

GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
June - October, 2008
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 19, 2008

GROWING SEASON IS IN FULL SWING! Enjoy strolling through our farmers' stands and enjoying the local products from Geauga County. Our seasonal products vary from week to week. Last week we enjoyed the sweet taste of fresh blueberries and raspberries. With any luck, this week we may even see peaches added to the fruitful mix. Zucchini, potatoes, peas, beans, salad greens, cucumbers, tomatoes, broccoli are plentiful. What a great place to shop for all your fresh fruit and vegetable needs. Don't forget about your soaps, flowers, baked goods, herbs, pesto, sauce, pizza, jams, honey, meats including goat, beef, and lamb in addition to various cheeses and coffee. WOW! What a great place to shop for all your local needs.

Last week our newsletter featured two of our bakers – Nora and Ivan Bender from Countryside Home Bakery as well as Teresa Csizma of Custom Cakes and Cookies. Links to specific vendors web-sites where they provide farming information and recipes using their products, are available at <http://www.geaugafarmersmarket.com>. Past copies of the market newsletter are downloadable from the web site also.

Old Tyme Music from the sounds of **-The Buck Two-Eighty String Band** - returns TODAY to the market to entertain market vendors and customers with their string instruments and singing.

RECIPES! RECIPES! RECIPES!

Submit your original recipes using one or more of our market's products for our future Market cookbook. Pick up a form or bring your recipe to the market booth today, or submit it online. We want your favorites!

Fresh Tomato Salsa

Recipe from eatingwell.com

4 cups diced tomatoes	3/4 cup finely diced red onion
1/4 cup red-wine vinegar	1 jalapeno, seeded and minced
1/2 cup chopped fresh cilantro	1/2 teaspoon salt
1 pinch cayenne pepper, or to taste	

Combine tomatoes, onion, vinegar, jalapeno, cilantro, salt and cayenne in a medium bowl. Refrigerate until ready to serve. Yield: 10 servings

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.

Upcoming Events:

August 23rd – Tomato Tasting Contest

August 30th – Matthew Anderson, returning guest chef from Saporé Restaurant, will be at the market demonstrating his talents and answering questions.

GEAUGA FRESH FARMERS' MARKET MEMBERS – 2008

Blue Jay Orchard
Bow Wow Gifts
Chagrin Valley Soap and Craft
Chelsea Flower Garden
Cherrywood Garlic and Herb Farm
Countryside Home Bakery
Crooked River Coffee
Custom Cakes and Cookies
Dave's Dahlias
Greenstick Farm
Hahn Family Farm
Herb Thyme
Hershberger Produce
Hilltop Blueberries
Hummingbird Way
Jack Mountain
June Eves Farm
Luciano's Ristorante
Mackenzie Creamery
Maple Valley Sugarbush and Farm
Maple Star Farm
Middlefield Original Cheese Coop
Miller's Jams
Novelty Nursery
Ohio Honey
Ridgeview Farm
The Sassy Italian
Schultz Fruit Farm
Shady Hill Farms
Sirna's Farm and Market
Sleeping Dragon Botanicals
Tucker Farm
Waxwing Farms
Wayne Cattle Company

FEATURE: HUMMINGBIRD WAY

Gail and Dwayne Knee of Chardon operate their cottage industry, Hummingbird Way, because they realized that they both love to cook. Their mutual love for good food is shown in Dwayne's savory tastes and Gail's baking. They pride themselves in the fact that their products are "all natural" with no preservatives or additives and they strive to find better ways to keep the products that way. They are always looking for and working on new, fresh products and ingredients.

The company name comes from the multiple hummingbirds who constantly visit the garden outside their kitchen window. They produce gourmet food with the same elegance and precision that their namesakes use in its flight and feeding. The hummingbird, the tiniest of all birds brings special messages to everyone as it lives on nectar and searches for the sweetness of life. The first message is adaptability in life, and the second message is inner joy. These messages remind Gail and Dwayne to keep their products new and inviting by using only the freshest all-natural ingredients, carefully blending and infusing only the finest herbs, spices, and fruits with the purest of products.

