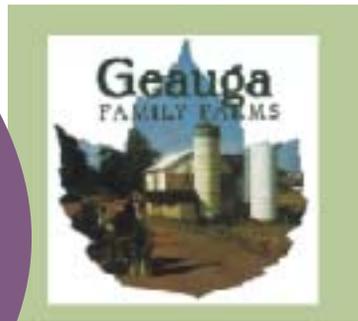


A weekly publication
for members of
Geauga Family Farms CSA

Sept.-Oct. 2010
Week 18

The Fair Share 

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



what's "cropping" up!

- **p3 Say NO to Frankenfish, Letters**
- **p3 Rename HFCS? Veggies get day in sun**
- **p5 Local Harvest Newsletter, Time to retire Ronald**

D & S Farm & Garden helps put nutrition in GFF produce

Daniel Fisher, owner of D & S Farm and Garden in Mesopotamia, is a busy man. As is his family. He and his wife Susan and their kids wake up at 5:30 a.m., feed the animals and do other chores, then head back to the house for breakfast together.

Daniel says they do everything as a family. And a big family it is. When asked how many kids he and Susan have, he replied, "Oh my goodness gracious, 12!" as if it still surprises even him how many kids he has. They range in age from 24 years to 4 months.

"We try to do everything together," Daniel says. "During breakfast we chat about who is going to pick the beans, who is going to pick tomatoes, who will get the produce stand ready for the day."

Working together

Everyone goes on to complete their projects, including manning the farm and garden supply store which usually falls to Daniel. Open from 8 a.m. – 5 p.m. Monday - Friday, and 8 a.m. – 3 p.m. Saturday, it takes up quite a lot of his time. Thankfully it's closed on Sundays.

Then it's lunchtime for the Fisher family. In the

afternoon, the family works in the field, sometimes picking, but more often now as the summer growing season ends, plowing, tilling, and planting cover crops.

"As the fields are being cleared out, we're tilling and planting cover crops like a leafy oats/clover mixture to help build phosphorous in the soil," Daniel said. "It all depends on the soil samples – in the organic world, we need to build specific minerals in the soil. Clover builds nitrogen..."

While the sandier soil at D & S Farm allows them to get out into the fields sooner than some of the other farmers in GFF, it causes minerals to deplete more quickly so Daniel is constantly working at keeping organic matter built up in the soil. Nutrition is at the heart of his business.

Daniel is as meticulous about caring for his fields and crops as he is about how he cares for his family. The two really go hand-in-hand. That is evident in the D & S mission statement:

"To develop renewable farming and gardening

See D & S Page 7

Gobble, gobble - order your Thanksgiving turkeys now!

Andy and Laura Miller and Marvin Hershberger have Thanksgiving turkeys available for \$2.50/pound. The Millers also have soup hens available for \$5 apiece. These soup hens are not suitable for roasting, but work well in a big pot of soup or stew.

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



GFF farmer Noah Yutzy has Roma tomatoes at \$10 for a 20-pound box. Call Emma Jane at the Warehouse at 440-548-2371.



This week's picks

Coming this week to your CSA box ***could be some or all of the following:*** Tomatoes (heirloom, Roma, cherry), peppers (green, colored), onions, squash (acorn, yellow, zucchini, butternut), green beans, sweet and red or brown potatoes, lettuce, Swiss chard, beets, sweet corn and pie pumpkins.

For those who opted out of nonorganic fruits, your name will be on your share.

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, including a couple recipes developed by GFF's Michelle Bandy-Zalatoris. 

Easy Homemade Applesauce

Peel, core and chop 4-6 apples. Place in sauce pan with 1/2 cup of water and 2-4 teaspoons of cinnamon. Cover and cook over medium low heat for 10-15 minutes stirring occasionally (may need additional time). When apples are soft, mash with a spoon. Serve warm.

Roasted Fall Vegetables

Squash and sweet potato purees are great to add to a wide range of recipes throughout the year. I use winter squash purees in muffins, soups and macaroni and cheese for my kids. The sweet potato puree is fantastic in waffles and pancakes. After roasting (or steaming) and pureeing, place 1/2 cup amounts in ziploc bags. Place labeled bags in a larger freezer bag in your freezer. Pull out and thaw to add to recipes.

Roasting:

Cut squash in half and place cut-side down in a lightly oiled roasting pan. Sweet potatoes can be placed in the pan whole. Roast in a 400 degree oven for 50-60 minutes or until softened. Let cool and peel (the skins will come off easily). Place in your food processor with a little bit of water and puree until smooth.

