

GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May – October 2009
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 11, 2009

GROWING SEASON IS IN FULL SWING! Enjoy strolling through our farmers' stands and enjoying the local products from Geauga County. Our seasonal products vary from week to week. Last week we enjoyed the sweet taste of fresh blueberries and raspberries. I can just imagine what those sweet peaches are going to taste like when they are added to this fruitful mix. Zucchini, potatoes, peas, beans, salad greens, cucumbers, tomatoes, broccoli are plentiful. What a great place to shop for all your fresh fruit and vegetable needs. Don't forget about your soaps, eggs, flowers, baked goods and crackers, herbs, peanut butter, pesto, sauce, pizza, jams, honey, locally raised meats including beef, pork, and lamb in addition to various cheeses and coffee. WOW! What a great place to shop for all your local needs.

Kris DuBois, our Market Manager is available weekly at the market booth to answer questions. During the season, if you would like to volunteer, she can always use help with parking, setting up and taking down, preparing the newsletter and operating the market booth. Please call Kris at 440-220-0871 or e-mail her at kdubois1@mac.com if you are interested in helping out. Contact geaugamarket@yahoo.com if you have any other questions or comments.

Links to specific vendors web-sites where they provide farming information and recipes with all of their home grown products, are available online at <http://www.geaugafarmersmarket.com>. Past copies of the market newsletter are downloadable from the web site also.

MORE than 10 reasons to shop at the Gaugua Fresh Farmers' Market

- Freshness
- Great taste
- Great flavor
- Seasonal produce
- Supports GEAUGA farms
- Protects the environment
- Higher nutrient content
- Variety
- Locally grown
- Confidence in knowing where your food is grown
- Recipes always available
- Community Involvement
- Convenient Parking
- Social Gathering
- Great Music

GEAUGA FRESH FARMERS' MARKET MEMBERS – 2009

Blue Jay Orchard
Chagrin Valley Soap & Craft
Chelsea Flower Garden
Cherrywood Garlic & Herb
Farm
Countryside Home Bakery
Dave's Dahlias
Great American Lamb Co.
Herb Thyme
Hershberger Produce
Hershey Montessori School
Hilltop Blueberries
Hot-Kiln Farm
Hummingbird Way
Jack Mountain's Orchard
June Eve's Farm
Luciano's Ristorante
Mackenzie Creamery
Maple Crest Farm
Maplestar Farm
Maple Valley Sugarbush and
Farm
Middlefield Original Cheese Coop
Miller's Jams
Novelty Nursery
Ohio Honey
Pawsey Fingers Pet Pastries
Radiant Life
Ridgeview Farm
Rock Valley Run Farm &
Greenhouse
SAND Farm LLC
The Sassy Italian
Schultz Fruit Farm
Sirna's Farm and Market
Sleeping Dragon Botanicals
Sugar Me
Terra Bakery

Thanks to South Russell Village Council and Mayor Matt Brett for their continued commitment to the success of the **Gaugua Fresh Farmers' Market**.

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.

Fresh Broccoli Salad

Recipe from Nora at allrecipes.com Serves 9

2 heads fresh **broccoli** 1 **red onion**
 1/2 pound bacon 3/4 cup raisins
 3/4 cup sliced almonds 1 cup mayonnaise
 1/2 cup white sugar 2 T white wine vinegar

Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.

Cut the broccoli into bite-size pieces and cut the onion into thin bite-size slices. Combine with the bacon, raisins, your favorite nuts and mix well.

To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.

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.

Red Onion and Cucumber Salad

From: farmfresh toyou.com

1/4 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.

Lemon Dessert Cake with Fruit in Herb Syrup

Slice the **Hummingbird Way's Lemony Dessert cake** in ample slices and serve with **fresh in season fruit** or toss the fresh fruit in a flavored herb syrup and spoon over cake slices.

Herb Syrup

2 cups water - 1 cup sugar - 8 to 10 herb sprigs

(try one of the following herbs: rosemary, thyme, lavender, scented geranium, cinnamon, anise, lemon basil, or mint) Combine water and sugar in a small saucepan, and bring to a boil over moderate heat, add herbs, cover and let stand for at least 30 minutes. Remove leaves, squeezing them into the syrup. Cool to room temperature and refrigerate.

Curly Parsley and Rice Summer Salad

From *Waxwing Farm*

1 **onion**, chopped & sautéed
 2-3 cups cooked rice
 2 cups **parsley** finely chopped
 1/2 c balsamic vinegar
 1/2 c **maple syrup**
 1/2 c olive oil

Combine onion, rice and parsley in bowl. In separate bowl make dressing. Add vinegar and syrup together. Add olive oil drop by drop to incorporate. Once it begins to mix, add in slow steady stream. Combine dressing with rice medley. Serve immediately or refrigerate overnight.

Blueberry Lemon Squares

Recipe from *Farmers Almanac*

For Crust:

3/4 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.