

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 22, 2009

The annual **Tomato Tasting Contest** has been postponed until **September 12th** this year due to the cooler than expected July that we had. The tomatoes are being so stubborn in their quest to turn red. So revise your calendars and start thinking about which variety you may bring to the market for tasting. Because we are pushing back the tomato contest, we have to move the annual **Salsa Tasting Contest** to **September 19th**. 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.

Geauga County Sweet Corn is plentiful at the market now. In addition, tomatoes, summer squash, and eggplant are showing up on some vendors' tables. Peaches have been exceptionally large and great tasting. Pick up some peaches for your kid's back to school lunches! Cucumbers, green beans, zucchini, onions, potatoes, beets, broccoli, cabbage, cauliflower, all types of lettuce, radishes, spinach, and herbs are present at the market. Seasonal produce varies from week to week, but expect to find many 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 consistently filling the market tents.

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.

MORE than 10 reasons to shop at the Gaugua Fresh Farmers' Market

- Freshness
- Great flavor
- Supports GEAUGA farms
- Higher nutrient content
- Locally grown
- Great taste
- Seasonal produce
- Protects the environment
- Variety
- Confidence in knowing where your food is grown
- Community Involvement
- Social Gathering
- Recipes always available
- Convenient Parking
- Great Music

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 **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 under the tab, Newsletters.

Other Ingredients for Eggplant Parmesan

5 cups fresh dried breadcrumbs
Butter, for greasing the dish
3 Tbsp finely chopped **fresh flat-leaf parsley**
1 Tbsp finely chopped **fresh oregano leaves**
1 Tbsp finely chopped **fresh thyme leaves**
Salt and freshly ground black pepper
6 **large eggs**, beaten
2 tablespoons water
2 to 3 **medium eggplants** (about 2 1/4-pounds), cut into 1/2-inch-thick round slices (need about 18 slices)
All-purpose flour, for dredging
Vegetable oil, for frying
Roasted Red Pepper Tomato Sauce
12 ounces grated mozzarella (not fresh), plus
1/2 pound fresh mozzarella, thinly sliced
12 ounces grated fontina
3/4 cup grated Pecorino Romano
Fresh basil leaves, torn

Summer Squash with Dill

Recipe from CDKitchen.com

4 yellow summer squash (about 5-6" long & 1 1/2" diameter)
1 tablespoon liquid margarine
2 teaspoons dried dill weed

Slice squash. Steam in vegetable steamer or in small amount of water until color has changed, about 5 minutes. Remove from steamer and place drained squash in bowl. Drizzle liquid margarine and toss lightly. Sprinkle dill weed on top and serve.

Baked Butternut Squash

Serves 4

1 large butternut squash pared & cut in 1" cubes (remove seeds and fibers)
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/3 cup brown sugar
1/3 cup butter, melted
2 teaspoons lemon juice (fresh is best)

Place squash cubes in a 2 quart casserole or baking dish. Sprinkle with spices and brown sugar. Drizzle with melted butter and lemon juice. Bake uncovered in 375 degree oven for 45 minutes or until tender

Eggplant Parmesan

Recipe from Foodnetwork.com

Roasted Red Pepper Tomato Sauce:

3 tablespoons olive oil
1 large **yellow onion**, coarsely chopped
3 **cloves garlic**, coarsely chopped
1/2 teas red pepper flakes
3 roasted red peppers, peeled, seeded & chopped
3 1/2 lbs **plum tomatoes** & juices, crushed
1 (28-ounce) can crushed tomatoes
3 Tbsp freshly chopped **flat-leaf parsley**
3 Tbsp freshly **chopped basil leaves**
1 Tbsp freshly chopped **oregano leaves**
Salt and freshly ground black pepper

Honey, to taste

Heat oil in a large Dutch oven over medium-high heat. Add onion & cook until soft. Add garlic & red pepper flakes & cook for 1min. Add red peppers & cook 1 min. more. Add tomatoes; bring to boil & cook, stirring occasionally, until thickened, about 25 to 30 min. Transfer mixture to a food processor & process until smooth. Return mixture back to the pot, add parsley, basil & oregano & season with salt & pepper. Cook for 10 min. longer & season with honey, if needed.

Now that you have made the sauce, secure the **other ingredients needed to assemble the Eggplant Parmesan**, and get prepared for a tasty treat!

Preheat the oven to 300° F. Evenly spread the bread crumbs on a large baking sheet & place in oven. Bake for 5 min, turn the oven off & let the bread crumbs sit in the oven for 30 minutes or until just dry. Raise the temperature to 400° F. Lightly butter the bottom & sides of a 15 x 10 x 2" baking dish & set aside.

Place the bread crumbs into a large shallow bowl. Add herbs, 1 1/2 teas salt and 1/2 teas pepper. In another medium shallow bowl, whisk the eggs & 2 tablespoons of water together. Season each eggplant slice on both sides with salt and pepper. Dredge each eggplant slice in the flour, tapping off excess, then dip it in the egg, & finally dredge it in the bread crumb mixture. Shake off any excess breading & transfer the egg plant to a baking sheet. Repeat with the remaining eggplant.

Heat 1/2-inch of oil in 2 large straight-sided sauté pans over medium heat until the oil reaches a temperature of 385° F. Working in small batches, fry a few of the eggplant slices, turning once, until golden brown, about 3 minutes per batch. Using tongs, transfer to a paper towel-lined baking sheet. Repeat with the remaining eggplant.

Cover the bottom of the prepared baking dish with some of the tomato sauce and arrange 1/2 of the eggplant over the sauce. Cover the eggplant with some of the sauce, grated mozzarella, fontina, Romano cheese and some of the basil. Repeat to make 3 layers ending with the sauce. Top with the fresh mozzarella and remaining Romano and bake until hot & just beginning to brown, about 30 minutes. Let rest 10 minutes before serving.