Recipe by Michelle Bandy-Zalatoris 

Sweet Potato Waffles

1 cup whole wheat flour
 3/4 cup flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 1 teaspoon cinnamon
 1/2 teaspoon pumpkin pie spice
 3 eggs
 5 tablespoons vegetable or canola oil
 1/2 cup sweet potato puree
 1/2 cup sour cream
 1-1/4 cups milk
 1 teaspoon vanilla

In a medium bowl, mix dry ingredients with a whisk (or sift together). In a large bowl, mix wet ingredients until well-blended. Combine wet and dry ingredients - blend with a few swift strokes. Spoon into waffle iron, and serve with Geauga County maple syrup or homemade applesauce.

For a portable breakfast, I mix about 1/3 cup of maple syrup directly into the batter before baking. The waffles have a lightly sweet flavor without the stickiness.

Makes about 10 six-inch Belgian-style waffles.

Recipe by Michelle Bandy-Zalatoris 

Gram's Pickled Dill Green Beans

2 lb. green beans
 1 c. white vinegar
 2 tbsp. pickling salt
 2 tsp. dill weed
 1/4 tsp. cayenne
 2 cloves garlic
 Wash and drain beans; trim ends. Cover beans

with boiling water; cook 3 minutes. Drain; pack lengthwise into hot jars.

In saucepan, combine vinegar, 3 cups water, pickling salt, dill weed, cayenne and garlic. Bring to boil. Cover beans with liquid. Adjust lids and process in water bath 10 minutes. Makes 4 pints.

Recipe from *Cooks.com*.

Frankenfish on Your Plate - SAY NO TODAY!

Sept. 24, 2010

This weekend, over 10,000 FRESH petition signatures against genetically engineered salmon were delivered to the FDA. And guess what: after three days of hearings, the FDA agreed with us that there's significant concerns about genetically engineered salmon, and it must go through a rigorous public review before further consideration for approval.

This is huge. We are putting a stop to the corporate fast-tracking of genetically engineered salmon in our food system!

We still have a lot of work ahead of us. The corporations pushing genetically engineered salmon aren't backing down. We need to take advantage of this victory and re-organize to stop genetically modified salmon once and for all.

Let's blow them away. Will you help us reach 20,000 signatures standing against genetically modified salmon on our plates?

The FDA agreed that the small sample sizes, incomplete data and poor scientific assessments in the research done on genetically modified salmon warrant concern.

Dr. Gary Thorgaard, the only member of the Committee with expertise on fisheries, called on FDA to conduct an Environmental Impact Statement, a sentiment echoed by other members of



FDA will publish the final environmental assessment that they have thus far kept from the public and open it up for the required 30-day public comment period. This only happened because of our tremendous protest and could end up meaning slowing down this process by years.

In light of the numerous unknowns raised throughout the two day meeting, FDA officials announced that any approval will require post-market review and data requirements, but we must make sure that they also require proper regulation and safety assessments.

That means we still have quite a battle to fight! Please join us in our outcry! We will deliver signatures to the FDA as part of the public comment period when it opens.

To vote, visit <http://tinyurl.com/34aqomt>.

Letters from our members

Laura,
Thanks for replenishing our vegetables. They are great.

Jo Goren

JCC

Hi Laura,
Thank you for your weekly newsletters! I enjoy them so much and appreciate the great variety of articles (and recipes!). You do a great job packing in so much in such an attractive format.

BTW, the apples we got last week are DELICIOUS! I'm hoping we get more of them. Please pass the word along to the farmers.

Best,

Karen Ketchaver

St. Noel

We are enjoying the program. We are eating some foods we have never had before!

Janet Fogle, PTA

University Hospitals

I love this Co-op and am really looking forward to participating next year; I hope TriPoint does this again.

Jeanne F. Pistone

TriPoint Medical Center

I appreciate you and everything the farmers and workers have done to bring us the wonderful produce! Looking forward to next year!

Laura Bartchak

Lake Health

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facebook

Follow us on



Sweetness, I was only joking when I said: Help the corn refiners rename high-fructose corn syrup

by Bonnie Azab Powell, Sept. 24, 2010

High-fructose corn syrup (HFCS), the sweetener everyone now loves to hate, is getting a makeover, as Tom Laskawy wrote last week. The National Corn Refiners Association has announced it's changing the name of the industrially manufactured sweetener to the more natural-sounding "corn sugar."

"Of course they want this change. HFCS is the new trans fat. Everyone thinks HFCS is poison," writes nutritionist Marion Nestle on her blog. She goes on to say that she doesn't think the sweetener is any more unhealthy than refined white sugar (although some scientists do disagree on this point).

