



what's "cropping" up!

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## Root Café, Geauga Family Farms CSA: A perfect fit

**R**oot Café is a vegan kitchen, an organic bakery, an espresso bar featuring Phoenix Coffee, Asian teas, tisanes and smoothies, and a community clubhouse with local art, music and events. And it's also a pickup site for Geauga Family Farms CSA members who live in Lakewood and other locations on Cleveland's West Side.

Root Café co-owner Julie Hutchison said it just seemed like the right fit.

"I thought it would be great to extend myself out to the community in a new way, and to promote a place to get fresh vegetables," Julie said. "I'm really proud because I think that Geauga Family Farms does such a great job."

Julie said it has been "really fun."

"It's been nice to talk to the shareholders and find out what they do with their vegetables," she said.

### Made from scratch, and love

Julie opened Root last December with her husband and co-owner Bobby Breicenstein. The couple, who had owned the Lakewood Phoenix Café since 1999, built Root in just six months from the ground up with the help of friends and family.

She doesn't like to use the overused word, but says it's definitely a green café in its pure sense. With the exception of the kitchen equipment and eight chairs, everything was bought used or refurbished.

"The entire café was built from scratch. We have a lot of art features, handmade tile and furniture, fixtures," she said. "Most everything used in making the store was either handmade or recovered."

The result, Julie says, is a café made with love for every person to share. She especially focuses on the teenagers who frequent the café. The community-centered environment seems to attract them.

"It's been fun to engage the younger kids who come here," she said. "We try to get them to remember what CSA means, to be a part of the community and learn about vegetables. A lot of them are vegetarians,



not really for their own health, but for the political and environmental issues and they are becoming more aware of the health benefits."

Julie is on the board of LEAF, the Lakewood Earth & Food Community, and volunteers for the organization. LEAF hosts what has evolved into a weekly community festival focusing on local foods. LEAF volunteers manage the Plover Patch, a community garden in Lakewood's Historic Bird Town.

Julie has been working on getting her teenage customers involved with LEAF as well.

"I don't really think they know about how to maintain a high nutritious diet so I think it's important to engage them with these projects so they can at least have more access to more nutritious food," she said. "It's pretty exciting, helping them learn what it's like to eat fresh, local foods, and to hear how they feel about it."

### How it all began

She wasn't much older than her young customers when she started working at Phoenix Café as a Cleveland State University student.

"I loved it. I loved the community, loved working with coffee and learning about coffee," she remi-

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nised.

The previous owner was trying to sell the business and she was managing the store at the time. He was a CSU professor and wanted to move on and was looking for someone to take over the café and he asked Julie if she was interested.

“He sold it to me for a dollar and taking over the debt,” she said. “I was 22 and I was like sure, why not. I continued going to school, part time, for dance and anthropology. When we started having kids, Bobby was working somewhere else and we decided to combine our energies. It was already really popular and we just saw the potential and started planning to expand.”

Julie said being a pickup site for GFF seemed to be a natural choice for them, and has another benefit as well.

“It was nice that I could see the product as it came in so I could start getting produce for the café,” she said.

### A chef and a baker

And that fresh, organic produce is put to good use by Root Café Chef Nonni Casino and baker Cindy MacKay.

Nonni grew up in a large Italian family that owned an Italian take-out in Columbus. Nonni was offered the choice to care for her younger siblings or cook. She chose cooking. She was the personal chef at the governor’s mansion when Richard F. Celeste was in office. Nonni maintained his organic vegetable garden.

“She was very into farm-to-table, way back in the 1980s,” Julie said proudly of her chef’s accomplishments. “She had a sculptured herb garden, and was on the cover of the Herb Quarterly Review for that. She also had an English perennial garden that she took care of there.”

An accomplished baker, Cindy MacKay developed a lot of Root’s bakery.

Once a long-time resident of Hessler Road in Cleveland’s University Circle area, Cindy is now and official West Sider. She participated in the well-known Hessler Street Fair, which began in 1969 and now serves as the unofficial kickoff to the city’s summer festival season. Cindy also started a crepe-vending company.

