

# 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>

**June 22, 2013**

This week Matt Anderson, chef at Umami Asian Kitchen in Chagrin Falls, will provide us with a cooking demonstration using our own fresh, local produce and other products.

**Lots of fresh, local produce on tables now!**

### Spring Green Risotto

- 1 1/2 tablespoons good olive oil
- 1 1/2 tablespoons unsalted butter
- 3 cups chopped leeks, white and light green parts
- 1 cup chopped fennel
- 1 1/2 cups Arborio rice
- 2/3 cup dry white wine
- 4 to 5 cups simmering chicken stock
- 1 pound thin asparagus
- 1 1/2 cups shelled fresh peas
- 1 tablespoon freshly grated lemon zest (2 lemons)
- Kosher salt and freshly ground black pepper
- 2 tablespoons freshly squeezed lemon juice
- 1/3 cup mascarpone cheese, preferably Italian
- 1/2 cup freshly grated Parmesan, plus extra
- 3 tablespoons minced fresh chives, plus extra

Heat the olive oil and butter in a medium saucepan over medium heat. Add the leeks and fennel and sauté for 5 to 7 minutes, until tender. Add the rice and stir for a minute to coat with the vegetables, oil, and butter. Add the white wine and 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 and 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 and discard the tough ends. Blanch in boiling salted water for 4 to 5 minutes, until al dente. Drain and cool immediately in ice water. Blanch the peas in boiling water for a few minutes until the starchiness is gone. When the risotto has been cooking for 15 minutes, drain the asparagus and add it to the risotto with the peas, lemon zest, 2 teaspoons salt, and 1 teaspoon pepper. Continue cooking and adding stock, stirring almost constantly, until the rice is tender but still firm. Whisk the lemon juice and mascarpone together in a small bowl. When the risotto is done, turn off the heat and stir in the mascarpone mixture plus the Parmesan cheese and chives. Set aside, off the heat, for a few minutes, sprinkle with salt and pepper, and serve hot with a sprinkling of chives and more Parmesan cheese. *From Ina Garten*

### 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  
[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  
Sugar Me Desserterie  
Sweet Tooth

Cheryl Hammon,  
Market Manager  
(440) 474-9885  
[Cheryl@GauguaFarmersMarket.com](mailto:Cheryl@GauguaFarmersMarket.com)

### **Grilled Steak with Mushroom Sauce**

1 beef top sirloin steak (1 1/2 pounds)  
1/2 teaspoon steak seasoning  
1 pound small fresh mushrooms  
1/4 cup butter, cubed  
1/2 cup beef broth  
1 tablespoon Dijon mustard  
1/2 teaspoon dried rosemary, crushed  
1/2 teaspoon dried thyme  
Cut steak into four pieces; sprinkle with steak seasoning. Grill steaks, covered, over medium heat or broil 4 in. from heat for 5-7 minutes on each side or until meat reaches desired doneness. Meanwhile, in a large skillet, sauté mushrooms in butter until tender. Stir in the remaining ingredients. Bring to a boil; cook until liquid is reduced by about half. Serve with steaks. Yield: 4 servings. *From Taste of Home*

### **Warm Mushroom Salad**

Fresh, mixed baby greens, spinach or other mix  
1 tablespoon olive oil  
1 1/2 cups sliced fresh mushrooms  
1-2 cloves garlic, chopped  
2 1/2 tablespoons olive oil  
2 1/2 tablespoons balsamic vinegar  
Salt and pepper to taste  
Heat 1 tablespoon of olive oil in a skillet over medium heat. Add mushrooms, and cook stirring until soft. Continue cooking until the juices from the mushrooms have reduced to about 2 tablespoons. Stir in the remaining olive oil, balsamic vinegar, salt and pepper until evenly blended. Turn off heat, and let the mushrooms sit in the pan until they are just warm, but no longer hot - otherwise the greens will wilt too much. Put the baby greens into a serving bowl, and pour the warm mushroom mixture over them. Toss to blend, and serve immediately. *From allrecipes.com*

