

NORTHSIDE



FARMERS



MARKET LLC

COOKBOOK



THE NORTHSIDE FARMERS MARKET COOKBOOK

written by
Natalie Brdar, Thomas Hemmer, and Courtney Smalley
for the Northside Community Fund



Table of Contents

- Introduction4
- Meet the Manager, Ana Bird.....5
- Running Creek Farm..... 6
 - Running Creek Farm Kale Salad.....7
- Dark Wood Farm.....8
 - Go-To Mint Julep.....9
- Adopt-A-Plant Garden Center10
 - Fresh Corn & Avocado Salsa.....11
- Backyard Orchard.....12
 - Backyard Baked Apples.....13
- Lobenstein Farm.....14
 - Homemade Ketchup.....15
- Wind Dance Farm.....16
 - Cool Cucumber Sandwiches.....17
- Back Acres Farm.....18
 - Back Acres Breakfast Burger19
- Carriage House Farm.....20
 - Swiss Chard & Sweet Corn Saag.....21
- Probasco Farm.....22
 - Creamy Dhal-Mushroom Soup23
- Village Green.....24
 - Quick-and-Easy Caprese Salad.....25
- Mud Foot Farm.....26
 - Stuffed Lamb Chop.....27

Introduction

For the managers, farmers, and patrons of the Northside Farmers Market, their Wednesday night gatherings are less about food production or consumption, and more about cultivating community.

Northside is home to an eclectic audience, all with one major problem: there is no nearby grocery store. The closest is about 2 miles away, requiring a quick car ride for some, or a 20 minute bus ride for others. Plus, the store can't always guarantee fresh, local produce.

Farming has always seemed to be an integral part of Northside's eclectic fabric. From the 1880s to the 1950s, the area was home to several dairy farms; some residents can still remember freshly bottled milk being delivered to their front door. In the 1950s, three greenhouses also sprung up near Cincinnati's Spring Grove Cemetery. The group of gardens, affectionately nicknamed "Frogtown" due to the prevalence of croaking frogs in the region, provided over six acres worth of crops to the neighborhood. Unfortunately, only one of these gardens remained past the 1980s, leaving Northside with few alternatives for groceries.

In 2001, the Northside Farmers Market was born to meet the growing need of groceries for the community in the parking lot across from the Northside Tavern. Supported in part by the Northside Community Fund, the market was able to secure space for an outdoor market in Hoffner Park. Initially, the market only ran in the spring and summer, but soon expanded to hold an indoor market at the North Presbyterian Church.

The Northside Farmer's Market aims to make healthy meals accessible for all their patrons: in addition to providing many residents' main source of groceries, the NFM also accepts SNAP and WIC transactions. They also offer "Produce Perks," a matching funds incentive program which allows low-income individuals to receive up to \$10 each market visit for use on vegetable and fruit purchases. Fresh, healthy options are therefore more readily available.

And the market continues to grow—their popular children's cooking classes, farm to table demonstrations, and live music add an unforgettable flair. With a variety of vendors specializing in produce, meats, cheeses, handicrafts, soaps, chocolates, and more, the market has something for every patron, old and new.

Hungry for a culinary adventure? Use this cookbook to try out the flavors of the market, direct from the farmers to your table. Enjoy!



Meet the Manager, Ana Bird

Ana is the manager of the Northside Farmers Market. Listen to the audio clip below to hear about the NFM's Produce Perks Program.

[Listen](#)



Running Creek Farm



“Our passion for growing vegetables grew far beyond producing for our own family.”

Running Creek Farm in Mount Healthy, Ohio began with owner Jim Lowenburg’s most basic desire—a good family meal. “We like to eat,” Jim notes. “Our passion for growing vegetables grew far beyond producing for our own family.”

While the farm is small in scale, it still produces enough gourmet garlic, tomatoes, and fresh greens to participate in two local farmer’s markets—Northside and Hyde Park. And the owners have been bringing their goods to the Northside Farmer’s Market for almost 10 years. Jim especially loves that “special flair” in the Northside community and enjoys the interactions he has with all those involved with the market.

