

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 18, 2011



**KID'S DAY
AT THE MARKET!**



Celebrate summer with a fun filled day at the market. Make sure you and your children stop by the market tent to help us celebrate our tenth year. There is a coloring page for the children and free balloons. Let your children meet the farmers who grow their food. 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 you and your children. Today - Try any of our recipes - they are all KID FRIENDLY!

Strawberries are plentiful. Last week's varieties were tasty sweet, and I expect more plump berries this week. Last week's newsletter was filled with berry recipes that included Strawberry Blintzes and Strawberry Pudding Cake.

This week in addition to the garlic scapes and strawberries, expect to see some sugar snap peas, broccoli florets, and possibly even cucumbers in addition to the salad greens. Also available this week will be hanging baskets and flowering plants, 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.



**HAPPY FATHER'S DAY TO ALL THE
DADS IN OUR 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.
JLynn Creations
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 Farm Direct
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
Washington Square Chiropractic
Clinic

Need to contact the market? The Geauga Fresh Farmers' Market Manager is Cheryl Hammon and can be reached at 440-474-9885 or e-mail her at Cheryl@geaugafarmersmarket.com. Looking for parking help, event assistance, and able to answer your market questions.

Fruit Kabobs

Recipe from: US Dept of Agriculture

1 apple
1 banana
1/3 c. red seedless grapes
1/3 c. green seedless grapes
2/3 cup pineapple chunks
1 cup nonfat yogurt
1/4 c. dried coconut, shredded

Prepare the fruit by washing the grapes, washing the apples & cutting them into small squares, peeling the bananas & cutting them into chunks, & cutting the pineapple into chunks. Put the yogurt onto a large plate. Spread coconut onto another large plate. Slide pieces of fruit onto a wooden skewer & design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end. Hold your kabob at the ends & roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut. Repeat these steps with another skewer.

TIP: Coconut might not be your child's favorite, but dipping in yogurt is a sure treat for kids. Also consider other fruit in season including **strawberries, blueberries, raspberries, and melon.** For an added special touch, cut melon or pineapple with a small cookie cutter (star or flower)

Eggs in a Nest

Recipe from: Disney's Family Cookbook

1 **slice of bread**
1 teaspoon butter or margarine
1 **egg**
Salt and pepper to taste

Use a 3 inch cookie cutter to cut a shape out of the center of a slice of bread. Melt butter in a fry pan, place bread in the pan and break an egg in the hole. Lay the cutout shape in pan & toast until golden brown. Sprinkle with salt & pepper. When egg is cooked on bottom, flip the toast & finish cooking another minute.

VEGGIE TOPPERS

Give your vegetables extra flavor with a sprinkle of any of the following. You would be surprised if you have children hesitant to eat their veggies, what a little extra flavor will do.

- Toasted chopped nuts like walnuts, almonds, or peanuts
- Crumbled bacon
- Toasted sesame seeds
- Bread crumbs
- **Chopped fresh herbs**
- Grated parmesan or cheddar cheese
- Chopped hard boiled **eggs**
- Dipping sauce – like the one suggested here

Kids Apple Sauce

Recipe from: US Dept of Agriculture

2 small **red apples**
2 tbsp. lemon juice
2 tsp. sugar
2 pinches of cinnamon

Peel the apples & cut them into small pieces. Throw out the core. Put the apple pieces & lemon juice into the blender or food processor. Blend until the mixture is very smooth. Pour the mixture into two small bowls & stir in the sugar and cinnamon.

Popeye's Super Side Dish

Recipe from: Disney's Family Cookbook

1 lb of **chopped spinach**, blanched
2 cups herbed stuffing mix – crushed to make fine crumbs
1 cup grated parmesan cheese
1/2 cup butter or margarine, melted
4 **scallions**, finely chopped
3 **eggs**, lightly beaten
Dash of nutmeg

Blanch spinach by submerging washed leaves in boiling water for 30 seconds. Remove with slotted spoon, and stop the cooking process by submerging in ice water. Drain excess water by squeezing cooled leaves with hand, until a ball of cooked, spinach results. In a large bowl, combine the spinach and all other ingredients and mix well. Shape the mixture into 1 inch balls. Bake the balls on ungreased cookie sheet for 20-30 minutes. Makes about 40 1" balls. Serve with fancy toothpicks and they become wonderful hors d'oeuvres.

Stir-Fried Snow Peas

Recipe from: Disney's Family Cookbook

Put your kids to work stripping the stems off snow peas! Chinese flavorings make any vegetable more appetizing to kids.

2 teaspoons sesame oil
1/2 teaspoon fresh minced ginger
1 pound **fresh snow peas**
8 oz can of water chestnuts, sliced
1 Tablespoon soy sauce

In a fry pan or wok, warm the sesame oil over medium-high heat. Add the ginger, snow peas, water chestnuts, and soy sauce, and stir-fry for 3-5 minutes or until the peas turn bright green. Serves 4-6.

Sesame Orange Dipping Sauce

2 Tablespoons orange juice
1 teaspoon orange rind, finely grated
1/4 cup olive oil
1 teaspoon sesame oil
Sea salt to taste
Freshly ground pepper to taste

Whisk together until they are well blended; serve with asparagus, broccoli, or even grilled squash. Or any selection of your favorite vegetables.