

# 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 15, 2009**

The annual **Tomato Tasting Contest** will be **August 29<sup>th</sup>** this year, so mark your calendars and start thinking about which variety you may bring to the market for tasting. In addition, the annual **Salsa Tasting Contest** will be held on **September 12<sup>th</sup>**. Each year we are always blessed with unique flavors of salsa in addition to the traditional tomato salsa. Previous varieties have included tomatillas, corn, peach, watermelon, and pumpkin. So start combining ingredients and begin searching for that perfect salsa recipe to share with your neighbors and fellow vendors this year.

## PRODUCT FEATURE: EGGPLANT – and JAPNESE EGGPLANT

Eggplants come in all shapes, from small, round fruits (about two inches in diameter) to the popular large oblong Black Beauty variety, which can range up to 12 inches long. A newer variety, Japanese eggplant, is long and thinner with a thinner skin and resembles zucchini with fewer seeds. (The seeds are edible in all varieties.) Japanese Eggplant is considered the king of summer vegetables in Japan. Any variety can be grilled, steamed, simmered, fried, or pickled. Eggplant absorbs oil quickly, so it's necessary to use extra oil when frying them. Also, it's important to soak eggplants in salted water before cooking to prevent them from turning brown.

Eggplant colors range from white to lavender to dark purplish-black as well as pale green, yellow, and reddish. There are even some striped varieties. Various eggplant varieties may be used inter changeably in most recipes, unless the skin color is a specific visual factor in the dish. Prime time for eggplant is August and September in the United States.

Look for eggplants with smooth, shiny skin, heavy for their size, and having no blemishes, tan patches, or bruises. Wrinkled, loose skin is an indication of age, and the fruit will be more bitter. Smaller eggplants have fewer seeds, thinner skin, and tend to be sweeter, more tender, and less bitter. Press your finger lightly against the skin. If it leaves a light imprint, it is ripe. If it is too soft, it is too old and will be bitter. Looking for less seeds? Check the blossom end of the fruit. A larger scar generally means fewer seeds.

Eggplant is quite perishable and will not store long. Depending on the freshness factor of the eggplant at the time of purchase, it may be refrigerated for up to 4 days (up to 7 days if you pick right from the garden). However, it is best to use them as soon as possible, preferably within a day. Handle eggplants gingerly, as they bruise easily. If you purchase them wrapped in plastic wrap, remove the wrapper, wrap in a paper towel, and place in a perforated plastic bag before storing in the refrigerator vegetable bin. Do not store raw eggplant at temperatures less than 50° F. Cooked eggplant may be refrigerated up to 3 days (it will get mushy when reheated) or frozen up to 6 months in puree form (add a little lemon juice to discourage discoloration). It holds up fairly well in chunks in soups and stews when thawed in the refrigerator, but not as chunks on its own.

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

**Basil Eggplant** *Recipe from ThaiTable.com*  
 1 Tbsp vegetable oil  
 1 bunch fresh **basil leaves**  
 1 Tbsp Sugar  
 2 **cloves garlic** chopped  
 2 Tbsp fish sauce or soy sauce  
 2 **Japanese Eggplants**  
 2 **chili peppers**, chopped

Slice eggplants into irregular 1/2" cubes. Heat a pan or wok over high to medium high heat. Add oil, chili peppers, & garlic. Stir until garlic is golden brown. Add eggplant and stir. Add a cup of water and cover pan with lid. Keep lid closed until eggplant is cooked (5-7 min). The eggplant will turn from white to translucent. Almost all of the water will evaporate. If eggplant is still not cooked, add a little more water, and keep lid closed until ready. Add sauce and sugar and stir. Add basil and quickly stir to heat the basil so that it retains its color. Turn off heat immediately. Serve hot with rice.

**Tomato Corn Salad**  
*Recipe from: Verrill Farm, Farmer's Almanac*

6 ears of **corn**, cut off the cob  
 1 **onion**, diced  
 1 **red pepper**, diced  
 2 tablespoons Italian **parsley**  
 12 **basil leaves**, chopped  
 2 **tomatoes**, diced

Sauté onion, pepper, and corn in a few tablespoons of olive oil over medium-high heat. Cook until ingredients begin to soften. Stir in the tomato and add the herbs. Season with salt and pepper.

- baked goods
- beets
- blueberries
- bread
- broccoli
- cabbage
- corn
- crackers
- cucumbers
- eggs
- flowers
- geauga
- goat cheese
- grass fed beef
- green beans
- herbs
- honey
- jelly
- lamb
- lettuce
- market
- onions
- peaches
- potatoes
- quart
- radish
- salsa
- soap
- spinach
- strawberries
- tomato
- zucchini

**Acorn-Squash Rings**  
 Recipe From: Farmers' Almanac  
 Makes 4 to 6 servings.

2 **acorn squashes**, peeled and seeded  
 1 **yellow onion**, peeled and sliced  
 3/4 cup vegetable or chicken broth  
 1 teaspoon olive oil  
 1/2 cup shredded cheese, cheddar or Swiss  
 1/4 cup chopped **fresh parsley**

Preheat oven to 400 degrees F. Grease a 13x9-inch baking pan. Carefully slice the acorn squashes into rings 1/2 inch thick. Cover bottom of pan with several squash rings, place onion slices over rings, and add rest of squash rings on top. Add broth and olive oil. Sprinkle with cheese and parsley. Cover and bake for 30 to 45 minutes; uncover for the last 10 minutes.

**Baked Summer Squash** – Makes 6 servings  
*(Can be mixed a day ahead & stored in the refrigerator until you're ready to bake it.)*

3 pounds **yellow squash** or **zucchini**  
 1/2 cup (1 stick) butter, melted  
 1/2 cup **chopped onion**  
 2 **eggs**, lightly beaten  
 1 tablespoon sugar  
 1 teaspoon salt  
 1/2 teaspoon pepper  
 1 cup fresh bread crumbs

Slice the squash. Boil or steam until tender. Drain, then mash. Preheat the oven to 375 degrees F. In a mixing bowl, combine the squash with half the melted butter, the onion, eggs, sugar, salt & pepper. Spoon into a 2-quart casserole dish. Combine the bread crumbs with the remaining butter & sprinkle over squash. Bake for about 45 minutes & serve hot.

**SEARCH A WORD – CAN YOU FILL YOUR MARKET BASKET ?**

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