

# GEAUGA FRESH FARMERS' MARKET



**FIFTEEN  
YEARS  
STRONG  
IN 2016**

**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>

**July 16, 2016**

Can you believe it? Halfway through July already! Blueberries are plentiful, and expect to see some of the early corn and maybe peaches arriving by next week if we are lucky. In addition to our fruit, summer vegetables including zucchini, summer squash, beans and cucumbers have joined the variety offered at the market. I see more & more varieties in each passing week at the market. Herbs have been plentiful including basil, cilantro, dill and parsley. In addition, I expect to see beets, garlic, onions, kale and lettuce. I hope you are enjoying our variety of vendors and produce available despite the hot dry weather. In addition to our produce vendors, our cheese, honey, bakery, craft, flowering plant, soap, spice, and meat vendors round out the market.

### **Spotlight on PEAS!**

Have you been confused as to which ones to buy? What part is edible and which part shouldn't you eat? Garden Peas, English Peas, Shelled Peas These are essentially all the same names for various varieties of peas that should be shelled before eating. They are grown for the tender green pea inside the shell.

**Garden peas** are sweet and succulent for three to four days after they are picked but tend to become mealy & starchy very quickly if they are not eaten or cooked soon after harvesting. Peas can be eaten raw or cooked. Garden peas, are tender & have more flavor because they are grown specifically for the pea found inside the shell. Don't want to mess around with shelling, & pulling the strings off the sides of the pods? Then consider **Sugar Snap Peas**. Sugar Snap Peas Sugar snaps have a plump edible pod & sometimes less developed interior peas. Some varieties have no "string" which makes it very easy to pop the lovely, sweet crunchy veg into your mouth raw, cut them up for salads or throw them into a hot pan for a quick sear. However, with the simplicity of the preparation & the edible pod, you lose flavor, nutrients, & the calories of traditional shelled peas. **Snow Peas** or **Pea Pods** Don't look for peas here. Sometimes called Chinese pea pods, this variety is usually used in stir-fries. Snow peas are flat with edible pods through which you can usually see the shadows of the flat Pea seeds inside; they are never shelled.

**SNAP is here** - Through the Supplemental Nutrition Assistance Program (SNAP), our market strives to make local fruits and vegetables, cheese and meat, eggs, honey & maple syrup, bread & cookies, jam & jelly, spices, pasta, coffee, & other locally-produced foods available to low-income families. The goal of the program is to not only improve access to fresh foods and in turn improve an individual's nutrition & health, but also to invigorate the local economy & Geauga County's agricultural community. Visit the Information Booth to purchase tokens with your SNAP/EBT card.

### **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  
Gauga Artisan Bacon  
Great Lakes Spices  
Harvest Bell Farm  
Hawthorne Springs Greenhouse  
Herb Thyme  
Hershberger Organic Produce  
Homestead Soap & Spa  
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  
Sue's Local Flowers  
Terra Bakery  
The Bom  
Transitions Studio  
Turning Point Farm  
Two Ponys  
Worms 'n Wood

**Cheryl Hammon,  
Market Manager  
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### Sausage stuffed Jalapeño Poppers

- 1 lb Ground Italian sausage
- 8 oz Cream cheese, softened
- 1 cup Shredded cheddar cheese
- 1 lb jalapenos, halved lengthwise and seeded
- 1 Green onion, finely chopped

Preheat oven to 425°F degrees. Place sausage in a skillet over medium heat, and cook until evenly brown. Drain grease. In a bowl, mix the sausage, cream cheese, cheddar cheese, and green onion. Spoon about 1 tablespoon sausage mixture into each jalapeno half. Bake 20 minutes in the preheated oven, until bubbly and lightly browned. Enjoy!

### Southwest Cilantro-Lime Salad

- Large head of romaine or other fresh lettuce of choice
- 15 oz. can black beans, rinsed and drained
- 1 large orange bell pepper
- 1 pint cherry tomatoes
- 2 cups corn, cooked, removed from cob, and cooled
- 5 green onions

#### *Dressing:*

- 1 cup loosely packed cilantro, stems removed & chopped
- 1/2 Avocado
- Juice of 1 lime
- 2 Garlic cloves
- 1/4 cup olive oil
- 1 1/2 tsp. white wine vinegar
- 1/8 tsp. salt
- 2 tsp honey

Puree all dressing ingredients in a food processor/ blender until smooth. Taste & adjust seasonings if necessary. Finely chop romaine, bell pepper, tomatoes, & green onions. Place all ingredients in a large bowl and stir to combine. Toss with homemade cilantro-lime dressing.

Anyone who ever tries this recipe – always comes back to the farmers market to tell us how great it is. If you are looking for an excellent way to excite your guests at dessert time, try this recipe and enjoy!

### Blueberry Bread Pudding

- 3 cups milk
- 3 large eggs
- 1 cup sugar
- 1/4 t almond extract
- 1/2 t vanilla extract
- 1/2 t lemon zest
- 5 to 6 cups day-old torn French or Italian bread or rolls
- 2 cups fresh blueberries
- 3 T powdered sugar

Heat oven to 350°. Butter an 11- x 7-inch baking dish. Whisk together milk, eggs, sugar, flavorings, & zest. Add bread & let stand for 10 to 15 minutes. Toss blueberries with powdered sugar then stir into bread mixture. Pour into prepared baking dish. Set baking dish in a larger pan & set in oven. Add about 4 cups of very hot water to the outer pan. Bake for about 1 hour, or until the bread pudding is set & lightly browned on top. (8-10 servings)

**Dressings** - Whether you are looking for a homemade salad dressing or a new spice for your pasta salad, try some of these natural dressings to make your next home grown salad from the garden extra special. All of them can just be mixed well in a shaker, or bowl. The Pesto dressing should be made in a blender.

#### *Creamy Italian Dressing*

- 1/4 cup mayonnaise
- 3 Tbsp white wine vinegar
- 2 Tbsp Olive Oil
- 2 Tbsp Sour Cream
- 1 Clove minced garlic
- 1/2 tsp basil
- 1/2 tsp oregano
- 1/2 tsp rosemary
- 1/2 tsp thyme
- 1/2 tsp salt

#### *Ranch Dressing*

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1/4 cup milk
- 2 Tbsp fresh parsley
- 2 Tbsp fresh chives
- 1 Tbsp apple cider vinegar
- 1 clove minced garlic
- 1/4 tsp salt

#### *Garlic Dressing*

- 2/3 cup olive oil
- 1/3 cup red wine vinegar
- Juice from 1 lemon
- 3 cloves minced garlic
- 1 Tbsp Dijon mustard
- Salt and Pepper to taste

#### *Mediterranean*

- 1/2 cup olive oil
- 2 Tbsp Red wine vinegar
- 2 tsp Dijon Mustard
- 1/2 cup feta cheese
- 1 diced roma tomato
- 1 tsp oregano

#### *Asian*

- 1/3 cup olive oil
- 2 Tbsp rice wine vinegar
- 1 Tbsp brown sugar
- 1 Tbsp sesame oil
- 1 1/2 tsp grated ginger
- 1 tsp sriracha
- Salt and pepper to taste

#### *Pesto*

- Mix in a blender
- 2 cups fresh basil leaves
- 2 cloves garlic
- 2/3 cup olive oil
- 1/2 cup Parmesan cheese
- Salt and pepper to taste