

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>



AUGUST 1, 2009

Did you change your calendar this morning? Oh my, AUGUST already. Most adults with children consider this the end of summer and last minute vacations before its time to return to school. However, most farmers consider this the prime of summer and the peak of many more weeks of great growing well into September. I think we all need to take a farmers perspective, and keep enjoying summer as long as possible. Celebrate the growing season rather than the summer season!

With warmer weather this week, I picked my first two red tomatoes from the back yard garden. So if mine can turn red, I know the farmers can do it! If you planted this spring, I hope you get some turning for you real soon. The annual **tomato tasting contest** will be **August 29th** this year, so mark your calendars and start thinking about which variety you may bring to the market for tasting.

Have you had an opportunity to taste the Geauga County Sweet Corn yet? Make sure you pick up some ears today to add to your market basket. In addition to corn, blueberries and peaches are available at the market. Vendor's tables are exploding with new varieties of produce each week. Cucumbers, green beans, zucchini, onions, potatoes, beets, broccoli, 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 expect to find 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.

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.

We are often asked questions about canning and storing our great products so that they can be enjoyed into the winter. If you are planning on storing items this summer while produce is plentiful, check out the web site links located on our home page <http://www.geaugafarmersmarket.com> for information on canning, freezing, drying, curing/smoking, fermenting, pickling, and making jams and jellies. The link to the National Center for Home Food Preservation has a wide variety of information for all types of activities and the Ball Canning web site has information specific to canning. **Great Resources!**

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

Thanks to South Russell Village Council and Mayor Matt Brett for their continued commitment to the success of the **Geauga 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.

Chunky Tomato-Basil Bisque

Recipe from: Taste of Home

6 celery ribs, chopped
1 **large onion**, chopped
1 medium **sweet red pepper**, chopped
¼ cup butter, cubed
3 lbs diced over ripe **tomatoes** with juice
1 tbsp tomato paste
¾ cup **basil leaves**, coarsely chopped
3 teas sugar
2 teas salt
½ teas pepper
1 ½ cups heavy whipping cream

In a saucepan, sauté the celery, onion, & pepper in butter for 5-6 minutes or until tender. Add tomatoes & paste. Bring to a boil. Reduce heat; cover & simmer for 40 minutes. Remove from heat. Stir in basil, sugar, salt, & pepper. Cool slightly. Transfer ½ of soup mixture to blender. While processing, gradually add cream; process until pureed. Return to pan; heat through – do not boil.

As-You-Like-It Pasta Salad

8 oz. pasta
1/2 small **red onion**, chopped
1/4 cup low-fat salad dressing

Choose 3 of the following vegetables:

1 medium **tomato**, chopped
1 small **zucchini**, sliced
1/4 cup celery, chopped
1/4 cup **carrots**, sliced
1 medium **pepper**, chopped
1/4 cup **green beans**
1/2 cup **broccoli**, chopped

Prepare pasta according to package directions. Add chopped onion and fresh vegetables. (If preferred, steam or stir-fry vegetables for 3-5 minutes before adding to pasta). Add salad dressing. Mix well. Serves 4.

Corn Tomato Salsa

Recipe from: Pacific Coast FMA

4 ears **white sweet corn**
1/2 cup **chopped red onion**
1 large ripe **tomato**, chopped
1 **tomatillo**, husked & coarsely chopped
Juice of 1 lime
1 teaspoon ground cumin
1-2 **cloves garlic**, minced
1 (4 ounces) can green chiles, chopped
1/2 cup **chopped fresh cilantro**,

Blanch corn in boiling water for 3 minutes, chill immediately and cut from cob. Or microwave corn for 3-5 minutes on high, chill in cold water and cut from cob. Place in medium size bowl, add rest of ingredients; served chilled.

Chilled Corn Chowder with Dill and Green Onion

Recipe from: Pacific Coast Farmers Market Association

3 cups **corn** kernels (4 ears)
2 stalk **green onions**, white and green separate, sliced
1 sm **red pepper** (seeds discarded, chopped finely)
Juice of 1/2 lime or lemon
2 teaspoons fresh **dill leaves** (optional)
3 cups milk, 1 cup plain yogurt (whisked together)
Salt and freshly ground black pepper to taste
Small fresh **dill sprigs** for garnish

In a food processor, puree 1/3 of the corn, green onions (white section), lime juice, dill, salt and pepper until smooth. Add 1 cup of the milk/yogurt combination and process until blended. Transfer the mixture to a bowl and whisk in the remaining milk/yogurt, whole corn kernels and chopped red pepper. Chill

Vegetable Lasagna

Recipe from Massachusetts Dept of Agricultural Resources

1 medium **zucchini**, sliced
1 cup mushrooms, sliced
1 **medium onion**, chopped
1 **clove garlic**, cut in small pieces
2, 8-ounce cans tomato sauce
1 teaspoon **oregano**
1 teaspoon **basil**
1/4 teaspoon pepper
1 large **tomato**, chopped
1 cup low-fat cottage cheese
1 cup mozzarella cheese, shredded, (try part-skim)
6 lasagna noodles, uncooked

Preheat oven to 400 degrees F. Mix zucchini, mushrooms, onions, and garlic with tomato sauce and seasonings in a saucepan. Cover; cook 15 minutes and set aside. Mix cheeses and chopped tomato. Spread one-third of sauce over bottom of 8-by 8-inch baking dish. Add half of the uncooked noodles and half of cheese mixture. Repeat layers and end with a third layer of sauce. Cover tightly with foil; bake 45 minutes. Remove from oven and let stand 5 minutes before serving. Serves 4.

Summer Bruschetta

Recipe from CampbellsKitchen.com

1 tbsp. balsamic vinegar
1 tbsp. olive oil
1/4 cup fresh **basil leaves**, cut into thin strips
1 tbsp. **minced garlic**
8 plum **tomatoes**, seeded and chopped
8 slices Whole Wheat Bread, toasted or grilled and cut diagonally
1/4 cup shredded Parmesan cheese

Beat the vinegar, oil, basil and garlic in a small bowl with a fork or whisk. Stir in the tomatoes. Divide the tomato mixture among the bread quarters. Top with cheese.