

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
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Like



Whats Fresh

Only 3 markets left!

Most anything that grows in our region is available now at local farmers markets! We have loads of greens, peaches, nectarines, blackberries, potatoes, cucumbers, summer & winter squashes, peppers, green beans, garlic, tomatoes, fresh corn, nuts, fresh eggs & local chicken, honey, flowers, baked goods, plant starts, local crafts and...

Pumpkin Project

This Thursday starting at 4pm

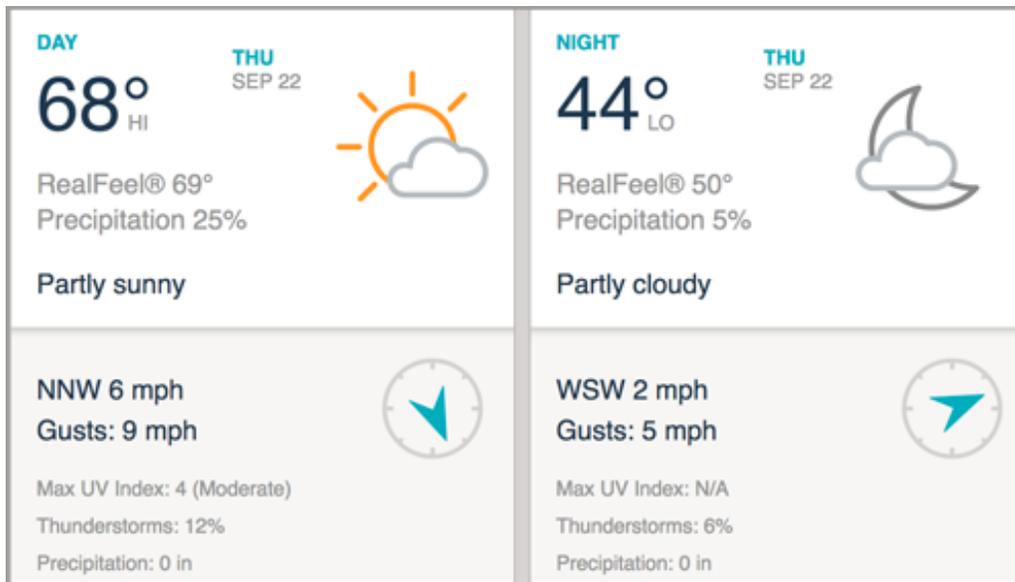
Brought to the market by *Bison Plants*

Come decorate a pumpkin at the market!
Great Halloween or Thanksgiving decoration or centerpiece or Just for FUN!

Pick your pumpkin and we'll help you decorate it with moss, succulents, acorns, pine cones, autumn leaves & lots of other extras.



The Forecast for Market Day



Music at the Market Series

Greg Johnston performs at the market again this Thursday. Greg is always a welcome entertainer at the market.

As always we thank the [Historic Downtown Chelan Assoc.](#), who proudly help to sponsor our Music at the Market Series.

Recipe of the Week

Napa Cabbage Spring Rolls

Spring rolls are a great way to utilize fresh vegetables as they become available at the market. Once assembled, these fresh vegetarian appetizers benefit from allowing the surface to dry a little, so making them



the surface to dry a little, so making them an hour or so in advance of serving is a good idea.



Ingredients

- * 1/2 cup Arborio rice or long grain rice
- * 1 tablespoon sea salt or kosher salt
- * 4 cups ice cubes
- * 1 head Napa cabbage or savoy cabbage
- * 1 cup shredded or grated carrot
- * 1/2 cup finely chopped green onion
- * 2 tablespoons snipped fresh flat-leaf Italian parsley
- * 1 tablespoon sesame oil (not toasted)
- * 1/4 teaspoon lime zest
- * 2 teaspoons lime juice
- * 1/2 teaspoon sea salt or kosher salt
- * 1/4 teaspoon ground black pepper
- * Soy sauce or teriyaki sauce

Directions

1. For rice: In a medium saucepan, bring 1 cup water to boiling. Slowly add rice and return to boiling; reduce heat. Simmer, covered, about 15 minutes or until most of the water is absorbed and the rice is tender. Remove from heat. Let stand, covered, for 5 minutes. Uncover; let rice cool.
2. **For wrappers:** In a large pot, bring 12 cups water and the 1 tablespoon sea salt to boiling. Meanwhile, place the ice in a large bowl with 8 cups cold water.
3. Remove eight outer leaves from cabbage. Make a cut through each leaf at the base, trimming out some of the woody stem. Set the remaining head aside.
4. Carefully place trimmed leaves in the boiling water for 30 to 60 seconds or until just wilted, then transfer them to the ice water for 60 seconds. (Tongs are the best tool for the job.) Remove leaves from cold water one at a time, and lay flat on a cloth towel. Set aside to dry.
5. **For filling:** From the remaining cabbage, finely chop enough to measure 1 3/4 cups. In a large bowl, combine the chopped cabbage, carrot, green onion, parsley, sesame oil, lime zest, lime juice, the 1/2 teaspoon sea salt and the pepper.
6. About one hour before serving, assemble rolls. First, squeeze out any excess water from the filling. Then lay a blanched cabbage leaf flat on the counter with the base end toward you. Place 1/4 cup of the filling in the center of a leaf; place 2 tablespoons of rice on top of the filling. Fold stem end and sides over filling and roll up tightly, taking care not to tear. Place on a serving dish, seam

side down. Let sit for about an hour. If you like, cut each roll in half diagonally to reveal the filling. Serve with soy sauce for dipping.

7. To serve, if you like, cut each roll in half crosswise on a diagonal to make 16 pieces. Serve with soy sauce, teriyaki sauce or one of the sauce recipes below.

Garlic-Soy Dipping Sauce:

1/2 cup soy sauce

1/4 cup rice vinegar

2 tablespoons peanut oil

1 teaspoon hot sesame oil

1 teaspoon minced garlic

Pinch of sugar

Spicy Peanut Dipping Sauce:

2 tablespoons finely chopped garlic

1/2 cup smooth peanut butter

1/2 cup soy sauce

1 teaspoon sugar

1 tablespoon rice vinegar

1 tablespoon hot chile oil

1/2 cup cilantro leaves, finely chopped

Makes 8 spring rolls (16 pieces)

Save the date!



2016 APPLE FESTIVAL

October 6th
4pm - 6pm
Riverwalk Park

-  Crafts
-  Apple Pie Contest
-  Fresh Local Produce





Join us at our final market day of the 2016 season. Chelan Evening Farmers Market's local farmers & producers, crafters & community are all invited to help celebrate one of our local stars, the APPLE!

Enter YOUR best Apple pie for a chance to win the \$100 first prize!

Bring pies to the market by 4pm to enter. You can print out the entry form [here](#).



Children's Story Time!

Drop in with Jennifer from the Chelan Public Library from 4:30 - 5:30 for Storytime at the Market. Grab a bumper quilt and listen to stories, poetry with movement, rhymes and rhythms while learning early literacy

skills.

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.





Friends-of-the-Market

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

By making your purchases from local 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.

2016 Friends of the Market:

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

HDCA & their members

Chelan Fresh

Culinary Apple

Just MAKE Stuff

Sunshine Market



North Cascades Bank

Division of Glacier Bank

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



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