

# GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

**OPEN SATURDAYS**  
June - October, 2008  
9:00-1:00p.m.

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 16, 2008**

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



Geauga Fresh Farmers' Market

## Annual Tomato Tasting Contest

**Next Saturday, August 23**

10:00am – 12:00noon

Bring 4-5 of a single variety of tomatoes to the market booth between 9 – 10am next Saturday. Mark them with your name and the variety of tomato. Customers and vendors alike are welcome to enter their favorite tomato variety.

**On sale at the market booth,** T-Shirts and tank tops in a variety of colors with the Geauga Fresh Farmers' Market Logo beautifully screened on the back of the shirt, and small, dignified lettering on the front which simply says, Geauga Fresh Farmers' Market. Stop in and support our market. Purchase yours today.

Last week our newsletter featured Sirna's Farm and Market from Auburn and Schutz Fruit Farm from Chesterland. Both supply an abundance of vegetables throughout the season. Links to specific GFFM vendors web-sites with hours and products are available at <http://www.geaugafarmersmarket.com>. Past copies of the market newsletter are downloadable from the web site also.



### Upcoming Events:

August 30<sup>th</sup> – **Matthew Anderson**, returning **guest chef** from **Saporé Restaurant**, will be at the market demonstrating his talents and answering questions.

September 6<sup>th</sup> – Salsa Contest!

### Eggplant-Zucchini Parmesan

*From Diabetic Living*

- 1 medium eggplant, peeled and cut into 1" cubes
- 1 medium zucchini, cut into 1" pieces
- 1 medium onion, cut into thin wedges
- 1 ½ cup canned light spaghetti sauce
- 1/3 cup shredded parmesan cheese
- ¼ cup finely shredded Parmesan cheese

In a 4 qt slow cooker, combine eggplant, zucchini, onion, spaghetti sauce, and 1/3 cup parmesan cheese. Cover and cook on low heat setting for 4-5 hours or on high heat setting for 2- 2½ hours. Sprinkle vegetables with an additional ¼ c finely shredded cheese immediately before serving.

### GEAUGA FRESH FARMERS' MARKET MEMBERS – 2008

Blue Jay Orchard  
Bow Wow Gifts  
Chagrin Valley Soap and Craft  
Chelsea Flower Garden  
Cherrywood Garlic and Herb Farm  
Countryside Home Bakery  
Custom Cakes and Cookies  
Dave's Dahlias  
Greenstick Farm  
Hahn Family Farm  
Herb Thyme  
Hershberger Produce  
Hilltop Blueberries  
Hummingbird Way  
Jack's Mountain Farm  
June Eves Farm  
Luciano's Ristorante  
Mackenzie Creamery  
Maple Valley Sugarbush and Farm  
Maple Star Farm  
Middlefield Original Cheese Coop  
Miller's Jams  
Novelty Nursery  
Ohio Honey  
Ridgeview Farm  
The Sassy Italian  
Schultz Fruit Farm  
Shady Hill Farms  
Sirna's Farm and Market  
Sleeping Dragon Botanicals  
Tucker Farm  
Waxwing Farms  
Wayne Cattle Company

**THE MARKET BAND IS HERE TODAY!**

### **The Buck Two-Eighty String Band**

Have a root-tooting, foot stomping jolly time shopping at the market today.

## FEATURING THE BAND

The Buck-Two-Eighty String Band plays on the third Saturday of each month at the Geauga Fresh Farmers' Market. The group currently consists of seven musicians who all enjoy playing "old time music". This genre of music encompasses old blues, jug bands, and string bands and was a pre-cursor to bluegrass music. They love to playing to the market customers. The outdoor setting is perfect for the stylistic music played acoustically which focuses on community. The market is about community and making real human connections. Old-Time music blends so well with the markets focus.

A group of five members started playing at the market nearly eight years ago when some of the musicians taught at the Montessori Farm School that assisted the GFFM with farm helpers during the early years. The group has since expanded to seven. They love playing the market regularly but with busy schedules the group doesn't commit to more regular attendance. However, during any scheduled event, you can usually find at least five of the members present. Pete and Nate McDonald are brothers who grew up in Munson and are original members of the band. You can find Pete playing fiddle, guitar, stand-up bass, or the mandolin. Nate can play guitar, stand-up bass or banjo. Rachel McKinney of Huntsburg, plays the banjo and is the last of the original members who was also associated with the Farm School. Other original members include Mark Haas of Chardon who is Pete and Nate's uncle and Zach Smolko of Chardon who usually plays the fiddle but could be found with any instrument in his hands. Mark plays the fiddle, guitar, and stand up bass like his nephews. The newest members include Rob Morgan who lives in Russell and plays the banjo and guitar and another uncle of Nate and Pete's, Gordon Keller who plays the fiddle, banjo and guitar.