For Jim, it’s all about community. He says that “the farmer’s market provides a direct link between consumers and those who are growing and producing their food. There is a great sense of community that has developed through [it].”

From planning to harvesting, Jim loves the work that he does. Running Creek Farm provides the very staples of a family-friendly dinner.

Running Creek Farm Kale Salad

1 large bunch kale, stripped off the main stem and torn into small pieces 

¼ cup olive oil

¼ cup lemon juice

¼ cup bragg’s amino acids (or substitute soy sauce)

½ tsp honey or maple syrup

1 tsp tahini

Mix all of the liquid ingredients together. Use hands to rub/massage dressing into the kale pieces. Kale salad can be garnished with any (or all) of the following): carrot slices, nori pieces, pine nuts, bits of apple, cucumber, etc.



Dark Wood Farm



“It’s not necessarily about my tomato, it’s about the story of the tomato.”

Annie Woods of Dark Wood Farm started her career with a fascination for ecology and conservation. After working on farms in Seattle and California, she decided to bring her talents back to her roots in Boone County, Kentucky.

The plot of land she leases is small—about an acre—but Annie is able to grow more than 15 kinds of tomatoes, 20 kinds of lettuce, and a variety of uncommon vegetables, including sorrel, lavage, puntarelle, and celtuce. She’s the perfect vendor to go to if you want to try something new.

Annie’s first day at the market wasn’t easy—the weather was the worst she had ever encountered. But despite the pouring rain, customers were still lining up to try her salad mix. “At that point, I knew how diehard of a market or client base that the Northside Farmer’s Market had,” she recalled. “And I think that is true throughout the year. People are there to support the farmers.”

And while Annie loves to grow greens and tend to tomatoes, she feels that the interaction between the customer and her food is more important. She said, “It’s not necessarily about my tomato, it’s about the story of the tomato. It’s also about me and the customer—food is such a personal thing.”

Go-To Mint Julep

“I lived outside of Kentucky for 10 years, but always shared a little piece of my home state with new friends by hosting a Kentucky Derby party every year. Mint juleps are synonymous with the derby, so in 2011, I bought a little potted mint plant in Seattle and grew it on my back deck, hoping it would get big enough in time for my derby party. It was the best mint I had ever tasted for mint juleps, so I continued growing it and even brought it with me when I moved back to Kentucky. Now that mint is happily growing on the farm, and I hope to continue to provide my customers with the BEST EVER mint for mint juleps.”

Mint Simple Syrup:

1 part sugar

1 part water

Handful of mint

Drink Ingredients:

2 oz of bourbon OR
2 oz lemonade/ginger ale

1 oz mint simple syrup

crushed ice

mint leaves



A day ahead of time, make simple syrup by dissolving 1 part sugar in 1 part hot water. Allow to cool, add a handful of mint leaves to the simple syrup and refrigerate overnight. Place several mint leaves in the bottom of a high ball glass and crush with a spoon or muddler. Fill the glass with crushed ice. Pour 1 oz of the minty simple syrup and 2 oz of bourbon over the ice and stir. Garnish with a sprig of mint.

Bonus:

In the following clip, Annie shares one of her favorite ways to serve squash.

[Listen](#)

Adopt-A-Plant Garden Center

“I try to educate people not to ask, ‘What do I spray to kill bugs?’ but, ‘What do I bring in that will eat the bad bugs?’”



Beth Harnist of Adopt-A-Plant Garden Center comes by farming honestly: in the early 1900s, her father and his family emigrated from Germany to begin a new life by truck farming in the Ohio Valley. When her parents got married, they bought land in Harrison, Ohio, and built bright greenhouses with cedar frames. Beth and her siblings grew up right alongside the lettuce and cucumbers.

Adopt-A-Plant is located on the same land, and Beth can still be found growing hydroponic lettuce through the fall, winter, and spring to fill the market's hunger for leafy greens during those cold months. Beth also offers a wide variety of herbs year-round and during the summer she designs colorful containers and fairy gardens with her annual and perennial flowers.

