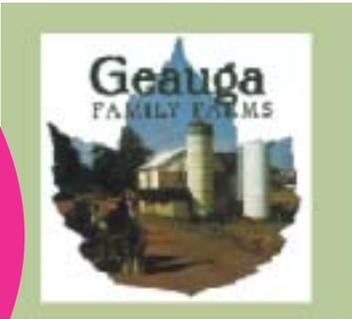




If you haven't done so, please take our survey!



what's "cropping" up!

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

**p5 Sustainability Week**

**p7 Safe Pepper Handling**

## Are you getting your fair share?

Laura Camino, volunteer at the St. Noel pickup site in Willoughby Hills, had heard grumblings from some of the CSA members who pick up at her site that perhaps they weren't getting their money's worth.

So, to prove to the St. Noel members they are indeed getting what they paid for, she priced last week's Family and Single shares at a local grocery store.

The 13 items in the Family Share would have cost \$37.69 at the grocery store, and it wouldn't have been all organic!! Six of the 13 items were

unavailable as organic at the grocery store. Imagine how much more expensive it would have been at the grocery store if we had found organic prices for ALL the items!

Last week's Single Share at a local grocery store would have cost you \$26.86! Three of the 10 items were not available as organic...add on a couple of dollars to compensate for that and ***you pay about 25 percent less than what you'd pay at the grocery store!***

See **FAIR**..... Page 4

## Gobble, gobble-order your Thanksgiving turkeys now!

Andy and Laura Miller have soup hens available for \$5 apiece. These are not suitable for roasting, but work well in a big pot of soup or stew.

The Millers and Marvin Hershberger also have Thanksgiving turkeys available for \$2.50/pound.

Call the Millers at 440-548-5697 or the Hershbergers at 440-548-2399 to place your order. Poultry must be picked up at the farms.



## This week's picks

Coming this week to your CSA box ***could be some or all of the following:*** Tomatoes (heirloom, cherry), peppers (green, colored), onions, squash (yellow, zucchini, acorn, butternut, Delicata bush), eggplant, green beans, cabbage, potatoes (red or brown, and sweet) lettuce, Swiss chard, okra, pears and grapes.

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 posted on Facebook by GFF member Lyn Trier. 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. 

## A guide to winter squash - from acorn to turban

Winter squash have thick, tough shells that protect the sweet, rich flesh inside which makes them excellent storage vegetables. Some varieties are available year-round, but their natural season runs from late summer to mid-winter. Always choose winter squash that feel heavy for their size.

### Acorn Squash

Until the recent rise in popularity of butternut squash, acorn squash were the most commonly available squash in the U.S. They are a great all-around squash, with moist, sweet, tender flesh. They are good for roasting, baking, steaming, mashing, and sauteeing. Smaller ones are perfect for stuffing and make an excellent vegetarian main course for special occasions like Thanksgiving.



Acorn squash are round, with even grooves around the entire squash. They are mostly dark green, with occasional splotches of orange and yellow. The flesh is a slightly yellowish pumpkin orange. They tend to weigh between 12 oz. and 2 pounds.

### Butternut Squash

Butternut squash is the sweetest winter squash. Its flesh is thick and moist and hides very few seeds; its peel is comparatively thin and easy to peel. Its a versatile squash that roasts, and sautees quickly. Best of all, it mashes and purees smoothly, with no thick strands or fibrous bits, making it perfect for soups.



Butternut squash is an elongated pear shape with

pale tan peel and bright orange flesh. They usually weigh between 2 and 3 pounds.

### Delicata Squash

Delicata squash is small, oblong and cheerfully striped in bright yellow, dark green and orange. The peel is exceptionally thin and is, in fact, edible (although many, including me, choose not to partake). Because of its thin skin, however, it does not store as long or as easily as other winter squash. Check Delicatas for bruises, cuts, and soft spots before buying. The flesh is sweet, nutty, and a bit drier than other squash with a distinct corn-like flavor. It is particularly delicious roasted with butter or stuffed and baked.



Delicata squash tend to weigh less than a pound.

