



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>

July 11, 2015



IT'S KIDS DAY
AT THE MARKET
TODAY

MEET A FARMER
ACTIVITIES, CRAFTS, PHOTO
OPPORTUNITIES, AND
BALLOONS!



Having your children meet the farmers who grow food for them is one of the highlights this farmers market has to offer our younger customers. Today at our Kid's Day celebration at the market, make sure you bring your kids for all the fun activities we have planned as well as to meet and talk with our farmers.

Spotlight on PEAS! The market is plentiful with peas this year. Have you been confused as to which ones to buy? What part is edible and which part shouldn't you eat?

Garden Peas, English Peas, Shelled Peas These are essentially all the same names for various varieties of peas that should be shelled before eating. They are grown for the tender green pea inside the shell. Garden peas are sweet and succulent for three to four days after they are picked but tend to become mealy and starchy very quickly if they are not eaten or cooked soon after harvesting. Peas can be eaten raw or cooked. Garden peas, are tender and have more flavor because they are grown specifically for the pea found inside the shell.

Don't want to mess around with shelling, and pulling the strings off the sides of the pods?

Then consider **Sugar Snap Peas**. Sugar Snap Peas have a plump edible pod and sometimes less developed interior peas. Some varieties have no "string" which makes it very easy to pop the lovely, sweet crunchy veg into your mouth raw, cut them up for salads or throw them into a hot pan for a quick sear. However, with the simplicity of the preparation and the edible pod, you lose flavor, nutrients, and the calories of traditional shelled peas.

Snow Peas or Pea Pods Don't look for peas here. Sometimes called Chinese pea pods, this variety is usually used in stir-fries. Snow peas are flat with edible pods through which you can usually see the shadows of the flat Pea seeds inside; they are never shelled.

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
Endeavour Farm
Gauga 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
Nina Lau'Rens
Ohio Farm Direct
Pheasant Valley Farm
Ridgeview Farm & Market
Rock Valley Run CSA &
Greenhouse
SAND Farm LLC
Santee River Farm
Sirna's Farm & Market
Stacy Leigh's Sugar & Spice
Stone River Farm
The Olive Scene
Two Ponys

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Market Manager**

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Blueberry Cinnamon Muffins

¼ cup regular oats
2 tablespoons brown sugar
1 teaspoon ground cinnamon, divided
¼ cup butter, softened
1 cup granulated sugar
½ cup egg substitute
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
1 ¼ cups fat-free buttermilk
1 cup fresh blueberries
Vegetable cooking spray

Stir together oats, brown sugar, & ½ teaspoon cinnamon; set aside. Beat butter & granulated sugar at medium speed with an electric mixer until fluffy. Add egg substitute, beating until blended. Stir in vanilla. Combine all-purpose flour, baking soda, baking powder, salt, & remaining ½ teaspoon cinnamon; add to butter mixture alternately with buttermilk, ending with flour mixture. Gently stir in blueberries. Spoon batter into muffin pans coated with cooking spray, filling two-thirds full. Sprinkle evenly with oat mixture. Bake at 350° for 15 to 20 minutes or until tops are golden. Cool muffins in pans 5 minutes; remove from pans, and cool on wire racks.

Buttermilk Buckwheat Blueberry Pancakes

1 egg
1 ¼ cups buttermilk
1 tsp baking soda
¾ cup buckwheat flour
¾ cup all purpose flour
1 tsp sugar
1 TB oil
1 tsp baking powder
½ tsp salt

In a large bowl, beat the egg, add the buttermilk & soda & blend. Add the remaining ingredients & mix until just incorporated. Fold in 1 cup blueberries. Pour onto heated griddle. Allow to cook on one side until bubbles start rising to the top. Flip, and brown on second side. Serve with fresh maple syrup and enjoy.

Blueberry Sauce

for use on ice cream, cake or pancakes.

2 cups fresh blueberries
⅓ cup sugar
1 tablespoon fresh lemon juice
⅛ teaspoon salt
½ teaspoon vanilla extract

Wash and crush blueberries; add sugar, lemon juice and salt. Mix well. In a small saucepan, bring blueberry mixture to a boil; boil 1 minute. Add vanilla. Chill.

Blueberry Salsa

2 cups coarsely chopped fresh blueberries
1 cup whole fresh blueberries
¼ cup fresh lemon juice
3 tablespoons chopped fresh cilantro
2 jalapeño peppers, seeded and minced
⅓ cup diced red bell pepper
½ teaspoon kosher salt

Toss together coarsely chopped fresh blueberries, whole fresh blueberries, fresh lemon juice, chopped fresh cilantro, seeded and minced jalapeño peppers, diced red bell pepper, and kosher salt in a large bowl. Serve immediately, or cover and chill 8 hours.

Easy Blueberry Crisp

6 cups blueberries
¾ cup sugar
1 cup rolled oats
½ cup brown sugar
½ cup flour
1 tsp cinnamon
½ cup softened butter

Coat a 9x13 inch baking dish with cooking spray. Combine sugar and berries and pour into the baking dish. In another bowl combine the oats, flour, brown sugar and cinnamon and mix well. Cut in the softened butter with a fork until mixed well. Sprinkle over the berries. Bake at 350 degrees for 45 minutes or until berries are bubbly and topping is golden brown. Serve warm with ice cream.

Blueberry Crunch

6 cups of Blueberries
3 TB flour
1 cup sugar
1 ½ cup flour
1 cup brown sugar
1 cup butter
1 cup oats

Blend and crumble on top Mix together the blueberries 3 TB of flour and 1 cup sugar together and place in a 13x9 inch baking pan. Mix the rest of the ingredients and crumble over the top. Bake 45 min. at 375 degrees. You can also mix 3 cups each of rhubarb and strawberries or 6 cups of mixed berries – blueberries, blackberries, raspberries and strawberries.