

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 6/25/2015
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To: manager@chelanfarmersmarket.org

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Like



Whats Fresh

This is early in the growing season, but our farmers will have loads of greens, plants to sell, garlic scapes, cherries, early strawberries, blueberries, you can always enjoy pies, scones, cookies, breads & loads of other delicious baked goods, salsa, apple & cherry cider, lemonade & tea, flowers, plants, local honey, local wine, local jams & jellies, local crafts and much more

Thursday



Sunny

The Forecast for Market Day

Sunny, with a high near 88. West wind 5 to 8 mph becoming calm.

We are about ready to head into a HEAT WAVE that will arrive by the weekend. The Hot weather pattern will probably be around a while with high temperatures in the 90s and 100s+ through at least the middle of next week.

Please be aware and plan accordingly. Keep

High: 88 °F

yourself and your animals hydrated and as cool as possible. We are so fortunate to have our beautiful lake here.

Do yourself a favor...GO JUMP IN THE LAKE!

Recipe of the Week

Garlic Scape Green Gazpacho

If you find yourself staring at a garlic scape thinking, "What the Heck is that?" don't worry. You're not alone. They might be something of a mystery to many, but garlic scapes are worth getting to know. They're twisty, curly, bright green stems that shoot up from garlic bulbs. They are also sometimes called garlic shoots, stems, spears, or, my favorite, serpent garlic.



Scapes taste (duh) like garlic, but a bright, fresh, verdant version of it. You can use them anywhere you'd use regular garlic. So is there any real reason you should buy garlic scapes instead of garlic? Cooking with garlic scapes is like getting to have scallions that taste like garlic -- so yes, go get some while they're around!

Gazpacho is an incredibly refreshing, yet filling, cold soup made from bread and vegetables. It's the perfect summer meal when it's so hot you don't feel like eating anything.

Ingredients:

- * 1 C. dry bread cubes
- * 1 1/2 C. chilled water (plus more for soaking the bread)
- * 1 C. almonds
- * 1/2 t. salt
- * 1/4 C. olive oil
- * 2 C. chopped lettuce leaves

- * 2 C. chopped spinach
- * 1 medium cucumber, peeled and chopped (optional)
- * 4 chopped garlic scapes
- * 2 T. any combination of fresh herbs (such as parsley, tarragon, thyme, dill, rosemary, mint, chervil, lovage, basil or cilantro)
- * 2 T. sherry vinegar
- * Freshly ground black pepper

Directions

* Soak the bread in just enough water to cover. After 5 to 10 minutes, when it is soft, drain and squeeze out most of the water. Combine with almonds, garlic scapes, salt, and 1 cup chilled water in a food processor or blender. Puree until a smooth paste is formed, then drizzle in the olive oil until emulsified. Transfer to a bowl, then add the vegetables and herbs to the food processor or blender. Puree with an additional 1/2 cup of chilled water. Whisk this puree, along with the vinegar, into the bread mixture. Add pepper and additional salt and vinegar as needed. If you like your gazpacho silky smooth, puree it once more in a blender at top speed. Chill thoroughly. Serve with garnish of fresh herbs or blanched garlic scapes. Serves 8.



Music at the Market Series

Chris Eric plays the market this week. Come down, pick up some fresh fruit, sit in the shade and enjoy the music.

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

Save the Date

1st Annual Cherry Pit-Spitting Contest

July 2, 2015

It's spitting time again!

How often do you hear (read) that?





Join us at the Chelan Thursday Evening Farmers Market's Annual Cherry Pit-Spitting Contest. The contest is open to everyone and is a low-key competition. There will be separate age divisions 0-6 | 7-15 | Women's | Men's, each with a first prize winner.

Come for the opportunity to spit without being chastised, or just watch all the action.

Don't miss the fun!

Earth & Space

News from a weather geek

Northern Lights Show Up for Summer

A massive G4 geomagnetic storm is kicking up the aurora borealis, which rivals some of the best Northern Lights shows in recent years.

You've got 1 more chance to see them tonight (June 24th). Go out to a low light area (away from city lights) between 11pm-3am.





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.

Calling all Food Vendors

Got a food truck? Sell food at other fairs and Markets? Always wanted to have a food booth? Well, Chelan Thursday Evening Farmers Market wants YOU!

If you or someone you knows would like to work in a fun and busy environment, we'd love to have you join our market. If you would like more information, visit our [website](#) or [email us!](#)



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



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