### **Spring Greens with Grapes and Goat Cheese**

2 Tbsp olive oil, extra virgin  
1 Tbsp vinegar, champagne variety  
1 Tbsp honey  
1 Tbsp chives, fresh, minced  
1 Tbsp water, warm  
1/2 tsp kosher salt and 1/8 tsp black pepper  
4 cup(s) arugula, baby variety  
1 cup(s) uncooked radicchio, thinly sliced  
1 1/3 cup(s) grapes, red, seedless, halved  
1/4 cup(s) semisoft goat cheese, crumbled  
1/4 cup(s) sliced almonds, toasted  
In a small bowl, whisk together oil, vinegar, honey, chives, water, salt and pepper. When ready to serve, toss arugula and radicchio together in a serving bowl; pour dressing over top and toss to coat. Pile greens evenly across four salad plates; garnish each with 1/3 cup grapes, 1 tablespoon cheese and 1 tablespoon almonds. *From weightwatchers.com*

### **Polenta with Green Beans, Leeks, Peas and Mushrooms**

3/4 pound green beans, trimmed  
1 cup fresh shelled peas  
4 cups whole milk  
2 1/2 cups vegetable broth  
1 3/4 cups polenta  
2 cups thinly sliced leeks (white and pale green parts only; about 2 medium)  
1 1/2 cups dry white vermouth  
1/4 cup chilled butter, cut into 1/2-inch cubes  
3 tablespoons heavy whipping cream  
3 tablespoons olive oil  
1 lb. assorted wild mushrooms, stemmed, caps cut into wedges  
3 large shallots, sliced (about 3/4 cup)  
2 tablespoons chopped fresh Italian parsley, divided  
2 teaspoons chopped fresh thyme  
Blanch green beans 1 minute in boiling water. Add peas and cook until both beans and peas are crisp-tender, about 3 minutes. Transfer to bowl of ice water to cool. Drain. Cut beans on diagonal into 1-inch pieces. Set beans and peas aside. Bring milk and broth to boil in large saucepan over high heat. Reduce heat to medium. Gradually whisk in polenta. Reduce heat to low. Cook until polenta is very thick, whisking almost constantly, about 10 minutes. Season with salt and pepper. Remove from heat; cover to keep warm. Meanwhile, combine leeks and vermouth in medium saucepan. Boil over medium-high heat until reduced to 1/3 cup, 8 minutes. Remove from heat. Gradually whisk in butter, allowing each addition to melt before adding next. Add cream and whisk over very low heat to blend. Season with salt and pepper. Set aside. Heat oil in large skillet over medium-high heat. Add mushrooms and sauté until almost tender, 5 minutes. Stir in shallots, 1 tablespoon parsley, and thyme. Sauté until mushrooms are very tender, about 5 minutes. Add beans and peas, tossing to coat. Rewarm polenta and spoon into large shallow bowl. Top with green bean mixture and remaining 1 tablespoon parsley. Rewarm leeks over low heat, whisking constantly; spoon evenly over polenta. *From www.bonappetit.com/recipes*

### **Strawberry Granita**

4 cups fresh, whole strawberries  
1 cup water  
1 cup sugar  
1 cup (loose) fresh basil  
Bring the water, sugar and basil to boil in a medium sauce pan. Boil, stirring occasionally until it reduces slightly and thickens to a light syrup. Strain and cool. Add to strawberries and blend until smooth in a blender. Pour mixture into 13x9 metal pan. Place in the freezer and freeze for 20 minutes. Rake any frozen areas with a fork, return to freezer for 20 minutes, then rake again. Re-freeze for 30 minutes, then rake with a fork before serving. It should look flaky and granular-not frozen solid. Store any leftovers in a freezer safe air-tight container in the freezer.