

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 25, 2012

TODAY AT THE MARKET

Back by popular demand will be the old time music of the One Dollar Hat band. Their fiddle playing, banjo strumming music will surely make your feet stomp as you shop at the market today.

TOMATO TASTING CONTEST – IN JUST TWO WEEKS SEPTEMBER 8th Tasting begins at 10am

If you think your home-grown or farm-grown tomatoes are the best-tasting in town, enter them into the Tomato Tasting Contest:



This year there will be two categories: one for **Cherry Tomatoes** and one for **Regular Tomatoes**. Bring a quart of cherry tomatoes or 4-5 of a single variety of tomatoes to the market booth before 9:30am next Saturday. Mark them with your name and the variety of tomato. Customers and vendors alike are welcome to enter their favorite tomato variety.

Every day is an adventure at the farmers market. What will you find that you haven't seen before? What will you take home to eat that you haven't ever eaten before? The farmers market is filled with unique local vendors that grow and sell locally grown produce. When you buy from our vendors, you are buying from the farmer directly. This allows you the unique opportunity to ask questions about how to prepare, serve, store, and eat the produce they have available. And if it can't be grown in Northeast Ohio weather and soil conditions, then you won't find the product at our market. For our craftsman, this allows you to get to know the artist. Every product at our market is made, grown, and sold in Geauga County or the surrounding communities.

It's a great time to harvest the crops and enjoy the season of hard work by our local farmers. Vendor's tables are exploding with many varieties of produce. Seasonal produce varies from week to week, so don't expect strawberries or blueberries, but be on the lookout for the varieties of apples to start appearing as well as acorn squash and pumpkins. Products available each week include fresh baked goods, fresh flowers, fresh eggs, maple syrup, honey, hand-made soaps & lotions, cheese, jams & jellies, herbs & garlic, vegetables, plants, & various craft items.

Please enjoy what Geauga County Farmers' Market has to offer you today.

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
Gauga 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 Original Cheese Coop
Miller's Country Jams
Miller's Cashew Crunch
Noah Hershberger
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!

Green Beans with Cherry Tomatoes

From allrecipes.com

1 ½ lbs **green beans** 1 ½ c water
1/4 c butter 1 T sugar
3/4 t garlic salt ¼ t pepper
1 ½ t chopped **fresh basil** 2 c **cherry tomato** halves

Trim beans & cut in 2" pieces. Place beans & water in a large saucepan. Cover & bring to a boil. Set heat to low & simmer until tender, about 10 minutes. Drain off water & set aside. Melt butter in skillet. Stir in sugar, garlic salt, pepper & basil. Add tomatoes & cook stirring gently just until soft. Pour the tomato mixture over the green beans & toss gently to blend.

Heirloom Tomato Stacks

6 med **heirloom tomatoes** 2 T minced **shallots**
2 T rice vinegar 1 T EV olive oil
1 t honey ½ t Dijon Mustard
½ t salt ¼ t pepper
1 c fresh basil chopped ¼ c crumbled blue cheese

Trim off ½" from bottom of each tomato. Chop enough of trimmings to equal ½ c & set aside. Cut remaining of each tomato crosswise into 4 slices. Put rinsed shallots into tight fitting jar. Add chopped tomato, vinegar, oil, honey, mustard, salt, pepper – cover & shake vigorously. Stack tomato slices & basil alternately. Top each stack with 2T of dressing & 2 T cheese. Serve immediately.

Cantaloupe and Chicken Salad

From Pacific Coast Farmers Association

1/4 cup plain yogurt
1/4 cup mayonnaise or salad dressing
1 tablespoon fresh lemon juice
1 tablespoon chopped **fresh chives**
1/4 teaspoon salt
5 cups, 1 ½ inch pieces **fresh cantaloupe**
2 ½ cups cooked **chicken**, cut in pieces
1 cup red or green grapes, cut in half
1 medium **cucumber**, cut into strips

Mix yogurt and mayonnaise in large bowl. Stir in lemon juice, chives and salt. Stir in remaining ingredients. Serve, or refrigerate until chilled, at least 2 hrs but no longer than 24.

Roasted Veggie Mash

Recipe from Heart Healthy Living

4 oz **sweet potato** peeled & cut into 2" pieces
1 medium **carrot**, quartered
½ small **onion**, cut into thin wedges
1 clove **garlic**, halved
2 tsp olive oil
½ tsp grated fresh ginger
Dash ground black pepper
milk

Preheat oven to 425. In a 2 quart square baking dish or 8x8x2" baking pan, place sweet potato, carrot, onion, & garlic. Drizzle with oil & toss to coat. Cover with foil. Bake 20 minutes. Remove foil, stir. Bake uncovered 10-15 minutes more until vegetables are tender. Transfer vegetables to food processor. Add ginger, salt, and dash pepper. Cover & process just until coarsely pureed, adding 1 to 2 tablespoons milk as necessary for desired consistency. Makes just 2 servings!

Herbed Eggplant

3 lbs small, **heirloom eggplant**
3 tsp salt
2 tsp **minced garlic**
1/2 c olive oil
1/3 c red wine vinegar
Freshly ground black pepper
1/2 c **fresh basil** leaves, slivered

Remove eggplant caps & quarter. Sprinkle with salt; let drain 30 minutes. Rinse & pat dry. Spread pieces in a single layer on baking sheet, cut sides up. Mix garlic & oil, & drizzle over eggplants. Bake 30 minutes, until the eggplant is brown & tender. Cool slightly. Place eggplant in a large bowl & drizzle with vinegar, add basil & toss.

Chunky Watermelon Salsa

From: Farm Fresh to you

1 lime
2 cups, 1/2 inch pieces seeded **watermelon**
1 c ½ pieces seeded, peeled **cucumber**
¼ c sliced **green onions**
2 T minced **cilantro**
2 t minced seeded jalapeno chili
1 t sugar

Cut, peel & white pith from lime. Cut lime into ¼ in pieces. Place in medium bowl. Add all remaining ingredients. Season with salt & pepper. Toss to blend. Cover & refrigerate 30 minutes (can be made 2 hrs ahead—keep refrigerated). Serve cold.

Corn Tomato Salsa

Recipe from: Pacific Coast FMA

4 ears white **sweet corn**
½ cup chopped **red onion**
1 large **ripe tomato**, chopped
1 **tomatillo**, husked & coarsely chopped
Juice of 1 lime
1 teaspoon ground cumin
1 – 2 **cloves garlic**, minced
1 (4 ounce) can green chiles, chopped
½ cup chopped **fresh cilantro**
Salt and pepper to taste

Blanch corn in boiling water for 3 minutes, chill immediately and cut from cob. Or microwave corn for 3-5 minutes on high, chill in cold water and cut from cob. Place in medium size bowl, add rest of ingredients; served chilled.

Basic Meat Marinade

2 cloves of minced **garlic**
¼ c Olive Oil
2 T. Balsamic or Wine Vinegar
2 T. Soy Sauce or Worcestershire Sauce
¼ Cup Sherry or dry wine or beer
freshly ground pepper

Mix all ingredients, generously brush onto steaks and let stand for a couple of hours before grilling.

Try this on some Grass Fed Beef this weekend !