



GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May 11 - October 2012
9:00-12:00 noon

Located in the South Russell Village Hall
Parking Lot, corner of Bell St. and Rt. 306

Visit our Web Site:

<http://www.geaugafarmersmarket.com>

August 31, 2013

**LABOR
DAY**



Have a Safe Celebration to the end of the Summer!

The reason for the season: To celebrate the social and economic contributions of the workers of the United States. We've been celebrating since 1882. But it wasn't until Grover Cleveland signed this into law in 1894 that this became a National Holiday.

Spotlight on Apples – Lets put it simply, there are nearly as many varieties of apples as there are varieties of wine. Each with its own distinct taste and flavor and its own characteristics for use. Become a connoisseur of apples this year – GREAT harvest season, and plenty of variety.

Wealthy: tart favorite cooking apple which will be at the market 2-3 more weeks. This was first apple developed specifically to survive the cold winters of Minnesota in 1866. The basis for the University of Minnesota apple breeding program which brought us Honeycrisp, Zestar & others.

Gravenstein: tart with excellent strong flavor, crisp but tender. Last week for these. National apple of Denmark where it was discovered in the 1600's, also grown on the west coast, specifically Sonoma county California.

Paula Red: Sweet tart with slight berry taste. Small this year because they were not thinned enough in spring. Great for eating & cooking. Next week will be the last week for these. Originated in Michigan.

Zestar: From U of Minnesota. Sweet tart with a hint of brown sugar. Texture similar to honeycrisp. Excellent apple. This will be the last week for these.

Summer Rambo: old French apple brought to USA in the 1600's. Tart & spicy, similar to jonathan. Great for all culinary purposes.

Gala: Sweet & crisp. A New Zealand apple. Should have for the next month.

Burgundy: Hard & extremely tart in a normal year, this year with all the rain, quite mellow in comparison. My favorite apple. Will have for two more weeks. A Cornell University apple.

Mollies Delicious: sweet & crisp without real strong flavor. My dad likes these, I will take about any other apple this time of year. A Rutgers university cross of golden delicious and gravenstein Will have for two more weeks.

Next week will be picking McIntosh, Twenty Ounce pippin, and swiss gourmet.

GEAUGA FRESH FARMERS' MARKET MEMBERS – 2013

B Sweet Baking Company
Blue Jay Orchard
Chelsea Flower Garden
Classic Kettle Corn
Endeavor Farm
Farm Girl Honey & Artful Clutter
Fowl Play Farm
Great Lakes Spices
Hershberger Produce
Jack Mountain's Farm
Jarz and Barz Ltd.
JLynn Creations
June Eve's
Little Wing Woodcrafters
Maple Crest Farm
Maplestar Farm
Messenger Century Farm
Middlefield Original Cheese Coop
October Moon Farm
Pheasant Valley Farm
Polecat Pines Mushroom Farm
Precious Resources Preschool
Puppy Love Pet Bakery
Rad Foods, LLC
Rock Valley Run CSA&Greenhouse
SAND Farm LLC
Santee River Farm
Schultz Fruit Farm
Sirna's Farm and Market
Sisters Cakery Bakery
Storehouse Tea company
Sugar Me Desserterie
Sweet Tooth

Upcoming Events:

Sept 7th Tomato Tasting
Contest
Sept 21st Salsa
Tasting Contest

Next Week – Annual Tomato Tasting Contest from 10-11:30PM.

If you think your home-grown or farm-grown tomatoes are the best-tasting in town, enter them into the Annual Tomato Tasting Contest. There will be two categories: one for **Cherry Tomatoes** and one for **Regular Tomatoes**. Bring a quart of cherry tomatoes or 4-5 of a single variety of tomatoes to the market booth before 9:30am next Saturday. Mark them with your name and the variety of tomato. Customers and vendors are encouraged to enter their favorite tomato. Everyone can taste and vote.

Chunky Watermelon Salsa

From: Farm Fresh to you

1 lime
2 cups, 1/2 inch pieces seeded watermelon
1 c 1/2 pieces seeded, peeled cucumber
1/4 c sliced green onions
2 T minced cilantro
2 t minced seeded jalapeno chili
1 t sugar
Cut, peel and white pith from lime. Cut lime into 1/4 in pieces. Place in medium bowl. Add all remaining ingredients. Season with salt and pepper. Toss to blend. Cover and refrigerate 30 minutes (can be made 2 hrs ahead – keep refrigerated). Serve chilled.

