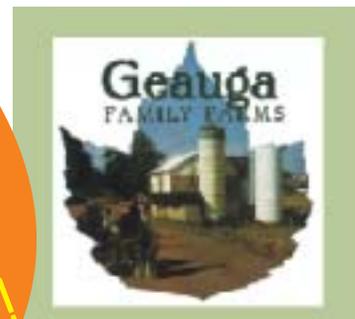




Please return all boxes to your pick-up sites this week!



what's "cropping" up!

■ **p2 This Week's Picks, Recipes**

■ **p3 Recipes, Letters from our members**

■ **p4 Manna Farms, last Farm Visit of the season!**

Local Foods Week 2010 runs through Oct. 10

The Local Food Cleveland Network kicked off Local Foods Week Oct. 4 at the Great Lakes Brewing Company Tasting Room.

The focus was on the many events planned for Local Foods Week, including farm tours, potlucks

and restaurants dinners as well as an update on local food happenings from the second Sustainable Cleveland 2019 Summit.

See below for ways you can celebrate Local Foods Week.

Take the Local Foods Week Eat Local Challenge

1. Eat at least one local meal each day and post photos and recipes on Local Food Cleveland (*Should be easy with your Geauga Family Farms CSA share!*)

2. Attend at least one Local Foods Week event - *See list below.*



3. Support your local farmers markets, restaurants and retail shops. Take the challenge!

Events to celebrate Local Foods Week 2010

1. **Restaurant Night - Oct. 6** - Get out and support the restaurants that support local farms! For one night only local restaurants will feature special dishes from local farms. Participating restaurants and menu details coming soon!

2. **Movie Night and Potluck - Oct. 7** - Watch a movie about local foods followed by a community potluck featuring dishes made with local ingredients. More details and location coming soon.

3. **Lunch Mob - Oct. 8** - Pack a local lunch and join other local food enthusiasts for a spontaneous picnic in the park! This event will take place in centrally located city park, but the location will not be revealed until Friday morning. Stay tuned to LocalFoodCleveland.org and check your e-mail!

4. **Support Your Local Farmers Market - Oct. 9** - Visit one of Northeast Ohio's amazing farmers' market this Saturday morning. Or, as a

member of an area CSA, pick up your share!

5. **Ohio City Farm Open House and Tour - Oct. 10** - Get a guided tour of the Ohio City Farm from 1 - 4 p.m. Stop by the farm and meet the farmers including Central Roots, The Refugee Response, Great Lakes Brewing Company and CHMA Rivertower growers. Festivities will include local food bites, live music, educational displays and more!

6. **Slow Food Terra Madre Harvest Dinner - Oct. 10** - Reserve your seat at the Flying Fig for cocktails and dinner as we celebrate the fall harvest and say "buon viaggio" to Slow Food Northern Ohio's 2010 Terra Madre delegates as they prepare for this year's event in Turin, Italy. Tickets to the dinner - which will feature ingredients from local and urban farms - are \$35 and include wine. Call the Flying Fig today for reservations: 216-241-4243.

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, zucchini, butter-nut, Delicata), sugarsnap peas, 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. Please understand that organic produce is not always perfect in appearance.

Photos of each week's produce are posted on Facebook by GFF member Lyn Trier. Click on "Links" on the bottom left-hand side 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. 

Pumpkin Cupcakes With Cream-Cheese Frosting

Makes 18 cupcakes

The recipe for these relatively good-for-you cupcakes is from an NPR story called "Have Your (Less Sinful) Cupcake And Enjoy It, Too." Now you can feel good about sending cupcakes in your kids' lunchbags, and have something to do with your CSA pumpkin as well. So, instead of using canned pumpkin, make your own pumpkin puree following this simple method:

* Cut the pumpkin in half and discard the stem section and stringy pulp. (Save the seeds to roast)

* In a shallow baking dish, place the two halves

I first baked these cakes for a winter brunch, and they were quite a hit. I did not let anyone know that they were secretly low-fat. These cupcakes are great for fall brunches or as a treat to go along with coffee. Best of all, pumpkin is a power food, rich in vitamins A and C, potassium, fiber and manganese. Also, the cake (not frosting) can easily be made vegan by substituting almond milk for the buttermilk. The cream cheese frosting recipe is adapted from Eater's Choice Low-Fat Cookbook by Ron Goor (Houghton Mifflin Harcourt 1999).

