

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>



JULY 17, 2010

It's already the middle of the season and produce is available in abundance, thanks to a warm and rainy spring. You will see **Peaches, some sweet corn and tomatoes** this week as well as **blueberries**, red raspberries, leafy greens, zucchini and yellow summer squash, peppers, cabbage, beets, snap peas, broccoli, cauliflower, and potatoes. Enjoy all these wonderful local, fresh vegetables while they are in season.

Other products **available weekly** include fresh baked goods, fresh meats, fresh flowers and herbs, fresh eggs, maple syrup, honey, a variety of cheeses, jams and jellies, sauces, pickles, garlic and onions, vegetables, plants, soaps, lotions and shampoos, and various craft items.

Many of you ask about whether our members sell organic produce and other products. In fact, **Hershberger Produce and Maple Star Farms are certified organic**. Reaching and maintaining organic certification requires a great deal of effort on the part of the farmers, detailed record keeping, and regular inspections. However, many of our farm producers follow a combination of strategies required for certification but have not gone through the process. Integrated pest management uses minimal chemical application and natural predators and parasites, pest-resistant varieties of produce, cultural practices, biological controls, various physical techniques and pesticides as a last resort. Organic production methods maintain and replenish soil fertility without the use of toxic and persistent pesticides and fertilizers. Organically produced foods are produced without the use of antibiotics, synthetic hormones, genetic engineering and other excluded practices, sewage sludge, or irradiation. Organic foods are minimally processed without artificial ingredients or preservatives. Animals are allowed to free-range. Ask your farmer how they grow or raise their product – they are your best source and they are right there to talk to you on Saturday morning.

Remember that our Annual Salsa Contest will take place on September 11 – here is a **Basic Peach Salsa** to get you started.

2 ripe, but firm medium peaches	1 tablespoon vegetable oil
1 tablespoon fresh lime juice	1/4 cup finely chopped red onion
1/2 cup diced red and/or green bell pepper	1 tablespoon chopped cilantro
1 teaspoon/to taste minced jalapeno pepper	1/2 teaspoon salt
fresh ground black pepper to taste	

Cut the peaches into half-inch cubes, bell peppers into a somewhat smaller dice, chop any cilantro, finely chop onions and mince jalapenos. Blend oil and lime juice and combine with other ingredients. Let the salsa sit for at least five minutes before tasting to see if you need to adjust the seasoning. Prepare the salsa at least an hour, or as much as day or two, before serving, to allow the flavors to fully meld.

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
Mayfield Road Creamery
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



Every ingredient that may be 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.

Garden Fresh Tabbouleh

3 ½ C boiling water
2 C cracked wheat
1 1/2 C chopped fresh **parsley**
1/3 C extra virgin olive oil
1/3 C fresh squeezed lemon juice
¼ C chopped fresh **mint**
1 tsp salt
1/4 tsp cayenne
1/4 tsp ground cumin
freshly ground black pepper
2 **cucumbers**, peeled, seeded, and diced (about 2 C)
4 **scallions**, including tops minced (about 2/3 C)
3 large ripe **tomatoes**, peeled, seeded, and diced (about 3 C)

Pour water over the wheat in a large bowl. Cover and let stand until doubled in bulk, about 30 minutes. Drain in colander to remove excess water. Return to bowl. In a medium bowl whisk together parsley, oil, lemon juice, mint, salt, cayenne, cumin and pepper. Add cucumbers and scallions. Pour mixture over well drained cracked wheat, toss well, and let stand at room temperature for at least 1 hour to allow the flavors to blend. Adjust seasonings. Mix in tomatoes just before serving. Serve with romaine lettuce or as a side dish with grilled meats or vegetables.

Pickled Beets Recipe

From simplyrecipes.com

1 bunch (4 or 5) beets	1 Tbsp sugar
1/4 cup cider vinegar	1 Tbsp olive oil
1/2 teaspoon dry mustard	Salt and pepper

Remove greens from beets, save for future use. Cut beets to uniform sizes so they will cook evenly. Steam or boil around 30 minutes or until done or wrap them whole in foil and cook them in a 350°F oven for about an hour. A fork easily inserted into the beet will tell you if the beets are done or not. Drain the beets, rinsing them in cold water. Use your fingers to slip the peels off of the beets. The peels should come off easily. Discard the peels. Slice the beets. Make **the** vinaigrette by combining the cider vinegar, sugar, olive oil, and dry mustard. Whisk ingredients together with a fork. The dry mustard will help to emulsify the vinaigrette. Adjust to taste. Add salt and pepper to taste. Combine beets and vinaigrette in a bowl and allow to marinate for a half hour at room temperature. Serves four.

Grilled Sweet Corn

Soak the **corn** in the husk in water for half an hour. Soaking keeps them from burning on the grill. After you have soaked the cobs, just toss them onto your preheated grill and after about 20 minutes of closed lid cooking they will be done. This will always produce a great cob of corn.

Chicken with Zucchini and Tomatoes

From southernfood.about.com

4 boneless chicken breasts
1/2 cup flour, seasoned with salt and pepper
2 tablespoons olive oil
2 small **zucchini**, halved and sliced
8 ounces mushrooms, sliced
1/3 cup dry sherry, white wine or chicken broth
2 cups fresh diced **tomatoes**
salt and pepper to taste
1 cup shredded mozzarella or Cheddar **cheese**, or a combination

Dredge chicken pieces in flour mixture. Heat olive oil over medium-high heat in a heavy oven-proof skillet; add chicken pieces to hot oil. When browned, remove chicken to a plate. Sauté zucchini and mushrooms for 2 to 3 minutes. Add chicken pieces back into skillet. Pour sherry over all; cook another 4 minutes. Season with salt and pepper; top with tomatoes. Transfer the pan to a preheated 325 degree oven. Cook for about 45 minutes or until chicken is done. Top with shredded cheese just a few minutes before done. Serves 4

Spinach & Garlic Scape Pesto

3 cups packed fresh **spinach** leaves
½ cup **parsley leaves**
2/3 cup grated parmesan cheese
½ cup walnuts
10 chopped **garlic scapes**
2 Tbs. basil
1 cup extra virgin olive oil

Process in food processor until smooth, then drizzle in oil. Makes 2 cups.

Market Manager Cheryl Hammon is available each week at 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 or email her at Cheryl@geaugafarmersmarket.com