

# 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 30, 2016**

Can you believe next week we will be into August. The sweet corn is becoming more plentiful and more vendors are selling corn. You will find corn at **BB Farms** as well as **Ridgeview Farm & Market**. You might be able to find corn at some other vendors as a pleasant surprise. Make sure you pick up a dozen or half dozen of your favorite ears. Patrick from **MapleCrest Farm** will be there this week with cucumbers, sugar snap peas, zucchini, patty pan squash and golden zucchini. In addition, I have seen kohlrabi and vine ripened tomatoes at **Hershberger Produce**. The microgreens have been plentiful at **Sandee River Farms** as well as herbs 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, egg, meat, and mushroom vendors round out the market. Enjoy your shopping experience!

What's happening in August? On August 20<sup>th</sup>, the Corn Celebration will be happening at the market. This will be our sixth annual celebration of sweet corn, and sure to be our best one yet. Make sure you mark your calendar to try some of the most creative toppings to put on sweet corn. You would be surprised at all the toppings.

August 27<sup>th</sup> will be our third & final Farm Tour of the season. This adventure will take you to Auburn to visit Sirna's Farm and Market. The tour will leave the Geauga Fresh Farmers' Market at South Russell Village parking lot at 1:00 p.m. SHARP. The tour is FREE & there are 29 seats available per date on an air-conditioned mini-bus. The Sirna family raises grass-fed beef, free-range eggs, & a multitude of vegetables. Their family sausage recipe is legendary! Tour at the farm will be approximately 1.5 hours. Learn how your food is produced, harvested, packaged & cared for. Samples provided. Participants MUST pre-register at the Geauga Fresh Farmers' Market or by calling Cheryl Hammon at 440 474 9885. These events are funded through a grant from the USDA's Farmers Market Promotion Program.

**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  
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  
Sandee 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

**Cheryl Hammon,  
Market Manager  
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Cheryl@GauguaFarmers  
Market.com**

Were you at the market last week. This is the recipe for the pasta salad made by our guest chef. William from the ICASI/Loretta Paganini School of Cooking booth at the market was grilling it up last week. Make sure you get all your ingredients today – and try your hand at making this great salad now that you have the recipe.

### **Grilled Vegetable Pesto Pasta Salad**

1 lb dry pasta, cooked (I used orecchiette)  
1 Tbsp Tuscan Reserve Seasoning from Great Lakes Spice at the market  
¼ cup olive oil  
2 tsp salt  
1 tsp black pepper  
1 lb assorted vegetables grilled (I used corn, sweet onions, zucchini, and tomatoes)  
1/8 c fresh basil, chopped.  
1 Tbsp minced garlic

Mix the olive oil and seasoning mix to brush on vegetables, the rest add to the pasta. Grilled vegetables with a little extra salt and pepper added to give them a little character (I grilled the corn for about 10 minutes on the upper rack with the husk on). Chop vegetables to desired size, mix it all together, season to taste(maybe even add a little parmesan for a zing)

### **Squash Stuffing**

1 1/2 pounds yellow squash  
1 pound zucchini  
1 small sweet onion, chopped  
2 1/2 teaspoons salt, divided  
1 cup grated carrots  
1 (10 3/4-oz.) can cream of chicken soup  
1 (8-oz.) container sour cream  
1 (8-oz.) can water chestnuts, drained & chopped  
1 (8-oz.) package herb-seasoned stuffing  
1/2 cup butter, melted

Preheat oven to 350°. Cut squash & zucchini into 1/4-inch-thick slices; place in a Dutch oven. Add chopped onion, 2 tsp. salt, & water to cover. Bring to a boil over medium-high heat, & cook 5 minutes; drain well. Stir together 1 cup grated carrots, next 3 ingredients, & remaining 1/2 tsp. salt in a large bowl; fold in squash mixture. Stir together stuffing & 1/2 cup melted butter, & spoon half of stuffing mixture in bottom of a lightly greased 13 x 9 inch baking dish. Spoon squash mixture over stuffing mixture, & top with remaining stuffing mixture. Bake at 350° for 30 to 35 minutes or until bubbly & golden brown, shielding with aluminum foil after 20 to 25 minutes to prevent excessive browning, if necessary. Let stand 10 minutes before serving.

### **MEDITERRANEAN CUCUMBER SALAD**

1 pound cucumber, seeded and diced small  
1 pound ripe tomatoes, seeded and diced small  
½ cup red onion, diced small  
½ cup fresh parsley, finely chopped  
½ cup fresh mint, finely chopped  
¼ cup lemon juice  
3 tablespoons olive oil  
½ teaspoon salt

For the cucumber and tomato – slice in quarters, remove the seedy centers, and then dice into small pieces. Place all ingredients in a large bowl, and mix until the vegetables are evenly coated. Refrigerate for at least 2 hours before serving. Note: The smaller the dice on the vegetables, the better this salad will be!

### **Summer Vegetable Medley**

3 cups sliced cut vegetables (such as broccoli, cauliflower, greens, squash, beans, peas or carrots)  
1 tablespoon vegetable oil  
1/2 green or red pepper sliced  
1/4 teas powdered ginger OR  
1 teas chopped ginger root  
1 clove garlic, minced, OR  
1/8 teaspoon garlic powder  
2 teaspoons water

Heat a 10-inch frying pan or wok over high heat. Add oil. When oil is hot, add ginger and garlic, and cook about 30 seconds. Add vegetables, and water. Stir fry until tender. Serves 3.

### **10+ 1 Recipes for Corn on the Cob Grilled & Seasoned Recipes**

Real corn eaters, eat their corn bare! But to add some spice to your life, try one of the seasoning combinations below to add some surprising flavor to an old time summer favorite.

To grill corn, simply peel back the husks, do not remove. Discard the silks, rinse & dry corn. Season, then fold husks around ears & tie with a string. Grill on rack of uncovered grill over medium coals for 25 minutes, turning occasionally until kernels are tender.

Try one of the seasonings below!

1. Fresh sage, rosemary leaves, and butter
2. Guacamole, fresh squeezed lime juice
3. Hummus, red pepper, olive tapenade
4. Cinnamon, granulated sugar, melted butter
5. Curry powder, chopped pistachios, melted butter
6. Coarse sea salt, pepper, cumin seeds, olive oil
7. Mayonnaise, Mexican cojita cheese, ground chili powder
8. Pesto sauce, freshly grated parmesan cheese
9. Fruit chutney with melted butter
10. Herbed pepper seasoning blend with butter
11. Butter, basil, parsley, and salt