For Cake

- 1 cup whole-wheat flour
- 1 cup white all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup dark brown sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground nutmeg
- 1 cup canned pumpkin puree
- 1/2 cup unsweetened applesauce
- 1 teaspoon maple syrup
- 1 teaspoon honey
- 1 cup low-fat buttermilk

For Frosting

- 4 ounces fat-free cream cheese
- 3 tablespoons confectioners' sugar

face down and cover with foil

* Bake at 375 degrees for about 1 1/2 hours for a medium-sized pumpkin, or until tender

*Scoop out the flesh and puree it in a food processor



1/2 teaspoon vanilla extract
Preheat oven to 325 degrees.

Combine flours, baking soda, baking powder, sugar, salt and spices in one bowl. Combine pumpkin, applesauce, syrup, honey and buttermilk in another bowl, mixing until combined. Slowly add liquids to dry ingredients, folding until combined. Spray cupcake pan or add holders and fill 3/4 full with batter. Place in oven for 20 to 25 minutes or until a knife inserted into the cake comes out clean. Place cakes onto a rack and cool.

For frosting, use a food processor, mixer or blender to mix cream cheese, sugar and vanilla until smooth. Scrape sides and bottom and process again. There should not be any lumps. Spread on top of cupcakes.

RECIPES...continued from Page 2

Baked Sugar Snap Peas

1/2 pound sugar snap peas
1 tablespoon olive oil
1 tablespoon chopped shallots
1 teaspoon chopped fresh thyme
kosher salt to taste

shallots, thyme and
kosher salt.
Bake 6 to 8
minutes until tender
but firm.



*Recipe from
AllRecipes.com.*

Preheat oven to 450 degrees. Spread sugar snap peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with

Bell Peppers and Pasta

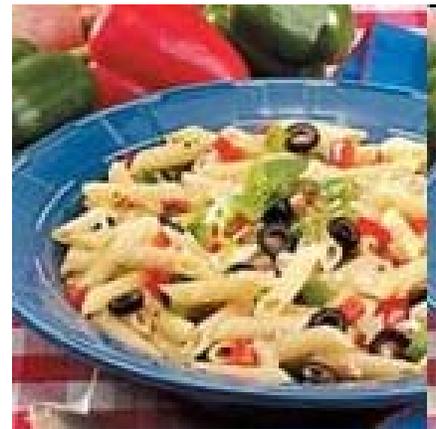
Serves 4

This meatless entree is always a hit. In fact, I double it whenever I know I'm going to feed some big eaters, and it still disappears.

-Sharon Csuhta of Wadsworth

2 1/4 cups uncooked penne or medium tube pasta
3/4 cup chopped onion
1 tablespoon olive oil
3 garlic cloves, minced
1 cup chopped sweet red pepper
1 cup chopped green pepper
1/4 cup sliced ripe olives
1 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon cayenne pepper
1/4 cup water
1/2 cup crumbled feta cheese

minutes.
Add garlic;
cook 30
seconds
longer. Add
the sweet
peppers;
cook and
stir for 2-3
minutes or
until
vegetables
are tender.



Stir in the olives, oregano, salt and cayenne. Add water; cook and stir until mixture comes to a boil. Drain pasta and stir into skillet. Remove from the heat. Stir in cheese. Serve immediately.

Recipe from Allrecipes.com.

DIRECTIONS:

Cook pasta according to package directions. In a nonstick skillet, saute onion in oil for 1-1/2

See RECIPES..... Page 8

Letters from our members

Dear Laura:

Thanks so much for the newsletter. My wife and I look forward to it almost as much as the produce.

Cheers!

Mike Durbin, Warehouse

have been involved with CSAs for the past 15 years and this is the best experience I have ever had, the items we have gotten are wonderful. I just returned from a trip to India where I could only eat cooked food. I must say one of the things I looked forward to on my way home was the anticipation of CSA farm fresh fruits and vegetables! Thanks so much!!!!

Sincerely,

B Barbara E K urtz, PhD , Sage's

Dear Michelle:

I would love to get a share throughout the winter. I have my current pick up at Sage's in Chardon but am willing to change if necessary. I

Oct. 10-16 is our last week for the summer CSA season.

