

Homegrown Profiles



A Fresh Produce Company
We bring more to the table.™

Ohio Farmers, Garden Fresh & Light Fare! Fresh Cabbage & Sweet Corn

Farm Profile: Tom Keil & Sons Farms, LLC, Delta, OH
Attributes/Quality Features:



- Cabbage contains remarkably high levels of vitamin C and also vitamin A, B1, B2, B6, E and K.
- Cabbage doesn't contain saturated fat, cholesterol and is low in calories.
- Cabbage may help promote weight loss in some people. This is because of its Vitamin C content, which helps burn fat, as well as Vitamin B, which increases metabolism and thereby helps the body burn off fat.
- Vitamin E content in cabbage is well known for keeping skin healthy.

Don Keil, Owner

Tom Keil & Sons Farms, LLC is based in Delta, Ohio and has been in the farming industry for over 65 years. Joe Keil took on starting a business known as Keil Farms back in the 1940's. In 1962, Joe handed the farm to his sons Tom and Jerry Keil. Today, the farm is still run by Tom, as well as his two sons, Dave and Don Keil.

Farming just over 500 acres can have its challenges. Tom Keil & Sons Farms, LLC plant and harvest a variety of commodities including peppers, various

varieties of cabbage, along with fall hard squash and sweet corn. It can be extremely hectic during the growing and harvesting season.

"The one nice thing about farming so many commodities are that every 3 to 4 months you are changing your job", says Don Keil.

"Because everything is not grown and harvested at the same time, you are always busy and there is nothing dull about it. At times, it seems like you just get done with one thing and then the next commodity is ready and can get there extremely quick depending on the weather situation."



Consistent crop rotation ensures the best quality produce and keeps them competitive in this ever-changing industry. Keil's diverse commodities and family experience along with Superior Sales, Inc. marketing allows them to be on the leading edge of the market. Although Tom Keil & Sons Farms, LLC staff roughly 6 full time and 20 seasonal employees during the peak of their season, they rely on family knowledge and experience to grow their quality commodities.

Tom Keil & Sons Farms, LLC pride themselves in offering loyalty, commitment, and value to customers. Don Keil believes that "Growing nice

crops and working with family" is what he finds most rewarding about farming. When asked about his opinion on why eating local is better, Don Keil explained

"Not only are we being resourceful by reducing the fuel consumption in delivering the product, we are also stimulating the local economy." Food

Safety is extremely important to the Tom Keil & Sons Farms as they are consistently up to date on the issues concerning Food Safety and are PrimusLab audited each year. Tom Keil & Sons Farms continues to hold an "Excellent to Superior" rating and has held this rating for the last 11 years.

