

Ohio Local Foods Week 2015: *Family and Consumer Sciences*



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Why Local Foods? Why Ohio?

- Agriculture is Ohio's number one industry contributing jobs for one in seven Ohioans (ohioproud.org)
- Ohio offers a unique proximity of metropolitan and micropolitan areas, linking rural and urban consumers, growers and communities to food produced on small, medium and large-scale family-owned farms.
- Ohio ranks in the top ten states for direct sales to consumers (USDA Ag Census, 2012.)
- One in six Ohioans is food insecure and lacks access to fresh, local, healthy food.
- All Ohioans are part of the food system just by making daily decisions about what food to eat.

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How can “local” be defined?

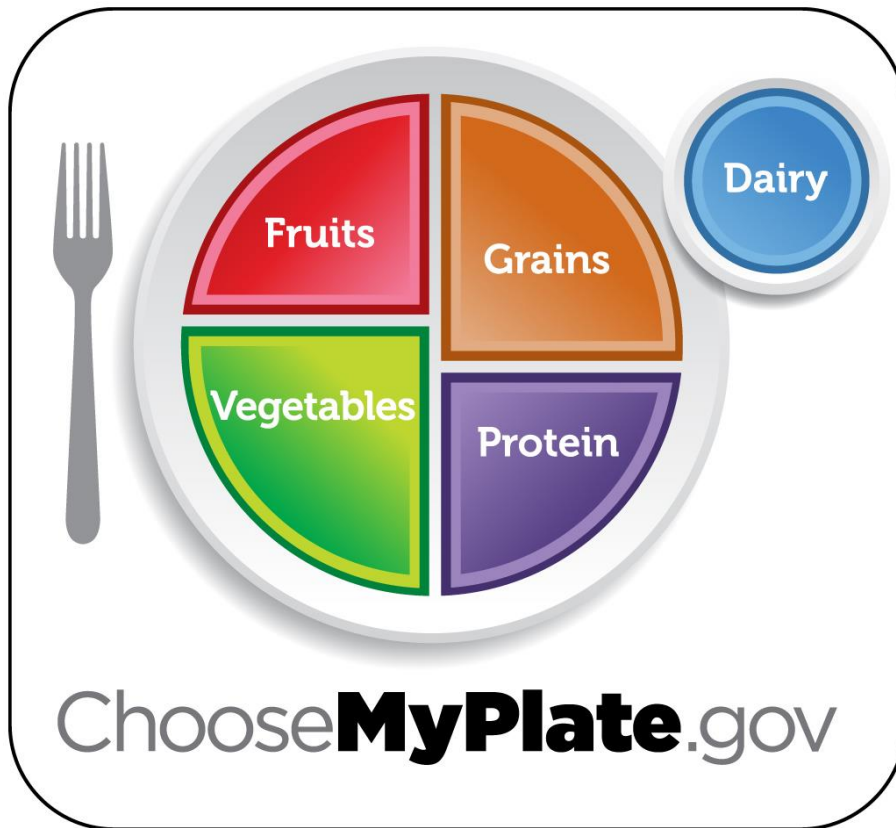
- Geographic area
- Mile radius
- Supply chain
- Other
- Mixture of definitions
- Not a definition but a process



What Do We Mean by “Local Foods”? Dawn Thilmany McFadden

<http://www.choicesmagazine.org/choices-magazine/theme-articles/community-economics-of-local-foods/what-do-we-mean-by-local-foods>

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There are many examples of Ohio foods in all 5 food groups

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Vegetables in 5 Subgroups (OH version)

Red & Orange Vegetables

Acorn squash
Butternut squash
Carrots
Hubbard squash
Pumpkin
Red & orange peppers
Sweet potatoes
Tomatoes
Tomato juice

Starchy Vegetables

Potatoes
Green peas
Green lima beans
Corn
Fresh (not dried) field
peas (aka cowpeas,
crowder pea, black-eyed
peas, Southern peas or
frijole)

Other Vegetables

Asparagus
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Green peppers
Iceberg (head) lettuce
Mushrooms
Okra
Onions
Parsnips
Turnips
Wax beans
Zucchini

(dried) Beans & Peas

Black beans
Black-eyed peas (mature, dry)
Kidney beans
Lentils
Navy beans
Pinto beans
Soy beans
Split peas
White beans
Garbanzo beans (chickpeas)

