



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>

September 12, 2015

It's garlic season! Garlic is generally planted in the fall and harvested the following summer. The varieties of garlic are plentiful at this time of the year, so maybe it's about time we figure out about the nearly 600 sub-varieties of this species. Most Americans aren't aware of the many kinds of garlic since they usually don't see more than one kind in the local supermarket. The reason for this is because the variety sold in the supermarket is hearty and can be planted in large quantities by a machine. But if that is all you have ever experienced, you are being shorted the flavorful experience that happens when you expand the varieties that you incorporate into your diet.

There are two main types of garlic – softneck and hardneck. What's the difference? Softneck has a mild flavor, it stores well (nearly 9 months), is harder to peel, usually has about 12 – 20 cloves per bulb and is the variety that you find in the grocery stores usually. Hardneck garlic allows for some more complex flavors to develop. These flavors often reflect the soil and weather patterns. They don't store as long (between 4 – 6 months). The skin usually slips off easily. The bulbs are larger and there are usually only 4 – 12 cloves per bulb.

How do you know which one to buy? Start sampling. It's a lot like wine. You keep drinking until you find one you like. Here at the farmers market, we are going to provide you some help. Today, Chef Cat Alaimo will demonstrate cooking using several varieties of garlic sold at the market. The complex flavors and great taste to garlic will be filling the air.

Keep in mind, garlic is also full of nutrients and has many health benefits. Garlic is low in calories and very rich in Vitamin C, B6 and manganese. It also contains trace amounts of other various nutrients. Garlic boosts your immune system, it can reduce blood pressure, improve cholesterol levels. Contains anti-oxidants and detoxifies your body of certain heavy metals in your body. In addition, it keeps vampires away. (Only kidding on that one – unless you have a vampire issue and then it wouldn't hurt to try it anyway!)

Some of the more common varieties of Garlic in Geauga County

Musica, (HN) subtle flavor, big cloves wrapped in as easy-to-peel pink skin, has a high allicin level which is a powerful antioxidant, will store 3-6 months in a cool, dry, environment.

Italian Purple Stripe, (HN) also called "Gambino" or "Easy Peel", lovely purple package with white stripes, full flavor with lack of sting.

Leningrad, (HN) nice appearance, hot and pungent flavor with a lasting bite.

Chesnok Red, (HN) good cooking garlic, large easy peel cloves, holds its shape and retains flavor when cooked.

Lorz Italian, (SN) not too hot, a bit spicy, warm and rich in flavor.

Artichoke, (SN) a category of soft neck garlic that is large & stores 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
Forest Farm Funghi
Endeavour Farm
Gauga Artisan Bacon
Great Lakes Spices
Harvest Bell Farm
Hawthorne Springs Greenhouse
Heartwood Roastery
Herb Thyme
Hershberger Produce
Homestead Soap & Spa
Littlewing Woodwork
Maple Crest Farm
Maplestar Farm
Minced Garlic
Molly's Crafted
Ohio Farm Direct
Pheasant Valley Farm
Ridgeview Farm & Market
River Stone Farm
Rock Valley Run CSA &
Greenhouse
Santee River Farm
SandraSue Cupcakes
Sirna's Farm & Market
Stacy Leigh's Sugar & Spice
The Olive Scene
Turning Point Farm
Two Ponys

Cheryl Hammon,
Market Manager

at 440-474-9885

Cheryl@

GeaugaFarmersMarket.com

Butternut Squash Soup

- 1 large butternut squash
- 1 large head of garlic
- 5 sprigs of fresh thyme
- 2 tablespoons of good olive oil
- 2 medium onions, quartered
- 1/2 tsp. sea salt and pepper
- 1 cup of broth (vegetable or chicken)

Garnish

- cooked bacon crumbles
- sour cream

Preheat oven to 350 F. Slice squash lengthwise and place, cut side up, on cookie sheet covered with parchment paper. Drizzle oil over squash and sprinkle with thyme. Place garlic and onions around squash, and sprinkle salt and pepper over squash. Bake until squash is tender, about one hour. Remove from oven and scoop squash from skin. Discard skin. Squeeze roasted garlic pulp from papery skin into food processor bowl. Add cooked onions and squash pulp. Process all until pureed. Place puree into large pot with broth and cook for ten minutes. Salt and pepper to taste. Garnish with cooked bacon and a dab of sour cream before serving.

Stuffed Acorn Squash

Cut squash in half, and remove seeds and strings. Place cut side down on lightly greased baking sheet with sides. Bake 350 degrees until soft, but not mushy (40-50 min) Remove from oven, fill with stuffing and finish bake as directed:

Looking for something different to stuff your acorn squash with. Try one of these:

Apple Stuffing Combine 2-3 diced tart apples, ¼ cup maple syrup, and ¼ cup melted butter. Stuff into squash, cover covered at 375 degrees for 30 min.

Mushroom Stuffing Combine 1 chopped onion, ½ cup mushrooms, 2 cloves garlic minced in a frypan. Saute until soft. Add 2 cups breadcrumbs, ½ teas sage, salt and pepper. And stuff into squash, cook 375 degrees for 20 minutes.

Sausage Stuffing Saute 1 lb sausage or turkey sausage until cooked through. Add 4 stalks celery finely diced, 1 medium onion diced, 2 shredded carrots, and ¼ cup of water. Cover and simmer 15 minutes. Mix in 2 cups bread crumbs and stuff into squash. Bake 375 degrees for 10 minutes.

NEXT WEEK !

September 19th 10-11:30am – Tomato Tasting Contest

If you think your home grown or farm grown tomatoes are the best tasting in town, enter them in our contest. There will be a first prize for two categories: Cherry Tomatoes and Regular Tomatoes. Bring a quart of cherry tomatoes or 4 – 5 of a single variety of tomatoes to the market booth by 9:30am. Mark them with your name and variety of tomato. Market customers are encouraged to participate by tasting and voting.

NEW Vendor Today at the Market

Joining the market today is Turning Point Farm from Newbury. This new vendor will be bringing artichoke garlic as well as alpaca fiber, hay, and other homemade products produced with their alpaca fibers.

Tomato, Basil, & Mozzarella Caprese Salad

- 3 heirloom tomatoes, sliced 1/4-inch thick
- A big ball of fresh mozzarella, sliced thin
- Handful of fresh basil
- Olive oil
- Balsamic dressing
- Kosher salt

Slice the tomatoes and mozzarella. Alternate slices on a nice, big plate, overlapping each one slightly. You can add big leaves of basil in there as well. Sprinkle with salt. I like to let it sit for a bit with just the salt on there, if possible, to let things get juicy. With your hands, tear up a few leaves of basil and spread across the top. Drizzle olive oil and balsamic on top.

Maple Butternut Squash Recipe

- 4 lb. butternut squash
- 1/4 cup butter
- 1/4 cup whipping cream
- 1/4 cup maple syrup
- 1/2 tsp. salt

Preheat oven to 400°F. With a large, sharp knife, cut butternut squash in half lengthwise. Spoon seeds out & place both halves, cut side down, in a shallow baking dish. Add water to cover bottom of pan, about 1/8" deep. Bake for 30 min. Turn squash over & bake another 30 minutes or until very tender when poked with a fork. Remove from the oven. Scoop squash flesh out & place in bowl. Puree squash with butter, whipping cream, maple syrup & salt until very smooth & creamy. (You may have to do this in two batches.) You can beat with an electric mixer, if you prefer. The squash won't come out quite as velvety smooth, but it will still be delicious.