

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 9, 2016

TODAY IS KIDS DAY at the market! Your little ones will enjoy meeting with our farmers and participating in crafts and activities that spark their interest in fresh produce to be found in Geauga County. Let your children meet the farmers who grow their food. From the bee keeper to the cheese maker, from the family who raises cattle to the produce farmer, everyone has a story to share with you and your children.

No Kids? **Be a kid at heart and come join the festivities!** Get your picture in our photo booth where you can act the part.

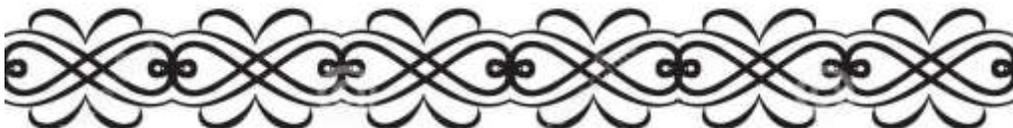
Also today is our second FARM TOUR. For those with reservations, the party bus leaves from this parking lot at 1pm today. We will visit **BB Farm in Troy Township** where Bryan Briggs, a fifth generation farmer, is raising beef, pork and free-range chickens and great sweet corn. Learn how your food is produced, harvested, packaged and cared for. Samples of Italian Sausage will be provided at the end of the tour.

If you missed out on this opportunity - our last Farm Tour will be held on Saturday August 20th with a trip to Sirna's Farm & Market. The Sirna family raises grass-fed beef, free-range eggs, and a multitude of vegetables including hydroponic tomatoes. Their family sausage recipe is legendary! Take a trip to Auburn and tour their farm. Participants must pre-register at the Geauga Fresh Farmers' Market or by calling Cheryl Hammon at 440 474 9885. Reserve your space early for our next adventure.

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
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
440-474-9885
Cheryl@GauguaFarmers
Market.com**

Garden Fresh Gazpacho

If you had an opportunity to taste this last Saturday at the market, samples were available from Pat Malak at the Sandee River Farms Tent, it was fantastic !!

Here's the recipe if you would like to make some more on your own.

1 large head of cabbage
3 med dark green zucchini
2-3 med yellow summer straight neck squash
5 stalks of celery
2 large sweet onions
8 – 10 large tomatoes
2 – 3 cans of crushed tomatoes
6 – 8 springs of parsley
6 -8 springs of cutting celery
3 -4 good shakes of dry minced onion
garlic salt. salt and black pepper – to taste

Cut all the produce to serving size, add canned tomatoes for juice and cook till ready to serve. Can be eaten cold or hot!

Blueberry zucchini cake with lemon buttercream

3 eggs, lightly beaten
1 cup vegetable oil
3 teaspoons vanilla extract
2 1/4 cups white sugar
2 cups finely shredded and drained zucchini
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1/4 teaspoon baking soda
1 pint fresh blueberries (you can reserve a few for garnish if so desired)

Lemon Buttercream

1 cup butter, room temperature
3 1/2 cups confectioners' sugar
1 lemon, juice and zest of (about 2 tablespoons)
1 teaspoon vanilla extract
1/8 teaspoon salt

Preheat oven to 350 degrees F. Prepare two 8-inch round cake pans. Grate a large zucchini (or two small zucchini) and place in a clean dish towel. Squeeze until most of the liquid comes out. You will want to have 2 total cups of shredded zucchini after it has been drained. Set aside.

In a large bowl and using a hand mixer, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Slowly add in the flour, salt, baking powder, and baking soda. Gently fold in the blueberries. Divide batter evenly between prepared cake pans. Bake 35-40 minutes in the preheated oven, or until a knife inserted in the center of a cake comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Frosting Combine butter, sugar and salt and beat till well combined. Add lemon juice and vanilla and continue to beat for another 3 to 5 minute or until creamy. Fold in zest (If you are piping this buttercream, I recommend leaving out the zest).

Cucumber, Tomato, and Avocado Salad

1 English cucumber
4 Roma tomatoes
3 ripe avocados
1/2 red onion
1/4 cup cilantro
Juice of 1 lemon
Salt and black pepper to taste
2 Tbsp. extra virgin olive oil

Place sliced cucumber, tomatoes, avocados, onion, and cilantro in a large salad bowl. Toss with olive oil, lemon juice, salt, and pepper.

VEGGIE TOPPERS

Give your vegetables extra flavor with a sprinkle of any of the following. You would be surprised if you have children hesitant to eat their veggies, what a little extra flavor will do.

Toasted chopped nuts like walnuts, almonds, or peanuts
Crumbled bacon
Toasted sesame seeds
Bread crumbs
Chopped fresh herbs
Grated parmesan or cheddar cheese
Chopped hard boiled eggs
Dipping sauce – like the one suggested here

Sesame Orange Dipping Sauce

2 Tablespoons orange juice
1 teaspoon orange rind, finely grated
1/4 cup olive oil
1 teaspoon sesame oil
Sea salt to taste
Freshly ground pepper to taste

Whisk together until well blended; serve with asparagus, broccoli, or grilled squash, or your favorite vegetables.

Eggs in a Nest Recipe

1 slice of bread
1 egg
1 teaspoon butter or margarine
Salt and pepper to taste

Use a 3 inch cookie cutter to cut a shape out of the center of a slice of bread. Melt butter in a fry pan, place bread in pan & break egg in hole. Lay the cutout shape in pan & toast until golden brown. Sprinkle with salt & pepper. When egg is cooked on bottom, flip the toast & finish cooking another minute.