

**A General Store, Demonstration Kitchen & Meeting Space**

Join us for classes on food, eating and health. Stop in for local food & products!



**HARBOR GARDENS**

We carry products from over 50 local vendors!

**1022 Bridge Street ~ Ashtabula**

**Thur. May 8**  
Game Night & potluck w/Purple Goat Gardens! 6pm Free - bring a dish to share

**Sun. May 11**  
Ashtabula Farmers' Market Pop-up Plant Sale & Mothers' Day Stroll down Bridge St.

**Sun May 18**  
Conversation about menopause w/NP Liz! This will start our monthly group. 5pm

**Thur. May 22**  
Making plant-based cheese w/Sonya. 6pm \$30

**Wed. May 28**  
Health 101 w/Gallo (how to be your healthiest the easy way)! 6pm \$20

**Sundays Starting June 8**  
Ashtabula Farmers' Market 10-2pm

**Thur. June 12**  
Jam Making w/Debbie \$30 - take some home, too!

Stop in to register or online: [harborgardens.org](http://harborgardens.org) or on Facebook:  
<https://www.facebook.com/AshtabulaCountyOhio>

**HarborGardens.org on fb and instagram**

UPCOMING SHOWS



**PICKLE MILK**  
Old-Time Stringband  
Ingredients: fiddle, banjo, guitar, mandolin, free from drums & bones.

**KOSICEK VINEYARD: SATURDAY, MAY 17 6PM**

**OXBOW ORCHARD: FRIDAY, MAY 24 6PM**

**RIVERBEND HOTEL: WEDNESDAY, JUNE 4 AT 5PM**

**NEO POLLINATOR FESTIVAL: JUNE 14 1-4PM**

**LALEURE WINERY: FRIDAY, JULY 11 6:30 - 9:30**

**KOSICEK VINEYARD: SATURDAY JULY 19 6PM**

**FACEBOOK@ PICKLE MILK OLDTIME STRING BAND**  
**PICKLEMILK.OLDTIME@GMAIL.COM • (814) 402-4034**

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## Homegrown - Spotlight On Local Food

By T Gallo, nurse practitioner & co-owner of Harbor Gardens in Ashtabula  
Have local food information to share?  
Please contact Gallo at [harborgardens21@gmail.com](mailto:harborgardens21@gmail.com)

## And like that...NE Ohio turns green!

A friend of mine recently turned me on to the Big Bear Bald Eagle Wild Nest Cam on YouTube which boasts 623,000 subscribers! I have been on it several times in the last few days and there are never fewer than 10,000 folks watching together at one time. What is that family of bald eagles up to at this very moment? What a fascinating spectacle and insight. And then, even more impressively, in real life, on my short ½ mile walk to work, where I cross the Ashtabula River not far from the mouth that spills into Lake Erie, there are a few younger ospreys making their nest on the top of an abandoned electrical post. Ospreys are only slightly smaller than bald eagles and an osprey nest is impressive, as they can grow to be 24" with a 5 ½ foot wingspan. They like to live high above rivers as their diet consists of fish. They are the only birds of prey that plunge into the water feet first. Anecdotally, as I make this trek on a daily basis, they have doubled in number in the last few years. Is it a sign that the Ashtabula River is becoming more habitable for wildlife?

Folks may remember that under the 1987 Great Lakes Water Quality Agreement between the U.S. and Canada, the Ashtabula River was formally designated as an Area of Concern. Two of the primary concerns were contaminated sediment and a lack of fish and wildlife habitat. Part of the monitoring of the river included counting the number of fish with tumors. In a great collaborative effort, which included nearly 50 state, local, and federal agencies and jurisdictions, businesses and corporations, local citizens and the Ashtabula River AOC Advisory Council and over \$50 million dollars, the Ashtabula River is returning to life. The plan to focus on five management actions began in 2006 and continued through 2013:

755,976 cubic yards of contaminated sediment removed;

Over 14,000 pounds of PCBs removed as part of the 2006-2007 GLLA project;

3,800 linear feet of shoreline restored;

2,900 linear feet of in-water habitat created;



Osprey love to live near thriving rivers



3.6 acres of upland habitat restored;  
30,000 emergent wetland plants installed; and  
3,800 trees and shrubs planted.

\*These results are general estimates based upon project reports and summaries - from the Ohio EPA and Ohio Lake Erie Commission Final De-listing Report (2021).

Nearly 30 years later, in 2021, the Ashtabula River was de-listed as an AOC and it appears that the wildlife are returning! These birds have been preparing their nest in the same two weeks that our brown and muddy landscape has turned deep, bright green. Ashtabula, pronounced by Native American inhabitants, Hashtah-buh-lah means "river of many fish." Now, nearly thirty years of commitment to clean-up, perhaps it does - and with it a thriving habitat in the surrounding areas.



In local food talk, that deep green is a clear indication that regional foods are appearing on our tables. In the last week alone, we have seen fresh and local herbs like lemon balm, oregano, mint, and parsley. Greens include kale, arugula, sochan (a Native American staple) and spinach (the latter is so sweet at this time of year) and local lovage - a perennial celery. Farmers' markets are marking their spots, folks are planting cold-hardy crops and food festivals are being planned. In the last few days, the migrating birds are coming through, the large raptors are making their nests, and the local landscape is becoming more edible!

## Below are local-food events to jump into the green of spring and start of farmers' market season:

**Saturdays:** the Cuyahoga Valley Farmers Market returns to Howe Meadow in the stunning Cuyahoga Valley National Park. 9 am to 12 pm

**5/10 Saturdays:** Geauga Fresh Farmers' Market. 16540 Chillicothe Rd. Chagrin Falls, OH. The Outside Market begins! 9noon

**5/11 Mother's Day Pop-up Plant Sale and Stroll Down Bridge Street with Mom event.** Ashtabula Farmers' market pop-up plant sale 10 - 4pm with many of the restaurants and shops catering to the celebration of Mom. Historic Ashtabula Harbor.

**5/16 Friday - Early Bird Mentor Farmers' Market.** Garfield Park, Mentor, Ohio. 2-6pm

**5/17 Spring Festival with Goats at the Purple Goat Gardens in Austinburg.** 10-6pm