



# GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

**OPEN SATURDAYS**  
**May 10 - October 2014**  
**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 12, 2014**

## 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.

### 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.

### Macaroni with Green Peas

½ cup cream  
 ½ teaspoon salt  
 1/3 cup macaroni (shells)  
 1 cup green peas

Shell & cook fresh green peas by boiling in water or steaming. Drain. Cook the macaroni in boiling salted water. Drain, then pour a dash of cold water over noodles. Drain again. In pan, add cream, salt, and green peas then add noodles. Heat & cook for 5-10 min over medium flame.

### GEAUGA FRESH FARMERS' MARKET MEMBERS – 2014

Aurora Springs  
 B Sweet Baking Co.  
 Blue Jay Orchard  
 Carhop's Burger Sauce  
 Chelsea Flower Garden  
 Chagrin Valley Crepes & Smoothies  
 Crooked Kettle Popcorn Co.  
 Endeavor Farm  
 Fowl Play Farm  
 Full Plate Farm  
 Grace's Green Garden  
 Great Lakes Spices  
 Hawthorne Springs  
 Greenhouse  
 Hershberger Produce  
 Jack's Mountain Orchard  
 Jarz n Bars Ltd  
 JLYnn Creations  
 Little Wing Woodwork  
 Maple Crest Farm  
 Maplestar Farm  
 Messenger Century Farm  
 One Great Nut  
 Pheasant Valley Farm  
 Precious Resources  
 Preschool  
 Purple Peke  
 Ridgeview Farm  
 Rock Valley Run CSA & Greenhouse  
 SAND Farm LLC  
 Sandee River Farm  
 Sirna's Farm & Market  
 Simply RAD Granola  
 Stacey Lee's Sugar & Spice  
 Storehouse Tea Co.  
 The Olive Scene  
 Two Ponys

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### STUFFED ZUCCHINI

4 medium zucchini  
2 Tbs olive oil  
1 small onion, chopped  
1 cup mushrooms, diced  
2 eggs, lightly beaten  
½ cup bread crumbs, cooked rice or quinoa  
¼ cup grated cheese – parmesan or feta  
3 Tbs chopped parsley

Cut zucchini in half lengthwise. Scoop out pulp, leaving a 3/8" shell. Parboil shells in salted water for 2 min & drain. Chop zucchini pulp. Heat oil in skillet and sauté the onions, zucchini & mushrooms. When cool add remaining ingredients, mix & fill shells. Place in a greased baking dish & bake at 350 for 25 min. Makes 4.

### Grilled Mediterranean Chicken Kabobs with Romesco Sauce

*For the Marinade:*

1.5-2 lbs chicken breasts, cut into 2" cubes  
1 tablespoon lemon zest (the zest of about 1 lemon)  
2 Tbsp fresh lemon juice (the juice of about 1 lemon)  
2 tablespoons extra virgin olive oil  
1 clove garlic, minced  
½ teaspoon kosher salt  
¼ teaspoon ground black pepper

*For the Romesco Sauce*

½ cup whole natural almonds (about 3 ounces), toasted  
1 cup drained roasted red peppers  
2 teaspoons red wine vinegar  
1 large garlic clove, peeled  
2 tablespoons extra virgin olive oil

*For the Marinade*

Combine all ingredients (except chicken) in a small bowl & whisk. In sealable plastic bag, combine cubed chicken & marinade. Seal bag, gently shake so that marinade completely coats chicken, & refrigerate for as little as 30 minutes or as long as 8 hours. Remove chicken from bag & discard marinade. Place chicken onto grilling skewers & grill over medium-high heat for 8 to 10 minutes, turning skewers every 3 minutes or so, until chicken is cooked through. Remove chicken from skewers & place on serving platter. Serve with Romesco sauce (recipe below). Remove chicken from skewers & serve sauce on side to dip chicken in as an appetizer or serve sauce over chicken with a fresh salad, rice, or bread. Serves 8 as an appetizer, or 3 as a meal.

*For the Romesco Sauce*

Very finely chop almonds in a food processor or blender until almonds are almost like a flour (be careful not to over process the almonds or else you might end up with almond butter). Add in the roasted peppers, red wine vinegar, & garlic, then process to a coarse puree. With blender or food processor running, pour olive oil through feed tube & process until puree thickens slightly. Season sauce to taste with salt & pepper. Transfer to small bowl. The sauce can be made one day ahead; place in an air-tight container & refrigerate. Bring to room temperature before serving. Makes about 1¼ cups sauce.

### Blueberry Bread Pudding

6 cups 1" bread cubes (thick sliced Texas toast)  
5 eggs  
1 cup brown sugar (packed firmly)  
1 tsp. vanilla (pure)  
¼ cup Southern Comfort whiskey  
½ tsp. cinnamon  
dash of nutmeg – fresh  
½ Tbsp orange zest  
½ 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 Green Beans

8 oz green beans  
1 tbsp lemon juice  
1 tbsp extra virgin olive oil  
1 tsp garlic powder  
½ tsp kosher salt (optional)  
pepper to taste  
parmesan cheese

Mix all ingredients except the Parmesan cheese in a large Ziploc bag. Let flavors marinate for 10 minutes or so. Put on a grill over medium heat, turning frequently until crisp tender. About 10 minutes. (Use one of those special grill skillets or a cast iron skillet if you are worried about losing beans through the cracks.) Remove beans from heat, sprinkle with Parmesan cheese.

### Blueberry Streusel Muffins

¼ cup butter, softened  
1/3 cup sugar  
1 egg  
1 teaspoon vanilla extract  
2 1/3 cup all purpose flour  
4 teaspoon baking powder  
½ teaspoon salt  
1 cup milk  
1 ½ cup fresh blueberries

### Streusel Topping

½ cup sugar  
1/3 cup all purpose flour  
½ teaspoon cinnamon  
¼ cup cold butter

In a large bowl, cream butter & sugar. Beat in egg & vanilla; mix well. Combine the flour, baking powder & salt; add to creamed mixture alternately with milk. Fold in blueberries. Fill 12 greased or paper-lined muffin cups two-thirds full. In a small bowl, combine the sugar, flour & cinnamon; cut in butter until crumbly. Sprinkle over muffins. Bake at 375° for 25-30 minutes or until browned. Cool for 5 minutes before removing to a wire rack. Serve warm. Yield: 1 dozen.