### Hubbard Squash

Hubbard squash are about the largest winter squash you'll find for sale (besides field pumpkins, that is). For that reason, they are often sold in pre-cut and seeded chunks of a size more appealing to home cooks. Hubbard squash are remarkably sweet with a clear pumpkin flavor. They sweeten as they're stored and their extra-thick skins help them store through the winter (up to five months if kept properly cool and dry). Hubbard squash are at their best when roasted. Try them seasoned with rosemary and black pepper or try them roasted and then mashed with plenty of butter and warm spices like cumin and nutmeg.



Hubbard squash are very large tear-shaped squash with skins that range from dark green to a

See **GUIDE**..... Page 3

**GUIDE.....continued from Page 2**

pale grayish blue.

**Kabocha Squash**

Kabocha squash have a remarkably sweet and tender flesh with a slightly nutty flavor. The peel is really more of a rind and is difficult to cut. The dense, smooth, sweet flesh is so tasty it needs very little fuss in preparation. Roasting it or slicing and baking it with a bit of butter or oil and salt are all this delicious squash needs. The dense flesh also holds its shape with cooked, even in liquids, which makes it perfect for using as chunks in soups or steamed dishes. It pairs well with ginger and sesame as well.



Kabocha squash are large, round, and squat. They are dark green and mottled, often with bumpy skin and make lovely table decoration until they're cooked.

**Pumpkins - Heirloom & Roasting Pumpkins**

Pumpkins! Yes, pumpkins are winter squash. Field pumpkins, like those used for jack o' lanterns, have dry, flavorless flesh. They can be used as baked tureens for soup, but are otherwise best left for carving and decoration. Some varieties, however, can be roasted or turned into soups just like other scrumptious winter squash. Look for French varieties, pumpkins labeled "Cinderella" pumpkins and Blue Hokkaido (pictured).

**Pumpkins - Sugar Pie & Sweet Pumpkins**

"Sugar pie" and other



smaller, sweet pumpkins make for great eating and can be used just like acorn squash. The smaller specimens can be hollowed out, roasted until tender, and filled with savory custards or small portions of soup for a fun dinner party treat.

Look for pumpkins labeled sweet, sugar, or cheese pumpkins. You can bake, roast, mash or puree these eating pumpkins just like other winter squash.

**Spaghetti Squash**

Spaghetti squash are all about the texture. Once cooked the flesh pulls apart into thick, slightly crisp, spaghetti-like strands. Many people then serve this stranded flesh with tomato sauce. I don't find that's the best use of this juicy, mild squash. It is delicious buttered and salted or cooked in a gratin or casserole in a creamy sauce or with plenty of cheese.



Spaghetti squash are large, weighing in over 3 pounds, with pale yellow-white skin.

**Turban Squash**

Turban squash come in lovely, irregular, turban shapes and a range of mottled green, orange and yellow colors. They have interesting bumpy skin and are widely used as decoration. They can, unlike decorative gourds, be roasted and eaten. They have a floury texture that works well in soups, and large ones make excellent edible soup tureens when roasted until tender and filled with soup.



Turban squash have a mild flesh that takes well to a wide range of seasonings.

Enjoy all your winter squash!

**Roasted Butternut Squash Soup**

Nonstick vegetable oil spray  
1 2-pound butternut squash, halved lengthwise, seeded  
2 cups (about) canned low-salt chicken broth  
Pinch of grated nutmeg  
1 cup nonfat milk  
Nonfat sour cream (optional)  
Chopped fresh chives or green onions (optional)

Preheat oven to 375°F. Spray 13x9x2-inch glass baking dish with vegetable oil spray. Place squash cut side down in prepared dish. Pierce each squash half several times with toothpick or skewer. Bake until

squash is tender, about 45 minutes.

Using large spoon, scrape squash into processor; discard peel. Add 1 1/2 cups broth and nutmeg and puree until smooth. Transfer puree to heavy large saucepan. Mix in milk and enough broth to thin to desired consistency. Stir soup over medium heat until heated through.

