



## 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>

**June 14, 2014**

**Its not often, that I find a reference that is so valuable, that I find a need to devote an entire page to it, but today, I think I found an exception with this outstanding resource that everyone can find something to improve their marinating techniques.**

### **Marinating 101**

**Marinades usually consist of oil, an acidic ingredient and various herbs, spices and seasonings.** Oil adds moisture and helps distribute flavors while the acid tenderizes meats by breaking down the fibers. Common acidic ingredients are vinegar, wine, yogurt and pineapple, lime, orange and lemon juices. **It's best to marinate foods in heavy-duty plastic bags or glass dishes.** The acid in the marinade can react with aluminum pans, altering the flavor of the food and discoloring the pan. **A general guide is 1 cup of marinade per pound of meat** when marinated in a heavy-duty plastic bag and 2 cups per pound of meat marinated in a flat dish. **The marinade should completely cover the food.** If there isn't enough marinade to cover it, turn the food occasionally to ensure even distribution of flavors. **The advantages of marinating in a plastic bag** are that less marinade is needed, the bag can be turned over easily to distribute the marinade and the bag is thrown away when you're done.

### **Time to Tenderize**

**Marinating times depend on the type of food and the amount of flavor you want.** Delicate seafood and tender cuts of meat pick up great flavor when marinated from 15 minutes to 2 hours. **Less tender cuts of meat can be marinated for 6 hours to overnight.** (Marinating longer than 24 hours is not recommended because it can cause the surface of the meat to become mushy.) **To help tenderize meat and to increase flavor,** cut meat into serving-size pieces before marinating it so it will absorb more of the marinade. Although a marinade can help tenderize meat, it **will not turn a tough cut of meat into a tender one.** (A better way to tenderize a tough cut of meat is by cooking it with moist heat, such as braising or slow cooking, then slicing it across the grain.) And don't forget that **foods should be covered and refrigerated while they're marinating.**

**To get the most flavor out of your marinade,** consider reserving a portion of it before adding it to the meat to serve as a sauce with the food. Or double the marinade recipe and reserve half of it for basting, then discard what was used to marinate the food. **If you'd rather not discard the marinade after draining it from uncooked meat,** put it in a saucepan and bring it to a full rolling boil for 1 minute before using it to baste the food. This will ensure that it's food-safe. **Before basting meats, first cook the food on one side for 5 minutes.** Then turn and baste on the cooked side of the meat to prevent cross-contamination from raw meat to the marinade. **If the food can't be turned on the grill** (because it's too delicate or too large, for example), simply spoon the marinade or basting sauce over it. Once you're done basting, **discard any remaining marinade.** **When cooking foods that have been marinated in a sugary mixture, keep a close eye on them.** The high sugar concentration will cause them to brown (and burn) faster, especially when grilling.

### **Have Your Say in the Seasonings**

**Feel free to experiment when preparing marinades.** If you're in a hurry, prepared salad dressing like zesty Italian makes a great marinade for a variety of meats, poultry and vegetables. If you have a few minutes, create your own marinade with your favorite seasonings. Different herbs and spices round out the flavor of some foods better than others. **Here are some suggestions to try in your marinades:**

**Beef and pork:** basil, crushed red pepper flakes, cumin, garlic, ginger, ground mustard, oregano, pepper, sage, tarragon, thyme.

**Chicken:** basil, cumin, oregano, rosemary, sage, tarragon, thyme.

**Fish:** curry powder, dill weed, garlic, ginger, oregano, pepper, rosemary, thyme.

**Vegetables:** chili powder, cloves, curry powder, dill weed, ginger, ground mustard, nutmeg, oregano, pepper, rosemary.

While these are general guidelines, remember that marinades are very versatile. Your favorite beef marinade will likely taste just as good on chicken, pork or even vegetables. So give one a try.

