

## 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>

**SEPTEMBER 29, 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  
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!**

Did you have an opportunity to try some salsa last week? There were eleven entries in our two varieties of hot and mild salsa, and the chips were flying as over 50 people tried and judged some of the best tasting salsa around.

The best Mild Salsa was judged to be Joyce Studen of Russell with her award winning flavorful tomato salsa. Second place went to Dawn Trethewey of Maplestar Farm, and third place went to Cheryl Hammon, our market manager, with her creamy corn salsa.

In the Hot Salsa category, the competition was stiff. A tie was declared between Valarie Mariola of Russell, who was defending her title from last year and Joyce Studen of Russell. Valarie declared that Joyce's salsa had the better tasting tomatoes. They used a very similar recipe but had different opinions about what the secret ingredient was that 'made it hot'. Second place went to Courtney Lorenz of Herb Thyme and third place went to one of our customers, Kevin Davis of Mantua.

Other entries were from Marty Wynne of South Russell, Mary Woodring of Windsor, Faith MacNeel, and Ron Sovak of Chardon. Thanks to everyone who entered and participated. Look on the back of this newsletter for some of the great recipes!

As soon as we turn the calendar into October, people think the farmers market is over. But farmers in Geauga County are still busy producing material. In addition to the corn stalks, pumpkins, gourds, acorn squash, and butternut squash, there are many cool weather crops still available too. Last week, I saw concord grapes at the market in addition to heirloom tomatoes and spaghetti squash. I expect those to remain popular throughout the rest of the season. Also available were red raspberries, edamame, tomatillos, peppers of all varieties, and beans. The cool weather crops of brussel sprouts, broccoli, cauliflower, potatoes, eggplant, beets, radishes, and spinach are once again plentiful.

But now is the time to begin stocking up on those items that might stay a little longer and replenish your supplies to get through the winter. There is grass-fed beef, cornish game hens, chickens and ducks, and Italian or Polish sausage. All of these products freeze well and will stay in your deep freezer for the long winter.

Other products like goat cheese, eggs, honey, jams, peanut butter, almond butter, and maple syrup have a little longer shelf life and will continue to offer you great farm fresh quality well into the winter.

And of course, now is the time to stock up on soaps, lotions, and your artisan crafts. It won't be long before our market is gone – just three more short weeks.

### Grilled Corn Salsa

Did you try the light colored corn salsa supplied by Cheryl, our market manager? This is the recipe she used – with some minor secret modifications.

5 medium ears yellow corn, silk removed, husk intact  
5 teaspoons vegetable oil, divided  
1/2 cup crema fresca, or sour cream  
3 tablespoons fresh lime juice  
1 teaspoon minced garlic  
1/2 teaspoon ancho or chipotle chili powder  
1/2 teaspoon Emeril's Southwest Essence  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 cup finely chopped green onions  
1 small jalapeno pepper, seeded and minced  
1/3 cup diced red bell pepper  
2 tablespoons freshly chopped cilantro leaves  
1 avocado, diced, for garnish  
1/3 cup crumbled queso cotija or queso fresco, for garnish  
Blue corn tortilla chips, for serving

Preheat a grill to medium-high. Soak corn in water for 5 minutes, drain & pat dry. Lightly rub each ear of corn with 1 teaspoon of the oil & place the corn directly on the grill. Grill the corn, turning occasionally, until the kernels are lightly browned on all sides, about 20 minutes. Remove & set aside until cool. When the ears have cooled, cut the kernels from the cobs & transfer to a mixing bowl. In a separate small bowl, whisk together the crema fresca, lime juice, garlic, chili powder, Southwest Essence, salt, & pepper. Add the sour cream mixture to the cooled corn kernels, add the green onions, jalapeno pepper, red bell pepper, & cilantro, & stir to combine. Adjust seasonings, as needed. Cover & chill for 1 hour. Place corn salsa in a serving bowl, garnish with avocado (you can also fold the avocado in with the corn salsa) & sprinkle the crumbled queso cotija over the top. Serve with blue corn tortilla chips.

### Cucumber Salsa

2 medium **cucumbers** - peeled, seeded, and chopped  
2 medium **tomatoes**, chopped  
1/2 cup chopped **green bell pepper**  
1 jalapeno pepper, seeded and minced  
1 small **onion**, chopped  
1 clove **garlic**, minced  
2 tablespoons lime juice  
1 teaspoon minced **fresh parsley**  
2 teaspoons minced **fresh cilantro**  
1/2 teaspoon dried **dill weed**  
1/2 teaspoon salt  
1 (12 ounce) package tortilla chips

In a medium bowl, stir together the cucumbers, tomatoes, green pepper, jalapeno pepper, onion, garlic, lime juice, parsley, cilantro, dill, and salt. Cover and refrigerate for 1 hour. Serve with tortilla chips.

### Tomato Salsa – Ken Davis Style

Ken Davis of Mantua submitted both a hot and mild salsa. Ken grows his own peppers, tomatoes, garlic and cilantro. He doesn't measure his ingredients, but tastes as he goes .....SO good luck re-creating his salsa.

Combination of green & yellow bell peppers  
and sweet banana peppers  
For hot salsa he adds Hungarian wax peppers,  
jalapeños, cubanelle or habaneros  
Roma or San Marzano tomatoes  
Sweet onion like Vidalia  
Garlic  
Cilantro  
Frank's Red Hot Sauce as a base  
A little bit of lemon concentrate for preserving flavor

### Joyce Studen's Fresh Hot Tomato Salsa

8 ripe tomatoes, peeled and chopped  
3 banana or bell peppers, chopped  
1-2 jalapeno or serrano chilies, chopped  
1/2 red onion, minced  
2 cloves of garlic, peeled & mashed with salt to taste  
juice of 1 lime  
4 T chopped cilantro  
1/4 tsp cumin

Joyce makes this salsa without the cumin for her mild sauce, and adds the cumin for her hot salsa. Valarie used this exact same recipe but added both the jalapeno and Serrano chilies as well as three splashes of Cholula Hot Sauce.

### Salsa Caponata

1 large **eggplant**, cut in 1/2 inch cubes  
3 medium green **bell peppers**, cored and diced  
5 small **jalapeno peppers**, chopped  
6 **plum tomatoes** (or 3 beefsteak), chopped  
4 stalks celery, coarsely chopped  
3 **cloves garlic**, peeled and finely chopped  
1 medium **onion**, coarsely chopped  
1/2 cup red wine vinegar  
salt and pepper to taste  
1/4 cup olive oil

In a large pot heat olive oil. Add the onion & garlic & cook for 1 minute. Add the eggplant, green bell pepper, celery, & jalapeno pepper & cook for 5 minutes. Add tomatoes & vinegar & cook 10 minutes. Make this recipe a day in advance to enhance the complex blend of flavors. Serve at room temperature on slices of French or Italian bread.

### Peach Salsa

5-6 peaches, peeled & chopped  
1/2 lg sweet onion, minced  
1/2 green pepper, minced  
1-1 1/2 sm jalapeno pepper, minced  
1/4 to 1/2 tsp. cumin powder  
1/4 tsp. cayenne powder

Combine all ingredients well, refrigerate and serve.