



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>

July 20, 2013

Kids' Day was a huge success last week at the **Geauga Fresh Farmers' Market**. Hope you enjoyed the blueberry buckwheat pancakes. We need to send out most sincere appreciation to all those organizations that helped make Kids' Day a success. **Sirna's Farm and Market** donated helium for the blueberry balloons. Matthew Anderson of **Umami Asian Kitchen** and his daughters' Oriana and Emerie for supplying ingredients and helping kids in the production of blueberry buckwheat pancakes. **Messenger Century Farm** for supplying maple syrup for those pancakes. And finally, **Hearts Desire Ice Cream** for special kids cones. Your efforts and donations is what makes these events a success. It won't be long until our next celebration our August Corn Festival.



Spotlight on LEEKS

Once dubbed "Poor-man's Asparagus", the leek needs only some slow braising or gentle grilling to bring out its sweet yet complex flavor. The leek should not be considered merely an add-in, because it can stand up very well on its own in a variety of side dishes. The subtle onion flavor of the leek lends itself well to pairing with fish and seafood.

Buying - Look for leeks with bright green leaves, and a firm, unblemished, long white stalk. Small and large leeks are both sublime, the only difference is the cooking time.

Storing - Like most vegetables, it is best to buy leeks only as needed; however, if you need to store them for a few days, keep them in the crisper drawer of the fridge.

Cleaning - Leeks can be quite sandy, so careful washing is important. Here's how to properly clean a whole leek. Start by removing the outer layer of white (unless it is very fresh or from your own garden). Trim the base with a sharp paring knife to remove all the roots. Make an incision in the middle of the white stalk and cut toward the green tips, severing the leek in two, but with the bottom still intact. Wash well under cold running water, pulling the leaves apart to rinse well between them. Drain, green tips down, in a colander for a few minutes.

Using - If the recipe calls for chopped leeks, it is best to chop them and then wash under cold running water. Allow to drain well before using. Roasting or braising brings out the best flavors in leeks and simple grilling is a great option as well.

GEAUGA FRESH FARMERS' MARKET MEMBERS - 2013

B Sweet Baking Company
Blue Jay Orchard
Buckeye Coffee Roasters
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
Maplestar Farm
Messenger Century Farm
Middlefield Original Cheese Coop
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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Buttermilk Buckwheat Blueberry Pancakes

From Matt Anderson of Umami, Served at Kids' Day at the Farmers' Market last week

1 egg
1 1/4 cups buttermilk
1 tsp baking soda
3/4 cup buckwheat flour
3/4 cup all purpose flour
1 tsp sugar
1 TB oil
1 tsp baking powder
1/2 tsp salt

In a large bowl, beat the egg, add the buttermilk & soda & blend. Add the remaining ingredients & mix until just incorporated. Fold in 1 cup blueberries. Pour onto heated griddle. Allow to cook on one side until bubbles start rising to the top. Flip, and brown on second side. Serve with fresh maple syrup and enjoy.

Baked Leeks with Cheese & Yogurt Topping

8 small leeks
1 large egg, beaten
5 oz fresh goat's cheese
1/3 cup plain yogurt
1/2 cup Parmesan cheese, grated
2 tablespoons breadcrumbs
Salt & pepper

Preheat oven to 350°F and butter a shallow baking dish. Trim the leeks, cut a slit from top to bottom & rinse well under cold water. Place the leeks in a saucepan of water, bring to a boil & simmer gently until just tender. Remove & drain well using a slotted spoon. Arrange in the prepared dish. Beat egg with the goat cheese, yogurt & 1/4 cup Parmesan cheese & season well with salt & pepper. Pour the cheese & yogurt mixture over the leeks. Mix breadcrumbs & remaining Parmesan cheese together & sprinkle over the sauce. Bake in the oven for 35-40 minutes until the top is crisp & golden brown. Serves 4.

Seasoned Corn on the Cob

1 lb sweet salted butter, cubed & room temp.
2 Tbsp Old Bay seafood seasoning
1/4 c freshly chopped cilantro leaves
Lime, optional

Preheat grill over medium-high heat. Peel back husk on corn & remove all the silk. Lay each ear of corn on an individual piece of foil. In a medium sized bowl, mix butter, cilantro & seasoning until well combined. Rub each ear of corn with butter mixture & pull leaves over to cover. Wrap corn with foil & grill for 20 minutes. If grilling, grill until slightly soft, about 10 to 15 minutes. Squeeze the lime over the corn, if desired. Suggestion if grilling: soak corn, grill whole. Dip or brush with herb butter.

Spring Green Risotto

1 1/2 Tbs good olive oil
1 1/2 Tbs unsalted butter
3 1/3 c chopped leeks, white and light green parts
1 1/2 c Arborio rice
2/3 c dry white wine
5 c simmering chicken or vegetable stock
1 1/4 lb. asparagus
1 2/3 c frozen peas
1 tsp freshly grated lemon zest
3/4 tsp kosher salt
1/8 tsp garlic powder
1 tsp black pepper
2 Tbs freshly squeezed lemon juice
1/3 c mascarpone cheese
1/2 c freshly grated Parmesan, plus extra for serving

Heat olive oil & butter in a medium saucepan over medium heat. Add the leeks & saute for 5 to 7 minutes, until tender. Add the rice & stir for a minute to coat with the vegetables, oil, & butter. Add the white wine & simmer over low heat, stirring constantly, until most of the wine has been absorbed.

Add the chicken stock, 2 ladles at a time, stirring almost constantly & waiting for the stock to be absorbed before adding more. This process should take 25 to 30 minutes.

Meanwhile, cut the asparagus diagonally in 1 1/2-inch lengths & discard tough ends. Blanch in boiling salted water for 4 to 5 minutes, until al dente. Drain and cool immediately in ice water.

When the risotto has been cooking for 15 minutes, drain the asparagus and add it to the risotto with the peas, lemon zest, salt, and pepper. Continue cooking and adding stock, stirring almost constantly, until the rice is tender but still firm.

When the risotto is done, turn off the heat and stir in the mascarpone, lemon juice, and the Parmesan cheese. Set aside, off the heat, for a few minutes and serve hot with more Parmesan cheese.

Fresh Creamed Corn

6 ears corn, husks and silk removed
2 tablespoons butter
1 cup heavy cream
1/2 teaspoon salt, or to taste
1/8 teaspoon freshly ground black pepper
2 teaspoons granulated sugar
3 tablespoons water
2 teaspoons flour

Using a sharp knife, cut the tip off of the corn. Place on a large plate or wax paper, cut side down, & cut the kernels off of the cob, following the angle of the cob with your knife. With the dull side of knife, scrape the cob to get any extra juices. Repeat with remaining cobs. Combine corn & juices with cream, salt, pepper, & sugar. In a medium skillet or saute pan over medium-low heat, melt the butter. Add the corn & reduce heat to low. Cook, stirring frequently, for 15 to 20 minutes. Combine the cold water with the flour until well blended. Stir into the corn mixture & continue cooking, stirring, until thickened & bubbly. Serves 4 to 6.