

# 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>

**June 16, 2012**

**Seasonal fruits and vegetables** - Strawberries, lots of fresh spring greens - arugula, red and green romaine, red and green leaf lettuce, bibb lettuce, mesclun, spinach, kale, swiss chard, purple choy - tomatoes, broccoli, beets, radishes, cilantro, leeks, fresh herbs, Nappa cabbage, Cipollini grilling onions, sugar snap peas, and onions.  
**Come early for the best selection.**

**Every week** you will find grass-fed beef, Italian or Polish sausage, cheese, eggs, fresh herbs, honey and maple syrup, soaps and lotion, fruit pies, breads, cupcakes, cookies, scones, cinnamon rolls, kettle corn, jewelry and crafts. For your garden there are still some **pepper, heirloom tomato, herb plants, annuals, perennials and hanging baskets.**

One cup of **strawberries** contains over 100 mg of vitamin C, as well as a bit of calcium, magnesium, folate and potassium and only 53 calories. Store strawberries in the crisper drawer of your refrigerator and keep in original container. Do not wash strawberries until just before you use them – washing will add moisture and cause berries to spoil more quickly.

**Fresh vegetables** can be washed and sliced and eaten with dip or dressing. Try these.  
**Dressing** – Blend 1 cup plain yogurt, ½ cup mayonnaise, ¼ cup onion finely chopped, and 2 TB soy sauce. Chill before serving. **Dip** – Blend until smooth 2 cups beans cooked, 1 TB vinegar, 1 tsp. chili powder and 2 tsp. finely minced onion. Serve.

**June Activities** - This week - **Music by One Dollar Hat.**

**June 23 – Kids' Day** with fun and give aways and the **Gauga County Master Gardeners** will be back to answer your gardening questions

**June 30 – Music by the Remnants**

## **Crop update –**

The mild winter and early spring, coupled with the late-season frosts in Northeast Ohio have impacted local **apple and peach** orchards, the planting of **sweet corn**, and the threat of insects and other agricultural pests. Hot and dry weather has reduced the amount of **corn** emerging from the ground. Increased gas prices and the cost of feed have impacted meat production. These factors will affect the amount and variety of produce and meat at farmers' markets in Northeast Ohio this summer.

Our farmers do their best to get the best to you each week. Many of them use creative planting and irrigation strategies. Also keep in mind, there are some areas of the state which aren't as drastically affected by the weather conditions. Know your farmers. When purchasing at farmers' markets, evaluate the location of the farm to maximize freshness and to support local farmers while minimizing your carbon footprint.

**Fresh and Local!**

## **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  
Robert Kurtz  
[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

### Crustless Spinach Pie

¼ cup butter  
3 eggs  
1 cup flour  
1 cup low fat milk  
1 clove of garlic, minced  
1 tsp. baking powder  
12 ounces shredded cheese  
4 cups chopped, fresh spinach

Preheat the oven to 350 degrees. Melt butter in a 9 x 13 inch pan. Beat eggs well. Add flour, milk, garlic and baking powder. Add to the pan. Sit in the cheese and spinach. Bake for 35 minutes.

### Ohio Baked Beans

2 cups yellow eye beans  
2 tsp. salt  
½ salt pork with rind scored  
½ tsp. soda  
¼ tsp. dry mustard  
½ cup maple syrup

Soaked beans overnight then boil about 20 minutes in salted water, adding soda the last five minutes. Drain. Place half of the salt pork in the bottom of the bean pot. Add beans with the maple syrup and mustard. On top place the other half of the salt pork, rind up. Cover with boiling water. Bake about 6 hours, covered at 325 degrees. Add water if necessary. Uncover and cook one more hour.

### Roasted Beets with Lemon and Garlic

4 bunches of beets  
6 cloves garlic, peeled and thinly sliced  
Juice of one large  
Zest of one lemon  
1 tsp extra virgin olive oil  
Pinch of salt and white pepper

Preheat the oven to 400°. Peel the beets using the leaves as a handle. Slice them no thicker than 1/4". Toss them with the remaining ingredients in a shallow baking dish large enough to avoid crowding the slices. Cover tightly with aluminum foil. Bake for about 45 minutes, shaking the dish occasionally, or until the beets are fork tender. They make a great side dish.

### Sugar Snap Peas with Toasted Sesame

Enough sugar snap peas to serve your family  
1 to 2 tsp sesame seeds, toasted in a skillet until golden brown  
1 to 2 tsp toasted sesame oil  
Salt to taste

### Marinated Sugar Snap Peas

1 pound of sugar snap peas  
½ small onion, thinly sliced  
1 garlic clove, minced  
Pinch of salt  
1/3 cup olive oil  
Black pepper to taste

Heat pot of water to a boil and add a pinch of salt. Add peas and cook one minute. Drain and rinse under cold running water. Place peas in a bowl and add onion, garlic, sugar, olive oil and pepper. Toss gently. Refrigerate covered at least 30 minutes or overnight.

### Steamed Kale

1 pound kale  
2 tsp. olive oil  
2 garlic cloves  
¼ cup water

Wash the kale well. Cut off and discard the tough stems. Cut the kale into 1 inch strips. Heat the oil in a large pot. Add the garlic and cook it for 15 seconds. Add the water and bring to a boil. Add the kale and toss it to mix well. Cover the pot and steam the kale for 6 minutes or until the kale is just tender but still bright green.

### Spring Salad with Creamy Goat Cheese Dressing

Goat Cheese Dressing:

4 ounces goat cheese, at room temperature  
2 tablespoons buttermilk  
1 teaspoon honey  
1 teaspoon white wine vinegar  
2 tablespoons olive oil  
1/4 teaspoon white pepper  
Pinch salt

1 tablespoon chopped fresh tarragon leaves

In a medium bowl whisk together the goat cheese and buttermilk. Whisk in the remaining dressing ingredients until combined and smooth. Set aside.

Salad: 1/2 cup canola oil

2 shallots, thinly sliced

8 cups spring greens mix

Salt and freshly ground black pepper

Garnish: Chopped candied pecans and 1 1/2 cups red grapes, sliced in 1/2

Heat the canola oil in a small saucepan over medium heat. Add the shallots and fry until crispy and light brown, about 5 minutes. Remove to a plate lined with a paper towel to drain. Add the greens to a large bowl. Drizzle with 3/4 of the dressing, season with salt and pepper, to taste, and toss to coat the greens. Transfer the salad to a platter and garnish with candied pecans, sliced grapes, and fried shallots. Drizzle with remaining dressing and serve.

"De-string" by pulling the remaining stem away from the pea. Cook the peas in boiling water for no more than three minutes. Drain and plunge them into a big bowl of ice water to stop the cooking. When cool, drain them and mix with the sesame seeds and sesame oil in a bowl. Season with salt to taste and enjoy.