

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

Whats Fresh

What an abundant market we have! You can expect, strawberries, raspberries, cherries, blueberries, apricots, peaches, currants, zucchini, greens, root vegetables, cheese, pies, scones, cookies, breads & loads of other delicious baked goods, salsa, apple & cherry cider, lemonade & tea, sno-cones, flowers, plants, waffle-dogs, honey, wine, Two Lakes Catering is making Asian Noodle Bowls (tofu or chicken), local jams & jellies, local crafts and much more!

THURSDAY



Sunny

The Forecast for Market Day

Sunny, with a high near 93. West wind 5 to 8 mph becoming calm in the morning.

Make sure to stay hydrated and take breaks in the shade or lake... its gonna be a hot one, especially after a few very hot days early in the week!

High: 93 °F

Gardeners are very generous people; they're generous with their soul, their seeds, and their knowledge. When you bring all those together, its a dynamic situation. - *Unknown*

Music at the Market

We are excited to host **Marcus Ray** as this Thursday's Music at the Market Series musician! We were delighted to have Marcus with us last season and I know you will enjoy hearing him when you are at the market this week.



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

Heirloom Tomato Salad With Fresh Lady Peas

Nothing screams summer more than plump, juicy heirloom tomatoes. Although these larger, colorful tomatoes have become more popular and readily available in recent years, they are still at their peak in the summer months. This simple salad of basil, pine nuts, and a light dressing showcases the true flavors of this

unique fruit.

Ingredients

* 1 cup fresh lady peas (any fresh peas at the market)

- * Lemon-Herb Dressing With Basil, divided
- * 2 pounds assorted heirloom tomatoes, cut into 1/4-inch-thick slices
- * 4 fresh basil leaves, thinly sliced
- * 1 (4-oz.) package soft goat cheese, crumbled
- * Salt and freshly ground pepper to taste

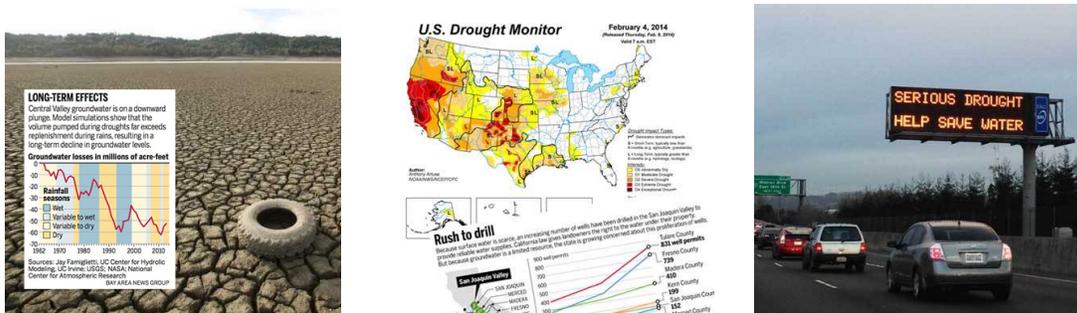
Directions

1. Cook peas in boiling salted water to cover in a large saucepan 8 to 10 minutes or just until tender. Drain and rinse until completely cool. Drizzle 1/4 cup Lemon-Herb Dressing With Basil over peas, and toss to coat.
2. Arrange tomato slices on a platter or individual serving plates. Spoon peas over tomatoes; sprinkle with basil, goat cheese, and salt and pepper to taste. Serve with remaining dressing.

Lets think ahead

You've all heard about the droughts that are taking hold all over the country

(all over the world really)



I know we feel like water is so abundant here, but we too in Washington already have a water situation. How can we look forward and consider better ways to grown food and use water, so that it continues to be an area that has water enough for everyone?

With a bit of researching, I've collected just a few ideas from folks all over the world on how to farm with little or no water (amazingly enough!). I am not advocating anything listed below (I'm no water expert!), but I do think the conversation is important. I'd love to learn about what folks and farmers are doing locally to work more efficiently with water. Please [email me](#) and I will make sure to spread the good news.

- Top 6 Low Water Farming Tips: <http://foodtank.com/news/2013/03/more-food-less-water-top-6-farming-practices-to-better-manage-water-use>
 - Dry Farming: <http://www.fastcoexist.com/1680477/growing-crops-with-no-water-the-old-fashioned-way>
 - Thirty-five Water Conservation Methods for Agriculture, Farming, and Gardening: <http://www.bigpictureagriculture.com/2013/02/thirty-five-water-conservation-methods-agriculture-farming-gardening-323.html>
 - Back to Eden: <http://vimeo.com/28055108>
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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.



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**



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



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