



what's "cropping" up!

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## Thanks for a great season!

As the 2010 Summer CSA season comes to an end, we wanted to take a little bit of time for reflection and thanks. This has certainly been a learning year for us. The farmers greatly expanded CSA membership from right around 300 members in 2009 to over 800 members to reach a number that would allow them to support their families by farming full-time. They asked Laura and I to provide management, marketing and administrative assistance to the program so that they could focus on farming. We were thrilled to be involved.

Michelle had gotten to know many of the farmers and their families through farm visits during the 2009 inaugural season and management of the pick-up site at St. Paul's in Cleveland Heights. She was so amazed by the hard work and dedication to providing great produce to their members they constantly demonstrated. She continues to be amazed with every interaction, and is blown away by the kindness and generosity of these wonderful families.

Speaking of farm visits, we sincerely hope that you can make it to one or more farms for a visit next season. Meeting the people who are working so hard to bring you that beautiful box of produce each week can really change your perspective. Touring the fields to learn what the farmers have done is an amazing learning experience. There have been so many memorable and once-in-a-lifetime experiences this season that we truly wish more of our members had had an opportunity to experience. Who could forget being nuzzled by a friendly baby deer at the Yutz family's farm, the pick-up baseball game with all of the kids at Lester Hershberger's, Iva Mae's amazing homemade maple doughnuts, and the beautiful baby calves at Manna Farm?

And what a fun year it has been to get to know so many of you through farm visits, site pick-ups and e-mail communications. It is thrilling to know that so many people are committed to supporting local, family farms through the purchase of CSA memberships. It hasn't always been easy this season, but we

appreciated everyone's patience as we worked through delivery issues, the heat, and those pesky plastic bags! We recognize that there is always room for improvement, and look forward to the off-season to put a range of these ideas in place for next year.

We recognize that being a part of a CSA program is a big change in eating patterns for many, and it is not for everyone. We certainly appreciate your adventurous nature in trying new veggies and the recipes that we have provided to help you enjoy them. We hope you've found some new favorites!

Finally, we would like to extend a tremendous thank you to our partners who have volunteered their time and space to provide the places where you pick up your weekly shares:

Bob Sage at Sage's Apples, Dana Haas at the Mandel Jewish Community Center, Michelle Ventura at the Cleveland Food Co-op, Gary Robinson, Barbara Berkeley, Karen Clifford and Carol Cooper of Lake Health, Julie Hutchison at the Root Café, Ronna Fox and Ariella Reback at Shaarey Tikvah, Erin Wagner and Deb Mitchell at Ruffing Montessori School, Rachel Mann at First Unitarian Church of Cleveland, Kathy Jahn of First Church Congregational, Jackie DiGeronimo and Kara Shubert of Deepwood Center, Tom and Libby Hill of Family Karate, Alice Hinkel, Laura Camino, Janice Cackowski and Kathy Murphy at St. Noel, and Eagle Creek/Petitti's. We thank you for being our partners in this endeavor through your time, energy and support.

We are looking forward to connecting with you again; either through our upcoming winter shares or the 2011 season. Thanks again for your commitment to supporting local growers, and thanks for a great season!

Warm regards,

**Michelle Bandy-Zalatoris**  
&  
**Laura Dobson**

## This week's picks

Coming this week to your CSA box ***could be some or all of the following:*** Roma tomatoes, green/colored peppers, onions, butternut, acorn and/or delicata squash, kale, sweet potatoes, beets, lettuce, kohlrabi, Swiss chard, Melrose apples, basil, broccoli, scallions and **Yummy Orange peppers. Yes, that's their actual name. They are shaped like jalapenos, but are SUPER sweet and delicious. Developed for kids' lunchboxes, their seeds are located at the base of the stem so they're great for snacking. Michelle's kids ate them right out of the box on their way home.**

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 because we didn't have enough for all the shares. 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. 

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### Warm Beet Greens & Beet Stems with Whipped Feta

Many people discard the beet stems when preparing beets or beet greens, but the stems can be quite tasty. Boil them separately from the greens, then dress them with garlic, fruity olive oil and lemon juice. Serve as a first course alongside the cooked greens and some garlicky whipped feta seasoned with mint. Pass warm pita bread and a bowl of Kalamata olives.

