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Talk About Fresh!

CEFM's Newsletter
Chelan Evening Farmer's Market

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Best weather of the week this Thursday

What is up with this crazy weather...lightning, wind, cold rain? Not your usual Chelan summer weather. I guess there is no place in the country that is having a "normal" weather year. We are luckier than most, thats for sure.

The forecast for tomorrow is:

Day: Partly cloudy. Highs in the lower to mid 90s.

Night: Mostly cloudy with a 50 percent chance of showers and thunderstorms. Lows in the mid 50s to lower 60s. Rainfall amounts less than a quarter of an inch...Except higher amounts possible in thunderstorms.

Its nice that the weather "gods" are looking out for us.

Please make sure to bring your weights in case the wind starts to pick up before the close of market.

Whats Fresh

This week at the market you will find tomatoes, blueberries, raspberries, apricots, strawberries, cherries, garlic, greens of all kinds, salad mix, arugula, spinach, redleaf lettuce, greenleaf lettuce, romaine lettuce, Italian kale, curly kale, basil, carrots, red beets, golden beets, herbs, flowers, lemonade, plant starts, wood-fire baked pizza, tacos & burritos, hummus, fresh lemonades and fruit waters, all types of baked goods, flowers, cup cakes, locally roasted coffee, Orn's delicious Pad Thai Sauce, Thai iced tea, Local crafts & more!

Zucchini races are coming... Don't miss it!

The race track is being built, zucchinis are



growing, our race committee is busy getting all things race related together and ready for the big day.

August 2nd 4pm

Be sure to come to the market the week before (July 26th) to take part in the zucchini race car clinic to learn how you can make a zucchini race car. NOTE that this is a "trial run" and you will need to make your actual car to race just before

race day. *We will also have zucchinis and decorating extras on race day!*

Mosquitoes ACK!

Thanks to a warm winter and wet spring, mosquitoes are back in bigger numbers this year as we all know.

Mosquito Facts: The common variety called Culex Pipiens (the gray rat of mosquitoes), prefers a blood meal from a bird and so will come out primarily in the evening, when birds roost in the trees, their breath creating invisible columns of carbon dioxide that the pipiens follow to their meal. If there is no bird in the vicinity, they will find a human.



Male mosquito eat nectar and are attracted to individual females by the sound of their wings. They are not at all interested in humans as they get no nectar from humans, and they not interested in blood. They only live for one week, reproduce, and then die.

Female mosquitos on the other hand eat nectar AND take blood for their eggs. They live longer (months). They always lay their eggs in water. An average mosquito, in an average human blood heist, takes away about three times their own body weight in blood.

How can you protect yourself?

There are a variety of sprays available, many loaded with chemicals. They only help a bit though. There are a number of easy ways (Pesticide-free protection) to limit your exposure while enjoying the outdoors.

- **Eliminate standing water.** Mosquitoes are notoriously capable of breeding in even small pockets of moisture, so make sure to clear out your gutter, drains, buckets and birdbaths regularly.
- **Stay inside at dawn and dusk.** Mosquitoes are most active during the beginning and end of days. By staying inside at those peak times, you can limit the risk of bug bites and diseases.
- **Set up fans on your deck.** Mosquitoes are tough insects, but they aren't very good fliers. In fact, a few fans at waist level or below will help.