

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 26, 2010

Wow, next weekend is the Fourth of July already. Welcome Summer! Did you plant any sweet corn this year? The old wise tale is to have sweet corn knee high by the fourth of July. You know what that means? Geauga County Sweet Corn is available in late July or August. Enjoy all the other products that Geauga County Farmers have to offer while you wait for the golden varieties – red raspberries, zucchini, snap peas, broccoli, cauliflower, and berries are plentiful at the market so enjoy them while they are in season. Lettuce and other greens are also available.

This week **Chef Tim McCoy**, from the **Loretta Paganini School of Cooking** in Chesterland, will be demonstrating cooking sirloin steaks at the **SAND Farm** booth from 9:30-10:30AM. You can now purchase rubs and sauces from **Mom's Gourmet** of Newbury at the SAND Farm market stand.

When you are getting ready for your **holiday parties, picnics, and outings**, stop by the Geauga Fresh Farmers' Market to find the freshest ingredients for your 'dish to pass'. Make all your friends wonder how you have become such a great cook. Then Let your friends in on the secret that, if you start with great, locally grown ingredients, "Anyone can cook."

Two new vendors are offering hand-made soaps from natural products at the market this year. **Kamari Body Care** offers bar soap, liquid soap and lotions with a glycerin base. Shower gels, natural lotions, shampoos, and lip balm using natural products and honey available from **Beecology**. Both vendors are excited to work with all the customers they meet at the farmers' market and are willing to make suggestions and help you making a selection that fits your needs.

Other products **available weekly** include fresh baked goods, fresh meats, fresh flowers and plants, fresh eggs, maple syrup, honey, cheese, jams and jellies, sauces, pickles, herbs and garlic, vegetables, plants, and various craft items.

Kalle Nelson, a South Russell Resident and Girl Scout, will again be collecting new or gently worn shoes for **Soles4Souls** in her collection bins at the Market. These bins will be available today, July 3rd and July 10th. Kalle is working with the Nashville based charity which distributes shoes to people in need as she works on her **Girl Scout Gold Award**. 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
Hershberger 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
Mom's Gourmet
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

NEXT WEEK:

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.

Market Manager Cheryl Hammon is available at the market booth & throughout the market to answer your questions.

She is always looking for **volunteers** to help with parking, setting up & taking down, and operating the market booth. See Cheryl if you are interested.



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.

Stuffed Zucchini Boats Makes 6 servings
From Diabetic Meals in 30 minutes or less

3 medium **zucchini**
1 ½ lbs ground turkey breast
1 small **onion**, minced
½ cup finely diced **carrot**
½ cup finely diced **red pepper**
2 tsp fresh minced **basil**
1 tsp fresh minced **oregano**
1 **egg**, beaten
1 cup **spaghetti sauce**

Cut each zucchini in half lengthwise & scoop out inside of each, leaving a 1 inch shell. Then cut in half crosswise to make 6 boats. Mince the scooped-out zucchini. Place the hollowed boats in a saucepan and cover with water. Bring water to boil, & cook for 5 minutes. Drain & set aside. In large skillet, sauté ground turkey until cooked through about 6 minutes. Remove turkey from skillet; add onions to pan drippings and sauté for 5 minutes. Add carrot, red pepper, reserved minced zucchini, basil & oregano. Add ground turkey & egg and mix well. Fill each boat with turkey mixture, place filled boats on cookie sheet in preheated oven at 350 degrees and baked uncovered for 10 minutes. Serve with heated spaghetti sauce drizzled on each boat (about 2 Tbsp for each boat.)

Mashed Potatoes with Garlic Scapes

2½ lb. russet **potatoes**, peeled & cut into 1" pieces
½ stick butter
2 Tbsp olive oil
¼ cup finely chopped **scapes**
¼ cup hot milk (or more)

Cook potatoes until very tender. Drain & return to pot. Over medium high heat, melt butter with olive oil in a small skillet. Add scapes & sauté about 5 minutes. Add to potatoes & mash. Gradually add milk while stirring. Season with salt & pepper.

Skillet Roasted Vegetables

From Better Homes and Gardens

8 oz baby **beets**
8 oz tiny **new potatoes** or small fingerling potatoes, quartered
1 small **sweet potato**, peeled & cut in narrow wedges
2 – 3 Tbsp peanut oil
1 cup **sugar snap or snow pea pods**, trimmed
¼ teas salt
1/8 teas freshly ground black pepper
¼ cup freshly snipped **cilantro** or **flat leaf parsley**
2 Tbsp lemon juice
Lemon Wedges

Trim and half beets, reserve a ½ cup of greens. In 12 inch skillet cook beets and potatoes, covered in hot oil over medium heat for 10 minutes, turning occasionally. Uncover and cook 10-15 minutes more until tender and brown on all sides, turning occasionally. Add peas to vegetables in skillet; sprinkle salt and pepper. Cover and cook 2 to 3 minutes until peas are crisp-tender. Add reserved beet greens, cilantro, and lemon juice to skillet; Toss to coat. Serve with lemon wedges on side.

Zucchini Patties

From grannyskitchen.com

2 cups grated **zucchini**
1 **egg**, lightly beaten
2 Tbs **onions**, diced
4 Tbs cracker crumbs
2 Tbs cooking oil
4 slices cheese
(cheddar or mozzarella)

Combine zucchini, eggs, onions and crumbs. Form into 4 patties and chill for a few minutes. Heat oil in skillet and cook patties until browned and heated through. Top with cheese and cover pan until melted. Makes 4 servings.

Cucumber Salsa

From allrecipes.com

2 medium **cucumbers** - peeled, seeded, and chopped
2 medium **tomatoes**, chopped
1/2 cup chopped **green bell pepper**
1 jalapeno pepper, seeded and minced
1 small **onion**, chopped
1 clove **garlic**, minced
2 tablespoons lime juice
1 teaspoon minced **fresh parsley**
2 teaspoons minced **fresh cilantro**
1/2 teaspoon dried **dill weed**
1/2 teaspoon salt
1 (12 ounce) package tortilla chips

In a medium bowl, stir together the cucumbers, tomatoes, green pepper, jalapeno pepper, onion, garlic, lime juice, parsley, cilantro, dill, and salt. Cover and refrigerate for 1 hour. Serve with tortilla chips.

