

# GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

**OPEN SATURDAYS**  
June 7 – October 4, 2008  
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 23, 2008**

The Annual Tomato Tasting Contest will be held today. Join your neighbors to taste the many varieties of tomatoes entered by customers and vendors. Vote for your favorite and watch for the results to be published here next week.



## Geauga Fresh Farmers' Market Annual Tomato Tasting Contest **TODAY**

10:00am – 12:00noon

**On sale at the market booth,** T-Shirts and tank tops in a variety of colors with the Geauga Fresh Farmers' Market Logo beautifully screened on the back of the shirt, and small, dignified lettering on the front which simply says, Geauga Fresh Farmers' Market. Stop in and support our market. Purchase yours today.

Last week our newsletter featured the Buck Two-Eight String Band who regularly performs at the market.



### Upcoming Events:

August 30<sup>th</sup> – **Matthew Anderson**, returning **guest chef** from **Saporé Restaurant**, will be at the market demonstrating his talents and answering questions.

September 6<sup>th</sup> – Salsa Contest!

### Zucchini Potatoes Twice Baked

From *Thatsmyhome.com* 6 servings

- 3 large baking potatoes (about 3/4 pound each)
- 3 cups shredded zucchini
- 1 medium onion, chopped
- 2 tablespoons butter, divided
- 1/2 cup sour cream
- 3/4 to 1 teaspoon salt
- 1/8 to 1/4 teaspoon pepper
- 1/2 cup shredded cheddar cheese

Scrub and pierce potatoes. Bake at 400° for 50-75 minutes or until tender. Cool until easy to handle. Reduce heat to 350°. In a large skillet, sauté zucchini and onion in 1 tablespoon butter until tender. Drain and set aside.

Scoop out the potato pulp, leaving a thin shell; place pulp in a bowl and mash. Add the sour cream, salt, pepper and remaining butter; mash. Stir in zucchini mixture. Spoon into potato shells. Sprinkle with cheese.

Place on a baking sheet. Bake at 20-25 minutes or until heated through and cheese is melted.



### GEAUGA FRESH FARMERS' MARKET MEMBERS – 2008

Blue Jay Orchard  
Bow Wow Gifts  
Chagrin Valley Soap  
and Craft  
Chelsea Flower Garden  
Cherrywood Garlic and  
Herb Farm  
Countryside Home Bakery  
Custom Cakes and Cookies  
Dave's Dahlias  
Greenstick Farm  
Hahn Family Farm  
Herb Thyme  
Hershberger Produce  
Hilltop Blueberries  
Hummingbird Way  
Jack's Mountain Farm  
June Eves Farm  
Luciano's Ristorante  
Mackenzie Creamery  
Maple Valley Sugarbush  
and Farm  
Maple Star Farm  
Middlefield Original Cheese  
Coop  
Miller's Jams  
Novelty Nursery  
Ohio Honey  
Ridgeview Farm  
The Sassy Italian  
Schultz Fruit Farm  
Shady Hill Farms  
Sirna's Farm and Market  
Sleeping Dragon Botanicals  
Tucker Farm  
Waxwing Farms  
Wayne Cattle Company

The Geauga Fresh Farmers' Market is a non-profit organization with a market manager and a volunteer Board of Directors. Please call Kris DuBois at 440-220-0871 or e-mail her at [kdubois1@mac.com](mailto:kdubois1@mac.com) if you are interested in being a member of the board, helping out with parking and events, in the production of the newsletter, or have any other questions.

# FEATURING CHAGRIN VALLEY SOAP & CRAFT

Chagrin Valley Soap and Craft joined the Farmers' Market in 2005 with their all natural soaps inspired by a love of nature and gardening. Ida and Howard Kasdan's handmade soaps are made with herbs, seeds, flowers, vegetables, fruits, and natural botanical essential oils to provide natural color, aromatherapy, texture, and gentle exfoliation. Sam, their son, now works full time at Chagrin Valley Soap and Craft and has become a regular at the Farmers' Market. Stop by the booth; he will be happy to assist you with your soap purchases.

Many of their bars are enriched with natural emollients such as Shea, Mango, and Cocoa Butters and then "superfatted" with high quality exotic oils. They are free of synthetic chemicals. Their soaps produce a rich lather from natural oils like palm kernel, coconut, and castor bean, rather than synthetic foaming agents like sodium laurel sulfate. Their rich soap produces a creamy feeling in your hands that provides long lasting lather that leaves skin and hair feeling soft, silky, and radiantly healthy.

