

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 7/21/2016
Date: July 19, 2016 at 1:40 PM
To: manager@chelanfarmersmarket.org



Like



Whats Fresh

We have loads of greens, strawberries, raspberries, cherries, apricots, peaches, nectarines, blueberries, potatoes, cucumbers, summer squash, peppers, green beans, garlic, nuts, fresh eggs & local chicken, honey, flowers, baked goods, plant starts, local crafts and more.

The Forecast for Market Day

<p>DAY</p> <p>87°_{HI}</p> <p>RealFeel® 94° Precipitation 23%</p> <p>Intervals of clouds and sunshine</p> <p>N 5 mph Gusts: 12 mph</p> <p>Max UV Index: 7 (High) Thunderstorm: 10%</p>	<p>THU JUL 21</p>  <p>NIGHT</p> <p>60°_{LO}</p> <p>RealFeel® 60° Precipitation 55%</p> <p>Clear to partly cloudy with a passing shower</p> <p>W 6 mph Gusts: 13 mph</p> <p>Max UV Index: N/A Thunderstorm: 23%</p>
	

Precipitation: 0 in

Precipitation: 0.04 in



Music at the Market Series

Brittany Jean entertains at the market this Thursday. Brewster-based Brittany Jean plays a pleasing blend of Country/Folk/Americana, a mix of 50% Cover and 50% Original

Music. Her Cover Songs include Gordon Lightfoot, Emmylou Harris, Joan Baez, Alison Krauss, Judy Collins, Randy Travis, Colin Raye, Taylor Swift, Sarah McLachlan, Don McLean, John Denver, and others. Some of her recent original work was inspired by the region's devastating Wildfires of 2014 and 2015.

As always we thank the [Historic Downtown Chelan Assoc.](#), who proudly help to sponsor our Music at the Market Series.

Recipe of the Week

Pasta with Summer Squash, Tarragon, Ricotta & Honey

A Sweet & Savory Marriage in the Form of Summer Squash Pasta



Ingredients

- * 1 pound pasta
- * 3 tablespoons pine nuts
- * 1/2 cup fresh tarragon leaves
- * 1/2 cup grated Pecorino cheese
- * 1/4 cup olive oil
- * 3 large ice cubes
- * 2 tablespoons butter

- * 2 medium zucchini or summer squash
- * 1 tablespoon honey
- * 1/2 cup sheep's (or cow's) milk ricotta
- * 1/4 teaspoon ground nutmeg
- * Salt and freshly ground black pepper to taste

Directions

1. Use fresh or dried pasta of any type here, as any shape will do. You'll briefly cook a glut of summer squash, sliced into thin coins, until they slump down obediently and begin to wilt. Add a touch of honey to sweeten and slightly caramelize their browned edges.
2. Then you'll whip up an interesting take on a pesto. Basil will stand down (but that's okay, you can put it in your ice cream instead) and let fresh tarragon take a turn. Tarragon and basil share a similar anise-like flavor, so this substitution is a smart one. You'll whiz a few ice cubes into the pesto at the end to lighten the sauce. This too may sound bizarre, but trust the Italians here.
3. By now, you're getting rather hungry. You'll toss your cooked pasta (keep it quite al dente) in the hot pan with the cooked squash, a hefty dollop of fresh ricotta cheese streaked with nutmeg, and your not-quite-pesto.
4. You'll try it, and it will surprise you: a delicate sweetness (honey), an earthiness (nutmeg), a creaminess (ricotta). You'll serve it again and again all summer. You'll eat more pasta, just because of this recipe. You'll buy more honey.

Serves 4

17th annual National Farmers Market Week: August 7–13 2016

Farmers Markets...



**Preserve America's
Rural Livelihoods
and Farmland**



**Stimulate Local
Economies**



**Increase Access to
Fresh, Nutritious
Food**



**Support Healthy
Communities**

WASHINGTON - Agriculture Secretary Tom Vilsack on July 11 signed a proclamation declaring **Aug. 7-13** as "National Farmers Market Week." This year marks the 17th annual National Farmers Market Week to honor and celebrate the important role that farmers markets play in local economies.

"Farmers markets are an important part of strong local and regional food systems that connect farmers with new customers and grow rural economies. In many areas, they are also expanding access to fresh, healthy food for people of all income levels," said Vilsack. "National Farmers Market Week recognizes the growth of these markets and their role in supporting both urban and rural communities."

"Farmers markets are a gathering place where you can buy locally produced food, and at the same time, get to know the farmer and story behind the food you purchase," said Starmer. "These types of markets improve earning potential for farmers and ranchers, building stronger community ties and access to local foods."

Look for more information in the next 3 weeks about how Chelan Evening Farmers market will be celebrating.



Additional Vendor Space Available

We have expanded our market to include more vendor spaces for crafters, prepared foods & other non-farmer booths. Of course we've always had room for more farmers, and this year we are open to accepting vendors throughout the season. Visit our [website](#) to learn more.

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

Chelan Fresh
Culinary Apple





North Cascades Bank

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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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