

GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
June 7 – October 4, 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>



SEPTEMBER 27, 2008

Where has the summer gone? Today, enjoy the encore cooking demonstrations and grilling delights of guest chef, **Matt Anderson** from **Saporé Restaurant**. Stop by and talk with him and enjoy a sampling of his grilling sensations. He will be grilling products supplied from our Geauga Fresh Farmers' Market vendors. So before you have to put your grill away for the winter, see what new items you can make for your family this week.

Last week our newsletter featured Dave Plottner from Dave's Dahlias providing you with a basic dahlia education and a featured vendor, Joe Tarasco of Novelty Nursery.

On Sale at the Market Booth are T-shirts and tank tops in a variety of colors with the Geauga Fresh Farmers' Market Logo beautifully silk-screened on the back of the shirt. Stop in and support our market. Purchase yours today. We also have copies of the book *Wake Up and Smell the Planet* from Grist.org for sale.

Grilled Sausage and Summer Vegetable Pasta

1 16 oz pkg penne pasta
1 red bell pepper, cut into strips
1 zucchini, cut in half lengthwise and sliced
½ red onion, thickly sliced
1 T olive oil
salt and ground black pepper
4 hot or mild Italian Sausages
¼ cup olive oil
1 T Italian salad dressing
1 t crushed garlic
Shredded Parmesan cheese

Cook pasta, drain and set aside. In a large bowl toss zucchini, bell pepper, yellow squash, and onion in 1 T olive oil. Season to taste with salt & pepper. Grill sausage & vegetables on grill, turning often. Vegetables should be soft but crunchy. Remove vegetables & sausage from grill. Slice sausage diagonally. In large bowl, combine sliced sausage, vegetables & pasta. In small bowl, stir together remaining oil, salad dressing mixes & garlic. Pour over pasta and toss. Serve hot with Parmesan cheese. Makes 6 servings.

Broccoli-Potato Soup with Greens

Recipe from Jill Lust

2 medium red potatoes, chopped
1 14oz can chicken broth
3 cups broccoli florets
2 cups milk
3 T flour
2 c smoked Gouda cheese, shredded
2 c winter greens (curly endive, chicory, romaine, escarole, or spinach)

In large saucepan, combine potatoes and broth. Bring to boil; reduce heat; simmer covered 8 min. Mash slightly. Add broccoli & milk; simmer. In medium bowl toss flour with cheese; gradually add to soup, stirring cheese until melted. Season with black pepper to taste. Top with greens and additional cheese if desired.

1-2-3 Teriyaki

Recipe from Maplestar Farm

1 T Mirin (sweet rice wine)
2 T sugar
3 T soy sauce (Kikkoman)
1, 2, or 3 cloves garlic,
finely minced
6 chicken thighs

Combine mirin, sugar, soy sauce, & garlic in large skillet. Warm to dissolve sugar. Increase heat, add chicken. Turn often. When mixture is bubbling and thickening, reduce heat to prevent burning. Continue cooking until chicken is cooked. Careful – burns easily!

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
Dave's Dahlias
Greenstick Farm
Hahn Family Farm
Herb Thyme
Hershberger Produce
Hilltop Blueberries
Hummingbird Way
Jack's Mountain Farm
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
Radiant Life
Ridgeview Farm
The Sassy Italian
Schultz Fruit Farm
Shady Hill Farms
Sirna's Farm and Market
Sleeping Dragon Botanicals
Sugar Me
Tucker Farm
Waxwing Farms
Wayne Cattle Company

FEATURING HOT KILN FARMS

Hot Kiln Farms (formerly "Tucker Farms") is operated by Cameron Tucker who is enjoying his second year at the Geauga Farmer's Market. Cameron and his family live on a fifty four acre property in New Galilee, Pennsylvania just across the Ohio/Pennsylvania line. Although currently a Pennsylvania resident, Cameron is a Geauga native; his parents live just minutes from the market in his childhood home.

Along with favorites such as a wide variety of heirloom tomatoes, beets, herbs, cucumbers, potatoes, onions, Swiss chard, and beans, Cameron enjoys growing unusual produce such as golden raspberries, red dragon carrots, purple potatoes, Japanese eggplants, specialty greens and unusual gourds. Cameron's interest in the unusual extends to his creative flower bouquets that may include surprises such as artichokes, sea holly, cardoon, or bells of Ireland, as well as zinnias, gladiolas, lilies, straw flower, roses and many others.

