

GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS

May – October 2010

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 19, 2010

Strawberries were plentiful at the market. The small juicy fruit put my taste buds in over drive. How about yours? Isn't it great to bite into a strawberry and actually have it taste like a strawberry. Last week I saw them at **Maple Crest Farm** as well as at **Maplestar Farm, Hersberger Produce, Sirna's Farm and Market,** and **Sleeping Dragon Botanicals.**

Seasonal produce varies from week to week. Last week I saw beautiful radishes available at **Hersberger Produce** as well as the first zucchini of the season available at **Sirna's Farm & Market.** Also, peas were available in limited quantities from **Maple Crest Farm.** Expect to see more zucchini and possibly the first tomatoes from our vendors that have greenhouses available this week. Tomatoes will continue to be in limited quantities until the garden varieties start in July. But I am anxiously anticipating them already.

Some wonderful spring honey is available at **Ohio Honey.** The lighter tasting variety is a wonderful natural sweetener to add to your food. I also stopped by **Carly's Confections** and tried their gluten free brownies. Those yummy bars, individually wrapped were so soft and tasty. What a combination, chocolate in a gluten free treat!

There are still **lots of products available weekly** include fresh baked goods, fresh meats, fresh flowers and plants, fresh eggs, maple syrup, honey, hand-made soaps and lotions, cheese, jams and jellies, herbs and garlic, vegetables, plants, and various craft items.

This week, and for the next 3 weeks that follow, **Kalle Nelson** a South Russell Resident and Girl Scout will be collecting new or gently worn shoes for **Soles4Souls** in her collection bins at the South Russell Farmers' Market. These bins will be available June 19, June 26th, July 3rd and July 10th. Kalle is working with the Nashville based charity who distributes shoes to people in need as she works on her **Girl Scout Gold Award.** This is the highest award that a girl scout receives in scouting. Since 2005 Souls4souls has given away over 5.5 million pairs of shoes in over 125 countries including Kenya, Thailand, Nepal, the United States and most recently in support of Haiti relief efforts. Souls4souls is a 501(c)(3) recognized by the IRS. For more information about Soles4Souls, go to their web site: <http://www.soles4souls.org>.

GEAUGA FRESH FARMERS' MARKET MEMBERS – 2010

Beecology
Bow Wow Gifts
Blue Jay Orchard
Bridge Creek 17
Carly's Confections
Chelsea Flower Garden
Countryside Home Bakery
Endeavor Farm
Great American Lamb Co.
Herb Thyme
Hersberger Produce
Hot-Kiln Farm
Jack Mountain's Orchard
June Eve's Farm
Kamari Body Care
Luciano's Ristorante
Mackenzie Creamery
Maple Crest Farm
Maplestar Farm
Maple Valley Sugarbush and Farm
Middlefield Original Cheese Coop
Miller's Jams
Ohio Honey
Pheasant Valley Farm
Radiant Life
Rock Valley Run CSA Farm & Greenhouse
Sandy Miller Pottery
SAND Farm LLC
Schultz Fruit Farm
Sirna's Farm and Market
Sleeping Dragon Botanicals
Sugar Me
Terra Bakery

UPCOMING LOCAL EVENTS

The Geauga County Master Gardeners 2nd Annual Scholarship Benefit Garden Tour & Plant Sale

Wed June 23, 2010, 10-4pm, Chardon

Plant Sale at the Log Cabin on Chardon Square. You may purchase tickets there for the home show which includes four gardens within a 5 mile radius.

South Russell Multipurpose Trail Foundation, Trot for the Trails, Saturday, July 3, 2010

A 5K run through South Russell to support the trail. Begins at the South Russell Village Park, 9:00AM.



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.

SALADS!

The varieties of salad greens available each week continue to be plentiful at the market, but maybe you are having problems with what to do with your salad to make it a little more special. Try one of the following exciting dressings to add some new spice to your salad! Changing the dressing can give your same salad greens a completely different flavor.

For each dressing, stir together all the ingredients except the oil until well combined. Slowly add the oil, whisking constantly. Each recipe makes about 1 cup. Store in a covered container at room temperature for 5 days or in the fridge for up to 3 weeks.

Classic French Dijon

1/3 cup white wine vinegar
1/2 tsp kosher salt
1/2 tsp ground black pepper
1Tbsp Dijon mustard
1 tsp sugar
2 tsp chopped **thyme** leaves
1/2 c extra-virgin olive oil

Raspberry Balsamic

1/2 c balsamic vinegar
2 Tbsp water
4 tsp raspberry preserves
1/4 tsp kosher salt
1/2 tsp ground black pepper
1 Tbsp finely chopped **shallots**
2/3 c extra virgin olive oil

Cilantro Lime

1/4 c fresh lime juice
2 Tbsp apple cider vinegar
1/4 tsp cayenne pepper
1/2 tsp ground cumin
1/4 tsp kosher salt
1 Tbsp **honey**
2 Tbsp chopped **cilantro**
2/3 c canola oil

Lemon Parmesan

1/4 cup fresh lemon juice
2 Tbsp white wine vinegar
1/4 tsp kosher salt
1/4 tsp ground black pepper
1 Tbsp sugar
3 Tbsp finely grated Parmesan
1/2 c extra virgin olive oil

Asian Sesame Ginger

1/2 c rice wine vinegar
1/2 Tbsp soy sauce
2 Tbsp **honey**
1/2 tsp fresh grated ginger
2 tsp toasted sesame seeds
1/2 tsp sesame oil
2/3 c canola oil

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, & pepper in a large mixing bowl, & toss to combine. Cover & 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.

Strawberry Blender Mousse

Recipe from: Dianne Rattray at about.com

1 1/2 cups **fresh strawberries**
1 8-oz pkg. cream cheese, cut into cubes
1/2 cup sifted powdered sugar
1 container whipped topping, 4 ounces, thawed
sliced almonds for topping
whipped cream, optional

In a blender, combine strawberries, cream cheese and sugar. Blend until smooth. Scrape sides as necessary. Pour mixture into a mixing bowl. Fold in dessert topping. Spoon mousse mixture into 6 dessert dishes. Chill for at least 3 hours or overnight. Serve sprinkled with the sliced almonds or top with a dollop of whipped cream and sprinkled sliced almonds over the top.

Strawberry and Spinach Salad

Recipe from: University of Illinois Extension

1 pint **fresh strawberries**
2 bunches **fresh spinach**
1/2 cup sugar
1 1/2 tablespoons **minced green onion**
1/2 teaspoon Worcestershire sauce
1/2 teaspoon paprika
1/2 cup olive oil
1/2 cup balsamic or cider vinegar
2 tablespoons sesame seeds

Wash strawberries under cool running water. Remove caps and set aside to drain. Wash spinach and remove large tough stems. Tear large leaves into small pieces. Drain. In a medium bowl combine remaining ingredients and whisk together. Slice strawberries into halves or quarters and place in a large bowl. Add dry spinach. Pour dressing over all and toss.