Beth describes her growing practices as sustainable and uses beneficial insects instead of chemicals to keep her plants healthy. “I try to educate people not to ask, ‘What do I spray to kill bugs?’ but, ‘What do I bring in that will eat the bad bugs?’” Her hydroponic growing practices conserve water, and she recycles all she can. Beth is a strong proponent of local communities: for her the local hardware store, family owned business, and farmers market all contribute to “that home town charm.”


Listen


Fresh Corn & Avocado Salsa

2 large avocados, chopped 

1 ½ cups cooked fresh corn kernels (about 3 ears of corn or use frozen corn) 

4 roma tomatoes, chopped 

1 red pepper, chopped 

1/2 cup red onion, finely chopped 

1/4 cup fresh flat leaf parsley, chopped

1/4 cup fresh cilantro, chopped

1 jalapeno pepper, seeds removed & chopped 

1/2 teaspoon hot pepper sauce

1/4 cup Zesty Italian Dressing

Mix all ingredients together and serve with tortilla chips.



 Produce Perks eligible item

Backyard Orchard



“When you get to the point when you’ve got all of this beautiful crop hanging on the trees and it is getting close to harvest time... that’s the most satisfying part to me.”

After 32 years working for Delta, Dennis Sauerhage decided to leave his job and follow a different dream—he created his own agricultural enterprise. Backyard Orchard, located in Rising Sun, Indiana, specializes in growing peaches, plums, pears, grapes, and apples. The land Dennis bought was historically used to grow tobacco, but he had no interest in growing tobacco. He knew he wanted to grow a crop that was healthy to eat.

Backyard Orchard has been a vendor at the Northside Farmers Market since its reestablishment in 2001. Dennis recounted those first few years at the market: “It could get pretty hot,” he said. “Just think about spending hours on those hot, sunny summer days standing on asphalt surrounded by buildings.” Dennis thinks the market’s move to nearby Hoffner Park is not only more comfortable, but has helped increase the visibility of the market to the public.

Dennis wants his customers to have access to local food for two reasons: “When you buy your food locally, you know who grew it and you are helping your local economy.” He believes that by knowing who grows your food, you create an accountability that is otherwise missing when shopping at supermarkets.

Dennis loves to talk about his products and practices, so be sure to stop by and see him next time you’re at the market.

Backyard Baked Apples

- 4 apples (any good cooking apple) 🍏
- 4 tablespoons butter or margarine
- ½ cup brown sugar
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

Peel the apples and cut into quarters. Remove the cores and cut quarters into 1/2” thick slices. Place the slices in a bowl of cold lemon water to prevent browning. Soak for 5 or 10 minutes and then drain the apples and pat them dry with a paper towel. In a large skillet, heat the butter until it is bubbling. Add the apple slices to the skillet and continue to cook over medium high heat for approximately 5 minutes or until tender crisp and beginning to brown. Turn several times to brown evenly. Add the brown sugar, vanilla extract, cinnamon, and nutmeg and continue to cook until sugar has melted and started to caramelize. Apple slices should be tender. Serve as a side dish while still warm.



Lobenstein Farm



“For me, it’s all about family. My father was a farmer and my grandfather before him.”





Lobenstein Farm, located right across the Indiana border in St. Leon, Indiana, is a family farm in the classical sense. “For me, it’s all about family,” owner Kim Lobenstein recounts. “My father was a farmer and my grandfather before him.”

Kim still lives at her family farm with her parents, her family and her brother and his family. Kim continued, “What I really enjoy about it is that you get to see your family a lot. You get to watch your kids and grandkids all grow up.”

With 240 acres of land, Lobenstein Farm is well known for their sweet corn, watermelon, and cantaloupe. Kim notes, “There aren’t a lot of people who sell that stuff because you need to have the acreage room.” More recently, Lobenstein farm has expanded into the meat and egg markets as well, now offering eggs, beef, lamb, pork, and chicken.

When asked what makes farmer’s markets so appealing, Kim concluded, “At the market, you are talking to the person who specializes in growing your produce. We grew it and you know where it is coming from. You don’t get that when you go to other stores.”

