



Mid-Ohio Regional Planning Commission

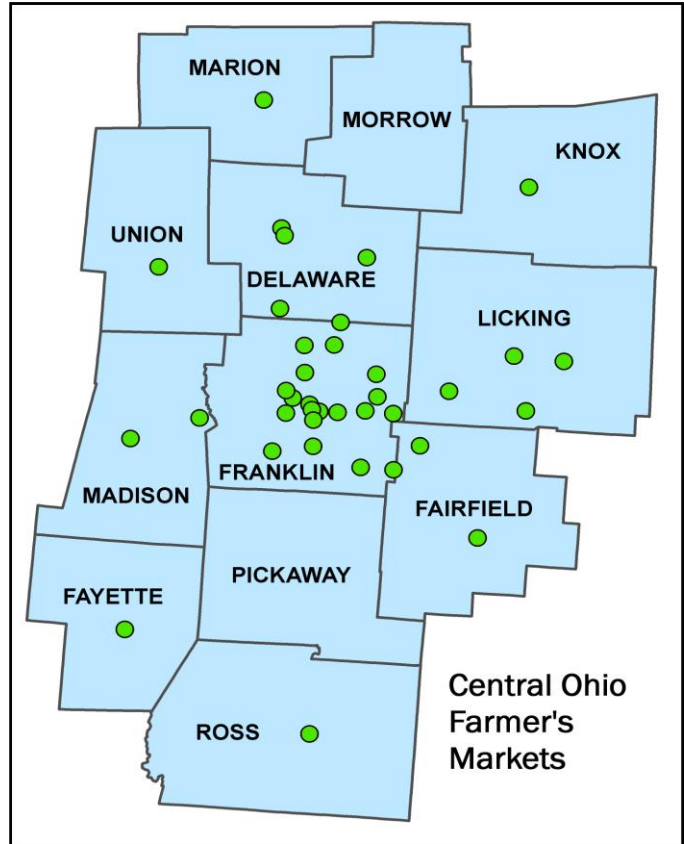
State of the Region 2009

Issue: People
Metric: Local Food

In the U.S., a piece of food travels an average of 1,500 miles from the farm to the kitchen. Transporting food over long distances requires large amounts of fuel. This causes traffic congestion and releases greenhouse gases. However, 63% of the land in central Ohio is used for agriculture. Therefore, consuming locally produced food is an option for central Ohioans.

There is a growing movement among grocery stores to provide more locally grown food. Co-op food stores also place an emphasis on local products. In cities and villages, community gardens provide an opportunity for people to grow some of their own food. According to the American Community Garden Association, there are currently 108 community gardens in central Ohio, and the number is growing. The village of Canal Winchester in Franklin County makes 10 x 20 foot community garden plots available to residents free of charge. In 2009 there will be 55 plots available, up from 28 in 2008.

During the growing season, farmers markets are some of the best places for central Ohioans to get fresh, locally produced foods at affordable prices. There are currently 37 active community farmers markets in central Ohio registered on the Ohio Proud website. They are listed on the following page.



	Number of Farmers Markets	Number of Community Gardens
Delaware	4	2
Fairfield	2	0
Fayette	1	0
Franklin	20	104
Knox	1	1
Licking	4	1
Madison	2	0
Marion	1	0
Morrow	0	0
Pickaway	0	0
Ross	1	0
Union	1	0
Region	37	108

Sources:

Ohio Proud

<http://www.ohioproud.org/searchmarkets.php>

Iowa State Food Miles Report

http://www.leopold.iastate.edu/pubs/staff/files/food_travel072103.pdf

American Community Garden Association

<http://acga.localharvest.org/>

CENTRAL OHIO FARMERS MARKETS

County	Market Name	Months Active	Days & Times
Delaware	Delaware County Farmers Market	June to October	Saturday 10:00-noon, Tues. 3-6
	Sunbury/Big Walnut Area Market	June to October	Saturday 9:00-noon
	Main Street Delaware Farmers Market	May to October	Saturday 9:30-12:30, Wed. 3-6
	Powell Farms Market	June to October	Wednesday 4:00-7:00
Fairfield	Lancasters Downtown Farmers Market	May to October	Saturday 8:00-1:00, Wed. 6-8
	Pickerington Area Kiwanis Farmers Market	July to September	Saturday 9:00-noon
Fayette	Fayette County Farmers Market	June to September	Saturday 9:00-noon
Franklin	SouthPointe Marketplace Farmers Market	May to September	Friday 2:00-6:00
	Bexley Farmers Market	July to October	Saturday 10:00-1:00
	Canal Winchester Farmers Market	May to October	Saturday 9:00-1:00, Wed. 5-7
	Clintonville Farmers Market	May to October	Saturday 9:00-noon
	Jefferson Township Farmers Market	June to September	Saturday 9:00-noon
	North Market Farmers Market	April to November	Saturday 8:00-noon
	Bauernmarkt at the Maennerchor	May to October	Saturday 9:00-2:00
	Grove City Area Farmers Market	July to September	Saturday 8:00-noon
	Grandview Avenue Market	July to October	Saturday 10:00-1:00
	Whitehall Farmers Market	July and August	Saturday 4:00-7:00
	Columbus Public Health Farmers Market	August	Thursday 10:30-1:00
	Groveport Farmers Market	June to August	Thursday 5:00-7:00
	Hilltop Farmers Market	June to September	Thursday 11:00-1:00
	Reynoldsburg Farmers Market	July to September	Thursday 3:30-6:30
	Pearl Market	June to October	Tuesday and Friday 10:30-2:00
	Pearl Alley Growers at Columbus Square	July to October	Tuesday 4:00-8:00
	Creekside Farmers Market	July to September	Wednesday 3:00-6:00
	Westerville Uptown Farmers Market	May to October	Wednesday 3:00-6:00
	Upper Arlington Farmers Market	June to October	Wednesday 4:00-6:00
Knox	Mt. Vernon Farmers Market on the Square	June to October	Saturday 9:00-noon
Licking	Newark Downtown Farmers Market	June to October	Friday 3:00-7:00
	Pataskala Farmers Market	July to September	Friday 4:00-8:00
	Granville Farmers Market	June to October	Saturday 8:30-noon
	Hebron Farmers Market	June to August	Wednesday 4:00-7:00
Madison	London Farmers Market	June to October	Saturday 9:00-1:00, Wed. 3-7
	West Jefferson Farm Market	July to October	Saturday 9:00-1:00
Marion	Marion Farmers Market	May to October	Thursday 3:00-6:00
Ross	Chillicothe Farmers Market	May to October	Saturday 8:00-noon
Union	Union County Farmers Market	June to October	Sat. 8:00-noon, Tue & Thu 4-7