Season to taste with salt and pepper. Ladle soup into bowls. Top with dollop of sour cream and chives, if desired.

*Recipe from Epicurious*

See **RECIPES.....** Page 4

**FAIR...continued from Page 1**

Family Share = \$650.00 for 20 weeks or \$32.50 per week

Single Share = \$400.00 for 20 weeks or \$20.00 per week

What are the grocery stores charging right now for last week's produce?

Item	Organic available?	Price	Per item price
Corn	no – conventional	5 for \$2.00	.40 per ear
Cherry tomatoes	yes - organic	\$3.89 per pint	
Green peppers	yes – organic	\$3.99 /lb.	\$2.00 per pepper
Colored peppers	sometimes	>\$3.00/lb	>\$2.00 per pepper
Green beans	no – conventional	\$1.49/lb	\$1.49 per bag
Eggplant	yes – organic	\$3.99/lb	\$3.99 ea. - 1 med. or 2 small
Onions	yes – organic	\$3.99/bag	.57 per onion
Tomatoes	yes – organic	\$2.49/lb	\$1.25 per tomato
Yellow squash	no – conventional	\$1.49/lb	.75 per squash
Zucchini	yes – organic	\$3.49/lb	\$1.60 per zucchini
Watermelon	no – conventional	\$3.99/small one	\$3.99 per melon
Potatoes	usually available in organic, but not 9/10	\$3.29/1.5lb bag	\$1.65 per csa bag
Hot peppers	no – conventional	\$3.99/lb	\$1.33 for 4 hot peppers

**Note:** Data collected Sept. 10, 2010, at Giant Eagle in Willoughby.**RECIPES...continued from Page 3****Stuffed pumpkin or acorn squash**

3 small acorn squash or small pumpkins  
 1/2 lb. lean ground beef  
 1 large onion, minced  
 1/4 cup parsley, chopped  
 4 cloves garlic, minced  
 1/2 tsp. paprika  
 1/2 lb lean fresh pork, ground  
 1 cup Pepperidge Farm herb stuffing  
 1 cup low sodium chicken or beef broth  
 melted butter

Combine ground meats, stuffing, chopped onion, parsley, garlic, paprika and broth. Mix lightly but well. Season with a pinch of salt and

black pepper.

Cut pumpkin or squash into halves; scrape strings and seeds from inside (save seeds for roasting). Discard stringy pulp.

Parboil the pumpkin or squash, cut side down in a small amount of boiling water for 5 minutes. Remove from water and pat dry. Brush with melted butter.

Divide stuffing mixture evenly among the pumpkin halves; brush over stuffing with butter.

Bake in a preheated 350°F oven for about 1 hour, or until the squash is tender.

*Recipe from Cooks.com.***Members share their favorite recipes**

**K**irsten Radivoyevitch, who picks up at St. Paul's Episcopal Church, shared this recipe with us. "It can be served as a main course with crusty bread, over pasta or rice, or as a pork side dish," she writes.

**Winter Squash with Tomatoes**

3T olive oil  
 1 large clove garlic, diced  
 2 or 3 pound winter squash, peeled and sliced

small onion, cut into rings  
 2 or 3 large tomatoes, diced  
 pinch of dried Italian herbs  
 3 fresh rosemary sprigs, leaves chopped  
 salt and pepper

Heat oil and garlic in a large pan. Saute squash in it until golden brown. Add tomatoes, onion, herbs, and rosemary. Season with salt and pepper to taste.

Enjoy!

## Oct. 2-10 is Sustainability Week in the Heights

The Sustainable Heights Network invites everyone to participate in Sustainability Week 2010, a week-long series of community events planned for Oct. 2 - 10.

Tour a solar-powered house in Cleveland Heights, ride your bike to the farmer's market, hike Doan Brook or participate in a Green Assets Mapping Party in historic Coventry Village.

The week is hosted by the Sustainable Heights Network, an active and open group of more than 50 organizations and individuals that came together in April to celebrate the work undertaken by the people, the community and the organizations of Cleveland Heights and University Heights to improve their quality of life and to inspire others to become involved. The network is an outgrowth of Sustainable Cleveland 2019, a process that seeks to mobilize Greater Cleveland



to create a green and sustainable economy by the year 2019.

