

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 6/9/2016
Date: June 8, 2016 at 1:02 PM
To: manager@chelanfarmersmarket.org



Like



Whats Fresh

Days are cooling a bit (phew) but all this heat has been great for the growing season, we still have loads of greens, strawberries, cherries, garlic scapes, nuts, fresh eggs & local chicken, honey, baked goods, plant starts, local crafts and more.

The Forecast for Market Day

<p>DAY THU JUN 9</p> <p>75°_{HI}</p> <p>RealFeel® 76° Precipitation 11%</p> <p>Not as warm with intervals of clouds and sunshine</p> <p>WSW 8 mph Gusts: 13 mph</p> <p>Max UV Index: 7 (High)</p>	<p>NIGHT THU JUN 9</p> <p>49°_{LO}</p> <p>RealFeel® 50° Precipitation 17%</p> <p>Considerable cloudiness</p> <p>W 5 mph Gusts: 13 mph</p> <p>Max UV Index: N/A</p>
--	---



Music at the Market Series

Matt Carlton performs at the market this Thursday. Matt spent years in classical training on the piano. He plays a mix of classic rock, folk and standards, adding his

unique stylings to each piece. Matt has been sharing his talent at the market for the last 3 years.

As always 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.

Recipe of the Week

Grilled Naan with Garlic Scape Chutney

It all begins with the garlic scapes. Whimsical creatures, these are the curly green tops of garlic bulbs, also known as garlic shoots. Like garlic, these too are edible, with a milder garlic flavor, and can be used in many different ways.



Photo by Jillian Foster

For beautiful images of the step-by-steps process, visit [Feasting at Home website](#).

Ingredients

Dough:

* 5-1/4 cups unbleached all-purpose flour; more as needed (optional: sub 1 Cup

- * 3-1/4 cups unbleached all-purpose flour, more as needed (optional: sub 1 cup whole wheat)
- * 4 tsp baking powder
- * 1 T kosher salt
- * 1 tsp sugar
- * 1/2 cup plain yogurt
- * 1 large egg
- * 1/4 cup olive oil and more for brushing.
- * 1 1/2 C water

Garlic Scape Chutney:

- * 3/4 cup chopped garlic scapes, tops removed (or sub Italian parsley or cilantro packed w/ 2 cloves garlic)
- * 1/2 cup fresh mint packed
- * 1/2 cup roasted or smoked almonds
- * 1/2 tsp. kosher salt
- * 1/2 tsp black pepper
- * 1/2 jalapeño or Serrano pepper- for a little kick (optional)
- * 1 T lime juice 1/3 C olive oil.
- * Olive oil or Melted butter for brushing
- * 1 C Melty cheese- such as mozzarella, queso fresco, or paneer

Directions

Make the dough:

1. Combine the flour, baking powder, salt, and sugar in the bowl of a stand mixer fitted with the dough hook. In a medium bowl, whisk the yogurt, egg and add 1-1/2 cups of lukewarm water and the oil. Mix. Pour the yogurt mixture into the flour mixture and mix on low speed until a soft, sticky dough starts to clump around the hook, about 5 minutes. If the dough seems too wet, add more flour, 1 tsp. at a time. Line a baking sheet with parchment and dust lightly with flour. Turn the dough out onto a lightly floured surface and divide it into 10 equal pieces. Form each piece into a ball and arrange them on the baking sheet. Lightly brush the dough with oil, cover with plastic, and let sit 1 hour before shaping.

Make the chutney:

1. Place all the chutney ingredients in a food processor and pulse until uniformly granular.
2. On a lightly floured surface, roll a dough ball into a 5-inch circle. Spread 1 T of the chutney in the center, leaving a 1/2-inch border. Sprinkle 1 T of cheese

over the chutney. Gather the border to form a pouch ([see picture](#)) pinching it to seal in the filling. Turn the pouch pinched side down and, using very light pressure, roll it into a 6-inch circle. Transfer to a parchment-lined baking sheet. Layer rolled out naan with parchment until ready to grill.

3. Prepare a medium charcoal or gas grill fire and wipe grates with a lightly oiled paper towel. Grill the breads in batches pinched side down, covered, until they puff up and the undersides brown lightly in places, 2 to 3 minutes. Turn over and cook the other side, covered, until grill marks form and the breads are cooked through, 2 to 3 minutes. Just before taking them off the grill, turn the breads pinched side down and brush lightly with butter or olive oil. Serve warm.

4. These are best, right off the grill but leftovers can be refrigerated and saved for another time. Just place them in a toaster or warm oven before serving.



Save the Date

2nd Annual Cherry Pit-Spitting Contest

June 16, 2015

It's spitting time again! The cherries are early and so is our spitting contest.

Join us at the Chelan Thursday Evening Farmers Market's Annual Cherry Pit-Spitting Contest. The contest is open to

everyone and is a low-key competition. There will be separate age divisions 0-6 | 7-15 | Women's | Men's, each with a first prize winner.

Come for the opportunity to spit without being chastised, or just watch all the action.

Don't miss the fun!

Children's Story Time!

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.



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.

2016 Friends of the Market:

Look for this sticker on windows of your favorite businesses and people **HDCA** & their members



Additional Vendor Space Available

We have expanded our market to include more vendor spaces for crafters, prepared foods & other

non-farmer booths. We are also opening up to accept vendors throughout the season. Visit our [website](#) to learn more.



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



©2016 Chelan Evening Farmers Market | Chelan WA | Major Sponsorship Provided by North Cascades Bank

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by [Mad Mimi®](#)
A GoDaddy® company