Please remember to turn in any boxes you may have at home.

Applications for the 2011 season will be e-mailed soon.

There will be discounts available for early sign-ups.

Visit Manna Farms this Saturday

This is the last chance this season to visit one of the farmers of Geauga Family Farms. Dominic Marchese is welcoming GFF members to Manna Farms, his certified-organic farm this Saturday from 1 – 4 p.m. Manna Farms is located at **6666 Stoddard-Hayes Road, Farmdale. 330-924-5200.**

Visitors will be delighted by the sight of eight newborn calves because, in addition to his certified-organic produce, Dominic raises Piedmont-ese cattle, a breed originally from Italy. These cattle are known for their naturally low-fat and tender meat.

Dominic may have other items for sale, such as eggs, onions, pumpkins and winter squashes.

Saturday only, GFF members may visit Geauga Farms Country Meats and buy our grass-fed beef. Geauga Country Meats, located at **14320 Main Market Road (Route 422), Burton**, is an old-fashioned Amish-owned and operated meat market. Just let the friendly sales clerks know that you are there to buy Geauga Family Farms grass-fed beef; they will be expecting you!

With chilly fall weather already here and winter on the way, our culinary thoughts turn to comforting dishes like soups, stews and chili, and fragrant braised pot roasts.

All of our meats come frozen. We have ground beef (90% lean) in one-pound packages, chuck roasts and English-cut pot roasts. And because many folks like to use their grills year-round, we also have steaks – tenderloin fillets, rib eyes, strips and sirloins.

Don't miss out on made-in-house sausages, both fresh and smoked, and smoked bacon.

Also available from Geauga Family Farms later this fall will be sides of certified-organic, grass-fed beef. (See below for pricing.) Two different types of meat are available from two GFF meat producers. The flavor and texture of this beef, raised locally in pastures by family farmers, will win over your taste buds.

The ground beef is 90% lean, the steaks tender and juicy. This beef will cook more quickly than supermarket beef. With the exception of the ground beef, which will give deep, delicious flavor to long-simmered dishes, be careful not to overcook it.

These cows are still in pasture, living a good life on the farm. Geauga Family Farms starts our pricing with a "fair trade" price for the farmers. We know our customers will love this beef, and will want to have more available next year and beyond. Along with our customers and the farmers, we are building sustainable relationships that will continue to provide healthy foods from healthy soils for healthy people.

Thank you for supporting local family farmers. We appreciate your commitment and dedication.



Piedmontese is a breed of cattle from the region of Piedmont, in northwest Italy. They have a distinct look; the calves are born fawn in color, turning grey-white as they mature. The cattle are raised both for their milk, which is used for a number of the region's traditional cheeses, and for meat: beef from the Piedmontese cattle is seen as a premium product. The Piedmontese breed carries a gene that increases muscularity, and also reduces the fat content while improving tenderness in the beef. This low-fat beef is also lower in calories, higher in protein and contains a higher percentage of the good Omega 3 fatty acids. The beef from Piedmontese and Piedmontese-cross cattle is consistent for these qualities of leanness and tenderness because it is a genetic influence rather than an environmental effect. (Source: Wikipedia)

Cost for beef from Piedmontese/Semital/Holstein cross:

Certified-organic Piedmontese/Semital/Holstein cross, boned to yield ground beef and boneless cuts to order, including tenderloin fillets, rib eyes, strip steaks.

Sold by the whole (hanging weight ~ 700#), half (~ 350#), or quarter (~ 175#).

Cost with certified organic processing, \$3.69 per pound hanging weight, not including delivery.

Cost with conventional processing, \$3.19 per pound hanging weight, not including delivery.

Cost for Piedmontese beef:

Certified-organic Piedmontese beef, naturally tender without marbling and lower in cholesterol than skinless chicken breast.

Cut to order, sold by whole (~ 650# hanging weight), half (~ 325#), or quarter (~ 160#).

Cost with certified organic processing, \$5.35 per pound hanging weight, not including delivery.

Cost with conventional processing, vacuum wrap, \$4.40 per pound hanging weight, not including delivery.