At the market, expect to see them 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 you will be hooked on their products. They are available at the Geauga Fresh Farmers' Market or you can purchase them throughout the year from their web-site at www.humbirdway.com. Links are available from the market website as well.

Fresh Broccoli Salad

Recipe from Nora at allrecipes.com Serves 9

2 heads fresh broccoli	1 red onion
1/2 pound bacon	3/4 cup raisins
3/4 cup sliced almonds	1 cup mayonnaise
1/2 cup white sugar	2 T white wine vinegar

Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.

Cut the broccoli into bite-size pieces and cut the onion into thin bite-size slices. Combine with the bacon, raisins, your favorite nuts and mix well. To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.

Lemon Dessert Cake with Fruit in Herb Syrup

Slice the Hummingbird Way's Lemony Dessert cake in ample slices and serve with fresh in season fruit or toss the fresh fruit in a flavored herb syrup and spoon over cake slices.

Herb Syrup

2 cups water - 1 cup sugar - 8 to 10 herb sprigs
(try one of the following herbs: rosemary, thyme, lavender, scented geranium, cinnamon, anise, lemon basil, or mint)

Combine water and sugar in a small saucepan, and bring to a boil over moderate heat, add herbs, cover and let stand for at least 30 minutes. Remove leaves, squeezing them into the syrup. Cool to room temperature and refrigerate.

FEATURING WAXWING FARM

Waxwing Farm has taken an extended family and a love of gardening and turned it into a business. Sisters Laura and Lisa Cyrocki in addition to Lisa's fiancé, Pete and his sister Tessa McDonald are teetering on the bridge between gardeners and farmers. They are vegetable gardening about 1/3 of an acre on the Gray Horse Farm on Sherman Road in Munson. The McDonald family has been involved in farming for many years and grown food for themselves. This year, they have expanded the patch of weeds and the abundance of crops to grow for others as they joined the Geauga Fresh Farmers' Market. Pete's Dad has had a wealth of information for the young crew and the teachings of the Cuyahoga Valley Countryside Conservancy have been instrumental in helping them with this farming endeavor. Although they are not certified organic at this point, they only use organic techniques in their farm, stating that soil amendments are the most important factor.

They carry an abundance of organic vegetable products including heirloom tomatoes, heirloom eggplants, peppers, zucchini, summer squash, basil, parsley, onions and tomatillos, beets, carrots, and collards. Lisa enjoys growing the unusual varieties of produce, while Laura hasn't decided on her favorite yet. They both enjoy growing flowers as well. In addition expect to see them with eggs in upcoming weeks. The farmers will be available at their booth for the rest of the season with recipes and product information. Ask them about storing and handling any of their products – but they suggest that food has a better flavor at room temperature. You may reach them via e-mail and get on their mailing list for product information at waxwingfarm@gmail.com.

Marinated Fresh Vegetable Salad - Serves 4.

Recipe from allrecipes.com

2 c fresh small broccoli florets	Cook broccoli, covered, in saucepan with boiling, lightly salted water for 3 to 4 minutes or until broccoli is crisp-tender; drain. Immediately plunge in ice water. When chilled, drain. In large bowl, combine broccoli, yellow squash, zucchini, and crushed red pepper. In glass measuring cup, combine vinegar, oil, lemon juice and sugar. Pour over broccoli mixture; toss gently to coat. Cover and chill for 2-4 hours, stirring occasionally.
1 small yellow summer squash, halved lengthwise and sliced	
1 small zucchini, cut into bite-size strips	
1/2 t crushed red pepper	
1/3 cup white balsamic vinegar	
2 tablespoons olive oil	
1 tablespoon lemon juice	
1 teaspoon sugar	

Yummy Ice Cream Sandwich

Slice two pieces of the Hummingbird Way's Cookie Crust Chocolate Chip Bread about 1/2" thick

And refrigerate until chilled. Take a scoop of good vanilla ice cream, slightly softened and press between the slices and chill until set, serve in colored cupcake paper to catch the drips (if there are any) !