

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 25, 2010

After today there will only be two short weeks left of the Geauga Farmers Market this year. October 9, 2010 is our last official day. So you don't have much time to stock up. Make sure you start today purchasing your soaps, lotions, honey, sauces, meats, rubs, crafts, peanut butter, jellies, spreads, pasta sauce and longer lasting products to stock your pantry at home. Also remember to enjoy the freshest fruits and vegetables that Geauga County has to offer. You would be surprised at how long garlic and apples will stay if they are stored properly. Ask your farmer when you make purchases on the best technique for storing. In addition, visit our vendors who provide goat and artisan cheeses, eggs, fresh baked goods, raw foods, specialty breads and pasta.

Last week, we had pleasure of welcoming Classic Kettle Corn from Euclid, artist Linda Taft from Pepper Pike, and a new vocalist Samantha Fitzpatrick. We are doing our best to add creative opportunities for you to experience what Geauga County and the surrounding communities have to offer as the growing season comes to an end. Embrace the opportunities, and know that your favorite farming vendors will be back again next year as the growing season allows.

Microwavable Apple Crisp

Recipe from: Joy, Allrecipes.com

4 large **Granny Smith apples** -
peeled, cored and sliced
1/2 cup butter, melted
3/4 cup packed brown sugar
3/4 cup quick cooking oats
1/2 cup all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon allspice

Spread the apples evenly in an 8 inch square glass baking dish. A deep dish glass pie plate will also work. In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon & allspice. Sprinkle this topping evenly over the apples. Cook on full power in the microwave for 10 to 12 minutes, until apples can easily be pierced with a knife.

Japanese Eggplant with Garlic, Olive Oil and Tomatoes

adapted from *Heart and Soul*

3-4 Japanese **eggplants**, quartered
extra virgin olive oil
ground white pepper
7 **garlic cloves**, finely diced
1/4 bunch thyme
1 teaspoon salt

Tomato Dressing

4 **small tomatoes**, diced
2 Tbsp fish sauce
1/4 cup extra virgin olive oil
1/4 cup finely sliced **onions**
1/4 cup finely chopped **cilantro**
2 Tbsp malt vinegar 1 Tbsp white sugar
1 Tbsp soy sauce 1 Tbsp lemon juice

Preheat oven to 350 F. Place eggplant on a lightly greased baking sheet, cut side up. Drizzle with olive oil & sprinkle with garlic, thyme, salt & pepper. Cover with tin foil & bake for 45 minutes or until eggplant is tender. Increase oven temperature to 400 F & uncover baking sheet. Cook eggplant another 15 minutes or until lightly browned. Meanwhile, combine all of the ingredients for tomato dressing in a bowl & set aside. Arrange eggplant on a platter or in a bowl, sprinkle with salt & pepper & top with tomato salsa.

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

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.

Butternut Squash Risotto Recipe

Recipe from: *Elise, Simplyrecipes.com*

6-8 cups chicken broth (use vegetable broth for vegetarian option)
5 Tbsp unsalted butter, divided
1 small **onion**, finely chopped
2 cups **butternut squash**, peeled, and finely diced
2 cups **arborio rice** (can substitute medium grained white rice, but arborio is preferred)
1 cup dry white wine (such as Sauvignon Blanc)
1 cup freshly grated Parmesan cheese
2 Tbsp chopped chives or garlic chives
Salt

Heat broth in medium sized saucepan and keep warm over low heat. Melt 4 Tbsp of butter in a large saucepan; add onion & butternut squash. Cook over medium heat until onion is translucent, about 5 minutes. Add rice to onion & squash. Cook 1 to 2 minutes. Add wine. Cook, stirring constantly until wine has been absorbed by the rice or evaporated. Add a few ladles of broth, just enough to barely cover rice. Cook over medium heat until broth has been absorbed. Continue cooking & stirring rice, adding a little bit of broth at a time, cooking & stirring until it is absorbed, until the rice is tender, but still firm to the bite, about 15 to 20 minutes. During the last minutes of cooking, add remaining tablespoon of butter, 1/3 cup Parmesan, & chives. At this point the rice should have a creamy consistency. Add salt to taste. Serve with remaining grated Parmesan. Serves 4 to 6.

Pumpkin Pie – Made from Pumpkins!

1 cup sugar OR 3/4 cup honey
(honey may make a heavier pie, though)
1 1/2 teas ground cinnamon
1 teas ground cloves
1 teas ground allspice
1/2 teas ground ginger
1/2 teas salt
4 large **eggs**
3 cups **pumpkin** glop ("cooked pumpkin")
1 1/2 cans (12oz each) of evaporated milk
1/2 teas of vanilla extract

Mix well using a hand blender or mixer. Pour into the pie crust, for a full pie, fill right up to about one 1/4" to 1/2" from the very top. Don't be surprised if the mixture is runny! It will firm up nicely in the oven! **TIP: Extra filling?** Make another, smaller pie, or grease any baking dish and fill to a depth of 2" then bake. It will be a crustless pumpkin pie that kids love! Or make pumpkin muffins or pumpkin bread.

Bake pie at 425 F for 15 minutes then turn down to 350 and bake another 45-60 minutes until knife inserted into center, comes out clean. You may want to cover the exposed edges of the crust with strips of aluminum foil to prevent them from burning! Allow the pie to cool, and enjoy warm or chilled.

BAKING 101: PUMPKIN PIE FROM PUMPKINS – NOT FROM A CAN!

Pumpkin pie made from a fresh pumpkin tastes so much better than the glop that was processed last year! Here are step by step instructions.

- 1) Get your pie pumpkins - "**Pie pumpkins**" are smaller, sweeter, less grainy textured pumpkins than the usual jack-o-lantern types; 6" to 8" diameter; firm, free from bruises or soft spots, and a good orange color. One 6" pie pumpkin usually makes one 10 inch deep dish pie *and a bit extra*; or two 9" shallow pies! Prepare the pumpkin by washing the exterior in cool water, no soap. Cut in half with serrated knife and a sawing motion. Scoop out the seeds & scrape the insides. You want to get out that stringy, dangly stuff that coats the inside surface. A heavy ice cream scoop works great. Remove the stem.
- 2) Cooking the pumpkin: For microwave: Cut pumpkin further to make fit in microwavable bowl, however, the fewer the number of pieces, the easier it will be to scoop out the cooked pumpkin afterwards. Put a couple of inches of water in the bowl, cover it, and put in the microwave for 15 minutes on high, check for softness, then repeat until soft enough to scoop the innards out (usually 20-30 minutes) On Stovetop: Steam for about 20-30 minutes in either a double boiler or a large pot with a steamer basket inside.
- 3) Scoop out the cooked pumpkin. Once cooked thoroughly, the pumpkin should be soft and be easy to scoop out the guts with a broad, smooth spoon, (such as a tablespoon). Use the spoon to gently lift and scoop the cooked pumpkin out of the skin. It should separate easily, in fairly large chunks, if the pumpkin is cooked enough.
- 4) Puree the pumpkin - To get a nice, smooth consistency, use a hand blender. It will give the pie a smooth, satiny texture; rather than the rough graininess that is typical of cooked squashes.
- 5) Make a pie crust - (next week's Baking 101).
- 6) Pre-heat oven to 425 F. Mix the pie contents, and bake

