



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 30, 2015

The primary goal of the Market is to connect local farmers and producers with consumers. By shopping at the market customers have the opportunity to buy the freshest produce directly from the farmers who grow it. Not only does this benefit the customer but it helps keep farming alive in Geauga County by returning more dollars to the farm.

Seasonal produce varies from week to week. It's still early, but you never know what some of our early farmers are going to have on their tables to surprise the shoppers. I expect to see a variety of lettuce, spinach, arugula, bok choy, turnips, radishes, and hoop house tomatoes. Some early crops that don't mind the cold temperatures might be available too. I won't spoil their surprises, but make sure you shop early, because I know the good stuff will go quickly.

Products available weekly include mushrooms, fresh baked goods, fresh meats, fresh flowers, fresh eggs, maple syrup, honey, hand-made soaps and lotions, jams and jellies, herbs and garlic, vegetables, plants, and various craft items.



MARK YOUR CALENDARS

Stawberry Festival will be June 13th –
That's just TWO short weeks away.

Let's keep the weather warm, and the nites cool,
but not COLD and our fingers crossed from some of
the best berries in the county!

MARKET SPOTLIGHT – Hakurei Turnips

I enjoy learning about new produce, and when I get advance notice about a product coming to the market – I love to share about it. There maybe more than one vendor with these turnips on their table today, however I know Hakurei Turnips are available this week at the **Stone River Farm** booth. Elizabeth is from Newbury, and this is her first year at the market. In addition to maple syrup and eggs, she brings produce to our market and these white turnips have caught my eye. Hakurei Turnips are a Japanese variety salad turnip which can be eaten raw, chopped or grated in a salad, or they can be cooked with their greens to bring out their natural sweetness. They are most delicious when they are just cooked with their greens. Turnips should be stored unwashed in plastic bag in hydrator drawer of the refrigerator. Store greens separately wrapped in damp towel or plastic bag - use them as soon as possible. Handling before use, wash the turnip root, it doesn't need to be peeled. The Turnips should not be overcooked, or they will become dark in color and strong in flavor. On the backside today, find several recipes featuring the Hakurei Turnips, and enjoy the sweetness these little gems have to offer this spring.

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
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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GeaugaFarmersMarket.com

FEATURING SAND Farm LLC Brandon Smith of SAND Farm is a veteran here at the market, as he begins his eleventh year here at Geauga Farmers Market. Not only does he serve as the President of the Market, he provides fresh beef for sale from his farm. The farm allows their longhorn cattle to roam free and eat grass all day. They do not have additives or chemicals in their diet. Brandon works to educate people of the benefits of grass-fed beef as well as produce natural beef with no antibiotics or hormones. SAND Farm does not finish any of their beef on corn, nor do they treat the grass that the animals consume. Not only does this mean less saturated fat, cholesterol, and calories but a lower risk of e-coli infection. The grass-fed meat also has nutritional values, including higher levels of vitamin C, E, and beta-carotene. They are a good source of Omega-3 fatty acids, and conjugated linoleic acid (CLA), a desirable cancer fighting nutrient. For more information talk to Brandon Smith at the SAND Farm market stand.

Cooking Tips for Grass-Fed Meat

- 30% less cooking time
- When using meat thermometer, remove meat from heat 10 degrees before desired temperature
- Allow meat to rest 8-10 minutes before serving.
- Marinate meat for several hours to make product more flavorful and tender.
- Always marinate in the refrigerator, then bring to room temperature before cooking.
- Begin my searing meat for a few minutes to seal in juices, then reduce heat to finish.
- Remove from heat before you think it's finished. Retained heat will allow meat to continue to cook.

Spinach Salad Supreme

1/4 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
1/4 teas salt
1/4 teas ground mustard
1/4 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.

Roasted Hakurei Turnips

2 bunches of Hakurei turnips, scrubbed
olive oil
sea salt and freshly ground black pepper
white balsamic vinegar

Preheat oven to 350°F. Cut stems off but don't throw out the leaves. The leaves have a mild peppery taste and will be used in this dish. Cut large turnips in half, and place on a roasting tray. Add a splash of olive oil and season with salt and pepper. Roast 20 minutes or until slightly soft. Allow to cool somewhat. Meanwhile, toss the leaves of the turnips with a bit of extra-virgin olive oil and a splash of white balsamic vinegar. To plate, divide leaves between plates and top with the turnips. Serve immediately.

Maple Glazed Turnips & Carrots

12 ounces young turnips, 2 inches or less in diameter
1 large carrot, peeled
1/4 cup chicken stock or water
2 tablespoons butter
1 tablespoon grade A or B maple syrup
salt and freshly ground black pepper

Scrub and peel the turnips and cut into quarters or sixths, depending on their size. Slice the carrot at an angle into 1/2 inch-thick pieces. Put the vegetables and stock in a medium saucepan and bring to a boil. Cover and cook until the turnips are barely tender, about 7 minutes. Reduce the heat to medium-high and add the butter and maple syrup. Stir to coat the vegetables and continue to cook uncovered until the vegetables are glazed and beginning to caramelize around the edges, about 2 minutes. Season with salt and pepper and serve.

Turnips in Mustard Sauce

1 tablespoon olive oil
about 3 pounds white turnips, peeled and quartered
salt and black pepper to taste
1 cup chicken, beef, or vegetable stock
2 teaspoons cornstarch
3 tablespoons Dijon mustard
1/4 cup chopped fresh parsley leaves for garnish

Place the oil in a large, deep skillet that can later be covered and turn the heat to medium. A minute later, add the turnips, salt, and pepper and cook, stirring occasionally, until the turnips begin to brown, about 10 minutes. Add the stock, cover, and simmer until the turnips are tender, 10 to 15 minutes. Remove the turnips to a serving bowl with a slotted spoon; keep warm. Mix the cornstarch into the mustard and stir the mixture into the pan juices. Cook over low heat until lightly thickened, a minute or two longer. Pour the sauce over the turnips, garnish, and serve.