

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 23, 2016

Blueberries are plentiful and so is the corn. Sweet Corn represents the peak of our farmer's market season. In addition, 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. 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 MICROGREENS

First it was baby spinach, baby lettuce, and baby squash. We ate these items up because the younger varieties were tender and cute. Now growers have determined there is even more benefit to having items even more juvenile than babies – seedlings so small they are called microgreens. These tiny leaves usually less than 14 days old are vibrant garnishes to salads, sandwiches and soups. They are packed with nutrients that are more beneficial than their adult versions. This shouldn't be confused with sprouts – that grow in water. These are a soil based plant that is usually sold in the soil it is grown in. Most growers deliver the greens in the tray that they're grown in, so it literally – brings the farm to the kitchen. As the end user, you can cut what you want with a scissors right onto the plate. Microgreens are in demand because of their visual and exceptional flavor component. Microgreens are used to enhance the beauty, taste and freshness of a dish with their delicate textures and distinctive flavors.

Microgreens are available at the **Sandee River Farm** tent at the market. They carry several varieties of microgreens so ask questions and stop back often for the latest updates. Things to try: Garnish for soups, salads, sandwiches. Extra flavor in a potato salad or egg salad. Garnish for that special grilled steak or seafood dinner. Microgreens can be used in Wraps, Sushi, Stir fry's, Soups, Spring rolls and in meat dishes. They can even be used in your nutritional shakes!

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
Sandee 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
440-474-9885**

**Cheryl@GaugaFarmers
Market.com**

Homegrown Microgreens Salad

For the Salad:

1 cup of microgreens
1 blood orange, peeled and cubed
1/2 avocado, peeled and cubed
1/2 cup of shredded carrot or daikon radish
1/4 cup chopped walnuts

For the Dressing:

1 Tbsp. cold-pressed olive oil
1 Tbsp. lemon juice
1 clove chopped garlic (optional)
A dash of salt and pepper

Directions

If your microgreens have some soil on them, give them a light wash and air dry them in a colander for a few moments. (They are very fragile so need to be handled with care). Place them in a bowl and add the remaining salad ingredients. Stir up your vinaigrette in a little jar and pour on top of the salad.

Yield: 1-2 servings

Classic Pesto

4 cups fresh basil leaves (from about 3 large bunches)
1/2 cup olive oil
1/3 cup pine nuts
2 garlic cloves
1/4 cup freshly grated Parmesan cheese
1/4 cup freshly grated pecorino Sardo or Parmesan cheese
1 teaspoon coarse kosher salt

Combine first 4 ingredients in blender. Blend until paste forms, stopping often to push down basil. Add both cheeses and salt; blend until smooth. Transfer to small bowl. (Can be made 1 day ahead. Top with 1/2 inch olive oil and chill.)

Sauteed Yellow Squash

1 tablespoon extra-virgin olive oil
2 tablespoons butter
1/2 red bell pepper, chopped
2 medium yellow squash, sliced
Salt and pepper
2 tablespoons chopped parsley leaves
2 tablespoons chopped chives or 2 scallions, optional

Preheat skillet over medium high heat. Add oil, then butter. When butter melts, add red peppers & squash. Saute 12 to 14 minutes until squash is tender. Add salt, pepper & parsley. Add chives or scallions if you would like a layer of light onion flavor on the dish as well.

Zucchini Squares

These savory & easy quiche style squares are made with eggs, bacon, & zucchini. They're a snap to prepare & bake. They make a wonderful brunch or party appetizer. Serve with tomato salsa or marinara on the side for a fabulous snack or lunch.

1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup finely chopped onion
3/4 teaspoon Creole seasoning blend
1/4 teaspoon dried leaf thyme
6 slices bacon, cooked, not crisp, diced
1/2 cup shredded Cheddar or Cheddar Jack cheese
4 large eggs
2/3 cup Canola oil
3 cups very thinly sliced zucchini

Heat oven to 350°. Grease & flour a 13- x 9-inch baking pan. In a mixing bowl, combine the flour, baking powder, salt, creole seasoning, thyme, & chopped onion. In a small bowl, whisk the eggs with the oil. Add egg mixture to the dry mixture & stir until blended. Fold in the cheese & zucchini. Spread in the prepared baking pan; bake for about 25 minutes, until set & lightly browned around the edges. Cool slightly & cut into squares.

Blueberry Balsamic Vinegar

4 cups fresh blueberries
1 quart white balsamic vinegar
1/4 cup sugar
Zest from 1 lime, green part only, in strips
1 (3-inch) cinnamon stick

In a large non-reactive saucepan with potato masher or the back of a large spoon, crush blueberries. Add vinegar, sugar, lime zest & cinnamon; bring to a boil. Reduce heat & simmer, covered, 20 minutes. Cool slightly; pour into a large bowl. Cover & refrigerate for 2 days to allow flavors to blend. Place a strainer over a large bowl. In batches, ladle blueberry mixture into strainer; with a large spoon, press out as much liquid as possible; discard solids. Pour vinegar into clean glass bottles or jars. Refrigerate, tightly covered, until ready to use. Use in a favorite salad dressing recipe or the following vinaigrette.

Blueberry Vinaigrette

1/4 cup olive oil
3 tablespoons Blueberry Balsamic Vinegar
1/2 teaspoon salt
1/8 teaspoon ground black pepper

In a cup, combine olive oil, Blueberry Balsamic Vinegar, salt and pepper. Serve on salad greens tossed with fresh or dried blueberries. Yield: about 1/2 cup