Hot Kiln Farms gets its name because Cameron owns and operates a copper enameling business fusing glass to copper plates and bowls in a glass kiln. He sells his work to galleries and museum gift shops across the country. Cameron has a Masters of Fine art in painting and has been a full time artist for over ten years. Cameron sells his nature inspired enamelwork and ceramic bird houses at the market each week alongside his produce, making for a colorful and creative display.

CHELSEA FLOWER GARDEN

Tim Schaefer runs Chelsea Flower Garden in Middlefield, Ohio. This is a commercial nursery which operates all season in Middlefield on State Route 87 (Kinsman Road). He has been a regular attendant here at the Geauga Fresh Farmers' Market this year with his beautiful rose bushes and various native perennials. He is always providing new varieties to peak your interest here at the market, and tries to feature extra special plants which are not always available at local nurseries. Tim hopes that you have enjoyed the summer will continue enjoying the plants which you purchased from him this year. He is available each week at his market booth to discuss any problems or answer your questions about the care of plants purchased at his stand.

RADIANT LIFE

Tom Frazier is a personal lifestyle coach and living food chef with more than 15 years of experience. He works with individuals on a one-on-one basis to help them improve health and find more joy in life. In his evaluation he looks at three elements: eating, living, and thinking. Here at the Geauga Fresh Farmers' Market he offers for sale raw foods and promotes a tastier, simpler cuisine. By consuming raw foods, people can eat less to satisfy nutritional needs and allow individuals to maintain a healthy body. He offers no

charge personal meetings through the Creative Healing Center in Bainbridge.

CHERRYWOOD GARLIC FARM

David Walker has been growing garlic for ten years from his Munson Township farm. He has been supplying garlic commercially to restaurants and for the last five years here at the Geauga Fresh Farmers' Market. The property consisting of almost an acre allows him to produce delicious, naturally grown garlic. He does not use any pesticides or herbicides. David plants garlic in October which allows it to root over the winter, and then sprouts begin to form in February and March about the same time as the arrival of daffodils. This allows for the first harvest to be ready by July. You may get six varieties of garlic at David's stand which include German, Roman, Italian, Polish, and two Russian varieties. David suggests leaving fresh garlic bulbs out on the counter top in July and August. However, once the garlic has had an opportunity to dry slightly, fresh garlic purchased in September and October should be refrigerated to keep it moist. In addition to garlic, David grows Rutgers tomatoes. It's the only variety he carries; however, year after year he is recognized for these outstanding tomatoes in the Geauga Fresh Farmers' Market Tomato Tasting Contest. This year he won third place with his **Rutgers tomatoes**. Originally developed by the Campbell's Soup Company, Rutgers is a large, deep red tomato that, as a multipurpose tomato, works as both a slicing and canning tomato. You have to catch these tomatoes when they first arrive at his table. David usually only has these tomatoes three or four weeks at his table.

OTHER VENDORS "NOT SEEN" EACH WEEK:

Scott and Sue Stack own and operate **Greenstick Farm** in Burton. They participate in our market on the Advisory Board and are big participants in the Plant Sale each spring. They bring gorgeous starting plants and hanging baskets to the market in May. Look for them again next year to start your summer planting season.

Miller's Jam - Amish made jam sold locally and by Countryside Home Bakery at the GFFM each week.

Jones Gingerich, another Amish vendor who makes Maple Spread and Maple Cream. His products are also available at Countryside Home Bakery.

Andy Hosletter who makes Homemade Cashew Crunch - a traditional Amish favorite candy which is also available at Countryside Home Bakery.

Middlefield Original Cheese Co-op brings traditional cheese each week to the market. These products are available from Sirna's Farm and Market table and can be found in the red coolers in front of their table of produce.

Zesty Fried Green Tomatoes

Recipe from Gladys Gibbs

4 green tomatoes, sliced ¼"
Salt
2 eggs
½ c cornmeal
½ c grated Parmesan cheese
¼ to ½ cup olive oil

3 T flour
½ t garlic salt
½ t ground ginger
½ t dried oregano
1/8 t crushed red pepper flakes

Sprinkle both sides of tomato with salt; let stand 10 min. In shallow bowl, beat eggs. In another bowl, combine cornmeal, cheese, flour, & seasoning. Pat tomatoes dry, dip in eggs, then coat in mixture. In a large skillet, heat 1/4 c oil over medium heat. Fry tomatoes for 3-4 minutes on each side until golden brown, adding more oil as needed. Drain tomatoes on paper towels. Serve warm.