

# GEAUGA FRESH FARMERS' MARKET



**AUGUST 27, 2011**

As the nights get cooler and the days don't require air conditioning or a trip to the pool to stay cool, I find myself more willing to be in the kitchen cooking and preparing a hearty meal. This week, find some great recipes on the back of the newsletter that you may enjoy preparing in your kitchen. We try to feature recipes that have products available from our market. The bold face helps you with the shopping list of products usually available for purchase at the market.

Sue the caring Foodie is a registered dietician and promoter of healthy food and cooking in the Greater Cleveland area. She regularly blogs under the name Skinny eats Cleveland. On August 13<sup>th</sup>, she made a trip to the Geauga Fresh Farmers Market and took some great pictures of vendor's offerings and provided an overview of the market. Check out her blog at <http://skinnyeatscleveland.blogspot.com/2011/08/geauga-fresh-farmers-market.html>

Have you noticed a new vendor at the market? Jeff Goddin from Huntsburg is the farmer of Geauga Natural Produce who will be providing additional produce to the market. Jeff uses no synthetic fertilizers or pesticides and organic seeds. Please welcome Jeff to the market and visit his booth to see what he has to offer. In addition to Jeff, make sure you visit all of our produce vendors. This is the plentiful time and vegetables are filling all of our vendors tables. Tomatoes are plentiful, as well as onions, cabbage, cauliflower, broccoli, peppers, and corn. The list is so long and the products so unique, on some vendors tables that it's an injustice to list a few. So visit all the vendors, and find out what is new on their table today, and try something different.

Speaking of different, have you stopped by **Radiant Life** lately? Tom offers raw foods for sale at his booth and last week I tried some pizza flavored chips. I know you have seen his chips. To me - they look like bird seed. He tells me, it's healthy for me, but I kind of turn my nose at its grainy appearance. But the taste convinced me! He made my taste buds think I was eating pizza! And to know it's healthy for me, makes me even happier. Stop by and visit Tom.

## Upcoming Events – MARK YOUR CALENDAR!

September 9 – Tomato Tasting Contest

September 17 – Doggie Day! A Chesterland team from the Walk to end Alzheimers will be fundraising by selling dog treats at the market.

September 23 – Salsa Tasting Contest

October 1 - Pie Contest

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.

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  
Gaugua Natural Produce  
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  
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

### Sausage Cabbage Skillet

Recipe from Allrecipes.com

- 1 pound smoked kielbasa sausage cut into ¼ inch slices
- 1 small head **cabbage**, chopped
- 1 medium **green pepper**, chopped
- 1 medium **sweet onion**, chopped
- 3 medium **potatoes**, thinly sliced
- 2 teaspoons Worcestershire sauce
- 1 **garlic clove**, minced
- salt and pepper to taste

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.

### Autumn Beef Stew

Feel free to add chunks of rutabaga or turnip along with the potatoes or add chunks of sweet potato about 15 minutes before the stew is done.

- 1 tablespoon vegetable oil
- 1 ½ pounds **stewing beef**
- ½ cup **chopped onion**
- ½ cup sliced celery
- 3 cups beef broth
- 2 **carrots**
- 2 medium **potatoes**
- ½ cup baby lima beans
- 1 cup apple juice or apple cider
- ½ cup **corn**
- 1 jar (12 ounces) small white onions, drained, or about 1 dozen frozen, thawed
- salt and pepper, to taste
- 2 tablespoons flour
- 2 tablespoons cold water

In a large saucepan or Dutch oven over medium heat, brown the beef in the vegetable oil; add onion & celery and sauté for 3 to 5 minutes longer. Add beef broth & bring to a boil. Reduce heat to low, cover, & simmer for 1 to 1 ½ hours. Add the carrots, potatoes, lima beans, and apple juice; simmer for about 30 to 40 minute longer, or until vegetables are tender. Add drained onions and corn; continue cooking for 5 to 10 minutes. In a small bowl or cup, combine flour with cold water until smooth. Add the mixture to the simmering broth, a little at a time, until stew is thickened. Taste and add salt and pepper. Serve with hot buttered biscuits or cornmeal. Serves 4.

### Linguine with Tomatoes and Green Beans

Recipe from: Sue the caring Foodie

- 1 lb of whole wheat linguine
- ½ cup part-skim ricotta
- 1 **clove garlic**, chopped
- 3 T olive oil
- ½ pound **green beans**, trimmed
- Salt and Pepper to taste
- 1 cup **cherry tomatoes**, halved
- Zest of 1 lemon

Boil linguine for 8 to 10 minutes. Drain the pasta but make sure you reserve 1 cup of the pasta water. Add ricotta to the hot pasta. Next, sauté garlic in olive oil. Add green beans and salt & pepper to taste. Add the reserved pasta water & cook for about 4 minutes or until tender. Add the pasta & ricotta mixture to the pan of green beans. Add cherry tomatoes and gently toss. Transfer to a serving plate and sprinkle with the zest of 1 lemon. The lemon is the key to lots of flavor in this dish, so be generous with the zest.

### Stuffed Acorn Squash

- 3 **acorn squash**
- 2 tbsp margarine, softened
- 2 tbsp olive oil
- 1 **onion**, minced
- 2 stalks celery, diced
- 2 **apples**, chopped
- ¼ cup **maple syrup**
- ½ cup raisins
- ¼ tsp parsley
- ½ tsp dried sage
- ½ tsp rosemary
- ½ tsp thyme
- salt and pepper to taste
- 1 package store-bought cornbread stuffing mix (read the label to make sure it's vegan if needed)

Pre-heat oven to 400 degrees. Slice each acorn squash in half and remove the seeds. Brush the squash with the softened margarine and set aside. In a large skillet, sautee the onion, celery and apple in the olive oil for 6-8 minutes. Reduce heat and add the maple syrup, raisins, herbs, salt and pepper and stir to combine. In a large bowl, mix together the stuffing mix with the onion, celery and apple mixture until well combined. Spoon this mix into each squash half. Cover each squash with foil and bake 40-45 minutes, or until squash is soft.

