



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 21, 2014

PRODUCT FEATURE: STRAWBERRIES

When selecting berries, you should choose plump berries that are brightly colored, firm, and have the hulls attached. Unripe berries will not ripen once off the vine. Berries should be stored in the refrigerator and are best if used within 2-3 days. Do not wash berries until you are ready to use them. Washing makes them more prone to spoiling.

Keep in mind that a pint equals about 2 cups of sliced berries. If you do go to a u-pick strawberry farm, they typically sell berries by the pound. A quart of strawberries equals 1½ pounds of those fresh berries. It takes about 10-15 minutes to pick a quart of strawberries if the berries are reasonably plentiful. Do your math and be careful not to over-purchase as strawberries quickly mold when left at room temperature and last only a couple days in the refrigerator. However, you can easily freeze berries that you cannot use right away. Just wash, cut off the hulls, and place in a ziplock bag, removing as much air as possible. Berries will keep frozen for several months without air.

VEGGIE TOPPERS

Give your vegetables extra flavor with a sprinkle of any of the following. You would be surprised if you have children hesitant to eat their veggies, what a little extra flavor will do.

- Toasted chopped nuts like walnuts, almonds, or peanuts
- Crumbled bacon
- Toasted sesame seeds
- Bread crumbs
- Chopped fresh herbs
- Grated parmesan or cheddar cheese
- Chopped hard boiled eggs
- Dipping sauce

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.

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
- 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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SALADS!

The varieties of salad greens available each week continue to be plentiful at the market, but maybe you are having problems with what to do with your salad to make it a little more special. Try one of the following exciting dressings to add some new spice to your salad! Changing the dressing can give your same salad greens a completely different flavor.

For each dressing, stir together all the ingredients except the oil until well combined. Slowly add the oil, whisking constantly. Each recipe makes about 1 cup. Store in a covered container at room temperature for 5 days or in the fridge for up to 3 weeks.

Classic French Dijon

1/3 cup white wine vinegar
1/2 tsp kosher salt
1/2 tsp ground black pepper
1Tbsp Dijon mustard
1 tsp sugar
2 tsp chopped thyme leaves
1/2 c extra-virgin olive oil

Raspberry Balsamic

1/2 c balsamic vinegar
2 Tbsp water
4 tsp raspberry preserves
1/4 tsp kosher salt
1/2 tsp ground black pepper
1 Tbsp finely chopped shallots
2/3 c extra virgin olive oil

Cilantro Lime

1/4 c fresh lime juice
2 Tbsp apple cider vinegar
1/4 tsp cayenne pepper
1/2 tsp ground cumin
1/4 tsp kosher salt
1 Tbsp honey
2 Tbsp chopped cilantro
2/3 c canola oil

Lemon Parmesan

1/4 cup fresh lemon juice
2 Tbsp white wine vinegar
1/4 tsp kosher salt
1/4 tsp ground black pepper
1 Tbsp sugar
3 Tbsp finely grated Parmesan
1/2 c extra virgin olive oil

Asian Sesame Ginger

1/2 c rice wine vinegar
1/2 Tbsp soy sauce
2 Tbsp honey
1/2 tsp fresh grated ginger
2 tsp toasted sesame seeds
1/2 tsp sesame oil

Strawberry and Spinach Salad

Recipe from: University of Illinois Extension

1 pint fresh strawberries
2 bunches fresh spinach
1/2 cup sugar
1 1/2 tablespoons minced green onion
1/2 teaspoon Worcestershire sauce
1/2 teaspoon paprika
1/2 cup olive oil
1/2 cup balsamic or cider vinegar
2 tablespoons sesame seeds

Wash strawberries under cool running water. Remove caps and set aside to drain. Wash spinach and remove large tough stems. Tear large leaves into small pieces. Drain. In a medium bowl combine remaining ingredients and whisk together. Slice strawberries into halves or quarters and place in a large bowl. Add dry spinach. Pour dressing over all and toss.

Grilled Potato Salad – Feeds a small army – Serve either warm or cold

3 pounds small red potatoes, halved
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon pepper
1 large sweet yellow pepper, chopped
1 large sweet red pepper, chopped
1 medium red onion, halved and sliced
1 medium cucumber, chopped
1-1/4 cups grape tomatoes, halved
1/2 pound fresh mozzarella cheese, cubed
3/4 cup Greek vinaigrette
1/2 cup halved Greek olives
1 can (2-1/4 ounces) sliced ripe olives, drained
2 tablespoons minced fresh oregano or 1
teaspoon dried oregano

Drizzle potatoes with oil and sprinkle with salt and pepper; toss to coat. Grill potatoes, covered, over medium heat for 20-25 minutes or until tender. Place in a large bowl. Add the remaining ingredients; toss to coat. Serve salad warm or cold. Yield: 21 servings (3/4 cup each).

Mashed Potatoes with Garlic Scapes

2 1/2 lb. russet potatoes, peeled & cut in 1" pieces.
1/2 stick butter
2 Tbs., olive oil
1/4 cup finely chopped scapes
1/4 cup hot milk (or more)

Cook potatoes until very tender. Drain and return to pot. Over medium high heat, melt butter with olive oil in a small skillet. Add scapes and sauté about 5 minutes. Add to potatoes and mash. Gradually add milk while stirring. Season with salt and pepper.