

# 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 9, 2012**

**Strawberries** are here this week and for the next few weeks! Sample some **free strawberry shortcake** at the market booth while it lasts. Countryside Bakery provided the angel food cake which is available at their booth. Antioxidants in strawberries are thought to help defend the body against several diseases and conditions, including cancer, heart disease, neurological decline, and diabetes. Data suggests the high antioxidant activity of strawberries may help reduce levels of oxidized LDL cholesterol, a risk factor for cardiovascular disease. In addition, anthocyanins in strawberries may help protect the neuronal cells from inflammation that is linked to declines in cognitive function. And they taste great!

Look for **radishes, leeks, garlic scapes, green onions, sugar snap peas, rhubarb, fresh herbs** and **organic tomatoes**. Come early for the best selection.

You will find a variety of **fresh, leafy greens - arugula, red and green romaine, red and green leaf lettuce, Bibb lettuce, mesclun, spinach, kale, Swiss chard, purple Choy**. Most greens are rich in vitamins A and K, as well as important minerals (calcium, iron, manganese, magnesium and potassium, for example), micronutrients and dietary fiber.

For your garden there are still some **pepper, heirloom tomato, herb plants, annuals, perennials and hanging baskets**.

**Fruit pies, breads, cupcakes, scones, cinnamon rolls** are available from our bakers. **Grass-fed beef, Italian or Polish sausage, cheese and eggs are all available weekly**. Also find several **jewelry and fine arts** vendors, and our **soaps, lotions**, and personal product vendors.

For grilling stop at **SAND Farm** and check out their grass fed beef and pork.

New vendor **Fat Casual BBQ** of Macedonia will bring its food truck this week or next and sell BBQ sandwiches, smoked meats, side dishes and other goodies to shoppers. **Messenger Century Farm** brings their own Geauga County maple syrup. Amish farmer **Noah Hershberger** will bring produce as the season kicks in. Fowl Play Farm has eggs and will take orders for free-range poultry. **Cake Kisses** and **Blessed Bread Bakers** will be on hand today!

**Beecology** will be bringing its honey for the rest of the season – fresh from their farm! Snack on some delicious kettle corn from **Classic Kettle Corn**.

**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

### **Cowboy Steak**

2 pounds porterhouse **steak**  
8 cloves garlic  
6 tablespoons chipotle chile powder  
6 tablespoons kosher salt  
6 tablespoons vegetable oil  
1 tablespoon black pepper

Combine garlic, chile powder, salt, oil and pepper in a small bowl. Mix until it forms a thick paste. Rub paste over the entire surface of the steak. Wrap steak in plastic wrap and refrigerate for several hours.

Preheat grill. Grill steak over as high a heat as you can for 2 minutes. Flip and continue grilling for 2 more minutes. Move to a cooler part of the grill or reduce heat to medium. Continue grilling until done. About 4 minutes per side. *From Derrick Riches*

### **Spinach & Garlic Scape Pesto**

3 cups packed fresh **spinach leaves**  
½ cup **parsley** leaves  
2/3 cup grated parmesan cheese  
½ cup walnuts  
10 chopped **garlic scapes**  
2 Tbs. basil  
1 cup extra virgin olive oil  
Process until smooth, then drizzle in oil.  
Makes 2 cups.

### **Tomato, Sausage and Spinach Risotto**

Can (28 ounces) diced tomatoes, in juice  
1 tablespoon olive oil  
¾ pound sweet or hot **Italian sausage**, casings removed  
1 small **onion**, finely chopped  
Coarse salt and ground pepper  
1 cup Arborio rice  
½ cup dry white wine  
1 bunch flat-leaf **spinach**, (10 to 14 ounces), washed well, tough stems removed, chopped (about 7 Cups)  
½ cup grated Parmesan cheese, plus more for serving (optional)  
2 tablespoons butter

In a small saucepan, combine tomatoes (with their juice) and 3 cups water. Bring just to a simmer; keep warm over low heat. In a medium saucepan, heat oil over medium. Add sausage and onion; season with salt and pepper. Cook, breaking up sausage with a spoon, until sausage is opaque and onion has softened, 3 to 5 minutes. Add rice; cook, stirring until well coated, 1 to 2 minutes. Add wine; cook, stirring until absorbed, about 1 minute. Add about 2 cups hot tomato mixture to rice; simmer over medium-low heat, stirring occasionally, until absorbed, 4 to 5 minutes. Continue adding tomato mixture, 1 cup at a time, waiting for one cup to be absorbed before adding the next, stirring occasionally, until rice is creamy and just tender, about 25 minutes total (you may not have to use all the liquid). Remove pan from heat. Stir in spinach, Parmesan, and butter; season with salt and pepper. Serve immediately (risotto will thicken as it cools), and sprinkle with additional Parmesan, if desired. *Adapted from Martha Stewart*

### **Mixed Green Salad with Strawberry Dressing**

11-pound basket strawberries, hulled, halved  
1 5-ounce package mixed baby greens  
1 1-ounce package crumbled feta or other sharp cheese (about 1 1/3 cups) 1/2 cup pecans or walnuts, toasted  
1/2 cup olive oil  
3 tablespoons balsamic vinegar  
1 tablespoon sugar  
Mash enough strawberries to measure 1/3 cup. Place remaining strawberries in large bowl. Add greens, cheese, and nuts. Whisk oil, vinegar, and sugar in small bowl to blend. Whisk in mashed strawberries. (A food processor may also be used.) Season dressing with salt and pepper. Add to salad; toss to coat. Makes 6 servings.

### **Mashed Potatoes with Garlic Scapes**

2½ lb. russet potatoes, peeled and cut into 1" pieces.  
½ stick butter  
2 Tbs., olive oil  
¼ cup finely chopped **garlic scapes**  
¼ cup hot milk (or more)  
Cook potatoes until very tender. Drain and return to pot. Over medium high heat, melt butter with olive oil in a small skillet. Add scapes and sauté about 5 minutes. Add to potatoes and mash. Gradually add milk while stirring. Season with salt and pepper.

### **Strawberry Jam**

3 lb. ripe **strawberries**  
(4 1/2 pints), rinsed and hulled 4 cups sugar  
1/3 cup fresh lemon juice  
4 half-pint canning jars with lids

Sterilize canning jars and lids by boiling or in the dishwasher. The flavor of the jam depends on the berries' being fully sweet, completely ripe yet firm, and with not a trace of white near the stem. Such berries have less pectin than under ripe ones, so the jam will be loose.

Crush strawberries lightly with a potato masher in a 7- to 9-qt. heavy nonreactive pot. Simmer, stirring occasionally, 10 minutes. Add sugar and lemon juice and simmer, stirring constantly, until sugar is dissolved, about 2 minutes. Bring to a full boil and cook, stirring frequently (be careful not to let bottom scorch) and skimming off any foam. It's done when it becomes slightly thickened and a teaspoon of jam begins to gel when dropped on a chilled plate, after 20-30 minutes of boiling. Ladle hot jam into jars, filling to within 1/4 inch of top. Wipe rims with a dampened cloth and seal with lids. Cool completely, tighten lids and store in a cool, dark place. Makes about 4 cups.