



## 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 26, 2014**

Farmers work very hard all year long, and it's in August when we get to see all that they have worked for. Are you ready for what will be available? The market has been plentiful in July and is bursting at the seams with the variety of produce available. Peaches will be arriving soon. Zucchini, sweet corn, cauliflower, beets, blueberries, onions, collards, tomatoes, fresh herbs and seasonings are available right now. The list continues with fresh eggs, beef, poultry, leeks, summer squash, potatoes, beans. Are you full yet? Try some fresh bakery including bread, rolls, pies, muffins, granola, cupcakes, and cookies. There is also many varieties of leaf lettuce, kale, garlic, collards, kohlrabi, maple syrup, honey, soaps and lotions, jewelry, jam, wood crafts, teas, and flowering plants and shrubs. If you're thirsty try some lemonade or bottled water.

Did you find something we didn't list for sale today? Make it a scavenger hunt for the kids, and try and find something we didn't mention! Let us know if you do. It's our goal to spread the word and let everyone know all that you can find at the Geauga Fresh Farmers' Market each and every Saturday through October.

### 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 - 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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### Blueberry Streusel Muffins Recipe

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

#### Streusel

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.

### Grilled Tomatoes with Basil Vinaigrette

3 yellow tomatoes  
3 red tomatoes  
3 tablespoons olive oil, divided  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
2 tablespoons white balsamic vinegar  
2 tablespoons chopped fresh basil  
Garnish: fresh basil sprigs

Cut tomatoes in half; thread onto skewers, alternating colors. Brush with 1 tablespoon oil; sprinkle with salt & pepper. Grill, covered with grill lid, over medium heat (300° to 350°) 10 minutes, turning skewers often. Combine remaining 2 tablespoons oil, vinegar, & basil; drizzle over kabobs. Garnish, if desired.

### Cucumber Salsa Recipe

2 cups finely chopped seeded peeled cucumber  
½ cup finely chopped seeded tomato  
¼ cup chopped red onion  
2 tablespoons minced fresh parsley

In a small bowl, combine the first seven ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips. **Yield:** 2-1/2 cups.

### Grilled Mexican Corn Salad

3 limes, divided  
8 large ears fresh yellow corn, husks removed  
3 tablespoons mayonnaise  
2/3 cup crumbled feta or Cotija cheese  
1/3 cup sliced fresh chives

Cut 2 limes in half, & squeeze juice from lime halves to equal about 1/4 cup. Preheat grill to 400° to 450° (high) heat. Brush corn with mayonnaise. Sprinkle with desired amount of salt & pepper. Grill corn, covered with grill lid, 10 to 12 min or until done, turning occasionally. (Kernels may char & pop.) Cut kernels from cobs into a large bowl. Stir cheese, chives, & lime juice into kernels. Cut remaining lime into 4 wedges, & serve with corn salad.

### Mixed Bean/Tomato Salad & Basil Vinaigrette

1 pound fresh green beans, trimmed  
1 pound fresh wax beans, trimmed  
1/4 cup balsamic vinegar  
2 tablespoons extra virgin olive oil  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
3 cups cherry tomatoes, halved (2 pints)  
1 cup loosely packed basil leaves, coarsely chopped  
1/2 cup finely chopped red onion  
Fresh basil sprigs (optional)

Cook green & wax beans in boiling water 5 minutes. Drain & plunge beans into ice water; drain. Combine vinegar, oil, salt, & pepper. Add beans, tomatoes, basil leaves, & onion; toss gently. Cover & chill. Garnish with basil sprigs, if desired.

### Chicken Salad Sandwich

#### *For the chicken salad:*

3 cups cooked chopped chicken  
1/2 cup chopped celery  
1/4 cup chopped red onion  
1/4 cup diced carrots  
1/2 cup mayonnaise or plain Greek yogurt  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Pinch of paprika

#### *For the rest of the sandwich:*

6 croissants, cut in half horizontally  
Lettuce  
Your favorite add-ons: mustard, tomato, avocado, etc.

Prep the chicken however you'd like – you can use rotisserie chicken or roast the chicken yourself. Just rub some chicken breasts with olive oil, salt, and pepper and let them bake on a baking sheet at 350 degrees F for 35-40 minutes, until the chicken is fully cooked. Once the vegetables are all chopped, mix them together in a large bowl. Then, add the cooked chopped chicken and mayo/yogurt to the bowl and toss thoroughly. Add the salt, pepper, and paprika and mix well. Cover the bowl and let the mixture refrigerate for at least one hour. Serve the chicken salad in a croissant, atop lettuce (and your favorite toppings).