

Like



Whats Fresh

This week you can expect cherries, loads of greens, garlic scapes, green onions, chicken and quail eggs, honey, baked goods, fresh krauts, plant starts, all grown by local farmers. Local crafters, food producers and more bring their offerings to share, with you and your neighbors.



Music at the Market Series

Chris Eric ~ Sunday Speedtrap
Chris is a one man band who sings & can play multiple instruments such as drums, piano, ukulele, Banjo and Harmonica. Always a fun time and

hes a snappy dresser too.

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

The Forecast for Market Day

<p>DAY</p> <p>87°_{HI}</p> <p>RealFeel® 91° Precipitation 0%</p> <p>Partly sunny</p>	<p>THU JUN 29</p> 	<p>NIGHT</p> <p>62°_{LO}</p> <p>RealFeel® 61° Precipitation 0%</p> <p>Mostly clear</p>	<p>THU JUN 29</p> 
<p>NNW 6 mph Gusts: 8 mph</p> <p>Max UV Index: 7 (High) Thunderstorms: 1% Precipitation: 0 in</p> 	<p>W 6 mph Gusts: 8 mph</p> <p>Max UV Index: N/A Thunderstorms: 1% Precipitation: 0 in</p> 		



Cherry Pit-Spit Contest

July 6th 4:30-5:30

Come and spit in public and not be ridiculed! Each participant will receive a limited addition Cherry Pit-Spit pin, and bragging rights to the longest distance in 4 categories.



Recipe of the Week

Cherry-Chicken Lettuce Wraps

Serves 4

Ingredients

- * 3/4 pound boneless skinless chicken breasts, cut into 3/4-inch cubes
- * 1 teaspoon ground ginger
- * 1/4 teaspoon salt
- * 1/4 teaspoon pepper
- * 2 teaspoons olive oil
- * 1-1/2 cups shredded carrots
- * 1-1/4 cups coarsely chopped pitted fresh sweet cherries
- * 4 green onions, chopped
- * 1/3 cup coarsely chopped almonds
- * 2 tablespoons rice vinegar
- * 2 tablespoons reduced-sodium teriyaki sauce
- * 1 tablespoon honey
- * 8 Bibb or Boston lettuce leaves

Directions

1. Sprinkle chicken with ginger, salt and pepper. In a large nonstick skillet coated with cooking spray, heat oil over medium-high heat. Add chicken; cook and stir 3-5 minutes or until no longer pink.
2. Remove from heat. Stir in carrots, cherries, green onions and almonds. In a small bowl, mix vinegar, teriyaki sauce and honey; stir into chicken mixture.

Divide among lettuce leaves; fold lettuce over filling.

Do you have a favorite recipe?

We'd love to post it in our newsletter! Just [email](#) it to us with a photo and we will share it.



Children's Story Time

Back by popular demand! 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.



Additional Vendor Space Available

We have expanded our market to include more vendor spaces for all; crafters, prepared foods, farmers & other non-farmer booths. Visit our [website](#) to learn more.



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.

2017 Friends of the Market:

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

NCB

HDCA & their members

Chelan Fresh

Shot of Gratitude



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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