

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 7/24/2014
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To: manager@chelanfarmersmarket.org

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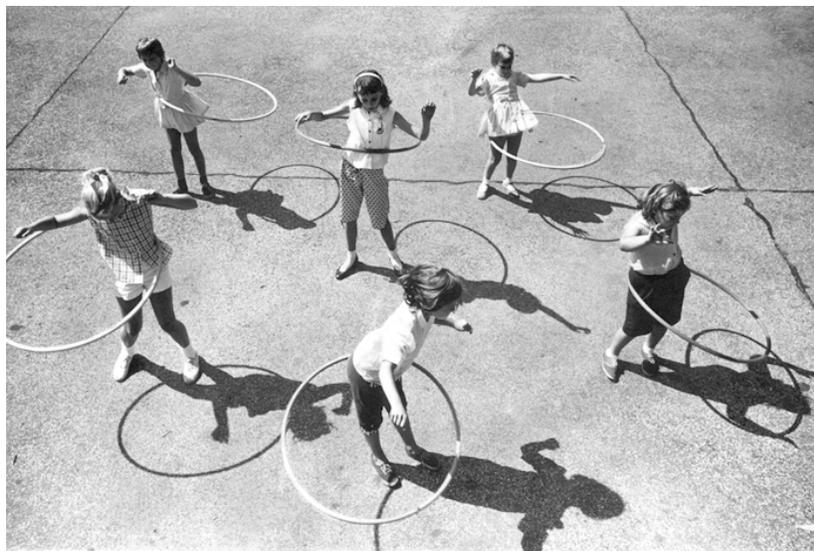


Talk About Fresh!

CEFM's Newsletter
Chelan Evening Farmer's Market

Learn more about CEFM by visiting us at
www.chelanfarmersmarket.org

Hula Hoop Clinic & Contest



Calling all Hoopers

Hula Hoopers that is

4:30-6pm

Make your own custom hoop, try out all sizes & weights of hoops. Hooping competition with four age divisions. Prizes for the winner of each division.

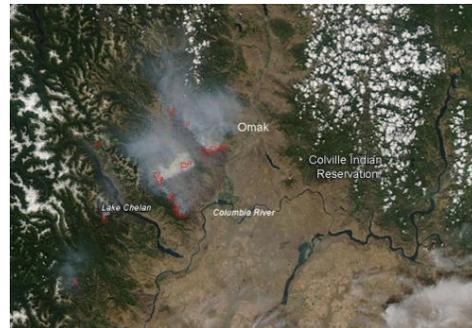
Come down and show us your stuff!

Whats Fresh...Kindness

2 vendors at our market have lost everything in these fires, many others are greatly effected. These small farmers & artisans appreciate your support, even more now. Most of us are either directly effected or within 2 degrees of separation from these devastating fires. Kindness and supporting one another, is the gift of such times.

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, local jams & jellies, local crafts HulaHoops! and much more

**Our lives are not our own
From womb to tomb, we are bound to others
Past and present
And by each tragedy
And every kindness
We birth our future**



- Sonmi-451



there this week.

Music at the Market

We are excited to host **Greg Johnston** as this Thursday's Music at the Market Series musician! We've been lucky to hear him at our market a couple times each season, and so glad to have him

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!

The Forecast for Market Day

Mostly sunny, with a high near 74. West wind 10 to 17 mph, with gusts as high as 29 mph.

The sun has been pretty quite lately, maybe if there really IS an electric connection between the earth and sun as some propose... we will have a quite few days withOUT lightning.

"ONLY RAIN, little by little"... that is my request for the weather gods for this week!

THURSDAY



Mostly
Sunny
High: 74 °F



Recipe of the Week

Apricot Coffee Cake

great for breakfast!

Ingredients

* $\frac{3}{4}$ Cup Butter, Softened ($\frac{1}{2}$ Cup for Cake and $\frac{1}{4}$ Cup for Topping)

- * 1-8 Ounce Package Cream Cheese, Softened
- * 1 $\frac{1}{4}$ Cups Sugar
- * 2 Eggs
- * 1 Teaspoon Almond or Vanilla Extract
- * 2 $\frac{1}{4}$ Cups Flour
- * 1 Teaspoon Baking Powder
- * $\frac{1}{2}$ Teaspoon Baking Soda
- * $\frac{1}{4}$ Teaspoon Salt
- * $\frac{1}{4}$ Cup Milk
- * $\frac{1}{2}$ Cup Firmly Packed Brown Sugar
- * 2 Teaspoons Cinnamon
- * $\frac{1}{2}$ Cup Chopped Walnuts or Almonds
- * 8 Apricots, Halved

Directions

1. Preheat oven to 350° F.
 2. Grease and flour 13 x 9 inch baking pan.
 3. Cream ½ cup butter, cream cheese and sugar until light and fluffy.
 4. Blend in eggs and almond extract; mix well.
 5. Combine 1 ¾ cups flour, baking powder, baking soda and salt.
 6. Stir in alternately with milk into butter/cream cheese mixture.
 7. Pour into prepared pan. Bake at 350° F for 30 minutes or until cake starts to brown. Remove from oven.
 8. While cake is in oven, prepare topping mixture.
 9. Combine brown sugar, remaining ½ cup flour and cinnamon in a small bowl.
 10. Cut in remaining ¼ cup butter; stir in nuts.
- Tip: Recipe can be made ahead to this point. Cover and store cake pan and topping bowl in refrigerator for up to 24 hours.*
11. Uncover and bake as directed.
 12. Top cake with apricot halves and sprinkle with cinnamon/nut topping.
 13. Return to oven and bake 15 minutes or until cake tests done.

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.

Save the Date ~ August 7th

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August 7th. Build your own zucchini race car at the market starting at 4pm, (or bring your own handmade car) Races start at 5pm

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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