

what's "cropping" up!

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First Church helps others "eat their way to salvation"

This week we are profiling First Church Congregational in Painesville. First Church, one of the first pickup sites to come on board this season, is celebrating its 200th anniversary this year. They have chosen to celebrate this major milestone with food, at least in part.

Associate Pastor Kay Grice tells why First Church chose to become a pick-up site for the Geauga Family Farms CSA program.

"Eating and preparing food is not usually thought of as a spiritual practice," Kay said. "However, in January one of our small groups read an essay, 'Heavenly Soufflé,' by Kimberlee Conway Ireton, from the September/October 2008 edition of *Weavings, A Journal of the Christian Spiritual Life*. For Ireton, preparing her family's meals is an important part of her spiritual discipline. She compares food and eating to the Eucharist, the Lord's Supper, Holy Communion, whatever your tradition calls it, the central ritual of the Christian faith. Ireton also wrote about the Community Supported Agriculture programs around the country. Our group was intrigued by the essay. The essay stayed in my heart well after we read it. I even did a little research and learned about Geauga Family Farms. A couple of weeks later one of our



Pastor Tom Cofer with his share and extras order.

Sunday school classes, who knew nothing of the essay or my research, presented the Geauga Family Farms program and the possibility of being a distribution center to our council for approval. As a community of faith, First Church is always looking for ways to serve the community. Geauga Family Farms is an exciting and new approach to doing so. The Spirit does indeed work in mysterious ways."

Kay and other volunteers like Kathy Jahn and Doug Smith say their favorite part of distributing the produce is all the new people the program has brought into their lives.

"Throw in the beautiful healthy food and what more could anyone want?" Kay asked. "The Saturday morning fellowship is awesome. It's not everywhere



Beth Youman and Kathy Watson splitting a share. Many members chose this option, depending on appetites and family size.

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This week's picks

Coming this week to your CSA box ***could be some or all of the following:*** Watermelon, cantaloupe, beans, cabbage, eggplant, hot peppers, green peppers, tomatoes, zucchini, cherry tomatoes, onions, sweet corn, lettuce, blackberries and peaches.

Blackberries are just coming on, so if you didn't get any this week, please be patient. Family shares should receive them this week, single shares next week. Note I said ***should!***

For those of you who have opted out of receiv-

ing 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.

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

Watermelon Gazpacho

Serves 8

- 6 cups cubed seeded watermelon
- 1 cup coarsely chopped peeled cucumber
- 1/2 cup coarsely chopped yellow bell pepper
- 1/3 cup chopped green onions
- 3 tablespoons chopped fresh mint
- 3 tablespoons fresh lime juice
- 1 tablespoon extravirgin olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon hot sauce
- 1 garlic clove, minced
- 1 cup cranberry-raspberry juice



Combine first 10 ingredients. Place half of watermelon mixture in a food processor and pulse three or four times or until finely chopped. Spoon into a large bowl. Repeat

procedure with remaining watermelon mixture. Stir in cranberry-raspberry juice. Chill thoroughly.

Recipe from Cooking Light

Tomato Pie

Serves 6-8

One pie crust - if you don't make your own, the best kind is Pillsbury in the red box found in the dairy case.

- 6 tomatoes
- 5 cloves of garlic, sliced
- 6 fresh basil leaves, large, whole
- 3/4 cup mayo
- 1/2 cup grated parmesan cheese
- 1/4 tsp. pepper
- 1/4 tsp. garlic powder
- 2 Tbsps. butter
- 1/2 sleeve of Ritz crackers

Peel and slice tomatoes, remove seeds and lay on paper towels to soak out excess juice for half an hour. While tomatoes are drying, bake pie crust according to directions on box. Remove from oven and let cool. Layer tomatoes, garlic slices and basil into the pie crust. Mix mayo,

parmesan cheese, pepper and garlic powder together. If you like onions, try adding



slivered Vidalia onions. Spread on top of tomatoes, garlic and basil. Melt butter, crush Ritz crackers, mix and sprinkle on top. Bake at 425 for 25 minutes.

Warning: This is very garlicky. You can dice the garlic and it will cook more thoroughly. All spices are to taste.