“She’s an excellent baker,” Julie said, licking her lips.

You can see, and taste, her handiwork in the café’s maple pecan and cheddar scallion scones.

While the kitchen is primarily vegan-friendly and Nonni designs the entrees to be vegan, many of the café’s dishes include dairy and eggs. And of course many of the coffee drinks can’t be made without milk.

“We go through a lot of dairy in the coffee drinks,”

Julie says, adding that they currently use Smith Dairy. “We are looking into getting Hartzler’s products. We tried using the organic line at Smith Dairy. It was pretty cost-prohibitive. People didn’t seem willing to pay the upcharge.”

### Healthy and local

She says they do the best that they can to use local products.

“All of our eggs are local, a lot of our vegetables are,” she said. “Our flour for our pizzas is – we get it from City Fresh. The bakery is about 75 percent organic. Rice, pasta, flour, as many of our vegetables in season are local.”

Even the bottled beer they sell is microbrews only, from Great Lakes Brewing, Buckeye Brewing Co. locally, and from Bell’s in nearby Michigan.

The café fits perfectly into Julie and Bobby’s generally healthy lifestyle.

“We’re vegetarian and also really dedicated to eating really healthy food based on just

vegetables, grains and legumes so when the space became available, so we worked on raising money. It’s really interesting how this all came to be, from just agreeing to take over the coffee shop even though I didn’t have any experience running a business or anything.”

Julie said the café was manifested from the desire to create a familiarity among all people. She said Root’s typical customer is hard to pinpoint, but mostly they’re from Lakewood or Cleveland, and they all have one thing in common.

“A common foundation for diversity to exist peacefully is the root of our community,” she said. “We create this foundation by sharing culture, music, art, coffee, tea, food and all energy in Lakewood.”

As Julie spoke of her café, sitting inside were a couple of young professionals, a handful of students, women in their 40s who seemed to be having a meeting, moms and their young children, and quite a few senior citizens.

It seems she’s accomplished her goal.

“They are all people who are looking for a familiar neighborhood café,” she said. “They are coming in for coffee, vegetarian food, for a lot of different things. It’s a pretty unifying place, I think.”

Root Café is located at 15108 Detroit Ave. in Lakewood. The café can be reached at 216-226-4401.



## This week's picks

Coming this week to your CSA box ***could be some or all of the following:*** Sweet corn, cherry tomatoes, green peppers, colored peppers, peaches, pattypan squash, zucchini, yellow squash, green beans, tomatoes, hot peppers, Swiss chard and watermelon.

For those of you who have opted out of receiving nonorganic fruits, your name will be on your share to differentiate it from the others.

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.

Photos of each week's produce are still being posted on Facebook by GFF member Lyn Trier. 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.

Below are a few recipes using this week's vegetables. 

### Mexican Corn Chowder

Serves 6

"Leftover cooked chicken and fresh or frozen corn kernels are combined with green chiles and oregano in this creamy corn chowder."

1/4 cup butter  
1 stalk celery, chopped  
1 onion, chopped  
1 carrot, chopped  
1 clove garlic, minced  
1 teaspoon dried oregano

Salt and pepper to taste  
3 1/2 cups fresh corn kernels  
1 cup chicken broth  
2 boneless chicken breast halves, cooked and cubed  
2 teaspoons chopped



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## Duck - better than chicken? You decide

Looking for meat to compliment your produce? Kathleen Webb says Marvin Fisher has another batch of Pekin ducks ready. These are young ducklings, weighing 5 pounds or so.

Duck meat doesn't "taste like chicken." The flavor is richer, the meat is moist. Why not try something different, especially when you can buy directly from the farmer?

Kathleen says her cousin, Alice, makes a wonderful, savory duck stew. See recipe below.

Marvin will cut whole ducks in half or in quarters for you; just ask when placing your order.

To order, call Marvin Fisher at 440-693-4632.

\* Please give Marvin at least one day notice for your order -- if you wish to pick up on Monday, call him Friday or Saturday (not Sunday).

