



## 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 18, 2015**

Can you believe it? Halfway through July already! Blueberries are plentiful, and expect to see some of the early corn and maybe peaches arriving this week if we are lucky. In addition to our fruit, summer vegetables including zucchini, summer squash, beans and cucumbers have joined the variety offered at the market. I see more and more varieties in each passing week at the market. Herbs have been plentiful including basil, cilantro, dill and parsley. In addition, I expect to see beets, garlic, onions, kale and lettuce. I hope you are enjoying our variety of vendors and produce available despite the wet weather. In addition to our produce vendors, our cheese, honey, bakery, craft, flowering plant, soap, spice, and meat vendors round out the market. We even expanded onto the green space in the front of the market, giving vendors and customers more space to enjoy the market. As long as the weather remains dry, we hope to continue to expand to the front lawn each Saturday.

### Spotlight on LEEKS

Once dubbed "Poor-man's Asparagus", the leek needs only some slow braising or gentle grilling to bring out its sweet yet complex flavor. The leek should not be considered merely an add-in, because it can stand up very well on its own in a variety of side dishes. The subtle onion flavor of the leek lends itself well to pairing with fish and seafood.

**Buying** - Look for leeks with bright green leaves, and a firm, unblemished, long white stalk. Small and large leeks are both sublime, the only difference is the cooking time.

**Storing** - Like most vegetables, it is best to buy leeks only as needed; however, if you need to store them for a few days, keep them in the crisper drawer of the fridge.

**Cleaning** - Leeks can be quite sandy, so careful washing is important. Here's how to properly clean a whole leek. Start by removing the outer layer of white (unless it is very fresh or from your own garden). Trim the base with a sharp paring knife to remove all the roots. Make an incision in the middle of the white stalk and cut toward the green tips, severing the leek in two, but with the bottom still intact. Wash well under cold running water, pulling the leaves apart to rinse well between them. Drain, green tips down, in a colander for a few minutes.

**Using** - If the recipe calls for chopped leeks, it is best to chop them and then wash under cold running water. Allow to drain well before using. Roasting or braising brings out the best flavors in leeks and simple grilling is a great option as well.

### 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  
Gaugua 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

### Cheryl Hammon, Market Manager

at 440-474-9885

Cheryl@

GeaugaFarmersMarket.com

### **Crisp Cucumber Salsa**

2 cups finely chopped seeded peeled cucumber  
1/2 cup finely chopped seeded tomato  
1/4 cup chopped red onion  
2 tablespoons minced fresh parsley  
1 jalapeno pepper, seeded and chopped  
4-1/2 teaspoons minced fresh cilantro  
1 garlic clove, minced  
1/4 cup reduced-fat sour cream  
1-1/2 teaspoons lemon juice  
1-1/2 teaspoons lime juice  
1/4 teaspoon ground cumin  
1/4 teaspoon seasoned salt  
Baked tortilla chip scoops

In a small bowl, combine cucumber, tomato, onion, parsley, pepper, cilantro, and garlic. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips. Yield: 2-1/2 cups. Suggestion: wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

Anyone who ever tries this recipe – always comes back to the farmers market to tell us how great it is. If you are looking for an excellent way to excite your guests at dessert time, try this recipe and enjoy!

### **Blueberry Bread Pudding**

3 cups milk  
3 large eggs  
1 cup sugar  
1/4 t almond extract  
1/2 t vanilla extract  
1/2 t lemon zest  
5 to 6 cups day-old torn French or Italian bread or rolls  
2 cups fresh blueberries  
3 T powdered sugar

Heat oven to 350°. Butter an 11- x 7-inch baking dish. Whisk together milk, eggs, sugar, flavorings, and zest. Add the bread and let stand for 10 to 15 minutes. Toss blueberries with powdered sugar then stir into the bread mixture. Pour into the prepared baking dish. Set the baking dish in a larger pan and set in oven. Add about 4 cups of very hot water to the outer pan. Bake for about 1 hour, or until the bread pudding is set and lightly browned on top. (8-10 servings)

### **Chicken and Blueberry Pasta Salad**

1 lb boneless, skinless chicken breast, trimmed of fat  
8 ounces whole-wheat fusilli or radiator  
3 tablespoons extra-virgin olive oil  
1 large shallot, thinly sliced  
1/3 cup reduced-sodium chicken broth  
1/3 cup crumbled feta cheese  
3 tablespoons lime juice  
1 cup fresh blueberries  
1 tablespoon chopped fresh thyme  
1 teaspoon freshly grated lime zest  
1/4 teaspoon salt

Place chicken in a skillet or saucepan & add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through & no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips. Bring a large pot of water to a boil. Cook pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl. Meanwhile, place oil and shallot in a small skillet & cook over medium-low heat, stirring occasionally, until softened & just beginning to brown, 2 to 5 minutes. Add broth, feta & lime juice & cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes. Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest & salt & toss until combined.

### **Pickled Beets**

1 bunch (4 or 5) beets  
1 Tbsp sugar  
1/4 cup cider vinegar  
1 Tbsp olive oil  
1/2 teaspoon dry mustard  
Salt and pepper

Remove greens from beets, save for future use. Cut beets to uniform sizes so they will cook evenly. Steam or boil around 30 minutes or until done or wrap them whole in foil and cook them in a 350°F oven for about an hour. A fork easily inserted into the beet will tell you if the beets are done or not. Drain the beets, rinsing them in cold water. Use your fingers to slip the peels off of the beets. The peels should come off easily. Discard the peels. Slice the beets. Make the vinaigrette by combining the cider vinegar, sugar, olive oil, and dry mustard. Whisk ingredients together with a fork. The dry mustard will help to emulsify the vinaigrette. Adjust to taste. Add salt and pepper to taste. Combine beets and vinaigrette in a bowl and allow to marinate for a half hour at room temperature. Serves four.