Dark Green Vegetables

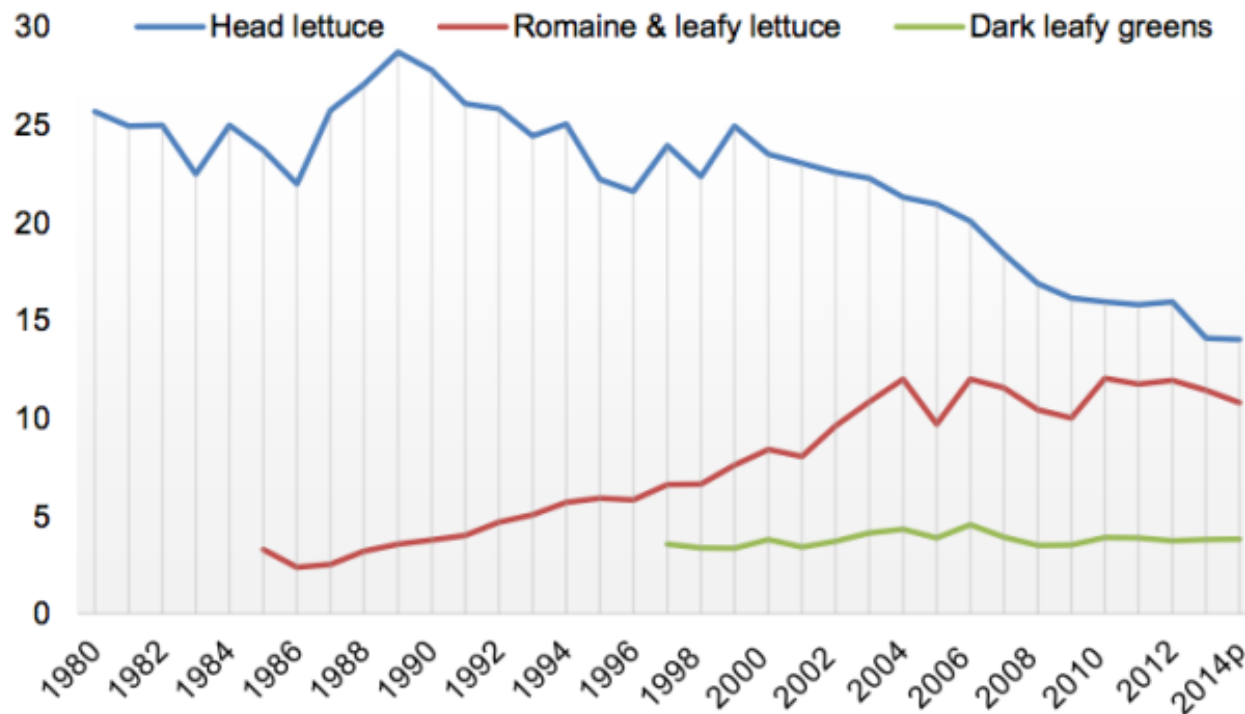
Bok choy
Broccoli
Collard greens
Dark green leafy lettuce
Kale
Mesclun (salad mix)
Mustard greens
Romaine lettuce
Spinach
Turnip greens

Handout at
localfoods.osu.edu



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Figure 8
U.S. per capita use of lettuce and dark leafy greens



Notes: Dark leafy greens include collards, kale, mustard greens, spinach and turnip greens.
Source: USDA, Economic Research Service.

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Farm to Health Series

NUTRIENTS AND PHYTONUTRIENTS IN OHIO PRODUCE

How Cooking or Preserving Can Impact Nutrient and Phytonutrient Levels



<http://localfoods.osu.edu/maximizenutrients>

Local Foods at the Table

Parents and caregivers are important in helping children make healthy food choices. The USDA's MyPlate shows that half the plate should be filled with vegetables and fruits. Participating in local food activities helps children learn more about growing and choosing healthy foods.



You can eat fresh local foods from Ohio throughout the year. What local foods do you eat during the month of your birthday? Remember, some foods can be picked and canned, dried or frozen and then stored to be eaten later in the year.

