

## CITY FRESH STOP FOOD SHARES

Weekly food shares are distributed to shareholders at the *Fresh Stops*. Shareholder is a fancy way of saying that you “own a portion of a community-run food system”.

The benefits of being a shareholder include:

- Weekly supply of **seasonal fruits and vegetables** grown locally;
- **Recipes** and nutritional information;
- Free **food samples**;
- Individual **nutritional consultations** with certified nutrition educators;
- **Free events** including potlucks, educational movies, meet and greets with farmers;
- **Special discounts** and subsidies for limited income shareholders;
- Option for **Ohio Direction** card;
- Opportunities to meet your **neighbors**;
- Keeping dollars in your own **local economy**;
- Supporting **urban green space** and keeping **family farmers** on their land.

You can purchase weekly shares for just \$20 regular or only \$10 for limited income. Your advance payment represents a commitment to the growers who supply food for the Fresh Stops. The Fresh Stops operate through mid-October.



## ABOUT CITY FRESH FARMERS

*City Fresh* food shares bring together city and country. Each bag includes some of the best produce available from both Northeast Ohio farmers and urban market gardeners in Cleveland.

Northeast Ohio farmers supplying City Fresh include: the George Jones Farm in Oberlin, Covered Bridge Farms in Jefferson, and Joe Miller’s farm in Homerville.



Through a market garden training and youth enterprise program, more of the *City Fresh* food is grown right in Cleveland. *City Fresh* market gardeners include: OhioBio, Wonder City Farms, Kentucky Gardens, Tremont Urban Food System (youth gardening), and EcoVillage produce.

*City Fresh* provides free soil samples for all urban growers to insure that soil is free of heavy metals, lead, or other toxins.

While most participating farmers are not certified organic, most follow organic production standards or sustainable or low-input methods that minimize the use of chemicals.

## INVEST IN YOUR OWN COMMUNITY-RUN FOOD SYSTEM

There are three simple ways to sign-up:

- 1) **Electronic:** go to [www.gotthenac.org/cityfresh/freshstop.html](http://www.gotthenac.org/cityfresh/freshstop.html)
- 2) **Mail:** Mail a check made out to EDIC for your first two weeks of shares to: MPO Box 357, Oberlin, OH 44074.
- 3) **In Person:** Visit your local Fresh Stop and sign-up in person.

Fill out the information below and return to a Fresh Stop or to the address above.

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

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

City/Zip: \_\_\_\_\_

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

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

Mark a food share rate:

\_\_\_ \$20 Regular

\_\_\_ \$10 Limited Income

Mark a Preferred Fresh Stop Location:

\_\_\_ Oberlin, Mt. Zion Center (47 Locust)

Thursdays, 4-7pm

\_\_\_ Slavic Village, (Next to 5728 Broadway, near 55th)

Fridays, 4-7pm

\_\_\_ Urban Community School (W. 48th & Lorain)

Thursdays, 3-7pm

\_\_\_ Clark-Metro (W. 25th & Clark)

Thursdays, 3-7pm



**WELCOME TO YOUR  
NEIGHBORHOOD FRESH STOP**  
*City Fresh Statement of Values*

Visit your neighborhood **Fresh Stop** and connect with a larger community of friends, including your neighbors, the gardener down the street, the farmer in the next county, the youth of the city.

**Fresh Stops** are not part of a chain store, owned and operated from another state. **Fresh Stops** are owned and managed by people that you know who care about the health of our communities and our region.

The suppliers of **Fresh Stops** are not giant mega farms from halfway across the world with genetically-modified crops, heavy chemicals, and poor working conditions. The suppliers of **City Fresh** are in your neighborhood, in your city, and in your region. They include youth, recent college graduates, Amish farmers, third generation family farmers, and retirees. They include traditional farmers and urban growers.

**Fresh Stops** represent more than just another place to drop in and get your food. They represent an invitation to build an alternative food system rooted in community, ecological sustainability, diversity, health, and equity.

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



## Neighborhood Fresh Stops



## Grow Your Own Community Food System!

An Initiative of  
The New Agrarian Center  
Ohio State University Extension  
& Other Community Partners