

GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May – 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>



JULY 4, 2009

***Celebrate your independence
with fresh local produce.***

***Show your patriotism as you purchase
Gaugua County Products locally grown and made.
Allow your taste buds to enjoy the explosive tastes
just waiting for you at the
Gaugua Fresh Farmers' Market today.***

HAPPY 4th of JULY !

Locally grown strawberries are reaching the end of the harvest season. However, they are being pleasantly replaced by fresh red raspberries. Also unique this week is holiday decorated desserts at the Sugar Me booth. Look for patriotic cupcakes, cookies and other fantastic desserts just exploding with flavor and patriotic colors.

Fresh baked goods and crackers, locally raised meat, fresh flowers, fresh eggs, 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. Seasonal produce varies from week to week. This week look for radishes, beets, spinach, all kinds of salad greens, scapes, kohlrabi, onion, kale, potatoes, zucchini, broccoli, sugar snap peas, and red raspberries. Eggs continue to be plentiful and flowering plants have replaced many of the vegetable and herb plants.

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 if you are interested in helping out. Contact geaugamarket@yahoo.com if you have any other questions or comments.

PRODUCT FEATURE- RASPBERRIES AND BLACKBERRIES

Berries whether raspberries or blackberries should be bright and uncrushed. Make sure the box you select is not stained. Berries should be stored in the refrigerator in the box that they come in, and are best if used within 1-2 days. You should only wash berries immediately before using. Remove stem caps.

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

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 under the tab, Newsletters.

Berry Muffins Makes 12 muffins
From The Market Basket

1 $\frac{3}{4}$ cups flour
3 tsp baking powder
2 Tbsp sugar
1 egg, beaten
1 cup milk
 $\frac{1}{4}$ cup oil
1 cup berries
 $\frac{1}{4}$ cup flour

Preheat oven to 400 degrees. Mix together flour, baking powder, and sugar in a bowl. In another bowl combine egg, milk, and oil. Combine egg mixture with the flour mixture. Stir only enough to dampen the flour. Sprinkle $\frac{1}{4}$ cup of flour over berries. Gently fold berries into batter. Spoon into greased muffin tin. Fill only $\frac{2}{3}$ full. Bake for 15 minutes.

Herb Salad with Creamy Lemon Dressing
From: Better Homes and Garden

Shredded peel and juice from 2 lemons
3 cloves garlic, minced
2 tsp Dijon style mustard
 $\frac{1}{2}$ cup olive oil
 $\frac{1}{2}$ cup sour cream
6-8 cups of salad greens
1 $\frac{1}{2}$ cups assorted fresh herbs – chives, basil, parsley, or mint – torn
12 – 16 radishes, thinly sliced

Dressing – In bowl combine lemon peel and juice, garlic, mustard, and $\frac{1}{4}$ teaspoon each of salt and pepper. Slowly whisk in oil until thickened. Whisk in sour cream. Toss together lettuce and herbs. Transfer to serving platter and top with fresh radishes. Pass dressing to garnish. Makes 6-8 servings.

Stuffed Zucchini Boats Makes 6 servings
From Diabetic Meals in 30 minutes or less

3 medium zucchini
1 $\frac{1}{2}$ lbs ground turkey breast
1 small onion, minced
 $\frac{1}{2}$ cup finely diced carrot
 $\frac{1}{2}$ cup finely diced red pepper
2 tsp fresh minced basil
1 tsp fresh minced oregano
1 egg, beaten
1 cup spaghetti sauce

Cut each zucchini in half lengthwise & scoop out inside of each, leaving a 1 inch shell. Then cut in half crosswise to make 6 boats. Mince the scooped-out zucchini. Place the hollowed boats in a saucepan and cover with water. Bring water to boil, & cook for 5 minutes. Drain & set aside. In large skillet, sauté ground turkey until cooked through about 6 minutes.

Remove turkey from skillet; add onions to pan drippings and sauté for 5 minutes. Add carrot, red pepper, reserved minced zucchini, basil & oregano. Add ground turkey & egg and mix well. Fill each boat with turkey mixture, place filled boats on cookie sheet in preheated oven at 350 degrees and baked uncovered for 10 minutes. Serve with heated spaghetti sauce drizzled on each boat (about 2 Tbsp for each boat.)

Skillet Roasted Vegetables

From: Better Homes and Gardens

8 oz baby beets
8 oz tiny new potatoes or small fingerling potatoes, quartered
1 small sweet potato, peeled and cut in narrow wedges
2 – 3 Tbsp peanut oil
1 cup sugar snap or snow pea pods, trimmed
 $\frac{1}{4}$ teas salt
 $\frac{1}{8}$ freshly ground black pepper
 $\frac{1}{4}$ cup freshly snipped cilantro or flat leaf parsley
2 Tbsp lemon juice
Lemon Wedges

Trim and half beets, reserve a $\frac{1}{2}$ cup of greens. In 12 inch skillet cook beets and potatoes, covered in hot oil over medium heat for 10 minutes, turning occasionally. Uncover and cook 10-15 minutes more until tender and brown on all sides, turning occasionally. Add peas to vegetables in skillet; sprinkle salt and pepper. Cover and cook 2 to 3 minutes until peas are crisp-tender. Add reserved beet greens, cilantro, and lemon juice to skillet; toss to coat. Serve with lemon wedges on side.