

GEAUGA FRESH FARMERS' MARKET



Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May 11 - October 2013
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>

July 13, 2013

Come for **Kids' Day today** between 10 and Noon - free Blueberry Balloon, free Face Painting and coloring, cook with our resident chef, Matt Anderson of Umami Asian Kitchen in Chagrin Falls as he prepares blueberry pancakes - and the kids get to help cook! Heart's Desire Ice Cream Truck will make its first appearance at the market.

IT'S BLUEBERRY TIME! Blueberries are in season and deliciously fresh and local from Blue Jay Orchard in Hiram.

When purchasing for cooking or baking, 1 pint **fresh blueberries** = 3/4 pound or 2 1/2 cups **blueberries**. 1 quart = 1-1/2 pounds = 4 cups 1 (10-ounce) package **frozen blueberries**.

Sweet Summertime Blueberry Syrup

5 cups organic blueberries, washed
1 cup water
1/2 cup washed raw cane sugar
1 lemon, whole, washed

Using a sharp paring knife, peel three or four strips of lemon peel from the lemon. Skin should be about 1/2 inch wide and not have too much of the bitter pith or white part on it. Then juice the lemon, and set both zest and juice aside.

Place blueberries and water in a medium pot. Using a potato masher, crush the berries. Over medium-high heat, bring the berries and water to a boil, then lower the temperature to medium-low. Simmer berries for 15 minutes, stirring occasionally. They will darken considerably. Remove pot from heat and ladle berries into a fine sieve set over a heat-proof bowl or measuring cup. Using the back of a smaller ladle, press on the berry solids to extract as much juice as possible.

Return the blueberry juices to the pot, then add the lemon *peel* (not juice yet) and the sugar. Bring to a boil and simmer for about 10 minutes until the mixture thickens slightly. Add 2 tablespoons lemon juice and stir to combine. Boil another minute or two. Remove from heat and allow to cool. Remove lemon zest. Using a funnel, pour syrup into clean jars. Top with lid and store in the refrigerator for up to three months, or the freezer for up to nine.

Makes about 3 cups. Adapted by Cheryl Hammon from the website:
<http://www.simplebites.net/how-to-make-your-own-blueberry-syrup/>

GEAUGA FRESH FARMERS' MARKET MEMBERS - 2013

B Sweet Baking company
[Blue Jay Orchard](#)
Chelsea Flower Garden
Classic Kettle Corn
Double D Farms
Endeavor Farm
Farm Girl Honey & Artful Clutter
Fowl Play Farm
Great Lakes Spices
Hawthorne Springs Greenhouse
Herb Thyme
Hershberger Produce
Hot-Kiln Farm
Jack Mountain's Farm
Jarz and Barz Ltd.
JLynn Creations
June Eve's
Little Wing Woodcrafters
[Mackenzie Creamery](#)
Maple Crest Farm
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Messenger Century Farm
October Moon Farm
Pheasant Valley Farm
Polecat Pines Mushroom Farm
Precious Resources Preschool
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

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Marinated Cucumbers, Onions, and Tomatoes

3 medium cucumbers, peeled and sliced 1/4 inch thick
1 medium onion, sliced and separated into rings
3 medium tomatoes, cut into wedges
1/2 cup vinegar
1/4 cup sugar
1 cup water
2 teaspoons salt
1 teaspoon fresh coarse ground black pepper
1/4 cup oil
Combine ingredients in a large bowl and mix well. Refrigerate at least 2 hours before serving.

Thai Beef Salad

1 1/2 lbs. tenderloin or top round steak
2 TB olive oil
2 small red, mild chilies, seeded and sliced
3 1/4 cups shitake mushrooms, finely sliced
1 bunch of romaine lettuce, torn into strips
6 ounces of cherry tomatoes
Small cucumber, peeled, halved and thinly sliced
3 TB toasted sesame seeds

Dressing

3 scallions, finely chopped
2 garlic cloves, finely chopped
juice of one lime
1-2 TB fish or oyster sauce, to taste
1 TB light brown sugar
2 TB fresh cilantro

Grill or broil the steak on both sides until it is done to your liking. Let the beef stand to cool for 15 minutes. Slice the meat as thinly as possible and place slices in a bowl. Heat the olive oil in a small skillet. Add the chilies and mushrooms and cook for 5 minutes, stirring occasionally. Turn off the heat and add the steak slices to the skillet, then stir to coat the beef slices. Stir all the dressing ingredients together, pour it over the meat mixture and toss gently. Arrange the salad ingredients on a serving plate. Spoon the warm steak mixture in the center and sprinkle sesame seeds over. Serve at once.

Adapted from Organic Kitchen by Ysanne Spevack

Easy Blueberry Crisp

6 cups blueberries	3/4 cup sugar
1 cup rolled oats	1/2 cup brown sugar
1/2 cup flour	1 tsp cinnamon
1/2 cup softened butter	

Coat a 9x13 inch baking dish with cooking spray. Combine sugar and berries and pour into the baking dish. In another bowl combine the oats, flour, brown sugar and cinnamon and mix well. Cut in the softened butter with a fork until mixed well. Sprinkle over the berries. Bake at 350 degrees for 45 minutes or until berries are bubbly and topping is golden brown. Serve warm with ice cream.

Easy Grilled Polenta

2 ripe medium tomatoes
2 TBs fresh chopped parsley
Dash salt
1/8 tsp coarsely ground black pepper
1 24 oz package precooked polenta, cut into 12 slices
1 TB olive oil
1/2 cup shredded Monterey Jack or Fontina Cheese

In a small bowl combine tomatoes, parsley, salt and pepper. Brush both sides of the polenta slices with olive oil. Put the polenta on a hot grill and grill until the undersides are golden. Turn and top with cheese. Grill polenta until the cheese melts. Top with tomato sauce and serve. Makes 6 servings.
From Barbara Collier, Sun News

Kale-Slaw with Curried Dressing

1 small to medium-size apple, cored and julienned (3/4 to 1 cup), tossed in 1tsp freshly squeezed lemon juice
2 1/2 – 3 cups kale, sliced VERY thin--paper thin! (leaves cut/torn from stems and stems discarded)
1 1/2 cups grated carrot
1 cup very thinly sliced fennel, jicama, or celery
1/4 cup cranberries or raisins
2/3 – 1 cup Creamy Curried Dressing*
2 to 4 Tablespoons sliced or chopped raw almonds, cashews, or sunflower seeds

Place the apple, vegetables, and cranberries in a bowl and toss. Add the dressing, starting with about 2/3 cup and adding more as desired, if you want a thicker coating of dressing. Toss to coat well, then let sit for 5 minutes or more to allow the kale leaves to soften slightly in the dressing. Serve, garnishing with a light sprinkling of almonds and salt and pepper, to taste. Makes 5 1/2 – 6 1/2 cups. *Adapted from Let Them Eat Vegan by Dreena Burton*

***Creamy Curried Dressing**

1/2 cup nonfat plain yogurt
1/2 cup low-fat mayonnaise
3 TB lemon juice
2 TB water
1 TB honey
1 TB curry powder
1/4 tsp salt
1/4 tsp freshly ground pepper

Place yogurt, mayonnaise, lemon juice, water, honey, curry powder, salt and pepper in a bowl or a blender; whisk or blend until smooth.