January	February	March	April	May	June
Apples that were picked in the fall or lettuce from a greenhouse	Local foods that have been canned or frozen	Meats, eggs, and dairy can be local all year round	Asparagus Rhubarb	Radishes Spinach Lettuce	Beets Strawberries Peas Broccoli
July	August	September	October	November	December
Blueberries Green Beans Peppers	Corn Tomatoes Cantaloupe	Watermelon Cabbage Grapes	Squash Pumpkins Apples	Potatoes Onions Carrots	Bok Choi Mushrooms Winter squash

For more information about local foods visit: <http://localfoods.osu.edu/> Or, contact your local OSU Extension Office.

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Home Food Preservation



<http://fcs.osu.edu/food-safety/home-food-preservation>

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New and Modified Recipes



3 Fall Salsas: Apple & Peach, Apple & Tomatillo, Apple & Pear Salsa (not pictured)

Water Infused by Ohio Produce
(livesmartohio blog post)



Red Lentil and Rhubarb Soup by Ohio Farm Bureau

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Community Nutrition Programs

- *One in six Ohioans is food insecure and lacks access to fresh, local, healthy food.*
- *All Ohioans are part of the food system just by making daily decisions about what food to eat.*
- *Learn about and promote specific programs in your county or area: Senior Farmers Market Nutrition Program or the WIC Farmers Market Nutrition program*
- Promote Produce Perks/Double Up Food Bucks/ incentives for local produce purchases
- Use recipes using seasonal, local foods www.whatscooking.fns.usda.gov
- *Explore Ohio Foods Youth Activity* www.localfoods.osu.edu
- Encourage community members to donate \$10 of local foods or fresh garden produce to a local soup kitchen, food bank or food pantry

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Ohio Local Foods Week Toolkit

<http://localfoods.osu.edu/ohio-local-foods-week/ohio-local-foods-week-toolkit>

- Event Mark, letterhead
- Event Flyer Template
- County Proclamation Template
- Youth Activity, Explore Ohio Foods
- Ohio Vegetables in 5 Subgroups Handout
- Ohio Local Foods \$10 Challenge



OHIO LOCAL FOODS WEEK

[Home » Food & Community](#)

Ohio Local Foods Week

[Find an Event Near You](#)[Ideas for Celebrating](#)[Ohio Local Foods Week Toolkit](#)[Take the challenge!](#)

Celebrate local foods in your community!

Join Ohioans from across the state in a celebration of local foods August 9-15. OSU Extension educators are working with communities to showcase their local food producers through special events and educational programs.

Why Ohio Local Foods Week?

- Agriculture is Ohio's number one industry contributing jobs for one in seven Ohioans, and more than \$107 billion to the state's economy. (ohioproud.org)
- Ohio offers a unique proximity of metropolitan and micropolitan areas, linking rural and urban consumers, growers and communities to food produced on small, medium and large-scale family-owned farms.
- Ohio ranks in the top ten states for direct sales to consumers represented by a wide variety of food products including but not limited to eggs, milk, cheese, honey, maple syrup, beverages, bread and other artisan products, fresh, frozen canned and dried vegetables, fruits and meats. (USDA Ag Census, 2012.)
- One in six Ohioans is food insecure and lacks access to fresh, local, healthy food.
- All Ohioans are part of the food system just by making daily decisions about what food to eat.

