

GEAUGA FRESH FARMERS' MARKET



Come and experience all Geauga County has to offer.

OPEN SATURDAYS
June - October, 2008
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 7, 2008

WELCOME TO THE MARKET

The Geauga Fresh Farmers' Market is excited to open its 7th season! The primary goal of the Market is to connect local farmers and producers with consumers. By shopping at the market customers have the opportunity to buy the freshest produce directly from the farmers who grow it. Not only does this benefit the customer but it helps keep farming alive in Geauga County by returning more dollars to the farm.

The market features products from local growers and producers. Products available weekly include fresh baked goods, fresh flowers, fresh eggs, maple syrup, honey, hand-made soaps and lotions, cheese, jams and jellies, herbs and garlic, vegetables, teas, plants, and various craft items. Seasonal produce varies from week to week. This week look for spinach, rhubarb, collard greens, asian greens, mustard greens - salad greens of all kinds, as well as vegetable and flowering plants.

We are glad to have so many of our Market members returning this year as well as several new producers. Hahn Family Farm from Garrettsville, will provide a variety of pesto and maple products. Shady Hill Farm will be providing lamb meat, blankets, and hides from Newbury. Mackenzie Creamery will be coming from Hiram with flavored goat cheese products as well as goat meat. Waxwing Farms from Chardon will add to our variety of vegetables later this summer. Finally, the Crooked River Coffee Company would be providing their locally roasted coffee by the cup and beans by the pound to take home.

Our market manager, Kris DuBois from Bainbridge, is returning and we have many exciting activities planned. During the season we are in need of volunteers to help with a variety of tasks including parking, setting up and taking down, preparing the newsletter and operating the market booth. Please call Kris at 440-220-0871 or e-mail her at kdubois1@mac.com if you are interested in helping out. Contact geaugamarket@yahoo.com if you have any other questions.

GEAUGA FRESH FARMERS' MARKET MEMBERS - 2008

Blue Jay Orchard
Bow Wow Gifts
Chagrin Valley Soap
and Craft
Chelsea Flower Garden
Cherrywood Garlic and
Herb Farm
Countryside Home Bakery
Crooked River Coffee
Custom Cakes and Cookies
Dave's Dahlias
Greenstick Farm
Hahn Family Farm
Herb Thyme
Hershberger Produce
Hilltop Blueberries
Hummingbird Way
Jack Mountain
June Eves Farm
Luciano's Ristorante
Mackenzie Creamery
Maple Valley Sugarbush
and Farm
Maple Star Farm
Middlefield Original Cheese
Coop
Miller's Jams
Novelty Nursery
Ohio Honey
Ridgeview Farm
The Sassy Italian
Schultz Fruit Farm
Shady Hill Farms
Sirna's Farm and Market
Sleeping Dragon Botanicals
Tucker Farm
Waxwing Farms
Wayne Cattle Company

FEATURING MACKENZIE CREAMERY

Jean Mackenzie is new to the Geauga Farmers Market this year. She operates Mackenzie Creamery on the Whistling Pines Goat Farm in Hiram, Ohio. Her farm operates on four principles: local, sustainable, quality, and healthy. They educate the general public and promote an awareness and acceptance of the benefits of goat meats and goat cheeses as healthy food sources. They produce both extraordinarily delicious goat meat and fresh goat cheese. The pasture raised Boer goats produce an incredibly tender, sweet meat. They practice pasture rotation methods so that the goats are always on fresh grass. The rich, smooth chevre goat cheese is a handmade artisan goat cheese produced with 100% hormone free rBST milk. The milk is gently transported from farm to dairy resulting in an award winning, rich, smooth chevre. Last October, at the American Dairy Goat Association National Cheese Competition, her cheese varieties received Best of Show, Reserved Best of Show, two first places, and a second place award. Take a moment to sample her varieties of flavored chevre and take some home to your family today. Links provided on the GFFM website to Mackenzie Creamery provide many exciting recipes for using both goat cheese and goat meat. Below is a favorite, but try several from the site and find your family's favorite this weekend.

Spanikopita: - Goat Cheese and Spinach Turnovers

(from *Bon Appetit*)

1 T Olive Oil
½ Diced Red Onions
2 cloves Garlic – minced
2 bunches fresh spinach – chopped
2 oz soft fresh goat cheese
1/3 c toasted pine nuts
3 T grated parmesan cheese
½ t minced fresh rosemary
½ t grated lemon peel
4 Frozen phyllo pastry sheets
½ c (1 stick) unsalted melted butter

Heat oil in heavy skillet over medium heat. Add onion and garlic – sauté 5 min. Increase to high heat, add spinach and sauté till wilted. Drain mixture by pressing solids to release all liquid. Transfer to bowl and cool completely. Add cheeses, nuts, rosemary, and lemon. Season with salt and pepper to taste. Place 1 phyllo sheet on working surface, cut into 3 strips lengthwise. Brush with butter, place 1 T filling at end of strip, and fold pastry over, like triangle and repeat folding up length of pastry (like a flag). Brush with butter, repeat for remaining phyllo pastries. Transfer turnovers to baking sheet. Cover and chill 1 hour (or freeze in plastic bags up to 3 months). Preheat oven to 375F. Bake until golden brown about 12 minutes. Cool slightly and Serve.

FEATURING WAYNE CATTLE COMPANY

Brandon Smith of Wayne Cattle Company is beginning his fourth year here at Geauga Farmers Market. Not only does he serve as the President of the Market, he provides fresh beef for sale from the Wayne Cattle Company. The farm allows their longhorn cattle to roam free and eat grass all day. They do not have additives or chemicals in their diet. Brandon works to educate people of the benefits of grass-fed beef as well as produce natural beef with no antibiotics or hormones. WCC does not finish any of their beef on corn, nor do they treat the grass that the animals consume. Not only does this mean less saturated fat, cholesterol, and calories but a lower risk of e-coli infection. The grass-fed meat also has nutritional values, including higher levels of vitamin C, E, and beta-carotene. They are a good source of Omega-3 fatty acids, and conjugated linoleic acid (CLA), a desirable cancer fighting nutrient. For more information talk to Brandon Smith at the Wayne Cattle Company market stand.

Cooking Tips for Grass-Fed Meat

- 30% less cooking time
- When using meat thermometer, remove meat from heat 10 degrees before desired temperature – allow meat to rest 8-10 minutes before serving.
- Marinate meat for several hours to make product more flavorful and tender.
- Always marinate in the refrigerator, then bring to room temperature before cooking.
- Begin my searing meat for a few minutes to seal in juices, then reduce heat to finish.
- Remove from heat before you think it's finished. Retained heat will allow meat to continue to cook.