See **Recipes.....** Page 8

Letters from our members

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.

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. 

I’m still enjoying every week’s delivery!
The newsletter states last week, Tuesday and Thursday received sweet corn – I did not.
Also, Tuesday members received double blueberries – we did not receive any fruit .
I miss not receiving a fruit each week .
Thanks again for this great opportunity.

~ John M. Mirch, LakeHealth

This is our first year and I was not aware that we could return the plastic containers for reuse till I read this newsletter. I will save mine from now on. We are enjoying our produce!

Thanks.

~Cheryl Ray, Family Karate

I was out of town on a golf trip so I picked up the

veggies on Thursday night and Cindy (my wife) got to enjoy them over the weekend. Cindy told me that she and Amanda (my youngest) cooked up a new Ratatouille recipe with the eggplant and some of the other veggies and it was great (I’m hoping there are some left overs).

~Will Herzberger, Root Cafe

Thanks for the comment about returning the plastic containers. I never thought of that. As a Thursday Family pick up person, I was disappointed not to receive corn last week. Actually I thought the box was less full last week than other weeks. Are we to get corn another time?

Thanks for all your work on this venture. We have enjoyed the food!

~Laurie Scriven, Root Cafe

What’s happening nationally with local food

This was sent in by my friend Cindy Illig-Lum who knows of my interest in the local food movement and of my involvement with GFF farmers. She thought I’d be interested in seeing what her cousin is doing in Ojai, Calif., so I thought I’d pass it along to you. If you hear of other CSAs or anything else you think our members would find interesting, feel free to forward it to me for inclusion in the newsletter.

“Mano Farm is a hand-cultivated, experimental farm on one acre of land in Ojai, California operated by Justin Huhn, David Klein & Quin Shakra. Hand cultivation means human powered: no tractors, roto-tillers or petroleum-powered machines are used to grow our crops; no chemical fertilizers, herbicides or pesticides are used on the land; we are organic in all ways save official certification.

“We broke ground in early August 2009, digging a 100-square-foot bed planted with pumpkins. Nearly a year later, about half our land is in cultivation and our farm has a 20-member

Community Supported Agriculture program. Members sign up for shares in the farm on a monthly or seasonal basis, paying in advance. In return they receive a weekly box containing a portion of what the farm grows in a given season.

“We have had many folks from our community express their desire to join our program, but lack the financial means to afford it. We strongly believe that access to local, healthy produce should NOT be an economic equation. That’s why we’re here at Kickstarter: to connect with both our local community and the larger sphere of individuals who are committed to supporting food justice here in the Ojai Valley. Our funding goal of \$10,000 will immediately provide free CSA shares for 18 low-income families for six months.

“Any funding above and beyond our goal will go toward subsidizing additional shares, further expansion of our farm and community education through free workshops.

“Thank you for your support!”

~David, Justin & Quin

See their video at <http://tinyurl.com/2wxhrok>.

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

CUCUMBERS – 1/2 BUSHEL \$10.00

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)

___ CUCUMBERS (x \$10)

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

ORDER TOTAL: _____



FIRST CHURCH...continued from Page 1

or every day you hear people sharing recipes for Swiss chard, kale, beets and zucchini. Much less be adventurous enough to eat them.”

Kay says it's fun hearing the enthusiasm for what's in the box each week.

“After being on vacation and missing three weeks of produce, I couldn't wait to pick up my share, check in



Melisa Norton with daughter Emma, and Cris Laurita.

with our new friends and start eating healthier again,” she said.

Kay talks a bit about the church's history.

“In the middle 1800s, First Church took an active role in the Underground Railroad movement,” Kay said. “It was at that time that we became a Congregational Church because of our stand against slavery.”

Today, First Church Congregational is a member of the United Church of Christ, a 53-year-old denomination created when four historical mainline denominations – Evangelical, Reformed, Christian and Congregational – united as one.

However, the church's roots go much deeper. This year the church is celebrating its 200th anniversary of serving God and Lake County,

“We are a diverse congregation and denomination which believes each individual speaks only for themselves as to what they believe,” Kay said. “Anyone is free to join us for any of our activities.”

