



what's "cropping" up!

- **p2 Eagle Creek, Sage's pick-up updates**

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- **p3 Upcoming E4S event**

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- **p4 Farm Visits**

## We don't want to ruin the surprise, but...

**W**arning! Spoiler in this article. Don't read any further if you are one of our members who likes to be surprised each week by what you will find when you open your CSA share. We know you like the idea of Christmas every week.

If you're one of our members who has e-mailed us asking us to let you know what will be in the box so you can do your grocery shopping before receiving your share, read on!

In this week's share, CSA members may find

## Ch-ch-ch-changes...

**W**e have received many requests for changes of pickup location, as well as a litany of other requests for changes. We have made all those changes and have now made the final updates to the database and will not be able to make any others.

## We appreciate you

**T**he farmers would like to thank those of you who have sent us kind e-mails thanking us for what we're doing.

We've heard from people who love just the idea of belonging to the CSA, we've heard from some who just want to thank us for our part in supporting the local food movement, and from others still who are grateful that we are growing all our produce organically, helping them lead healthier

*Thanks again for your membership!*

The Farmers of Geauga Family Farms Organic CSA

Noah Yutzy, Jr.  
 Andy J. Miller  
 Marvin Hershberger

Daniel Fisher  
 Lester Hershberger  
 Abner McDaniels

Jonas L. Byler  
 Thomas C. Byler  
 Dominic Marchese

lettuce, turnips, beets, tomatoes, zucchini, scallions, swiss chard, broccoli, strawberries and eggs. *Shares later in the week may include different items.* Remember, we're dealing with Mother Nature and she can be a bit mercurial.

Family and Single shares also won't 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 of that item to go around, or because you have a Single share and the item in question was included in the Family share only. 

If someone will be picking up your share due to the fact you will be on vacation, it's no problem. Just let the person picking up for you that they just need to give your name when they pick up.

We can still add additional e-mail addresses if need be; just let us know. 

lifestyles and not polluting the environment with needless pesticides.

We would also like to thank you for your part in supporting local agriculture and for sharing the news of your participation with your family and friends. Word of mouth is the best way for others to learn about us, and to ensure the continued success of geauga Family Farms, as well as the continuation of the CSA model. 

## Sage's, Eagle Creek pickups

For those of you picking up at Eagle Creek and Sage's please check to be sure you are taking the correct bag/box. Your name will now be on your bag or box.

Please note the times the establishments close as well. Eagle Creek closes at 6 p.m. Sage's closes at 5:30 p.m. now, and will close at 6 p.m. after the Fourth of July.

The site managers will not remain open late for you to come pick up your share. They also cannot be expected to take phone calls asking them to leave your share outside. Neither they, nor Geauga Family Farms, is responsible for the condition or disappearance of your share in those instances.

Thank you for your understanding. 

## Share your delicious recipes

Several GFF CSA members have sent in recipes for the favorite veggies, so we thought we'd share some with you. This week, we heard from member Jessica Ita.

Feel free to share your favorite recipes with us and we'll try to include them in an upcoming newsletter. Please e-mail them to Laura Dobson at LMFree99@yahoo.com.

### ROASTED KOHLRABI

Serves 4

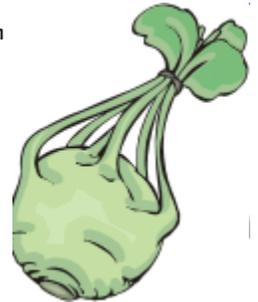
1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced  
1 tablespoon olive oil  
1 tablespoon garlic (garlic is optional, to taste)  
Salt  
Good vinegar

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. (The kohlrabi can be tossed with oil and seasonings right on the pan but uses more oil.) Spread

evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar (best at the table so the kohlrabi doesn't get squishy). 

RECIPE INSPIRATION

Adapted from Vegetables Every Day by Jack Bishop



### Radish Salad

Serves 4

2 cups thinly sliced radishes  
3 tablespoons thinly sliced green onions with tops  
1/2 cup finely diced Swiss cheese  
1 clove garlic finely minced  
1/4 teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
1 tablespoon tarragon vinegar  
1/2 teaspoon Dijon mustard  
3 tablespoons extra virgin olive oil  
Lettuce leaves

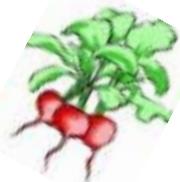
Place radishes, onions and cheese in a medium bowl then mix well.