\* Ducklings are young, weighing about 5 pounds dressed.

\* \$3.20 per pound dressed weight, ready to cook or freeze.

\* Ducks can be cut in half or in quarters if you prefer; ask Marvin when you place your order.

\* Marvin's farm address is 4738 Gates Road, Middlefield, OH 44062; Gates is east off Girdle Road, Girdle Road is south off Route 87.

Hope you enjoy your visit to the country, and your delicious roast duckling!

### Duck Stew a la Alice

10 cloves garlic  
2 cups good olives (green and black, not canned)  
3 or 4 sprigs fresh thyme or 1/2 teaspoon dried  
1 large onion, chopped  
2 carrots, roughly chopped  
2 celery stalks, chopped  
1 large 28-oz. can tomatoes or equivalent fresh  
Salt & pepper to taste  
Remove skin and trim all visible fat from a

quartered duck, then place duck in an ovenproof casserole or roasting pan with a lid.

Alice starts this dish on top of the stove, brings everything to a bubbly simmer, then covers the casserole and puts it in the oven to bake at 300 degrees for about 3 hours or so.

Add a little parsley before serving. Alice's Duck Stew is good over mashed potatoes or noodles.

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green chile pepper  
2 cups milk

In a large saucepan over medium heat, melt butter. Cook celery, onion and carrot in butter until onion begins to soften. Stir in garlic,

oregano, salt and pepper and cook 2 minutes more. Stir in corn, chicken broth, cooked chicken and chile pepper and let simmer until heated through. Stir in milk and heat gently just before serving.

*Recipe from AllRecipes.com.*

### Summer Corn Salad

Serves 4

6 ears corn, husked and cleaned  
3 large tomatoes, diced  
1 large onion, diced  
1/4 cup chopped fresh basil  
1/4 cup olive oil  
2 tablespoons white vinegar  
Salt and pepper to taste

Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness.

Drain, cool, and cut kernels off the cob with a sharp knife.

In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper.

Chill until serving.

*Recipe from AllRecipes.com.*



## Sign up for Countryside Conservancy newsletter

**T**he Countryside Conservancy has supported community-based food systems throughout Northeast Ohio since 1999. This nonprofit organization helps re-establish farms in the Cuyahoga Valley National Park and runs farmers markets there and at Stan Hywet Hall & Gardens in Akron.

Other programs help up-and-coming farmers find land, connect local growers to chefs and consumers, and educate citizens about the importance of local food systems. Sign up for their newsletter at [www.cvcountryside.org](http://www.cvcountryside.org).

Here are some of the items in Countryside Conservancy's newsletter this month:

### Looking for Volunteers

The FarmLink Program is now part of the modern era with the new online database. Farm Owners and Seekers can register on the Web and search available farms and farmers right online. However, some of the current enrollees (specifically land owners) have been slow to get their land opportunities online. Please be patient as they contact their retiring farmers and get their info up on the site. If you are interested in volunteering to phone some of the farmers and walk them through the online registration, please e-mail Meredith at [farmlink@cvcountryside.org](mailto:farmlink@cvcountryside.org).

### Countryside Conservancy Events

#### Starting Your Farm Business (New Series)

This education series for food and farming entrepreneurs is restarting this fall. If you missed the first



**Countryside  
Conservancy**

series you can start over Sept. 16. Starting Your Farm Business will be offered at the Boston Store in Peninsula from 6-9 p.m. Learn about researching and writing a farm business plan; the critical first step in starting a farm business.

The next class will be from 6-9 pm Oct. 21. Learn about where to find funding and secure start-up funding. Registration is available online.

#### Your Farm Business

The second half of the original YFB offerings has several more classes to go. It will meet Nov. 9 at the Uniontown Library for Adding Employees to Your Farm Business. This will help farmers determine if there's a need for employees and how to figure out the tax and legal considerations that come with having paid workers.

Learn about risk management and insurance for the farm business Nov. 30 at the Protecting Your Farm Business Class. The location for this particular class has not been set.

