

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 8/6/2015
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To: manager@chelanfarmersmarket.org

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Like



Whats Fresh

The growing season is in FULL BLOOM and our farmers are bringing more and more great produce to share. Some of the items include basil, garlic, onions, fresh ground flours, green beans, early heirloom tomatoes, strawberries, blueberries, apricots, peaches, nectarines, corn, zucchini & other summer squash, farm fresh eggs & organic chicken. 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

Music at the Market Series

Mike Bills. joins us this Thursday to entertain us with his smooth melodies. Mike is a vendor favorite and if you haven't had the pleasure of hearing him play, we all highly suggest you come down and enjoy his music with the rest of us!



Hope to see you there!

As always 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.

Thursday



Sunny

High: 81 °F

The Forecast for Market Day

Sunny, with a high near 81. Southwest wind 5 to 13 mph.

I welcome the breeze that is helping the smoke drift instead of concentrating in the valley, clearing out a bit again in the evenings.

THANK YOU to all the firefighter folks working to get the local (and national) fires under control!

Enjoy the night with us at the market.

Earth & Space

News from a weather geek

Wolverine Fire from satellite

This is the view of the Wolverine Fire plume from space. Much of the smoke is staying on Lake Chelan and drifting down lake to Chelan and Manson.



Some of the smoke that is going higher in the atmosphere is being transported to the east towards the Methow Valley although monitors in Winthrop and Twisp do not show impaired air, at least not at the moment.

Smoke forecast: August 3-6

Fire activity ramped up over the weekend, sending lots of smoke into eastern Washington. The good news is that winds are picking up across the state and eastern Washington will continue to see improving air quality. Some hard-hit

areas in the Columbia basin are now reporting good air quality. Winds are likely to remain moderate to strong in eastern Washington through Wednesday, so smoke is unlikely to build up.

Will the market be open on Thursday?

For those of you not sure about attending the market on Thursday, [the Live Webcam at Campbells Resort in Chelan](#) will help you to see the conditions before you come. **The market will OPEN AS USUAL** unless the air quality returns to unhealthy levels as it was over the weekend.

Recipe of the Week

Savory Corn Cobbler

Minced jalapeño adds a little kick to this buttery cobbler.

Ingredients

Makes 8 servings

- * 12 tablespoons unsalted butter, plus more for the dish
- * 1 jalapeño, minced
- * 4 scallions, sliced
- * 4 cups fresh or frozen corn kernels
- * 1 cup low-sodium chicken broth
- * 1 1/2 cups heavy cream
- * 1 1/2 teaspoons kosher salt
- * 1/4 teaspoon black pepper
- * 2 cups flour
- * 1 tablespoon baking powder
- * 1 tablespoon fresh thyme or 1 teaspoon dried
- * 1 cup whole milk



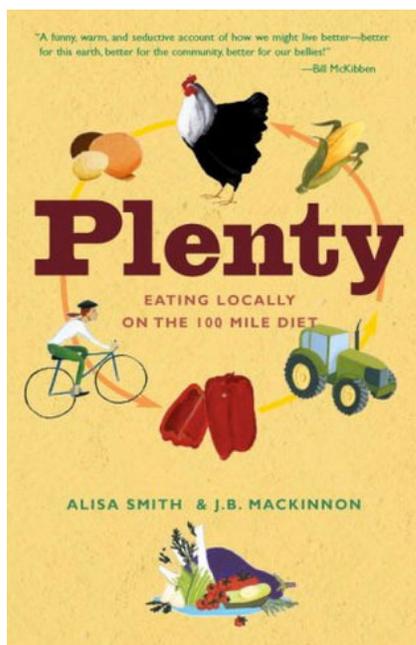
Directions

1. Heat oven to 375° F.
2. In a skillet, over medium heat, melt 2 tablespoons of the butter. Add the jalapeño and scallions. Cook for 3 minutes. Add the corn and broth. Increase heat to medium-high and cook for 4 minutes. Turn off heat. Stir in the cream, 1 teaspoon of the salt, and the pepper. Pour into a buttered 9-by-13-inch baking dish

visit.

3. In a large bowl, combine the flour, baking powder, and the remaining salt. Using 2 knives or your fingertips, add the remaining butter, cut into small pieces. Mix until it resembles crumbs. Stir in the thyme and milk. Drop heaping spoonfuls of the batter on top of the corn mixture. Bake for about 50 minutes. Garnish with fresh thyme, if desired.

NEXT WEEK: August 13th starting at 4:30pm



Local Experience of the 100 Mile Diet

Last week I told you about about the 100-mile diet challenge. How it originated, and who, when and why it got started, AND how it spread across the world.

This week, I want to share with you experiences of 2 individuals who took part in the challenge last fall.

"I found the 100 mile diet to be a lesson in awareness, that is, more conscious of where food is grown. packaging content---if

...and unconscious behavior patterns around food. The program I was part of allowed for 10 food items which weren't grown/harvested within the 100 mile radius but could be considered 'essential'. A few of my 10 essentials were olive oil, sea salt/black pepper, lentils, rice, and coffee. There is definitely more energy/thought that goes into meal preparation as well as the procurement of the ingredients, especially if you're not growing the stuff yourself. On the other hand, by seeking out local sources, the act becomes one of connection to others. Living in the Chelan/Wenatchee/Methow Valley area made it easy to get locally sourced eggs, dairy, meat, and produce so no hardships there. Perhaps my biggest challenge was working without spices like cinnamon, tumeric, cumin, etc.-----love that stuff! Anyway, it is an ongoing process and one I would repeat." ~ Vicki

"I found the local food challenge to be a valuable and enlightening experience that will have a lasting impact on the way I will obtain and prepare food. I also enjoyed the fellowship with the folks who participated. I am a 30-year Washington resident but a relative newcomer to Chelan and the Chelan Community Garden group.

Trying to come up with substantial dinners on this diet was a challenge for someone like me. I was not as interested in investing in local meats because of the price. We also only have a few local dry beans given to us by other community farm members. The most successful and substantial two recipes are vegetable soup with lots of potatoes and beans - or Emmer wheat (from [Blue Bird Farms](#)) mixed with either squash or eggplant. Given (local) hamburger meat as an ingredient, I enjoyed stuffed bell peppers, too. Garden broccoli, kale and sweet potatoes added to several meals. Halved and baked spaghetti squash filled with stewed tomatoes is good, too. Baked delicata squash is good even with nothing on it. I still have kabob beef from Winthrop for making shish kebab. I also bought a fishing license and caught enough trout out of the lake so far to make one meal. Since I like fish, I think the local food challenge would be easier and potentially less expensive if I could catch enough fish for a couple meals a week."2 ~Fred



Friends-of-the-Market

What is the best way to have vibrant community farmers markets?

By making your purchases from local



You too can sport this keen window cling to let folks know you care about your community!

farmers/crafters each week.

If you want to do more to make this a market you can *be proud of*, consider becoming a **Friend-of-the-Market**.

Learn more about this program at the market booth located at the front of the market.

Friends of the Market:

Look for this sticker on windows of your favorite businesses and people

Mike Sherer – Shererwood Forest Farms

Dave & Mary Weldy – [Culinary Apple](#)

HDCA & their members

Jordana LaPorte – [LaPorte Financial Alliance](#)

Chelan Fresh

SalmonBerry Designs

Free gardening advice

Chelan county is blessed with folks who love to grow plants. This year, we welcome back the Master Gardeners Pam & Patty, every week at the Market's Information Booth. So bring in your wilted leaves and those unidentifiable critters munching wildly in your yard and see what the Master Gardeners have to say.



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.



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



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