1 pound beet greens (from about 3 bunches beets)

4 tablespoons extra-virgin olive oil

2 tablespoons minced garlic

Kosher or sea salt

1 lemon

Whipped Feta

½ pound feta cheese

½ teaspoon minced garlic

Pinch of hot red pepper flakes or coarsely ground medium-hot red pepper

¼ teaspoon finely minced fresh mint

1 to 2 tablespoons extra-virgin olive oil

Separate the beet leaves from the stems. Cut the stems into 1-inch lengths.

Bring a large pot of salted water to a boil over high heat. Add the beet greens and boil until tender, about 3 minutes. Transfer them with tongs to a colander and run under cold running water to stop the cooking. Drain and squeeze dry. Chop coarsely.

Add the beet stems to the boiling water and cook until tender, 3 to 5 minutes. Drain in the colander and run under cold running water. Drain again and pat dry on paper towels.

Heat 2 tablespoons of the olive oil in a medium skillet over moderate heat. Add 1 tablespoon of the garlic and sauté until fragrant, about 1



minute. Add the beet greens, season with salt, and cook, stirring, until hot throughout. Transfer to a bowl. Add lemon juice to taste and let cool until warm.

In the same skillet, heat the remaining 2 tablespoons olive oil over moderate heat. Add the remaining 1 tablespoon garlic and sauté until fragrant, about 1 minute. Add the beet stems, season with salt, and cook, stirring, until hot throughout. Transfer to a bowl. Add lemon juice to taste and let cool till warm.

To make the whipped feta, put the feta, garlic, hot pepper flakes, mint and 1 tablespoon olive oil in a small food processor and puree until smooth, adding up to 1 tablespoon more oil if necessary to achieve a smooth consistency.

Arrange beet greens on one end of a serving platter. Put the beet stems on the other end and the whipped feta in the middle. Serve immediately.

*Recipe from "Eating Local: The Cookbook Inspired by America's Farmers."*

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## RECIPES...continued from Page 2

### Roasted Brussels Sprouts

*My favorite food writer is Ruth Reichl. One of my favorite books by her is "Garlic and Sapphires: The Secret Life of a Critic in Disguise," a memoir of her anonymous dining experiences as restaurant critic for the NY Times.*

*Reichl is not just a food critic, but a cook as well. Her book is sprinkled with inspiring recipes, many of which I've tried. This recipe for Brussels sprouts could be my favorite. And it's a great way to get your husband, and maybe even your kids, to eat these tasty baby cabbages. And, besides tasting delicious, they are really simple to make.*



Slice Brussels sprouts in half, dice thick cut bacon (raw), and toss together in a bowl with olive oil, salt and pepper. Roast in 400 degree F oven until sprouts are caramelized, about 20 minutes.

### Warm Chard Ribs with Yogurt, Toasted Walnuts and Dill

Chard ribs take longer to cook than the tender leaves do, so it's a good idea to cut the ribs away and cook them separately. Hold the whole leaf upside down over a work surface and slice along the ribs with a chef's knife. Boiled until tender, then tossed while warm with creamy yogurt and toasty walnuts, they take on a Turkish flavor. Serve with lamb chops or leg of lamb. Look for chard with wide, meaty ribs for this dish. White-ribbed chard tends to have broader, sweeter ribs than other varieties.

3 cups Swiss chard ribs, in 1/2-inch pieces  
 1 tablespoon unsalted butter  
 1 large clove garlic, minced  
 Kosher or sea salt  
 Freshly ground black pepper  
 ½ cup plain whole-milk yogurt, preferably Greek style  
 2 teaspoons minced fresh dill  
 1/3 cup coarsely chopped toasted walnuts

Bring a large pot of salted water to a boil over high heat. Add the chard ribs and boil until tender, 5 to 8 minutes, depending on their thickness. Drain and immediately run under cold running water to stop the cooking. Drain again



Melt the butter in a skillet over medium heat. Add the garlic and sauté for about 1 minute to release its fragrance. Add the chard ribs, season with salt and pepper, and stir to coat with the butter. Cook, stirring, just until the chard is hot throughout.

Remove from the heat and stir in the yogurt, dill and walnuts. Taste again for salt and pepper. Serve warm, not hot.

*Recipe from "Eating Local: The Cookbook Inspired by America's Farmers."*

Marvin Hershberger has turkeys  
for sale now!

At just \$2.50/pound, these fresh,  
free-range 18 to 20-pound turkeys  
can be stored in your freezer,  
ready for the big day!

Winter CSA applications  
are now being accepted.  
Applications for the 2011 season  
will be e-mailed soon.  
There will be discounts available  
for early sign-ups.

