



GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May - October 2015
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>

August 15, 2015

Welcome to the market today, guest Chef, Catheryn 'Cat' Alaimo. After receiving her Bachelor Degree in advanced Culinary Arts from Robert Morris University-Illinois, Cat is the Corporate Chef for TCP Lighting Innovations which regularly feeds 250 employees in the cafeteria as well as manages all in house catering, off site catering, and private dining for corporate clients. She believes strongly in farm to fork dining, and has a rich history in the restaurant and hospitality industry. Stop by her tent and see what she has to offer you in flavors and tastes today.

There is a lot happening at the market and in South Russell. Next week will be the celebration of everything YELLOW. The school buses will be headed to your neighborhood on Wednesday August 19th. Be alert to small feet and anxious children waiting for buses and crossing the road.

Here at the Farmers market will be our Fifth Annual Corn Festival. And its going to be grand this year. So mark your calendars



SWEET CORN FESTIVAL

AUGUST 22, 2015

GEAUGA FRESH FARMERS' MARKET
 South Russell Village,
 S.R. 306 x Bell Rd

**SAMPLES OF
 CORN ON THE COB
 WITH FLAVORED PAINTS
 10 AM - 11:30AM
 while supplies last**



Fresh, locally grown sweet corn available for purchase.

What can you expect next week?

- Sweet corn samples with six different kinds of toppings for your corn. Three warm toppings, & three cold toppings. What you only put salt & butter on your corn? You really need to expand your horizons & embrace the flavors!
- Rick's flavored breads from Chardon will be making a special one week only appearance at the market. Rick started with a Slovenian traditional Potica bread but has expanded his selection to more than 25 varieties of sweet breads. Rick makes special appearances at festivals throughout the area, but operates year round on a custom order & custom baked pre-order system.
- Music from the very busy group, One Dollar Hat will be entertaining visitors to the market. Their toe tapping folk music is sure to have you finding the beat to the tune.
- Next week & every week, Geauga County produce, cheese, meats, eggs, crafts, herbs, vegetables, jellies, baked goods & flowers.

GEAUGA FRESH FARMERS' MARKET MEMBERS - 2015

4 Evergreen Farm
 Aurora Springs Honey
 Avalon Gardens
 BB Farms
 B Sweet Baking Company
 Blue Jay Orchard
 Carhop's Burger Sauce
 Farmington Home
 Forest Farm Funghi
 Endeavour Farm
 Geauga Artisan Bacon
 Great Lakes Spices
 Harvest Bell Farm
 Hawthorne Springs Greenhouse
 Herb Thyme
 Hershberger Produce
 Homestead Soap & Spa
 Littlewing Woodwork
 Maple Crest Farm
 Maplestar Farm
 Minced Garlic
 Molly's Crafted
 Ohio Farm Direct
 Pheasant Valley Farm
 Ridgeview Farm & Market
 Rock Valley Run CSA &
 Greenhouse
 Sandee River Farm
 Sirna's Farm & Market
 Stacy Leigh's Sugar & Spice
 Stone River Farm
 The Olive Scene
 Two Ponys

Cheryl Hammon, Market Manager

at 440-474-9885

Cheryl@

GeaugaFarmersMarket.com

Is your shopping bag safe?

Cheryl Hammon, Market Manager

Here at the Geauga Fresh Farmers Market we want your food to be safe for you and your family. We do this by providing you the freshest produce possible directly from the farm. Our market is producer-only which means that the farmer cannot purchase food and resell it to you.

Also all of our farmers take a class called GAP (Good Agricultural Practices) that teaches them to grow, harvest, package and transport your food in a safe manner. These are USDA practices that have been in existence for several years now. They were instituted through the Food Modernization Act and we have been diligent about following them.

