

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 25, 2016

UPCOMING EVENTS:

TODAY! It's the end of the RED strawberries. But thank goodness the Fourth of July is right around the corner, because we are moving onto BLUE. You will find the biggest, best blueberries at **Blue Jay Orchard**. Expect about 3-4 weeks of great blueberries at the market. What's your favorite way to eat them - in cereal, with ice cream, in a muffin, in bread pudding, in pancakes, or just out of the box? Stock up on this great fruit now while in peak season.

Turning Point Farm located in Newbury will be at the market today with their Alpaca products. Also at the market today you will find broccoli, peas, kale, greens, garlic scapes, onions, turnips, cucumbers, and high tunnel tomatoes as our produce continues to build in variety each week. Do you need ideas to get those green leafy vegetables into your child's diet? Heck sometimes we all need a way to eat more of those leafy vegetables. Today at the market, **Chef Norbert from ICASI** (International Culinary Arts and Sciences Institute) in Chesterland will be making smoothies from items in the market. Make sure you stop by the market tent for a sampling of the latest creation.

NEXT WEEKEND, JULY 2nd is GRILLING DAY! See our me at vendors next week for samples, and to stock up on your favorite meats from the market. **Harvest Bell Farm** will be grilling mini pork burger sliders. **Sirna's Farm & Market** and **BB Farms** will also be grilling. And if that isn't enough **Great Lakes Spices** will be at the market, with spices to bring out the best flavors in your grilling creations. The rubs and sauces to add to your favorite grilled meats will be featured in the newsletter. Come hungry and stock up for your Fourth of July picnic.

JULY 9th - KIDS DAY at the market. Bring your kids to meet the farmers and participate in crafts and activities to spark their interest in the freshest produce available in Geauga County. No Kids? Be a kid at heart and come join the festivities!

Get your reservation in for a spot on the next **Farm Tour** taking place on the July 9th tour bus. 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 provided at every 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 the next adventure.

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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Cucumber Salad

3 lg cucumbers, peeled, thinly sliced
1 cup white vinegar
3/4 cup water
3/4 cup sugar
1 teaspoon salt
dash ground cayenne pepper
dash dried parsley flakes
1/8 teaspoon black pepper
dash dried leaf basil

Combine all ingredients except cucumbers; heat until sugar melts. Pour warm mixture over cucumbers. Store covered in refrigerator.

Sautéed Snap Peas

1 1/2 pounds fresh sugar snap peas
1 tablespoon good olive oil
1 1/2 teaspoons kosher salt
3/4 teaspoon freshly ground black pepper
Sea salt or fleur de sel, for serving

Remove and discard the stem end and string from each sugar snap pod. Heat the olive oil in a large sauté pan over medium-high heat. Add the sugar snap peas, salt and pepper and sauté, tossing occasionally for 3 to 5 minutes, until the sugar snap peas are crisp tender. Place the sugar snap peas in a serving bowl, sprinkle with sea salt and serve.

Mashed Potatoes with Garlic Scapes

2 1/2 lb. russet potatoes, peeled & cut in 1" pieces.
1/2 stick butter
2 Tbs. olive oil
1/4 cup finely chopped scapes
1/4 cup hot milk (or more)

Cook potatoes until very tender. Drain and return to pot. Over medium high heat, melt butter with olive oil in a small skillet. Add scapes and sauté about 5 minutes. Add to potatoes and mash. Gradually add milk while stirring. Season with salt and pepper.

Red Onion and Cucumber Salad

1/4 c minced red onion
3 T red wine vinegar
1 large cucumber, sliced thin
1 T sugar

Mix the onion with cucumber, vinegar, and sugar. Cover and chill up to 4 hours. Add salt to taste. 5 - 6 servings.

Blueberry Bread Pudding

Recipe from: Diana Rattay, About.com

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

Heat oven to 350°. Butter an 11- x 7-inch baking dish. Whisk together milk, eggs, sugar, flavorings, and zest. Add the bread and let stand for 10 to 15 minutes. Toss blueberries with powdered sugar then stir into the bread mixture. Pour into the prepared baking dish. Set the baking dish in a larger pan and 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 and lightly browned on top. (8-10 servings)

Fresh Broccoli Salad

Recipe from Nora at allrecipes.com
Serves 9

2 heads fresh broccoli
1 red onion
1/2 pound bacon
3/4 cup raisins
3/4 cup sliced almonds
1 cup mayonnaise
1/2 cup white sugar
2 T white wine vinegar

Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble. Cut the broccoli into bite-size pieces and cut the onion into thin bite-size slices. Combine with the bacon, raisins, your favorite nuts and mix well. To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.

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.