

GEAUGA FRESH FARMERS' MARKET



Come and experience all Geauga County has to offer.

OPEN SATURDAYS

May - October 22, 2011
9:00-1:00p.m.

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 4, 2011

Last week we introduced all our new vendors, and accidentally missed one. Many of you may have already met **Great Lakes Growers** with their attractive lettuce varieties that are gathering attention. They grow a variety of broad leaf greens using hydroponic techniques in a green house. From Kirtland, you will find bib lettuce, romaine, buttercrunch, arugula, and Asian varieties that are sold with the roots intact, so you can continue to grow them on your counter at home. They also have several herbs that are available from their very unique tube stand. Please introduce yourself as you enjoy some of their early produce and hydroponic greens.

Items available this week include hanging baskets, geraniums, impatiens, planters, and other various annual flowers. Expect to find perennials including azaleas, trillium, and violas. In addition to plants, you will be able to find some of the early seasonal crops including salad greens, rhubarb, parsnips, kale, spring garlic, and possibly some asparagus. The products that aren't so dependent on the weather and are available weekly include: honey, maple syrup, pickles, peanut and almond butter, cut flowers, grass-fed beef, angus beef, sausage, lamb, eggs, various bottled sauces and hand-made pasta, fresh baked goods, hand-made soap and lotions, cheese, jams and jellies, teas, and home-made craft items.

Upcoming Events

The **Gauga County Master Gardeners' 3rd annual Garden Tour and Plant Sale** takes place on Wednesday June 22 from 10am - 4pm. Tickets for the tour are \$15 and are available at the Munson Township Community Room at 12210 Auburn Road in Chardon. All gardens are in Munson within 5 miles. In addition they have a plant sale at the Community Room where perennials, annuals, houseplants, vegetable plants, trees, shrubs, and tropical will be available for purchase. All plants have been donated by Master Gardeners and will be identified and available at reasonable prices.

The **Gauga Fresh Farmers' Market** will be hosting its **2nd Annual Kids Day** on **Saturday June 18th** to celebrate summer vacation and educating kids about the fun shopping adventure that awaits them in South Russell. Bring your kids to the market and let them meet the farmers who grow fresh produce. 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 your kids.

Vendor Feature - Maple Valley Sugarbush

If you haven't stopped at the **Maple Valley Sugarbush** Booth at the Farmers' Market, make sure you visit them soon to try their 2011 Maple Syrup. They produce pure maple syrup in three ambers, light medium and dark bottled in seven sizes. Their bottles are beautiful and are ready to be displayed on your breakfast table or as a fabulous gift. In addition to syrups, they have maple candies and maple cream for those special treats. Make sure to visit Donna, David, and Nick Divoky today at the market.

GEAUGA FRESH FARMERS' MARKET MEMBERS - 2011

All the Above Farm
Bake My Day
Beecology
Blue Jay Orchard
Cake Kisses
Chelsea Flower Garden
Cibo Homemade Pasta
Classic Kettle Corn
Countryside Home Bakery
Endeavor Farm
Great American Lamb Co.
Great Lakes Growers
Herb Thyme
Hershberger Produce
Hot-Kiln Farm
Jack Mountain's Farm
Jarz and Barz Ltd.
LJL Farm
Luciano's Ristorante
Mackenzie Creamery
Maple Crest Farm
Maplestar Farm
Maple Valley Sugarbush and Farm CSA
Mayfield Road Creamery
Middlefield Original Cheese Coop
Miller's Jams
Ohio Honey
Paul Dixey Flowers
Pheasant Valley Farm
Quinn and Quinn
Radiant Life
Ridgeview Farm
Rock Valley Run CSA Farm & Greenhouse
SAND Farm LLC
Schultz Fruit Farm
Sirna's Farm and Market
Sleeping Dragon Botanicals
Sugar Me



MAPLE BREAD PUDDING

Recipe from: Maple Valley Sugarbush

¾ cup **maple syrup**
2 cups of milk
2 **eggs**
½ cup chopped walnuts, pecans or raisins
14 **thick slices of bread** (without crusts)