Cost with conventional processing, freezer paper double wrap, \$4.29 per pound hanging weight, not including delivery.

Slow Food USA Dig Ins a success

Saturday, Sept. 25, Slow Food USA held 180 Dig Ins simultaneously from coast to coast. Thousands of Slow Food members broke ground at gardens, farms and community events, and then broke bread together to celebrate.

It was impossible to be at every Dig In, so Slow Food put together a slideshow of some of the highlights. Check it out at: www.slowfoodusa.org/DigInSlideshow

A Slow Food USA chapter in Brooklyn, NY, got together at a garden for public school students. They built a compost bin, painted a mural and



prepared the soil for fall. Other chapters built greenhouses or helped local farmers with their harvest. Slow Food Northern Ohio held the inaugural event Ripe! at the Cleveland Botanical Gardens as its Dig In event.

Slow Food Northern Ohio is the local chapter of Slow Food, which is a nonprofit, eco-gastronomic member-supported organization with over 100,000 members in 132 countries.

Slow Food Northern Ohio's mission is to foster awareness and appreciation of Northern Ohio's foods, farms and culinary traditions, new and old. The organization hosts seasonal events that celebrate local flavors; showcase the culinary



talents of our region's chefs, farmers and artisan producers; and strengthen our local food community.

It's what this movement is for: to celebrate communities while creating positive change.

This sort of work is now happening all the time, all over the country. If you're not already a member of your local chapter, watch the slideshow and join the movement today. You won't be disappointed.

Together, we're building a world where food and farming create change for the better. And this month, membership is only \$25!



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.



Like us on

facebook

Follow us on

We have just 54 followers on Twitter so far! Let's get that number up!



State offers loans for agriculture businesses

Ohio Department of Agriculture offers \$2 million in revolving loan funds; funds are available to agriculture businesses that support rural Ohio

Business owners can now apply for their share of \$2 million in low-interest loans funded by the Ohio Department of Agriculture through a newly created Agriculture Revolving Loan Fund.

The department will partner with the Ohio State University South Centers and Buckeye Hills-Hocking Valley Regional Development District to facilitate the loan process, which will use state funds made available through the U.S. Department of Agriculture.

The Agriculture Revolving Loan Fund will make loans available for the creation and expansion of businesses and industries that support agriculture and rural Ohio that focus on aquaculture, food processing and biofuels in Ohio.

Other projects will also be considered.

“The aquaculture, food processing and biofuels industries show great promise for Ohio, and the Ohio Department of Agriculture is pleased to offer these low-interest loans for these types of projects

and others to assist with start-up and expansion costs,” said Ohio Agriculture Director Robert Boggs. “Supporting rural Ohio businesses and industries will help keep Ohio’s economy growing, create jobs and maintain Ohio’s strong \$98 billion food and agriculture industry.”

Loans will range from \$10,000 - \$100,000, and the revolving loan fund will finance up to 90 percent of the total project cost. Funds could be used for activities such as acquisition and improvement of land, buildings, plant facilities and equipment as well as new construction or renovation of existing facilities, modernization, demolition and site preparation.

Eligible applicants include private, for-profit businesses and industries. Applicants must be U.S. citizens and 18 years of age.

For more information about the Agriculture Revolving Loan Fund, visit www.agri.ohio.gov under Promotional Programs.

Enter the Brita FilterForGood Eco-Challenge

Changing the world. One idea at a time.

Brita, the company that makes the filters and water pitchers, is looking for passionate minds to turn green ideas into action.

Enter the Brita FilterForGood Eco-Challenge and you could receive one of 50 \$1,000 grants to make your school more sustainable.

From kindergarten to college, students, teachers and schools are discovering new ways to make our planet more sustainable.

From turning the energy created from a simple workout into electricity to power a campus building or creating a campus guide to finding organic and local foods, opportunities to create a greener school and community are limitless.

So what’s your big idea? Tell us in 150 words or less how you would make your campus more sustainable. If your idea is chosen, you’ll receive a \$1,000 grant to turn your idea into reality.

Watch and learn more about the Eco-Challenge at www.filterforgood.com/ecochallenge.



Suggested viewing

Looking for yet more ways to celebrate Local Food Week? Here is a list of some of my all-time favorites.

