

# GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

**OPEN SATURDAYS**

**May 23, 2009 – October 2009**

**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>**



**MAY 23, 2009**

**WELCOME TO THE MARKET !**

The Geauga Fresh Farmers' Market is excited to open its 8th 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 asparagus, 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. Maple Crest Farm from Auburn will be bringing seasonal vegetables grown with minimal chemicals. Rock Valley Run Farm and Greenhouse is also from Auburn and will be bringing container plantings, edible flowers, medicinal and culinary herbs, succulents and succulent gardens as well as gifts and transplants. Also joining the market will be Terra Bakery. Terra Bakery is from Chagrin Falls and will be bringing dairy-free cookies, cakes, muffins and breads as well as chai-latte cupcakes and a variety of cookies and brownies.

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](mailto:kdubois1@mac.com) if you are interested in helping out. Contact [geaugamarket@yahoo.com](mailto:geaugamarket@yahoo.com) if you have any other questions or comments.

The Master Gardener Program in Geauga County is a strong, fourteen-year old program which continues to grow. Its main purpose is to provide county residents with a competent, unbiased source of horticulture information, which may be consulted for answers to their plant or insect problems. The training program provides a balanced, integrated practical course in plant science. The added bonus is increased horticultural knowledge which class members learn for their own benefit. The program is part of the OSU Extension Service. <http://geauga.osu.edu/mg> for more information. The application deadline is November 6, 2009 for the 2010 classes.

## **GEAUGA FRESH FARMERS' MARKET MEMBERS – 2009**

Blue Jay Orchard  
Chagrin Valley Soap & Craft  
Chelsea Flower Garden  
Cherrywood Garlic & Herb Farm  
Countryside Home Bakery  
Dave's Dahlias  
Great American Lamb Co.  
Herb Thyme  
Hershberger Produce  
Hershey Montessori School  
Hilltop Blueberries  
Hot-Kiln Farm  
Hummingbird Way  
Jack Mountain's Orchard  
June Eve's Farm  
Luciano's Ristorante  
Mackenzie Creamery  
Maple Crest Farm  
Maplestar Farm  
Maple Valley Sugarbush and Farm  
Middlefield Original Cheese Coop  
Miller's Jams  
Novelty Nursery  
Ohio Honey  
Radiant Life  
Ridgeview Farm  
Rock Valley Run Farm & Greenhouse  
SAND Farm LLC  
The Sassy Italian  
Schultz Fruit Farm  
Sirna's Farm and Market  
Sleeping Dragon Botanicals  
Sugar Me  
Terra Bakery

## **TODAY AT THE MARKET**

**9am – 1pm**

**Master Gardeners from Geauga County**

**ANSWERING YOUR PLANTING QUESTIONS**

**IF YOU MISS OUT, MASTER GARDENERS WILL BE BACK NEXT WEEK on MAY 30<sup>th</sup>.**

### Asparagus with Lemon-Mustard Dressing

From: *whatscookingamerica.net*

12 fresh asparagus spears, washed and trimmed  
2 T light mayonnaise  
1 T sweet brown mustard  
1 T fresh lemon juice  
1 tsp grated lemon zest, divided

Blanch the asparagus in lightly salted boiling water for about 3 minutes or until crisp-tender; do not overcook. Remove from heat and refresh under cold water; drain well. Cover and refrigerate until chilled.

In a small bowl, combine mayonnaise, mustard and lemon juice; blend well. Stir in 1/2 teaspoon lemon peel; set aside.

Divide asparagus between 2 individual serving plates. Spoon 2 tablespoons dressing over top of each serving; sprinkle each with 1/4 teaspoon lemon peel. Garnish with carrot strips and edible flowers, such as pansies, violets or nasturtiums, if desired. Makes 2 servings.

### Asparagus Parmigiano

From: *whatscookingamerica.net*

2 lbs asparagus stalks, washed and trimmed  
Parmigiano-Reggiano cheese  
Extra-virgin olive oil  
Coarse salt or sea salt  
Coarsely ground black pepper

Use a vegetable peeler, shave curls off the Parmigiano-Reggiano cheese. Snap or cut off the tough ends of the asparagus. Arrange asparagus in a single layer in a shallow baking pan.

