

*The City Fresh program seeks to improve access in Northeast Ohio's urban centers to fresh, locally grown food. City Fresh's programs include Fresh Stop neighborhood food centers, cooperative distribution, urban agriculture, youth entrepreneurship, and farm to business linkages.*

### **Fresh Stop Food Centers:**

The neighborhood Fresh Stops provide an inviting location to find freshly-picked local foods, meet neighbors, receive information on recipes and nutritional information, and participate in fun events.

Eight Fresh Stops will be in operation in 2007 at locations in Cleveland and Lorain County. For a complete list of Fresh Stops, consult our website at [www.gotthenac.org](http://www.gotthenac.org).

The Fresh Stops feature "market bags" which include an assortment of seasonally available produce each week. For limited income residents, these bags are available for a 50% discount. Ohio Direction cards are also accepted at the food center sites.

Produce for all Fresh Stops comes from local farms in Northeast Ohio as well as market gardens right in Cleveland, including several gardens operated by neighborhood youth. Our growers network includes 16 local producers.

To sign-up for a market bag, contact City Fresh at 216-429-8238 or 440-774-2906 or visit our website at [www.gotthenac.org](http://www.gotthenac.org).

### **Urban Agriculture:**

To improve the supply of locally grown food and to increase urban green space, City Fresh has developed a market garden training program. This program includes a ten week class series that covers business planning and various topics on urban food production. Intensive hands-on trainings will take place at established market gardens in Oberlin and Cleveland. For more information on the market garden program, contact Morgan Taggart at 216-429-8238.

### **Other City Fresh Initiatives**

City Fresh also has a program to facilitate connections between local businesses and local farmers. Our youth program provides employment and market gardening opportunities for Cleveland and Lorain County youth during the summer. We also host several events and workshops on everything from organic growing to mental health and nutrition. Check out our web-site at [www.gotthenac.org](http://www.gotthenac.org) for details.



### **JOIN THE FUN!**

Sign-up here to become involved with the City Fresh program.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Check the following boxes:

I would like to sign-up for a City Fresh market bag (June through mid-Oct)  
 \$5 or \$10/week for limited income  
 \$10 or \$20/week for all others  
(Prices cover mini-bags or family-size bags)

I am interested in volunteering

I am interested in market gardening

I would like to make a tax-deductible contribution to support the City Fresh program

***Make all checks payable to NAC and return to the New Agrarian Center, c/o EDIC, MPO Box 357, Oberlin, OH 44074.***

## ABOUT CITY FRESH

City Fresh is a joint initiative between the New Agrarian Center (NAC) and Ohio State University Cooperative Extension and 12 other community partners.

The goal of City Fresh is to build a more just and sustainable local food system in Northeast Ohio.

City Fresh seeks to meet the needs of both urban and rural communities by improving access to fresh locally grown food for urban residents and marketing opportunities in the city for local farmers.

The City Fresh program impacts the local food system through the development of Fresh Stop food centers, nutrition education, urban market garden training, and the cultivation of direct farm to business connections.

City Fresh includes a wide range of community partners, including the City of Cleveland Health Department, Heifer International, Ohio Farmers Union, the Great Lakes Brewing Company, the Clark-Metro Community Development Corporation, the Urban Community School, and the Cuyahoga County Planning Commission.

For more information about the City Fresh program, contact 216-429-8238 or 440-774-2906.

City Fresh- New Agrarian Center  
c/o EDIC  
MPO Box 357 Oberlin, OH 44074  
440-774-2906  
[www.gotthenac.org](http://www.gotthenac.org)



# CITY FRESH

*Coming to a neighborhood near you!*



**Promoting health, nutrition, local farmers, urban greenspace, and fun in our cities!**

*A project of the New Agrarian Center and OSU Extension-Cuyahoga County*