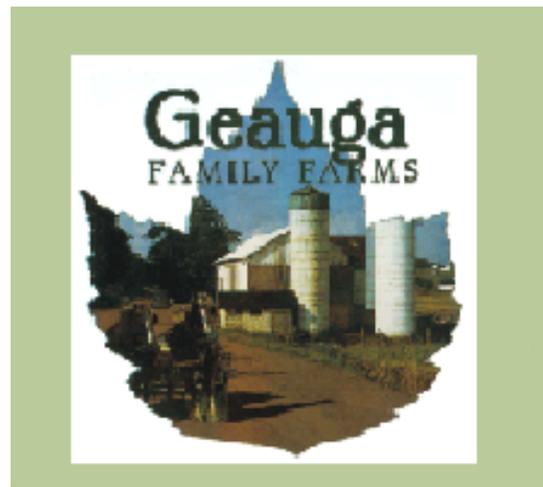


A weekly publication  
for members of  
Geauga Family Farms CSA

August 2010  
Week 10

**The Fair Share** 



what's "cropping" up!

- **p2 This week's picks, recipes**

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## Unitarian Church simply wants to share the wealth

**T**he farmers of Geauga Family Farms are very grateful for the continued commitment by the sites and the site managers.

"The farmers of Geauga Family Farms would like to express their sincere appreciation to all of the site managers and volunteers who help with weekly pick-ups. We couldn't do it without you!" Noah Yutzky said.

We thought you would be interested in learning a little bit about where you and other members of Geauga Family Farms' CSA pick up their fresh, organic produce, and why the sites became involved in the first place.

This week we are profiling First Unitarian Church of Cleveland. First Unitarian Church is a Unitarian Universalist congregation which welcomes "all people, whoever you are and as you are."

First Unitarian chose to become a pick-up site for the Geauga Family Farms CSA program because they wanted to enable more people to



*First Unitarian volunteers Rich Kish and Sylvie Crowell take a look at all the fresh veggies in this week's share.*

participate in the CSA experience.

"One principle Unitarian Universalist congregations affirm is respect for the interdependent web of life in which we all exist," says Katarina

**See UNITARIAN..... Page 5**

## Order peaches now! Deadline is Aug. 7

**G**eauga Family Farms orders peaches from an orchard in Michigan to include in the shares.

Unless you have opted out of nonorganic produce, you will receive peaches with your share when they become available. Those who have opted out will receive additional farm-fresh produce.

We are taking bulk orders of Harmony peaches from interested members who would like peaches for canning, or just more than what you will receive in your share.

The prices are as follows: \$26/bushel, \$14/half

bushel and \$8/peck. Remember these are not organic.

The deadline for ordering the Harmony peaches is Aug. 7. There is not an exact date that they will arrive - some time within 2nd or 3rd week of August. Peaches will be delivered with the shares.

To order, contact Michelle Bandy-Zalatoris at 216-321-7109, bandyz@sbcglobal.net or Laura Dobson at 440-478-9849, LMFree99@yahoo.com. 



## This week's picks

Coming this week to your CSA box could be some or all of the following: Basil, lettuce, cucumbers, zucchini, yellow squash, cherry tomatoes, tomatoes, green/wax beans, green peppers, jalapeños, red, brown or purple potatoes, pickling cucumbers, cabbage, onions, eggplant, and Swiss chard. Last week, Tuesday and Thursday shareholders received sweet corn. This week, the Saturday shareholders are the

lucky ones. Soon there will be enough for all.

Remember, farming isn't an exact science. Family and Single shares won't necessarily include the same items so if you don't have one or more of these items, it's either because we didn't have enough, or because you have a Single share and the item in question was included in the Family share only. Below are a few recipes using this week's vegetables. 

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### Bread and Butter Pickles II

Serves 50

"Cucumber slices, onions, peppers and garlic are pickled in an exciting spicy cider vinegar mixture! What a great way to end the summer!"

25 cucumbers, thinly sliced  
6 onions, thinly sliced  
2 green bell peppers, diced  
3 cloves garlic, chopped  
1/2 cup salt  
3 cups cider vinegar  
5 cups white sugar  
2 tablespoons mustard seed  
1 1/2 teaspoons celery seed  
1/2 teaspoon whole cloves  
1 tablespoon ground turmeric

In a large bowl, mix together cucumbers, onions, green bell peppers, garlic and salt. Allow to stand approximately 3 hours.

In a large saucepan, mix the cider vinegar, white sugar, mustard seed, celery seed, whole cloves and turmeric. Bring to a boil.

