

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

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Like



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, flowers, plants, waffle-dogs, honey, wine, Two Lakes Catering, local jams & jellies, local crafts HulaHoops! and much more



Music at the Market

We are excited to host **Brian Ernst** as this Thursday's Music at the Market Series musician!

Brian is a full time touring musician. He has 20 instruments and a looping pedal (no prerecorded music). He uses open tuned and lap steel guitars with didgeridoo's and djembe drums to create original songs, melodies and instrumentals best described as acoustic, soul, roots. Brian (and his wife Katie) tour in a full size bus that runs on waste veggie oil and solar panels. They also run a 501c3 non profit organization called [Journey4YOUth](#); currently working in Kenya, Africa.

THURSDAY



Sunny

High: 95 °F

The Forecast for Market Day

Sunny, with a high between 95-100. Northwest wind 5 to 11 mph becoming south in the afternoon.

We are on for another sunny hot market. Make sure to plan ahead with tools to stay cool and hydrated!

NEXT WEEK ~ August 7th



August 7th. NEXT WEEK!! Build your own zucchini race car at the market starting at 4pm, (or bring your own handmade car) Races start at 4:30pm

Recipe of the Week

All Raw Zucchini Pasta Marinara

This is one of the simplest way to eat zucchini noodles, and one of the best. The marinara sauce is raw --



*nothing more than blended
tomatoes and some seasoning --
but in spite of that it manages to taste rich and complex.*

Ingredients

- * 3 cups vine-ripened or heirloom tomatoes, chopped
- * 1/2 cup red bell pepper, chopped
- * 1/2 cup sun-dried tomatoes, chopped (you can use tomatoes that are oil-packed and drained, or
- * tomatoes that are dried and have been rehydrated in boiling water, then drained)
- * 1 clove garlic, minced
- * 1 teaspoon maple syrup
- * 1/4 teaspoon sea salt (or to taste)
- * Black pepper, to taste
- * 1 teaspoon fresh thyme
- * 1/4 cup fresh basil, chopped, plus a few extra tablespoons for garnish
- * 3 tablespoons olive oil
- * 4 small zucchini, spiralized, peeled, or grated into noodles (see instructions)

Directions

1. Blend the tomatoes, pepper, sun-dried tomatoes, garlic, maple syrup, sea salt, black pepper, thyme, and basil in a blender or a food processor till relatively smooth. Drizzle in the olive oil with the motor of the machine running, and keep blending till the sauce is smooth. Season to taste, and set the sauce aside.
2. Use a spiralizer, a vegetable peeler, or a box grater to cut your zucchini into noodle shapes. Divide the zucchini onto four plates, and top each with about half a cup of the marinara sauce. Garnish each plate with a tablespoon of chopped basil, and serve.

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**



Division of Glacier Bank

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



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