Homemade Ketchup

- 1/2 bushel tomatoes 
- 12 bell peppers 
- 2 to 4 hot peppers (optional) 
- 4 medium onions 
- 3 cups brown sugar
- 3 cups white sugar
- 2 1/2 tbsp cinnamon
- 3 tbs ground mustard
- 6 tbs salt
- 1 tbs black pepper
- 2 tsp ginger
- 1 tsp allspice
- 1 tbsp garlic powder
- 1 tbsp chili powder
- 1 pint apple cider vinegar
- 3/4 cup Worcestershire sauce

Cut vegetables in quarters. Cook the tomatoes, onions, and peppers in a pot of water until the water comes to a boil. Boil the vegetables for 10 minutes. Strain the vegetables, throwing away the pulp and keeping the juice. Heat the juice over medium-high heat and add the seasonings. Simmer for 15 minutes. Add 1 cup water and 12 tbsp corn starch to the mixture and allow the mixture to thicken. Repeat this process 3 more times, or until ketchup is desired thickness.



Wind Dance Farm



“I know I’ve learned things from farmers along the way and I know people have learned things from me along the way.”

Ande Schewe, owner of Wind Dance Farm, has been farming for the past ten years. He developed his skills on his parents’ land in Dillsboro, Indiana before setting up his own farm near Versailles Park.


Ande has a special connection to the Northside Farmers Market: he met his wife there. The two met while the market was still being held in the Lingo parking lot. They have been happily married for over five years and have two children.

A defining characteristic of Wind Dance Farms is its incredibly diverse and unique product line-up. “A lot of farms specialize in four or five things and one of the things we decided to specialize in was diversity,” Ande elaborated, “last year we had over 300 different species of plants that we sold at the market.”

Aside from their remarkable produce, Ande and his wife are developing another product line called Lola Botanicals. Lola Botanicals will focus more on herbal products including tea and tea blends.

When he isn’t tending to his own farm, Ande can be found doing consultation work under the moniker “Wake the Farm Up.”

Cool Cucumber Sandwiches

- 1 cucumber, peeled and thinly sliced 
- 1 loaf bread, crusts removed
- 1 (8 oz.) package cream cheese
- 1/4 cup mayonnaise
- 1/4 tsp garlic powder
- 1/4 teaspoon onion salt
- 1 dash soy sauce
- dill for garnish



Thinly slice cucumber and set aside. Mix cream cheese, mayonnaise, garlic powder, onion salt, and soy sauce until smooth. Cut bread slices into four equal slices and spread cream cheese mixture onto each slice. Place cucumber and dill on top of the cream cheese. Enjoy with your favorite cup of tea!



Back Acres Farm

“Life began in a garden.”



“Life began in a garden,” Jim told Patty one day, and that’s how Back Acres Farm began, too—with a couple who “always had a big garden and ate fine food.” Jim and Patty began farming in 1979, starting out the “conventional” way growing cash crops like corn, soybeans, and tobacco.

After just a few years the couple realized that the health of their soil was deteriorating and decided to make the switch to practices Patty now calls “beyond organic.” Jim is “always building the health of our soil,” she says. “His motto is: ‘Healthy soil, healthy animals, healthy plants, healthy people.’”

Back Acres Farm is famous for incomparable eggs and delicious, beautiful meat, including grass-fed beef, lamb, pork, chicken, and turkey. They also raise a variety of seasonal vegetables and make products like goetta, butter, and greek yogurt to go along with their canned preserves and fresh milk.

Jim and Patty love coming to the Northside Farmers Market to build relationships with the vendors and especially the customers, who Patty describes as very “tuned in” to the importance of how food is grown.

One of her favorite memories of the market is hearing her son tell about the time he showed up with their 14’ refrigerated trailer in the little parking lot where the market began. “Everyone helped him back up and the only place he could park was right in front of another vendor,” she recalls. “That other vendor was the sweetest lady—She said, ‘Don’t worry about it; my customers know where I am and it’s only one week.’ And then at the end of the market she told Patrick she had done better at that market than she had ever done at any other market. That’s the kind of memories I have of Northside.”