The Nature Center at Shaker Lakes, the Cleveland Heights Bicycle Coalition, FutureHeights, Council Gardens Organic Gardening program, the City of Cleveland Heights, the Home Repair Resource Center and many others, are sponsoring a week of education and fun activities for the entire community that showcases the three pillars of sustainability: environmental, economic and social well-being.

All Sustainability Week events will be open to the public.

For a list of activities and opportunities to get involved, visit [www.sustainableheightsnetwork.blogspot.com](http://www.sustainableheightsnetwork.blogspot.com), e-mail [sustainablehts@gmail.com](mailto:sustainablehts@gmail.com), or call 216-320-1423.

*Sent in by Deanna Bremer Fisher, executive director of FutureHeights.*

## Overloaded From Your Garden? Just Can It

Morning Edition Sept. 2, 2010

by NPR Staff

Canning — the source of jams, pickles and relishes that can seem tied to the last century — is on the upswing. There is a debate whether the trend stems from the tight economy or the local food movement, but its fans say the results are delicious.

### Canning Summer's Bounty

Food blogger Cathy Barrow says she cans to enjoy fresh and local food through the winter, and into the next growing season.

"I guess it was four or five years ago, I started going to farmers markets five times a week," Barrow tells Linda Wertheimer. "And I get enamored of the food, I can't help myself. And there are only two of us, but I come home with enough for eight — so I had to learn to do something with it."

The idea of canning 20 pounds of vegetables may seem like a daunting task, but Barrow insists that it's easy to learn. To spread the gospel, she teaches canning classes and blogs about it on her

Web site, Mrs. Wheelbarrow's Kitchen.

"I want to dispel the notion that it's hard and takes a lot of time to can," she says.

Canning is a great way to enjoy local produce from the farmer's market year-round, says food blogger Cathy Barrow.

It may not take time, but it does take tools — most of it from the hardware store, and not very expensive: a case of jars, which comes with lids that seal. Barrow boils the lids and rings in a saucepan, and runs the jars through a cycle in the dishwasher to sterilize them.

In addition to cookbooks and recipes, Barrow collects canning equipment. Her favorite tool, she says, is a magnetic lifter, to get lids and rings out of hot water. "It was 99 cents and it stopped me from burning my fingers, so that was a good move," Barrow says.

And then there's the sound that every home canner loves to hear — the little thunk that tells you the lid is airtight, and a morning of hard work has ended with delicious food safely sealed.

"The music of the jars!" Barrow says.

Like us on

facebook

Follow us on



## Grazing Days...Farm Visits Up Close & Very Personal

**E**leven area farms will open their fields and barns for personal visits from 1-4 p.m. Sept. 25 and 26.

You are invited to select any of these area farms to visit. They are all working farms growing a cornucopia of vegetables and fruits and many raising animals and poultry. Some have stores selling jams, honey, even wool products. If you are looking for a place to order a CSA in 2011 this is the time to meet the farmers and see the harvest.

Each farm family will welcome visitors who can drop by and learn first hand where the outstanding local food that has become more and more available at farmers' markets and grocery stores is grown and raised. This event is free. Some farms are open both Saturday and Sunday while some are open either one day or the other.

Cleveland Bioneers is sponsoring this inaugural event. Bioneers holds an annual conference with national and local innovators seeking nature-based solutions to many of our most pressing problems. Locally Bioneers seeks to provide opportunities to inform and to ignite action. Connecting our food to its regional sources by creating a weekend to visit a variety of farms is just one event Bioneers will sponsor throughout the year.

Access details of participating farms at

**www.bioneerscleveland.org.**

**Geauga County:** Geauga Family Farms - Miller Organic Produce, Andy J. and Laura Miller  
Open Saturday ONLY. 17201 Bundysburg Road, Middlefield.

