

GEAUGA FRESH FARMERS MARKET



Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May 19 - October 2012
9:00-12:00 noon New Hours!

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 18, 2012

Support your Local Farmers Market – Come and buy local, fresh seasonal fruits and vegetables – Sweet corn, plums and peaches, sweet potatoes, cantaloupe, watermelon, fresh greens, ground cherries, tomatoes, tomatillos, and cherry tomatoes, sweet and hot peppers, okra, green beans, fennel, dill, cauliflower, onions, banana peppers, zucchini and summer squash, fingerling and other potatoes, broccoli, Japanese and classic eggplant, beets, radishes, cilantro, leeks, cucumbers, fresh herbs, sunflowers. **Come early for the best selection.** There is grass-fed beef, cornish game hens, chickens and ducks, Italian or Polish sausage, goat cheese, eggs, fresh herbs, honey and maple syrup, soaps and lotion, fruit pies, breads, biscotti, cupcakes, cookies, granola, scones, cinnamon rolls, kettle corn, jewelry and crafts. For your garden there are annuals, perennials and hanging baskets.

Today: Master Gardeners from Geauga County will be on hand to answer all your gardening questions. **Next week:** Old Time Music by One Dollar Hat.

Congratulation to Ivan and Nora Bender of Countryside Bakery on their new baby boy!

Spicy Quinoa, Cucumber and Tomato Salad

1 cup quinoa
3 cups water
Salt to taste
2 cups diced **cucumber**
1 **small red onion**, finely minced
2 cups finely diced **tomatoes**
1 to 2 **jalapeño or Serrano peppers** (to taste), seeded if desired and finely chopped
1/2 cup chopped **cilantro**, plus several sprigs for garnish
2 tablespoons fresh lime juice
1 tablespoon red wine vinegar or sherry vinegar
3 tablespoons extra virgin olive oil
1 avocado, sliced, for garnish (optional)

Place the quinoa in a bowl, and cover with cold water. Let sit for five minutes. Drain through a strainer, and rinse until the water runs clear. Bring the 3 cups water to a boil in a medium saucepan. Add salt (1/2 to 3/4 teaspoon) and the quinoa. Bring back to a boil, and reduce the heat to low. Cover and simmer 15 minutes or until the quinoa is tender and translucent; each grain should have a little thread. Drain off the water in the pan through a strainer, and return the quinoa to the pan. Cover the pan with a clean dishtowel, replace the lid and allow to sit for 10 minutes. Meanwhile, place the finely diced cucumber in a colander, and sprinkle with salt. Toss and allow to sit for 15 minutes. Rinse the cucumber with cold water, and drain on paper towels. If using the onion, place in a bowl and cover with cold water. Let sit for five minutes, then drain, rinse with cold water and drain on paper towels. Combine the tomatoes, chilies, cilantro, vinegar, lime juice and olive oil in a bowl. Add the cucumber and onion, season to taste with salt, and add the quinoa and cilantro. Toss together, and taste and adjust seasonings. Serve garnished with sliced avocado and cilantro sprigs. Serves six. The leftovers will be good for a couple of days. Adapted from *the New York Times*

GEAUGA FRESH FARMERS MARKET MEMBERS – 2012

Beecology
Blessed Bread Bakers
[Blue Jay Orchard](#)
Cake Kisses
Carolyn Weaver
Chelsea Flower Garden
Classic Kettle Corn
Countryside Home Bakery
Endeavor Farm
Fat Casual BBQ
Fowl Play Farm
Gaugua Natural Produce
Glacial Till Gardens
Hawthorne Springs Greenhouse
Herb Thyme
Hershberger Produce
Hobby Horse Farm
Hot-Kiln Farm
Jack Mountain's Farm
Jarz and Barz Ltd.
JLynn Creations
June Eve's
Kari's Artisan Bakery
Lizzie's Homemade Granola
[Mackenzie Creamery](#)
Maple Crest Farm
[Maplestar Farm](#)
Messenger Century Farm
Middlefield Cheese
Miller's Country Jams
Miller's Cashew Crunch
Pheasant Valley Farm
Precious Resources Preschool
Rock Valley Run CSA &
Greenhouse
SAND Farm LLC
Schultz Fruit Farm
Sirna's Farm and Market
Snickerdoodle Baking Company
Sugar Me Desserterie

Cheryl Hammon, Market Manager
(440) 474-9885

Fresh and Local!

Easy Peach Crisp

6-8 **peaches**, peeled and sliced thin
1/4 Cup water
3/4 Cup sugar
1/2 Cup flour
1 tsp cinnamon
6 TB butter
1/2 tsp salt

Spread peach slices in baking dish and add water. Combine dry ingredients. Blend butter into dry ingredients until crumbly. Pour over the apples. Bake uncovered at 350 degrees for 1 hour. Cool and serve with ice cream.