Drain liquid from the cucumber mixture. Stir the mixture into the boiling vinegar mixture. Remove from heat shortly before the combined mixtures return to boil.

Transfer to sterile containers. Seal and chill in the refrigerator until serving.

*Recipe from AllRecipes.com*




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### Freezing Sweet or Bell and Hot Peppers

by Alice Henneman, MS, RD, Extension Educator

Peppers are one of those foods you can quickly freeze raw without blanching them first. Thawed, raw peppers still retain some crispness and can be used in cooked dishes or raw in uncooked dishes.

**Bell or Sweet Peppers (any color)**

Select crisp, tender peppers. Wash. Cut out stems and cut peppers in half. Remove seeds and membrane — save time by using a melon baller or the tip of a spoon to scrape out seeds and membrane. Cut peppers into strips, dice or slice, depending on how you plan to use them.

Freeze peppers in a single layer on a cookie sheet with sides, about an hour or longer until frozen. This method is often referred to as "tray freezing."

Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag. The peppers will remain separated for ease of use in measuring out for recipes.

Pour out the amount of frozen peppers needed, reseal the bag and return to the freezer.

**Hot Peppers (includes Jalapeno Peppers)**

Wash and stem hot peppers. Package, leaving no headspace. Seal and freeze. It is not necessary to cut or chop hot peppers before freezing.

Caution: The National Center for Home Food Preservation warns, "Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes." ([www.uga.edu/nchfp](http://www.uga.edu/nchfp))

**HOT TIP:** If your mouth is burning from eating hot peppers, help put out the fire with milk and other dairy products.

**Storage Time**

To extend the time frozen foods maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0 degrees F or below. It is generally recommended frozen vegetables be eaten within about eight months for best quality.

See **Recipes.....** Page 7

## Letters from our members

**W**e receive numerous e-mails each week from our members and want to share their comments, both good and bad. We love hearing from you. Feel free to share your comments, recipes and suggestions anytime. E-mail them to me at LMFfree99@yahoo.com.

Photos of each week's share are being posted by

We are really enjoying all of the fresh produce.

*~Donna Prescott, TriPoint*

I love the produce, the basil's a treat!

Thank you, *~Marcia Benedict, Deepwood*

I am loving the co-operative program. The quality and the variety of the vegetables has been outstanding. *~Maureen Murray, LakeWest*

I have been ordering free-range chickens from Andy and Laura Miller. I have really enjoyed meeting them and their three children, Raymond (7) and the twins, Arlene and Andrew (4). I picked up 10 chickens on Thursday evening, and

GFF member Lyn Trier on Facebook. Anyone on Facebook can look at the photos Lyn is posting and identify your veggies there. Just "Like" Geauga Family Farms and click on "Links" in the bottom left-hand portion of the page. It will bring up a list of postings from each week, with labeled photos of all the veggies. 

ended up spending a couple of hours there hanging out with the kids and learning about Andy's operation. He is so knowledgeable and dedicated it is hard not to get caught up in his enthusiasm for growing quality foods. Laura invited me downstairs to see her basement where their Ice House is, still half-full of blocks of ice that Andy froze during the wintertime. The kids think I am from another planet.

Thank you for all of your hard work on this awesome project and for helping me to get wholesome foods into my diet. You are the best.

Peace to you.

*~David Gornik, First Church Congregational*

## Cinnamon-flavored pickles bring back memories

**T**he weather couldn't have been better for Field Night at Lester Hershberger's farm last week – clear blue sky, low humidity and not as hot as it had been. A gentle breeze ruffled the children's hair (After touring the farm, the visiting children played a game of baseball with the Amish children.) and rustled through the not-quite-ready-to-pick corn.

Not long after my arrival, Noah Yutzy came up to me and said, "You have to try my wife's Red Hot pickles." Red Hot pickles? I had never heard of such a thing and told Noah I couldn't wait to try them.

After touring Lester's fields, which included a perfectly timed fly-over by a hot-air balloon, we all returned to the courtyard between Lester and Martha's neatly kept home and barn for a feast.

Homemade cookies made by Martha, one of her daughters and Noah's wife Kathy, along with other goodies, including the Red Hot pickles, awaited us.

Pretty pink in color, with a sweet, cinnamonony flavor, you'd never know you were eating a cucumber. Kathy Yutzy says she uses cukes that have grown too big and scoops out the seeds.

Now she just needs to figure out what to do with

all the tomatoes from the 2,000 cherry tomato plants she and Noah planted...

