

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 21, 2008

WELCOME TO THE MARKET! Each week you will find local products from Geauga County and surrounding communities grown and produced locally. Seasonal products vary from week to week.

IT'S STRAWBERRY TIME! The hardy berry, able to withstand both shipping and storage, vary in size, shape and color (some are off-white or yellowish). In general, smaller berries are more flavorful. Choose brightly colored, plump berries that still have their green caps attached and which are uniform in size. The moisture content of fresh strawberries is high, so store uncovered or loosely covered. A salad spinner works well for removing excess water from berries. Hull strawberries and rinse gently JUST before serving. Strawberries are an excellent source of vitamin C and also provide some potassium and iron.

One quart will yield 4-5 servings; 1-1/2 quarts is needed for a 9" pie and 1 cup sliced fresh berries is equal to one 10 oz. package of frozen, sweetened berries. If you are making classic American shortcake this weekend, use a large, sweet biscuit split in half, then fill and top with sliced strawberries and softly whipped cream. Biscuits should be high and golden on top, soft within, yet crumbly. Slice several cups of strawberries, sugar them lightly and let them stand in a large bowl for their red juices to accumulate.

As many continue to be vigilant with the recent health scare from tomatoes that are not locally grown, you don't need to avoid the fun of homemade salsa with this great recipe using strawberries. Strawberries are mixed with bell peppers, onions, orange juice, lime juice, cilantro, and a touch of spiciness. Serve with grilled fish, shrimp, or chicken or as an appetizer with toasted pita triangles.

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, and julienned
1/2 yellow bell pepper, stemmed, seeded, and julienned
1/2 green bell pepper, stemmed, seeded, and julienned
1/4 cup finely shredded fresh cilantro leaves
1/2 pint (1 cup) fresh strawberries, hulled and 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, and pepper in a large mixing bowl, and toss to combine.

Cover and 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.

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
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

Last week our newsletter featured Ben Calkins of Shady Hills Farm with his lamb and lamb products. Also featured were Pat Embrescia and Jeannine Kwasniewski of Chagrin Falls who own and operate The Sassy Italian. Links to specific vendors web-sites where recipes using their products are available at <http://www.geaugafarmersmarket.com>. Past copies of the market newsletter are downloadable from the web site also.

VISIT THE MARKET NEXT WEEK
TO HEAR THE PREMIER OF
The Market Band.

MEET OUR STRAWBERRY VENDORS

FEATURING MAPLE STAR FARM

Jack and Dawn Trethewey, owners of Maple Star Farm in Auburn are returning for their second year at the Geauga Fresh Farmers' Market. They specialize in organically certified produce from the Ohio Ecological Food and Farm Association. Each week they feature organically grown produce – including sweet red strawberries, corn, gourmet garlic, potatoes, tomatoes, salad greens, asparagus, radishes, herbs, beans, and squash. Dawn is a wealth of information about gardening using organic methods and is happy to give advice and offer suggestions when she isn't busy with customers at her market booth. This week, Maple Star Farm is one of our three vendors with fresh strawberries. Visit Dawn and Jake at their market stand or at their farm market at 10382 East Washington. Call 440-991-7432 for hours and catch the link to their website from the Geauga Fresh Farmers' Market home page to see what is in season at their farm.

FEATURING RIDGEVIEW FARM

Steve and Sharon Grover of Ridgeview Farms are long time vendors of the Geauga Fresh Farmers' Market. The Ridgeview Farm has been in the Grover Family for over four generations with the fifth currently growing up on the same land. Ridgeview is a working farm and an educational resource center. They host tour groups population present in Ohio.

In the summer you can find strawberries, sweet corn, tomatoes, black berries, red raspberries, melons & pumpkins grown on Ridgeview Farm. Customers can pick their own strawberries and red raspberries while in season. Other fresh produce is grown by Amish neighbors for purchase in the Ridgeview farm market. The farm is open Monday thru Saturday from May through October. They are located at 5488 Kinsman

Rd just 3½ miles east of Middlefield in Trumbull County. Their farm is one of the highest points in Trumbull County and on a clear day you can see over 30 miles. A link from the Geauga Fresh Farmers' Market homepage will quickly get you to their web page. Check frequently for picking availability, and consider visiting the farm for a guided tour real soon.

FEATURING HERSHBERGER PRODUCE

Marvin Hershberger provides certified organic produce from his farm in Middlefield. As an Amish farmer, he farms without the use of electricity, diesel tractors, or chemicals. Although many Amish are farmers, historically their farms have been used exclusively to support their own Amish lifestyle. However recently, there has been an increasing number turning to produce farming. Hershberger's Farm is one of the rare Amish farms that have become certified organic by the OEFFA. The family still uses traditional Amish methods of farming which reflect the inter-relationship between people and their environment. They grow strawberries, tomatoes, onions, radish, zucchini, summer squash, lettuce, peppers, corn, kohlrabi, cabbage, pumpkins, and winter squash. During the harvesting season, Mr. Hershberger's large family as well as his Amish community helps working the fields. It isn't uncommon to have 8-10-or more people picking strawberries in the field. Labor exchanges happen everywhere throughout the Amish community. The Hershberger Farm has recently opened a stand at their farm in Middlefield for the sale of in-season produce. They are located at 15549 Patch Road between St. Route 528 and St. Rte 168. Look for the overhead sign at the driveway and proceed to the second house, and turn left at the brown barn.

Our market is run using volunteers for tasks such as parking, setting up, preparing the newsletter, and operating the market booth. If you are interested in volunteering, contact Kris DuBois, the market manager at 440-220-0871 or e-mail her at kdubois1@mac.com.