

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>



AUGUST 30, 2008

Next week, September 6, 2008
ANNUAL SALSA CONTEST!
See how hot and spicy you like it!

Vendors and customers are encouraged to enter their favorite salsa –
- hot, sweet, cooked or fresh -
zucchini, cucumber, eggplant, tomatillo, peach, or tomato

Bring a pint of your favorite home-made salsa to the market booth
between 9:30 and 10:00AM.
Tasting begins just after 10:00am

Last week, the Geauga Fresh Farmers' Market hosted its annual Tomato Tasting Contest. Despite the cool nights of August and slower than usual ripening of tomatoes, we had six varieties entered into the contest from our farmers and customers. The favorite tomato, entered by the **Divorky Family** from **Maple Valley Sugarbush and Farm** of Hambden was a **Sun Gold Cherry Tomato** which is a popular yellow-gold cherry tomato that is very flavorful. Second place was an entry also from the **Maple Valley Sugarbush and Farm**, an heirloom cherry tomato called **Red Cherry**. Third place was an entry from **Dave Walker of Cherrywood Garlic and Herb Farm** who entered a **Rutgers tomato**. 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. Everyone expressed surprise at the difference in the flavor, color and texture of the many tomatoes they tried. Thanks to all the volunteers who helped to organize the event!

Last week our newsletter featured Chagrin Valley Soap and Craft. Also notice that Custom Cakes and Cookies has changed its name. The same great cookies, cupcakes and sweet treats are available from Teresa, but now she will be operating under the name Sugar Me.

Stuffed Hot Peppers

By Nick Divoky of Maple Valley Sugarbush & Farm's

Sweet or Hot Peppers Cream Cheese Sour Cream
(Nick likes Hot Hungarian Wax Peppers)
Stuffing mixture seasoned to taste
(i.e.: baked beans, taco meat, ground sausage or plain ground beef)

Slit one side of the pepper open & remove seeds.
Stuff with your mixture and top with cream cheese.
Bake in oven 400 degrees for 20 minutes or until peppers look toasted. Serve with a dollop of sour cream on the side.

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
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

TODAY AT THE MARKET 10am – 12noon
Returning guest Chef

Matthew Anderson from Saporé Restaurant
GRILLING LAMB FROM SHADY HILL FARM
AND FRESH VEGETABLES

ANSWERING YOUR GRILLING QUESTIONS

FEATURING OHIO HONEY

Chuck and Lucy Wellhausen never, ever dreamed they'd be beekeepers! However after 'inheriting' a hive a keeper had placed on their property in the early 1980's, they quickly learned about bee-keeping. They now have 35 beehives throughout Lake, Geauga and Ashtabula Counties at various farms for pollination. The honey their bees produce is not artificially heated and remains in its raw form, unpasteurized, so it retains the vitamins, minerals, and anti-oxidants as Mother Nature intended. The Apiary is inspected annually by the Ohio Department of Agriculture and meets all regulation requirements, however in its unpasteurized state it is not for infants under 12 months. The honey is extracted periodically during the season, thereby producing varietal honeys, such as the early spring tree honeys and berry honeys, even late summer varieties such as wild aster and goldenrod! Their most popular honey is the rich Holly Blossom Honey, a North East Ohio specialty! In addition to Honey, you can find their Honey Bunch Crunch Bars, a wide variety of teas, and Bee pollen at their market booth. Bee pollen, made of protein, contains many amino acids and high levels of iron, zinc, magnesium & copper. It is rich in many B vitamins & contains only a few calories per serving. It is believed to regulate the function of the endocrine system, aid digestion, reduce stress and increase alertness and stamina. With its many nutrients, bee pollen helps stimulate the body's metabolism and the growth of healthy cells. It therefore helps combat stress, improve physical and mental alertness, even slow down aging. Studies have shown that a regular consumption of bee pollen can increase your energy levels and stamina, and build up your immunity - increasing your resistance to disease. It is also shown to have an ability to help in fat loss by rectifying a chemical imbalance that many people with weight-problems tend to have. Ohio Honey is sold each week at the Geauga Fresh Farmers' Market and at several Northeast Ohio Farmers' Markets. Their website www.ohiohoney.com is directly linked from the Market homepage.