I really enjoyed the Red Hot pickles, but not as much as one of the other visitors. The sweet, pink pickles brought back good memories for Shelley Freed, who visited the Hershbergers with her 7-year-old daughter, Nora Smith.



Shelley, who picks up her share at First Unitarian Church in Shaker Heights, gushed over Kathy's pickles, and ate several in rapid succession while oohing and aahing about how delicious they were. She apologized later for "being over the top" about them.

"My Gram used to make them," she said by way of explanation of her excitement.

No apology was necessary! Kathy was flattered that someone showed so much appreciation for all her hard work. I have no idea how she finds time

See **PICKLES.....** Page 4

## Zero Waste NEO network event



**J**oin the Zero Waste NEO Network to connect and learn from business leaders who have started on their journey towards a zero waste office.

Learn about their successes, challenges and key learnings, and get inspired to take action by setting a zero waste goal for your office.

Registration is required. Register online at <http://e4s.org> or call 216-451-7755.

### Featured speakers:

\* Bill Rolf, Energizer

\* Frank Popotnik,  
Ohio EPA

\* Kathleen Dowdell,  
Department of Anthropology, CWRU

**Date:** Aug. 12

**Time:** 8:30 to 11 a.m.

**Location:** Trinity Commons, 2230 Euclid Ave.,  
Cleveland

**General Price:** \$35

**Member Price:** \$25

**Agenda:** 8:30 - 9 a.m. Networking  
9 - 11 a.m. Program

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## PICKLES...continued from Page 3

to can when she has nine children!

She loved more than the pickles about her visit to the farm.

“I was fascinated by the farmers exchanging tips about the crops when we were at the farm,” Shelley said. “We have a small garden at home, so my kids can identify plants by rubbing the leaf of a plant and then smelling their hands. We didn’t even have to rub the leaves of the plants because if we closed our eyes we could just smell the tomato plant leaves and the pepper plants. It smelled amazing. And considering how different our suburban life is from that of Mr. Hershberger’s family and friends, I was really

touched by the warm welcome we received into their community. We will definitely be back for another visit this season.”

Driving home watching the sun set over the fields filled with picturesque Amish haystacks, I wondered why anyone would want to live anywhere else but Geauga County Amish Country. I’ll definitely be back for a visit soon as well.

Needless to say, Shelley placed an order for four quarts of Kathy’s pickles. If you’d rather try your hand at making them yourself, a recipe is below. Maybe you don’t have nine kids to “help” you make them! To order some of Kathy’s pickles, call me at 440-478-9849.

### Red Hot or Cinnamon Pickles

7 pounds peeled, seeded cucumbers, sliced  
1 cup lime  
1 gallon water  
1 cup vinegar  
1 bottle red food coloring (Kathy leaves this out and allows the red coloring from the Red Hots to color her cucumbers instead of adding more artificial coloring.)  
1 tablespoon alum  
Enough water to cover pickles  
3 cups vinegar  
2 cups water  
10 cups granulated sugar  
2 to 3 large packages Red Hots cinnamon candies \*  
8 sticks cinnamon  
Soak cucumbers in lime and water for 24 hours.  
Wash cucumbers. Soak in ice water for three hours. Mix 1 cup vinegar, food coloring, alum and enough water to cover pickles. Simmer in this mixture two hours.  
Pour off liquid and throw away. Boil 3 cups vinegar, 2

cups water, sugar, candies and cinnamon. Pour over cucumbers. Let stand 24 hours.

Drain liquid and bring to boil. Put cucumbers into jars with 1 to 2 sticks cinnamon in each jar. Pour hot liquid over jars and seal.



\*DO NOT use red hots candy that lists cornstarch as an ingredient.

NOTE: This is not Kathy Yutzy’s recipe; I found this one online. Kathy’s was not available to me when I was doing the newsletter. If anyone would like Kathy’s recipe, feel free to contact me and I will call her and get it from her for you.

## UNITARIAN...continued from Page 1

Cerny of First Unitarian. “Many of us have home gardens, or support community gardens, including one at our church. The CSA program encourages healthy eating and simultaneously supports local farmers while educating the community about the benefits of protecting our planet Earth.”

Katarina said she enjoys many aspects of the experience.

