

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
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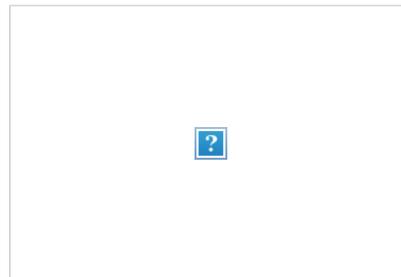
Talk About Fresh!

CEFM's Newsletter
Chelan Evening Farmer's Market

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

1,500 Miles Fresher

Farmers Market board member Lars Clausen just returned from visiting family in San Diego, California. In that land of palm trees, desert, and ocean beaches, the dependence on far-distant food and water sources is so very clear. Water arrives via aqueducts that snake hundreds of miles to keep lawns their brilliant green. Food arrives from around the nation and around the world. Beautiful beaches mask a fragile dependence.



Here in Chelan, we share much of this same dependence - its just harder to visualize as we look out onto the lake and the orchards that surround us. Food security - Something to consider. Know that every time you buy produce at a farmers market, or grow your own fruit and veggies, you're creating a more stable future, even if you just want a good tasting tomato! **Local food is win-win-win.** Enjoy the 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, 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!

One more week until the 1st Annual Great Zucchini Race



Don't miss this fun family event. hosted by

NCNB.

August 2nd starting at 4pm



Got Time?

Can you help out at the Great Zucchini Race
Thursday August 2nd?

We have volunteer needs in all areas on race day.

- * Race way attendants
- * Race Car production assistants
- * Cat Wranglers (well, race participants)
- * Finish line judges
- * Set-up/Take-down
- * Zucchini medics
- * Compost Technicians
- * Registration

WE NEED YOU! Plus it will be really fun...**REALLY!**



Please contact Sherry at Manager@chelanfarmersmarket.com or call to leave a message 509-643-4459

Did you know?

Agriculture in Chelan County:

1. Average size of farms: 94 acres
2. Average value of agricultural products sold per farm: \$142,000
3. Average value of crops sold per acre for harvested cropland: \$4492.81
4. The value of nursery, greenhouse, floriculture, and sod as a percentage of the total market value of agricultural products sold: 0.13%
5. The value of livestock, poultry, and their products as a percentage of the total market value of agricultural products sold: 2.89%
6. Average total farm production expenses per farm: \$111,800
7. Harvested cropland as a percentage of land in farms: 32.69%
8. Irrigated harvested cropland as a percentage of land in farms: 90.84%
9. Average market value of all machinery and equipment per farm: \$52,320
10. The percentage of farms operated by a family or individual: 75.44%
11. Average age of principal farm operators: 55 years
12. Average number of cattle and calves per 100 acres of all land in farms: 1.25

13. Milk cows as a percentage of all cattle and calves: 1.57%
14. All wheat for grain: 1978 harvested acres
15. * **Vegetables: 28 harvested acres**
16. Land in orchards: 32,621 acres

How do small farmers show up in these statistics? Well, if you look at #1, you notice the average size of farms is 94 acres, then most of these listed are larger conventional farms. Note that #10 shows only 75.44% of these are family owned/run.

WSDA defines a small farm as one where the farmer or farm family participates in the day-to-day labor and management of the farm, and owns or leases its productive assets.

What defines local food? "Local" meant within a short distance, usually of less than 100 miles, so the money spent stayed in the pockets of business owners and employees who lived in your community. Do these statistics separate that out, I think not.

Did you also know...

Chelan County "top lists":

- 52 on the list of "Top 101 counties with the largest number of people without health insurance coverage in 2000 (pop. 50,000+)"
- 67 on the list of "Top 101 counties with the highest average weight of females"
- 74 on the list of "Top 101 counties with the largest number of children under 18 without health insurance coverage in 2000 (pop. 50,000+)"
- 92 on the list of "Top 101 counties with the highest percentage of residents that had a sunburn in the past 12 months"
- 94 on the list of "Top 101 counties with the highest percentage of residents that exercised in the past month"

Seems like we could use more accessible Local Healthy food! Support local markets, local businesses and LOCALS!

Read more: http://www.city-data.com/county/Chelan_County-WA.html#ixzz21eWAeEEZ

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