

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 2, 2008

The day that the calendar changes from July to August, everyone starts talking about going back to school. ALREADY? This can't be happening – not yet. NEVER FEAR! Summer growing season is alive and well in South Russell on Saturday mornings. If you come every week – you know what I am talking about. The tables are filled. The variety increases each week. The vendors are excited and happy to share their hard work with you. The aisles are filled with customers and doggies out for the morning stroll to find the best products around. If you haven't been here in a while, you are missing out.

Peaches are becoming more plentiful. Blueberries are abundant and corn has started arriving. This week, we expect more corn and hopefully some of those stubborn green tomatoes will start turning red for our farmers. South Russell provides a great place to shop for all your fresh fruit and vegetable needs. Don't forget about your soaps, flowers, baked goods, herbs, pesto, sauce, pizza, jams, honey, meats including goat, beef, and lamb in addition to various cheeses and coffee. WOW! What a great place to shop for all your local needs.

The Geauga Fresh Farmers Market has volunteers each week that assist with **parking** and can help you get to your car with large purchases as necessary. We provide you this **exciting newsletter** with recipes using the more current crops of the season. Our **large aisles** are open and able to accept the large crowds that our farmer market creates without tripping over your neighbor. In addition our market booth provides valuable **information about Geauga County** activities, farming, and cooking. The market booth is always staffed with individuals willing to lend a hand or answer questions.

Last week our newsletter featured our blueberry vendors – Hilltop Blueberries which are available through Ridgeview Farms market booth and Blue Jay Orchard which produces blueberries, peaches and apples. 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.



Upcoming Events:

August 16th – The Market Band returns to entertain all.

August 23rd – Tomato Tasting Contest

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

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
Hersberger 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

RECIPES! RECIPES! RECIPES!

Submit your original recipes using one or more of our market's products for our future Market cookbook. Pick up a form or bring your recipe to the market booth today, or submit it online. We want your favorites!

FEATURING SLEEPING DRAGON BOTANICALS

Kevin isn't fond of the spotlight. He would rather focus on the plants found in his flower and vegetable gardens located in Windsor, Ohio than himself. This is why, the sign at his stand is small and the flowers over crowd his table each Saturday at the market booth. By appearance and fragrance alone, you know you are at Sleeping Dragon Botanical's tent. He grows flowers which he sells in beautiful bouquets which include a variety of cosmos, flowering tobacco, flocks, zinnia, and wildflowers including iron weed, asters, and joe pye. You might even see basil and mint greenery included in the bouquet to add aroma too.

In addition to cut flowers, he sells a variety of vegetables including lettuce, arugula, beans, carrots, beets, peas, baby swiss chard, onions, garlic scapes, purslane and potatoes when they cooperate. All of his vegetables are grown covered. He feels this makes them more tender and possibly prevents any bitter taste. Kevin begins all of his products in the greenhouse as seedlings. Many of his products are grown in raised beds on the 1 ¼ acres of land that he farms. The raised beds allow him to start his products earlier in the season and give special attention to the tender crops. Throughout the season you can get basil plants from him to start your indoor or outdoor herb garden at any time. In addition to flowers and vegetables, Kevin stays busy serving as a board member of the Geauga Fresh Farmers Market. Sleeping Dragon Botanicals can be found the entire season at the Geauga Fresh Farmers' Market, but he does participate in the Shaker Square Market in the very early spring and the very late fall after South Russell's market has ended. Kevin truly appreciates all the loyal customers who see him regularly at the market and enjoys talking with them. They allow him to continue to do what he loves – farming.

Cilantro Tomato Bruschetta

from *Taste of Home*

1 lb French Bread cut in 1" slices
½ c olive oil
1 T balsamic vinegar
3 small tomatoes, chopped
¼ c finely chopped onion
¼ c coarsely chopped cilantro leaves
¼ t salt, ¼ t pepper
¼ c shredded mozzarella cheese

Place bread on ungreased baking sheet, brush with ¼ cup olive oil. Bake 325 for 10-12 min until golden brown. In small bowl, whisk vinegar and remaining oil. Stir in tomatoes, onions, cilantro, salt and pepper. Spoon 1 T onto each slice of bread. Sprinkle with cheese. Serve Immediately.

Tomato Bean Salad

From *Taste of Home*

2 ½ c diced tomatoes
¼ t salt, ¼ t pepper
1 lb green beans cut in 1" pieces
¼ c finely chopped onion
¼ c minced basil
2 T lemons Juice
2 T minced parsley
1 minced garlic clove
2 t olive oil
1/8 t crushed red pepper flakes

Place tomatoes in a colander and sprinkle with salt. Let stand 1 hour. In a bowl combine remaining ingredients. Add tomatoes, gently toss. Refrigerate until serving.

Homemade Floral Preservative

from Lynn Byczynski, Flower Farmer

24 ounces of trepid water
1 teaspoon vinegar
1 tablespoon sugar
1 crushed aspirin tablet

Fill vase halfway with preservative
Cut 1 inch from the stems and strip foliage that will be underwater.
Put the cut flowers immediately in the water.

Tips for Making your Cut Flowers Last: *Discourage bacteria.*

Strip off foliage that would be underwater in the vase. Keep your vases as clean as your teacups. Change the water periodically

Re-cut stems & remove excess foliage. Use a sharp blade or scissors, so you won't crush the stem.

Minimize heat stress. Don't leave your flowers in full sun. Put in the refrigerator when you are away.

Avoid ethylene. Ethylene is given off by tomatoes, cigarette smoke, and car exhaust, and causes flowers to age quickly. Avoid or minimize ethylene exposure.

All water is not created equal!

Rainwater or purified water is easiest for plants. Hard well water can be treated with a crushed aspirin. Fluoride from tap water and sodium from water softeners can be detrimental.

Feed the flowers. A spoonful of sugar is a simple way to feed. But also acidify the water and keep your vases clean.

Get more flowers!

Cut flowers don't last forever, but they bring joy into your home while they do. When you're ready for a replacement, get to the farmers' market for more!

Zucchini Tomato Salsa

From *Taste of Home*

1 c seeded chopped tomatoes
½ c diced zucchini
½ c chopped sweet red pepper
1 small onion diced
1 T brown sugar
2 t lime juice
2 t cider vinegar
1 t chopped jalapeno pepper
1 garlic clove, minced
½ t ground cumin
1/8 t salt, 1/8 t pepper

In a medium bowl, combine all ingredients. Cover and refrigerate for 8 hrs, or overnight. Using slotted spoon, transfer salsa to serving bowl. Serve with tortilla chips.