## Survey says... Synopsis of the member survey

**W**e are so appreciative of the responses to our member survey. Please know that we are taking your suggestions into account for next year, and love so many of the creative and thoughtful suggestions you have provided.

What sorts of things have we heard from you? Here is a small sampling of the things you'd like to see:

- No more plastic bags
- **More** berries (all types), carrots, fruit, scallions, cucumbers, greens, beets, melon, herbs, eggplant, pumpkins
- **Fewer** greens, beets, green peppers and hot peppers; **less** kohlrabi, squash and zucchini
- More variety from week to week
- Earlier newsletter
- More simple recipes that use a variety of vegetables
- A list of the produce that is included in the box
- An easier way to order extras (perhaps via the Web site?)
- Include nutritional information about produce and recipes
- A smaller share size for singles
- Information on places that sell local, organic produce
- Help organize pick-up sites to purchase and extra share/shares to donate to families in need



- Pasta sauce kits (tomatoes, basil, onions and peppers all in one handy box)
  - Containers or special boxes to help keep some of the more delicate produce in good condition during deliveries
  - Better signage and nametags at the farm visits
- You appreciated the convenience, value and quality of the produce, as well as the ability to support local farms.

You did not like over-ripeness, unfamiliar produce, and the same veggies over and over toward the end.

This is just a sampling of what we have heard from you – we'll be taking all of your ideas into consideration during the off-season. Thanks again!



## Winter CSA pickup hours, additional info

**T**his is the first year we are offering a Winter CSA. The farmers of Geauga Family Farms have been planting crops to prepare for the winter program.

Shares could include items such as potatoes, sweet potatoes, onions, lettuce, kale, winter squash, swiss chard, cauliflower, broccoli, apples, eggs and a baked item each week (whole wheat bread or pie!).

There will be one share size at \$25 per week, delivered. The shares are sized to provide several servings of produce for two to four people.

Winter shares will be sold in six-week blocks. Deliveries to a range of pick-up sites will occur on Saturdays. We'll start with Nov. 6 – Dec. 11 for the first block.

Additional blocks and dates will be added as we evaluate weather and growing conditions. We don't want to promise certain dates if there is not produce available. As we like to say – farming is

not an exact science!

Each block will cost \$150, with applications and payment due two weeks before the start of the block – no exceptions.

The Winter CSA begins Nov. 6. All pickups will occur on Saturdays. Just as with the Summer CSA, site volunteers are not expected to wait after posted hours for members to pick up their shares.

Shares will be donated to a needy family or food shelter if they are not picked up on time unless other arrangements have been made.

**St. Noel:** 11 a.m. - 1 p.m.

**Warehouse:** 11 a.m. - 2 p.m.

**Sage's:** 10 a.m. - 5 p.m.

**Family Karate:** 10:30 a.m. - 1:30 p.m.

**Bandy-Zalatoris porch:** 12:30 - 5:30 p.m.

Contact Michelle Bandy-Zalatoris at bandyz@sbcglobal.net or 216-321-7109; or Laura Dobson at LMFree99@yahoo.com or 440-478-9849.



## The cows are alright!

Our last farm tour of the season occurred at Manna Farms in Farmdale. Dominic and his wife, Diana, welcomed more than 30 CSA members with farm tours, ATV rides among the herd and delicious grilled, grass-fed, organic Piedmontese burgers. It was a beautiful afternoon! In case any of you were wondering, Dominic informed us that they did find the missing newborn calf later that day. It was safe, healthy and reunited with its mother - hooray!



Photo by Michelle Bandy-Zalatoris

# Fresh



*New thinking about what we're eating.*

A film by ana Sofia joanes

*I receive these letters via e-mail from the producers of FRESH because I send letters to political leaders about legislation regarding the safety of our food.*

Dear Laura,

FRESH activists win again! We have yet another victory for the good movement; this time, it's over drugged milk.

With your help, we sent nearly 3,000 letters to Gov. Strickland demanding that he cancel the absurd law which banned the use of the "rBGH free" label. Just last week, a federal judge struck down the law, ruling that milk from cows treated with rBGH is compositionally different from untreated milk, and consumers have the right to know if they're buying milk with synthetic hormones in it.

This is a major victory, and will hopefully set a serious precedent for labeling, especially in light of the battle against genetically modified salmon. We will keep fighting! Will you please donate just \$5 today to help FRESH keep doing what we're doing to make our food safe?