“I like learning new ways to cook every day and the uncommon vegetables,” she says. “I like the feeling of excitement opening our box every week to discover our new cuisine ‘challenge,’ knowing that we’ve made a commitment to healthier



*First Unitarian Church of Cleveland in Shaker Heights has a community garden on church grounds.*



*Volunteers Phil Star, Barbara Bradley and Sylvie Crowell check the list of folks picking up their shares last week at First Unitarian Church in Shaker Heights, eating for 20 weeks and the convenience and community fellowship.”*

With its history rooted in the Jewish and Christian traditions, contemporary Unitarian Universalism is a liberal religion which keeps an open heart and mind to the religious quests and questions that people struggle with in all times and places.

“Our congregation has adopted a mission, ‘to search and to serve,’” says Katarina. “That is, to help nurture and facilitate the ongoing search for what is true and meaningful, to search out those deep values which sustain and encourage us to ever grow into our best selves. And to be of service to others, to make compassion a part of our spiritual practice, to extend the blessings of our lives beyond our walls in ways that are helpful to those in need.”

The CSA seems to play right into their hands on this mission.

“We provide a spiritual home to the people of Greater Cleveland,” Katarina says. “We offer: renewal, inspiration, education, community fellowship, friendship, and opportunities to help others.”

First Unitarian Church of Cleveland has been a part of the greater Cleveland community since 1867. The first church was on the corner of Prospect and Bolivar and has been at its current site at 21600 Shaker Blvd. in Shaker Heights since the 1950s. Our congregation has helped support other Unitarian-Universalist congregations get started in this area. For more information, please visit the Web site at [www.firstunitariancleveland.org](http://www.firstunitariancleveland.org).

“We welcome all who, instead of looking for a creed, want to deepen their understanding of their faith,” Katarina said.

She quoted Thomas Jefferson: “It is in our lives and not our words, that our religion must be read.”



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## Help bring healthy eating to your kids' schools

**T**he School Nutrition Association recently held its Annual National Conference in Dallas. Mrs. Obama has championed improvements in school meal programs as part of her quest to end childhood obesity within a generation. Her "Let's Move!" and "Chefs Move to Schools" programs were the talk of the conference.

Hundreds of chefs have signed on to adopt school cafeterias across the country in the Chefs Move initiative, and on hand to represent the First Lady and bring the school nutrition professionals up to speed on the program was White House assistant chef, Sam Kass.

The exhibitors had Mrs. Obama's initiatives on their minds, and often in their sales pitches. It seemed every new product being introduced and sampled was touted as whole-grain, reduced-sodium, low-fat, low-calorie or 100 percent juice.

Healthy kid-friendly foods were the order of the day. The fight against childhood obesity...it's on!

Politics was on the agenda too. Conference attendees were urged to call or write their representatives in Congress in an effort to get the Child Nutrition Reauthorization Bill passed. In a passionate speech in one general session the message was simple: Tell Congress to pass this bill now!

The association also introduced a new community outreach program to its members, called Tray Talk. The campaign will help SNA member schools present the facts about quality school nutrition to parents and the general public.

You've started eating healthy by joining the GFF CSA. Learn how you can help your children eat healthier at school too. Visit <http://tinyurl.com/27c2ga3> and sign up your kids' school.

## Kids, and parents, get an education at Field Night at Lester Hershberger's farm



**Left:** Welcome to Hershberger Farms. **Center:** Kids loved the farm. **Above:** A hot air balloon flies over during last week's Field Night at Lester Hershberger's farm. **Bottom left:** Italian Exchange students were among the visitors. **Below:** "High-tech" garlic drying.



## RECIPES...continued from Page 2

### Gazpacho a la Mrs. Landesman

Serves 10

"I often find that most gazpacho is a little too acidic or that I only want a couple of spoonfuls. This recipe (which I got from my friend's mother) is AWESOME. It's not too acidic at all and is so wonderfully light and healthy."

- 3 cloves garlic, crushed
- 1 onion, coarsely chopped
- 1 cucumber, sliced
- 1 green bell pepper, seeded and chopped
- 5 tomatoes, peeled and quartered
- 1/4 cup olive oil
- 1/4 cup distilled white vinegar

- 1 bunch fresh parsley, chopped
- salt and pepper to taste
- 1 teaspoon paprika
- 1 (12 fluid ounce) can tomato juice

In the container of a food processor or blender, combine the garlic, onion, cucumber, bell pepper, tomatoes, olive oil, vinegar, parsley, salt and pepper. Cover and blend to your desired texture. Stir in the tomato sauce and paprika and transfer to a bowl or container. Refrigerate for at least 1 hour to blend the flavors.

*Recipe from Allrecipes.com*

### Panzanella Salad

Serves 8

"This is a rustic, Italian salad made with day old, crusty bread, fresh tomatoes, and mozzarella cheese!"