Peach and Red Onion Salsa

6 ripe peaches (about 2 lbs.) each cut into 8 slices
1 red onion, cut into long, thin strips
1/4 cup fresh basil, julienned
1 tsp. minced garlic
1/4 cup red wine vinegar
1 red bell pepper, sliced into thin strips
1/4 cup orange juice
2 TB lime juice
1/4 cup olive oil
Salt and pepper to taste

Toss all ingredients in a large mixing bowl. Transfer to a serving bowl and chill until ready to serve. Cover and refrigerate up to 2 days. Makes about 5 cups. *From Martha Stewart Living.*

Stuffed Peppers

A little oil
2 cloves of **garlic**
2 **onions**, chopped
3 cups raw brown rice
6 cups water, chicken or vegetable stock
1/2 tsp allspice
1 cup chopped **tomatoes**
3/4 lb cheddar cheese, grated
Salt and pepper
9 large **peppers**, tops cut off and seeded

Heat oil in large skillet; add and sauté garlic and onions. Add rice and brown about five minutes. Add desired liquid and allspice. Cover and cook until rice is done, about 40 minutes. Stir in tomatoes, cheese, salt and pepper to taste. Cook peppers in boiling water for 2 minutes. Drain and stuff with rice mixture. Bake at 350 degrees for 30 minutes. Adapted from *From Asparagus to Zucchini.*

Corn and Bacon Succotash with Rice

6 strips bacon
1 **onion**, chopped
1/2 red **bell pepper**, chopped
3 cloves **garlic**, minced
1/2 teaspoon dried **thyme**
1/4 teaspoon each: salt, crushed red pepper flakes
1 can (15 ounces) low-sodium chicken broth
4 ears **corn**, each cut into thirds
2 cups fresh lima beans or 1 bag (14 ounces) frozen
2 cups long-grain or basmati rice, cooked to package directions

Sauté the bacon: Heat a heavy large skillet over medium-high heat; add bacon. Cook, turning once, until crisp, about 7 minutes. Remove to paper-towel-lined plate; crumble when cool. **Sauté the vegetables:** Add onion to skillet; cook, stirring, until lightly browned, 7 minutes. Add bell pepper, garlic, thyme, salt and red pepper flakes; cook, stirring, 3 minutes. **Simmer the corn, beans:** Add chicken broth to pan with onion; cook, stirring up any browned bits, 2 minutes. Add corn and lima beans; cook, turning corn often to cook evenly, until corn and beans are tender and liquid reduces slightly, about 5 minutes. Stir in the bacon. Serve over rice. Serves 4. *From the Chicago Tribune* **Cook's notes:** Easily turn this into a vegetarian or vegan dish by omitting the bacon. Substitute 1 tablespoon of olive or vegetable oil for bacon fat when sauteing the onion (add a bit more oil if needed), then use vegetable broth instead of chicken stock. For a more nutritious dish, substitute al dente brown rice for the white or basmati varieties. *From the Chicago Tribune*

Chicken Divan

1 large bunch broccoli, trimmed and cut into 4-inch-long spears
1/2 stick (1/4 cup) unsalted butter, diced
5 Tbsp all-purpose flour
2 cups chicken broth
1/2 cup well-chilled heavy cream
3 Tbsp medium-dry sherry
Fresh lemon juice
1/2 tsp salt
1/4 tsp pepper
1/2 cup freshly grated Parmesan cheese
2 whole boneless, skinless chicken breasts (about 1 1/2 lb total), cooked and sliced thin

In a large saucepan of boiling, salted water, cook broccoli for 6 to 8 minutes or until tender. Drain and set aside, covered. In a heavy saucepan, melt butter over low heat. Add flour and cook, stirring, for 3 minutes. Add broth and bring mixture to a boil. Cook on low, stirring, for 10 minutes or until thick. In a mixing bowl, beat cream with an electric mixer until stiff peaks form, then add to flour mixture, along with sherry and lemon juice to taste. Season with salt and pepper. Arrange broccoli on a flameproof platter or shallow casserole dish. Top with half the sauce. Stir 1/4 cup Parmesan into other half of sauce. Arrange chicken on broccoli, pour remaining sauce over top, and sprinkle mixture with remaining 1/4 cup Parmesan. Broil, about 6 inches from heat, for 1 minute or until sauce is golden and bubbling. Pair with a simple arugula salad. The bitterness of the greens will balance the flavors of the chicken. You can also serve this with a side of rice. You can substitute 2% milk for the heavy cream. *From Save the Tastes.*