

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>

JUNE 14, 2008

WELCOME TO THE MARKET

The primary goal of the Geauga Fresh Farmers' Market is to connect local farmers and producers with consumers. By shopping at the market customers have the opportunity to buy the freshest produce directly from the farmers who grow it. Not only does this benefit the customer but it helps keep farming alive in Geauga County by returning more dollars to the farm.

The market features products from local growers and producers. Products available weekly include fresh baked goods and crackers, fresh flowers, fresh eggs, maple syrup, honey, hand-made soaps and lotions, cheese, jams and jellies, herbs and garlic, vegetables, teas, plants, and various craft items. Seasonal produce varies from week to week. This week look for spinach, collard greens, asian greens, mustard greens - salad greens of all kinds. Expect to see the last of asparagus, rhubarb, and plants - including vegetable, herb, and flowering. Next week look forward to the beginning of the Strawberry Season.

Each week we will feature two vendors from our market. Last week Mackenzie Creamery was featured. Jean Mackenzie is a new vendor from Hiram selling a variety of chevre or goat cheese. Brandon Smith from Wayne Cattle Company was also featured as a veteran, returning for his fourth year in the Geauga Fresh Farmers' Market with his beef products. Links to specific vendors web-sites where recipes using their products are available can be accessed through <http://www.geaugafarmersmarket.com>. Past copies of the market newsletter are downloadable from the web site also.

Our market manager, Kris DuBois from Bainbridge, is returning and we have many exciting activities planned. During the season we are in need of volunteers to help with a variety of tasks including parking, setting up and taking down, preparing the newsletter and operating the market booth. Please call Kris at 440-220-0871 or e-mail her at kdubois1@mac.com if you are interested in helping out. Contact geaugamarket@yahoo.com if you have any other 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
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 SHADY HILL FARMS

You may recognize the products made by Shady Hill Farms as they have consigned their products with other vendors of Geauga Fresh Farmers' Market in past years. However this year, Ben Calkins, his wife, Lindsay, and their children, Sarah, Bradley, Patricia, and Haley have their own booth. Shady Hill Farms operates on two farms in Newbury, Ohio which are devoted exclusively to producing sheep and related products of unsurpassed quality.

Sheep farmer, Ben Calkins started Great American Lamb Company with the intent to provide premium, all-natural, family farm produced lamb for consumers who wanted lamb that was healthy and delicious and consistent in superior quality. Everyone that tasted their lamb was hooked on the tender, flavorful and mouth watering taste of the lamb, not to mention the healthfulness of the premium, all-natural lamb. The lamb contains no artificial additives used in production. Lambs are naturally raised on lush green pastures and their sweet, mild taste is a result of traditional farming and sustainable agriculture. Lamb is a valuable source of protein, minerals and B-group vitamins including niacin, thiamin and riboflavin. Also, lamb is lean and low in cholesterol compared to other animal proteins. In fact, half of any fat in lamb is mono-unsaturated, the same type of fatty acids found in olive oil.

Since 1964, Shady Hill Farms has also been a trusted source of premium-quality sheep related products including 100% virgin wool blankets and sheep hides. Their blankets are America's finest, made from their wool and produced by historic mills to heirloom quality.

Irish Lamb Stew – In a microwave! (quick ~30 minutes – and doesn't heat up the kitchen)

Recipe provided by Steve Parris, Executive Chef of Marigold Cafe and Catering

2 medium potatoes, peeled & cubed
1 stalk celery, sliced
1 tbsp. vegetable oil
1 lb American lamb, cubed
1 can (10 1/2 ounce) onion gravy
2 medium carrots, sliced
1 turnip, peeled & cubed
1 medium onion, chopped
salt & pepper to taste
1 tbsp. flour

Yield: 4 servings

Combine potatoes, carrots, celery and turnip in a microwave bowl. Cook, covered, on high (100% power) 10 minutes; remove and let stand.

Combine oil, lamb and onion in a casserole dish and cook on high 6 minutes (add browning agent if desired).

Combine meat and vegetables; add one can gravy. Cook on high 8 to 10 minutes. Remove from oven. Combine flour and 2 tablespoons water; stir into meat mixture; cook on high an additional 1 to 2 minutes.

FEATURING THE SASSY ITALIAN

Pat Embrescia and Jeannine Kwasniewski of Chagrin Falls own and operate The Sassy Italian, an Italian bakery and candy company that is committed to providing customers with quality products and excellent service. All of their products are homemade using fresh, quality ingredients. They take pride in the fact that no preservatives are added to their goods and they contain no trans-fats or partially-hydrogenated or hydrogenated oils. Whenever possible, they use ingredients that are processed less than those found in traditional bakery. For example, they use unbleached, whole wheat or whole grain flour (instead of bleached flour) in our products. The Sassy Italian is also committed to being environmentally friendly, and all of the packaging materials are either biodegradable or recyclable.

The Sassy Italian provides the best in both traditional Italian recipes that have been passed down for generations, and recipes with a new and unique twist. They offer everything from small, individual items to large quantities for special occasions. At the market expect to find a variety of Biscotti including vanilla, anise, almond, or chocolate chip walnut. They also carry cookies including sassy smores, chichulana (sesame cookies), do-dos, pizelles, and chocolate cherry melts. They make some scrumptious mini cupcakes and sconios (scones with a twist) as well as cinnamon rolls, and plum nut bread. See what their booth has to offer and for your next party, their website is conveniently linked from the Geauga Farmers Market home page.

Thanks to South Russell Village Council and Mayor Matt Brett for their continued commitment to the success of the **Geauga Fresh Farmers' Market**. The Village provides the use of the Village parking lot and weekly assistance.

Expect Strawberries next week.

The Market Band will premier for the 2008 season in just two weeks.