

# 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 4, 2012**

## August 5-11 is National Farmers Market Week

**Support your Local Farmers Market – Come and buy local, fresh seasonal fruits and vegetables** – Sweet corn, peaches, cantaloupe, watermelon, fresh greens, ground cherries, tomatoes, tomatillos, and cherry tomatoes, bell peppers, okra, green beans, 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.**

Members also sell 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:** Matt Anderson, chef at Umami restaurant in Chagrin Falls, will be on hand to share grilling ideas with our fresh fruits, vegetables and meat.

**Next week:** Music by the Remnants and the **Annual Corn Celebration** from 10-Noon. Volunteers will be cooking ears of corn and customers will be encouraged to “paint” the corn with one of several toppings that may include Chile peppers, sour cream, lime, garlic, or other ingredients for an on-the-spot taste treat. Recipes will be provided. Vendors plan to get into the spirit with other corn related products.

**Eggplant** is low in calories and high in fiber. It is best when it is eaten fresh. Store unrefrigerated at a cool room temperature or in a hydrator drawer for up to a week. Eggplant can be peeled but it is not essential. It depends on your preference and the intended dish. Eggplant is surprisingly versatile. Here are some eggplant basics from *Asparagus to Zucchini*.

**To bake:** Prick eggplant all over with a fork and bake at 400 degrees until flesh is tender, about 30-40 minutes. Flesh can be pureed. Blend with lemon juice and herbs for a dip.

**To stuff:** Bake 20 minutes, scoop out the seeds: replace with stuffing and return to oven for 15 minutes.

**To sauté:** Try dipping slices or chunks in flour or egg and bread crumbs before sautéing. Sauté in hot oil until light brown. Season with herbs, garlic, grated cheese, etc.

**To steam:** Whole eggplant will steam over an inch of water in 15-30 minutes. Use the flesh for pulp or season with olive oil, lemon, salt and pepper, or cover with tomato sauce.

**To grill:** Lightly salt slices of eggplant and let sit in a colander. Squeeze out any liquid. Eggplant will soak up less oil.) Brush with olive oil and season with salt and pepper and put on the grill. Grill along until tender, about 5-10 minutes depending on thickness. Grill slices along with slices of peppers, zucchini, onion or other vegetables, or skewer and grill along with other shish kabob ingredients.

## 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!**

## Roasted Peppers

Peppers best for roasting are those with thick walls and smooth, flat surfaces.

**On the grill:** place whole pepper above hot coals or over an open flame. Toast it, turning often, until the skin is blackened evenly. **In the oven:** slice the pepper in half, remove the seeds and veins, and press down each half to flatten. Set them skin side up on a flat baking sheet and broil 5-6 inches under the element for about 10 minutes until skin is charred. Place grilled or broiled pepper in a brown bag, close and allow to steam 10-15 minutes. Skin will peel off easily without the aid of a paring knife.

*Adapted from Asparagus to Zucchini and Vegetarian Cooking for Everyone*

## Fresh Corn & Tomato Salsa

2 cups fresh **corn** kernels, about 4 ears  
1/2 **tomato**, seeded and chopped  
1/4 cup chopped purple **onion**  
1/4 cup chopped red **bell pepper**  
2 tablespoons chopped fresh **cilantro**  
1 small hot chile pepper, finely chopped (optional)  
juice of 1 lime  
1/4 teaspoon salt  
1/8 teaspoon pepper  
dash ground cumin

Combine all ingredients in a non-reactive bowl. Use immediately or cover and refrigerate at least 2-4 hours. Remove from refrigerator about 30 minutes before serving. Serve corn salsa with chips, grilled meat or poultry. Makes about 3 cups corn salsa. *Adapted from southerncooking.com*

**Fennel** can be baked, steamed, grilled or sautéed. Use the feathery leaves as an herb with pork or as a flavoring with **goat cheese**.

Bake fennel using this recipe: slice the bulb of the **fennel** into 1/8 inch pieces; slice a large **onion** into similar slices. Lay them out in a baking pan, alternating the slices. Drizzle with a little oil, sprinkle with some of the feathery leaves, and generously cover with Parmesan or Romano cheese. Bake until soft.

## Farmers Market Pizza

2 TB Olive Oil  
1 TB Butter  
1 Small White **Onion**, Chopped  
3 Garlic Scapes/1 TB Fresh **Garlic**, chopped  
2 TB Flour  
3/4 cups Whole Milk  
1/4 cups Parmigiano Reggiano Cheese, Shredded  
1/4 tsp Salt  
1/8 tsp Black Pepper  
2 sprigs Fresh Oregano, Chopped  
1/2 cups Red **Onion**, Thinly Sliced  
1/4 cups **Zucchini**, Thinly Sliced  
1/2 cups **Summer Squash**, Thinly Sliced  
1 whole Prepared Pizza Dough  
8 ounces, weight Fresh Mozzarella, Thinly Sliced  
4 ounces, weight Shredded Fontina Cheese (substitute gouda, mozzarella, havarti, or mild provolone)

Heat olive oil and butter in a medium saucepan over medium heat. Add onion and garlic scapes. (If using garlic instead of garlic scapes, just add onion at this point.) Sauté for 5-6 minutes or until onions are tender. (At this point, if using regular garlic, add it to the onions and stir for about 1 minute.) Add flour to the saucepan and stir for 1 minute. Add milk and whisk until combined and sauce has thickened. Sauce will thicken very quickly. Once sauce has thickened, remove from heat. Stir in Parmigiana Reggiano cheese, salt, pepper and oregano. Set aside. Chop red onion and vegetables. Drizzle with a little bit of olive oil. Set aside. Prebake pizza dough in a 425°F oven for 5 minutes. Spread sauce on prebaked dough. Top with sliced mozzarella. Add half of the shredded Fontina cheese. Add red onion and veggies. Top with remaining Fontina cheese. Bake in the oven for 8-10 minutes or until crust is golden brown and cheese is bubbly. *From tastykitchen.com*

## Baked Layered Elegant Eggplant

5 lb **eggplant**  
6 TB butter  
1/2 cup olive oil  
8 TB flour  
1 1/2 lb **tomatoes**  
3 Cups milk  
1 red **onion**, chopped  
1/2 teaspoon pepper  
2 cloves **garlic**, minced or smashed  
1/2 teaspoon nutmeg, grated  
1 1/2 tsp **marjoram or herb of choice**  
1 1/2 cups grated parmegiano reggiano  
1/4 cup **chopped parsley or basil**  
1/4 cup grated Fontina or Bel Paese cheese

Slice eggplant and brush or spray lightly with olive oil. Broil 7" from heat 6-10 minutes until browned. Turn and broil other side for 5 minutes more. Cut tomatoes in half, seed and discard seeds. Sauté onion and garlic in olive oil until soft. Add tomatoes and herbs. Cook until thickened. Make a béchamel sauce by melting butter, whisk in flour and cook for 3 minutes or so; add milk slowly, mixing as you go. When sauce is thickened, remove from heat; add pepper, nutmeg and 1/2 cup of the parmegiano reggiano. Coat an oiled baking dish and arrange 1/2 of the eggplant slices. Sprinkle with grated cheese. Cover with tomato mixture and a layer of béchamel sauce. Repeat layers, topping with the Fontina or Bel Paese Cheese. Bake 30 minutes at 350F. Brown top under broiler before serving. *From Joyce Studen*