Back Acres Breakfast Burger

1 lbs. ground beef


½ cup dry breadcrumbs

1 ounces goat cheese

1 tbsp. Worcestershire sauce

4 eggs, pan fried

Olive oil

1 tomato, sliced 

Hamburger buns

Lettuce 



Preheat grill for high heat. In a large bowl, mix the ground beef, bread crumbs, goat cheese, and Worcestershire sauce using your hands. Form the mixture into 4 hamburger patties. Lightly oil the grill grate. Grill patties 5 minutes per side, or until well done. Preheat pan and line with a thin layer of olive oil to prevent eggs from sticking. Fry egg to taste. Place burger, fried egg, tomato, and lettuce onto a bun and serve.

Carriage House Farm



“Never before have I felt so good about not only the product I’m selling, but also the fact that I get thanked for it on a regular basis.”

Carriage House Farm was established in North Bend, Ohio in 1855 and has been a single-family owned farm for five generations. Kate Cook joined the farm as Garden Manager at the end of 2009 and hasn’t looked back: “Never before have I felt so good about not only the product I’m selling, but also the fact that I get thanked for it on a regular basis.”

Kate presides over the growing of a wide variety of vegetables and a full line of culinary herbs. She teaches classes about sustainable practices like companion planting and integrated pest management, as well as marketing classes for other farmers who want to begin selling their produce and products to local restaurants, like Carriage House does.


Her partner, Richard Stewart, is in charge of the honey and grains at Carriage House. He maintains bee colonies spanning 60-80 hives that produce honey by the ton on a yearly basis. He and Kate work together to grow grains like corn and soft red wheat, which is then milled on the farm and sold as flour.

Carriage House maintains relationships with other local businesses to keep the farm and their neighbors’ enterprises thriving. Their fertilizer, for example, is made up not only of compostable waste produced on the farm, but also waste from the MadTree Brewing Company, and wood shavings from a local cabinetry.

Swiss Chard & Sweet Corn Saag

1/2 cup unsalted butter

2 tsp cumin seed

1 green chile pepper, seeded and diced 

2 cloves garlic, chopped 

2 tbsp turmeric

1 tsp ground cumin


1 tsp coriander


1 tbsp salt

2 tbsp cornstarch

3 tbsp water

1 can coconut milk

2 medium onions, one sliced, one chopped 

2 lbs swiss chard, leaves stripped from stems, stems and leaves chopped separately 

3 ears sweet corn, kernels cut from cobs 

In a large skillet, melt butter over medium-high heat. Cook and stir cumin seed, chile pepper, garlic, and turmeric until fragrant, about 3 minutes. Add the sliced onion and cook until onion softens and begins to caramelize.

Add the chopped onion and cook for about 5 minutes. Add the corn kernels and cook for 3 minutes. Add the swiss chard stems and cook until stems soften, about 5 minutes. Stir in the chopped swiss chard green, a few handfuls at a time, and stir until all are thoroughly wilted. Stir in the cumin, coriander, and salt.

Mix the cornstarch and water together separately, then add to the swiss chard mixture, and stir. Add the coconut milk and stir. Cover the skillet, reduce heat to low, and simmer until greens are tender, about 10 minutes.

Serve with your side of choice, steamed rice or naan.



Probasco Farm



“There’s a special neighborhood feel to the market—especially with people like me who wheel their cart over from their house across the street.”

Alan Susarret was growing vegetables in small urban plots around Cincinnati when he realized he wanted a way to grow more in a smaller space. The answer arrived by way of a friend’s suggestion in 2011: mushrooms!

Alan is now the owner and operator of Probasco Farm, located on McMicken Ave just minutes from the Northside Market. Alan loves his central location in the community. “There’s a special neighborhood feel to the market,” says Alan, “especially with people like me who wheel their cart over from their house across the street.”

Alan chooses mushroom varieties by matching his skills with the materials available and the market demand. He currently cultivates oyster mushrooms and has also experimented with wine cap and lion’s mane. The main goal of the Probasco project, however, is to raise shiitake—a valuable variety native to East Asia. Because shiitake require so much infrastructure, Alan launched a Kickstarter campaign in early 2015 to help fund the project. The campaign raised 270% of its goal and gained Alan 20 new CSA members. Look for those shiitake soon!