The soaps are great as bath and facial soaps and shaving bars. In addition to natural lotion bars, you may find whipped butters, lip balms, and bath melts, made with natural moisturizing plant oils and exotic tropical butters. Stop and see them at their market booth where you can see Howard's woodworking crafts or visit their beautiful web site at [www.chagrinvallysoapandcraft.com](http://www.chagrinvallysoapandcraft.com). Howard makes soap decks, bottle stoppers, and garden dibbles which will be great for your bulb planting this fall. There is a direct link to their web site and all of our vendor's sites from the Geauga Fresh Farmers' Market home page.

## Easy Garlic Quiche

*From Maplestar Farm*

30 saltine crackers, crushed  
¼ c melted butter  
2 c shredded swiss cheese  
2 eggs  
¾ c sour cream  
¼ t salt  
Dash of pepper  
2-3 cloves minced garlic

Combine cracker crumbs and melted butter. Press firmly into bottom and sides of 9" pie forming crust. Distribute cheese evenly over crust. Beat together eggs, sour cream salt, pepper, and garlic. Pour over cheese. Bake 375 for 35-40 min until knife in center comes out clean. Cool 10 min before serving (will deflate as cools).

**Did you have a sample of Maplestar's Quiche last week ? IT WAS REALLY GOOD !!**

## Potato, Pepper, and Onion Bake

*From Massachusetts Dept of Agricultural Resources*

1 pound potatoes (3 medium)  
1 - 1 1/2 pounds bell peppers (3 to 4 medium, green, yellow, orange, and/or red)  
1 large sweet onion  
2 tablespoons vegetable oil  
Black pepper to taste

Cut cleaned potatoes into 1" slices or chunks. (Peel thick-skinned potatoes). Cut peppers into 1 1/2 to 2" pieces. Peel onion and cut into chunks. Place potatoes, peppers, and onions in shallow ovenproof dish. Pour oil over vegetables and lightly toss to coat with oil. Sprinkle with pepper. Bake at 425 degrees for 30 min.

## Glazed Baby Beets

*From Thatsmyhome.com* 4-5 servings

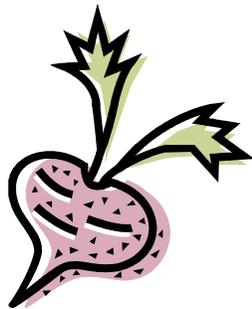
20 baby beets scrubbed  
2 c apricot juice  
3 T white balsamic vinegar  
2 T honey

In a large sauté pan, add beets and apricot juice. Cover and cook on medium for 10 min. Add vinegar and honey & cook for another 10 min. Pull off heat & keep covered 5 min longer.

## Cream of Radish Soup

*St Paul Minnesota's Farmers Market*

4-6 cups radishes, sliced  
1 cup onion, chopped  
2 tbsp. butter or margarine  
3 tbsp. all-purpose flour  
2 tbsp. butter or margarine  
3 cups lowfat milk, warm  
2 tsp. salt  
1/4 tsp. black pepper  
1 tsp. ground nutmeg



In a skillet, sauté onions & radishes in 2 T butter or margarine until both are limp. Put vegetables in blender and process until smooth. In medium pot, melt 2 T butter or margarine, stir in flour, and cook over low heat, stirring constantly for 2 min. Add milk all at once and bring to a boil, stirring. Reduce heat and stir until thickened. Add vegetables, salt, pepper and nutmeg. The soup will be pink in color. Makes 6 servings.

## Basic Peach Salsa

*From Seasonalchef.com*

2 ripe, but firm, medium peaches  
1 tablespoon vegetable oil  
1 tablespoon fresh lime juice  
1/4 cup finely chopped red onion  
1/2 cup diced red and/or green bell pepper  
1 tablespoon chopped cilantro  
1 teaspoon (or to taste) minced jalapeno pepper  
1/2 teaspoon salt  
fresh ground black pepper to taste

If you care to peel your peaches (a step that is not at all necessary), plunging them into boiling water for 15 or 20 seconds will make it easier to slip the skins off. Cut the peaches into half-inch cubes; peppers into smaller dice; chop cilantro; finely chop onions and mince jalapenos. Blend oil & lime juice together before combining with other ingredients. You should let the salsa sit for at least five minutes before tasting to see if you need to adjust the seasoning, for example by adding more lime juice, vinegar, cilantro, jalapeno or salt. You should prepare the salsa at least an hour, or as much as day or two, before serving, to allow the flavors to fully meld.