

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 8/16/2012
Date: August 16, 2012 at 10:50 AM
To: board@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

Returning Musician, Larry Browning

Ukulele player and Singer Larry Browning comes back to entertain us this week. He brings a special guest Joni T(?), singer/songwriter to also perform herself. Don't miss the market tonight! I hope this is an inspiration to local musicians to come down and play for a spell!

Whats Fresh

This week at the market you will find farmstead cheese, zucchinis, root veggies, corn, peaches, 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, enchiladas and tacos, hummus, fresh lemonades and fruit waders, all types of baked goods, flowers, cup cakes, locally roasted coffee, Local crafts & more!

Ask the farmer

"What is your *Money Crop* here at the market?"

We're into high season now for our farmers who are supplying us with fresh food. This week we surveyed our farmers, asking each of them what they considered to be their best money-maker crop. There's a big variety in the following answers.

Basil, Beets, and Carrots

Rachel Evans of Sunshine farms:

Traditional salad mix and arugula packs

Allyson Jumars of PlowHorse farm specializes in salad mixes.



Allyson Jumars of PlowHorse farm

Strawberries

Judy Brezina of Undine Acres. When I asked how you grow strawberries and manage the weeds she spread her arms a foot apart, “Lots of straw, then the weeds stay down and the runners grow on top for easy thinning. I love strawberries.”

Early Tomatoes and Sugar Snap Peas

Nels Soderstrom of Soderstrom’s Organics tries each year to be the first one with early tomatoes for the market. “I made it this year!”

Cherries, Peaches, and Hot Peppers

Rafael Avino of Avino’s Garden, “I love growing my peppers.”

Dahlia’s

Flower farmer Tammy Blevins of Artful Garden.

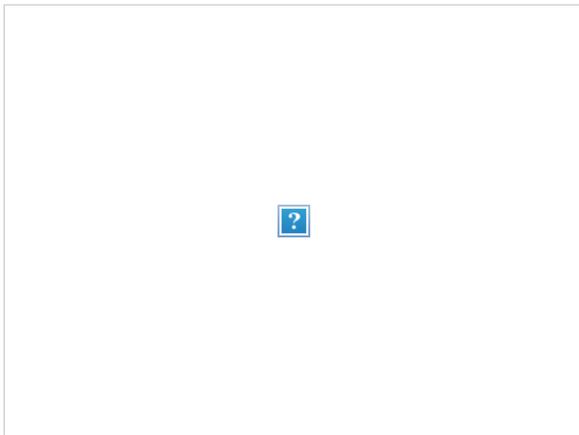
Berries, Garlic, Potatoes, Sweet Corn

Grant Gibbs of Gibbs Organic Produce

Sweet Corn

Grandpa Beebe’s Sweet Corn, sold by granddaughter Ariya.

So, know you know – these are the bread and butter crops for the farmers who grow for us. Check back next week – we’ll hear from these same farmers on what crops they love to grow, independent of the income they produce.



Vendor Highlight

Lake Chelan Artists Alliance

If you haven't been to the market you may not know about LCAA the Lake Chelan Artists Alliance. This group of local artists not only share a booth at our market, they share gallery space in Manson, and have a shared booth at many local art events in the valley. This is an all volunteer alliance, and we are all very excited to see such an organization come together to support local artists and arts in general. This weekend Chelan holds

its Fine Arts Festival at Riverwalk Park starting Friday August 17th. LCAA will be representing our local region, so don't miss your opportunity to support local art and join in on the creative fun!

LCAA also holds art classes and a monthly Art & Wine walk on the 3rd Tuesday of every month beginning at 4:30pm in Manson. Visit their website to learn more about this group and events you can find them at: <http://lakechelanart.com/>

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