When asked about his favorite memory of the Northside Farmer’s Market, Alan laughed. “Food fights with Ande (of Wind Dance Farm). He brings the cherry tomatoes and I bring the mushrooms.”

Creamy Dhal-Mushroom Soup

1 cup red dhal (lentils)

1 cup potato, sliced into small chunks 

1 cup oyster mushrooms, sliced 

1 medium onion, chopped 

grapeseed oil

1/2 tbsp fresh ginger, shaved

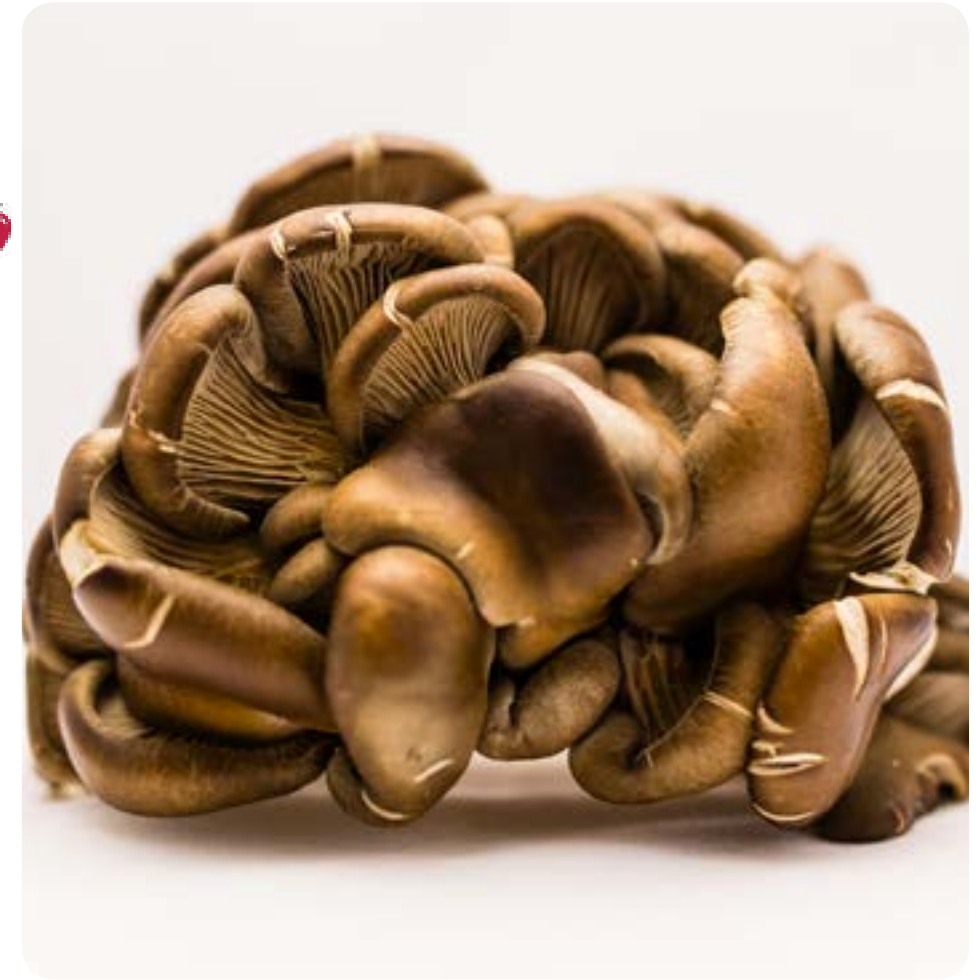
2 dried red chili peppers, crushed

1 can coconut milk

cumin

black mustard seeds

curry



Rinse dhal, and put them in a pot with 3 cups of water, and liberal amounts of cumin and black mustard seeds. Bring to a steady boil. Then slice the potatoes and put them in a strainer. Use them to cover the steaming pot, with the lid on top, for 5 minutes.

Start sauteing the onion with just enough oil to cook. Once the onions are translucent, add the mushroom, potatoes, chilies, and ginger, plus a dash of broth from the lentils. The vegetables are cooked when the mushrooms start to shrink.

