



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 6, 2013

Next Week – Kids Day at The Geauga Fresh Farmers' Market

Having your children meet the farmers who grow food for them is one of the highlights this farmers market has to offer our younger customers. Next week, as well celebrate Kid's Day at the market, make sure you bring your kids for all the fun activities we have planned as well as to meet and talk with our farmers.

Get your Blueberry Balloons. Participate in Face Painting. Cook with our resident chef, Matt Anderson of Umami Restaurant in Chagrin Falls as he prepares kid friendly food in the kitchen – and the kids get to help cook!

Spotlight on PEAS!

The market is plentiful with peas this year. Have you been confused as to which ones to buy? What part is edible and which part shouldn't you eat?

Garden Peas, English Peas, Shelled Peas

These are essentially all the same names for various varieties of peas that should be shelled before eating. They are grown for the tender green pea inside the shell. Garden peas are sweet and succulent for three to four days after they are picked but tend to become mealy and starchy very quickly if they are not eaten or cooked soon after harvesting. Peas can be eaten raw or cooked.

Garden peas, are tender and have more flavor because they are grown specifically for the pea found inside the shell.

Don't want to mess around with shelling, and pulling the strings off the sides of the pods? Then consider Sugar Snap Peas.

Sugar Snap Peas

Sugar snaps have a plump edible pod and sometimes less developed interior peas. Some varieties have no "string" which makes it very easy to pop the lovely, sweet crunchy veg into your mouth raw, cut them up for salads or throw them into a hot pan for a quick sear. However, with the simplicity of the preparation and the edible pod, you lose flavor, nutrients, and the calories of traditional shelled peas.

Snow Peas or Pea Pods

Don't look for peas here. Sometimes called Chinese pea pods, this variety is usually used in stir-fries. Snow peas are flat with edible pods through which you can usually see the shadows of the flat Pea seeds inside; they are never shelled.



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
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
Mayfield Creamery
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
Snickerdoodle Baking Company
Sugar Me Desserterie
Sweet Tooth

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Kale and Roasted Cauliflower Salad

1/4 cup pine nuts, toasted
1 small head cauliflower, cut in florets
4 tablespoons olive oil, divided
Kosher salt and black pepper
1/4 cup tahini (sesame paste)
3 Tablespoons fresh lemon juice
10 cups stemmed and chopped kale
1/2 small red onion, thinly sliced
1/2 cup raisins

Heat oven to 450 degrees. On a rimmed baking sheet, toss cauliflower with the cayenne, 2 Tbsp of the oil, 1/2 teas salt, & 1/4 teas black pepper. Roast, tossing once, until golden & tender 20-25 min. Meanwhile, in a large bowl, whisk together the tahini, lemon juice & remaining 2 Tbsp oil, 1/3 cup water, & 1/4 teas each salt & pepper. Add more water as necessary to achieve the consistency of cream. Add the kale. If it is mature kale, you may want to tenderize it by massaging & squishing it in fistfuls with your hands. When you are satisfied with the kale's texture, add the onion, raisins, pine nuts & cauliflower. Toss to combine.

Creamed Peas and New Potatoes

1 pound baby red potatoes, quartered
1 cup shelled English peas
1 tablespoon butter
1 tablespoon all-purpose flour
salt and pepper to taste
1 cup milk

Bring a large pot of water to a boil over high heat. Boil potatoes for 15 to 20 minutes, or until tender. Drain. In a medium saucepan, bring 1 cup water to a boil. Simmer peas in boiling water for 6 to 7 minutes, or until tender (do NOT overcook). Drain. Using the same saucepan, melt butter over medium heat. Stir in flour to make a thick paste; gradually whisk in milk, stirring constantly until slightly thickened. Season with salt & pepper to taste. Add potatoes & peas to the sauce; simmer for about 5 minutes, stirring often. Serve immediately.

For the Greek style squash, place the yellow squash, zucchini, tomato, olives & onion on a double thickness of heavy-duty foil (about 17 in. x 18 in.). Combine the oil, lemon juice, garlic salt, oregano & pepper; pour over vegetables. Fold foil around mixture & seal tightly. Grill, covered, over medium heat for 30-35 minutes or until vegetables are tender. Open foil carefully to allow steam to escape. Transfer vegetables to a serving bowl. Sprinkle with cheese. **Yield:** 4 servings.

Blueberry Bread Pudding

6 cups 1" bread cubes (thick sliced Texas toast)
5 eggs
1 cup brown sugar (packed firmly)
1 tsp. vanilla (pure)
1/4 cup Southern Comfort whiskey
1/2 tsp. cinnamon
dash of nutmeg – fresh
1/2 Tbsp orange zest
1/2 tsp salt
2 cups heavy whipping cream
3 cups blueberries

Mix eggs, sugar, vanilla, Southern Comfort, cinnamon, nutmeg, zest, & salt. Add cream & mix well. Fold in 6 cups of one inch bread cubes, then turn gently ever 1/2 hour, let soak 1 1/2 hours at room temperature. Fold in blueberries. Add to glass buttered baking dish (6x9). Bake at 350° for 55 min or until firm & golden brown.

Grilled Vegetable Platter

1/4 cup olive oil
2 tablespoons honey
4 teaspoons balsamic vinegar
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/8 teaspoon pepper
Dash salt
1 pound fresh asparagus, trimmed
3 small carrots, cut in half lengthwise
1 large sweet red pepper, cut into 1-inch strips
1 med. yellow summer squash, cut into 1/2" slices
1 medium red onion, cut into wedges

Substitute garden fresh varieties of vegetables as necessary. In a small bowl, whisk the first seven ingredients. Place 3 tablespoons marinade in a large resealable plastic bag. Add vegetables; seal bag & turn to coat. Marinate 1-1/2 hours at room temperature. Transfer vegetables to a grilling grid; place grid on grill rack. Grill vegetables, covered, over medium heat 8-12 minutes or until crisp-tender, turning occasionally. Place vegetables on a large serving plate. Drizzle with remaining marinade.

Greek Style Squash

2 small yellow summer squash, thinly sliced
2 small zucchini, thinly sliced
1 medium tomato, seeded and chopped
1/4 cup pitted ripe olives
2 tablespoons chopped green onion
2 teaspoons olive oil
1 teaspoon lemon juice
3/4 teaspoon garlic salt
1/4 teaspoon dried oregano
1/8 teaspoon pepper
2 tablespoons grated Parmesan cheese