

## 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>



**SEPTEMBER 4, 2010**

### **HAVE A SAFE AND RELAXING LABOR DAY WEEKEND ! See you at The Great Geauga County Fair**

Wow! We flipped the calendar to September. It's a great time to harvest the crops and enjoy the season of hard work by our local farmers. Vendor's tables are exploding with many varieties of produce. Seasonal produce varies from week to week, so don't expect strawberries or blueberries, but watch out as the varieties of apples start appearing as well as acorn squash and pumpkins. 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.

Have you had an opportunity to try our latest product at the farmers market? If not, **Cibo Homemade Pasta** is offering fresh pasta now at the farmers market. Their fresh cavetelli and whole wheat rotini is offered by the pound at their market booth. Denise and Tony Suglia started **Cibo Homemade Pasta** earlier this year in Bainbridge at the corner of Chillicothe and East Washington. If you haven't had the opportunity to visit their open kitchen where your pasta is openly prepared of you using only semolina flour, you have missed a great opportunity for Italian pasta in Geauga County. My favorite is their alfredo sauce, but taste them all and you make your own decision. Make sure you pick up their fresh pasta at the market stand this week, and plan a visit to the restaurant soon!



**NEXT WEEK  
SEPTEMBER 11, 2010  
SALSA TASTING CONTEST !**

Next week, vendors and customers are encouraged to enter their favorite salsa whether it's hot, sweet, cooked, or fresh made from zucchini, cucumber, eggplant, tomatillo, peach, tomato, or watermelon. Years past have even brought pumpkin salsa! So polish up your recipes, and start combining ingredients, and don't forget to shop for the freshest and best ingredients for your salsa today at the market. Please keep your ingredients to locally grown produce – no pineapple or banana salsa!

**Bring a pint of your favorite home-made salsa to the market booth** between 9:30 and 10:00AM. **Tasting begins just after 10:00am.**



#### **GEAUGA FRESH FARMERS' MARKET MEMBERS – 2010**

Beecology  
Bow Wow Gifts  
Blue Jay Orchard  
Carly's Confections  
Chelsea Flower Garden  
Cibo Homemade Pasta  
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](http://www.geaugafarmersmarket.com) under the tab, Newsletters.

### Roasted Veggie Mash

*Recipe from Heart Healthy Living*

4 oz **sweet potato** peeled & cut into 2" pieces  
1 medium **carrot**, quartered  
½ small **onion**, cut into thin wedges  
1 clove **garlic**, halved  
2 tsp olive oil  
½ tsp grated fresh ginger  
Dash ground black pepper  
milk

Preheat oven to 425. In a 2 quart square baking dish or 8x8x2" baking pan, place sweet potato, carrot, onion, & garlic. Drizzle with oil & toss to coat. Cover with foil. Bake 20 minutes. Remove foil, stir. Bake uncovered 10-15 minutes more until vegetables are tender. Transfer vegetables to food processor. Add ginger, salt, and dash pepper. Cover & process just until coarsely pureed, adding 1 to 2 tablespoons milk as necessary for desired consistency. Makes just 2 little servings!

### Cheesy Red Pepper Pizza

*Recipe from: Heart Healthy Living*

13.8 oz package of refrigerated pizza dough  
1 Tbsp olive oil  
½ c sliced **red and or yellow sweet peppers**  
2 medium **roma tomatoes**, thinly sliced  
2 Tbsp **fresh spinach**, shredded  
1 cup shredded mozzarella cheese (4oz)  
2 Tbsp snipped **fresh basil**

Preheat oven to 425. Coat a 12" pizza pan with nonstick cooking spray. Press refrigerated dough into prepared pan, building up edges. Brush with olive oil. Bake in reheated oven for 10 minutes. Remove crust from oven. Sprinkle with cheese. Arrange peppers, tomato, & spinach on the crust. Sprinkle with ¼ tsp black pepper. Bake in oven 5-10 minutes more until cheese is bubbly. Sprinkle with basil.

### Basic Meat Marinade

2 cloves of minced **garlic**  
¼ c Olive Oil  
2 T. Balsamic or Wine Vinegar  
2 T. Soy Sauce or Worcester Sauce  
¼ Cup Sherry or dry wine or beer  
freshly ground pepper

Mix all ingredients, generously brush onto steaks and let stand for a couple of hours before grilling.

**Try this on some Grass Fed Beef this weekend !**

### Cucumber Salad – a staple of Indian meal

*Recipe from: Jemima Madhavan*

½ cup plain yogurt  
½ cup sour cream  
¼ tsp. salt  
1½ cups chopped **cucumber**  
1 medium **onion**, chopped  
1 medium **tomato**, seeded and chopped  
1 Tbsp chopped seeded **jalapeno pepper**  
Fresh **cilantro leaves**

In a small bowl, combine yogurt, sour cream, & salt. Add the cucumbers, onion, tomato & jalapeno; stir until blended. Garnish with cilantro.

### Sunflower Seed & Honey Wheat Bread

*Recipe from: Mickey Turner*

2 pkg (1/4oz each) active dry yeast  
3 ¼ cups warm water  
¼ cup bread flour  
1/3 cup canola oil  
1/3 cup **honey**  
3 tsp salt  
6 ½ - 7 ½ cups whole wheat flour  
½ cup **sunflower** kernels  
3 Tbsp butter, melted

In a large bowl, dissolve yeast in warm water. Add the bread flour, oil, honey, salt & 4 cups whole wheat flour. Beat until smooth. Stir in sunflower kernels, & enough remaining flour to form a firm dough. Turn onto a floured surface; kneed until smooth & elastic, about 6-8 minutes. Place in greased bowl, turning once to grease the top. Cover & let rise in warm place until doubled, about 1 hour. Punch dough down, divide into three portions. Shape into loaves; place in three greased 8 x 4" loaf pans. Cover & let rise until doubled, about 30 minutes. Bake at 350° for 35-40 minutes or until golden brown. Brush with melted butter. Remove from pans to wire racks to cool.

### Stuffed Hot Peppers

*By Nick Divoky of Maple Valley Sugarbush & Farm's*

**Sweet or Hot Peppers** (Nick likes Hot Hungarian Wax Peppers)

Cream Cheese  
Sour Cream  
Stuffing mixture seasoned to taste  
(i.e.: baked beans, taco meat, ground sausage or plain ground beef)

Slit one side of the pepper, open & remove seeds. Stuff with your mixture & top with cream cheese. Bake in oven 400 degrees for 20 minutes or until peppers look toasted. Serve with a dollop of sour cream on the side.