Alas, as one of Nestle's readers pointed out, the name "corn sugar" is already an FDA-regulated term, for d-glucose or dextrose. Oops! The Corn Refiners have petitioned the FDA to let the term apply to both forms of corn-derived sweetener, but as they're different chemically, they might be out of luck.

The name change may also be too late to change public perception: FoodNavigator reports that sales of HFCS at Archer Daniels Midland, Tate and Lyle, and Corn Products International declined about 9 percent between 2007 and 2009.

We'd hate to see a great product like HFCS get

retired. Our entire cheap food system could crumble! Stevia's not ready for prime time!

So, dear readers, want to help the corn refiners out?

Grist's Facebook fans had already begun sharing their suggestions of suitable new names when The New York Times' Well blog enlisted some experts to come up with substitutes. Michael Pollan offered "Enzymatically Altered Corn Glucose"; Nestle came up with "Corn Glucose and Fructose Syrup."

Yawn. Grist readers' suggestions are so much more creative. Here are some of our favorites from the Facebook page:

HFCS: Highly Funded Crappy Science -- Tracey Sturgal

Diabetes Syrup or maybe Fat Juice or Lard-ass Sweetener -- Wyatt Lawrence

Liver-Destroying Diabetes-Inducing Corporate Subsidy Syrup (LDDICSS?) And then make the producers drink it straight up. -- J P Green House

A chemical derivative of the vegetable formerly known as corn. Or simply as the symbol \$ -- Dori Pitzner

Corporate Welfare -- Sherrie Hall

C.R.A.P. Consistently Ruins American People. (Well, it ruins every kind of people; I just needed something to fit with the "A".) -- Erin Hare

New Leaf: Vegetables get their day in the sun

Tasting Table, Sept. 24, 2010

Until recently, the idea of vegetarian food was an all-or-nothing affair.

But lately, the line between those who eat meat and those who don't has gotten blurred: Concepts such as flexitarianism and Meatless Monday are gaining serious traction.

And they owe their popularity in large part to the most outspoken meat lovers around: chefs.

Mario Batali gave the movement legs last year when he started offering meatless specials at his restaurants on Mondays. Chef John Fraser of New York City's Dovetail followed suit with a week-starting all-vegetable menu.

But now meatless has gone beyond the first day of the traditional workweek: In Philadelphia, Meritage Restaurant prepares an elegant Tuesday-night vegan prix fixe. In Healdsburg, California, at Cyrus restaurant, multicourse paens to the garden share equal billing with traditional meat-and-fish-filled tasting menus on a nightly basis.

In Las Vegas, Wynn Resorts recently added vegan options at all the restaurants in its two casinos--even its steakhouse, SW, where grilled royal trumpet mushrooms now have a place on the menu.



Photo: Evan Sung

Driving the trend forward again, Batali's new Italian Food emporium, Eataly (pictured), has a dedicated vegetarian restaurant, Le Verdure, that lets diners veg out any time. Chef Fraser, too, is rumored to be opening an all-vegetarian outpost in the near future.

Pork belly, watch your back.

LocalHarvest newsletter

Sept. 23, 2010

Late summer and fall find me in the kitchen a few more hours a week than usual, squirreling away food for the winter. Pickles, salsa, tomato sauce, pickled jalapenos, frozen greens, applesauce, dried tomatoes - every year the list gets a little longer and we eat a little better. I am not alone: home canning is making a comeback, thanks to both the recent surge of interest in gardening and the growing number of people looking to eat local food throughout the winter. "It's almost like a three step evolution - first people recognize the benefits of eating local food, then they grow some of their own, and then inevitably they realize that a whole lot of food is ripe at once and you have to do something with it!" says Lori Evesque, who teaches canning classes in Southwest Michigan. Her well-attended hands-on workshops are drawing people with a wide range of ages and experience levels, from those who have never laid eyes on a hot water bath canner, to those who used to preserve food years ago but want a refresher course before starting again.

Lori's experience is being repeated all over the country, as practiced food preservationists step forward to teach interested people the necessary skills. Tess Schaffner, owner of Off the Vine Market in Lanexa, VA, the food preservation classes offered by have also been well attended. The owner, says the main hurdle for people is time. "When they hear about our classes, many people's first reaction is, 'I don't have time for that!', but we show them how an investment of time making and freezing marinara sauce in the summer leads to quick, healthy meals in the

winter."