The church holds worship services every Sunday morning at 9 and 11 a.m. The 9 a.m. service is more casual with music provided by the church's contemporary praise band, the JoyRide. The 11 a.m. service is more traditional.

From September through May the church offers Christian education for all ages at 10 a.m. First Church has various groups meeting weekly or monthly such as: Bible study, fellowship, book groups, knitting, grief support and yoga.

“We are also in the process of presenting an educational program on financial planning which looks at various aspects of faith and money,” Kay said.

The program will resume in the fall.

Kay says church members are active in other communities and locally as well.

“Our youth have taken mission trips to West Virginia, Michigan, New York, Illinois, Maine, North Carolina and Pennsylvania,” she said. “After the 2005 flood in Lake County, our youth called in every morning to see where we were working that day. Following Katrina, we sent three adult groups to help clean up and rebuild in Mississippi and Louisiana. A group also went to Florida to help after a series of hurricanes hit them in 2004. In various ways, we attempt to be the hands and feet of Christ.”

First Church shares its facilities with area service groups, and likewise, many First Church members are involved in the community.

“Check out any of the many service groups in the community and you will find several First Church members participating,” Kay said. “We have taken part in the St. James Lunch program for more than 30 years. More recently we have been providing a dinner for Project Hope once a month.”

Kay remembers with a chuckle hearing one young adult who grew up in the church comment recently that First Church is the only church she knows of that seems to think it can eat its way to salvation.

“When our youth want to raise funds for a mission trip, they prepare and/or help serve a meal. When we wanted to raise some extra funds for our Bicentennial



Volunteers Melisa Norton, Cris Laurita, Michael Jahn, and Kathy Jahn.

Celebration, we hosted several community dinners. When we want to celebrate, we share a meal. When we want to discuss something, we gather for a meal. Every fall and spring our Women's Fellowship opens the doors for their famous salad luncheons,” Kay said. “So as you can see, Geauga Family Farms is just a natural and spiritual progression for us. And we are loving it.” 

Home Food Preservation Workshops

The practice of preserving food at home is alive and growing in today's economy. The Ohio State University Extension offices in the Western Reserve Extension Education and Research Area (EERA) are holding workshops of all experience levels to learn how to safely can, freeze and dry home-grown produce.

Visit the OSU Extension Web site for a list of workshops, visit <http://cuyahoga.osu.edu/>.

OSU Extension has recently updated its food preservation fact sheets, which are available for free to download at <http://ohioline.osu.edu> (click on "Food," then "Food Preservation"). Topics offered include canning and freezing basics, specific guidelines on canning or freezing vegetables, fruits and meat, poultry and game; canning tomatoes, tomato products and salsa; and making homemade jams and jellies and pie fillings.

The National Center for Home Food Preservation Web site is another good source for info: <http://www.uga.edu/nchfp/index.html>.

A new publication titled the USDA Complete Guide to Home Canning is available for purchase through the Cuyahoga County Extension office. It describes basic canning ingredients and procedures and how to use them to achieve safe, high-quality canned products. The cost of the publication is \$10 if you pick the publication up at our office. If you would like the publication mailed to you the cost is \$15. Send a check or money order

payable to OSU Extension to the attention of Donna Baffa, Home Canning Guide, OSU Extension, and 9127 Miles Avenue, Cleveland, OH 44105. Please include your name, mailing address and phone number.

Canning Garden Produce

When: Aug. 10, from 07-8 p.m.

Where: Whole Foods Market, 13998 Cedar Road, University Heights

Contact: 216-932-3918

Home Food Preservation Workshop

When: Aug. 14, from 10-11 a.m.

Where: Redeemer Lutheran Church, 6151 Smith Road, Brookpark

Contact: warrix.1@cfaes.osu.edu, 216-429-8217

Just Can It! Urban Agriculture Workshop

When: Aug. 14, from 10 a.m.-noon.

Where: Redeemer Lutheran Church, 6151 Smith Road, Brookpark

Contact: Michelle Key, 216-429-8224

Home Food Preservation Workshop

When: Aug. 11, from 6:30-8 p.m.

Where: Medina County District Library, Highland Branch, 4160 Ridge Road, Medina

Contact: 330-725-4911 ext. 101

How to cope with CSA stress

This article is reprinted with permission from Cathy Erway, who wrote it for her blog, "Not Eating Out in New York."