In a small bowl combine garlic, salt and pepper and mash with a fork until blended.

Add vinegar and mustard then mix well. Gradually whisk in oil until well emulsified and pour over salad.

Cover and refrigerate 2 hours.

Serve over lettuce leaves on individual salad plates. 



### Berries with Mascarpone

Serves 6

1/4 cup balsamic vinegar  
5 tablespoons sugar, divided  
1/2 teaspoon black peppercorns, crushed  
1/2 cup mascarpone cheese  
1/2 cup heavy cream  
1 tablespoon pure vanilla extract  
4 cups mixed berries such as strawberries, blueberries, raspberries and blackberries

Mix vinegar, 1 tablespoon of the sugar and crushed peppercorns in medium saucepan on medium heat until sugar dissolves. Bring to boil and boil about 5 minutes until syrup is reduced to about 2 tablespoons. Transfer to small bowl; cover. Cool completely.

Mix mascarpone cheese, cream, 2 tablespoons of the sugar and vanilla in large bowl with electric mixer on low speed. Beat on medium-high speed until thick and soft peaks form. Cover. Refrigerate until ready to serve.

Meanwhile, mix berries and remaining 2 tablespoons sugar in medium bowl. Add cooled balsamic mixture; toss gently to coat well. Let stand at room temperature 30 minutes. Divide berry mixture among 6 serving bowls. Spoon mascarpone topping over berries to serve. 



***"Agriculture, manufactures, commerce and navigation, the four pillars of our prosperity, are the most thriving when left most free to individual enterprise." ~Thomas Jefferson***

Recipe from Pacific Coast Farmers' Market Association

## Kale and White Bean Soup

- 1 lb dried white beans ( Great Northern, cannellini, navy)
- 2 onions, coarsely chopped
- 2 tablespoons olive oil
- 4 garlic cloves, finely chopped
- 5 cups chicken broth
- 2 qts water
- 1 (3- by 2-inch) piece Parmigiano-Reggiano rind
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 bay leaf
- 1 teaspoon finely chopped fresh rosemary
- 1 lb smoked sausage, sliced crosswise 1/4 inch thick
- 8 carrots, halved and cut crosswise into 1/2-inch pieces
- 1 lb kale (preferably lacinato), stems and center ribs discarded and leaves coarsely chopped



Cover beans with water in a pot and bring to a boil. Remove from heat and let stand, uncovered, 1 hour. Drain beans in a colander and rinse.

Cook onions in oil in an 8-quart pot over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add garlic and cook, stirring, 1 minute. Add beans, broth, 1 quart water, cheese rind, salt, pepper, bay leaf and rosemary and simmer, uncovered, until beans are just tender, about 50 minutes.

While soup is simmering, brown sausage in batches in a heavy skillet over moderate heat, turning, then transfer to paper towels to drain.

Stir carrots into soup and simmer 5 minutes. Stir in kale, sausage, and remaining quart water and simmer, uncovered, stirring occasionally, until kale is tender, 12 to 15 minutes. Season soup with salt and pepper.

Pacific Coast Farmers' Market Association



## Spicy Bok Choy in Garlic Sauce

Serves 4

- 1 pound bok choy
- 1 tablespoon vegetable oil
- 1 tablespoon sesame oil
- 1/4 cup water
- 1 teaspoon grated fresh ginger root
- 2 cloves garlic, minced
- 1 tablespoon oyster sauce
- 1 tablespoon light soy sauce
- 1 tablespoon brown sugar
- 1/8 teaspoon crushed red pepper flakes (optional)



1. Trim off the ends of the bok choy and chop, keeping the white parts separate from the green as they will need to cook longer. Rinse and spin or pat dry. Set aside.

2. In a small bowl or cup, stir together the vegetable oil and sesame oil. In a separate larger bowl, stir together the water, ginger, garlic, oyster sauce, soy sauce, brown sugar and red pepper flakes. Set this aside.

3. Heat the oil in a large skillet or wok over medium-high heat. Add the bok choy stems first; stir fry for a few minutes or until the pieces start to turn a pale green. When stems are almost cooked, add the leaves; cook and stir until leaves are wilted, 1 to 2 minutes. Remove from the heat and transfer the bok choy to a serving dish. Pour the sauce into the skillet or wok, and set over medium-high heat. Cook, stirring constantly, until sauce has thickened slightly, about 3 minutes. Pour over the bok choy and toss lightly to coat.



