



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Hardin County Extension News Release

For Further Information Contact:

Mark Badertscher

Agriculture and Natural Resources Extension Educator

Phone – 419-674-2297

E-Mail – badertscher.4@osu.edu

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Ohio Local Foods Week

Hardin County – There is not one definition for "local" food. When making food decisions, many people consider where their food was grown or raised and make an effort to develop personal connections with growers and producers to enjoy flavorful, safe, 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.

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 9 – 15, 2015. We encourage individuals, families, businesses and communities to grow, purchase, highlight and promote local food all the time, but especially during this week.

Just as there is no one definition for "local", there is no one way to celebrate Ohio Local Foods Week. You are invited to participate in the \$10 Ohio Local Foods Challenge by committing to spend at least ten dollars (or more) on your favorite local foods during Ohio Local Foods Week.

Hardin County is known for its local foods with the many roadside stands, farmers markets, produce auction, and CSAs (Community Supported Agriculture) fruit and vegetable marketing agribusinesses. The recently launched 'Farm-to-Table' campaign highlights the efforts of local farmers and growers to produce foods, which are consumed locally and beyond the county. The new slogan, 'Eat Fresh. Eat Local. Hardin County' will help draw attention to these local food products. Let's support local farmers and growers by making an effort to use local foods when available as part of your family's healthy choice meals. For more information on Local Foods, go to OSU Extension's Local Foods website at <http://localfoods.osu.edu/>.

Article written by Amy Stone, OSU Extension (BYGL-July 30, 2015) and edited by Mark Badertscher, OSU Extension – Hardin County.