**Directions:** From the Cleveland area – Take 422 east to Rte. 528. Turn left on Rte. 528. Turn right on Nash Road. Turn left on Bundysburg Road. OR take Kinsman Road (Rte. 87) east through Middlefield. Turn right on Rte. 528. Turn left on Nash Road. Turn left on Bundysburg Road. 440-548-5697

**TO DO:** This is a certified organic farm that grows a broad range of fruit and vegetables to supply the Geauga Family Farms Organic CSA. Andy and Laura also raise chickens. They have a small farm stand on site, with a range of products available.

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

**Also in Geauga County:** Great American Lamb Company, Hanley Home Grown

**Cuyahoga County:** Clear Lake Farms, Blue Pike Farm

**Wayne County:** Killbuck Valley Mushroom Farm, Rittman Orchards

**Summit County:** Brunty Farm, Greenfield Berry Farm

**Columbiana County:** Heritage Lane Farm

**Stark County:** Simon Organic Family Farm

## Bring your pitch fork and Dig In with Slow Food USA

**S**omething groundbreaking will be happening near you Sept. 25. In Berkeley they're building a chicken coop, in Chattanooga they're helping local farmers with their harvest, in Atlanta they're planting fruit trees at two local

 **Slow Food USA**

schools.

It's all part of "Dig In" - a day to break ground at gardens and community events, then break bread at the end of the day to celebrate.

Whether it's building a garden in your local school, helping feed the hungry at a food bank, or pitching in at a backyard harvest, Dig In events will be a fun way to connect with like-minded people in your area - or an excuse for a great day out with your friends!

It could be as small as you and your kids weeding your own garden, or as large as building a school greenhouse (they're doing it in Missouri!) - the important thing is to celebrate our community and food traditions, and then to sit down at the end of the day together for a great meal.

All over the country on Sept. 25 people will be breaking ground then breaking bread. It's part of being a powerful grassroots movement that can bring about the change we want to

our entire food system - and have a great time in the process, helping our communities!

So visit [www.slowfoodusa.org](http://www.slowfoodusa.org) to find out what's already happening in your town, or create your own event.

We can't wait to break bread with you!

*The Slow Food USA team*

P.S. "Dig In" is going to be great - simultaneous local projects all over the country to create a world where food is good for you, good for the planet and good for the grower. And it's going to be great fun! Visit <http://tinyurl.com/3xqozxn> to find out what's happening near you Sept. 25.



# Pepper Safety: Protecting hands, eyes, mouth

**P**eppers can be hot. To be safe, if you're not sure whether you are cutting into a hot or sweet pepper, assume it is hot and take care. Below are more safety measures to take when cutting hot peppers.

## Protecting Your Hands

I keep a box of sterile rubber gloves without powder, just for the purpose of handling and preparing hot veggies. It's important to protect your hands before you handle spicy foods, not just to protect your hands, but also to protect your eyes and other sensitive areas of the body. Even after thoroughly washing my hands I've had remnants of hot peppers get into my eyes from beneath my nails, and it's an extremely painful experience. In addition, the gloves allow you to safely handle and prepare hot peppers when skin is broken. I've had small cuts on my fingers, and hot peppers in an open wound would be excruciatingly painful.

To remove the rubber gloves after handling and preparing hot peppers, simply turn the gloves inside out and dispose of them in a trash receptacle, but only remove them after cleaning up. It's

also important to wash hands even after wearing gloves. It's real easy to forget and touch the countertop, cutting board, or kitchen knives and end up with hot pepper juice on the skin or in the eyes.

## Protecting Your

## Eyes-You Can't Be Too Careful!

As previously mentioned, it's important to protect the eyes when handling and preparing spicy raw vegetables. I wear clear safety glasses when handling and working with hot peppers. I started wearing eye protection after pepper juice

ended up in my eye. Before I could stop the burning pain, I had to take the time to wash my hands thoroughly, and I had to wash out my eye with clear water for several minutes. It might look a little ridiculous, but I'd rather take precautions and protect my eyes than risk getting hot juice in my eyes ever again.