- 6 cups day old Italian bread, torn into bite-size pieces
- 1/3 cup olive oil
- salt and pepper to taste
- 3 cloves garlic, minced
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 4 medium ripe tomatoes, cut into wedges
- 3/4 cup sliced red onion
- 10 basil leaves, shredded
- 1/2 cup pitted and halved green olives
- 1 cup fresh mozzarella, cut into bite-size pieces

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, toss bread with 1/3 cup olive oil, salt, pepper, and garlic. Lay bread on a baking sheet, and toast in the preheated oven until golden, about 5 to 10 minutes; allow to cool slightly.

While the bread is in the oven, whisk together 1/4 cup of olive oil and balsamic vinegar. Gently toss together the bread, tomatoes, onion, basil, olives and mozzarella cheese. Toss with the vinaigrette and let stand for 20 minutes before serving.

*Recipe from Allrecipes.com*



## Please return ALL containers

**J**ust a reminder: Please return all containers, *including the clear plastic containers* in which you receive your cherry tomatoes, jalapeno peppers, berries and more, to your pickup site each week. These items are expensive!

This not only helps the farmers cut costs, thereby helping to keep the cost of your CSA share down, but also allows both you and us to do our part to help the environment. Reduce, reuse, recycle. It's the **GREEN** thing to do!

**Quote of the Week:** "Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

~Jim Davis

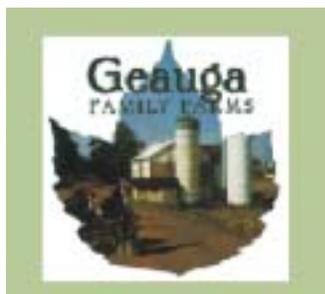
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**Veggie Tip of the Week:** For crisper pickles, soak cucumbers in ice water for at least two hours, but no more than eight hours, and make sure pickling liquid is boiling when poured over the cukes.



## Extras, extras, read all about them

Some sites offer “extras” to GFF CSA members. St. Paul's, St. Noel, First Church Congregational, Ruffing Montessori School, Deepwood Center and Family Karate all offer extras.

This means you can order items like fresh baked bread, honey, maple syrup, ground beef and more, to

be picked up with your share.

The JCC, Sage's, Eagle Creek, First Unitarian and the Cleveland Food Co-op do not.

Please make sure your site offers extras before ordering meat or other products from the warehouse.

To order extras, see your site manager.

## Cluck-cluck, quack, quack, moo-oo-oo

Our Pekin ducks are ready! Duck meat doesn't 'taste like chicken' - the flavor is richer, the meat is more moist. Why not try something different, especially when you can buy directly from the farmer? Free-range chickens and ducks are fed organic minerals; most are fed conventional feed. The freshly butchered ducks are \$3.20 a pound; chickens are \$2.50 a pound. Most weigh in at about 4 pounds or so. Chickens and ducks MUST be picked up at the farms.

Please call Michelle Bandy-Zalatoris at 216-321-7109 or Laura Dobson at 440-478-9849 to place



your order. Also available is grass-fed, pastured ground beef. The cost is \$3.75 per pound delivered with your share. Please check first to see if your site is able to receive extras such as beef before ordering. More meats will become available in early fall. Contact Kathleen Webb at 216-408-7719 or [gfamilyfarms@aol.com](mailto:gfamilyfarms@aol.com).

### Farm Visits

#### Meet the Farmer Dates 2010

*Fourth Tuesdays – 6:30-8 p.m.*

*Second Saturdays – 1-4 p.m.*

*Drive out to picturesque Geauga County for a visit with the farmers of Geauga Family Farms. The second Saturday and fourth Tuesday of every month through October, CSA members can come see where their food is grown, and meet the farmers who have nurtured the certified-organic produce shareholders receive each week in their CSA share.*

*For a map of all the farms, visit our Web site at [www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org) and click on Meet Our Farmers on the left.*

#### Southern Geauga County farms:

**Saturday, Aug. 14**

Jonas L. Byler

Thomas C. Byler



### Ask a Farmer

Are you curious about farm life in Geauga County? Have a question about something you've received in your share? Wondering how so much is accomplished without the use of electricity and power tools? Curious about how upcoming agricultural legislation affects small, family farms?

Send your questions for our new “Ask a Farmer” section of the newsletter to [BandyZ@sbcglobal.net](mailto:BandyZ@sbcglobal.net), or [LMFree99@yahoo.com](mailto:LMFree99@yahoo.com) and we'll get answers for you.

[www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org)

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