

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 30, 2009

WELCOME TO THE MARKET!

Dirt, fresh air, and market tents make the senses come alive with the anticipation of market produce. Keep in mind products sold here are grown here in Geauga County – and the growing season is just getting started in Northeast Ohio. Our loyal veteran customers already know this, but for you new customers – just be patient. The farmers from Geauga County make it worth the wait. And along the way, you can experiment with products you don't normally find in the grocery store including: fresh baked goods and crackers, locally raised meat, 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.

The Geauga Fresh Farmers' Market was excited to open its 8th season last weekend to great weather and lots of old friends. By connecting local farmers and producers with consumers, our customers have the opportunity to buy the freshest produce directly from the farmers who grow it. Not only does this benefit the customer, it helps keep farming alive in Geauga County by returning more dollars to the farm.

Seasonal produce varies from week to week. This week look for spinach, collard greens, asian greens, mustard greens - salad greens of all kinds. Expect to see the last of asparagus and rhubarb. Eggs continue to be plentiful. There are three vendors who sell fresh eggs each week at the market. Plants continue to fill many farmer's tables – including vegetables (tomato, pepper, lettuce) various herbs, and flowering plants. Strawberry season will be starting soon. Expect a limited selection of strawberries next week, and a great selection of strawberries by June 13th.

Kris DuBois, our Market Manager is available weekly at the market booth to answer questions. During the season, if you would like to volunteer, she can always use help with 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 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 which is held each Thursday from February through May 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
Pawsy Fingers Pet Pastries
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
Waxwing Farm

TODAY AT THE MARKET

9am – 1pm

**Master Gardeners from
Gauga County**

**ANSWERING YOUR PLANTING
QUESTIONS**

Last week we STUFFED the back page of our newsletter with exciting new recipes to try. Two recipes were featured that work well with **FRESH ASPARAGUS** found at the market. Also included was a recipe for Baked **RHUBARB** and raspberries. This is a great recipe for using **RHUBARB** that doesn't involve the feared task that many cooks shy away from - making a pie crust. The recipe section was rounded out by a selection from one of our own vendors, Ben Calkins from the **Great American Lamb Company**. His recipe explained, in easy to follow instructions, how to make Apricot Lamb Won Tons. What a different way to introduce Lamb into your family's diet without them even knowing it! In no time at all your family will be enjoying one of those exciting lamb chops. The final recipe included in the newsletter was a salad dressing for **FRESH SPINACH**. This tangy topping completes a fresh salad by adding a new, exciting taste to compliment your garden spinach. Each week, we choose the best recipes to use with produce that is available at the GEAUGA FRESH FARMERS' MARKET. If by chance, you don't pick up a newsletter and find our exciting recipes, they are always available on the Website: www.geaugafarmersmarket.com under the tab, Newsletters.

Almond Butter and Spinach Tart

Adapted from Michele Thompson, Food Editor for Chefmom.com

After tasting **fresh almond butter** at the market last week, I was challenged to find an exciting recipe to allow cooks and bakers to use this product. I discovered this delectable brunch dish that is fragrant and delicious. The almonds and almond butter in the crust give it a nutty aroma and mouth-filling texture that complements the spinach-rich custard.

1 cup whole toasted almonds
 1 cup all-purpose flour
 1/2 cup **almond butter**
 1/4 teas salt plus more for seasoning
 1-1/2 cups whole milk, divided
8 fresh eggs
 Freshly ground black pepper to taste
 1/2 teas freshly grated nutmeg
2½ lbs of fresh spinach
 1/2 cup toasted sliced almonds, optional

1. Preheat oven to 350F & spray a 9" springform pan with nonstick cooking spray. Line the bottom of pan with a circle of parchment paper & spray with nonstick cooking spray. Set aside.

2. Make crust by grinding almonds in food processor until fine. Add flour and salt and pulse to blend. Add almond butter and 1/2 cup milk and blend until dough comes together. Dump onto a lightly floured surface and form into a flat disk. Roll into 9-inch circle. Carefully lift dough (it won't hold together like a pastry crust) and place in the bottom of the prepared pan. Use the bottom of a flat glass & fingers to press dough onto sides and bottom of pan – make sure it comes 2" up the sides.

3. In a skillet, sauté chopped fresh spinach with 1 T of water until wilted down. This takes only 3-5 min. Cool, and drain, set aside.

4. In a large bowl, whisk together eggs, remaining 1 cup milk, salt & pepper, & nutmeg until well-combined. Stir in spinach & pour into pan, making sure liquid does not exceed the top of the sides of the crust. Sprinkle with sliced almonds, if using. Bake 1 hour or until filling is set & crust is a golden brown. Filling will be a bit puffed when it comes out of the oven but will deflate upon cooling. Transfer to a wire rack to cool for at least 15 min. Remove sides of tart pan, slice & serve.

Farmers' Market Pasta Salad

From WebMD

8 c cooked, drained, whole-wheat blend pasta (rotini or penne)
 1/2 cup **pesto**
 2 large, ripe **tomatoes**, diced
 1 cup finely diced bell **pepper** (use yellow, red, or orange for a color contrast)
 3 c lightly cooked and cooled in-season veggies (zucchini or carrot slices, broccoli or cauliflower florets, green beans, or peas)
 1/4 cup toasted pine nuts* (optional)

*To toast pine nuts, just add to small nonstick frying pan and cook over medium-low heat, stirring often, until they are lightly brown (2-3 minutes)

Add pasta to large serving bowl along with the pesto, diced tomato, bell pepper, and in-season vegetables, and toss to blend well.

Sprinkle the toasted pine nuts over the top if desired and serve. If not serving immediately, cover well and keep refrigerated until needed.

Yield: 6 servings

CLASSIC WARM GOAT CHEESE SALAD

From Mackenzie Creamery

1 (11-ounce) log **plain or herbed chèvre**
 2 jumbo **eggs**, beaten with 1 tablespoon water
 Fresh white bread crumbs

Dressing:

2 T cider vinegar	2 T Champagne vinegar
Pinch sugar	1/2 teaspoon salt
1/4 teas ground black pepper	1 jumbo egg yolk
1 cup olive oil	Olive oil & unsalted butter

Mixed salad greens for 6 servings

Cheese: Slice the chèvre crosswise into twelve 1/2-inch slices. (Dental floss makes for easy slicing!) Dip each cheese slice into the beaten eggs, then the bread crumbs, being sure the cheese is thoroughly coated. Repeat by dipping back in the eggs & then the bread crumbs. Place on a cookie rack & chill for 30 min or more.

Dressing: Place the vinegars, sugar, salt, pepper, & egg yolk in the food processor bowl fitted with a steel blade & blend for 1 min. With the motor running, slowly pour the olive oil through the feed tube until the vinaigrette is thickened. Season, to taste.

Toss the salad greens with enough dressing to moisten. Divide among six plates. Melt 1 tablespoon oil and 1 tablespoon butter in a sauté pan over medium-high heat until just under smoking. Cook the goat cheese rounds quickly on both sides until browned on the outside but not melted inside. Top each salad with two warm rounds and serve.