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Subject: Talk About Fresh 5/29/2014  
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To: [manager@chelanfarmersmarket.org](mailto:manager@chelanfarmersmarket.org)

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## Talk About Fresh!

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

Learn more about CEFM by visiting us at  
[www.chelanfarmersmarket.org](http://www.chelanfarmersmarket.org)

### Spring is finally here!

There are so many wonderful smells in the air and beautiful colors to see. Not only do I love to see the vibrant colors in the spring flowers but also in the first produce of the season. Orange over-wintered carrots, bright green snap peas, and red rhubarb stalks. Isn't it great that nature provides us with such delicious food with colors that actually contain vitamins and antioxidants!



GREENS... what can you do with all the lovely greens available this time of year? Check out the Recipe of the week!

#### THURSDAY



### The Forecast for Market Day

Partly sunny, with a high near 70. Southwest wind around 7 mph. A bit cooler than our first week, but at least at this point the forecast looks great!

Vendors: As with all markets. be prepared with



**Partly  
Sunny  
High: 70 °F**

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Canopy weights, just in case it gets windy. If you need more info about weights for your canopy, check out our [Vendor Handbook](#). You know that weather forecasters get paid whether they are right or not, and spring is a fickle weather time in our area!

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## Recipe of the week

### **Kale-Lentil-Scallion-Almond Salad with Luscious Dressing**

1 bunch dinosaur kale, slivered, with the stems stripped out  
3 scallions, chopped  
1/4 cup to 1/2 cup cooked lentils (leftover from my fridge. Canned beans would also work.)  
1/2 cup raw almonds, chopped  
1/2 cup Parmesan cheese, grated



#### **Luscious Dressing** (which I found at [Soletshangout.com](http://Soletshangout.com)):

3 Tbsp almond butter  
2 Tbsp apple cider vinegar  
4 Tbsp olive oil  
1 tsp maple syrup  
1 1/2 Tbsp soy sauce  
smidge of ginger powder  
two cloves garlic  
1/8 to 1/4 cup lemon juice

Blend dressing ingredients in food processor or blender and toss with salad ingredients.

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## Music at the Market

We are excited to host **Matt Carlton** as this Thursday's Music at the Market

Series musician!

We are so please that the [Lake Chelan Chamber of Commerce](#) helps make our Music at the Market Series possible. Let them know you appreciate it!

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## Children's Story Time!

The Chelan Public Library brings Story Time to each and every market this season.

At 4:30 and again at 5:30, our creative and animated readers will share their fun with all who want to take part.

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## A QUICK LOOK AT HOW SOME COUNTRIES ADVERTISE FOOD TO KIDS

- Ireland: All television commercials for fast food and candy are banned.
- Sweden/Norway/Austria/Luxembourg: All television advertising to children is banned.
- Belgium/France/Portugal/Vietnam: All marketing is banned in schools.
- United States: Spending more per child than any other nation in the world, the U.S. plugs \$15 billion per year into marketing food to kids, which is more than what it would cost to provide health insurance for all uninsured children.



*Sources: New York Times 1/12/2011, Children's Defense Fund 5/14/2009 press release, USgovinfo SCHIP Program*

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## Other Farmers Markets you can support

**Chelan Saturday Market** is every Saturday at the Chamber of Commerce parking lot from 9am – noon

**Pateros** will be holding a farmers market every Friday, 3-7 PM. Location is on the Mall in downtown Pateros. For details contact Karen @ 860-0810, klizkoch@gmail.com.

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## Bark in the Park event Canceled

We hope to be able to bring this event back next year. Sorry little dogs... and dog lovers.

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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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