Big Night: This could be the best “food movie” ever. A failing Italian restaurant run by two

brothers gambles on one special night to try to save the business.

Other favorite food movies include “**Chocolat**,” “**Waitress**,” “**Tortilla Soup**,” “**Julie & Julia**,” “**Soul Food**,” “**Woman on Top**,” “**Babette’s Feast**,” “**Tampopo**,” and even one for the kids, “**Ratatouille!**”

Quote of the Week: “The federal government has sponsored research that has produced a tomato that is perfect in every respect, except that you can't eat it. We should make every effort to make sure this disease, often referred to as 'progress', doesn't spread.”

~Andy Rooney

Countryside Conservancy Events

2nd 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 local farmers. Savory or sweet, you'll enjoy the versatility of these wonderful fruits. The tasting will be held at the Countryside Farmers' Market at Howe Meadow, 4040 Riverview Road.

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.

E4S events

Register and read more about these events at www.e4s.org/.

SUSTAINABLE BUSINESS STRATEGIES

E4S Sustainability Implementation (SI) Group Program Introduction

E4S Sustainability Implementation Group
Wednesday, Oct. 13, 9 to 11 a.m.

Location: E4S Learning & Connection Center
Price: \$50 per organization, \$30 for organizations that attended SC 2019 Summit or are E4S members

ZERO WASTE

Moving Toward Zero Waste in Large Institutions
Zero Waste NEO Network Event
Thursday, Oct. 14, 8:30 to 11 a.m.

Location: Trinity Commons (Directions)
Price: \$25 for E4S members, \$35 for nonmembers



THIRD TUESDAY

Decade of Doing: Putting Sustainability to Work!
E4S Third Tuesday Network Event
Tuesday, Oct. 19, 5:30 to 8:30 p.m.

Location: Great Lakes Brewing Company Tasting Room (Directions)
Price: Free
Register for this event

BIOMIMICRY

Biomimicry & Design Workshop
Biomimicry NEO Action Network Event
Sunday, Oct. 24-Friday, Oct. 29
Location: OSU Stone Lab / Gibraltar Island
Price: \$2,435

Save the Date! E4S 10th Anniversary Celebration Dec. 4. Details coming soon.

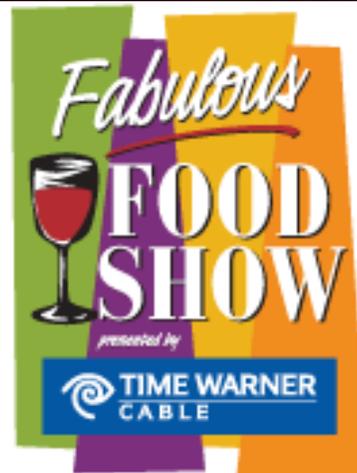
The Fabulous Food Show

If you love the art of food, want to learn the latest techniques from world renowned chefs, collect new recipes, shop for the holidays, sample outstanding food and taste fantastic wines. . . don't miss the Fabulous Food Show.

Cleveland's premier consumer culinary celebration is being held Nov. 12-14 at the I-X Center, adjacent to Cleveland Hopkins International Airport.

New this year is the Sub-Zero/Wolf Culinary Classic, hosted by Michael Symon, held Nov. 14 at 4 p.m. in the Main Kitchen Theatre, featuring three of the top chefs in Cleveland. This is the fifth anniversary of the Fabulous Food Show.

For more info, visit www.fabulousfoodshow.com.



RECIPES...continued from Page 3

Black Bean and Sweet Potato Quesadillas

Makes one quesadilla

I got the idea for this recipe from an awesome food store down in NJ called Organica. I'm not sure how exactly they make theirs, but this is my rendition! It's absolutely amazing and you will just love it!

2 7-inch flour tortillas
 1 small sweet potato (If you are only making one quesadilla, you will have some extra. A half-pound of sweet potatoes will yield about 3/4 cups of mashed, which is enough for three quesadillas)
 1/4 cup black beans, drained and rinsed
 1/4 cup shredded Sharp Cheddar Cheese
 Salt, chili powder and cilantro to taste
 Cooking spray

Peel sweet potato and chop into small pieces. Boil

for about 10 minutes or until very soft. Drain and mash with a potato masher.

