

U.S. Dry Volume Measurements MEASURE EQUIVALENT

1/16 teaspoon dash 1/8 teaspoon a pinch

1 tablespoon 3 teaspoons 1/8 cup 2 tablespoons

1/4 cup 4 tablespoons

5 tablespoons plus 1 teaspoon 1/3 cup

8 tablespoons 1/2 cup

3/4 cup 12 tablespoons 1 cup 16 tablespoons

1 pound 16 ounces



U.S. Liquid Volume Measurements

MEASURE **EQUIVALENT**

8 fluid ounces 1 cup

2 cups (= 16 fluid ounces) 1 pint

1 quart 2 pints (= 4 cups) 1 gallon 4 quarts (= 16 cups)

USDA Recommended Safe **Minimum Internal Temperatures**



145°F





145°F



GROUND Pork, Beef, Veal, Lamb 160°F



160°F



WHOLE, PIECES & GROUND Turkey, Chicken, Duck

165°F



IsItDoneYet.gov | USDA Meat & Poultry Hotline: 888-MPHotline (888-674-6854)

WHAT'S IN SEASON?

	Apr	May	Jun	Jul	Aug	Sep	0ct	Nov
Apples	•	<u> </u>				<u> </u>		
Asparagus								
Beans								
Beets								
Blackberries								
Blueberries								
Broccoli								
Cabbage								
Cantaloupe								
Carrots								
Cauliflower								
Collards								
Cucumbers								
Eggplant								
Endive & Escarole								
Grapes (Table)								
Kale								
Leeks								
Leafy Lettuce								
Mustard Greens								
Onions								
Parsnips								
Peaches								
Peas (Green)								
Peppers								
Potatoes								
Pumpkins								
Radishes								
Raspberries								
Raspberries (Fall)								
Rhubarb								
Spinach								
Squash (Summer)								
Squash (Winter)								
Strawberries								
Sweet Corn								
Tomatoes								
Turnip Greens								
Turnips								









HURON COUNTY

LORAIN COUNTY

Cuyahoga, Erie, Huron and Lorain County Farm Bureaus are four of the 86 county Farm Bureaus that comprise the Ohio Farm Bureau Federation, each led by a board of trustees and volunteers taking on local initiatives.

Our mission is to advance agriculture and strengthen our communities.

This means advocating for Cuyahoga's, Erie's, Huron's and Lorain's farm families on issues that help them in business and, in turn, provide non farmers a wide variety of food choices.

Since 1919, Ohio Farm Bureau has worked to make Ohio a great place to call home, and it doesn't matter if you're a farmer who produces food or a customer who purchases it, there's a place for you in Farm Bureau.

One benefit of of a membership with Cuyahoga County Farm Bureau, Erie County Farm Bureau, Huron County Farm Bureau or Lorain County Farm Bureau is FREE advertising in this directory! To be included in the 2023 directory, members must share their listing information with our office by March 31, 2023.

Responses by mail and email (cuyahoga@ofbf.org, erie@ofbf.org, huron@ofbf.org, or lorain@ofbf.org) are accepted.

Directory applications will be sent to members Jan/Feb 2023.

AG-AGENCIES

OSU Extension- Cuyahoga County

12200 Fairhill Road | E. Building Cleveland, OH 44120 216-429-8200 cuyahoga.osu.edu

OSU Extension- Erie County

2900 Columbus Ave | Sandusky, OH 44870 419-627-7631 erie.osu.edu

OSU Extension- Huron County

180 Milan Ave | Suite 1 | Norwalk, OH 44857 419-668-8219 huron.osu.edu

OSU Extension-Lorain County

42110 Russia Rd | Elyria, OH 44035 440-326-5851 Iorain.osu.edu

Cuyahoga Soil & Water Conservation District

3311 Perkins Ave | Suite 100 | Cleveland, OH 44114 216-524-6580 cuyahogaswcd.org

Erie Soil & Water Conservation District

2900 Columbus Ave | Room 131 Sandusky, OH 44870 419-626-5211 erieconserves.org

Huron County Soil & Water Conservation District

8 Fair Rd | Norwalk, OH 44857 419-668-4113 #3 huronswcd.com

Lorain Soil & Water Conservation District

42110 Russia Rd | Elyria, OH 44035 440-326-5800 lorainswcd com

Cuyahoga-Medina Farm Service Agency

6090 Wedgewood Rd | Medina, OH 44256 330-722-2628 fsa.usda.gov

Huron-Erie Farm Service Agency

8 Fair Rd | Norwalk, OH 44857 419-668-4113 #2 fsa.usda.gov

Lorain Farm Service Agency

42110 Russia Rd | Elyria, OH 44035 440-323-5646 #2 fsa.usda.gov



AGRI-ENTERTAINMENT

Maple Crest Horse Farm LLC

7009 Maple Ave | Castalia, OH 44824 419-684-9490 9am-Dusk joycemoyer@thewavz.com twhorses.com Horseback Riding, Tours, Parties, Lessons

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ECCS

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Schlechter Brothers Country Harvest

51593 State Route 113 | Amherst, OH 44001 440-213-7635 July-October 9am-6pm schlechterbros@gmail.com facebook.com/schlechterbrotherscountryharvest

FARM MARKET

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10395 Avon Beldon Rd | Grafton, OH 44044 440-748-2872 Mon-Sun 9am-6pm



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17193 State Route 58 | Wellington, OH 44090 440-506-8246 Mon-Fri 8am-7pm, Sat/Sun 9am-5pm hickoryslegacyfarms@gmail.com facebook.com/hlfgoats

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Kiley's Tree & Bucket Truck Services

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kileystree@gmail.com

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440-239-3443

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buggsmurphy@gmail.com

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Flynn Beef

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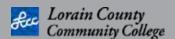
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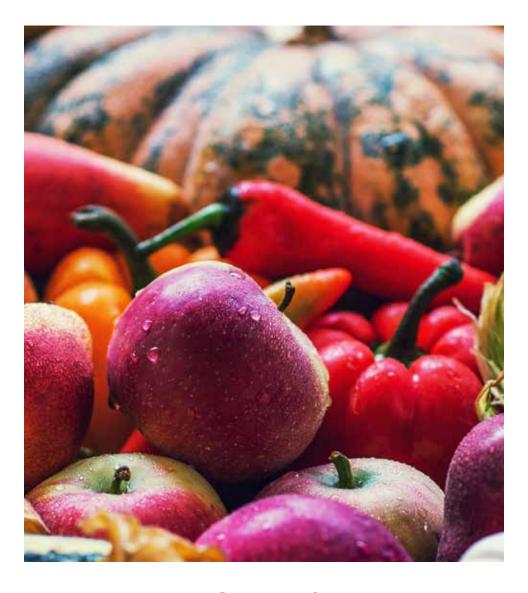
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