State and Federal Programs for Your Farm Business and evaluate conservation and tax savings programs for land owners will be discussed Dec. 9. This class will be held at the Uniontown Library too.

Visit [www.cvcountryside.org](http://www.cvcountryside.org) for details.

# Local Food Cleveland event Sept. 7

**J**oin the Local Food Cleveland Network Sept. 7 and check-in with old friends, make new connections and learn about exciting local food projects in Northeast Ohio. This month LFCN is showcasing new local food projects and businesses of all shapes and sizes from around Northeast Ohio.

Local Food Cleveland events are a unique opportunity to grab a great local beer and connect with new people and ideas. Whether you need to get re-energized to continue your work or you're finding your place for the first time, these events are the place to "connect, learn, do" local food.

Presenters at this event currently include:

- \* Karen Small - The Market at the Fig
- \* Brad Masi - Northeast Ohio Local Food Assessment and Plan
- \* Graham Veysey - Ohio City Farm
- \* Kelsey Fischer - Downtown Farmers' Market at



## Public Square

Do have a local food project or business you would like to introduce at this event? If so please e-mail [peter@e4s.org](mailto:peter@e4s.org) for more details.

Display tables are available for businesses and organizations who wish to exhibit their products or services at this event. Full tables are \$100, half-tables are \$50.

## Agenda

- 5:30 - 6:15 p.m. Registration and open networking
- 6:15 - 7:45 p.m. Program
- 7:45 - 8:30 p.m. More networking!

For more information, visit [www.e4s.org/events/495](http://www.e4s.org/events/495).

# Field Night at Parkman Produce



*Visitors last week to Noah Yutzy's farm got to pet a donkey, a fawn and just-born puppies. Above left: Member Erin Wagner and her kids pet the Yutzy's donkey. Above right: Noah found an orphaned fawn on his farm. Lower left: The daughter of CSA member Jenna Hull pets the fawn. Center: It's a safe bet we'll all be seeing peppers in our shares this week. Below right: Parkman Produce.*



*Photos by Michelle Bandy-Zalatoris*

## Letters from our members

**W**e are still searching for an alternate solution for the plastic bags. Our research has shown that the ethyl gas produced in various quantities by fruits and vegetables significantly shortens the ripening time when trapped in an enclosed, nonbreathable container.

We are aware of your concerns regarding the freshness of your produce and are working out a

solution. The extremely hot weather, organic packaging demands and amount of time the produce sits at some of the sites before being picked up have added some challenges.

GFF continues to receive many letters from our members. We love hearing from you. Our ears are open to your questions, comments, concerns, and naturally, your compliments. ;)

*Thanks for your continued patience.* 

Laura: Thanks! have been enjoying EVERYTHING!!! Could you send me last week's newsletter again? I saw your item about how to extend basil and don't have last week's newsletter.

Thank you.

Sincerely,

*~Chris Robertson, Deepwood*

We've been so pleased with our weekly shares. The farmers and everyone are doing a great job!

Thanks!

*~Michelle Fischer, Root Cafe*

"We are loving the CSA!!"

*~Terri Hazen, St. Noel's*

This is the fourth CSA program I have been in. This is by far the best and I will continue to sign up every summer!!

*~Lisa Adams, Eagle Creek*

I just wanted to let you know that my family and I had an AWESOME time last night. The kids simply loved it. Justin and I really had a nice conversation about it too on the way home. In this morning's paper was an article about the tainted eggs and i felt blessed that I get mine from a local, roadside farm (when I can), and I don't have to concern myself over eggs. In addition there was a miniarticle about the benefits of organic produce and farming, and I thought, "YES!!!"

The farmer's commitment and dedication to their craft is humbling! I am grateful for all their work!

And thanks to you and Laura and all the other volunteers who make this program a success. How lucky are we to have all these dedicated people bringing us this healthy food and I don't even have to do the shopping!!!

*~Jenna Hull, First Church Congregational*

## Share a favorite recipe

**D**o you have a favorite recipe for your grandmother's perfect peach cobbler, your mom's marvelous melpo ball fruit salad or your great-aunt Mabel's terrific tomato soup that you'd like to send us?

