

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

**CEFM's Newsletter**  
Chelan Evening Farmer's Market

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

### Talk about these fires

A member of a Wildfire Prevention Team brought in by the Department of Natural Resources, will be at the market this week.

Their team provides advice to homeowners of actions they can do around their home to increase defensible space in the case of a wildfire. They will also provide the most recent updates about the fires in our region.

Lets hope the weather brings some relief soon, heaven knows the fire fighters are doing all they can!  
THANKS TO ALL THE HARD WORKING FIRE FIGHTERS!!!

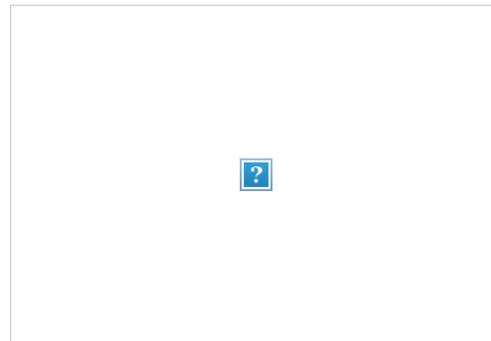
### Whats Fresh

This week at the market you will find farmstead cheese, tomatoes, all kinds of winter squash, watermelon & other melons, root veggies, corn, peaches, tomatoes, blueberries, apricots, garlic, greens of all kinds, salad mix, arugula, spinach, romaine lettuce, Italian kale, curly kale, basil, carrots, red beets, golden beets, herbs, flowers, lemonade, enchiladas and tacos, cooked corn on the cob, hummus, fresh lemonades and fruit waters, all types of baked goods, flowers, local crafts & more!

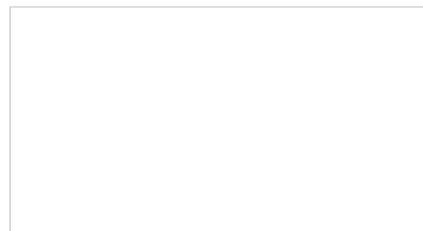
### Vendor Highlight

*Story by Lars Clausen, Board member*

I've been checking in this season with our growers about favorite tomato varieties, their money maker crops, and their dreams for future varieties. I got to wondering how these farmers got into their food-growing lifestyles. This week I



*NASA photo, taken Sept. 11, 2012, showing the location of Central Washington fires and smoke. Line measues 25km.*



farmers get into their food growing industry. This week I stop at Avino's Gardens.

Between customers buying onions, peppers, and tomatoes I ask Rafael Avino when he started farming. "I have been farming since I learned to walk," he replies. "I grew up in Mexico and I farm in the old traditional way."

A woman buys four eggplant. "Do you want some cilantro to go with that?" he asks

As a young man Rafael, spent his first four years in the U.S. working vineyards in Napa Valley, California. Then he spent 20 years working orchards in our local area, until that orchard was sold. Avino's Garden, which you see each week at the Chelan Evening Farmer's Market, started because of a yard sale expedition.

In 2003, Rafael and a friend were checking yard sales in Manson and saw a crowd gathered by the Manson Grange. Stopping to check it out, they discovered the farmers market. The market manager extended an invitation to Rafael and next week he was back. "That was good. Before the Manson Market I was growing vegetables and giving them all away, now I could try selling."

"When I started I didn't have these tables, or anything," Rafael points to his current market display. That first week I had just two plastic buckets with a board across the top of them My vegetables were out right in the hot sun. The produce was wilting, but I made \$29 that first week."

"The second week I had a little umbrella. And I made saw horses that week and put a board on top for a table. That second week. I made \$75."

"The third week I brought a bigger umbrella. And I brought a scale for weighing the vegetables. That week I made \$219."

Rafael has been selling at markets ever since. He attends the Chelan Evening Farmer's Market, the Manson Market, the Bridgeport Market and sometimes he's seen at other locations as well. When I ask if he can make his living from growing, he smiles and tells me he has a "part time" job. "I work 40 hours a week at Wal-Mart."

"Part time?" I ask.

"Oh yes, I spend a lot more than 40 hours a week in the field. I'm out there every day, and weekends I'm out there all the time."

When you buy your food from Rafael, you're buying this story, this life and this love for growing food. Thank you Rafael!



*Rafael Avino, from Avino's Gardens*



## Did you know?

On the other side of the world they are having a bad fire season too. This image of wildfires on September 11, 2012, burning in south central Siberia, where severe wildfires have occurred



*NASA image courtesy Jeff Schmaltz, LANCE  
MODIS Rapid Response Team, Goddard Space  
Flight Center. The line measures 75km, near 3  
times larger than the photo above of our area.*

throughout this summer. Red outlines indicate hot spots where instruments on NASA's Aqua satellite detected the unusually warm surface temperatures associated with fires.

According to NASA, summer of 2012 has been "the most severe wildfire season Russia has faced in a decade." By July 2012, more land in Russia had already burned than in the whole summer of 2010, when intense wildfires affected western Russia.

Unlike 2010, most of the 2012 fires have burned in remote parts of eastern and central Siberia.

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