

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>



AUGUST 29, 2009



On Sale at the Market Booth:

T-shirts and tank tops in a variety of colors with the Geauga Fresh Farmers' Market Logo beautifully screened on the back of the shirts, and small dignified lettering on the front which simply says, Geauga Fresh Farmers' Market. Stop in and support our market. Purchase yours today.

Upcoming Events:

September 12th – Tomato Tasting Contest
September 19th – Salsa Tasting Contest

Geauga County produce is plentiful at the market now. Pick up fresh fruits and vegetables for your dinners and parties this weekend. In addition, add these products to your children's back to school lunches! Try cauliflower with ranch dressing, or creative cucumber slices and tomato wedges for a different snack. Peaches and apples are great ways to round out the lunch box.

Seasonal produce varies from week to week, but you will continue to find many varieties and unique items filling our vendor's tables.

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 consistently filling the market tents.

MORE than 10 reasons to shop at the Geauga Fresh Farmers' Market

- Freshness
- Great taste
- Great flavor
- Seasonal produce
- Supports GEAUGA farms
- Protects the environment
- Higher nutrient content
- Variety
- Locally grown
- Confidence knowing where your food is grown
- Recipes always available
- Community Involvement
- Convenient Parking
- Social Gathering
- Great Music

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 Nuts
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

The Geauga Fresh Farmers' Market is a non-profit organization with a market manager and a volunteer Board of Directors. Please call Kris DuBois at 440-220-0871 or e-mail her at kdubois1@mac.com if you are interested in being a board member, helping out with parking and events or in the production of the newsletter.

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.

Basic Peach Salsa *From Seasonalchef.com*

2 ripe, but firm **medium peaches**
1 tablespoon vegetable oil
1 tablespoon fresh lime juice
1/4 cup finely chopped **red onion**
1/2 cup diced red and/or green **bell pepper**
1 tablespoon **chopped cilantro**
1 teaspoon (or to taste) minced **jalapeno pepper**
1/2 teaspoon salt
fresh ground black pepper to taste

If you care to peel your peaches (a step that is not at all necessary), plunging them into boiling water for 15 or 20 seconds will make it easier to slip the skins off. Cut the peaches into half-inch cubes; peppers into smaller dice; chop cilantro; finely chop onions and mince jalapenos. Blend oils & lime juice together before combining with other ingredients. You should let the salsa sit for at least five minutes before tasting to see if you need to adjust the seasoning, for example by adding more lime juice, vinegar, cilantro, jalapeno or salt. You should prepare the salsa at least an hour, or as much as day or two, before serving, to allow the flavors to fully blend.

Fresh Corn-Rice Salad

From Better Homes & Garden

4 ears fresh **corn**
1 1/2 c cooked rice, cooled
1 pt **cherry tomatoes**, halved
1 c fresh **arugula**
1 sm **red onion**, cut in thin wedges
1 **jalapeno pepper**, thinly sliced
2 T red wine vinegar
2 T olive oil

Cook corn in salted, boiling water for 3 min. Remove from water, let cool. Cut corn from cob in planks. Combine cooked rice, tomatoes, arugula, onion, and pepper. Transfer to serving bowl, top with corn. Drizzle with vinegar and olive oil. Season with salt and pepper to taste.

Salsa Caponata

From Luciano Scalera

1 large **eggplant**, cut in 1/2 inch cubes
3 medium **green bell peppers**, cored and diced
5 small **jalapeno peppers**, chopped
6 plum **tomatoes** (or 3 beefsteak), chopped
4 stalks celery, coarsely chopped
3 **cloves garlic**, peeled and finely chopped
1 **medium onion**, coarsely chopped
1/2 cup red wine vinegar
salt and pepper to taste
1/4 cup olive oil

In a large pot heat olive oil. Add the onion & garlic & cook for 1 minute. Add the eggplant, green bell pepper, celery, & jalapeno pepper & cook for 5 minutes. Add tomatoes & vinegar & cook 10 minutes. Make this recipe a day in advance to enhance the complex blend of flavors. Serve at room temperature on slices of French or Italian bread, crackers, or with chips.

Salsa Verde

From Mexico One Plate at a Time

1/4 teaspoon of salt
8-10 **tomatillos**, husked and rinsed
1 **jalapeno or Serrano chilies**
(adjusted to your taste)
6 sprigs of **cilantro**, roughly chopped
1/4 **onion** finely chopped (white or red)

Cut the tomatillos and peppers in half and roast cut side down with on a baking sheet about 4" inches below a very hot broiler until slightly blackened and soft. Turn over and cook for a few more minutes if necessary. Cool and transfer to food processor or blender along with juices. Blend to a coarse puree adding a few tablespoons of water if necessary. Add salt to taste. Serve with tortilla chips. This salsa can also be used to top chicken or pork roast. Just make the sauce as above adding the sauce after browning the chicken or pork and bake until done.

Fresh Tomato Salsa

From: Joyce Studen

Winner of the 2007 Salsa Tasting Contest, 3rd place in 2008

8 ripe **tomatoes**, peeled and chopped
3 banana or **bell peppers**, chopped
1-2 **jalapeno** or serrano chilies, chopped
1/2 **red onion**, minced
2 **cloves of garlic**, peeled & mashed with salt to taste
juice of 1 lime
4 TB chopped **cilantro**

Mix all ingredients well. If tomatoes are watery, drain and cook the liquid down, adding it back to the salsa. Refrigerate.

Cooked Tomato Salsa

3 cups peeled **tomatoes**, chopped
3 cups seeded long **green chilis**, chopped
3/4 cup **chopped onion**
1 **jalapeno**, seeded and finely chopped
6 **cloves garlic**, finely chopped
1 1/2 cups vinegar
1/2 tsp. ground cumin (optional)
2 tsp. **oregano leaves** (optional)
1 1/2 tsp. salt

Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally. Refrigerate and serve. Makes 3 pints.