCFPC members and local government:

City of Cleveland: Restrictions on the Keeping of Farm Animals and Bees (“Chicken and Bees” legislation)

 Legislation passed in February 2009 permits City of Cleveland residents the ability to keep chickens, bees and small livestock on their property. In an effort to promote sustainable practices of producing food, the “chicken and bees” legislation allows for City residents to have: up to six chickens or ducks per residential lot (must be housed in the backyard in a predator-proof coop setback several feet from a neighbors’ property); up to two beehives on an average residential lot; and larger animals, such as goats, pigs, geese and sheep on one-acre lots.

City of Cleveland: Urban Garden District Zoning (UGDZ)

 On June 30, 2007, the City of Cleveland passed legislation to create zoning for urban agriculture. The purpose of creating the UGDZ classification is to ensure that gardens have a level of protection from the potential of conventional development projects, such as housing and retail. The zoning classification also allows innovative accessory uses like hoophouses, composting toilets, farm stands and eases fencing restrictions. The UGDZ classification will help protect access to fresh produce and is the first zoning legislation of its kind in the nation.

City of Cleveland: Local Producer, Local Food Purchaser, and Local Sustainable Business Ordinance

 FPC members worked with the Office of Cleveland Mayor Frank Jackson, Cleveland City Council, City of Cleveland Office of Sustainability and the Office of Equal Opportunity to create the Local Producer, Local Food Purchaser, and Local Sustainable Business Ordinance, which was passed by Cleveland City Council and signed into law by Mayor Jackson in April 2009. This ordinance provides bid incentives for City of Cleveland contracts for local, sustainable businesses and businesses that purchase local foods. Under this ordinance, local foods are defined as those processed or grown within a 150 mile radius of Cleveland in Ohio. Vendors’ proposals must include a commitment to procuring 20% of their food locally. This ordinance is the first local food purchasing policy using bid incentives in the U.S.

For more information on local policy, recommended websites include:

Green City, Blue Lake: [www.gcbl.org](http://www.gcbl.org)

Local Food Cleveland: [www.localfoodcleveland.org](http://www.localfoodcleveland.org)

Cleveland-Cuyahoga County Food Policy Coalition: [www.ccfoodpolicy.org](http://www.ccfoodpolicy.org)
Urban Farms

Ohio is fortunate to have farmland that can contribute to our food needs. However, as we move away from the rural parts of our state and toward urban centers, the amount of usable land for farming decreases. With that said, there has been a small, yet powerful, movement to develop urban farms in many Ohio cities. Northeast Ohio’s largest urban center, Cleveland, is a prime example of a municipality that has worked to develop agriculture in the city. The physical and political environment in Cleveland has been just right for this type of movement; the approximately 3,300 parcels of vacant land in the City limits, and the poor access to conventional fresh food that many Cleveland neighborhoods experience have both helped support the rapid growth of agriculture in Greater Cleveland. As entrepreneurs have turned to the land for new opportunities, the number of urban farms in Northeast Ohio will continue to grow each year. Below are the urban farms that were operational as of June 2010, but keep your eyes peeled since there will be more farms popping up this summer!

Bay Branch Farm
2027 Lark Street
Lakewood
Annabel Khouri
Eric Stoffer
http://baybranchfarm.com

Beyond Basil
Lakewood
Cindy Bischof-Steinbrick
216-529-9847
info@basilandbeyond.com

Blue Pike Farm
East 72nd St. and Saint Clair Ave. Cleveland
Carl J. Skalak Jr.
216-881-4624 or 440-391-4624
blue.pike.farm@gmail.com

Central Roots
East 93rd and Thackeray Avenue Cleveland
Todd Alexander
Matt Pietro
Sarah Sampell
330-283-5717

Clear Lake Farm
1227 Ansel Road
Cleveland
Michael and Veronica Walton
216-375-4410
mikewalton@neosolutionsnetwork.org

Devil’s Backbone Market and Education Garden
West 139th Street and San Diego Ave. Cleveland
Lynn Rodememn
http://devilsbackbone.wordpress.com

Dunham Market Garden
6709 Euclid Avenue
Cleveland
Jay Staho
216-276-0540
dunhammarket@gmail.com

EcoVillage Produce
1086 W. 58th Street
Cleveland
Barbara Strauss
216-961-1036
produce@ecovillageproduce.com

Esperanza Learning Farm*
2022 West 25th Street
Cleveland
216-721-1600
greenCorps@cbgarden.org

Fairfax Learning Farm*
East 79th Street and Amos Avenue Cleveland
216-721-1600
greenCorps@cbgarden.org

Garden Boyz
East 35th Street and Cedar Avenue
East 75th Street and Cedar Avenue Cleveland
Sharon Glaspie
216-241-3526 or 216-571-2566 sharon.glaspie@esaunh.com

Gather ‘round Farm/Thymekeepers
9095 Lorain Avenue
Cleveland
gatherroundfarm@yahoo.com
http://gatherroundfarm.webs.com

Hooper Farm
2835 West 11th Street
Cleveland
Erich Hooper
216-861-5242
hooper.farm@yahoo.com

Lonnie Burten Learning Farm*
East 46th Street and Quincy Avenue Cleveland
216-721-1600
greenCorps@cbgarden.org

Ohio City Farm
West 24th Street and Bridge Avenue Cleveland
216-781-3222
info@ohiocityfarm.com
www.ohiocityfarm.org

Old Husher’s Farm
West 130th St. and Sprecher Rd. Cleveland
Justin Husher
http://thegardenlifeandtimesofjustinhusher.blogspot.com/

Slavic Village Learning Farm*
East 54th Street and Fleet Avenue Cleveland
216-721-1600
greenCorps@cbgarden.org

Sprout City
1227 Ansel Rd
Cleveland
Michael and Veronica Walton
216-375-4410
mikewalton@neosolutionsnetwork.org

Tremont Urban Food Systems
Clark Avenue at West 16th Street
Merrick House
216-771-5077
tremont Urban Gardens@yahoo.com

Thymekeepers
2835 West 11th Street
Cleveland
Erich Hooper
216-861-5242
hooper.farm@yahoo.com

Urban Growth Farms
2049 West 48th Street
Cleveland
Virginia Houston
Peter McDermott
http://urban_growthfarms.com

Yellow House Learning Farm*
1945 East 66th Street
Cleveland
216-721-1600
greenCorps@cbgarden.org

* = Cleveland Botanical Garden Green Corps Learning Farm
To find out where to buy Green Corps produce go to http://www.cbgarden.org/green_crops.html

If you have any additions or suggestions for our 2011 edition, please let us know. Contact us through our website at: http://ecofoodpolicy.org/contact-us

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THANK YOU!