As the bags under my eyes this time of year will attest, if you get bit hard by the food preservation bug, the time investment can be significant. Midnight seems to come earlier at the end of tomato season! But Tess is right about the time savings later. Last month I froze a dozen bags of enchilada sauce after experimenting with how to adapt my favorite recipe to use homegrown fresh tomatoes instead of canned sauce. It is delicious, if I do say so myself. Even better, I'm all set up to make some very fine, reasonably easy meals. We freeze a lot of greens too. Once a week through the winter I will pull out a bag of blanched kale from the freezer in the morning, let it thaw until supertime, and then in about 15 minutes have a beautiful white bean, rosemary, kale dish on the supper table, with enough left over for lunches the next day. Nutritious, quick, and home made - worth a few late nights in the summer.

One recipe I would recommend if you want to try making just one thing this fall is homemade applesauce. It is easy, delicious, nutritious, inexpensive, and almost everyone loves it. You can freeze it in bags, can it in jars, or eat it right away. There are lots of ways to make it, but one recipe is found in a great new book about food preservation, Put 'em Up! Thanks to Storey Publishing, we will have a copy of this new title for six lucky newsletter readers. See below for details, and try something new!

As always, take good care and eat well,
Erin Barnett
Director, LocalHarvest

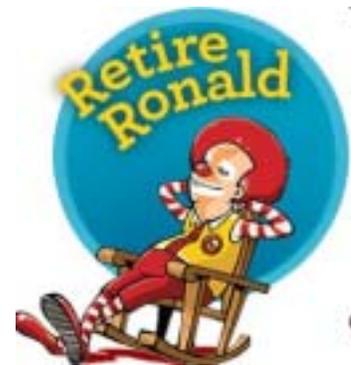
For a chance at the book giveaway, visit www.LocalHarvest.org.

It's time to retire the clown

Millions of kids across the globe consume the products that Ronald McDonald markets. No marketing icon has done more to hook kids on unhealthy food, influencing brand loyalties and eating habits that can last a lifetime.

Ronald deserves a break...and so do we! Tell McDonald's to Retire Ronald by signing his retirement card at <http://tinyurl.com/2we45w5>. Fresh has partnered with Corporate Accountability International, the organization that success-

fully sent Joe Camel "packing," to call an end to Ronald's career. Ana Sofia Joanes, director of FRESH the Movie, along with a team of FRESH activists, will deliver your comments directly to McDonald's Headquarters.



Quote of the Week: "Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity."
~Voltaire

Countryside Conservancy Events

Second Annual Winter Squash Tasting

You mean there's more than Acorn and Butter-nut? YES! Try several outstanding and unique varieties of these winter staples from our fantastic local farmers. Savory or sweet, you'll enjoy the versatility of these wonderful fruits.

For more information, and location, call Meredith Poczontek at 330-657-2529.

Oct. 9, 9 a.m. - noon

Urban Farm Demo Day

Visit Urban Growth Farms in Cleveland. Farmer Peter McDermott will discuss his experience growing in the city, using small scale machinery, and urban farm practices. The farm is located at 2049 W. 48th St, Cleveland. Park in the lot next door or at the school across the street. Registration is available online. Cost is \$10.

Oct. 16, 2 - 4 p.m.

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, e-mail sustainablehts@gmail.com, or call 216-320-1423.

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

Fourth annual Stinner Summit set for Oct. 8

*Like our meeting, life
is then short, so
let us give only to each the best right now.
I ask only to be made a gift
For this land from which I grew. Keep
this promise and let me come
now into sweet rest so I can grow again
through you and the land on where we stand.*

Ben Stinner

As is evident in his poem, Ben Stinner had a clear and compelling vision: Agroecosystems that preserve high environmental quality, sustain health and community among farms and neighbors and do so in concert with nature.

Stinner Summit attendees participate in selecting a project in keeping with Ben's vision and supported by the Stinner Endowment for the

upcoming year.

The Summit begins at 8:30 a.m. with registration and networking. The day continues to 4 p.m. reviewing the year's many accomplishments as well as discovering new collaborations. The day includes a luncheon celebrating local foods.

You are invited to bring a display or poster describing your or your organization's work.

The fourth annual Stinner Summit will be Oct. 8 at the Proctor Conference Center in London, Ohio. Space is limited so please register to attend.

Register at <http://tinyurl.com/2bgu5u3>.



D & S...continued from Page 1

systems and to assist producers in their implementation by providing products and education. The result will be healthy soils that produce plants of high nutrient balance. The education and consumption of this produce will result in healthy livestock and healthy people.”

