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Talk About Fresh!

CEFM's Newsletter
Chelan Evening Farmer's Market

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

Its Dog Day Afternoon

Today is the day for all you dog lovers out there. Our first event of the 2012 season

A Bark in the Park

- When? June 21st at 6 pm during the Chelan Evening Farmers Market
- Where? Riverwalk Park Flagpole area
- Why? To give dogs a chance to excel and get their owners a free glass of cider.

There will be a best costume and best trick competition with prizes as well as a Smellathon where the dogs compete against themselves to find hidden treats at seven separate challenge stations.

Three judges will assess the dogs during the costume and trick competition using placards (American Idol Style). There will be free cider from Orondo Cider Works for all humans participating with their dogs. Jon Luke, legendary local dog trainer, will supervise the competition and the Smellathon. Jon also designed the seven station challenges for the dogs to allow them all to go home winners.

The Humane Society will have a booth at the market and will be bringing dogs that need homes, so if your looking for your furry companion, today might be the day!

Come join the fun and give your dog a night to remember!

Whats Fresh

This week at the market you will find **DOGS!** strawberries, cherries, greens of all kinds, salad mix, arugula, spinach, redleaf lettuce, greenleaf lettuce, romaine lettuce, Italian kale, curly kale, basil, red beets, golden beets, herbs, plant starts, wood-fire baked pizza, hummus, all types of baked goods, hotdogs, flowers, locally roasted coffee, Orn's delicious Pad Thai Sauce, Thai iced tea & more!

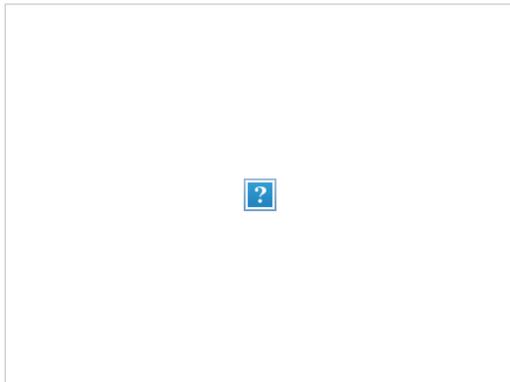
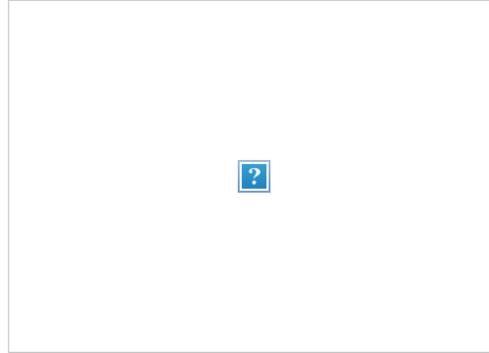
...and more!

Happy solstice!

What is a solstice? Ancient cultures knew that the sun's path across the sky, the length of daylight, and the location of the sunrise and sunset all shifted in a regular way throughout the year.

They built monuments, such as Stonehenge, to follow the sun's yearly progress.

All locations north of the equator have days longer than 12 hours at the June solstice. Meanwhile, all locations south of the equator have days shorter than 12 hours. The 2012 June or summer solstice takes place on Wednesday, June 20, 2012 at 23:09 Universal Time (6:09 p.m. CDT). This solstice – which marks the beginning of summer in the Northern Hemisphere – marks the sun's most northerly point in Earth's sky. It's an event celebrated by people throughout the ages.



Why support your local Farmers Markets?

Reason 1

Supporting local farm families to create a prosperous and maintainable local food system. When you buy locally grown food, directly from US farmers markets, you help support your local economy and in return you will get the freshest, best-tasting food available and help reduce the production of greenhouse gasses.

Market Bucks

Vendors will start to see Market Bucks coming into the market this week. These bucks, valued at \$2 each are for food purchases only. No change can be made from these bucks. Please see me (Sherry) the Market Manager if you have any questions on how to handle these and get reimbursed for them.



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