Add the saute to the pot, along with the coconut milk, along with a dash of salt and curry, to taste. Bring to a boil and remove from heat. Let the soup cool slightly before eating.

Village Green

“I’ve been doing agriculture for a decade, just taking the time to learn about it... Being connected to the earth just feels like the right thing to do.”



The Village Green has strong ties to the Northside Farmers Market, because they are in the same neighborhood! Located in the last standing greenhouse in Northside, Village Green aims to create a healthy community through local food sources.

In fact, Village Green played a part in the Northside Farmers Market’s move to year-round produce sale. Manager Eliza explains, “They were looking for a space to hold the market, so we provided our greenhouse for free. So the first winter of the farmers market went year-round in our greenhouse.”


Even though buyers at the market love their heirloom tomatoes, peppers, and herbs, Village Green mostly offers a space where the community can rent space to garden. They also provide a no-strings-attached seed library program, allowing people to borrow seeds to grow their own crops.

“The point is community engagement,” says Eliza. “This year is the official start of our urban farm program as well. People can come and learn [about farming] and help out. It’s pretty dynamic!”

For the full Northside experience, the Village Green stall is not-to-miss on your next trip to the market.

Quick-and-Easy Caprese Salad



- 4 medium tomatoes, sliced 
- 1 lb log fresh mozzarella cheese
- fresh basil
- olive oil
- salt
- pepper

Slice tomatoes and mozzarella into thin slices. Layer tomato, then basil, then mozzarella on a long platter and continue to layer using this pattern. Drizzle the layers in olive oil and sprinkle salt and pepper on top, to taste.

Mud Foot Farm



“Grass-fed produces a healthier meat with a positive environmental impact.”

Mud Foot Farm in Amelia, Ohio began over 13 years ago when owner Doug Weber started with only a few chickens and a personal garden. From there, Mud Foot expanded into what it is today.

Mud Foot Farm specializes in 100% grass-fed beef and lamb as well as pasture raised chickens, beyond free-range eggs, and non-certified organic produce. “I choose to raise grass-fed because in nature, ruminants do not eat substantial quantities of grain crops.” Doug notes. “Grass-fed produces a healthier meat with a positive environmental impact.”

Doug exclusively attends the Northside Farmers Market and has been doing so for the past 10 years. He thinks farmers markets are “a great way to stay connected to your food and to find out how and where your food is produced.”

The Northside Farmers Market is the only local market where you’ll be sure to catch Doug, so next time you are at the market, be sure to stop by Mud Foot Farm’s booth to visit Doug and see what products he has available.

Stuffed Lamb Chop

4 large lamb chops

Drizzle of olive oil

Creole seasoning to taste

8 Greek or Nicoise olives, pitted and quartered

1 tsp. minced shallots 

½ tsp. minced garlic 

1 ounce goat cheese

Salt to taste

Fresh ground black pepper to taste

¼ cup Dijon mustard

⅔ cup fine dried breadcrumbs

1 ⅓ tbsp. olive oil

Preheat your pan and line with a small amount of olive oil. Preheat your oven to 375 degrees. Make a 1-inch slit on the side of each chop. Season with olive oil and creole seasoning to taste. Place on the pan and cook for 2 minutes on each side. Remove and cool completely. In a mixing bowl, combine the olives, shallots, garlic and cheese. Season with salt and pepper to taste. Mix well. Stuff the pocket of each lamb chop with about 1 tablespoon filling. In another mixing bowl, combine the breadcrumbs and olive oil. Lightly season with Creole seasoning and mix well. Smear each chop with the mustard. Dredge the chops in the seasoned breadcrumbs, coating completely. Place on a parchment lined baking pan and place in the preheated oven. Roast for 8 to 10 minutes for medium-rare. Remove from the oven and let the chops rest for a couple of minutes before serving.



Shop at the
Northside
Farmers
Market and
Double Your Money!



Use your EBT card and
Turn \$10 into \$20 with
Produce Perks tokens!

For more information about Produce Perks, visit produceperks.org