We'd love to print it in our newsletter and share it with the members of the Geauga Family Farms CSA. Just e-mail it, along with a photo if you have one, to LMFfree99@yahoo.com. We'll include it in an upcoming newsletter. 

## Ask a Farmer

**A**re 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 to BandyZ@sbcglobal.net, or LMFfree99@yahoo.com and we'll get you the answers. 

**Quote of the Week: "Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people."**

*~Elizabeth Berry*

**Veggie Tip of the Week:** to revive limp but fresh greens (lettuces, chard, beet greens...) soak them in tepid water -- not cold, and not ice water, use water that is slightly warm, like a baby's bath water. The greens will pop back to life and be crisp again. Learned this tip from a produce manager with Whole Foods. I think it works because the fresh greens take in the warm-ish water as they would water from the ground, the warm soil. *~Kathleen Webb*

# Order your bulk veggies now

The farmers of the CSA have asked us to let everyone know that they have some extra bulk veggies perfect for canning or freezing. Items include green peppers, cucumbers and canning tomatoes. They are great for making pickles, sauces and salsa.

Wouldn't it be nice to open up a jar of summer's goodness in January?

Please see the form below if you are interested in ordering any of these items. They can be delivered to your pick-up site. Quantities are limited so place your order soon!

CANNING TOMATOES – 20 LB. BOX \$10.00

#1 QUALITY GREEN PEPPERS – BUSHEL \$24.00

GREEN PEPPERS (SECONDS) – BUSHEL \$12.00

Please fill out the form below and mail it with a check\* to:

Geauga Family Farms  
Attn: Roseanna Hershberger  
15549 Patch Road  
Middlefield, Ohio 44062

\* Checks should be made out to Geauga Family Farms



## BULK PRODUCE ORDER

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Pick-up site location: \_\_\_\_\_

I would like:

\_\_\_ CANNING TOMATOES (x \$10)

\_\_\_ #1 GREEN PEPPERS (x \$24)

\_\_\_ GREEN PEPPERS (SECONDS) (x \$12)

ORDER TOTAL: \_\_\_\_\_



## Please return ALL containers

Jars -- jelly/jam jars, maple syrup jars, honey jars, cucumber jars, in short, anything that comes in a jar -- are being added to the list of containers to return to your pickup site. The idea for this came from member Michael Sharon, who picks up at Ruffing Montessori School.

We recently added the clear plastic containers

in which you receive your cherry tomatoes, jalapeño peppers, berries and more. 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!



# Campaign aims to make Meatless Mondays hip

Aired Aug. 9, 2010, on Morning Edition on NPR  
Photo & Story by Allison Aubrey

**T**here's a movement afoot aimed at changing the way we eat one day a week. The Meatless Monday campaign is backed by public health advocates, chefs and suburban moms who want to tackle the problems of cholesterol and heart disease. One risk factor for these chronic conditions is consuming too much saturated fat — the type of fat found in meat.

Sid Lerner, 79, learned the art of persuasion during his 50-year advertising career on Madison Avenue. One of the most successful campaigns he ever worked on was the "Squeeze the

Charmin" campaign. In the commercials, grocery shoppers can't keep their hands off the irresistibly soft Charmin toilet paper.

Lerner has a good laugh thinking back to those commercials. Making something dull seem irresistible was a leap, but he says he basically faces the same challenge selling the concept of Meatless Monday. He has to turn the mundane idea of "moderation" into something irresistible.

Read or listen to the entire story at <http://tinyurl.com/34guykg>.



Sid Lerner

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

**O**ur 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.*

**Sept. 11 Assorted farms, TBA**



## Order extras weekly

**S**ome 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. 

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

#### Mailing address:

Geauga Family Farms For more information, call 440-478-9849  
17050 Nash Road Web site: [www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org)  
Middlefield, OH 44062 Editor: Laura Dobson, [LMFree99@yahoo.com](mailto:LMFree99@yahoo.com)

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