### **GEAUGA FRESH FARMERS' MARKET MEMBERS - 2014**

Aurora Springs  
B Sweet Baking Co.  
Blue Jay Orchard  
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  
Ridgeview Farm  
Rock Valley Run CSA & Greenhouse  
SAND Farm LLC  
Santee 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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### Can you tell the Weather is getting Better

Do you know how I can tell it's getting closer to summer..... There are more vendors being added each week. The list of vendors on the front page is complete, but several vendors don't start until June. So, each week, there are more tents at Bell Road and Chillicothe.

**Hershberger Produce** has brought a table full of produce. The certified organic Amish farmer has fresh Kale and outstanding tomatoes available. Hershberger will be bringing more and more produce each week to the market as the growing season gets into full swing. Make sure you stop by often to purchase the latest garden treats.

**Hawthorne Springs Greenhouse** has some outstanding planting starters for your garden. You can get your herbs as well as your vegetable starters at the Hawthorne Springs tent. Don't overlook the location – it's the closest space to the parking lot. Also available are perennial plants that are sure to add color and variety to your flower garden.

**SAND Farm,Inc** is one of the longest veteran vendors at the Geauga Farmers Market providing grass fed beef to the market. Their principles of Sustainable, Agricultural, Natural and Diversified are the manner in which they live and raise beef. Make sure you stop by the SAND Farm stand to pick up your weekend beef needs. You would be surprised at the difference grass feed beef makes on your grill and at your dinner table.

### Bisquick Strawberry Shortcake

From: Betty Crocker

2 1/3 c Bisquick  
1/2 c milk  
3 Tbsp Sugar  
3 Tbsp melted butter  
1 qt strawberries sliced & sweetened

Heat oven to 425F. Stir in all ingredients except strawberries until soft dough forms. Drop by 6 spoonfuls onto ungreased baking sheet. Bake 10-12 minutes. Split, fill and top with strawberries, and whip cream, if desired.

### Strawberries & Pudding Cake

1 box graham crackers  
2 sm. boxes instant vanilla pudding  
1 sm. Cool Whip  
3 c. milk  
Fresh strawberries

Mix pudding & milk until thick. Mix Cool Whip into pudding. Using a 9 x 13 inch pan, make layers. Layer 1: graham crackers whole. Layer 2: pudding mixture. Layer 3: graham crackers whole. Layer 4: pudding mixture layer. Layer 5: few crushed graham crackers. Layer 6: scatter strawberries. Cover and refrigerate 2 hours before serving.

### Strawberry Nut Drops

1 c Sugar  
1/2 c Butter or margarine  
1 teas Almond extract  
1 Egg  
2 c All Purpose Flour  
1 teas Baking Powder  
1/2 teas Baking Soda  
1 c Sweet Strawberries, mashed  
1/2 c Chopped Walnuts  
3/4 c Confectioner's Sugar

Remove 2 T of the crushed strawberries with juice and set aside. Cream sugar, butter, and almond extract until creamy. Beat in egg. Mix flour with baking powder and soda and add to creamed mixture alternately with crushed strawberries. Stir in walnuts. Drop by tablespoons onto lightly greased, or Teflon coated cookie sheets, 2" apart. Bake in 375F oven for 12-14 minutes. Mix reserved berries with confectioner's sugar to make a thin glaze and spread over warm or cold cookies. Makes 40-45 cookies.

### Strawberry Salsa

From : Nicole Routhier's Fruit Cookbook

1/2 medium red onion, thinly sliced  
1 jalapeno pepper, minced  
1/2 red bell pepper, stemmed, seeded, and julienned  
1/2 yellow bell pepper, stemmed, seeded, and julienned  
1/2 green bell pepper, stemmed, seeded, and julienned  
1/4 cup finely shredded fresh cilantro leaves  
1/2 pint (1 cup) fresh strawberries, hulled and sliced  
1/4 cup fresh orange juice  
2 tablespoons fresh lime juice  
2 tablespoons extra virgin olive oil  
Salt and freshly ground black pepper

Place red onions, peppers, cilantro, strawberries, orange juice, lime juice, olive oil, salt, and pepper in a large mixing bowl, and toss to combine. Cover and refrigerate at least 2 hrs or up to 4 hrs. Fifteen minutes before serving, remove the salsa from the refrigerator, so it loses some of its chill.