## The Importance of Hand Washing After Preparation

My ex-husband was careful about hand washing before handling or preparing food, but he didn't consider the importance of hand washing after handling hot peppers - until he used the bathroom and found out how hot those peppers really were. He washed his hands after coming out of the bathroom, but the burning he experienced in an unmentionable area reminded him to wash his hands before using the bathroom in the future. It's funny now, but at the time it wasn't a laughing matter.

## Putting Out the Fire

Safely handling and preparing hot peppers is important, but it's also important to know how to put out the fire. If you've eaten hot peppers and your mouth feels like it's on fire, don't go for the water. It won't do a thing to lessen the burning pain. Instead, have a glass of milk or another dairy product such as a spoonful or two of sour cream. It should safely put out the fire and end the pain.

As previously mentioned, I love hot peppers, but I don't love peppers that are too hot to taste. I always remove the seeds and the white membrane inside the peppers. I also boil away the spice that causes the unbearable heat. The boiled peppers retain their delicious flavor, but they lose a lot of the fire that many people can't tolerate.



**Quote of the Week:** *"We think fast food is equivalent to pornography, nutritionally speaking. ~Steve Elbert*

**Veggie Tip of the Week:** HOT PEPPERS - HOW TO HANDLE. See above.

## 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.

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

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!



### 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: \_\_\_\_\_



## Order extras weekly

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. 

## 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.

## Taste of Home Cooking School comes to women's show

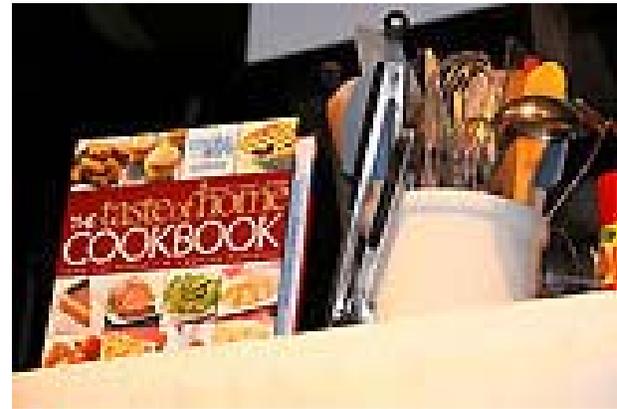
Cleveland Women's Show  
October 1-3, 2010, International Convention Center

**D**rop your whisks, grab your friends and head for the Taste of Home Cooking School show, presented live at the I-X Center during the third annual Cleveland Women's Show Oct. 2. There will be Taste of Home Cooking Schools held at 11:30 a.m. and 4:30 p.m. Tickets for the cooking school are \$15 and includes admission to the Women's Show.

The show returns to the I-X Center from Oct. 1-3 with three days of ideas, products, tips and advice to help women live their best lives right now.

The show features fashion shows, celebrity appearances, cooking demonstrations, beauty tips, health screenings, decorating ideas and personal growth opportunities-all tailored especially for women.

This year's show also promises more than 300 exhibitors ranging from boutiques and jewelers to travel destinations and health care professionals. Entertainment journalist and television personal-



ity Giuliana Rancic will make an appearance. Get money-saving tips from CouponQueen and see Cleveland Firefighter Fashion Shows.

Show hours are Friday 10 a.m.- 8 p.m., Saturday 10 a.m.- 8 p.m., Sunday 10 a.m.- 5 p.m.

Adults \$10 at door; \$9 in advance online; youth (6-12), \$5 at door and online; ages 6 and younger free with paying adult. Advance discount tickets are available at Discount Drug Mart locations.

For tickets or more information, call 800-849-0248 or visit [www.ClevelandWomenShow.com](http://www.ClevelandWomenShow.com).

## 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.*



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

#### Mailing address:

Geauga Family Farms  
17050 Nash Road  
Middlefield, OH 44062

For more information, call 440-478-9849  
Web site: [www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org)  
Editor: Laura Dobson, [LMFree99@yahoo.com](mailto:LMFree99@yahoo.com)

*The Fair Share* is a weekly e-newsletter produced by Geauga Family Farms.