In the fall of 2004 The Buck Two-Eighty Stringband recorded a CD of tunes and songs that they played on a regular basis at the market. They try to have them available at the market for those interested. All tracks are old-time tunes or songs...written long ago. Some of the musicians play other music types of music too, including rock, folk-rock, indie-rock, bluegrass, etc. Other members write original music too. Many of the members have CDs of original music or other genres of music, however, they don't bring those CDs to the market. If you are interested in the band contact Pete McDonald at [petermcdonald@hotmail.com](mailto:petermcdonald@hotmail.com). They will also be performing August 16 and Sept 20<sup>th</sup> at the Geauga Fresh Farmers' Market.

### Herbed Garden Couscous

*From Cammie Sorenson*

- 1 c couscous
- 2 c cherry tomatoes, halved
- 1 cucumber, chopped
- 1 med green pepper, chopped
- ½ c snipped chives
- ¼ c snipped Italian parsley
- ¼ c snipped mint
- ¼ c snipped oregano
- 1/3 c balsamic vinegar
- 1/3 c olive oil
- 2 t sugar
- ½ c crumbled feta cheese
- ½ c chopped walnuts, toasted
- ½ t salt
- ¼ t pepper

Cook couscous according to package directions, fluff with fork. In a large bowl, combine tomatoes, cucumber, pepper, chives, parsley, mint, and oregano. Fold in couscous. In a small bowl whisk together vinegar, olive oil, sugar, salt, and pepper. Pour couscous mix and toss to combine. Chill up to 24 hrs. To serve top with feta cheese and walnuts.

**Thanks** to South Russell Village Council and Mayor Matt Brett for their continued commitment to the success of the **Geauga Fresh Farmers' Market**.

### Penne Medley - serves 2

*From Cooking Pleasures*

- 5 oz penne pasta
- 1 ½ T olive oil
- 1 sm zucchini sliced
- 1 sm yellow crookneck squash
- 1 lg tomatoe chopped
- ½ t Salt
- 1/8 t pepper
- 4 oz Fresh Mozzarella Balls
- 2 T chopped basil
- 2 T grated Parmesan Cheese

Cook penne, drain. Reserve 1/3 c cooking water. Return penne to pot. In a skillet, heat oil. Cook zucchini & yellow squash 3-4 min until soft and golden brown. Stir in tomatoes, cook additional 3 min. Sprinkle with salt & pepper. Remove from heat add cubed mozzarella cheese. Add vegetable/cheese mixture to penne. Stir in reserved water. Heat over medium heat 1-2 min. Sprinkle with basil and grated cheese.

### Fresh Corn-Rice Salad

*From Better Homes & Garden*

- 4 ears frsh corn
- 1 ½ c cooked rice, cooled
- 1 pt cherry tomatoes, halved
- 1 c fresh arugula
- 1 sm red onion, cut in thin wedges
- 1 jalapeno pepper, thinly sliced
- 2 T red wine vinegar
- 2 T olive oil

Cook corn in salted, boiling water for 3 min. Remove from water, let cool. Cut corn from cob in planks. Combine cooked rice, tomatoes, arugula, onion, and pepper. Transfer to serving bowl, top with corn. Drizzle with vinegar and olive oil. Season with salt and pepper to taste.

### Skillet Squash

*From Diabetic Living*

- 2t olive oil
- 2 medium zucchini, chopped
- 2 medium yellow summer squash, choppe
- 1 medium onion, thinly sliced
- 4 oz diced green chiles
- 2 medium tomatoes, chopped
- 2 t fresh oregano
- ¼ t pepper, 1/8 t salt

In a large skillet, heat oil over medium heat. Add zucchini, squash, and onion. Cooke for 8-10 minutes, stirring occasionally. Add chiles and tomatoes. Heat through. Stir in oregano, pepper and salt. Serve immediately.