

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>

JULY 14, 2012

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
Hot-Kiln Farm
Jack Mountain's Farm
Jarz and Barz Ltd.
JLynn Creations
June Eve's
Kari's Artisan Bakery
Kates Kupboard
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
Ohio Honey
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

Can you believe it? Halfway through July already! Blueberries and peaches are tasty and plentiful. In addition to that they have been joined by zucchini, summer squash, and beans. I see more and more variety in each passing week at the market. I hope you are enjoying our variety of vendors and produce available. I think last week I counted eight produce vendors. That is in addition to our cheese, honey, bakery, craft, flowering plant, soap and specialty herb vendors. It's the biggest selection of farmers I ever remember at the market.

Making wonderful country western music at the market today will be Ty Kellogg. If your at the market stop by and listen to his story telling music with his gritty baritone vocals as he accompanies his story telling with his acoustic guitar and his foot stomping banjo. Grown up locally in Huntsburg, Ohio, Ty makes his way from the Blue Rock Café in Hudson, to the Barking Spider Tavern in Cleveland and the Root Café in Lakewood. It should be a pleasure to fill the market with this local sound.

Cleveland Clinic Family Health Center in South Russell will be at the Farmers Market today providing Healthy Heart Screenings. They will be set up inside the town hall from 9am – 12noon and will be able to perform a cholesterol screening, a glucose or blood sugar scan, and a check of your blood pressure. Results will be immediate and can be explained during your visit today. Stop in while shopping for your fresh fruits and vegetables this week at the Farmers Market.

MORE than 10 reasons to shop at The Geauga Fresh Farmers' Market

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

We hope to see you at our upcoming events in July!

July 21 Geauga Master Gardeners will be back to help you with problematic plants!

July 28 Violin Music from Owen – the youngest performer we have had at the Market!

August 4 Cooking Demo with Matt Anderson, from Umami Restaurant

Crisp Cucumber Salsa

2 cups finely chopped seeded peeled **cucumber**
1/2 cup finely chopped **seeded tomato**
1/4 cup chopped **red onion**
2 tablespoons minced **fresh parsley**
1 **jalapeno pepper**, seeded and chopped
4-1/2 teaspoons minced **fresh cilantro**
1 garlic **clove**, minced
1/4 cup reduced-fat sour cream
1-1/2 teaspoons lemon juice
1-1/2 teaspoons lime juice
1/4 teaspoon ground cumin
1/4 teaspoon seasoned salt
Baked tortilla chip scoops

In a small bowl, combine cucumber, tomato, onion, parsley, pepper, cilantro, and garlic. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips. Yield: 2-1/2 cups. Suggestion: wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

Over the Top Blueberry Bread Pudding

3 **eggs**
4 cups heavy whipping cream
2 cups sugar
3 teaspoons vanilla extract
2 cups **fresh blueberries**
1 pkg (10 to 12 ounces) white baking chips
1 loaf **French bread**, cut into 1-inch cubes
SAUCE:
1 package (10 to 12 ounces) white baking chips
1 cup heavy whipping cream

In a large bowl, combine the eggs, cream, sugar and vanilla. Stir in blueberries and baking chips. Stir in bread cubes; let stand for 15 minutes or until bread is softened. Transfer to a greased 13-in. x 9-in. baking dish. Bake, uncovered, at 350° for 50-60 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before serving. For sauce, place baking chips in a small bowl. In a small saucepan, bring cream just to a boil. Pour over baking chips; whisk until smooth. Serve with bread pudding. Yield: 12 servings.

Great Blueberry Muffins

1 1/2 cups all-purpose flour
1/2 teaspoon salt
1/3 cup vegetable oil
1/3 cup milk
1/2 cup white sugar
1/4 cup butter, cubed
3/4 cup white sugar
2 teaspoons baking powder
1 **egg**
1 cup **fresh blueberries**
1/3 cup all-purpose flour
1 1/2 teas ground cinnamon

Preheat oven to 400°F. Grease muffin cups or line with muffin liners. Combine 1 1/2 cups flour, 3/4 cup sugar, salt & baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg & enough milk to fill the cup. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, & sprinkle with crumb topping mixture. To Make Crumb Topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, & 1 1/2 teaspoons cinnamon. Mix with fork, & sprinkle over muffins before baking. Bake for 20 to 25 minutes in the preheated oven, or until done.

Cucumber Stuffed Cherry Tomatoes

24 **cherry tomatoes**
1 package (3 ounces) cream cheese, softened
2 tablespoons mayonnaise
1/4 cup finely chopped peeled **cucumber**
1 tablespoon finely chopped **green onion**
2 teaspoons minced **fresh dill**

Cut a thin slice off the top of each tomato. Scoop out and discard pulp; invert tomatoes onto paper towels to drain. In a small bowl, combine cream cheese and mayonnaise until smooth; stir in the cucumber, onion and dill. Spoon into tomatoes. Refrigerate until serving. Yield: 2 dozen

Crispy Chopped Chicken Salad

6 thin slices prosciutto (about 4 oz.)
1/2 cup extra virgin olive oil
4 skinless, boneless chicken breast halves
Paprika
2 lemons
1 **shallot**, finely chopped
2 small **carrots**, peeled and thinly sliced
2 medium **zucchini**, chopped
1 medium **red sweet pepper**, chopped
1 medium **yellow sweet pepper**, chopped
1/2 of a small **red onion**, chopped

Preheat oven to 400°F. Place prosciutto in single layer on large baking sheet. Bake until crisp, 8 to 10 minutes. Set aside. In large nonstick skillet heat 1 tablespoon of oil over medium heat. Sprinkle chicken with salt, pepper, & paprika; add to skillet. Cook 8 to 10 minutes or until chicken is no longer pink (170 °F), turning once. Cool slightly; slice. For Lemon Dressing, finely shred peel from one lemon; squeeze lemons to make 1/3 cup juice. In small bowl whisk together remaining olive oil, lemon juice, shredded peel, & shallot. Season with salt & pepper; set aside. In large bowl combine carrots, zucchini, sweet peppers, onion, & chicken. Toss with dressing. Add blue cheese. Line salad bowls with romaine. Spoon in chicken mixture. Top with prosciutto. Makes 6 servings.