The hormone rBGH has been condemned by the American Public Health Association, American Nurses Association and numerous others due to its potential for increasing cancer risk and has already been banned from use in cows in countries around the world such as Canada, Australia,

Japan and the 27 countries of the European Union.

Why are we so far behind the curve? Of course, it's all about money. The hormone rBGH, now sold by Eli Lilly, was developed by Monsanto to increase cows' milk production (higher yield = higher profit margin).

Monsanto's former attorney, Michael Taylor, was put in charge of FDA policy when rBGH was approved and proposed that a disclaimer be put on all rBGH free milk, claiming that 'According to the FDA, there is no significant difference between the milk from cows injected with rbST compared to those not injected.'

Ohio, along with four other state governments, made Taylor's suggestion a requirement. Because of Ohio's high dairy production, the rule would impacted national dairy standards had it been upheld. Ohio was the last state to maintain the law after an unsuccessful campaign backed by Monsanto a few years ago. Your opposition to this rule helped bring attention to this important issue - keep up the great work!

Please help us keep an eye on the powers that be! Please donate today to help us dedicate more energy and time to educating and organizing around important issues like this.

Eat with care,

Lisa Madison, Distribution & Outreach  
Coordinator, FRESH

**Quote of the Week:** *"The greatest delight the fields and woods minister is the suggestion of an occult relation between man and the vegetable. I am not alone and unacknowledged. They nod to me and I to them."*

~Ralph Waldo Emerson

## Seven ways to save farmland

**T**hese tips come from the American Farmland Trust.

**1. Make Your Voice Heard** - Get AFT's free No Farms No Food Bumper Sticker. Contact your legislators and decision makers through American Farmland Trust's Action Network. Let them know that you care about food and farm policy as well as farmland planning initiatives!

**2. Support Farmers Markets** - Support your farming community by voting for your favorite local farmers market in America's Favorite Farmers Markets online contest. Your vote will ensure that farmers markets receive the attention and recognition that they deserve this summer.

**3. Go Shopping with a Message** - Donate today to American Farmland Trust and support its work to protect farms and ranches and expand local foods. You'll receive a No Farms No Food totebag to help spread the word when you're shopping at your favorite local food markets.

**4. Share the Bounty** - Prepare meals for family and friends with delicious, local food and enjoy the freshest foods the season has to offer. Find great recipes from local food champions in AFT's bi-monthly newsletter—Farm Fresh News.

**5. Know Your Farming Neighbors** - Learn more about the specific challenges facing farms in your region and find out what you can do to help. Use AFT's Farmland Information Center's Web



site or contact them directly 800-370-4879 to find all the resources you need to help farmers stay on the land.

**6. Tell Officials in Your Town that Local Food Relies on Local Farmland** - Be an active citizen and weigh in on farming issues in your area! Affect decisions made by your local zoning board or planning commission.

**7. Educate Your Community** - Write an editorial for your local paper about the importance of farmland to your community. Show your support for farmland issues and advocate for sound farm and food policy by supporting farmland protection or advocating for changes in farm policy.

You can get your *FREE No Farms No Food bumper sticker* at <http://tinyurl.com/p3n4lk>.

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

**A**ndy 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.

Marvin Hershberger has turkeys available for purchase now! Also just \$2.50/pound, these fresh, free-range 18 to 20-pound turkeys can be stored in your freezer, ready for the big day!

Call Marvin at 440-548-2399.



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GeaugaFmlyFarms



## Cluck-cluck, quack, quack, moo-oo-oo

**P**ekin ducks are still available! 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. Ohio law declares chickens and ducks 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. More meats will soon be available.

Contact Kathleen Webb at 216-408-7719 or [gfamilyfarms@aol.com](mailto:gfamilyfarms@aol.com).

## Stay in the local food loop over the winter by signing up for newsletters from these organizations:



**LOCAL HARVEST**



**Cuyahoga Valley National Park Association**



**Slow Food USA**

**zeroWASTE**  
NORTHEASTOHIO

### Farm Visits

#### Meet the Farmer Dates 2011

*Farm Visits will begin again next spring*

**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 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](http://www.geaugafamilyfarmsllc.org) and click on Meet Our Farmers on the left.



Photo by Michelle Bandy-Zalatoris

All too soon the farms and fields will be covered in snow. We hope you'll come out and meet the farmers at a Farm Visit when they start up again next spring.

# www.geaugafamilyfarmsllc.org

#### Mailing address:

Geauga Family Farms  
17050 Nash Road  
Middlefield, OH 44062

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

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