Rub and Sauce for Pork or Beef Ribs (1 slab ribs)

Rub

1T. Brown Sugar
1t. Chinese 5 Spice
1/2 t. Paprika
1/4 t. Salt
1/4 t. Celery Seed
1/4 t. Black Pepper
1 t. Herb Thyme Lemon
Surprise Hot Pepper
Seasoning

Sauce:

1/2 C. ketchup
2 T. Light Molasses or
Maple Syrup
1 T. Lemon Juice
1 T. Soy Sauce
Few Dashes of Hot
pepper sauce

Put rub on ribs and let stand for a couple of hours. Then make sauce and smear on ribs when close to being done. You can substitute Dark Molasses for light or use Maple Syrup.

Beef Rub (enough for 2 steaks)

2 cloves Garlic, minced
2T. chopped fresh Basil
1 1/2 T. Olive Oil
1/4 t. dried pepper seasoning
1/4 t. Salt (optional)
1/4 t. Black pepper

Rub steaks with olive oil then pat minced garlic onto steaks. Mix other ingredients and then pat onto steaks and let stand for a couple of hours before grilling.

FREATURING: MAPLE VALLEY SUGARBUSH AND FARM

Dave, Donna & Nick Divoky own and operate Maple Valley Sugarbush & Farm. The farm has been in the Divoky family since the 1920s and syrup was initially made by the family. Recently, there has been an increased focus towards vegetable gardening. The family has become committed to growing quality produce, picked at the peak of freshness. This commitment to quality has paid off in their recent distinction of outstanding tomatoes at the Farmers' Market Annual Tasting Content.

Maple Valley Sugarbush and Farm is located in Hambden Township in Geauga County. The farm sits on 36 acres of property with 5 acres devoted exclusively to vegetable production. They also have 5 hoop houses with one that houses their sheep, chickens and pygmy goats. Included in their vegetable production is a variety of tomatoes, peppers and squashes. They also grow specialty products such as leeks, onions including shallots and Spanish onions, potatoes, & four varieties of garlic including elephant garlic. They have iceberg, leaf lettuces, micro mix lettuce, and several different types of herbs. They also grow beans, peas, carrots, beets, radishes, cucumbers and an array of other vegetables. Saturday morning their table is bursting with the variety of vegetables available for sale at the Market.

Maple syrup has been made on and off on their farm for nearly 80 years. In 1985, they became committed to the process once again after investing in a new sugarhouse. Shortly thereafter Dave, Donna, and Nick worked to replace the old bucket system with a new tubing and vacuum system which increased sap flow by almost 90%. The Divokys are a major producer of maple syrup in Geauga County. In 1996 they won first place in the Geauga County Maple Festival and have always placed in the top ten since then. In their collection of maple confections, you can find maple candy, maple fudge, maple spread, maple coated pecans and walnut, and not to forget the 100% pure maple syrup.

They are always expanding and in the near future they will have fresh lamb meat and broiler chickens. Their farm is moving to sustainable agriculture and they do not use any herbicides or pesticides. Any fertilizer, if needed, is organic. They grow primarily in compost. They started a Community Supported Agriculture program in 2005 and have openings for new members in 2009. Stop by their booth and ask them about their CSA. They are happy to arrange tours of their farm. Let them know you would like to visit - contact them at maplevalley@windstream.net or call 440-286-7275.

Basic Meat Marinade

2 cloves of minced garlic
¼ c Olive Oil
2 T. Balsamic or Wine Vinegar
2 T. Soy Sauce or Worcester Sauce
¼ Cup Sherry or dry wine or beer
freshly ground pepper

Mix all ingredients, generously brush onto steaks and let stand for a couple of hours before grillina.