1 tsp. lemon juice
¼ tsp salt
¼ tsp vanilla extract

Pour maple syrup in the top of a double boiler. Butter each slice of bread, then cube, Add bread to the syrup, along with nuts and lemon juice. In a medium-sized bowl, beat the milk, eggs, salt & vanilla and pour over the bread mixture. Do not stir, but press the bread down with a fork so that it is thoroughly moistened. Set over boiling water & cook, uncovered for 1 to 1 ¼ hours, or until a knife inserted into top comes out clean. Add more boiling water to the bottom of the pan as needed. The pudding makes its own sauce, spoon it over each serving.

Maple Pork Chops

Recipe from Maple Valley Sugarbush

6 **pork chops** (cut 1: thick)
1/8 tsp pepper
¼ cup **maple syrup**
½ tsp Chili Powder
1 Tbsp Worcestershire sauce
1/4 cup water
1 Tbsp Vinegar
¼ cup **chopped onion**
1 ½ tsp Salt
mushrooms (optional)

Mix ingredients together & pour over the pork chops. Cover and bake 45 minutes at 400°, basting occasionally. Uncover & bake 15 more minutes. Place chops on platter & thicken the sauce with flour & pour over the chops.

Spanikopita: - Goat Cheese and Spinach Turnovers

Recipe from Bon Appetit

1 T Olive Oil
½ 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
½ t **minced fresh rosemary**
½ t grated lemon peel
4 Frozen phyllo pastry sheets
½ 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 & sauté till wilted. Drain mixture by pressing solids to release all liquid. Transfer to bowl & cool completely. Add cheeses, nuts, rosemary, & lemon. Season with salt & pepper to taste. 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 & repeat folding up length of pastry (like a flag). Brush with butter, repeat for remaining phyllo pastries. Transfer turnovers to baking sheet. Cover & chill 1 hour (or freeze in plastic bags up to 3 months) . Preheat oven to 375F. Bake until golden brown about 12 minutes. Cool slightly & Serve.

ROASTED ASPARAGUS BUNDLES

From Robin Miller, Food Network

1 pound **fresh asparagus spears**, tough ends trimmed & discarded
4 **scallions**, root end trimmed
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Preheat oven to 400 degrees F. Place asparagus & scallions on a baking sheet. Drizzle with oil & sprinkle with salt & pepper. Roast 25 to 30 minutes, until tender. Wrap individual portions of asparagus with scallion to tie into bundles.

Baked Rhubarb with Raspberries

From: Fruits and Veggies Matter

1 1/3 **cups raspberries** (about 6 ounces)
¾ cup firmly packed light brown sugar
1/4 cup very hot water
2 T unsalted butter, cut into bits
¼ tsp vanilla
1 lb **rhubarb**, trimmed & cut into ½-inch pieces
8 small scoops of low-fat frozen yogurt

Preheat the oven to 350°F. In a blender purée the raspberries with the brown sugar & the water, strain the purée through a sieve into a bowl, pressing hard on the solids. Stir in the butter, the vanilla, and the rhubarb (about 4 cups). Transfer the mixture to an 11- by 7-inch baking dish and bake the dessert in the middle of the oven, for a total of 30 minutes, stir once very gently after 15 minutes. Cook until the rhubarb is soft. Let the dessert cool for 10 minutes and serve it over frozen low-fat yogurt. Serves 4.

Basil

Quick Ideas:

Basil has a bright, complex, and slightly anise flavor that enhances a wide array of summer fruits and vegetables. Try it with squash, tomatoes, peppers, eggplant, melons, berries, and stone fruits.

Quick idea No. 1: Sprinkle chopped basil on slices of vine-ripened tomatoes. Serve with goat cheese and cured olives.

Quick idea No. 2: Toss cooked pasta with garlicky olive oil. While still hot, sprinkle liberally with chopped basil and grated parmesan cheese.