Since so many of us have joined the frays of small farm supporting by becoming new members of CSAs, I've noticed a particular syndrome going around this summer. The symptoms? Staying in to eat lettuce heads that have piled up in the crisper over some weeks, extreme guilt about going out to eat when there's tons of food at home; passing up plans to make the weekly pick-up day and time, or feeling the need to schedule vacations around your CSA calendar. And then the danger symptom, indicating the illness has reached its next, undesirable stage: deciding to forfeit a few items from your share on a particular week, leaving them behind at the pick-up location.

Basically, it's being bogged down by the little commitments one makes when joining a CSA. I can

relate. It took me three days past the official pick-up night last week when I finally took my half of a full share out of my share-splitter's fridge. People, especially in urban areas, continue to have unpredictably busy schedules, even though their will to support local food has grown.

But, before you start tossing once-fresh vegetables to the compost, or dread another bag of spinach in the fridge, here are a few tips that have helped me, at least, figure out what to do with all this great food.

Don't cook.

Put away the pots and pans. If your CSA produce looks anything like mine, it's probably at its best potential raw. We're not talking about pesticide-drenched, close to moldy, stuff from the supermarket. So beyond a little dirt and bugs, there's

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nothing high heat needs to kill, besides some extra vitamins. Zucchini and summer squash? Chopped and sprinkled with sea salt, lemon and olive oil and they're a refreshingly crisp, new breed.

Rinse before putting away.

If you spend a few extra minutes washing and patting down your produce with towels, you can grab and go from the fridge much easier through the week. Plus, the time taken will reinforce what you have that week in your mind, hopefully clearing up all, "What's in here and how old is it?" confusion.

Appoint a back-up pick-up buddy.

It's like the person who has your extra set of housekeys, for when you get locked out. Except instead of hanging onto a measly key, this neighbor gets to hang onto a big batch of food when you can't pick up your CSA share. And the words, "Keep whatever you like!" should be a pretty good guarantee for his or her service.

Save the hardiest vegetables for later.

Beets last a really long time. Kohlrabi is not going to turn in a week, either. If you find that you simply have too much stuff to eat in a week (as I do often), go for the most delicate leafy greens first. Save the big heads of cabbage, potatoes, green beans and carrots for another week, and don't worry about them.

Entertain more.

In times of stress, we can all lean on our friends. I don't think I needed to sound half as desperate when I asked one, in a moment of high CSA stress, "I have too much food, can I make you dinner?!" Who doesn't like local, fresh food, being served to them free? Plus, following guideline #1, there

really is very little preparation that should be involved for this grub.

Can it, jam it, pickle it (and compost the scraps).

A few mason jars go a long way; you can make pickles, jam or sauces like chutney and pesto to snack on throughout the year by squashing a lot of fresh produce into its tightly-packed constraints. But if this weekend hobby is not quite your style, you can still salvage extra produce by simply bagging it and tossing it in the freezer. Broccoli and green beans work great for this.

Make a stress-relieving tea with dried herbs.

Overwhelmed by all the fresh herbs you've been getting? Grow your own already, and don't really need 'em? Hang a bunch upside-down for a week, like you would with a rose bouquet, and crumble the flakes into a mason jar. Yep, I have cilantro "tea," all ready to steep. So? (Hint: mix in those dried rose petals, too, if you've got them.)

Be a good member.

It's easy to dash in and out of CSA pick-up in the middle of your busy day or night, but the folks volunteering there, or organizing the local chapter, can really help you out if you have a stress situation. Communicate if you're going to be out of town and can't pick up your stuff, they might appreciate the advance notice to gauge how much will be leftover at the end of that day. Or give it away to someone else in the group who might actually need it for a big bash they're throwing. Volunteering, teamworking and spreading the good karma might win you favors in return, like being able to store your untaken stash another day somewhere convenient.

Please return ALL containers

Just 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: "High-tech tomatoes. Mysterious milk. Supersquash. Are we supposed to eat this stuff? Or is it going to eat us?"

~Annita Manning

Oops!

In last week's newsletter article about First Unitarian Church in Shaker Heights, we left out some contributors.

