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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](http://www.chelanfarmersmarket.org)



### We are growing every week!

**More vendors, More visitors, More fun! We are breaking records every week. Don't miss the market this week, its forecasted to be great weather too!**

We all appreciate the amazing support!

### Whats Fresh

This week at the market you will find apricots, strawberries, cherries, 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, hummus, all types of baked goods, flowers, locally roasted coffee, Orn's delicious Pad Thai Sauce, Thai iced tea, & more!

### 7 reasons to eat local this 4th of July

**1. Small Farmers Are As American As Apple Pie:** The concept of the small family farmer is deeply ingrained in the American consciousness. It's a symbol of good old fashioned hard work, respect for the land, and it is an iconic part of our history.

**2. You Are What You Eat:** High fructose corn syrup? Phosphoric Acid? Processed food is full of additives, sweeteners and preservatives, much of which we can't even pronounce, let alone know what they are. When you buy local foods produced on a small scale, what you see is what you get. I know I'd rather eat a vegetable than something that comes in a package with a laundry list of mystery ingredients.

**3. The Incredible Shrinking Carbon Footprint:** 1500 miles fresher. That's the average miles our foods travel to get to the grocery stores these days. With less fossil fuel burned and less pesticides sprayed, you can feel good about taking a bite out of local food.



**4. Fresh Is Best:** When there is a much shorter distance from farm to table, the food you are eating is likely to be super fresh. Can you taste the difference between a mealy, refrigerated tomato and a fresh, sun-ripened one? There's no contest. It's easy to do a good thing when it tastes so delicious.

**5. Because Everybody's Doing It:** There is a growing movement to eat local foods this 4th of July as a celebration of food independence. A number of governors have already committed to local eating this weekend, and have even released their menus.

**6. Talk With Your Wallet:** There's nothing more American than a simple lesson in supply and demand capitalism this July 4th. If you support local food by buying it, you increase the demand for the foods you want and the farming and food practices you agree with. This makes the market for these foods stronger and more profitable. As demand increases --ta da! So will supply, helping to reinvigorate the good ole American small family farmer.

**7. KNOW where your food comes from:** HERE! Local food is grown and/or prepared by your neighbors. Come to the market and meet them!

## Save the date

**Don't miss the 1st Annual Zucchini Race  
August 2, 2012**

Judging for Best Decorated race car begins at 4pm  
Racing starts at 5pm

Race Car Clinic July 26th

More information coming soon!!



## NOAA: Record Warmest Spring

The U.S. continues to shatter previous, long-standing heat records, according to a report released Thursday.

In the May "State of the Climate" report, the National Oceanic and Atmospheric Administration (NOAA) found the first five months of 2012 were the warmest Jan-May period on record for the U.S. The year 2012 also yielded the record warmest spring (March - May) and second warmest May in records dating to 1895.

An incredible 104 major cities have had their warmest start to the year on record, through the first 5 months, including Atlanta, Boston, New York City, Chicago, Houston, Philadelphia and Tampa.

On the precipitation side, it was also the driest first five months of the year in Delaware, and the third driest such period in Connecticut.



quest such period in Connecticut.

BUT HERE...

The Pacific NW has not been affected by these heat/drought worries. We are a bit below temperature and a bit above the normal precipitation.

**There is no place I'd rather be!\_\_**

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