

GEAUGA FRESH FARMERS' MARKET



JULY 30, 2011

The abundance of produce and customers at our market last week was fabulous. We hope to see a lot of you back again and again as the season continues. Corn, which we expected to be at the market last week, decided to take its own sweet time, and will make its debut this week at our market. As corn becomes more plentiful, join us on August 13th as we celebrate with our first ever Corn Festival. All things will be corn! (Even the corny jokes you might find in our newsletter)

In addition to produce, don't forget to visit some of our more unique vendors. It's fun to shop at the market with your pet, or watching all your neighbors' pets, but try shopping with your hand in a bag of popcorn from **Classic Kettle Corn**. It's a great way to stroll through the market in South Russell. **Jarz and Barz** offers a wide variety of bar soaps. Soap isn't something I usually consider at a farmers market, but the natural varieties offered at the farmers market are a great alternative with lasting benefits. **Beecology** is another vendor with offering great natural alternatives to shampoos and soaps. Speaking of unique vendors, have you discovered our latest vendor? **Kates Kupboard** has been at the market for a few weeks now offering her dry, dip mixes and her spices to mix with oil to create some tasty bread dipping oils. Debra Kates is from Chesterland and her samples are a great way to try new ideas, and take home some mixes for your next event.

TODAY AT THE MARKET

ENTER for a chance to win the SECOND GEAUGA FRESH FARMERS MARKET - 10th ANNIVERSARY GIFT BASKET.

Stop by the Market Booth and enter the drawing for a GIFT BASKET of items from the Farmers' Market. In celebration of our 10th year, we are giving away TWO baskets this summer, and today is your last day to register.

You do not need to be present to win, however, the winner will be notified by phone at noon, and must be able to get to the market between 12noon and 1pm to pick up the winning basket!

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.

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>

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
Kates Kupboard
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
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

Oven-Roasted Cauliflower Florets

Recipe from: Southern Living

One 2 1/2-pound **cauliflower**, cut into 2-inch florets

1/3 cup extra-virgin olive oil

Salt and freshly ground pepper

4 lemon wedges, for serving

Preheat the oven to 400°. On a large rimmed baking sheet, drizzle the cauliflower florets with the olive oil. Season them with salt and pepper and toss well. Roast for about 30 minutes, stirring occasionally, until the cauliflower is tender and golden brown. Transfer to plates, garnish with the lemon wedges and serve hot or at room temperature.

Squash Stuffing

Recipe from Southern Living

1 1/2 pounds **yellow squash**

1 pound **zucchini**

1 small **sweet onion**, chopped

2 1/2 teaspoons salt, divided

1 cup **grated carrots**

1 (10 3/4-oz.) can cream of chicken soup

1 (8-oz.) container sour cream

1 (8-oz.) can water chestnuts, drained and chopped

1 (8-oz.) package herb-seasoned stuffing

1/2 cup butter, melted

Preheat oven to 350°. Cut squash & zucchini into 1/4-inch-thick slices; place in a Dutch oven. Add chopped onion, 2 tsp. salt, & water to cover. Bring to a boil over medium-high heat, & cook 5 minutes; drain well. Stir together 1 cup grated carrots, next 3 ingredients, & remaining 1/2 tsp. salt in a large bowl; fold in squash mixture. Stir together stuffing & 1/2 cup melted butter, & spoon half of stuffing mixture in bottom of a lightly greased 13- x 9-inch baking dish. Spoon squash mixture over stuffing mixture, & top with remaining stuffing mixture. Bake at 350° for 30 to 35 minutes or until bubbly and golden brown, shielding with aluminum foil after 20 to 25 minutes to prevent excessive browning, if necessary. Let stand 10 minutes before serving. Note: Pepperidge Farm Herb Seasoned Stuffing is a great option.

Summer Vegetable Medley

3 cups sliced **cut vegetables** (such as broccoli, cauliflower, greens, squash, beans, peas or carrots)

1 tablespoon vegetable oil

1/2 **green or red pepper** sliced

1/4 teas powdered ginger OR 1 teas chopped ginger root

1 **clove garlic**, minced, OR 1/8 teaspoon garlic powder

2 teaspoons water

Heat a 10-inch frying pan or wok over high heat. Add oil. When oil is hot, add ginger and garlic, and cook about 30 seconds. Add vegetables, and water. Stir fry until tender. Serves 3.

Greens and Rice

1 **pound spinach, collard, or beet greens**, steamed and cut into 1/2 inch strips

2 cups cooked rice, brown or white

2/3 cup grated cheddar cheese

2 **eggs** beaten

2 tablespoons fresh **chopped parsley**

1/8 teaspoon black pepper

1/4 cup soft, whole grain bread crumbs

Wash greens and steam until tender. Combine the cooked rice, cheese, and eggs. Add parsley and pepper. In an oiled 8"x8" casserole dish, alternate layers of rice and greens, ending with rice. Top casserole with crumbs. Bake at 350 degrees F for 30 minutes. Serves 6.

Zucchini Dip

Finely shred enough **zucchini** to make 1/2 cup. Place in strainer and press out moisture. Blend with 1 cup plain low fat yogurt, and 1 minced **clove of garlic**, or 1/8 teaspoon garlic powder. Add a dash of curry powder or other seasoning and chill 1 hour. Stir before serving. Serve with crisp **raw vegetables**.



Blueberries with Lemon and Honey Dressing

2 cups **fresh blueberries**, washed

1 cup plain yogurt

1 tablespoon lemon juice

2 tablespoons **honey**

Place 1/2 cup blueberries in 4 bowls. Combine yogurt, lemon juice and honey. Serve about 1/4 cup dressing over each bowl of berries. Serves 4