

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org  
Subject: Talk About Fresh 6/4/2015  
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## 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



*We've got loads of plant starts, get them while they're here*

Thursday



Mostly  
Sunny

High: 74 °F

## The Forecast for Market Day

Mostly sunny, with a high near 74. Northwest wind 5 to 9 mph becoming southeast in the afternoon.

Its so nice to have the extreme weather past us for the market this week. It is forecast to be calm and cool. Just right!

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## Recipe of the Week

### Chicken and Strawberry Salad

*Strawberries don't have to be dessert — you can work them into a main dish, too. Our Chicken and Strawberry Salad is a wonderful no-cook dish that's a snap to make, combining sweet strawberries, tangy vinaigrette, moist chicken, and rich blue cheese.*



#### **Dressing:**

- \* 1 tablespoon sugar
- \* 2 tablespoons red wine vinegar
- \* 1 tablespoon water
- \* 1/8 teaspoon salt
- \* 1/8 teaspoon freshly ground black pepper
- \* 2 tablespoons extra-virgin olive oil

#### **Salad:**

- \* 4 cups torn romaine lettuce
- \* 4 cups arugula
- \* 2 cups quartered strawberries
- \* 1/3 cup vertically sliced red onion
- \* 12 ounces skinless, boneless rotisserie chicken breast, sliced
- \* 2 tablespoons unsalted cashews, halved
- \* 1/2 cup (2 ounces) crumbled blue cheese

#### **Directions**

\* To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.

▪ To prepare salad, combine romaine and next 4 ingredients (through chicken) in a bowl; toss gently. Place about 2 cups chicken mixture on each of 4 plates. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese. Drizzle about 4 teaspoons dressing over each serving.

*Pair this simple, no-cook meal with toasted buttery baguette slices.*



## Music at the Market Series

We have a special, very-local, talented group of musicians playing this week.

### Musicians in the Middle

Musicians in the Middle is made up of several Chelan Middle School concert band members, who will be playing to raise funds for their future class trip to Disneyland.

Every four years, Steve Burdick (Chelan's Music Director) takes a group of high school kids to a huge music festival in Disneyland. The next one will be in 2016, so most of the kids you hear this week won't get to go till their senior year in 2020. But they are building up their accounts now, and all funds raised support music education in the Chelan Valley!

Likely to play this week are: Sarah Freeman, alto sax; Casey Simpson, alto sax; Haylee Fry, trumpet; Caroline Kelly, trumpet; Macaela LaPorte, clarinet; Connor Abel, trombone; and Isabella Evans, baritone sax. All are seventh graders. Some of their signature songs include: You Give Love a Bad Name, You're a Grand Old Flag, and Burritos To Go.

Thanks to the CMS Music Department for helping the kids get their music together, and to the Market for sponsoring music of all kinds!

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

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## 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](#)

[HDCA](#) & their members

Jordana LaPorte – [LaPorte Financial Alliance](#)



*People at high latitudes are seeing glowing clouds in a dark night sky. They're called noctilucent or "night-shining" clouds.*

## **Earth & Space**

*News from a weather geek*

### **The secrets of night-shining clouds**

Glowing silver-blue clouds – called noctilucent or night shining clouds – sometimes light up summer night skies. They're seen at high latitudes – say, about 45 degrees N. or S. – from May through

August in the Northern Hemisphere and from November through February in the Southern Hemisphere. In 2015, the northern noctilucent cloud season has already begun. We've received some photos (below), and NASA's AIM spacecraft has also detected these clouds drifting across the Arctic Circle. NASA said the first clouds appeared on May 19, 2015, a bit earlier than researchers expected. Follow the links below to learn more about this beautiful, seasonal phenomenon.

### **How can you see notilucent clouds?**

If you want to see the clouds, what steps should you take? Remember, you have to be at a relatively high latitude on Earth to see them: between about 45° and 60° North or South latitude.

For best results, look for these clouds from about May through August in the Northern Hemisphere, and from November through February in the Southern Hemisphere.

Noctilucent clouds are primarily visible when the sun is just below the horizon, say, from about 90 minutes to about two hours after sunset or before sunrise. At such times, when the sun is below the ground horizon but visible from the high altitude of noctilucent clouds, sunlight illuminates these clouds, causing them to glow in the dark night sky.

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## 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.



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## 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.

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## 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!



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!](#)



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



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