“Our store promotes healthy soil, healthy water, healthy animals, healthy people,” Daniel said. “Our goal is to help you with your soil so you have healthier soil, healthier produce, and a healthier life.”

The store supplies minerals and supplements for farmers’ fields, as well as for farmers’ families. He was researching good mineral supplements for his own family’s diet when he found the Water Divine line of supplements (www.waterdivine.com) and met Walt Merriman, a Water Divine distributor.

Despite his already hectic schedule, he now travels the Midwest with Merriman, attending health and nutrition seminars and promoting the Water Divine line in several states. Groups also hire him to speak on nutrient-dense gardening.

Seeing a difference

Daniel has seen a marked improvement in his own family’s health with the addition of the supplements, and hopes to be making a difference in the entire community and beyond.

“Other than the eye doctor, we haven’t been to the doctor in years, except for when the babies were born,” he said. He shared a story about a local man who doctors said needed a triple bypass, but after three months on these supplements was cured.

That story ties in with his reasons for the seminars.

“No. 1, it fits right in with promoting nutrient-dense organic produce,” Daniel said, “and No. 2, I’ve seen so many things happen among the Amish that I knew was avoidable with proper nutrition and has cost the Amish community thousands of dollars.”

He got involved in all this by doing a lot of reading and research.

“And the more I read and research, the more I can see what is happening out there,” he said. “I can see how we’ve been led around by the nose and let everybody think for us instead of thinking for ourselves.”

All kidding aside

Daniel is serious about his farm and nutrition, but his innate sense of humor comes out from time to time. When asked what is different about his farm than the others, he replied with a laugh, “More weeds,” adding more seriously, “We have red raspberries, and a three-bay high tunnel – a big green house where we work the soil and plant the seeds right in the ground under cover.”

Daniel loves the CSA model.

“I like the theory of farmers selling direct to the consumer and the consumer being able to see the farm, see where his food was grown, how it was grown, and hopefully see that we actually care about their food. We’re trying to give them the best food we possibly can raise for them.”

Competition helps

He says he has nothing against establishments such as Whole Foods or Mustard Seed Market.

“We can’t completely supply the CSA member; even if the stores bought the produce from us, they wouldn’t have a clue where it came from. They are putting brix (nutrition) levels on food at the store, and telling people how far the food traveled, but there still isn’t a connection between the farmer and the consumer, like there is with a CSA member.”

Daniel says he wants the CSA members to realize how much they help the farmer by joining early.

“That really helps us out by getting seed money so we can buy our seeds early,” he said.

Room for improvement

Daniel says he wants to work on improving communication for next year’s CSA.

“We need communication, regardless of what we do, if it’s a marriage, a church, a business, you need communication. I feel that’s something we as farmers could improve a little bit. The end was good, it just took us a while to get there.”

Above all, he said, “We need to keep our CSA members happy. If they’re not happy we won’t have a CSA member program. It may take more labor on our part, but we are willing to do whatever it takes.”

Other improvements? Daniel says there’s always room for those.

“I feel we can still improve our farming techniques; we have come a long way, but we keep learning. They can see that when they come out Tuesday night.”

Daniel will be in Indiana participating in a nutrition and health seminar Tuesday, but fellow GFF farmer Marvin Hershberger will greet visitors.

Visitors will be welcome at the farm from 6:30 to 8 p.m. Come prepared: Wear boots and rain coats, bring insect repellent and don’t forget cash as the roadside stand will be open for business!

Directions to D & S Farm & Garden, 4738 Gates East Road, Mesopotamia: From the West, take Route 87 East to 534 South, which will bring you into the town of Mesopotamia; make a right on 534, go $\frac{3}{4}$ of a mile south to Gates (East) Road on the right, and D & S is $\frac{3}{4}$ of a mile down on right. Or, take 422 East to 534 North; once you cross State Route 88, go four miles to Gates Road on the left. Follow the red and white (faded to pink and white) organic banners at the end of the road.



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.



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! 

Share a favorite recipe

Do you have a favorite recipe for your grandmother's perfect peach cobbler, your mom's marvelous melon 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 LMFree99@yahoo.com. We'll include it in an upcoming newsletter. 

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. **Come for a visit now - there's just two chances left this year!***

Come prepared: *There isn't much concrete or asphalt out here in the country. Wear boots and bring rain coats and insect repellent. Don't forget cash as the farm stand will be open for business!*

For a map of all the farms, visit www.geaugafamilyfarmsllc.org and click on Meet Our Farmers on the left.

Sept. 28 D & S Farm & Garden, Daniel Fisher

Oct. 9 Dominic Marchese, other meat producers



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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