

# GEAUGA FRESH FARMERS' MARKET



**SEPTEMBER 10, 2011**

**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>

## **TOMATO TASTING CONTEST TODAY Tasting begins at 10am**



Stop by the market booth to taste and vote for the best tasting tomato at the market. Tomatoes are supplied by local farmers in two categories and you can taste and vote for your favorite Cherry Tomato and your favorite full size tomato.

Varieties received need to be marked with YOUR NAME and the single variety of tomato. Customers and vendors alike are welcome to enter their favorite tomato variety prior to 9:30am.

Thanks for coming to visit the Geauga Fresh Farmers Market today. Produce continues to be plentiful, and now some of the heirloom tomatoes that we have been waiting for all summer have finally started to ripen. Expect these to become more plentiful in the upcoming weeks.

Next week is DOGGIE DAY! Once a year we let your pets come to the market to enjoy the fun things happening at the market. (Who are we kidding? Every Saturday is Doggie Day!) However, next week a group of individuals from CHESTERLAND will have doggie treats for sale. Proceeds from the sale of those treats will benefit the "Walk to End Alzheimers" which will be held later this month in Cuyahoga Falls. Please support this LOCAL TEAM in meeting their goal. Your dog will appreciate your generosity too!

In only two weeks, we will be hosting our annual Salsa Contest. To get you started, we have enclosed a SALSA only Recipe Section today. Flip it over and get your family tasting. Start making variations, and trying new flavors to get ready to enter our contest. Mark your calendar - September 24<sup>th</sup>.

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.

### **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

### Fresh Corn-Rice Salad

*From Better Homes & Garden*

- 4 ears fresh **corn**
- 1 ½ c cooked rice, cooled
- 1 pt **cherry tomatoes**, halved
- 1 c fresh **arugula**
- 1 sm **red onion**, cut in thin wedges
- 1 **jalapeno pepper**, thinly sliced
- 2 T red wine vinegar
- 2 T olive oil

Cook corn in salted, boiling water for 3 min. Remove from water, let cool. Cut corn from cob in planks. Combine cooked rice, tomatoes, arugula, onion, and pepper. Transfer to serving bowl, top with corn. Drizzle with vinegar and olive oil. Season with salt and pepper to taste.

### Basic Peach Salsa *From Seasonalchef.com*

- 2 ripe, but firm **medium peaches**
- 1 tablespoon vegetable oil
- 1 tablespoon fresh lime juice
- ¼ cup finely chopped **red onion**
- ½ cup diced red and/or green **bell pepper**
- 1 tablespoon **chopped cilantro**
- 1 teaspoon (or to taste) minced **jalapeno pepper**
- ½ teaspoon salt
- fresh ground black pepper to taste

If you care to peel your peaches (a step that is not at all necessary), plunging them into boiling water for 15 or 20 seconds will make it easier to slip the skins off. Cut the peaches into half-inch cubes; peppers into smaller dice; chop cilantro; finely chop onions and mince jalapenos. Blend oils & lime juice together before combining with other ingredients. You should let the salsa sit for at least five minutes before tasting to see if you need to adjust the seasoning, for example by adding more lime juice, vinegar, cilantro, jalapeno or salt. You should prepare the salsa at least an hour, or as much as day or two, before serving, to allow the flavors to fully blend.

### Salsa Verde

*From Mexico One Plate at a Time*

- ¼ teaspoon of salt
- 8-10 **tomatillos**, husked and rinsed
- 1 **jalapeno or Serrano chilies** (adjusted to your taste)
- 6 sprigs of **cilantro**, roughly chopped
- ¼ **onion** finely chopped (white or red)

Cut the tomatillos and peppers in half and roast cut side down with on a baking sheet about 4" inches below a very hot broiler until slightly blackened and soft. Turn over and cook for a few more minutes if necessary. Cool and transfer to food processor or blender along with juices. Blend to a coarse puree adding a few tablespoons of water if necessary. Add salt to taste. Serve with tortilla chips. This salsa can also be used to top chicken or pork roast. Just make the sauce as above adding the sauce after browning the chicken or pork and bake until done.

### Salsa Caponata

*From Luciano Scalera*

- 1 large **eggplant**, cut in ½ inch cubes
- 3 **green bell peppers**, cored and diced
- 5 small **jalapeno peppers**, chopped
- 6 plum **tomatoes** (or 3 beefsteak), chopped
- 4 stalks celery, coarsely chopped
- 3 **cloves garlic**, peeled and finely chopped
- 1 **medium onion**, coarsely chopped
- ½ cup red wine vinegar
- salt and pepper to taste
- ¼ cup olive oil

In a large pot heat olive oil. Add the onion & garlic & cook for 1 minute. Add the eggplant, green bell pepper, celery, & jalapeno pepper & cook for 5 minutes. Add tomatoes & vinegar & cook 10 minutes. Make this recipe a day in advance to enhance the complex blend of flavors. Serve at room temperature on slices of French or Italian bread, crackers, or with chips.

### Roasted Pumpkin Salsa

- 3 lb. **winter squash** (sugar or cheese pumpkin or butternut squash or calabasa) pared, seeded & cut into 1/2" chunks
- 4 Tbs. extra virgin olive oil divided
- 1 lg. **onion** diced
- 1 28 oz can diced tomatoes drained
- 2 lg. **zucchini** diced to 1/2" pieces
- 3 Tbs. chopped **cilantro**
- 1 cup **corn**
- 2 **fresh tomatoes seeded & diced**
- ¼ cup **pumpkin seeds** shelled, chopped and toasted

Preheat oven to 400, lightly oil a baking sheet & toss the squash w/ 2 Tbs. oil and spread on sheet. Roast about 25 min. stirring occasionally. Squash will be browned & tender. Meanwhile, heat 2 Tbs. oil in saucpan on med.-high & add onion, red pepper, garlic & jalapeno. Stir & cook about 8 min. until onion is golden. Stir in chili powder. Add tomato, zucchini & cilantro. Cook about 5 min. until zucchini is crisp-tender. Add corn & fresh tomatoes. Stir in the roasted squash & cook 5 additional minutes to blend the flavors. Cool completely - may be made up to 3 days ahead. Remove from refrigerator 1 hour before serving.

### Fresh Tomato Salsa

*From: Joyce Studen*

Winner of the 2007 Salsa Tasting Contest, 3<sup>rd</sup> place in 2008

- 8 ripe **tomatoes**, peeled and chopped
- 3 banana or **bell peppers**, chopped
- 1-2 **jalapeno** or serrano chilies, chopped
- ½ **red onion**, minced
- 2 **cloves of garlic**, peeled & mashed with salt to taste
- juice of 1 lime
- 4 TB chopped **cilantro**

Mix all ingredients well. If tomatoes are watery, drain and cook the liquid down, adding it back to the salsa. Refrigerate.