

# 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 25, 2009**

Rain has been plentiful at the market in the last few weeks. It's been on every vendors table, and provided that you make a purchase, most vendors are throwing in a whole handful of raindrops at no extra charge. Expect more of the same today according to the weather forecasters. Although varieties mixed with sun are greatly desired, heat and warm weather seem to be the most difficult varieties to find. With the lack of warm weather and heat, corn and tomatoes continue to sit and wait in the fields for harvesting. However, we still have high hopes for Geauga County Sweet Corn, which everyone knows is the absolute BEST.

Blueberries and peaches are available at the market and the blue fruit continues to be plentiful and the plump. The peaches arrived last week at the market, and will get better and better as the harvest season continues. Vendor's tables are exploding with new varieties of produce each week. Cucumbers, zucchini, onions, potatoes, beets, broccoli, peas, cabbage, cauliflower, all types of lettuce, radishes, spinach, and herbs are present at the market each week. Seasonal produce varies from week to week, but start looking for more varieties and unique items filling our vendor's tables. Fresh baked goods and crackers, locally raised meat, fresh flowers, fresh eggs, honey, hand-made soaps and lotions, cheese, jams and jellies, herbs and garlic, vegetables, teas, plants, and various craft items are filling the market tents consistently each week.

I love when a new source for recipes arrives on my desk. Today, I hit the jackpot! So please, enjoy at least one this week, knowing that only the best have been picked to share with you in the newsletter.

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](mailto:kdubois1@mac.com) if you are interested in helping out. Contact [geaugamarket@yahoo.com](mailto:geaugamarket@yahoo.com) if you have any other questions or comments.

## 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  
Waxwing Farm

### Herbed Tomatoes and Green Beans

*Recipe from Maryalice Wood, Bountiful Harvest Contest*

3 **green onions**, chopped  
2 **garlic cloves**, minced  
2 teas olive oil  
½ lb fresh **green beans**, trimmed  
¼ cup chicken broth  
2 medium **tomatoes**, diced  
1 Tbsp minced **oregano**  
1 Tbsp minced **parsley**  
1/8 teas each salt and pepper

In small skillet, sauté onions & garlic in oil until tender. Add beans & broth. Bring to boil. Reduce heat; cover & simmer for 6-9 minutes until crisp-tender. Stir in tomatoes & seasonings; heat through.  
Makes 4 servings.

**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](http://www.geaugafarmersmarket.com) under the tab, Newsletters.

### Cherry Tomato Mozzarella Sauté

*Recipe from Summer Jones,  
Bountiful Harvest Contest – serves 4*

¼ cup chopped **shallots**  
 1 **garlic clove**, minced  
 1 teas minced **thyme**  
 2 teas olive oil  
 2 ½ cups **cherry tomatoes**  
 ¼ teas salt  
 ¼ teas pepper  
 4 oz fresh mozzarella cheese

Slice tomatoes in half, and cut cheese into ½ in cubes. In a large skillet sauté the shallots, garlic, and thyme in oil until tender. Add the tomatoes, salt, and pepper; heat through. Remove from heat and stir in cheese.

### Marinated Flank Steak

*Recipe from Taste of Home*

1 **beef flank steak** (2lbs)  
 ½ cup canola oil  
 ½ cup soy sauce  
 ¼ cup red wine vinegar  
 2 tbsp water  
 2 teas brown sugar  
 2 teas minced **gingerroot**  
 2 **garlic cloves**, minced  
 ¼ teas pepper

Score the surface of the steak, making diamond shapes ½" deep. In a large reseal able plastic bag, combine remaining ingredients; add the steak. Seal the bag and turn to coat; refrigerate for at least 2hrs turning occasionally. Drain and discard marinade. Grill steak, covered over medium heat for 6-8 minutes on each side until meat reaches desired doneness. (meat thermometer: 145° medium rare, 160° medium, 170° well done) To serve, thinly slice across the grain. Makes 8 servings.

### Broccoli-Stuffed Potatoes

*Recipe from Hearty & Healthy*

4 medium baking <b>potatoes</b>	2 cups fresh <b>broccoli florets</b>
½ cup <b>chopped onion</b>	2 tbsp butter
1/3 cup milk	1/3 cup sour cream
2 tbsp <b>fresh dill</b>	½ teas salt
½ cup shredded cheddar cheese	¼ teas pepper

Scrub & pierce potatoes. Bake at 400°F for 1hr until tender. Cut thin slice off top of each potato & discard. Carefully scoop out potato leaving thin shells. In a small skillet, sauté broccoli & onion in butter for 5 min. In large bowl, mash potatoes with milk, sour cream, dill, salt & pepper until smooth. Fold in broccoli mixture. Stuff in potato shells, sprinkle with cheese. Place on baking sheet. Bake for 10-15 minutes until heated through.

### Veggie Salad in Lettuce Cups

*Recipe from Hearty & Healthy – Serves 4*

1 large **cucumber**, seeded and finely chopped  
 2 small **carrots**, shredded  
 12 **radishes**, coarsely chopped  
 2 tbsp olive oil  
 1 tbsp white balsamic vinegar  
 1 tbsp lemon juice  
 3 teas mince fresh **thyme**  
 1 teas honey mustard  
 ½ teas salt  
 ¼ teas pepper  
 8 **lettuce leaves**

In a small bowl, combine cucumber, carrots & radishes. In a jar with tight fitting lid, combine oil, vinegar, lemon juice, thyme, mustard, salt & pepper; shake well. Pour over vegetables and toss to coat. For each serving shape two lettuce leaves into a cup; fill with vegetable mixture and serve immediately.

### Dijon Green Beans

*Recipe from Jannine Fisk*

1 ½ lbs fresh **green beans**, trimmed  
 2 tbsp red wine vinegar  
 2 tbsp olive oil  
 2 teas Dijon mustard  
 ½ teas salt  
 ¼ teas pepper  
 1 cup **grape tomatoes**, halved  
 ½ small **red onion**, sliced  
 2 tbsp grated parmesan cheese

Place beans in a large saucepan; cover with water. Bring to a boil. Cook uncovered 8-10 minutes until crisp-tender. Meanwhile, for dressing whisk vinegar, oil, mustard, salt & pepper in small bowl. Drain beans; place in large bowl. Add tomatoes and onion. Drizzle with dressing and toss to coat. Sprinkle with parmesan cheese. Makes 10 ¾ cup servings.

### 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