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

Search

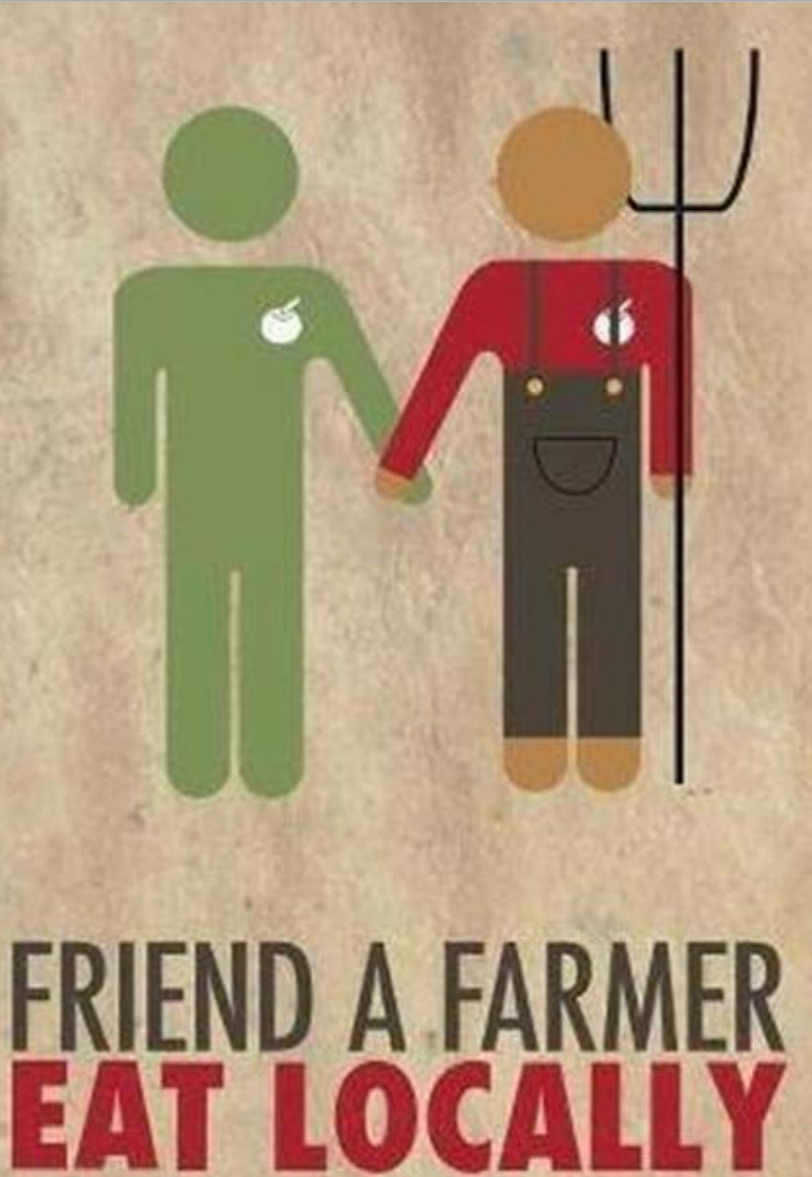
[MORE INFORMATION](#)[Find Local Food Directories](#)



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How to find local food?

- Localharvest.org (national)
- Farmers' Market Directory, USDA (national)
- Ohio Farm Bureau
- OEFFA (Ohio Ecological Food and Farm Association)
- Market Maker (state)
- Ohio Proud (Ohio Department of Agriculture)
- Regional/local lists – look for Food Councils, Extension, County Farm Bureau, Farmers' Markets
- **Localfoods.osu.edu** – *summary of these online food directories*



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Sign up now
\$10 Local Food Challenge
go.osu.edu/olfw10dollars

Ohio Local Foods Week
August 9-15, 2015
Localfoods.osu.edu



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Ohio Local Foods Week Social Media

- Let us know how you plan to celebrate Ohio Local Foods Week. Share your pictures and stories with us on Facebook or Twitter. **#olfw15**
- Please help promote any and all FCS programs, blogs and resources related to local foods
- Share your community events with the Local Foods planning team to add to the website calendar

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Local Foods Throughout the Year

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- Master Gardener Volunteers
- GAP Training (Good Agricultural Practices – food safety)

Community Development: Food Policy Councils, local businesses

4-H Youth Development: 2015 Innovative Grant: *Adding a Youth Flavor to Extension's Signature Programs*

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October



<https://farmtoschool.osu.edu/>

<http://www.farmtoschool.org/>

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Farm to School Core Elements:

- **Procurement** (of local and regional products)
- **Gardening** (school-based gardens)
- **Education** (food and farm related)

Ohio Farm to School - School Garden page <https://farmtoschool.osu.edu/classroom-student-gardens/school-gardens/>

Edible Schoolyard Project <https://edibleschoolyard.org/resources-tools>

National School Garden Association <http://www.kidsgardening.org/node/120>

REAL school gardens <http://www.realschoolgardens.org/resources.aspx>

US Fish and Wildlife Service Schoolyard Habitat Project Guide <http://www.fws.gov/cno/pdf/HabitatGuideColor.pdf>

National Farm to School Census (2011-2012): <http://www.fns.usda.gov/farmtoschool/census/explore>

How will you celebrate local foods?

