

what's "cropping" up!

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St. Noel site helping to care for God's creations

We thought you would be interested in learning a little bit about where you and other members of Geauga Family Farms' CSA pick up their fresh, organic produce, and why the sites became involved in the first place. This week we are profiling St. Noel in Willoughby Hills.

St. Noel is a Roman Catholic parish in the Diocese of Cleveland and as such supports Catholic Social Teaching which, especially recently, has been highlighting the importance of caring for God's creation. St. Noel believes GFF CSA is helping them to live out that mandate.

Alice Hinkel, pastoral associate at St. Noel, said she and others at the Willoughby Hills church thought being a pickup site was in keeping with the teachings of their church.

"We were approached last winter by Laura Dobson and some of the farmers to consider being a site for subscribers to the GFF CSA to pick-up their produce," Alice said. "The ideas that the

produce is organic and therefore good for God's creations – us and our planet Earth – and because we would be supporting the local economy, convinced us that this was a more than worthwhile endeavor."

Alice says they enjoy many aspects of their experience so far.

"Certainly eating the fresh and delicious vegetables and berries are a high point," Alice said. "But we also value the community building that happens every Saturday. It's so much fun to chat with others who are of a like mind about the importance of eating well and eating organically. Recipes are exchanged, new acquaintances are made and children have been introduced to this valuable effort as well. We might also add that the experience of having folks from communities beyond are own has enriched our experience."

Ministries at St. Noel are many, but with

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August is just peachy

Geauga Family Farms orders peaches from an orchard in Michigan to include in the shares.

Unless you have opted out of nonorganic produce, you will receive peaches with your share when they become available. Those who have opted out will receive additional farm-fresh produce.

We are taking bulk orders of Harmony peaches from interested members who would like peaches for canning, or just more than what you will receive in your share.

The prices are as follows: \$26/bushel, \$14/half bushel and \$8/peck. Remember, these are not

organic.

The deadline for ordering the Harmony peaches is August 7. There is not an exact date that they will arrive - some time within 2nd or 3rd week of August. The

peaches will be delivered with the shares.

To order, contact Michelle Bandy-Zalatoris at 216-321-7109, bandyz@sbcglobal.net or Laura Dobson at 440-478-9849, LMFree99@yahoo.com.



This week's picks - it's sweet corn time!

Coming this week to your CSA box could be some or all of the following: Lettuce, cucumbers, zucchini, yellow squash, cherry tomatoes, tomatoes, green/wax beans, green peppers, jalapeños, fingerling potatoes, red potatoes, pickling cucumbers, red cabbage, radishes, onions, eggplant, Swiss chard and, last but not least, sweet corn.

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



Imagine sweet corn with lots of butter. Yum! and the item in question was included in the Family share only. Below are a few recipes using this week's vegetables. 

Swiss Chard and Sweet Pepper Stir Fry

- 1 T. vegetable oil
- 1 onion - cut in half and sliced thin
- 1 large pepper - cored, seeded and thinly sliced
- 3 T. water
- 1-1/2 t. hoisin sauce
- 1 lb. Swiss chard - stems diced and leaves shredded

Heat oil in a wok or skillet over high heat. Add onions and stir-fry until slightly soft. Add peppers, water and hoisin sauce - bring to a boil.

Reduce heat and simmer for 2-3 minutes. Add swiss chard and toss to combine. Simmer, covered until the chard is tender - 3-5 minutes.

Open-Faced Grilled Eggplant Sandwiches

(a Bandy-Zalatoris family favorite)

- 1 medium eggplant (peeled and sliced cross-wise in 1/2 inch slices)
- 1 tomato, sliced or chopped
- 1 cucumber, thinly sliced
- 1 cup of hummus
- 1/2 cup of feta cheese
- 4 whole wheat pitas, toasted
- Olive oil
- Salt & pepper to taste

Brush eggplant slices lightly with oil. Place on medium-hot grill and cook until tender (eggplant can also be cooked in the broiler). Spread pitas with 1/4 of the hummus, top with eggplant slices, cucumber, tomatoes and feta. Drizzle with olive oil and season with salt and pepper.



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reference to Geauga Family Farms it is most significant to note that St. Noel has a government food pantry onsite which is benefiting from the produce that is not picked up each Saturday.

“Our pantry services people of all (or no) denominations who live in the geographic area assigned to us by the Cleveland Food Bank – all of Willoughby south of Route 2, Willoughby Hills and Kirtland,” Alice said.

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St. Noel celebrates its 30th anniversary this year. “From our inception we have recognized that God has richly blessed us and have tried, in turn, to be a blessing to the community, especially to those in need,” Alice said. “Sometimes we do this more successfully than other times. We acknowledge that God is calling us to continue to grow in our awareness of our responsibility to love and serve our neighbors.” 

Quote of the Week: “Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people.

~Elizabeth Berry

Veggie Tip of the Week: To make the cucumber last longer, you can take one and peel, slice and marinate in Italian dressing. It makes a perfect cold salad that lasts for days in the refrigerator.

Letters from our members

We receive numerous e-mails each week from our members and want to share their comments, both good and bad. We love hearing from you. Feel free to share your comments, recipes and suggestions anytime. E-mail them to me at LMFree99@yahoo.com.

Photos of each week's share are being posted by

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 loving being a part of the CSA. We've been very impressed with the whole operation!!!
~Sue Mills, Sage's



Cleveland Botanical Garden's RIPE! Food & Garden Festival

Locavores, rejoice! Cleveland Botanical Garden presents RIPE! Food & Garden Festival Sept. 24 - 26.

