



GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May 9 - 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>

May 9, 2015

Master Gardeners from the Geauga program are here on site today, answering your spring planting questions. Take advantage of this wonderful resource, and ask them about the best variety of plants for your specific needs.

The Master Gardener Program is a strong, program that has been growing for the last twenty years in Geauga County! Its main purpose is to provide county residents with a competent, unbiased source of horticulture information, which may be consulted for answers to their plant or insect problems. The training program provides a balanced, integrated practical course in plant science. The added bonus is increased horticultural knowledge which class members learn for their own benefit. The program is part of the OSU Extension Service. .
<http://mastergardener.osu.edu/> for more information.

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
Java On Wheels
Littlewing Woodwork
Maple Crest Farm
Maplestar Farm
Minced Garlic
Nina Lau'Rens
Pheasant Valley Farm
Polecat Pines Mushroom Farm
Ridgeview Farm & Market
River Stone Farm
Rock Valley Run CSA &
Greenhouse
SAND Farm LLC
Santee River Farm
Sirna's Farm & Market
Stacy Leigh's Sugar & Spice
The Olive Scene
Two Ponys

SPECIALS TODAY

The first 200 customers will receive mixed color Impatiens in a 3.5" pot, donated by Hawthorne Springs Greenhouse in Burton.

**ALSO - Geauga Master Gardeners on site -
ANSWERING YOUR QUESTIONS**

MARKET SPOTLIGHT – ASPARAGUS

Asparagus is one of those green spring vegetables that has lots of nutrients hidden inside. Consider roasting, grilling, or stir frying in order to protect the nutrients and anti-oxidant found in asparagus. Here are some ideas to help you maintain your asparagus until you are ready to use.

Asparagus Buying:

- Choose firm green spears with minimal white at the top and tightly closed tips. Open tips mean the product isn't fresh.
- Refrigerate to preserve vitamins and prevent them from getting tough – use within 3-5 days.
- Store them in glass jar with 1" of water with a plastic bag loosely over top.
- Freeze if desired by blanching spears for 1-2 min in boiling water then cooling quickly in ice water; pat dry and pack tightly in freezer bags for up to 8 months. – don't thaw before cooking.

**Cheryl Hammon,
Market Manager**

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GeaugaFarmersMarket.com

Asparagus and Pesto Tarts

1 lb fresh asparagus
3 oz parmesan
4 oz half fat crème fraiche
3 tbsp pesto
10 oz ready rolled puff pastry
4 tbsp pine nuts
1 medium egg, lightly beaten
Basil leaves, to scatter

Preheat the oven to 400F. Cook asparagus in boiling water for 1 minute. Drain & refresh in cold water. Set aside. Finely grate half the parmesan and mix through the crème fraiche with the pesto. Unroll the pastry and cut into 6 rectangles. Using a sharp knife, score a border on each tart, ½" from the edge. Spread the pesto mixture inside each border and divide the asparagus between the tarts. Scatter with the pine nuts and brush the pastry borders with the beaten egg. Transfer to the oven and bake for 15-20 minutes. Using a peeler shave the remaining parmesan. Scatter the tarts with the parmesan & black pepper to serve.

Crispy Oven Fried Asparagus Recipe

1 pound asparagus
¾ cup panko breadcrumbs
¼ cup shredded parmesan cheese
½ teaspoon salt
¼ teaspoon pepper
2 eggs - lightly beaten
½ cup flour

Trim the ends of the asparagus. Combine the Panko bread crumbs with the shredded parmesan, salt, and pepper. Lightly beat the eggs and then pour into a container that is long enough for the asparagus to fit in, making it easier for dipping. Dredge each asparagus spear in the flour and then dip in the beaten eggs. Roll in the bread crumb mixture and place on the wire rack on the cookie sheet. When all the asparagus spears are coated, place them in an oven preheated to 425° F. Bake for 10 to 15 minutes or until golden brown. Serve immediately.

Asparagus Soufflé

1 bunch fresh asparagus, cut into 1" pieces (about 8 oz)
⅓ cup finely shredded cheddar cheese
⅓ cup mayonnaise
¼ cup chopped onion
1 egg white

Steam asparagus for 6 – 8 minutes, drain & allow to cool. In a large bowl, combine the asparagus, cheese, mayonnaise & onion. In a small bowl, beat egg white on medium speed until soft peaks form. Fold into asparagus mixture. Transfer to a greased 2-½-cup baking dish. Bake, uncovered, at 350° for 20-25 minutes or until lightly browned. Yield: 2 servings.

Spinach Salad Supreme

¼ cup vegetable oil
2 T red wine vinegar or cider vinegar
1 teas sugar
1 teas finely chopped onion
1 teas finely chopped green pepper
1 teas minced fresh parsley
1 teas ketchup
¼ teas salt
¼ teas ground mustard
¼ teas paprika
2 cups torn fresh spinach
1 hard-cooked egg, sliced
3 bacon strips, cooked and crumbled

In a jar with a tight-fitting lid, combine the first 10 ingredients; shake well. Divide spinach between two serving bowls or plates; top with egg and bacon. Drizzle with dressing. Serve immediately.

Rhubarb Relish

12 cups finely chopped fresh rhubarb
1 medium onion, chopped
2 cups sugar
1 cup cider vinegar
1 teaspoon salt
1 teaspoon ground cloves
1 teaspoon ground allspice
¼ teaspoon paprika
1 teaspoon ground cinnamon

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat and simmer for about 2 hours or until mixture thickens, stirring occasionally. Pour into jars. Refrigerate or freeze in covered containers. Yield: 4 pints.

Asparagus Spring Salad

1 lb asparagus sprigs, bottoms trimmed
1 cup Roma tomatoes, thickly sliced
2 cloves of garlic, minced
1 tbsp olive oil
2 tbsp balsamic vinegar
3 oz of crumbled feta cheese
Kosher salt
Cracked black pepper

Boil asparagus 2–3 minutes until just tender. Drain water & set aside. Sauté tomatoes & garlic in olive oil for about 5 minutes. Add vinegar & keep cooking until tomatoes are just warmed up, about 3 minutes. Lay asparagus on plate, pour tomato mixture over the top, & sprinkle with salt, pepper, and feta cheese.