

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh OPENING DAY!
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Its Market Time!

Come down and join the fun at our opening day market of the 2015 season. This Thursday, May 21st., 4 – 7pm

How are we celebrating this opening day?

We have 4-H members sharing their experiences and baby animals! help support to our local 4-H programs by buying a raffle ticket and/or plant starts. Learn more about what its like to be involved from parents and kids, and learn how you can support this



Whats Fresh

This is early in the growing season, but our farmers will have loads of greens, plants to sell, *Morel mushrooms*, and MAYBE some early strawberries, you can always enjoy pies, scones, cookies, breads & loads of other delicious baked goods, salsa, apple & cherry cider, lemonade & tea, flowers, plants, waffle-dogs, egg rolls, honey, wine, local jams &

jellies, local crafts and much more

Thursday



Partly
Sunny

High: 80 °F

The Forecast for Market Day

Boy I couldn't have ordered a better forecast.

Partly sunny, with a high near 80. Northwest wind around 6 mph becoming northeast in the morning.

It's gonna be a great day.

Recipe of the Week

Simple Fried Morel Mushrooms

Every mushroom lover has his or her favorite morel recipes. Whether with meats, asparagus, or plain old butter, we all have our preferred way of preparing these springtime treasures.



Ingredients

- * 1 pound fresh morel mushrooms - dirt gently brushed off and mushrooms halved lengthwise
- * 1 cup all-purpose flour (you could use Almond flour if you are gluten sensitive)
- * 1 cup vegetable oil
- * Salt to taste

Directions

1. Place halved morel mushrooms in a large bowl; cover with cold, lightly salted water. Refrigerate mushrooms for about 5 minutes to loosen any dirt; pour off salted water, rinse, and repeat twice more. Cavities of the mushrooms may harbor tiny stones or even insects. Thoroughly rinse mushrooms a final time and allow to drain on paper towels.
2. Place flour in a shallow bowl.

3. Heat vegetable oil in a large skillet until very hot.
4. Roll mushrooms in flour and tap off excess; gently lay mushrooms in the hot oil.
5. Pan-fry until golden brown and flour coating is crisp, 5 to 8 minutes, turning often. Drain morels on paper towels, salt to taste, and enjoy your treasures!

My favorite thing is to just saute them in a butter/olive oil mixture! ~Sherry



Music at the Market Series

Dan Quigley helps us to open our season. We so enjoyed having him at the market last season and are so pleased to have him back to play again this year.

We thank the [Historic Downtown Chelan Assoc.](#) and its members, who proudly help to sponsor our Music at the Market Series.

Friends-of-the-Market

What is the best way to support your community farmers markets?

By making your purchases from local farmers/crafters each week.

If you want to do more to make this a market you can *be proud of*, consider becoming a **Friend-of-the-Market**.

Learn more about this program by stopping by the market booth at the start of the market. You too can sport this keen window cling to let folks know you care about your community!



Children's Story Time!



The Chelan Public Library brings Story Time to each and every market this season. From 4:30 -6pm, Jennifer, our creative and animated reader from the Chelan Library invites you to share in the fun. All ages.



Division of Glacier Bank

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



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