

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org  
 Subject: Talk About Fresh 6/13/2013  
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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](http://www.chelanfarmersmarket.org)

	May	June	July	Aug	Sep	Oct
Asparagus	x					
Bok Choy	x					
Radishes	x	x				
Spring Onions	x	x				
Spinach	x	x			x	x
Arugula	x	x	x	x	x	x
Lettuce	x	x	x	x	x	x
Salad Mix	x	x	x	x	x	x
Broccoli		x			x	x
Cabbage		x			x	x
Peas		x				
Beets		x	x	x	x	x
Carrots		x	x	x	x	x
Chard		x	x	x	x	x
Cilantro		x	x	x	x	x
Garlic		x	x	x	x	x
Kale		x	x	x	x	x
Onions		x	x	x	x	x
Basil			x	x	x	
Beans			x	x	x	
Zucchini			x	x	x	
Cucumbers			x	x	x	
Potatoes			x	x	x	x
Eggplant				x	x	
Melons				x	x	
Watermelon				x	x	
Corn				x	x	x
Leeks				x	x	x
Peppers				x	x	x
Tomatoes				x	x	x
Winter Squash					x	x
Parsnips						x

## Harvest Chart

Curious about what might be available at the market? Trying to plan your meal from what you can buy fresh at market tonight? Well here is a general harvest chart for you to peruse. I thought it might be kinda nice to know ahead of time what might be available.

## Whats Fresh (tonight)

This week at the market you will find plant starts, herbs, onions, greens of all kinds, salad mix, arugula, romaine lettuce, potentially some strawberries and cherries, hummus, fresh lemonades and fruit waters, all types of baked goods, flowers, fruit wines, wood fire pizza, burritos, handcrafted cheeses, local crafts & more!

Tree Fruit	May	June	July	Aug	Sep	Oct
Cherries		x	x	x		
Peaches			x	x	x	
Nectarines			x	x	x	
Apricots			x	x		
Plums				x	x	
Apples				x	x	x
Pears					x	x

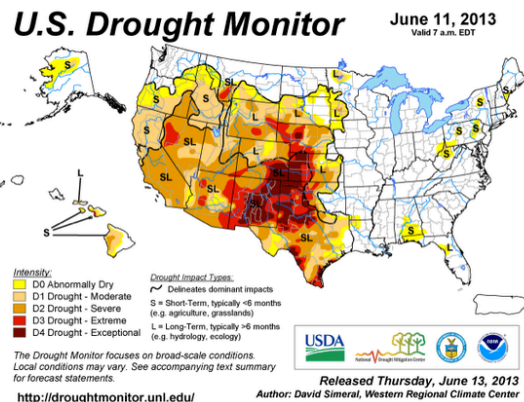
Berries	May	June	July	Aug	Sep	Oct
Strawberries		x				
Raspberries			x	x	x	
Blueberries			x	x		
Blackberries				x	x	

Etc	May	June	July	Aug	Sep	Oct
Garden Starts	x	x				
Flower Bouquets	x	x	x	x	x	x
Pumpkins					x	x

## Yes we live in a great region...

And luckily we have not been affected by the ongoing droughts experienced by most of the country!

Supporting our local food system helps to maintain the options of healthy delicious foods no matter what is happening to farms in hard hit areas. The bounty of what we can grow here, makes us very lucky (and grateful) folks indeed.



Save the date!

## Bark in the Park on June 27th

The festivities begin at 5pm.

For those of you who missed it last year, this is your opportunity to see what all the talk was about!

- Dog parade
- Smellathon
- Best Costume
- Best Trick

Prizes and dog treats for all participants.



We will have more details as we get closer. You don't want to miss this!

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