Blanch the asparagus in lightly salted boiling water for approximately 3 minutes or until crisp-tender; do not overcook. Remove from heat and refresh under cold water; drain well.

Toss asparagus with just enough olive oil to lightly coat. Arrange asparagus on a serving platter or individual serving plates. Sprinkle coarse salt, pepper, and Parmigiano-Reggiano cheese curls over the top of the asparagus. Makes 4-6 servings.

### Baked Rhubarb with Raspberries

From: *Fruits and Veggies Matter*

1 1/3 cups raspberries (about 6 ounces)  
3/4 cup firmly packed light brown sugar  
1/4 cup very hot water  
2 T unsalted butter, cut into bits  
1/4 tsp vanilla  
1 lb rhubarb, trimmed & cut into 1/2-inch pieces  
8 small scoops of low-fat frozen yogurt

Preheat the oven to 350°F. In a blender purée the raspberries with the brown sugar and the water, strain the purée through a sieve into a bowl, pressing hard on the solids. Stir in the butter, the vanilla, and the rhubarb (about 4 cups). Transfer the mixture to an 11- by 7-inch baking dish and bake the dessert in the middle of the oven, for a total of 30 minutes, stir once very gently after 15 minutes. Cook until the rhubarb is soft. Let the dessert cool for 10 minutes and serve it over frozen low-fat yogurt. Serves 4.

### Apricot Lamb Won Tons

From: *Ben Calkins, Great American Lamb Co.*

Pick up one of the following lamb cuts from the Geauga Market: Leg (bone-in, boneless), Shoulder, Lamb Cubes (stew meat)

1 jar (10 ounces) apricot preserves  
1 cup water, divided  
2 T soy sauce  
1 T white vinegar  
1/4 teas finely chopped fresh ginger  
2 cups (about 8 ounces) finely chopped cooked lamb leg or shoulder  
1/4 cup finely chopped carrot  
1/4 cup finely chopped Daikon radish  
1/2 cup finely chopped cashews  
1 package (16 ounces) won ton skins  
Vegetable oil for deep-frying

In 2-quart saucepan, combine preserves, 1/2 cup water, soy sauce, vinegar and ginger. Bring to boil, reduce heat and simmer uncovered 3 to 4 minutes or until slightly thickened, stirring constantly.

Combine lamb, carrot, radish, cashews and 1/2 cup of glaze; add 1/2 cup water to remaining glaze and set aside to use as a dipping sauce.

Place 1 teaspoon of lamb mixture in center of each won ton skin. Fold one corner over the filling to meet opposite corner and moisten edges with water to seal. Keep won ton skins and filled won tons covered in damp towels while you work so they do not dry out. In 3-quart heavy saucepan, heat vegetable oil to 360°F. Fry 3 to 4 won tons at a time, 1 to 2 minutes or until golden brown; turn over once. Remove and drain on paper towels. Serve with dipping sauce. Makes 4 doz.

*Fried won tons may be frozen and reheated later. To reheat, place single layer of frozen won tons on baking sheet. Bake in 350° F oven for 10 to 12 minutes or until thoroughly heated.*

### Spinach Salad Supreme

From *All-recipes.com*

1/4 cup vegetable oil  
2 T red wine vinegar or  
cider vinegar  
1 teas sugar  
1 teas finely chopped onion  
1 teas finely chopped green  
pepper  
1 teas minced fresh parsley  
1 teas ketchup  
1/4 teas salt  
1/4 teas ground mustard  
1/4 teas paprika

In a jar with a tight-fitting lid, combine the first 10 ingredients; shake well. Divide spinach between two serving bowls or plates; top with egg and bacon. Drizzle with dressing. Serve immediately.

2 cups torn fresh spinach  
1 hard-cooked egg, sliced  
3 bacon strips, cooked and crumbled