

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>



JULY 5, 2008

WELCOME TO THE MARKET! We hope you all had a lovely 4th of July, and hope you continue to enjoy the holiday weekend as you stroll through our farmer's stands and enjoy the local products from Geauga County and surrounding communities grown and produced here in sunny Ohio. We are excited that you are a part of our seventh season as the Geauga Fresh Farmers' Market serving South Russell and surrounding communities. We can't do it without continued support of our vendors and our customers. So thank you for making it happen.

Our seasonal products vary from week to week. Please stop by often to see what our vendors are harvesting for you. As we anxiously await the arrival of corn, you will begin to see a wider variety of produce offered each week. Because some of our farmers use techniques such as hydroponics and raised covered beds, zucchini and other squashes have been plentiful from June Eve's Farm as well as red skinned potatoes, broccoli, and beans. Cucumbers and tomatoes are already coming from Sirna's Farm and Market. Expect to see more varieties of beans, as well as all types of salad greens. These products are from Geauga County growers – and most of the tents are operated by the growers themselves or family of the growers. When they are not so busy – ask them questions and comment on their products. They love the feedback. What they do to extend their growing seasons, and bring fresh products to you is often not only their career, but their passion. It is a great group of vendors we have here each week at the market. Links to specific vendors web-sites where they provide farming information and recipes using their products, are available at <http://www.geaugafarmersmarket.com>. Past copies of the market newsletter are downloadable from the web site also.

Last week our newsletter featured Courtney McLeod from Herb Thyme who is best known for her tomatoes. She also has some exciting herb and herb containing products. Try the lavender jelly if you haven't already done so. Crooked River Coffee joined our group of vendors last week offering both locally roasted beans and coffee by the cup for market customers. Expect to see more and more of our seasonal vendors to arrive each week to fill out our entire group.

RECIPES! RECIPES! RECIPES!

Each week, our newsletter provides recipes for products that can be purchased from our farmers. Some of our recipes are originals, and some are obtained through a variety of other publications. However, we are looking for your favorites or an original you have created using one or more of the market's products – fresh fruits and vegetables, beef, lamb, pork, cheese, maple syrup, honey, garlic and herbs, sauces and salsas, jams, jellies, and goat cheese. If you have some hidden family favorite recipe that you shop for the ingredients at our farmer's market – we want to know about it! Stop by the market booth today for a recipe form or go to the website and download a blank form that you can complete at home.

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
Crooked River Coffee
Custom Cakes and Cookies
Dave's Dahlias
Greenstick Farm
Hahn Family Farm
Herb Thyme
Hershberger Produce
Hilltop Blueberries
Hummingbird Way
Jack Mountain
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

FEATURING JUNE EVE'S FARM

You might be surprised seeing a husky man with working hands behind the table at June Eve's Farm stand at the market. However, June is the nickname family members called Jim's Dad. Eve is the name of Jim's mother in law. Together, they have successfully named the farm – June Eve's Farm.

Jim Gallagher runs June Eve's Farm from the ten acres behind his house on Claridon-Troy Road in Troy Township. He has been known to farm an additional eight acres in years past, but didn't make that adventure this year. Jim has been into farming since he was a kid. As early as 7th grade, he worked on truck farms in Lorain County picking sweet corn. He knows what it takes to grow produce, but he also has a handful of secrets to make things grow well. Mother Nature needs to cooperate though, and this colder than usual May has made Jim complain a little. However, using techniques of raised beds and drip irrigation, and covering early crops he has managed to bring products to market earlier than most farmers. He was busy working on seed trays while most people were drinking green beer, wearing shamrocks, and

trying to avoid the snow. His first plantings were in April, which allowed him to bring broccoli, potatoes, snap peas, zucchini, and squash much earlier than usual. Everyone is thankful for the risks he takes to bring this produce to market in the early season. He was not very lucky with his early planting of tomatoes, cucumbers, and melons. However, replacement crops have since been planted, and Jim will have these products in addition to peppers, heirloom eggplant, sweet potatoes, some corn, cantaloupe, watermelon, and musk melons in the weeks to come.

Jim has taken on farming mainly as his personal endeavor on his families land. For Jim, right now this is only a part time passion, and eventually he hopes to retire from the cement industry and farm a little bit more. Right now, Jim only sells at the Geauga Fresh Farmers' Market. He eventually hopes to have enough product and time to sell in front of his house as well. Jim strives to bring as much product as possible each week to market however, often he sells out. So be sure to visit him early.

FEATURED PRODUCT – SCAPES - *Don't ask any of your children about Scapes – because they might tell you, "You aren't pronouncing it right. Snape is a character from Harry Potter!"*

Here at the market, Scapes are from the garlic plant, and have often been referred to as the 'false seed pod' of the garlic plant. They are harvested from the planted garlic cloves in order to allow the garlic bulbs to grow larger in size. This tasty bi-product of garlic growing is a flavorful and wonderful to eat. They do have a distinctive garlicky taste, but they are not very strong. They have a texture like green beans and can be prepared in a similar manner. You can eat the whole stalk together with the scape, so be sure to harvest it as close to the plant as possible so you don't miss any. They can be fried or steamed, and eaten by themselves. When cooked in something like a stir-fry, they give the whole dish a wonderful garlicky taste. They are best not eaten raw, because the flavor is too strong.

Maple Star Farm has had samples scapes at the market and they are available for purchase from Maple Star, Herb Thyme, and possibly other vendors as well. Try preparing them in this manner, or using them in your own creation and share your recipe with us next week at the Market Booth.

- Wash scapes, and trim off the flower end and white part and cut into 1 ½ inch pieces
- Heat 2 teaspoons of olive oil or melt butter in a small skillet.
- Sauté scapes over medium-high heat for 3-4 minutes.
- Add 1/3 cup water and continue cooking until water evaporates and scapes are tender. (about 8 min)
- Test for tenderness; add an additional tablespoon of water if you need to cook longer.

STUFFED ZUCCHINI

from recipezaar.com

- 4 medium zucchini
- 2 Tbs olive oil
- 1 small onion, chopped
- 1 cup mushrooms, diced
- 2 eggs, lightly beaten
- ½ cup bread crumbs, cooked rice or quinoa
- ¼ cup grated cheese – parmesan or feta
- 3 Tbs chopped parsley

Cut zucchini in half lengthwise. Scoop out pulp, leaving a 3/8" shell. Parboil shells in salted water for 2 minutes & drain. Chop zucchini pulp. Heat oil in skillet and sauté the onions, zucchini & mushrooms. When cool add remaining ingredients, mix and fill shells. Place in a greased baking dish and bake at 350 for 25 minutes. Makes 4 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 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.

Zucchini Patties

from grannyskitchen.com

2 cups grated zucchini
1 egg, lightly beaten
2 Tbs onions, diced
4 Tbs cracker crumbs
2 Tbs cooking oil
4 slices cheese
(cheddar or mozzarella)

Combine zucchini, eggs, onions and crumbs. Form into 4 patties and chill for a few minutes. Heat oil in skillet and cook patties until browned and heated through. Top with cheese and cover pan until melted. Makes 4 servings.