

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



Whats Fresh

This is early in the growing season, but our farmers will have loads of greens, plants to sell, Morel mushrooms, early strawberries, you can always enjoy pies, scones, cookies, breads & loads of other delicious baked goods, salsa, apple & cherry cider, lemonade & tea, flowers, plants, honey, wine, local jams & jellies, local crafts and much more



Thursday



Mostly

The Forecast for Market Day

Mostly sunny, with a high near 83. Northwest wind 5 to 8 mph becoming calm.

Last week was a beautiful day at the market, but 2 minutes before the closing bell... DELUGE! Well at least all vendors have very clean canopies now. Glad the

Sunny

forecast is for clear skies today

High: 83 °F

Recipe of the Week

Asparagus & Arugula Frittata

A quick, healthy, vegetable-packed recipe to try is Asparagus & Arugula Frittata. Weekend brunch is the perfect opportunity to prepare this elegant yet deliciously simple recipe. Referred to as an Italian-style omelet, frittatas have similar ingredients; vegetables, eggs, cheese, and/or meat. The cooking method of a frittata is different than an omelet in that the recipe is finished under the broiler rather than folding the egg on itself as in an omelet. In mere minutes, you have a perfect main entree to pair with freshly baked bread.



Ingredients

- * 1 tablespoon olive oil
- * 1 medium shallot, minced
- * 1 lb. asparagus, trimmed, sliced into 1-inch pieces
- * 2 plum tomatoes, diced
- * 1 ½ cups arugula
- * Salt and ground pepper, to taste
- * 6 large eggs, beaten lightly
- * 1 cup shredded cheese of choice

Directions

1. Pre-heat the oven broiler.
2. In a 10-inch ovenproof skillet, heat olive oil over medium-high heat. Add shallots and cook for 3 minutes, stirring occasionally, until translucent.
3. Reduce heat to medium-low and add asparagus; cook for three minutes.
4. Add tomatoes, arugula, and salt and pepper to taste. Cook for 2-3 minutes, stirring occasionally, until arugula is wilted.
5. Pour beaten eggs into skillet and cook until almost set, about 3 to 4 minutes.
6. Sprinkle shredded cheese over eggs and broil until cheese is browned and melted, about 4-6 minutes. When set, remove frittata from frying pan, cut into 4

wedges, and enjoy!



A Great Opening Day

I want to thank the 4-H members and their families for sharing their experiences and baby animals at our markets opening day. Loads of folks told me how wonderful it was to have them. A special thanks to Tamie Blevins for arranging that special event!

So glad the critters were packed up and safely home before the big rain and thunder came through!

Music at the Market Series

Matt Carlton has been one of the market favorites and we are so pleased to have him back to play again this year.

We thank the [Chelan Chamber of Commerce](#) and [Historic Downtown Chelan Assoc.](#) and its members, who proudly help to sponsor our Music at the Market Series.



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 by stopping by the market booth at the start of the market. You too can sport this keen window cling to let folks know you care about your community!

Our current Friends:

Mike Sherer – Shererwood Forest Farms

Dave & Mary Weldy – Culinary Apple

Jordana LaPorte – LaPorte Financial Alliance

Earth & Space

News from a weather geek

This will be a new section of our weekly Market eNewsletter. As some of you may remember, I love anything to do with weather and spend a great deal of time researching whats going on in the world and space when it has anything to do with weather. Here in this section, I'll highlight some of the interesting stuff I learn each week. *I could do an entire newsletter on this subject!*



Mammatus clouds

There was some catastrophically bad weather over the Memorial Day weekend in the midsection of the country. Those who looked skyward also noticed lots of Mammatus clouds over a period of several days, like these clouds captured by Anne Marie in Georgetown, Texas. These ominous but beautiful clouds can appear around, before or after storms. Our thoughts go out to anyone effected by this crazy weather.

There are many planetary alignments in May which some have said to have an effect the earths weather and seismic activity. One such alignment happens on market day May 28th. (Venus, Mercury and the sun) It will be interesting to see if anything happens!



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.



Calling all Food Vendors

Got a food truck? Sell food at other fairs and Markets? Always wanted to have a food booth? Well, Chelan Thursday Evening Farmers Market wants YOU!

If you or someone you knows would like to work in a fun and busy environment, we'd love to have you join our market. If you would like more information, visit our [website](#) or [email us!](#)



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





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