

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>



AUGUST 7, 2010

Did you have an opportunity to try okra last week? It's always nice to see new faces at the market each week, but we are so surprised when people tell us it is their first visit this season or their first visit ever. There is a real gem of a market here each and every week from May thru October. Now is the prosperous time of the year, but our vendors work very hard to bring you stuff throughout the entire growing season. This week is no exception.

Produce is in great abundance as we celebrate National Farmers Market Week. You will see **peaches, sweet corn, cantaloupe, watermelon, squash, and tomatoes.** 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.

This week, plan on picking up **sweet potatoes** at **June Eve's Farm** market booth. Jim Gallagher has been busy harvesting these beautiful potatoes. They will make an extra special treat for your family this weekend. There are several recipes on the back of this newsletter that feature sweet potatoes to help you get some ideas. Sweet potatoes are considered some of the most nutritious vegetables and are a valuable source of vitamins A and C. While you are at **June Eve's** tent make sure you pick up some sweet corn and other vegetables of the season. Remember that **sweet potatoes** are best stored in a cool dry place outside of the refrigerator.

Upcoming events: **Jake and Dawn Tretheway** a veteran member of the Geauga Fresh Farmers Market and owners of **Maplestar Farms** in Auburn, will speak at the West Woods Nature Center on Thursday, August 12 at 6:30pm. They will be talking and moderating a discussion about maintaining an organic farm. This talk is free and open to the public.

Kids' Day

Let your kids meet the farmers who grow their food!

Popcorn and Balloons

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

Entertainment today by
folk singer-songwriter
Ashley Brooke-Toussant.

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.

Sweet Potato Pancakes

Recipe from: More Matters , Makes 8 servings.

6 cups peeled and finely shredded **sweet potatoes**

1 cup finely shredded **onions**

1 tsp salt-free herb seasoning

1 2/3 cup unbleached flour

1/3 cup chopped fresh **flat-leaf parsley**

2 cups finely shredded **zucchini**

¼ cup lemon juice

1½ cups **eggs** or egg substitute

6 tsp canola oil, divided

In a large bowl, mix the sweet potatoes, zucchini, onions, lemon juice, herb blend, egg, flour, & parsley. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp of the oil. Drop a large Tbsp of the batter into the pan & spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes.

Cook for about 2 minutes per side, or until golden & crispy. Remove from the pan & keep warm. Repeat, adding the remaining 4 tsp oil as needed, until all the batter has been used.

Pattypan Squash and Eggs

Recipe from: Sunset

8 **pattypan squash** (4 yellow and 4 green, each 5 in. across)

About 2 tbsp. olive oil, divided

1 medium **onion**, finely chopped

1 teaspoon sea salt, divided

3 **garlic cloves**, minced

1 teaspoon minced **fresh thyme leaves**

8 **large eggs**

Preheat oven to 375°. Cut tops (stem ends) off squash & reserve. Scoop out & discard insides of squash, leaving a shell at least 1/4 in. thick. Brush squash & tops with about 1 tbsp. olive oil, set on a baking sheet, & bake until tender when pierced with a fork, 15 minutes. Meanwhile, heat remaining 1 tbsp. olive oil in a large frying pan over medium-high heat. Add onion & 3/4 tsp. salt. Cook, stirring occasionally, until onion is soft, 3 to 5 minutes. Add garlic & cook, stirring, until fragrant, 30 seconds. Add thyme & cook, stirring, until combined. Set squash tops aside. Divide onion mixture evenly among the squash. Crack 1 egg into each squash, lifting out any white that doesn't fit. Sprinkle eggs with remaining salt. Bake until eggs are set, 15 to 20 minutes. Serve immediately, with tops replaced or set to the side.

Baked Sweet Potato Shoestring Fries

3 tablespoons Orange Juice

2 teaspoons Vegetable Oil

1/2 teaspoon Ground Ginger

1/4 teaspoon Salt

1/8 teaspoon Ground Red Pepper

2 large **Sweet Potatoes**, peeled and cut into 1/8-inch strips (about 1-1/2 pounds)

Cooking Spray

Preheat oven to 400 F. Combine orange juice, vegetable oil, ginger, salt & ground red pepper in small saucepan. Bring to a boil over medium high heat. Reduce heat & simmer 2 minutes or until mixture thickens slightly. Remove from heat & cool completely. In a large bowl, combine orange juice mixture with sweet potato strips. Toss to coat. Coat baking sheet with cooking spray. Arrange potato strips in a single layer on baking sheet. Discard juice mixture. Bake for 30 minutes or until potato edges are crisp.

Peaches are always so good to bite right into, but here are some quick ideas to add a little more variety to your latest basket of fresh peaches.

Quick idea No. 1: Blend a peach or nectarine with vanilla yogurt, ½ cup frozen banana pieces, a few mint leaves, and honey to taste.

Quick idea No. 2: Halve peaches, sprinkle with sugar, and roast face up until lightly brown. Serve with ice cream, panna cotta, or whipped cream

Eggplant continues to be a challenging vegetable for preparation. Customers love the way it looks, but don't know what to do with it. Try one of these quick ideas this week, and look for more recipes with eggplant next week.

Quick idea No. 1: Roast whole eggplant until soft. Scoop flesh into bowl and season with olive oil, ground pepper, crushed garlic, and herbs. Serve with crackers and Greek yogurt seasoned with dill.

Quick idea No. 2: Brush slices of eggplant with olive oil and grill until tender. Season with chopped basil or parsley. Fill a sandwich with grilled eggplant, onion, tomato, and garlic mayonnaise.