

GEAUGA FRESH FARMERS' MARKET



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**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>

August 13, 2016

Are you in the spirit of the Olympic games this summer? It's too hot to do much else – I hope you are watching the swimming, gymnastics, and of course the beach volleyball. Today, the international flavor has inherited our newsletter and all of our recipes feature countries from around the world, competing in the Olympics.

Vegetable Feijoada, a.k.a. Brazilian rice and beans

1/2 cup brown rice	1 cup water
1/2 cup tomato sauce	1 tablespoon olive oil
1 medium onion	2 clove garlic
1 medium sweet potato	1 cup black beans
1 medium green pepper	1 small hot pepper (like fresno)
1 large tomato	1 teaspoon red pepper flakes
2 teaspoon cumin	1 teaspoon thyme
1/4 cup cilantro	1 cup veggie broth
1 tablespoon lime juice	salt and pepper to taste

In a medium pot, bring tomato sauce & water to a boil. Add rice & bring to another boil, cover & reduce to a simmer. Let cook for 25-30 minutes until rice has absorbed all liquid. While rice is cooking, in a large skillet heat olive oil over medium heat, Add onions, peppers, & garlic to olive oil & saute. Once onions & peppers begin to soften, toss in veggie broth, sweet potatoes, thyme, cumin, & red pepper flakes. Let simmer over medium heat until sweet potatoes are cooked through & add in beans, tomatoes, cilantro, & lime juice. Continue to heat mixture for another five minutes. Serve with rice & with a sprinkle of cilantro

Tabbouleh – Middle Eastern Parsley Salad- A tasty summer treat

3 1/2 C boiling water	2 C cracked wheat
1 1/2 C chopped fresh parsley	1/3 C extra virgin olive oil
1/3 C fresh squeezed lemon juice	1/4 C chopped fresh mint
1 tsp salt	1/4 tsp cayenne
1/4 tsp ground cumin	freshly ground black pepper
2 cucumbers, peeled, seeded, & diced (about 2 C)	
4 scallions, including tops minced (about 2/3 C)	
3 large ripe tomatoes, peeled, seeded, and diced (about 3 C)	

Pour water over the wheat in a large bowl. Cover & let stand until doubled in bulk, about 30 minutes. Drain in colander to remove excess water. Return to bowl. In a medium bowl whisk together parsley, oil, lemon juice, mint, salt, cayenne, cumin & pepper. Add cucumbers & scallions. Pour mixture over well drained cracked wheat, toss well, & let stand at room temperature for at least 1 hour to allow the flavors to blend. Adjust seasonings. Mix in tomatoes just before serving. Serve with romaine lettuce or as a side dish with grilled meats or vegetables.

GEAUGA FRESH FARMERS' MARKET MEMBERS – 2016

Aurora Springs Honey
Avalon Gardens Nursery
Bat Barn Farm & Foraging
BB Farms
Blue Jay Orchard
Carhop's Burger Sauce
DiBlasi Bakery
Farmington Home
Forest Fungi Farm
Gaugua Artisan Bacon
Great Lakes Spices
Harvest Bell Farm
Hawthorne Springs Greenhouse
Herb Thyme
Hershberger Organic Produce
Homestead Soap & Spa
Little Green Oasis
Littlewing Woodwork
Maple Crest Farm
Maplestar Farm
Nina's Kitchen
Ohio Farm Direct
Randi's Pantry
Ridgeview Farm & Market
River Stone Farm
Santee River Farm
Sandra Kay All Natural Skin Care
Sirna's Farm & Market
So Sweet
Stacy Leigh's Sugar & Spice
Terra Bakery
The Bom
Transitions Studio
Turning Point Farm
Two Ponys
Worms 'n Wood

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Chakalaka – South Africa

¼ cup canola oil
1 ½ ounce chopped fresh ginger
1 oz chopped fresh garlic
½ oz chopped chili peppers
1 cup chopped onions
20 oz fresh tomatoes, roughly chopped
½ cup green peppers, roughly chopped
½ cup red peppers, roughly chopped
1 ½ oz leaf masala or a mild curry powder
1 cup grated carrots
15 oz vegetarian baked beans, in tomato sauce
½ ounce fresh coriander

Fry ginger, garlic, chilis, onions in the oil. Add the leaf masala or curry powder of your choice. Add the tomatoes & cook 10 minutes. Add peppers & carrots & cook 10 minutes. Add baked beans & cook 5 minutes. Remove from heat & add coriander. Check seasoning. Serve hot or cold.

