

# GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

**OPEN SATURDAYS**

**May 23, 2009 – October 2009**

**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 6, 2009**

Did you get a chance to taste the earliest broccoli at the market last week? June Eve's farm has consistently surprised us with produce earlier than most Geauga Farmers. Last week was no exception. Early risers were able to purchase broccoli. Traditionally, a cool weather crop, broccoli can usually withstand the cooler spring temperatures and can surprise us with great fresh produce early in the season. But it's always a risk that Geauga Farmers take with late snows. This year, Jim Gallagher from June Eve's farm got lucky. Hope you tasted some of his broccoli steamed up in the Pasta Salad recipe from last week.

Also making an appearance were radishes and onions from Maplestar Farm. Dawn Trethewey usually prepares a featured item for her table each week. Last week was no exception. She had tender radishes. Stop by and see what she has to offer today – but make sure you get to her table early.

Fresh baked goods and crackers, locally raised meat, 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 are filling the market tents each week. Terra Bakery provides baked goods that are dairy free.

Seasonal produce varies from week to week. This week look for spinach, all kinds of salad greens, broccoli, sugar snap peas, radishes, asparagus, maybe even some rhubarb. Eggs continue to be plentiful and plants continue to fill many farmer's tables – including vegetables (tomato, pepper, lettuce) various herbs, and flowering plants. If we are very, very lucky, you might see the first of the strawberries this week. However, next week expect a great selection of strawberries to be available.

Also making an appearance today is the nearly famous Farmers Market Band. Their official name, the Buck Two Eighty String Band, makes their return to the market today to entertain vendors and customers with their old-tyme music.

Kris DuBois, our Market Manager is available weekly at the market booth to answer questions. During the season, if you would like to volunteer, she can always use help with 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](mailto:kdubois1@mac.com) if you are interested in helping out.

Contact [geaugamarket@yahoo.com](mailto:geaugamarket@yahoo.com) if you have any other questions or comments.

## **GEAUGA FRESH FARMERS' MARKET MEMBERS – 2009**

Blue Jay Orchard  
Chagrin Valley Soap & Craft  
Chelsea Flower Garden  
Cherrywood Garlic & Herb  
Farm  
Countryside Home Bakery  
Dave's Dahlias  
Great American Lamb Co.  
Herb Thyme  
Hershberger Produce  
Hershey Montessori School  
Hilltop Blueberries  
Hot-Kiln Farm  
Hummingbird Way  
Jack Mountain's Orchard  
June Eve's Farm  
Luciano's Ristorante  
Mackenzie Creamery  
Maple Crest Farm  
Maplestar Farm  
Maple Valley Sugarbush and  
Farm  
Middlefield Original Cheese Coop  
Miller's Jams  
Novelty Nursery  
Ohio Honey  
Pawsey Fingers Pet Pastries  
Radiant Life  
Ridgeview Farm  
Rock Valley Run Farm &  
Greenhouse  
SAND Farm LLC  
The Sassy Italian  
Schultz Fruit Farm  
Sirna's Farm and Market  
Sleeping Dragon Botanicals  
Sugar Me  
Terra Bakery  
Waxwing Farm

## **TODAY AT THE MARKET**

**The Buck Two Eighty String  
Band**

Have you noticed our latest addition to the recipes? Just a little change, but hopefully one that will allow you to shop for everything you need to make the recipes you love. Every ingredient that is available at the market will be in **BOLD TYPE**. This way, you can search and find all the products available locally at our market.

Each week, we choose the best recipes to use with produce that is available at the GEAUGA FRESH FARMERS' MARKET. If by chance, you don't pick up a newsletter and find our exciting recipes, they are always available on the Website: [www.geaugafarmersmarket.com](http://www.geaugafarmersmarket.com) under the tab, Newsletters.

### **Moist Honey Cornbread**

*From Ohio Honey Company*

1 c. all-purpose flour  
1 c. yellow cornmeal  
1/4 c. sugar  
1 tbsp. baking powder  
1/2 tsp. salt  
1 c. whipping cream  
1/4 c. vegetable oil  
**1/4 c. Ohio Honey Co. Honey**  
**2 eggs**, slightly beaten

Heat oven to 400 degrees. In medium bowl stir together flour, cornmeal, sugar, baking powder and salt. Stir in remaining ingredients just until moistened. Pour into greased 9 inch square baking pan. Bake for 20 to 25 minutes or until wooden toothpick inserted in center comes out clean.

### **Herb Marinated Chuck Steak**

From: [www.csuchico.edu](http://www.csuchico.edu)

**1 boneless beef chuck shoulder steak**, cut 1 inch thick (about 1 pound)  
1/4 cup minced **onion**  
2 T chopped fresh **parsley**  
2 T distilled white vinegar  
1 T vegetable oil  
2 tsp Dijon-style mustard  
1 clove **garlic**, minced;  
1 tsp dried **thyme** leaves, crushed.

Combine marinade ingredients in small bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 16 to 21 minutes for medium rare to medium doneness, turning once. 3. Carve steak into thin slices.

Grilling Note: Place well-trimmed steak on grid over medium, ash-covered coals. Grill, uncovered, 16 to 20 minutes for medium rare to medium doneness, turning occasionally.

It isn't often that a **farmer's joke** is appropriate for publication. But when this was forwarded, I had to reserve some space!

An old man lived alone. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

**Dear Vincent,**  
**I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.**  
**Love, Papa**

A few days later he received a letter from his son.

**Dear Pop,**  
**Don't dig up that garden. That's where the bodies are buried.**  
**Love, Vinnie**

At **4 a.m.** the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left.

That same day the old man received another letter from his son.

**Dear Pop,**  
**Go ahead and plant the tomatoes now. That's the best I could do under the circumstances.**  
**Love you, Vinnie**

### **PRODUCT FEATURE: Flatbreads from Hummingbird Way**

Have you stopped by Hummingbird Way stand at the Farmers' Market? At the market, expect to see Hummingbird Way each week with several varieties of dessert breads, hand-made crackers of unusual variety and flavor, several types of jellies and jams, as well as flavored honey. They usually have samples available, and one taste will hook you on their products. **They have a new product line that is not to be missed!** Recently they introduced flatbreads to the market. Currently two flavors are available, a **Crisp Rosemary Flatbed** which is a crisp bubbly round of flatbread infused with rosemary and topped with sprigs of rosemary, and a **Crisp Onion Parmesan Flatbread** which has thin slices of sweet onion and lots of shredded fresh parmesan cheese toasted on top. Gail suggests adding **goat cheese**, salmon, or tuna for a great appetizer or snack.

**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.