



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>

September 20, 2014

The weather has definitely turned. But that's okay – we still have warm days ahead and hopefully still plenty of harvesting left to do before that exciting four letter word hits our community. Keep in mind, there are only four more weeks left at the market. So now is the time to start stocking up on those items which will help you thru the winter. There is definitely items to be canned or preserved for winter, but if you aren't up for such work honey, jellies, soaps, spices, crafts, sauces, maple syrup, granola, tea, and olive oil will all stay for you during the winter. Now is the time to stock up on these products.

The produce available at the market has also changed. Find spaghetti squash, acorn squash, butternut squash as well as eggplant and melons. The farmers tables are full of their harvest and we hope that you share in the opportunity to enjoy their hard work as well. Make an effort to stop on every farmers booth in the next four weeks, and buy one item from every farmers. Do you know what a variety you will have by October 11th.

Cold weather is soup weather. Enjoy some warm soup next time you are looking for dinner. There are many great soup recipes out there, so if you don't like this one, keep looking for one that satisfies your taste. But this one is a good one.

Roasted Autumn Vegetable Soup

2 pounds sweet potatoes (about 4 medium)
2 pounds carrots (about 8 large)
1½ pounds parsnips
2 large onions, quartered
6 garlic cloves, peeled
¼ cup canola oil
3 cartons (32oz each) chicken broth
1 cup fat free evaporated milk
1 teaspoon salt
½ teaspoon pepper
Minced fresh parsley and sage

Preheat oven to 400°. Peel and cut sweet potatoes, carrots and parsnips into 1-1/2-in. pieces; place in a large bowl. Add onions and garlic cloves; drizzle with oil and toss to coat. Divide mixture between two greased 15x10x1-in. baking pans. Roast 40-50 minutes or until tender, stirring occasionally. Transfer vegetables to a Dutch oven. Add broth, milk, salt and pepper. Bring to a boil; simmer, uncovered, 10-15 minutes to allow flavors to blend. Puree soup using an immersion blender. Or, cool soup slightly and puree in batches in a blender; return to pan and heat through. Sprinkle servings with minced herbs. Yield: 12 servings (4 quarts).

GEAUGA FRESH FARMERS' MARKET MEMBERS – 2014

Aurora Springs
B Sweet Baking Co.
Blue Jay Orchard
Carhops Burger Sauce
Castlewood Farms
Chelsea Flower Garden
Chagrin Valley Crepes & Smoothies
Crooked Kettle Popcorn Co.
Elderberry Trail Farm
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

Larissa Bailey, Market Manager
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Larissa@GaugafarmersMarket.com

What have you liked this year, what could we do better next year? Do you have ideas for the farmers market? The market is run by a market manager and a board of directors comprised of vendors and volunteers. **We are always looking for new ideas, new volunteers, and ways we can improve the experience of our customers and vendors.** Stop by the market booth and see Larissa, our market manager or stop by SAND Farm Market booth and see Brandon, our market board president to share your ideas or willingness to help next year.

Acorn Squash with Apricot Sauce

2 small acorn squash
2 tablespoons brown sugar
¼ teaspoon ground cinnamon
2 tablespoons butter
1 cup orange juice
½ cup dried apricots, coarsely chopped
½ cup chopped walnuts, optional

Cut squash in half; discard seeds. Cut a thin slice from bottom of squash with a sharp knife to allow it to sit flat. Place hollow side up in a greased 15-in. x 10-in. x 1-in. baking pan; add 1/2 in. of hot water. Combine brown sugar and cinnamon; sprinkle over squash. Dot with butter. Cover and bake at 375° for 55-65 minutes or until tender. Meanwhile, in a small saucepan, combine orange juice and apricots. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until apricots are tender. Transfer to a blender; cover and process until smooth. Serve with squash; sprinkle with walnuts if desired. **Yield:** 4 servings.

Apple Crisp

1 cup all purpose flour
¾ cup rolled oats
1 cup packed brown sugar
1 teaspoon ground cinnamon
½ cup butter, softened
4 cups chopped peeled apples
1 cup sugar
2 tbsp cornstarch
1 cup water
1 teaspoon vanilla extract
Vanilla ice cream, optional

Preheat oven to 350°. In a large bowl, combine first four ingredients. Cut in butter until crumbly. Press half into a greased 2-1/2-qt. baking dish or a 9-in.-square baking pan. Cover with apples. In a small saucepan, combine the sugar, cornstarch, water and vanilla. Bring to a boil; cook and stir 2 minutes or until thick and clear. Pour over apples. Sprinkle with remaining crumb mixture. Bake 60-65 minutes or until apples are tender. Serve warm, with ice cream if desired. **Yield:** 8 servings.

Butternut Squash Soufflé

1 large butternut squash (about 2 lb.)
3 large eggs
1/2 cup light sour cream
1/4 cup sugar
1/4 cup butter, softened
1/4 cup all-purpose flour
1 tablespoon finely chopped fresh sage*
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon ground nutmeg

Remove stem from squash. Cut squash lengthwise into 4 pieces; remove and discard seeds. Cook squash in boiling water to cover in a large saucepan over medium-high heat 10 to 15 minutes or until tender. Drain well; let cool for 25 minutes or until completely cool. Remove and discard peel. Process squash and eggs in a food processor until smooth, stopping to scrape down sides. Add sour cream and remaining ingredients; process 20 to 30 seconds or until smooth. Pour mixture into a lightly greased 8-inch square baking dish. Bake at 350° for 55 to 60 minutes or until set.

*1 tsp. ground sage may be substituted.

Pumpkin Harvest Beef Stew

1 tablespoon canola oil
1½ lbs beef top round steak cut into 1" cubes
1½ cups cubed peeled pie pumpkin or sweet potatoes
3 small red potatoes, peeled and cubed
1 cup cubed acorn squash
1 medium onion, chopped
2 cans (14½oz each) reduced sodium beef broth
1 can (14½oz) diced tomatoes, undrained
2 bay leaves
2 garlic cloves, minced
2 teaspoons reduced sodium beef bouillon granules
½ teaspoon chili powder
½ teaspoon pepper
¼ teaspoon ground allspice
¼ teaspoon ground cloves
¼ cup water
3 tablespoons all purpose flour

In a large skillet, heat oil over medium-high heat. Brown beef in batches; remove with a slotted spoon to a 4- or 5-qt. slow cooker. Add the pumpkin, potatoes, squash and onion. Stir in the broth, tomatoes and seasonings. Cover and cook on low for 6-8 hours or until meat is tender. Remove bay leaves. In a small bowl, mix water and flour until smooth; gradually stir into stew. Cover and cook on high for 30 minutes or until liquid is thickened. **Yield:** 6 servings.