

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 7/30/2015
Date: July 29, 2015 at 2:55 PM
To: manager@chelanfarmersmarket.org

CE

Like



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, corn, zucchini & other summer squash, 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, the man with 2 first names, **Chris Eric**. Chris has played our market each season. This Thursday is a bonus second Chris Eric session of this season...YAY!



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



Sunny

High: 95 °F

The Forecast for Market Day

Sunny, with a high near 95. Calm wind becoming southwest 5 to 7 mph in the afternoon.

More of that heat in the forecast going forward. Was sure nice to have a break and still have the sun shining. Thanks mother nature!

Come enjoy another beautiful night with us at the market.

Recipe of the Week

Mediterranean Green Beans

Use the olive mix to dress other veggies, such as tomato wedges, cooked baby potatoes, or roasted bell peppers.

I don't like kalamata olives, so I replaced them with sun-dried tomatoes.

Ingredients

Makes 6 to 8 servings

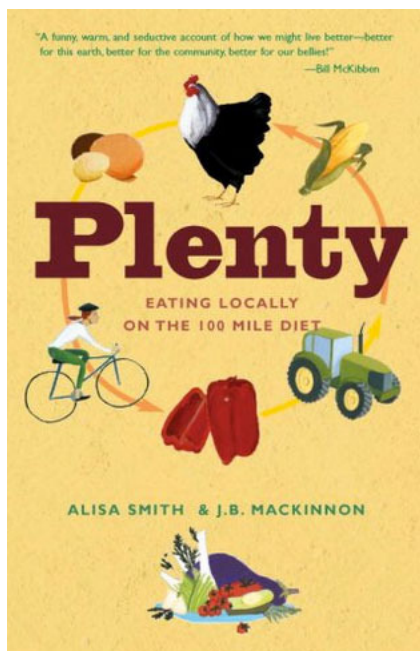
- * 1/3 cup chopped pitted kalamata olives
- * 2 large shallot, sliced
- * 4 tablespoons red wine vinegar
- * 4 teaspoons whole grain Dijon mustard
- * 1 teaspoon sugar
- * 1/3 cup olive oil
- * 2 pounds fresh green beans

Directions



1. Stir together first 5 ingredients in a large bowl. Let stand 10 minutes. Stir in olive oil, and add salt and pepper to taste.
2. Cook green beans in boiling salted water to cover 3 to 4 minutes or until bright and crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain and pat dry. Toss together beans and olive mixture. Serve at room temperature, or cover and chill up to 2 hours.

August 13th starting at 4:30pm



100 Mile Diet

The remarkable, amusing and inspiring adventures of a Canadian couple who make a year-long attempt to eat foods grown and produced within a 100-mile radius of their apartment.

When Alisa Smith and James MacKinnon learned that the average ingredient in a North American meal travels 1,500 miles from farm to plate, they decided to launch a simple experiment to reconnect with the people and places that produced what they ate. For one year, they would only consume food that came from within a 100-mile

radius of their Vancouver apartment. The 100-Mile Diet was born.

The 100-Mile Diet struck a deeper chord than anyone could have predicted, attracting media and grassroots interest that spanned the globe. Even in our little central WA community, the 100 mile diet had its participants.

Next week I'll talk to some folks who took part in the challenge last year.

Earth & Space

News from a weather geek

The EM Drive

From earth to the moon is 4 hrs!

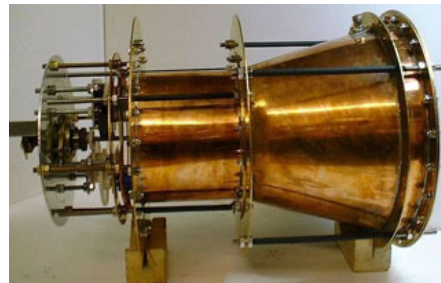
Interplanetary travel could be a step closer after scientists confirmed that an electromagnetic propulsion drive, which is fast enough to get to the Moon in four hours, actually works.

The EM Drive was developed by the British inventor Roger Shawyer nearly 15 years ago but was ridiculed at the time as being scientifically impossible.

It produces thrust by using solar power to generate multiple microwaves that move back and forth in an enclosed chamber. This means that until something fails or wears down, theoretically the engine could keep running forever without the need for rocket fuel.

The drive is capable of producing thrust several thousand times greater than even a photon rocket and could get to Mars within 70 days or Pluto within 18 months. A trip to Alpha Centauri, which would take tens of thousands of years to reach right now, could be reached in just 100 years.

However scientists still have no idea how it actually works. Nasa suggested that it could have something to do with the technology manipulating subatomic particles which constantly pop in and out of existence in empty space. At least NASA is watching now, maybe this out-of-the-box idea will be a big game changer!



change!



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.



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



©2015 Chelan Evening Farmers Market | Chelan WA | Major Sponsorship Provided by North Cascades Bank

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by **Mad Mimi®**
A GoDaddy® company