CSA members Jean Lalli and Laurie Albright also responded to the questionnaire we sent out to our member sites. Other questions were answered from the church's Web site.

We apologize for this oversight.

Veggie Tip of the Week: Very simple way to preserve tomatoes: Wash and place whole tomatoes in a freezer bag in your freezer until you are ready to make sauce or use in cooking. Let them thaw a bit and they will slip right out of their skins for easy chopping and processing.

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Easy Cole Slaw

St. Paul's member Mark Turner has a cole slaw recipe that his kids love. Shred the cabbage, add mayonnaise, a small can of crushed pineapple, a

small can of drained pineapple tidbits and a little bit of salt and pepper to taste. It's easy, and delicious!

One-Pan Peach Cobbler

1/4 cup of butter
2/3 cup of skim milk
1-1/2 cup of Bisquick
3/4 cup of sugar
1/2 teaspoon of nutmeg
6 peaches (peeled and chopped)
Heat oven to 400 degrees. Melt butter in 9x12 baking pan in oven. When melted, add milk, Bisquick, sugar and nutmeg to pan. Stir until smooth. Drop chopped peaches onto batter. Bake

30 minutes until golden brown. Serve warm with vanilla ice cream if desired.

This recipe was sent in by a member who didn't want her name mentioned because she was embarrassed that the recipe used Bisquick. Try as you might, every now and then you might have to use something not organic, or something processed. Just think of all the good you're doing for yourself and your family by eating organic. As they say, everything in moderation! ;)

Caprese Salad Recipe

2 large, ripe tomatoes
1/2 pound fresh cow's milk mozzarella cheese
1/2 cup fresh basil leaves, washed and well-dried
Maldon sea salt or kosher salt and pepper, to taste
1 Tbsp. extra virgin olive oil

thick slices. Place one tomato slice on a serving plate. Top with a few basil leaves, and a slice of mozzarella cheese. Repeat layers and sprinkle with salt and pepper. Drizzle with one-half tablespoon of extra virgin olive oil. Repeat with the remaining tomato, mozzarella, basil and olive oil. Serve immediately.

Makes 2 salads.

Wash and slice tomatoes into 1/4-inch thick slices. Slice mozzarella cheese into 1/4-inch

Recipe from Healthy Cooking: Suite 101

Taste of Home Cooking School comes to women's show

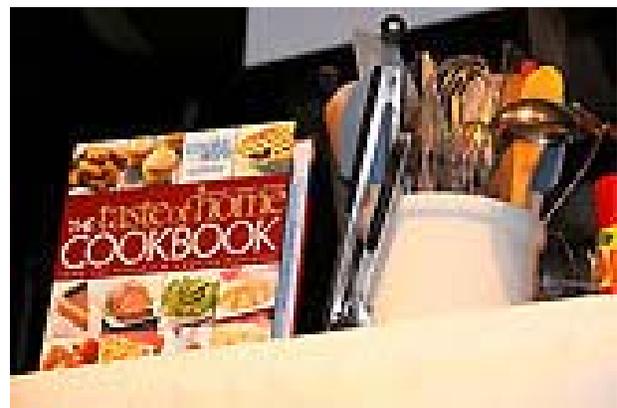


Drop your whisks, grab your friends and head for the Taste of Home Cooking School show, presented live at the I-X Center during the third annual Cleveland Women's Show Oct. 2. There will be Taste of Home Cooking Schools held at 11:30 a.m. and 4:30 p.m. Tickets for the cooking school are \$15 and includes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

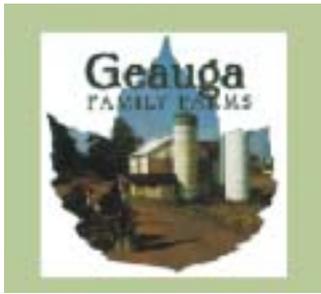


ity Giuliana Rancic will make an appearance. Get money-saving tips from CouponQueen and see Cleveland Firefighter Fashion Shows.

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.



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. 

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 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, or LMFree99@yahoo.com and we'll get answers for you. 

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
Editor: Laura Dobson, LMFree99@yahoo.com

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