



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>

May 23, 2015

Farmers have been bringing flowers, seedlings and potted plants to the market for two weeks now. If you haven't found your starter tomato plants, pepper plants and other vegetables, now is the time to do so. These will be getting scarce in the weeks that follow. Potted plants will still be available, however, the time to plant in Geauga County is now. If you still have dirt showing, it's time to get digging and dirty your hands. But never fear, if you don't have space, or time, or the green thumb to grow vegetables, Geauga Fresh Farmers Market has the experienced growers to bring garden freshness to your table. As the weeks continue, produce will continue to grow in abundance on the tables here each and every week.

Today, expect to see arugula, along with some of the last of the asparagus. I know lettuce will be plentiful along with kale and radishes. Another vegetable found in our market today will be pok choi which is a Chinese cabbage that is popular served steamed or in stir fry. You will find many spellings of this item including Pak Choy, Pok Choi, Bok Choy, and Paksoi.



SPECIALS TODAY

Receive a mixed color Impatiens in a 3.5" pot, donated by Hawthorne Springs Greenhouse in Burton.

Enjoy the old time country music
of One Dollar Hat today at the market from
9:30 - 11:30am

MARKET SPOTLIGHT – BROWN EGGS

Eggs at the Geauga Fresh Farmers Market are fresh. So noticeably fresh, you will taste the difference.

Eggs sold at the grocery store need to be processed within 30 days of lay, and after processing & transport can be even older than that. Fresh eggs found at our market, are never that old, are more nutritious and simply taste better. Geauga farmers use more humane ways to treat their animals, use more natural ways to clean their eggs, and simply bring you a fresher product. You will find more omega-3, vitamin D & E, as well as other nutrients in farm fresh eggs simply because of the way the chickens are raised and the age of the eggs.

One of the exciting reasons to shop at a Farmers Market is the ability to interact with the people that grow and produce the products you are putting in your body. Ask our farmers what they feed their chickens, how many they have, how much space they have, and how old your eggs are. You will get honest, real answers. Try doing that at a grocery store!

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
Geauga 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

**Cheryl Hammon,
Market Manager**

at 440-474-9885

Cheryl@

GeaugaFarmersMarket.com

Potato Salad with Arugula & Dijon Vinaigrette

½ small red onion, peeled and roughly chopped
2 lb potatoes, cut into bite-sized pieces
Salt
1 tablespoon rice vinegar
Freshly ground black pepper
2 tablespoons finely chopped chives
3 cups arugula, stems removed, washed & dried and very roughly chopped
2 tablespoons red wine vinegar
1 tablespoon Dijon mustard
5 tablespoons good olive oil

Put onion in small bowl & cover with cold water (to remove some of the bite). Put potatoes in large pot of generously salted water. Bring to a boil over high heat. Lower heat so the water is barely simmering & cook about 10 minutes, until you can pierce potatoes with tip of sharp knife & slips out easily. Drain potatoes well & pour into a large bowl. Gently toss warm potatoes with rice vinegar, ¼ teaspoon salt, & ½ teaspoon pepper. Add chives, arugula & red onion & stir through. Whisk together red wine vinegar, mustard & olive oil in a small bowl. Add salt & pepper to taste. Pour over potato mixture & toss to combine. Serve warm or keep covered at room temperature for up to an hour. Serves 6 – 8.



Are your seeds planted yet?
Are your seedlings in?
Memorial Day weekend is a great time to get your hands dirty. Pick up seedlings today.

Tuscan-Style Roasted Asparagus

1 ½ lbs fresh asparagus
1 ½ cups grape tomatoes, halved
3 Tbsp pine nuts
3 Tbsp olive oil, divided
2 garlic cloves, minced
1 teas kosher salt
½ teas pepper
1 Tbsp lemon juice
1/3 cup grated parmesan cheese
1 teas grated lemon peel

Preheat oven to 400°. Place the asparagus, tomatoes and pine nuts on a foil-lined 15x10x1-in. baking pan. Mix 2 tablespoons oil, garlic, salt and pepper; add to asparagus and toss to coat. Bake 15-20 minutes or just until asparagus is tender. Drizzle with remaining oil and lemon juice; sprinkle with cheese and lemon peel. Toss to combine. **Yield:** 8 servings.

Bibb & Radish Salad With Buttermilk Dressing

4 oz country bread, cut in ¾" pieces (about 2 cups)
1 tablespoon olive oil
kosher salt and black pepper
½ cup buttermilk
3 tablespoons mayonnaise
2 tablespoons chopped fresh flat-leaf parsley
1 clove garlic, finely chopped
1 head Bibb or Boston lettuce, torn (about 6 cups)
4 radishes, thinly sliced
1 shallot, thinly sliced

Heat oven to 400° F. On a rimmed baking sheet, toss bread with oil & ¼ teaspoon each salt & pepper. Bake, tossing once, until golden, 7 to 9 minutes. Let cool. In large bowl, whisk together buttermilk, mayonnaise, parsley, garlic, ½ teas salt, & ¼ teas pepper. Add lettuce, radishes, shallot, & croutons & toss to coat.

Bok Choi with Mushrooms

4 oz fresh mushrooms
½ cup dry vermouth
1 head of bok choy
2 cloves garlic, minced
Vegetable oil
1 tablespoon soy sauce
1 teaspoon sesame oil

Allow mushrooms to sit in vermouth for 5 min. Thinly slice the bok choy stalks & shred leaves. Heat 1 Tbsp oil over medium heat & cook garlic until golden. Strain the mushrooms, reserving liquid, & add to pan along with bok choy stalks. Cook, stirring, on medium high heat until the stalks are just beginning to soften. Add the leaves & cook, stirring, until they begin to wilt. Whisk vermouth together with soy sauce & sesame oil & add to pan. Stir & simmer until slightly reduced & stalks are tender. Taste & adjust seasonings as needed (pinch of sugar). Serves 2

Radish Tea Sandwiches with Creamy Dill Spread

4 oz reduced-fat cream cheese or creamy goat cheese
2 tbsp chopped fresh dill, plus sprigs for garnish
1 tablespoon capers, rinsed and chopped
1/8 teas. freshly ground pepper, plus more for garnish
12 slices thin pumpernickel or rye bread
6-8 medium radishes, thinly sliced

Mash cream cheese (or goat cheese), chopped dill, capers & 1/8 teas pepper in a small bowl until well combined. Spread 2 teas of mixture on each piece of bread. Top each with a few radish slices, a sprig of dill & a generous grinding of pepper.