

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



Talk About Fresh!

CEFM's Newsletter
 Chelan Evening Farmer's Market

Learn more about CEFM by visiting us at www.chelanfarmersmarket.org

For Me, It's Always Preferable To Buy Organic, But...

Whether you are on a budget and need to prioritize your organic purchases, or you would simply like to know which type of produce has the highest pesticide residues—and which do not—the following guide from the Environmental Working Group will help (www.ewg.org).

12 Most Contaminated (Best to buy these organic!)		12 Least Contaminated	
• Apples	• Peaches	• Asparagus	• Kiwi
• Bell Peppers	• Pears	• Avocados	• Mangos
• Celery	• Potatoes	• Bananas	• Onions
• Cherries	• Red Raspberries	• Broccoli	• Papaya
• Grapes (Imported)	• Spinach	• Cauliflower	• Pineapples
• Nectarines	• Strawberries	• Corn (Sweet)	• Peas (Sweet)

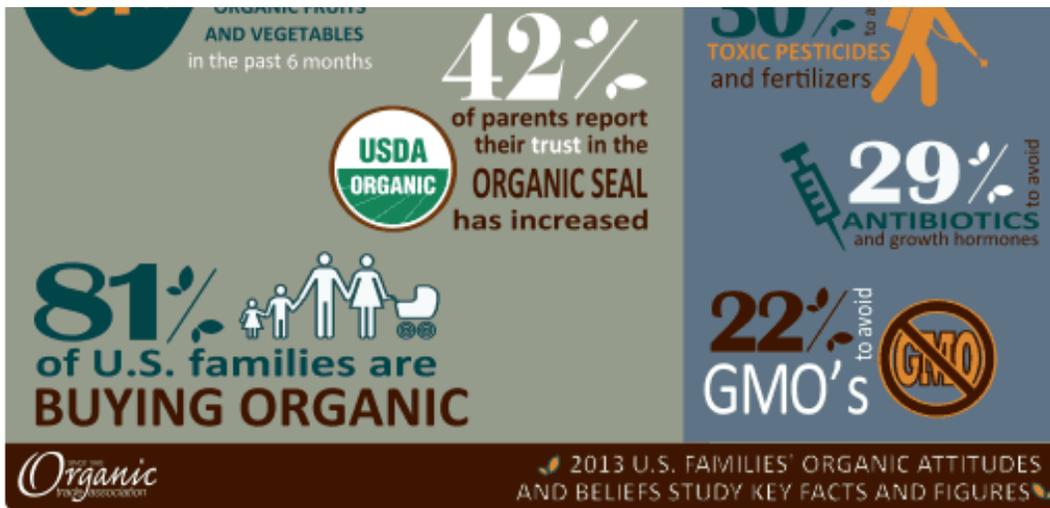
97% of organic buyers purchased ORGANIC FRUITS

89% of seasoned organic shoppers visit 2 OR MORE STORES per week

MORE PARENTS ARE BUYING ORGANIC...

48% "it's HEALTHIER because for me and my children"

30% void



Music at the Market

We are excited to host **Greg Johnston** 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!

Recipe of the Week

Salmon and Vegetable Packets

Preparation time: 40 minutes

Grill time: 12 minutes per 1/2-inch thickness

Ingredients

1 pound fresh or frozen skinless salmon, cod, tilapia or orange roughy fillets, 1/2 to 3/4 inch thick 2 cups thin bite-size strips carrot 2 cups bite-size strips red sweet pepper 16 fresh pea pods (about 12 ounces), chopped into 1 inch pieces. 4 small yellow summer squash (about 1 pound), cut into 1/4-inch slices 1/2 cup dry white wine or chicken broth 2 teaspoons snipped fresh rosemary or 1/2 teaspoon dried rosemary, crushed 1/4 teaspoon salt 1/4 teaspoon black pepper 2 cloves garlic, minced 2 tablespoons butter or margarine, cut up Hot cooked white or brown rice (optional)



white or brown rice (optional)

Cooking Directions

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Measure thickness of fish. Cut into four serving-size pieces. Set aside.

Tear off eight 18-inch squares of heavy-duty foil. Place two squares together to form four stacks. Coat one side of each stack with nonstick cooking spray.

Divide carrot, sweet pepper, and asparagus among stacks of foil. Top with fish and squash.

For seasoning, in a small bowl combine wine, rosemary, salt, black pepper, and garlic. Drizzle over fish and vegetables; top with butter. Bring up two opposite edges of each foil stack; seal with a double fold. Fold remaining ends to completely enclose the fish and vegetables, leaving space for steam to build.

For a charcoal grill, grill foil packets on the rack of an uncovered grill directly over medium coals for 12 to 14 minutes per 1/2-inch thickness of fish or until fish begins to flake when tested with a fork and vegetables are tender, carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. If desired, serve with hot cooked rice. Makes 4 servings.

Originally from Better Homes and Gardens



Free gardening advise

Chelan county is blessed with folks who love to grow plants. This year, we welcome back the Master Gardeners 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.

At 4:30 and again at 5:30, our creative and animated readers invite you to share in the fun. All ages.



THURSDAY



**Chance
Showers
High: 78 °F**

The Forecast for Market Day

A 30 percent chance of showers and thunderstorms after 11am. Partly sunny, with a high near 78. Light and variable wind becoming southwest 5 to 10 mph in the afternoon. New rainfall amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

Vendors: As with all markets, be prepared with 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!

Man was not made to rust out in idleness. A degree of exercise is as necessary for the preservation of health, both of body and mind, as his daily food. And what exercise is more fitting, or more appropriate of one who is in the decline of life, than that of superintending a well-ordered garden? What more enlivens the sinking mind? What is more conducive to a long life?

- Joseph Breck

Other Farmers Markets you can support

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.

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

Bark in the Park event Canceled

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



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



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