Lay out one tortilla. Cover with 1/4 cup mashed sweet potato, 1/4 cup black beans, 1/4 cup cheese, and salt, chili powder and cilantro to taste. Cover with second tortilla.

Spray frying pan with cooking spray and fry your quesadilla a few minutes on each side, until cheese is melted and beans are heated through.

Recipe adapted from www.jaimeskitchen.com.



Sweet Potato Pie

Serves 8

1 (1 pound) sweet potato
 1/2 cup butter, softened
 1 cup white sugar
 1/2 cup milk
 2 eggs
 1/2 teaspoon ground nutmeg
 1/2 teaspoon ground cinnamon
 1 teaspoon vanilla extract
 1 (9 inch) unbaked pie crust

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin.

Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs,

nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.

Bake at 350 degrees for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a soufflé, and then will sink down as it cools.

Recipe from Allrecipes.com.



Sweet Potatoes with Sausage and Peppers

Serves 4

2 large sweet potatoes, peeled and diced
 1 tablespoon vegetable oil
 1/2 pound bulk Italian sausage
 2 red bell peppers, chopped
 1 onion, chopped
 2 cloves garlic, minced
 1 (8 ounce) jar chunky salsa
 1 teaspoon ground cumin
 salt and pepper, to taste

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, 12 to 15 minutes. Drain and set aside.

Heat oil in a large skillet over medium heat. Crumble sausage into skillet and cook, stirring frequently, until browned and no longer pink, about

7 minutes. Remove sausage with slotted spoon and drain on paper towels.

Pour off all but 1 tablespoon oil from the skillet. Heat oil over medium heat and add bell peppers, onion and garlic and cook until softened, about 7 minutes.

Add to the skillet the potatoes, sausage, salsa and cumin. Stir and cook about 5 minutes to heat through and blend flavors. Season with salt and pepper.

Recipe from Allrecipes.com.



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!



Farm Visits

Meet the Farmer Dates 2010

Fourth Tuesdays – 6:30-8 p.m.

Second Saturdays – 1-4 p.m.

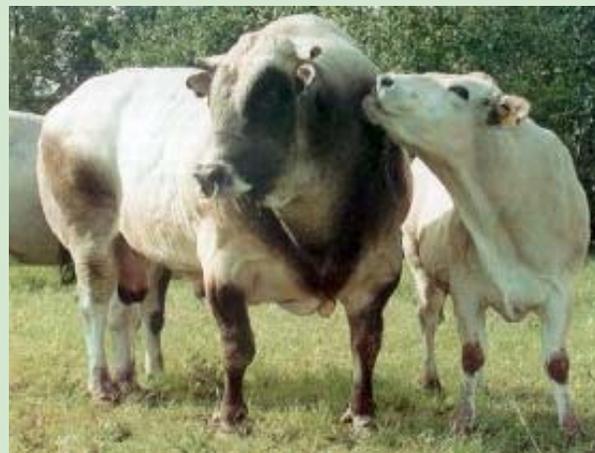
Drive out to picturesque Geauga County for a visit with the farmers of Geauga Family Farms. The second Saturday and fourth Tuesday of every month through October, CSA members can come see where their food is grown, and meet the farmers who have nurtured the certified-organic produce shareholders receive each week in their CSA share. **Come for a visit now - this is the last chance 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.

For a farm map visit www.geaugafamilyfarmsllc.org and click on Meet Our Farmers on the left.

Oct. 9 Dominic Marchese, 6666 Stoddard-Hayes Road, Farmdale. 330-924-5200. Come see Dominic's Piedmontese cattle then pick up cuts of this extra-tender beef after your visit at: Geauga Farms Country Meats, 14320 Main Market Road (Route 422), Burton.

Other GFF farmers will have poultry for sale. Poultry must be ordered before Saturday! To place your order and check availability, call: Stewing hens - Andy Miller, 440-548-5697 Chickens - Marvin Hershberger, 440-548-2370 Ducks - Lester Hershberger, 330-352-3306



Piedmontese cattle, originally from Italy, are naturally tender and lower in cholesterol and fat than skinless chicken. Keep in mind that without the fat, the meat cooks in about half the time.



www.geaugafamilyfarmsllc.org

Mailing address:

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

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