Cantaloupe and Chicken Salad

From Pacific Coast Farmers Association

1/4 cup plain yogurt
1/4 cup mayonnaise or salad dressing
1 tablespoon fresh lemon juice
1 tablespoon chopped fresh chives
1/4 teaspoon salt
5 cups 1-1/2 inch pieces fresh cantaloupe
2-1/2 cups cut-up, cooked chicken
1 cup red or green grapes, cut in half
1 medium cucumber, cut into strips

Mix yogurt and mayonnaise in large bowl. Stir in lemon juice, chives and salt. Stir in remaining ingredients. Serve immediately, or refrigerate until chilled, at least 2 hours but no longer than 24 hours.

Maple Barbecued Pork Ribs

1 rack spareribs (about 4 lbs.)
1 tsp freshly ground black pepper
2 tbsp rice wine vinegar
1/2 tsp salt
2/3 cup maple syrup
1 tbsp soy sauce

Rub ribs with salt and pepper. Place in a shallow Non-aluminum pan. In a small bowl, mix together maple syrup, vinegar and soy sauce. Pour over ribs, cover and chill overnight, turning occasionally. Remove ribs from pan and grill over moderately on hot coals, turning and basting so they cook evenly on both sides (about 20 minutes/side) or until done.

Cucumber Salad – a staple of Indian meal

Recipe from: Jemima Madhavan

1/2 cup plain yogurt
1/2 cup sour cream
1/4 tsp. salt
1 1/2 cups chopped **cucumber**
1 medium **onion**, chopped
1 medium **tomato**, seeded and chopped
1 Tbsp chopped seeded **jalapeno pepper**
Fresh cilantro leaves

In a small bowl, combine yogurt, sour cream, & salt. Add the cucumbers, onion, tomato & jalapeno; stir until blended. Garnish with cilantro.

Basic Peach Salsa From Seasonalchef.com

2 ripe, but firm **medium peaches**
1 tablespoon vegetable oil
1 tablespoon fresh lime juice
1/4 cup finely chopped **red onion**
1/2 cup diced red and/or green **bell pepper**
1 tablespoon **chopped cilantro**
1 teaspoon (or to taste) minced **jalapeno pepper**
1/2 teaspoon salt
fresh ground black pepper to taste

If you care to peel your peaches (a step that is not at all necessary), plunging them into boiling water for 15 or 20 seconds will make it easier to slip the skins off. Cut the peaches into half-inch cubes; peppers into smaller dice; chop cilantro; finely chop onions and mince jalapenos. Blend oils & lime juice together before combining with other ingredients. You should let the salsa sit for at least five minutes before tasting to see if you need to adjust the seasoning, for example by adding more lime juice, vinegar, cilantro, jalapeno or salt. You should prepare the salsa at least an hour, or as much as day or two, before serving, to allow the flavors to fully blend.

Rub and Sauce for Pork or Beef Ribs (1 slab ribs)

Rub

1T. Brown Sugar
1t. Chinese 5 Spice
1/2 t. Paprika
1/4 t. Salt
1/4 t. Celery Seed
1/4 t. Black Pepper
1 t. Herb Thyme Lemon
Surprise Hot Pepper
Seasoning

Sauce:

1/2 C. ketchup
2 T. Light Molasses or
Maple Syrup
1 T. Lemon Juice
1 T. Soy Sauce
Few Dashes of Hot
pepper sauce

Put rub on ribs and let stand for a couple of hours. Then make sauce and smear on ribs when close to being done. You can substitute Dark Molasses for light or use Maple Syrup.

Beef Rub (enough for 2 steaks)

2 cloves Garlic, minced
2T. chopped fresh Basil
1 1/2 T. Olive Oil
1/4 t. dried pepper seasoning
1/4 t. Salt (optional)
1/4 t. Black pepper

Rub steaks with olive oil then pat minced garlic onto steaks. Mix other ingredients and then pat onto steaks and let stand for a couple of hours before grilling.

Basic Meat Marinade

2 cloves of minced garlic
1/4 c Olive Oil
2 T. Balsamic or Wine Vinegar
2 T. Soy Sauce or Worcestershire Sauce
1/4 Cup Sherry, dry wine, or beer
freshly ground pepper

Mix all ingredients, generously brush onto steaks & let stand for a couple of hours before grilling.

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