RIPE! Food & Garden Festival is a new event whose time has come. RIPE! celebrates the edible gardening revolution and the region's thriving commitment to local food. At the time when nature's bounty is at its peak, this joyous festival offers you one-stop access to local food purveyors and proponents, along with the farmers and gardeners who are bringing fresh food to your own backyard. Learn what, when and how to grow and eat, and how you and your families can enjoy yourselves enormously in the process.

The Cleveland Botanical grounds at 11030 East Blvd. in Cleveland provide the setting for a community-wide celebration of the fall garden, delightful harvest-inspired foods, and the people who create and relish them.

RIPE! visitors can expect a leisurely fall day full of fun, delicious food and inspiring gardening ideas. Amidst 20 outdoor gardens, you will interact with the region's wide array of local experts, including area farmers, farm-to-fork champions, restaurants specializing in local food, slow-food practitioners, gastronomists and green gardeners.

You will bring home fresh ideas for your garden, your kitchen and your healthy lifestyle — as well as recipes, tips and locally prepared foods from the minds, stoves and drawing boards of the



area's most exciting food and garden trendsetters.

A Harvest Moon Dinner preview will be Sept. 23. See the Web site for more details.

Advance, discounted tickets are on sale online at www.cb garden.org/Ripe.html and at the Garden's box office and all area Heinen's Fine Foods. Tickets purchased online will be held at the box office for pick-up during the event.

Advance tickets for adult members are \$5; member children, \$3. Nonmember adults are \$10; nonmember children, \$5.

At the door, tickets for adult members are \$7; member children, \$4. Nonmember adults are \$12; nonmember children, \$6. Children 2 and younger are free; no ticket required.

Herbed Potato Salad

Serves 6

Dill, parsley, and onion combine with yogurt and sour cream to make a pungent, creamy dressing. Because it travels well, this flavorful potato salad is wonderful for potlucks and picnics.

Yield: (serving size: about 1 cup)

2 pounds Yukon gold potatoes
3 tablespoons white wine vinegar
1/2 cup plain low-fat yogurt
1/4 cup reduced-fat sour cream
1 tablespoon canola oil
1/2 cup finely chopped red onion
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh dill
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 garlic clove, minced

Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain. Cool slightly and peel. Cut potatoes in half

lengthwise; cut halves crosswise into 1/4-inch-thick slices. Place potatoes in a large bowl; sprinkle with vinegar.

Combine yogurt and sour cream in a medium bowl, stirring with a whisk until smooth. Add oil; stir with a whisk. Add onion and remaining ingredients; stir with a whisk. Add yogurt mixture to potato mixture; toss gently to coat. Cover and chill 1 to 24 hours.



Recipe from Cooking Light

Best Stuffed Bell Peppers

Serves 6

6 large (8-ounce) red bell peppers
2 tablespoons olive oil
2 cups chopped onions
6 tablespoons chopped fresh parsley
3 garlic cloves, chopped
2/3 cup cooked white rice, cooled
1 tablespoon sweet Hungarian paprika
1-1/4 teaspoons salt
1 teaspoon ground black pepper
1/4 teaspoon ground allspice
2-1/2 cups canned tomato sauce
1-1/4 pounds lean ground beef
1 large egg

Cut off top 1/2 inch of peppers and reserve. Scoop seeds from cavities. Discard stems and chop pepper tops. Heat oil in heavy large skillet over medium-high heat. Add onions, parsley, garlic, and chopped pepper pieces. Sauté until onions soften, about 8 minutes. Transfer to large bowl. Mix in rice, paprika, salt, pepper, and allspice. Cool 10

minutes. Mix in 1/2 cup tomato sauce, then beef and egg.

Fill pepper cavities with beef mixture. Stand filled peppers in

single layer in heavy large pot. Pour remaining 2 cups tomato sauce around peppers. Bring sauce to boil over medium-high heat. Reduce heat to medium-low, cover pot and simmer 20 minutes. Spoon some sauce over each pepper. Cover; cook until peppers are tender and filling is cooked through and firm, about 20 minutes.

These can be made 1 day ahead. Cool, cover and chill. Rewarm covered over low heat. Select peppers that are flat on the bottom — they stand up better while cooking.

Recipe from Pacific Coast Farmers' Market Association



Grilled Sweet Corn

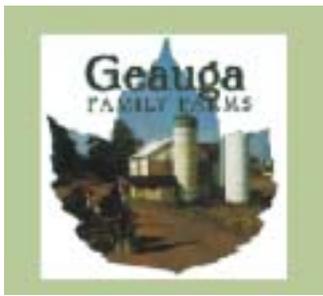
Soak corn in husks for about a half an hour. Toss them onto your preheated grill, and after about 15 minutes of closed-lid cooking they will be done.

Make a fresh BBQ corn salad, grilled corn soup or most likely, just devour hot off the grill. Serve with lots of butter and salt.

If you don't have time to grill, bring enough water to cover all the ears to a rolling boil in a stockpot. When the water is boiling hard, turn the burner off, drop the ears in, and cover tightly. Let sit for 5 minutes.

The worst thing you can do to sweet corn is overcook it or boil it for 10 minutes or more. Just let it sit in the hot water, and it will be perfect every time.





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 LMFfree99@

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



Like us on



Follow us on



www.geaugafamilyfarmsllc.org

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