Recipe from Allrecipes.com

## Discover the Possibilities of Biomimicry + Polymers

Many of those interested in sustainable farming also are interested in other sustainability efforts. E4S, Entrepreneurs for Sustainability, is a diverse network of leaders who are putting the principles of sustainability to work for their businesses and the region. The group holds networking and educational events in different locations each month.

**What:** BiomimicryNEO Action Network Event

**When:** Tuesday, June 22

**Where:** Cleveland Metroparks Zoo

**Admission:** Free

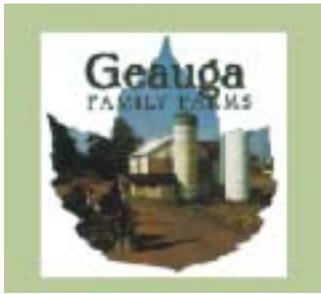
Join E4S and the BiomimicryNEO Network as we explore how biomimicry\* is inspiring new polymer research and design. Peter Niewiarowski, evolutionary biologist and Director of the Integrated Bioscience Program at The University of Akron, will share how their research on the gecko is advancing polymer design. Peter will be joined by an engineer, designer and business innovator to discuss how Life's Principles, the guiding principles of the biomimicry design model, might inspire new research, product and business opportunities.

This event is the first in a series of monthly network events hosted by E4S and the BiomimicryNEO Network Core Group to engage biologist, engineers, designers and business innovators in the use of biomimicry to inspire new possibilities.

### Featured Panelists:

- \* Biologist: Peter Niewiarowski, Director, Integrated Bioscience Program, University of Akron
- \* Designer: Doug Paige, Assoc. Professor Industrial Design, The Cleveland Institute of Art
- \* Business Innovator: Tom Tyrrell, Managing Director, Collaborx
- \* Engineer: TBA





## Bugs like us too...our produce anyway!

Due to the recent wet weather, we have more than the usual number of bugs in our lettuce. It has been rinsed, rerinsed, and rinsed again, but take a good look through your greens before eating just in case we missed any.

## Author Michael Ruhlman writes about GFF

**G**eauga Family Farms' celebrity CSA member, Cleveland Heights author Michael Ruhlman, is writing a weekly blog about his CSA share! Ruhlman is the author of "The Making of a Chef," and "The Soul of a Chef," the latter featuring local Iron



Chef Michael Symon, whose latest restaurants include B Spot Burgers and Bar Symon.

Read this week's blog at <http://ruhlman.com/2010/06/csa-week-1-braised-kale-with-pancetta.html>.



### Farm Visits

#### Meet the Farmer Dates 2010

Fourth Tuesdays – 6:30-8 p.m.

Second Saturdays – 1-4 p.m.

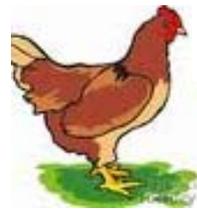
*Individual farms to be announced.*

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 from June 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.

**Visit Marvin Hershberger's farm Tuesday, June 22.** Marvin will be happy to take visitors on tours of the farm. Those of you who pick up at the warehouse have most likely met Roseanna, Marvin's daughter. She orders and organizes all the produce and gets it ready to be shipped to the pickup locations three days a week. Be sure to thank her for all her hard work.

## Cluck-cluck, moo-oo-oo

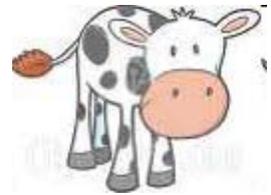
**F**ree-range chickens are fed organic minerals; most are fed conventional feed.



Several of the GFF farmers have chickens available NOW! The freshly butchered chickens are \$2.50 a pound. Most weigh in at about 4 pounds or so.

Please call Michelle Bandy-Zalatoris at 216-

321-7109 or Laura Dobson at 440-478-9849 to place your order. Chickens MUST be picked up at the farms.



Also available is grass-fed, pastured beef. For CSA members, the cost is \$3.75 per pound delivered with your shares. Contact Kathleen Webb at 216-408-7719 or [gfamilyfarms@aol.com](mailto:gfamilyfarms@aol.com).

# www.geaugafamilyfarmsllc.org

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

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