

GEAUGA FRESH FARMERS' MARKET



**FIFTEEN
YEARS
STRONG
IN 2016**

**Come and experience all Geauga
County has to offer.**

**OPEN SATURDAYS
May - October 2016
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>

October 1, 2016

Well to October – we will see you here until October 15th, and then we will be moving indoors for our second season of the winter market at Lowe's Greenhouse. Keep enjoying what Geauga County has to offer.

Apples have arrived – expect lots of varieties of these fall favorites. Also, fall decorations have arrived – cornstalks, indian corn, mums, and gourds. There are still lots of tomatoes, fresh greens, ground cherries, tomatillos, sweet and hot peppers, cauliflower, onions, banana peppers; spaghetti, butternut, buttercup, delicata, acorn, banana and other winter squash varieties, zucchini and yellow summer squash, potatoes, broccoli, varieties of eggplant and beets, cucumbers, fresh herbs, Italian or Polish sausage, bacon, eggs, honey and maple syrup, soaps and lotion, breads, cookies, cinnamon rolls, and crafts.

Fall festivals and activities are filling the calendar. Many of our farmers are having events at their farms. Watch their tables for information about upcoming hay rides and activities. In addition, there are many activities happening in South Russell and the local community.

Geauga Park District will be hosting a fall exploring the park nature walk on Sunday October 30th from 3 – 4:30pm at Frohing Meadows. In addition, South Russell Village will be hosting their fall festival on Sunday, October 2nd from 12 – 5pm. Also paper shredding will be taking place from 9am to 12noon next weekend here at the South Russell Village parking lot. Take advantage of the last day to shop at the market while your old papers are shredded. I expect to see gourds and pumpkins as well as acorn squash today at the market. Tomatoes and peppers have continued to be plentiful into the month of September, and I expect to still find those at the market table too. The colder crops of potatoes, peas, broccoli, beets, carrots, and brussel sprouts should be available as well. Explore and discover what is still growing in the fields and harvested for offering today at the market. You will be surprised at what you can find.



Thank you!
South Russell Village for
15 years of tremendous support!

South Russell Fall Festival –
Sunday 12 – 5pm at the Park on Bell Road, parking at Gurney

GEAUGA FRESH FARMERS' MARKET MEMBERS – 2016

Aurora Springs Honey
Avalon Gardens Nursery
Bat Barn Farm & Foraging
BB Farms
Blue Jay Orchard
Carmen's Homemade breads
Carhop's Burger Sauce
DiBlasi Bakery
Farmington Home
Forest Fungi Farm
Geauga 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
Santee River Farm
Sandra Kay All Natural Skin
Care
Sirna's Farm & Market
So Sweet
Turning Point Farm
Two Ponys

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Enjoy the fruits of the three sisters! The Native American crop tradition called the "three sisters" interplants corn, beans & zucchini. Squash spreads its leaves low & wide underfoot. Corn offers beans a sturdy trellis. Beans enrich the soil with nitrogen. Squash elbows out weeds. Call it, like old-time gardeners, "the three sisters," & the teamwork pays off, making each plant healthier & each salad happier.

THREE SISTERS SALAD 4 servings
2 tender zucchini (each about 6-7 inches long)
3 ears corn, shucked
1 LB/3 cups fresh green beans, cut in half
2 TB olive oil
2 TB freshly squeezed lemon juice
salt and freshly ground black pepper to taste

Use a vegetable peeler to carve zucchini, peel into long ribbons. Discard the seed-speckled core. Heat a large pot of salted water to a boil. (If you've got a strainer pot, use that. If not, a large pot, a handheld strainer & tongs will come in handy.) Drop in corn & cook until shocking yellow, about 7 minutes. Pull out corn & let cool. Bring the water in the pot back to a boil. Add green beans. Cook until bright green & crisp/tender, 2 to 3 minutes. Pull out beans & cool under cold running water. Drain & pat dry. When water has returned to a boil, add the zucchini ribbons. Cook, stirring gently, until edges are bright green & zucchini is tender, about 1 minute. Pull out & cool under cold running water. Drain & pat dry. Shave corn kernels from the cobs using a chef's knife. Hold one end of the corn & support the other end on the cutting board & run the knife down the length of the corn close to the hard stem. In a large salad bowl, combine lemon juice, salt & pepper. Stir to dissolve salt, then add olive oil. Mix to emulsify. Drop corn kernels into bowl & tumble in beans & zucchini ribbons. Toss gently. Chill. Enjoy.

Sausage Cabbage Skillet

1 lb smoked kielbasa sausage
cut into ¼" slices
1 small head cabbage, chopped
1 medium green pepper, chopped
1 medium sweet onion, chopped

In a large skillet, brown the sausage; drain. Stir in the remaining ingredients. Cover and cook for 30 minutes or until the vegetables are tender.

Chili

1 lb dry Great Northern white beans
1 lb smoked Italian sausage, sliced
2 celery stalks, sliced
4 garlic cloves, minced
1/2 teaspoon dried fennel
1/4 teaspoon dried sage
1 (14.5-ounce) can diced tomatoes or an equivalent amount of diced, fresh tomatoes
2 cups water

Use a 6-quart slow cooker. Sort through the beans, & soak overnight. If you don't have time to soak them overnight, boil rapidly on the stovetop for 10 minutes, then remove from the heat & cover. Let the beans sit in hot water for 1 hour before draining & using in the slow cooker. Put the beans into the cooker, & add the sausage & celery. Add the garlic, fennel, & sage. Pour in the tomatoes & water, & stir to combine. Cover & cook on low for 8 to 10 hours, high for 4 to 5 hours, or until the beans have reached the desired tenderness.

Hash Brown Omelet

4 slices bacon
2 cups shredded hash brown potatoes (about half of a 20-ounce package)
¼ cup chopped onion
¼ cup chopped green sweet pepper
4 eggs
¼ cup milk
½ teaspoon salt
Dash ground black pepper
1 cup shredded cheddar cheese (4 ounces)
sliced green onions (optional)

In a large skillet cook bacon until crisp. Drain bacon on paper towels, reserving 2 tablespoons drippings in skillet. Crumble bacon; set aside. Combine potatoes, chopped onion, and sweet pepper; pat into the skillet. Cook, uncovered, over low heat about 7 minutes or until crisp and brown, turning once. Meanwhile, in a small mixing bowl beat together eggs, milk, salt, & pepper; pour over potato mixture. Top with cheese & bacon. Cover; cook over low heat for 5 to 7 minutes or until egg mixture is set. Loosen omelet; fold in half. Turn out of skillet onto plate. Cut into wedges to serve. If desired, garnish with green onions. Makes 4 servings

