

GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May – 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>



JUNE 13, 2009

I was lucky enough to get to taste ONE single strawberry last week – and it was sweet as sugar! I can't wait to pick up a container at my local farmer this week! In addition to the booths in South Russell, many of our farmers have pick your own fields that are open to the public starting this week. Check with your vendors for specific information and times.

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 are filling the market tents each week.

Seasonal produce varies from week to week. This week look for spinach, all kinds of salad greens, broccoli, sugar snap peas, radishes, asparagus, maybe even some rhubarb still. Strawberries arrive this week and will continue to be plentiful at the market hopefully until July 4th. Eggs continue to be plentiful and plants continue to fill many farmer's tables – including vegetables (tomato, pepper, lettuce) various herbs, and flowering plants.

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.

PRODUCT FEATURE: STRAWBERRIES

When selecting berries, you should choose plump berries that are brightly colored, firm, and have the hulls attached. Unripe berries will not ripen once off the vine. Berries should be stored in the refrigerator and are best if used within 2-3 days. Do not wash berries until you are ready to use them. Washing makes them more prone to spoiling.

Keep in mind that a pint equals about 2 cups of sliced berries. If you do go to a u-pick strawberry farm, they typically sell berries by the pound. A quart of strawberries equals 1½ pounds of those fresh berries. It takes about 10-15 minutes to pick a quart of strawberries if the berries are reasonably plentiful. Do your math and be careful not to over-purchase as strawberries quickly mold when left at room temperature and last only a couple days in the refrigerator. However, you can easily freeze berries that you cannot use right away. Just wash, cut off the hulls, and place in a ziplock bag, removing as much air as possible. Berries will keep frozen for several months without air.

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
Pawsey 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

Every ingredient that is available at the market will be in **BOLD TYPE**. This way, you can search and find all the products available locally at our market. 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.

Strawberry Basil Panna Cotta

From: *WJW-TV Channel 8* – makes 8
make today – serve tomorrow

1½ tsp. Pure Vanilla Extract
½ Cup Granulated Sugar
2 tsp. Gelatin
3 Cups Heavy Cream
2 Tbsp. Water
1 Cup Sour Cream
36 large **Thai, Cinnamon or Lemon Basil Leaves**

Sprinkle gelatin over water and let bloom for five minutes. In medium sauce pan heat cream to a very light simmer and add sugar and vanilla extract. Shut off heat and add basil, allow to sit for 15 min, stirring occasionally, remove basil leaves. Add gelatin, stirring until completely dissolved. Place sour cream in a medium mixing bowl and slowly add the cream mixture. Portion into eight cool ceramic ramekins and chill to set for six to twenty-four hours. To unmold, place ramekin on a damp, warm cloth and turn over onto a dessert plate. Top with Macerated Strawberries mixture and serve.

Macerated Strawberries

2 Pints **Fresh Strawberries**, quartered
½ Cup Granulated Sugar
12 **Large Fresh Lemon Basil Leaves**
1 tsp. Grand Marnier

Toss all ingredients together in a bowl squeezing some strawberries by hand to release natural liquid, cover and refrigerate for at least six hours.

Strawberry Mint Surprise

From *Family Fun Magazine*

Kids Cooking Skills: Use this recipe as an opportunity to teach your child how to wash, dry, and hull fresh strawberries.

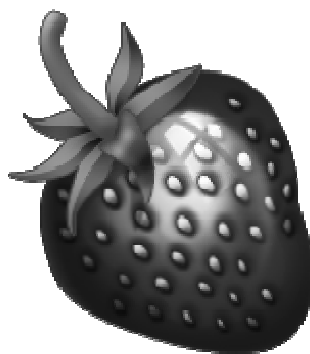
2 pints **strawberries**
Juice of half a lemon
10-15 fresh **mint leaves**
2 Tbsp **honey**

To hull a strawberry, kids should cut off the stem just below the white part with a plastic knife. First, rinse the berries in a colander, then pat them dry on a paper towel. Wash only the amount you need (to prevent the berries from turning moldy). Next, hull and slice them with a plastic knife. In a serving bowl, toss the berries with the lemon juice. Mince the mint leaves with scissors. Add the mint and honey to the strawberries, stir, and let sit for 30 minutes before serving. Serves 4 to 6.

Apple Strawberry Jelly

1 ½ c Unsweetened bottled apple juice
1 pt Fully ripe **strawberries**
3 ½ c Granulated sugar
1 Pouch liquid fruit pectin

Pour apple juice into a preserving kettle or large saucepan. Thoroughly crush the berries, using a potato masher, one layer at a time; measure 1/2 cup prepared berries; add to apple juice; add sugar. Place pan over high heat; bring to boil, stirring continuously; at once, stir in liquid fruit pectin; bring to a full rolling boil; boil hard for 1 minutes, stirring continuously; remove kettle from heat. Skim off foam with a metal spoon; pour quickly into hot sterilized jars, leaving 1/2 inch head space; seal with melted paraffin wax; cover with clean lids. Store in a cool, dark, dry place.



Bisquick Strawberry Shortcake

From: *Betty Crocker*

2 1/3 c Bisquick
½ c milk
3 Tbsp Sugar
3 Tbsp melted butter
1 qt **strawberries** sliced & sweetened

Heat oven to 425°F. Stir in all ingredients except strawberries until soft dough forms. Drop by 6 spoonfuls onto ungreased baking sheet. Bake 10-12 minutes. Split, fill and top with strawberries, and whip cream, if desired.

Strawberry Nut Drops

1 c Sugar
½ c Butter or margarine
1 teas Almond extract
1 Egg
2 c All Purpose Flour
1 teas Baking Powder
½ teas Baking Soda
1 c Sweet **Strawberries**, mashed
½ c Chopped Walnuts
¾ c Confectioner's Sugar

Remove 2 T of the crushed strawberries with juice and set aside. Cream sugar, butter, and almond extract until creamy. Beat in egg. Mix flour with baking powder and soda and add to creamed mixture alternately with crushed strawberries. Stir in walnuts. Drop by tablespoons onto lightly greased, or Teflon coated cookie sheets, 2" apart. Bake in 375°F oven for 12-14 minutes. Mix reserved berries with confectioner's sugar to make a thin glaze and spread over warm or cold cookies.

Makes 40-45 cookies.

Bacardi Strawberry Daiquiri

From *easy-strawberry-recipes.com*

5 large, fresh whole **strawberries**
1 tablespoon lime juice
1 teaspoon sugar
1 1/2 ounces of Bacardi Light Rum
1/2 cup crushed ice

Blend 10-20 seconds. Serve in a chilled cocktail glass.