

# 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 25, 2011**

Welcome Summer! Beautiful juicy strawberries continue to be plentiful this season. Also, there is an abundance of lettuce varieties at the market. Enjoy a summer salad with the two combined. Check out our Strawberry Spinach Salad recipe on the backside for a great salad to serve with dinner tonight. Also available at the market are garlic scapes. They are our feature product this week, and many great recipes are also available using this product. I am hopeful that we will begin to see beets, sugar snap peas, broccoli florets, high tunnel tomatoes, and 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:

July 2<sup>nd</sup> and July 9<sup>th</sup>: Stop by the market booth and enter the drawing for a gift basket of items from the market. Winner will be selected at the end of the market on July 9<sup>th</sup>.

Washington Square Chiropractic Clinic will be here in July doing 5 minute massages. Have you spent too much time in your garden? Stop by and get a 5 minute massage.

**PRODUCT FEATURE: Garlic scapes** are an incredible, snakelike, green shoot that rises from a hard-neck garlic plant in late spring. They are usually trimmed away to allow the garlic bulbs to develop. This delicious stalk has a taste that is milder than garlic cloves, & has a broad spectrum of uses from soups to salads to garnishes. They provide a subtle garlic flavor & crunchiness if added to salads & soups. **Preparation Ideas:** They cook well in stir fries, and can be processed in vinegars, as pickles, or into a green "pesto" sauce. You can sauté them in olive oil or garlic & serve them as an accompaniment to a meat main course, seasoned with a little salt & pepper. Or you can blanch or grill them & serve them the same way. They're great chopped up & added to mashed potatoes. They also make an excellent pesto. Steam & serve in dishes instead of asparagus. Add to quiche or omelets. Stir fry with vegetables. Combine with mayonnaise to add zest to sandwiches. Don't overcook; they tend to get tough and/or lose their flavor. Try starting simple, to learn how much cooking is enough and how much is too much, by sautéing the scapes in a little olive oil at medium heat, adding salt and pepper to taste. **Storage:** Keep scapes in a brown paper bag in the refrigerator & they will last for weeks.

## 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

### **Strawberry and Spinach Salad**

*Recipe from: University of Illinois Extension*

1 pint **fresh strawberries**  
2 bunches **fresh spinach**  
1/2 cup sugar  
1 1/2 tablespoons **minced green onion**  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon paprika  
1/2 cup olive oil  
1/2 cup balsamic or cider vinegar  
2 tablespoons sesame seeds

Wash strawberries under cool running water. Remove caps & set aside to drain. Wash spinach & remove large tough stems. Tear large leaves into small pieces. Drain. In a medium bowl combine remaining ingredients and whisk together. Slice strawberries into halves or quarters and place in a large bowl. Add dry spinach. Pour dressing over all and toss.

### **Spinach & Garlic Scape Pesto**

3 cups packed fresh **spinach leaves** (or 10 oz. frozen)  
1/2 cup **parsley** leaves  
2/3 cup grated parmesan cheese  
1/2 cup walnuts  
10 chopped **garlic scapes**  
2 Tbs. **basil**  
1 cup extra virgin olive oil

Process in food processor until smooth, then drizzle in oil. Makes 2 cups.

### **Garlic Scape Potatoes**

1 1/2 lbs yukon gold **potato**  
1/2 cup butter  
1/2 cup **garlic scapes**, very finely chopped  
1/3 cup whipping cream

Cook potatoes in salted boiling water until tender. Melt butter & sauté the scapes for about 5 minutes. Remove from heat & stir in cream. Drain potatoes & mash. Add garlic mixture & combine well.

### **Mashed Potatoes with Garlic Scapes**

2 1/2 lb. russet **potatoes**, peeled & cut into 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.

### **Lemon Scented Pasta with Garlic Scapes and Veggies**

(Serves 2 as a main course or four as a side dish)

1/3 box of spaghetti  
5 or 6 **garlic scapes** sliced thinly  
6 Sun dried tomato halves sliced thinly  
3/4 cup fresh corn  
1/2 cup **flat leaf parsley**  
Zest of one lemon  
Juice of one lemon  
1 cup chicken stock

Cook the spaghetti till al dente and set aside. Sauté scapes and tomatoes till fragrant then add the corn, parsley, lemon zest and lemon juice and simmer lightly. Turn the heat up a bit; add the chicken stock and pasta and toss everything to coat and until the sauce is slightly thickened.

Serve garnished with additional parsley.

### **Strawberry Salsa**

*From: Nicole Routhier's Fruit Cookbook*

1/2 medium **red onion**, thinly sliced  
1 jalapeno pepper, minced  
1/2 **red bell pepper**, stemmed, seeded & julienned  
1/2 **yellow bell pepper**, stemmed, seeded & julienned  
1/2 **green bell pepper**, stemmed, seeded & julienned  
1/4 cup finely shredded **fresh cilantro leaves**  
1/2 pint (1 cup) **fresh strawberries**, hulled & sliced  
1/4 cup fresh orange juice  
2 tablespoons fresh lime juice  
2 tablespoons extra virgin olive oil  
Salt and freshly ground black pepper

Place red onions, peppers, cilantro, strawberries, orange juice, lime juice, olive oil, salt, & pepper in a large mixing bowl, & toss to combine. Cover & refrigerate at least 2 hrs or up to 4 hrs. Fifteen minutes before serving, remove the salsa from the refrigerator, so it loses some of its chill.

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](mailto:Cheryl@geaugafarmersmarket.com). Looking for parking help, event assistance, and able to answer your market questions.