

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>

June 18, 2016

TODAY The first **FARM TOUR!** If there are still spaces available you might be able to squeeze in. The bus leaves the Geauga Fresh Farmers' Market at the South Russell Village parking lot at 1:00 p.m. SHARP. The tour is **FREE** and there are only 29 seats available on an air-conditioned mini-bus. The tour bus will go to Ridgeview Farm in Mesopotamia where the Grover family raises strawberries, green beans, berries, pumpkins and tomatoes. Each participant will have an opportunity to pick his/her own quart of strawberries! These events are funded through a grant from the USDA's Farmers Market Promotion Program. If you weren't able to take advantage of today's tours - there will be two more tours later this year.

On July 9 the tour 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. Finally, on August 27 participants on the tour will see Sirna Farm and Farm Market in Auburn Township. The Sirna family raises grass-fed beef, free-range eggs, and a multitude of vegetables including hydroponic tomatoes. Their family sausage recipe is legendary! Each tour at the farm will be approximately 1.5 hours. Learn how your food is produced, harvested, packaged and cared for. Samples provided at every farm. Participants **MUST** pre-register at the Geauga Fresh Farmers' Market or by calling Cheryl Hammon at 440 474 9885. Now that you know how much FUN these tours are - consider reserving your space early for the next adventure.

Locally grown strawberries will soon be reaching the end of the harvest season. However, they are being pleasantly replaced by fresh red raspberries. Fresh baked goods, locally raised meat, fresh flowers, fresh eggs, honey, maple syrup, hand-made soaps and lotions, cheese, jams and jellies, herbs and garlic, vegetables, plants, and various craft items are filling the market tents each week. Seasonal produce varies from week to week. This week look for radishes, beets, spinach, all kinds of salad greens, scapes, kohlrabi, onion, kale, zucchini, sugar snap peas, and red raspberries. Eggs continue to be plentiful and flowering plants have replaced many of the vegetable and herb plants.

The primary goal of the Market is to connect local farmers and producers with consumers. By shopping at the market customers have the opportunity to buy the freshest produce directly from the farmers who grow it. Not only does this benefit the customer but it helps keep farming alive in Geauga County by returning more dollars to the farms.

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
Heartwood Roastery
Herb Thyme
Hershberger Organic Produce
Homestead Soap & Spa
June Eve's Farm
Littlewing Woodwork
Maple Crest Farm
Maplestar Farm
Nina's Kitchen
Ohio Farm Direct
Peaceful Breeze Farm
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
Woolf Farms
Worms 'n Wood



**Cheryl Hammon, Market Manager
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Macaroni with Green Peas

- 1/2 cup cream
- 1/2 teaspoon salt
- 1/3 cup macaroni (shells)
- 1 cup green peas S

Shell & cook fresh green peas by boiling in water or steaming. Drain. Cook macaroni in boiling salted water. Drain, then pour a dash of cold water over noodles. Drain again. In pan, add cream, salt, & green peas then add noodles. Heat & cook for 5- 10 min over medium flame.

Mixed Green Salad with Strawberry Dressing

- 1-pound basket strawberries, hulled, halved
- 1 5-ounce package mixed baby greens
- 1 1/3 cup crumbled feta or other sharp cheese
- 1/2 cup pecans or walnuts, toasted
- 1/2 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon sugar

Mash enough strawberries to measure 1/3 cup. Place remaining strawberries in large bowl. Add greens, cheese, and nuts. Whisk oil, vinegar, and sugar in small bowl to blend. Whisk in mashed strawberries. (A food processor may also be used.) Season dressing with salt and pepper. Add to salad; toss to coat. Makes 6 servings.

Apple Strawberry Jelly

- 1 1/2 c Unsweetened bottled apple juice
- 1 pt Fully ripe strawberries
- 3 1/2 c Granulated sugar
- 1 Pouch liquid fruit pectin

Pour apple juice into a preserving kettle or large saucepan. Thoroughly crush the berries, using a potato masher, one layer at a time; measure 1/2 cup prepared berries; add to apple juice; add sugar. Place pan over high heat; bring to boil, stirring continuously; at once, stir in liquid fruit pectin; bring to a full rolling boil; boil hard for 1 minutes, stirring continuously; remove kettle from heat. Skim off foam with a metal spoon; pour quickly into hot sterilized jars, leaving 1/2 inch head space; seal with melted paraffin wax; cover with clean lids. Store in a cool, dark, dry place.

White Bean and Garlic Scapes Dip

Recipe from: The New York Times

- 1/3 cup sliced garlic scapes (3 to 4)
- 1 Tbsp freshly squeezed lemon juice
- 1/2 teaspoon coarse sea salt, more to taste
- Ground black pepper to taste
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1/4 cup extra virgin olive oil, more for drizzling.

In a food processor, process garlic scapes with lemon juice, salt & pepper until finely chopped. Add cannellini beans & process to a rough purée. With motor running, slowly drizzle olive oil through feed tube & process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired. Spread out dip on a plate, drizzle with olive oil, & sprinkle with more salt. Makes 1 1/2 cups.

Spanakopita - Goat Cheese and Spinach Turnovers

- 1 T Olive Oil
- 1/2 Diced Red Onions
- 2 cloves Garlic – minced
- 2 bunches fresh spinach – chopped
- 2 oz soft fresh goat cheese
- 1/3 c toasted pine nuts
- 3 T grated parmesan cheese
- 1/2 t minced fresh rosemary
- 1/2 t grated lemon peel
- 4 Frozen phyllo pastry sheets
- 1/2 c (1 stick) unsalted melted butter

Heat oil in heavy skillet over medium heat. Add onion, garlic – sauté 5 min. Increase to high heat, add spinach and sauté till wilted. Drain, pressing solids to release all liquid. Transfer to bowl and cool completely. Add cheeses, nuts, rosemary, and lemon. Season with salt and pepper. Place 1 phyllo sheet on working surface, cut into 3 strips lengthwise. Brush with butter, place 1 T filling at end of strip, fold pastry over, like triangle and repeat folding up length of pastry (like a flag). Brush with butter, repeat for remaining pastries. Transfer turnovers to baking sheet. Cover and chill. Preheat oven to 375F. Bake until golden brown about 12 minutes. Cool slightly.

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.