

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
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To: manager@chelanfarmersmarket.org

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Like



Talk About Fresh!

CEFM's Newsletter
Chelan Evening Farmer's Market

Learn more about CEFM by visiting us at
www.chelanfarmersmarket.org

Whats Fresh

What an abundant market we have! You can expect, fresh apples, corn, tomatoes, apricots, peaches, watermelons, cantaloupes, zucchini, summer & winter squash, greens, root vegetables, pies, scones, cookies, breads & loads of other delicious baked goods, candied apples, apple donuts, hot cider, salsa, apple & cherry cider, lemonade & tea, flowers, plants, waffle-dogs, egg rolls, honey, wine, local jams & jellies, local crafts and much more

Apple Festival

Join us in celebrating our last market of the 2014 season as we honor 2 local favorites...the APPLE and Olivia De La Cruz!





Apple Pie Contest

Enter your best pie. First place receives a prize (cash!) and of course bragging rights. Learn more and print out your entry form at our website.

ChelanFarmersMarket.org

Music at the Market

We welcome for the second year **Olivia De La Cruz** to play our Music at the Market series today, our last market of the season.



This is a totally fun day with wonderful music, apple goodness and 1 more day of amazing local food & craft. Don't miss it!

THURSDAY



Sunny
Warm
High: 95°F

The Forecast for Market Day

Super sunny with warm tropical breezes & soft hula music drifting in the air. Just seeing if you were paying attention! Real forecast: Mostly sunny, with a high near 65. Northwest wind around 6 mph becoming east in the afternoon, with a gentle smell of apple lingering in the light breeze!

We will have hot cider, a toasty fire pit and music to dance to, all to keep you warm and happy!

Recipe of the Week

Cranberry Roasted Winter Vegetables

This warm delicious and tangy dish is a keeper! Maybe adding an apple would be good too!



Ingredients

- * 4 large carrots (about 1 1/2 lb.), halved lengthwise and cut into 1-inch pieces
- * 3 large turnips or parsnips (about 2 lb.), peeled and cut into 1-inch pieces
- * 1 pound Brussels sprouts, halved (quartered, if large)
- * 1 tablespoon minced fresh rosemary
- * 2 teaspoons olive oil
- * 3/4 teaspoon salt
- * 1/4 teaspoon pepper
- * 1 cup fresh or thawed frozen cranberries
- * 4 teaspoons molasses

Directions

1. Preheat oven to 400°. Lightly grease 2 large jelly-roll pans (cookie sheets); place carrots and turnips in one pan and Brussels sprouts in second pan. Divide rosemary and next 3 ingredients between carrot mixture and Brussels sprouts; toss each to coat.
2. Bake both pans at 400° at the same time. Bake carrot mixture 30 minutes, stirring once; add cranberries, and bake 5 minutes or until carrots and turnips are tender and browned and cranberries begin to soften. Bake Brussels sprouts 15 to 20 minutes or until tender and browned, stirring once.
3. Remove vegetables from oven, and combine in a large serving bowl. Drizzle with molasses, and toss to coat.



Welcome to the Farmers Market of Tomorrow

Farmers markets in the United States as we know them today began about



37 years ago in California, with legislation that allowed farmers to sell directly to consumers without having to size, pack, and label their wares in standard commercial containers. The approach worked so well that farmers started to grow produce especially for farmers markets. Over the years, individual growers and market managers have excelled at reaching out to consumers, offering new services, products, and, yep, technology to make eating seasonally and healthfully easier and more convenient. It's fair to say that the increasing desire among shoppers to "buy local" wouldn't have happened without the proliferation of farmers markets. The handful that took root in the late 1970s grew to about 1,755 markets by 1994. Twenty years on, there are 8,268, according to the USDA; the number nearly doubled from 2008 to 2013. [Read more](#)

Where could I get local produce and crafts AFTER Thursday?

Chelan Saturday Market continues to be open every **Saturday** at the Chamber of Commerce parking lot from **9am – noon** thru the end of October.

Free gardening advice

Chelan county is blessed with folks who love to grow plants. This year, we welcome back the Master Gardeners, Patti & Pam, every week at the Market's Information Booth. So bring in your wilted leaves and those unidentifiable critters munching wildly in your yard and see what the ladies have to say.



Children's Story Time!

The Chelan Public Library brings Story Time to each and every market this season. At 4:30 and again at 5:30, our creative and animated readers invite you to share in the



tun. All ages.



Chelan Evening Farmers Market would like to thank NCB for their continued support. They are our major sponsor.

I wanted to personally thank North Cascades Bank for their continued support. Not only financially, although this has been so important to our growth and success, but also for their physical and emotional support throughout the season. Always lending a hand, joining me on the radio each week (thanks Ray!) and generally caring so much for our market AND our community. What a great bank, and a great group of people! We all look forward to another great season next year!

~ Sherry, Market Manager



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