

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>



AUGUST 28, 2010



Welcome back to school days! Saturday becomes a wonderful day in South Russell in September. We continue to have the best farmers market in town every Saturday. But in addition, when you come to our market on Saturday morning, you don't have to fight with those school buses on Bell Road to get here! Shop today at the market and consider all the healthy snack options that are available for your children's lunches. As you shop, enjoy the sounds once again of folk singer, **Ashley Toussant**.

Last week was a tasty week! We had ten different tomatoes entered into our annual tomato tasting contest. Many of our customers had so much fun tasting! Did you become a connoisseur of tomatoes? How can all those red vegetables taste so different? After a great deal of voting, the winners were chosen.

The best standard size tomato went to **Sirna's Farm and Market** with their **Brandywine** variety. This pink heirloom tomato has taken on legendary status with growers since its debut in growing catalogs in 1982. This status is due to its superb flavor. Prior to that, the seeds can be traced back to a single family in Ohio who kept it in their family for more than 80 years. Other varieties of tomatoes that you may have tasted included Early Cascade, Mountain Fresh, Oregon Spring, and Big Bush.

In the cherry tomato variety, the best cherry tomato went to Laura & Mike Pizmoht with their **Sun Sugar** variety. This medium sized orange ripening cherry tomato has an intense sweet flavor. This hybrid variety is known for its thin skin which is also crack resistant. It is evident from the voting, the very sweet tomato with its fruity overtones needs to find its way to the Geauga Farmers Market next year. So motivate your favorite vendor to grow it, or suggest to the Pizmoht family they need a booth in South Russell next year! Other cherry tomatoes included Sun Dried, Sun Gold, Black Cherry, and Navidad. **THANKS to all our growers who participated and supplied tomatoes!**

If you missed the tomato tasting, you have another opportunity. Mark your calendar, **SEPTEMBER 11th** will be our annual **Salsa Tasting Contest**. Each year we are always blessed with unique flavors of salsa in addition to the traditional tomato salsa. Previous varieties have included tomatillas, corn, peach, watermelon, and pumpkin. So start combining ingredients and begin searching for that perfect salsa recipe to share with your neighbors and fellow vendors this year.

Vendor's tables are exploding with new varieties of produce. Cucumbers, green beans, zucchini, onions, potatoes, beets, broccoli, cabbage, cauliflower, all types of lettuce, radishes, spinach, melons, and herbs are present at the market. Seasonal produce varies from week to week, but expect to find more varieties and unique items filling our vendor's tables. Products available each week include fresh baked goods, fresh flowers, fresh eggs, maple syrup, honey, hand-made soaps & lotions, cheese, jams & jellies, herbs & garlic, vegetables, plants, & various craft items.

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
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
Radiant Life
Rock Valley Run CSA Farm &
Greenhouse
SAND Farm LLC
Schultz Fruit Farm
Sirna's Farm and Market
Sleeping Dragon Botanicals
Sugar Me
Terra Bakery

AT THE MARKET BOOTH:

Megan Porter from Girl Scout Troop #833 will be promoting **Breast Cancer Awareness**. As she works towards her Gold Badge for scouting, she will be increasing awareness both this week and next week at the Market. Please stop by to increase your understanding of this disease.

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.

10+ 1 Recipes for Corn on the Cob, Grilled and Seasoned

Recipe from Better Homes and Garden

Real corn eaters, eat their corn bare! But to add some spice to your life, try one of the seasoning combinations below to add some surprising flavor to an old time summer favorite.

To grill **corn**, simply peel back the husks, do not remove. Discard the silks, rinse & dry corn. Season, then fold husks around ears & tie with a string. Grill on rack of uncovered grill over medium coals for 25 minutes, turning occasionally until kernels are tender. Try one of the seasonings below!

1. Fresh **sage, rosemary leaves**, and butter
2. Guacamole, fresh squeezed lime juice
3. Hummus, **red pepper**, olive tapenade
4. Cinnamon, granulated sugar, melted butter
5. Curry powder, chopped pistachios, melted butter
6. Coarse sea salt, cracked black pepper, cumin seeds, olive oil
7. Mayonnaise, Mexican cojita cheese, ground chili powder
8. **Pesto sauce**, freshly grated parmesan cheese
9. Fruit chutney with melted butter
10. Herbed pepper seasoning blend with butter
11. Butter, **basil, parsley**, and salt

Chunky Watermelon Salsa

From: Farm Fresh to you

- 1 lime
- 2 cups, 1/2 inch pieces seeded **watermelon**
- 1 c 1/2 pieces seeded, peeled **cucumber**
- 1/4 c sliced **green onions**
- 2 T minced **cilantro**
- 2 t minced seeded jalapeno chili
- 1 t sugar

Cut, peel and white pith from lime. Cut lime into 1/4 in pieces. Place in medium bowl. Add all remaining ingredients. Season with salt and pepper. Toss to blend. Cover and refrigerate 30 minutes (can be made 2 hrs ahead – keep refrigerated). Serve chilled.

Fresh Tomato Salsa

From: Joyce Studen

Winner of the 2007 Salsa Tasting Contest, 3rd place in 2008

- 8 ripe **tomatoes**, peeled and chopped
- 3 banana or **bell peppers**, chopped
- 1-2 jalapeno or serrano chilies, chopped
- 1/2 **red onion**, minced
- 2 **cloves of garlic**, peeled & mashed with salt to taste
- juice of 1 lime
- 4 TB chopped **cilantro**

Mix all ingredients well. If tomatoes are watery, drain and cook the liquid down, adding it back to the salsa. Refrigerate.

Vegetable Lasagna

Recipe from Massachusetts Dept of Agricultural Resources

- 1 medium **zucchini**, sliced
- 1 cup mushrooms, sliced
- 1 **medium onion**, chopped
- 1 **clove garlic**, cut in small pieces
- 2, 8-ounce cans tomato sauce
- 1 teaspoon **oregano**
- 1 teaspoon **basil**
- 1/4 teaspoon pepper
- 1 large **tomato**, chopped
- 1 cup low-fat cottage cheese
- 1 cup mozzarella cheese, shredded, (try part-skim)
- 6 lasagna noodles, uncooked

Preheat oven to 400 degrees F. Mix zucchini, mushrooms, onions, & garlic with tomato sauce & seasonings in a saucepan. Cover; cook 15 minutes & set aside. Mix cheeses & chopped tomato. Spread one-third of sauce over bottom of 8-by 8-inch baking dish. Add half of the uncooked noodles & half of cheese mixture. Repeat layers & end with a third layer of sauce. Cover tightly with foil; bake 45 minutes. Remove from oven & let stand 5 minutes before serving. Serves 4.

Corn Tomato Salsa

Recipe from: Pacific Coast FMA

- 4 ears **white sweet corn**
- 1/2 cup **chopped red onion**
- 1 large ripe **tomato**, chopped
- 1 **tomatillo**, husked & coarsely chopped
- Juice of 1 lime
- 1 teaspoon ground cumin
- 1-2 **cloves garlic**, minced
- 1 (4 ounces) can green chiles, chopped
- 1/2 cup chopped **fresh cilantro**,
- Salt and pepper to taste

Blanch corn in boiling water for 3 minutes, chill immediately and cut from cob. Or microwave corn for 3-5 minutes on high, chill in cold water and cut from cob. Place in medium size bowl, add rest of ingredients; served chilled.