Since we take your food safety seriously we want to talk to you about your shopping bag. If you use a cloth bag, please wash it weekly. Cloth shopping bags have been found to harbor harmful bacteria that can be eliminated in the washing machine. Please use this bag only for your food. Putting books, snacks and other items in the bag during the week is not recommended. If you want to use the plastic grocery store bags, please discard them after one use. We do not sell raw meat products at the market but it is also recommended to keep meat separate from your fresh vegetables.

We are now offering washable produce bags at the market. They are 100% nylon mesh bags that can be washed by hand or in the machine and air dried. You can see what is in the bag and gases that are released from the raw fruits and vegetables are not trapped in a plastic bag which allows them to stay fresher longer. They can be used over and over again which makes them economical as well. Please try these bags and let's continue to work together to keep the food you eat safe for you and your family.

They will be available for the rest of the season up to October 10th at the market tent for \$1.25.

Eggplant-Zucchini Parmesan

- 1 medium eggplant, peeled & cut into 1" cubes
- 1 medium zucchini, cut into 1" pieces
- 1 medium onion, cut into thin wedges
- 1 ½ cup canned light spaghetti sauce
- 1/3 cup shredded parmesan cheese
- ¼ cup finely shredded Parmesan cheese

In a 4 qt slow cooker, combine eggplant, zucchini, onion, spaghetti sauce, & 1/3 cup parmesan cheese. Cover & cook on low heat setting for 4-5 hours or on high heat setting for 2- 2½ hours. Sprinkle with an additional ¼ c finely shredded cheese immediately before serving.

Stuffed Peppers

- A little oil
- 2 cloves of garlic
- 2 onions, chopped
- 3 cups raw brown rice
- 6 cups water, chicken or vegetable stock
- ½ tsp allspice
- 1 cup chopped tomatoes
- ¾ lb cheddar cheese, grated
- Salt and pepper
- 9 large peppers, tops cut off and seeded 4

Heat oil in large skillet; add and sauté garlic and onions. Add rice and brown about five minutes. Add desired liquid and allspice. Cover and cook until rice is done, about 40 minutes. Stir in tomatoes, cheese, salt and pepper to taste. Cook peppers in boiling water for 2 minutes. Drain and stuff with rice mixture. Bake at 350 degrees for 30 minutes.

Corn and Bacon Succotash with Rice

- 6 strips bacon
- 1 onion, chopped
- 1/2 red bell pepper, chopped
- 3 cloves garlic, minced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon each: salt, crushed red pepper flakes
- 1 can (15 ounces) low-sodium chicken broth
- 4 ears corn, each cut into thirds
- 2 cups fresh lima beans or 1 bag (14 ounces) frozen
- 2 cups long-grain or basmati rice, cooked to package directions

Sauté the bacon: Heat a heavy large skillet over medium-high heat; add bacon. Cook, turning once, until crisp, about 7 minutes. Remove to paper-towel-lined plate; crumble when cool. Sauté the vegetables: Add onion to skillet; cook, stirring, until lightly browned, 7 minutes. Add bell pepper, garlic, thyme, salt & red pepper flakes; cook, stirring, 3 minutes. Simmer the corn, beans: Add chicken broth to pan with onion; cook, stirring up any browned bits, 2 minutes. Add corn & lima beans; cook, turning corn often to cook evenly, until corn & beans are tender & liquid reduces slightly, about 5 minutes. Stir in the bacon. Serve over rice. Serves 4.

Herbed Eggplant

- 3 lbs small, heirloom eggplant
- 3 tsp salt
- 2 tsp minced garlic
- 1/2 c olive oil
- 1/3 c red wine vinegar
- Freshly ground black pepper
- 1/2 c fresh basil leaves, slivered

Remove eggplant caps & quarter. Sprinkle with salt; let drain 30 minutes. Rinse & pat dry. Spread pieces in a single layer on baking sheet, cut sides up. Mix garlic & oil, & drizzle over eggplants. Bake 30 minutes, until brown & tender. Cool slightly. Place eggplant in a large bowl & drizzle with vinegar, add basil & toss.