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Like



Talk About Fresh!

CEFM's Newsletter
Chelan Evening Farmer's Market

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

2nd Annual

2013

Great Zucchini RACE

A single, dark green zucchini is positioned horizontally, overlapping the 'Zucchini' part of the main title. The zucchini is shown in a realistic style with a stem and a small leaf.

Its Race Day!

Help to celebrate [National Zucchini Day](#)... AND join us and compete with your Zucchini Race cars!

Build your zucchini racer at the Farmer's Market or bring your racer from home. Wheels and axles will be provided at the Market, but supplies are limited. (Zucchini's too if you didn't grow your own) Design and Speed winners will be awarded.

Cars will compete on a wooden ramp – three at a time. You're guaranteed a first, second, or third place win. Great for kids of all ages.

Races can be built on site beginning at 4pm
Races start at 5pm



Whats Fresh

This week at the market you will find zucchinis, flowers, herbs, onions, greens of all kinds, salad mix, arugula, romaine lettuce, apricots, strawberries, raspberries, blueberries, cherries, peaches, eggplant, corn, tomatoes, and tons more vegetables, fruit wines, salsa, cheesecakes, hummus, fresh lemonades and fruit waters, all types of baked goods, burritos, handcrafted cheeses, local crafts & more!

What to do with all those zucchinis that will be ripening after the zucchini races...

Zucchini Bread

Your first stop? [Zucchini bread](#). There's no saying no to this classic treat—it's light, moist, and contains the perfect amount of sweet. And, you can throw in a handful of walnuts to give your bread just a touch of crunch.

Marinated Zucchini and Yellow Squash Salad

This [colorful summer salad](#) packs a lot of flavor, considering how few ingredients and how little of your time it requires.

And, you'll get an added kick of vitamin A from the fresh basil.

Use the peeler lengthwise rather than horizontally to create long, beautiful green and yellow ribbons of squash.

Zucchini Fries

If you're looking for a crispy summer snack, try making these Parmesan-encrusted [zucchini fries](#). The secret to their light, lean taste? These squash strips get breaded and baked, instead of thrown into a deep fryer.

And, you can lower the cholesterol content by ditching the yolk and using only egg whites.

Tomato-Zucchini Bake

Pair your [zucchini](#) with other summer veggies you probably already have on hand, like tomato and corn, and toss them into the oven.

This light summer entrée will leave you with tons of crunch and color. Plus, baking this dish means you'll get a delicious crisp without the added fat of frying.



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