

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 10, 2010



Hope you had a great fourth of July. Summer is upon us, and so are the bountiful crops that are produced this season. Last week I picked up a container of **fresh blueberries** from **Blue Jay Orchard**. They were so good, we ate them right out of the container until they were gone. There wasn't time to think about cobbler, or muffins. I think today I will be getting a bigger container!

I hope you enjoyed the cooking and samples last week in the Capozzi Kitchen made by guest chef Matt Anderson. Cooking will continue this week too, so have your taste buds ready as you visit the **Sand Farm** Market Booth. Stop by and sample some great grass fed beef and see what new items Brandon is offering at the market. In addition to beef and pork, they are carrying various rubs and sauces from **Mom's Gourmet** in Newbury. They have some catchy names and are made locally without preservatives. A great addition to add that extra flavor to your steak tonight. Also new to the Sand Farm list of products are red currants. Used in making jams and jellies, these small tart berries make a flavorful jelly which is a great accompaniment to pork or lamb.

Today is the last day to drop off your new or gently worn shoes for Soles4Souls. **Kalle Nelson** a South Russell Resident and Girl Scout has her collection bins at the South Russell Farmers' Market.

Folk singer **Ashley Toussant** will be performing today at the Geauga Fresh Farmers' Market. Ashley is new to the market, but has quite a collection of songs as a singer and song writer. Stop by and welcome her to the market. This is the first of several performances she will make at the market this year.

Mayfield Road Creamery will be joining the market as a new vendor. From Orwell, Susan and Kevin Morris make artisan cheeses like brie, gouda, harvarti, and ricotta using milk from their own grass fed cows. What a great addition to the market with three vendors providing cheese, all with their own little niche. **Middlefield Original Cheese Coop** is located at **Sirna's Farm and Market** booth and **Mackenzie Creamery** famous for their white spoons and the best tasting cheese made with goat's milk. No need to go anywhere else!

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

Cheryl Hammon, the Market Manager 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.

Berry Muffins Makes 12 muffins
From The Market Basket

1 ¾ cups flour
3 tsp baking powder
2 Tbsp sugar
1 **egg**, beaten
1 cup milk
¼ cup oil
1 **cup berries**
¼ cup flour

Preheat oven to 400 degrees. Mix together flour, baking powder, and sugar in a bowl. In another bowl combine egg, milk, and oil. Combine egg mixture with the flour mixture. Stir only enough to dampen the flour. Sprinkle ¼ cup of flour over berries. Gently fold berries into batter. Spoon into greased muffin tin. Fill only 2/3 full. Bake for 15 minutes.

Herb Salad with Creamy Lemon Dressing
From: Better Homes and Garden

Shredded peel and juice from 2 lemons
3 cloves **garlic**, minced
2 tsp Dijon style mustard
½ cup olive oil
½ cup sour cream
6-8 cups of **salad greens**
1 ½ cups assorted fresh herbs – **chives, basil, parsley, or mint – torn**
12 – 16 **radishes**, thinly sliced

Dressing – In bowl combine lemon peel and juice, garlic, mustard, and ¼ teaspoon each of salt and pepper. Slowly whisk in oil until thickened. Whisk in sour cream. Toss together lettuce and herbs. Transfer to serving platter and top with fresh radishes. Pass dressing to garnish. Makes 6-8 servings.

Marinated Fresh Vegetable Salad - Serves 4.
Recipe from allrecipes.com

2 c fresh **small broccoli florets**
1 small **yellow summer squash**, halved lengthwise and sliced
1 small **zucchini**, cut into bite-size strips
1/2 t crushed red pepper
1/3 cup white balsamic vinegar
2 tablespoons olive oil
1 tablespoon lemon juice
1 teaspoon sugar

Cook broccoli, covered, in saucepan with boiling, lightly salted water for 3 to 4 minutes or until broccoli is crisp-tender; drain. Immediately plunge in ice water. When chilled, drain. In large bowl, combine broccoli, yellow squash, zucchini, and crushed red pepper. In glass measuring cup, combine vinegar, oil, lemon juice and sugar. Pour over broccoli mixture; toss gently to coat. Cover and chill for 2-4 hours, stirring occasionally.

Serves 4

Red Onion and Cucumber Salad
From: farmfreshtoyou.com

¼ c minced **red onion**
3 T red wine vinegar
1 large **cucumber**, sliced thin
1 T sugar

Mix the onion with cucumber, vinegar, and sugar. Cover and chill up to 4 hours. Add salt to taste. 5 - 6 servings.

Blueberry Lemon Squares
Recipe from Farmers Almanac

For Crust:

¾ cups(1-1/2 sticks) butter, melted
1/2 cup confectioners' sugar
2 teaspoons vanilla extract
2-1/4 cup all purpose flour

For Filling:

2 cups granulated sugar
1/3 cup all purpose flour
6 eggs
2 teaspoons grated lemon rind
1/2 cup lemon juice
1 cup **blueberries**, rinsed, sorted and drained
1/4 cup confectioners' sugar

Heat oven to 350 degrees for baking, Line 13 x 9 x 2 inch baking pan with aluminum foil. Coat with nonstick cooking spray.

For Crust: In bowl, stir together margarine, confectioners' sugar, vanilla, and salt. Gradually stir in flour until smooth. Press dough over bottom of prepared pan. Bake 20 minutes or until edges brown.

For Filling: In large bowl, mix granulated sugar and flour. Whisk in eggs until smooth. Stir in lemon rind and juice. Fold in berries. Pour filling over crust. Bake until set, 30 minutes. Let cool in pan on wire rack. Dust with the 1/4 cup confectioners' sugar. Cut into 20 squares.