

GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May – October 2010
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 31, 2010

Have you looked at the calendar? It's the end of July and tomorrow is AUGUST already! Although this makes the hearts of all children between the age of 6 and 18 skip a beat as they contemplate school days ahead, it doesn't stop the farmers of Geauga County. Produce is in great abundance. You will see **Peaches, sweet corn, cantaloupe, watermelon, squash, and tomatoes** this week as well as leafy greens, zucchini and other summer squash, peppers, cabbage, beets, snap peas, broccoli, cauliflower, potatoes and okra. Enjoy all these wonderful local, fresh vegetables while they are in season. Other products **available weekly** include fresh baked goods, fresh meats, fresh flowers and herbs, fresh eggs, maple syrup, honey, a variety of cheeses, jams and jellies, sauces, pickles, garlic and onions, vegetables, plants, soaps, lotions and shampoos, and various craft items.

Last week when I arrived late at the market, I stopped at a different booth that I didn't know too well, because I was desperate on the search of the last tomatoes available. As I approached the **Rock Valley Run Farm** market booth, I was pleased to find some wonderful tasting **cherry tomatoes**. I was also thrilled to see some unique items that I hadn't been introduced to before. So let me share two secrets with you. Rock Valley Run Farm carries **Fennel** at the market. Kathy Franks let me know that the fennel is a quick seller and is usually gone by 9:30am. This difficult to find fresh herb has a mild anise-like flavor that is more aromatic and sweeter in taste. Fennel is commonly used in Mediterranean dishes. The second secret is, Rock Valley Run Farm also carries **okra**. Okra, is a tall-growing, warm-season, annual vegetable usually common in the southern hotter climates. So for Kathy to grow this product with enough volume to bring it to the market says wonders for her commitment to growing unique products for her customers. Okra, is often known as gumbo in the south and is a common ingredient of southern, creole and Cajun cooking. This week we have featured several recipes featuring okra on the back of this newsletter. Stop by **Rock Valley Run** market booth and expand your horizons, okra is a powerhouse of valuable nutrients and a great source of vitamin C. It is low in calories and is fat-free.

Next week at the Market: Kids' Day

Let your kids meet the farmers who grow their food!

Popcorn, Balloons and Face Painting

10:00-Noon, August 7, 2010



GEAUGA FRESH FARMERS' MARKET MEMBERS – 2010

Beecology
Bow Wow Gifts
Blue Jay Orchard
Carly's Confections
Chelsea Flower Garden
Countryside Home Bakery
Endeavor Farm
Great American Lamb Co.
Herb Thyme
Hershberger Produce
Hot-Kiln Farm
Jack Mountain's Orchard
June Eve's Farm
Kamari Body Care
Luciano's Ristorante
Mackenzie Creamery
Maple Crest Farm
Maplestar Farm
Maple Valley Sugarbush and Farm
Mayfield Road Creamery
Middlefield Original Cheese Coop
Miller's Jams
Mom's Gourmet
Ohio Honey
Pheasant Valley Farm
Radiant Life
Rock Valley Run CSA Farm & Greenhouse
Sandy Miller Pottery
SAND Farm LLC
Schultz Fruit Farm
Sirna's Farm and Market
Sleeping Dragon Botanicals
Sugar Me
Terra Bakery

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	Cheryl Hammon, the Market Manager	
	is available at the market booth &	
	throughout the market to answer your	
	questions. If you would like to volunteer,	
	please contact her at	
	Cheryl@geaugafarmersmarket.com.	
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Every ingredient that may be 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.

Okra and Corn with Tomatoes

Serve this Carolina favorite over a bowl of long-grain rice with a piece of hot cornbread. The okra should be young, not longer than 2 inches.

2 tablespoons each butter and canola oil
1 large **onion**, thinly sliced into rounds
2 bay leaves
1/2 teaspoon each **thyme**, red pepper flakes and **basil**
1 **green bell pepper**, seeded and finely diced
3 large fresh ripe, **tomatoes** seeded and chopped
4 ears **corn**, remove kernels, about 2 cups
2 cups small **okra** pods, left whole or 1/4-inch-thick rounds
1/2 cup water or chicken stock
3/4 teaspoon salt
1/4 teaspoon black pepper

In a 10 inch iron skillet or heavy pan, heat olive oil & add onions, bay leaves, thyme, basil, & red pepper flakes. Sauté & stir until onions are limp add bell pepper & continue cooking until onions are translucent. Add tomatoes, okra, water, salt & pepper. Reduce heat to low & simmer uncovered for 15 minutes, stirring occasionally. Add corn & cook 5 minutes longer. Taste, adjust seasoning if needed. Serve hot. Makes 6 servings.

Tiered Tomato Soup *Recipe from: Sunset Recipes*

2 pounds ripe **tomatoes**
3 to 4 tbs white wine vinegar
Salt
2 firm-ripe avocados (8 oz. each)
3/4 cup fat-skimmed chicken broth
1/4 cup sour cream
tablespoons lime juice
1 **large cucumber**
3 tablespoons minced **shallots**
1 teaspoon minced fresh tarragon

Rinse & core tomatoes; cut into chunks. Whirl in a blender or food processor until smooth, then rub through a fine strainer into a bowl; you should have about 3 cups. Discard residue. Season purée to taste with 2 to 3 tablespoons vinegar and salt. Cover & chill until cold, at least 1 hour. Peel & pit avocados; cut into chunks. In a blender or food processor, whirl avocados, broth, sour cream, and lime juice until smooth. Add salt to taste. Cover surface with plastic wrap & chill until cold, at least 1 hour. Peel cucumber; cut in half lengthwise & scoop out & discard seeds. Dice cucumber into 1/8-inch pieces; you should have about 1 cup. In a small bowl, mix cucumber, shallots, 1 tablespoon vinegar & minced tarragon. Cover & chill until cold, at least 30 minutes. To serve, stir avocado mixture to blend & pour equal portions into glasses (12 to 16 oz. each). Whisk tomato mixture to blend & gently pour over avocado. Top with diced-cucumber mixture. Clear, straight-sided glasses or wineglasses show off the layers of color best, but large martini glasses also work. You can also use soup bowls and keep the layers a surprise.

Okra and Green Beans

This dish tastes even better after refrigerating overnight. The flavors blend into a wonderful taste sensation. Serve it warm or cold. This dish can also be oven-baked. Instead of simmering, lightly cover with aluminum foil and bake for 30 minutes at 350°F.

3/4 pound fresh **okra**, uncut
4 tablespoons olive oil
Vinegar (optional)
1 medium **onion**, diced
3/4 pound fresh **green beans**
2 large **garlic cloves**, crushed then chopped
1 cup water plus 2 tablespoons salt and freshly ground pepper
1 6-ounce can tomato paste

Wash okra pods, trim stems, do not remove caps. If desired soak okra in vinegar for 30 minutes to remove some of the stickiness. Rinse well & drain. Wash beans & cut into 3 inch lengths. Combine water, tomato paste, olive oil, onion, garlic, salt & pepper in a sauce pan and mix well.

Heat, stirring frequently, until mixture comes to boil. Add okra & beans & additional water if necessary to almost cover vegetables. Reduce heat to low, cover & simmer gently until vegetables are crisp-tender, 20 to 30 minutes. Makes 6 servings.

Don't have time for layered tomato soup?

Quick idea No. 1: Mix chopped tomatoes and basil with olive oil, salt and pepper, and a squeeze of lemon. Spoon onto toasted baguette slices.

Quick idea No. 2: Cut green grape or cherry tomatoes in half and top with a half-teaspoon of fresh goat cheese. Add salt and pepper to taste.