

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>

May 21, 2016

Something NEW happening at the farmers' market this summer -

Farm Tours! The market will sponsor 3 Farm Tours this summer: Saturdays June 18, July 09 and August 27th. The tours will leave 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 29 seats available per date on an air-conditioned mini-bus. On June 18 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! Other tours include a visit to BB Farm on July 9th, and a trip to Sirna Farm and Farm Market on August 27th. 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. These events are funded through a grant from the USDA's Farmers Market Promotion Program.

Cold weather has slowed production of mushrooms, so you won't see Forest Fungi Farm today. However, our first cooking demonstration will be taking place today! Chef Stefanie Paganini of **the Loretta Paganini School of Cooking** at the International Culinary Arts and Sciences Institute (ICASI) in Chesterland will be doing a Farmer's Market Risotto with items from the market. The school has graciously offered to provide cooking demos throughout the summer. Make sure you stop by to say hello and sample the Farmers Market Risotto.

Harvest Bell Farm will be at the market this Saturday so be sure to stop by and stock up on ribs, hot dogs, ground pork, bacon and all of your BBQ staples for the Memorial Day holiday! Also, Harvest Bell Farm will be receiving its delivery of turkey poult (baby turkeys) in early July to raise for your Thanksgiving holiday. They will only be ordering so many, so they need to know NOW if you would like to reserve one. The turkeys will be raised on pasture and fed NON-GMO grains and no antibiotics. Frozen turkeys will be ready in mid-November for pick-up. Stop at the market and let them know!

Three varieties of potato tubers, which are sprouting buds of seed potatoes will be available today from **Herb Thyme**. Varieties include Russian banana fingerling, Adirondack Red, and All Blue. They are \$3 per pound and sold 5 & 10 pound bags. Courtney will also have Thornless Blackberry plants, "Freedom" for sale.

GEAUGA FRESH FARMERS' MARKET MEMBERS - 2016

Aurora Springs Honey
Avalon Gardens Nursery
Bat Barn Farm & Foraging
BB Farms
B Sweet Baking Company
Blue Jay Orchard
Carhop's Burger Sauce
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
440-474-9885**

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Strawberry Spinach Salad with Feta & Bacon

A bunch of baby spinach leaves
1 quart of fresh strawberries
4 ounces crumbled feta cheese
1 small sweet onion, sliced
3-4 slices crumbled Harvest Bell Farm bacon
½ bottle (16 ounces) raspberry vinaigrette salad dressing

Place spinach in large salad bowl & slice strawberries over spinach; sprinkle with feta cheese, onion, and bacon. Pour raspberry dressing over salad and toss to coat.

Simply Steamed Asparagus

1 bunch asparagus spears
1 teaspoon butter
1/4 teaspoon salt
3 cups water

Place water in the bottom half of a steamer pan set. Add salt and butter, and bring to a boil. Trim the dry ends off of the asparagus (if there are any). If the spears are thick, peel them lightly with a vegetable peeler. Place them in the top half of the steamer pan set. Steam for 5 to 10 minutes depending on the thickness of the asparagus, or until asparagus is tender.

Simple Salad Dressing

1 whole clove garlic, peeled
¼ cup balsamic vinegar
½ cup extra virgin olive oil
1 teaspoon honey
¼ teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

Smash the garlic clove with the back of a knife. Add garlic to the other ingredients in a jar or other airtight container. Cover, shake well and serve. Store in the refrigerator for up to 1 week.

Cheesy Potato Bake with Eggs

1 medium onion, finely chopped
2 tablespoons butter
4 teaspoons all-purpose flour
1 ½ cups milk
8 ounces sharp cheddar cheese, shredded
3 lbs russet potatoes, peeled & thinly sliced*
1 1/2 cups chopped fresh broccoli
1 tablespoon vegetable oil
8 eggs
2 tablespoons milk
6 slices bacon, crisp-cooked, drained, & crumbled
1 large tomato, chopped

Arugula and Hummus Mini Pizzas

2 tablespoons hummus, or to taste
1 naan bread or sturdy flat bread
1 cup arugula, or to taste
1 date, pitted and finely chopped
2 teaspoons pumpkin seeds
1 teaspoon balsamic vinegar, or to taste

Spread hummus onto naan bread; top with arugula, date, and pumpkin seeds. Drizzle balsamic vinegar over pizza. Cut in quarters and serve.

Tangy Rhubarb Salsa

2 cups thinly sliced rhubarb
1 small red onion, coarsely chopped
1 lg green bell pepper, seeded & coarsely chopped
1 large red bell pepper, seeded and coarsely chopped
1 lg yellow bell pepper, seeded & coarsely chopped
1 jalapeno pepper, seeded & chopped - or to taste
1/2 cup chopped fresh cilantro
3 roma (plum) tomatoes, finely diced
2 teaspoons brown sugar
5 tablespoons Key lime juice
2 teaspoons coarse salt
1 pinch garlic powder, or to taste
ground black pepper to taste

Stir rhubarb into a large pot of boiling water and cook for 10 seconds. Quickly drain rhubarb and rinse with cold water until cool; transfer rhubarb to a large bowl. Place red onion, green, red, and yellow bell peppers, jalapeno pepper, and cilantro into a food processor and pulse 3 or 4 times to finely chop; transfer pepper mixture to bowl with rhubarb. Stir in roma tomatoes. Dissolve brown sugar in Key lime juice in a bowl; lightly stir lime juice mixture into rhubarb mixture. Sprinkle salsa with salt, garlic powder, and black pepper and stir salsa again. Refrigerate at least 3 hours to blend flavors.

Preheat oven to 325F. In a medium saucepan cook onion in butter over medium heat for 4 min until tender, stirring occasionally. Stir in flour, 1/2 tsp. salt, & 1/2 tsp. ground black pepper. Stir in milk; cook & stir until slightly thickened & bubbly. Stir in cheese until melted. In a 3- quart baking dish, layer potatoes, then cheese sauce. Bake, covered, about 55 min, until potatoes are tender. In a large skillet, cook broccoli in hot oil over medium heat for 5 minutes until nearly tender, stirring frequently. In a large bowl, beat together eggs, water, 1/2 tsp. salt, & 1/4 tsp. ground black pepper. Pour over broccoli in skillet. Cook over medium heat, without stirring, until mixture begins to set on bottom & around edges. Using a spatula, lift & fold partially cooked egg so uncooked portion flows underneath. Cook 2 minutes more or until egg is cooked yet still moist. Spoon over potatoes. Top with bacon & chopped tomato. Serve immediately.