Panzanella – Italian Tomato Salad

2-3 cups stale bread, good quality, crust removed, cubed
¼ cup olive oil
¼ cup red wine vinegar
2 TB minced garlic, 2-3 cloves
Salt & pepper to taste

3 large tomatoes seeded and diced
1 small cucumber, peeled, seeded and diced
1 red onion, sliced thinly
1 cup fresh basil, shredded or torn

Soak bread in water to cover for 5-10 minutes. Drain & squeeze out excess water. Work bread with your hands to break it & place in a large bowl. Whisk together oil, vinegar, garlic, salt & pepper. Toss with bread. Toss in remaining ingredients & adjust seasoning. Let rest for at least 30 minutes to let flavors mingle & serve. Can add anchovies &/or capers to taste. Be sure to use a good quality, crusty bakery bread.

Russian Salad (Корейская Морковь)

7 medium carrots, grated into long, thin strands
4 lg cloves garlic, peeled & finely minced
1 medium white onion, finely chopped
2 Tbsp ground coriander seeds
4 Tbsp vegetable oil (sunflower, corn or canola)
3 Tbsp white vinegar (no substitutions!)
1 teaspoon of salt, or to taste
1 teaspoon of cayenne pepper, or to taste
1 tablespoon honey or 1½ teaspoons of sugar

In a small pan, over medium heat, saute onion in 1 tbsp oil until soft; remove from heat & set aside. In lg mixing bowl, mix everything together with your hands; adjust seasonings as needed. Cover bowl with plastic wrap & refig. for 4-5 hours before serving. Keep covered & refrigerated, leftover salad remains good for 24 hours.

Chinese – Edamame Salad

2 pounds shelled edamame
4 quarts water
2 tablespoons salt
1/2 cup rice wine vinegar
2 tablespoons vegetable oil
1 tablespoon light soy sauce
1 tablespoon honey
1 teaspoon lemon juice
1 teaspoon coarse salt
1/2 teaspoon white pepper
1/2 cup shredded carrots
1 tablespoon finely minced shallot

For the edamame: Add salt to water in a large stock pot. Bring to boil, & add edamame. Cook for five minutes & drain. Rinse immediately with cold water. Drain well & set aside. For the dressing: In a large, non-reactive bowl, whisk vinegar, oil, soy sauce, honey, lemon juice, salt & white pepper. Add drained edamame to bowl. Add carrots & shallot. Toss well to combine. Chill at least two hours. Bring to room temperature 30 minutes before serving.

JAPANESE VEGETABLE PANCAKES

1/2 cabbage head, shredded
2 carrots, chopped fine
1 onion, chopped fine
4 celery stalks, chopped fine
1 green bell pepper, chopped fine
1 egg
1 can (13 ounce size) evaporated milk
1 cup whole wheat flour
1 cup unbleached all-purpose flour
1 teaspoon salt

Beat egg a few minutes & slowly stir in can of evaporated milk. Stir in the both flours, the salt & all chopped vegetables. Chances are the batter will be a little thick at this point - just add a splash of water until the batter is more liquid than solid. Heat a large frying pan or griddle over medium heat & add a dab of butter &/or a splash of cooking oil. Pour small puddles of batter onto pan. Cook 3-4 minutes & then take a peek, when pancakes start to brown on one side, flip them over & cook until they are browned on both sides. Serve with soy sauce or sour cream. No pancake syrup!

ETHIOPIAN TOMATO SALAD

2 tbsp each: extra-virgin olive oil, white wine vinegar
1 tsp puréed fresh, peeled ginger
1-1/2 tsp fine sea salt
1/2 tsp black pepper
2 large tomatoes, finely chopped
1 medium yellow onion, minced
2 jalapenos, seeded, minced

In medium bowl, whisk oil, vinegar, ginger, salt and pepper. Add tomatoes, onions and jalapenos. Stir well. Serve immediately. Makes 4 to 6 side servings.