

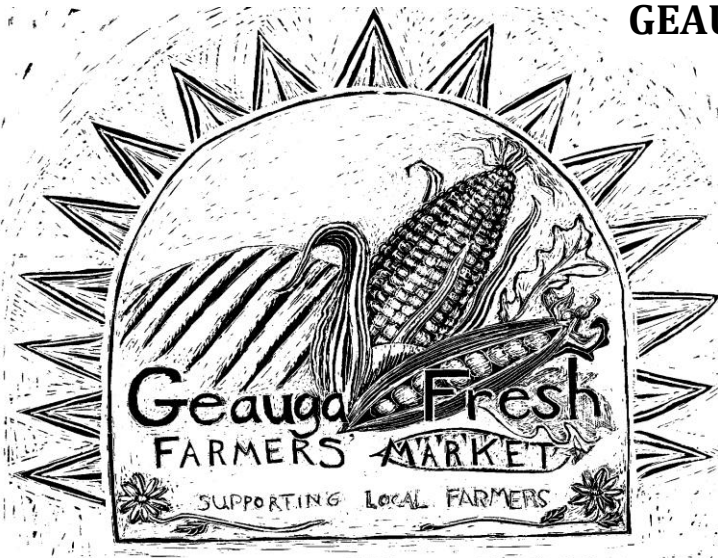
GEAUGA FRESH FARMERS' MARKET

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 24, 2010

Produce in great abundance now that we have reached the end of July. You will see **Peaches, sweet corn, cantaloupe, yellow watermelon, squash, and tomatoes** this week as well as 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.

Today at the market, **Chef McCoy** will be at the **Sand Farm** Market Booth grilling kabobs made with grain fed beef. Make sure you stop by the Sand Farm Booth to taste some of this wonderful meet and pick up some for your grilling this weekend. Steaks, kabobs, or a roast for some rotisserie grilling will make a great feature for your weekend parties.

Also at the market today will be the sounds of **Ashley Brooke-Toussant**. She entertained the customers and vendors a few weeks ago with her large repertoire of folk music and she is sure to be a hit again today. Ashley will be returning again in August and September and will soon become your favorite folk singer at the Geauga Fresh Farmers' Market.

The salsa contest will be coming up in September 11th. Have you started experimenting with your favorite salsa recipe? Try this one out this weekend, and see what your friends and family have to say.

Classic Best Salsa (for canning or making fresh)

6 large seeded chopped peeled **tomatoes**
2 cups seeded chopped **green peppers**
1 cups seeded jalapeno pepper, chopped
3/4 cup chopped **onion**
1 1/2 teaspoon salt
2 cloves minced **garlic**
1 1/2 cups cider or wine vinegar

Combine tomatoes, peppers, onions, salt, garlic, and vinegar in a large pot. Bring to a boil, reduce heat and simmer 20 minutes. Pour into hot jars leaving 1/4 teaspoon head space and adjust the caps. Process for 30 minutes in boiling water bath. Yields: 6 half pints or make fresh and store in refrigerator.

GEAUGA FRESH FARMERS' MARKET MEMBERS – 2010

Beecology
Bow Wow Gifts
Blue Jay Orchard
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
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.

Simple Scallop Squash

Recipe from: healthy-recipes-for-kids.com

4 medium **patty pan squash**
2 Tbsp butter
1-2 medium **onion**, sliced
4 Tbsp Parmesan cheese
1/4 cup milk
2 Tbsp Italian bread crumbs

Preheat the oven to 350 degrees. Spray 13 x 9 pan with cooking spray or grease. Wash and slice the squash into 1/4 inch rounds. Cover the bottom with the slices of the squash. Cover with slices of onion. Dot with butter. Cover with cheese and breadcrumbs and pour milk over top. Bake uncovered for 30 minutes or until squash is tender. Serves 4-6.

Basil Burgers

2 pounds ground **grass-fed beef**
3 tbsp Worcestershire sauce
2 tbsp **fresh basil**, chopped
1 tbsp **fresh onion**, chopped
1/2 tsp garlic salt
1/2 teaspoon ground black pepper

Preheat an outdoor grill for high heat. In a bowl, mix the ground beef & all ingredients. Form into 6 burger patties. Lightly oil the grill grate, & cook burgers about 6 minutes, turning once, to an internal temperature of 160° F or to desired doneness. Serve on hamburger buns.

Grilled Chicken with Melon in Pasta Shells

Recipe from About.com

1 medium ripe mango, peeled seeded, chopped
2 cleaned deboned chicken breasts
6 jumbo pasta Shells
1/2 **cantaloupe** seeded diced
1/4 cup of sour cream
1 tablespoon **fresh chives**, minced
2 tablespoon lime juice
1 tsp Dijon Mustard

Season chicken breasts with salt pepper and seasonings which you like. Grill chicken. Then cool cut in to small pieces. Set aside.

Cook pasta according to directions on package. Rinse with cold water and set aside. Combine diced mango and melon, chicken and rest of ingredients; stuff shells.

Fruit Crunch

Mix
1 cup sugar or sugar substitute
3 Tbsp flour
6 cups **fresh fruit or berries***

Place in a 13x 9 baking dish.

Mix
1 1/2 cup flour
1 cup brown sugar
1 cup butter
1 cup oats
1 1/2 tsp total cinnamon and nutmeg (optional, depends on the fruit selected)

Blend and crumble over the top of the fruit
Bake 45 minutes at 375 degrees.
Great warm with a little ice cream.

Mixes of the following are especially good: rhubarb and strawberries; rhubarb and apples; peaches and blueberries; blueberries, raspberries, and blackberries.

Maple Glazed Pork Chops

1 tbsp. vegetable oil
6 lean **pork chops**, fat trimmed
1/4 c. **chopped onions**
1 tbsp. vinegar
1 tbsp. Worcestershire sauce
1/2 tsp. salt
1/8 tsp. pepper
1/2 c. **maple syrup**
1/4 c. water

Preheat oven to 400 degrees. In large skillet, heat oil and brown pork chops. Place pork chops in 9x13 inch pan.

In medium saucepan on low heat, combine onion, vinegar, Worcestershire sauce, salt, pepper, maple syrup & water. Simmer 4 to 5 minutes. Pour mixture over pork chops. Bake covered for 45 minutes basting occasionally. Uncover & bake for 15 minutes more.

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