

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

The growing season is picking up and our farmers are bringing more and more great produce to share. Some of the items include basil, garlic scapes, green beans, early heirloom tomatoes, cherries, strawberries, blueberries, apricots, peaches, nectarines, farm fresh eggs & organic chicken. You can always enjoy pies, scones, cookies, breads & loads of other delicious baked goods, salsa, apple & cherry cider, lemonade & tea, flowers, plants, local honey, local wine, local jams & jellies, local crafts and much more

Music at the Market Series

At the market this week, we welcome back **Dan Quigley**. Dan played at our first market of the season this year. He is a local talent and we are glad that he enjoys playing at the market as much as we enjoy listening to him play at the market.



Hope to see you there!

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.

Thursday



Mostly Sunny

High: 84 °F

The Forecast for Market Day

Mostly sunny, with a high near 84. West wind around 10 mph.

Breezy conditions have been dominating the afternoons all week. I guess we will see if the forecast of 10mph winds really is what we experience.

Recipe of the Week

Summer Garden Dinner Salad

This delicious recipe provided by market vendor Linda Davis of Anvil Creations.

Ingredients

Serves 4

- * 1 lb. small new potatoes, cut in half
- * 2 ears fresh corn, cooked and cut from cob
- * 1 large head leaf lettuce, washed and torn
- * 1 lb fresh garden tomatoes, sliced
- * ¼ cup fresh basil leaves, sliced in ribbons
- * 2-5 oz cans solid white tuna, drained

Dressing

- * ¼ cup olive oil, + 2 Tbsp.
- * 3 Tbsp. Balsamic vinegar



- * ¼ cup sweet onion, diced
- * ½ tsp. Dijon mustard
- * ¼ tsp sugar
- * salt and pepper

Directions

1. Boil new potatoes for ten minutes until just cooked. Rinse in cool water. Slice potatoes and drizzle with 2 Tbsp. olive oil and season with salt and pepper.
2. For Dressing, combine ¼ cup olive oil, balsamic vinegar, onion, Dijon and sugar. Add salt and pepper to taste.
3. Layer potatoes, corn, tomatoes and tuna over a bed of lettuce. Drizzle on dressing and garnish generously with basil.

Earth & Space

News from a weather geek

Have you ever heard of the Green Flash?

I was at a party high up Union Valley last night and watched with a few others to see if we could glimpse the green flash at sunset, unfortunately we didn't see it. It got me thinking, do others know about the green flash?

It's said that once you've seen a green flash, you'll never go wrong in matters of the heart.

Here's all you need to know ... plus great pics.

The green flash is an optical phenomenon that you can see shortly after sunset or before sunrise. It happens when the sun is almost entirely below the horizon, with the barest edge of the sun – the upper edge – still visible. For a second or two, that upper rim of the sun will appear green in color. It's



a brief flash of the color green – the legendary green flash. It's really quite exciting to see, especially if you've been looking for one.



How can you see a green flash? Here's all you need:

- * A clear day with no haze or cloud on the horizon.
- * A distant horizon – and a distinct edge to the horizon. You can see the green flash from a mountaintop or high building. But it's most often seen over the ocean, by people on beaches or in boats.

Important tip: *Don't look at the sun until it is nearly entirely below the horizon. If you do, you will dazzle (or damage) your eyes and ruin your green flash chances for that day.*

Since you need to know exactly where to look along the horizon, and since most of us aren't up before dawn, green flashes are most often seen after sunset. But diligent observers can see them before dawn, too. And, although they're most often seen over the ocean, you can see green flashes over land, too, if your horizon is far enough away.

What makes a green flash?

The green flash is the result of looking at the sun through a greater and greater thickness of atmosphere as you look lower and lower in the sky. Water vapor in the atmosphere absorbs the yellow and orange colors in white sunlight, and air molecules scatter the violet light. That leaves the red and blue-green light to travel directly toward you. Near the horizon, the sun's light is highly bent or refracted. It's as though there are two suns – a red one and a blue-green one – partially covering each other. The red one is always closest to the horizon, so when it sets or before it rises, you see only the blue-green disk – the green flash.

August 13th starting at 4:30pm

*Save
the
Date*



4th Annual Great Zucchini RACE



You too can sport this keen window cling to let folks know you care about your community!

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.

Friends of the Market:

Look for this sticker on windows of your favorite businesses and people

Mike Sherer – Shererwood Forest Farms

Dave & Mary Weldy – [Culinary Apple](#)

HDCA & their members

Jordana LaPorte – [LaPorte Financial Alliance](#)

Chelan Fresh

SalmonBerry Designs

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.



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.

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!

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!



Division of Glacier Bank

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

