

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org  
Subject: Talk About Fresh 7/7/2016  
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Like



## Whats Fresh

Still on the cooler side lately and we may have a few sprinkles on Thursday, but all the better for our local farmers! We have loads of greens, strawberries, raspberries, cherries, apricots, peaches, garlic, nuts, fresh eggs & local chicken, honey, flowers, baked goods, plant starts, local crafts and more.

## The Forecast for Market Day

<p><b>DAY</b></p> <p><b>78°</b><sub>HI</sub></p> <p>THU JUL 7</p>  <p>RealFeel® 81° Precipitation 54%</p> <p>Some sunshine giving way to clouds with a shower in spots later in the afternoon</p> <p>WSW 7 mph Gusts: 12 mph</p> 	<p><b>NIGHT</b></p> <p><b>57°</b><sub>LO</sub></p> <p>THU JUL 7</p>  <p>RealFeel® 57° Precipitation 40%</p> <p>Partly to mostly cloudy with a shower in places</p> <p>WSW 4 mph Gusts: 12 mph</p> 
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Max UV Index: 7 (High)

Thunderstorms: 20%

Precipitation: 0.05 in

Max UV Index: N/A

Thunderstorms: 20%

Precipitation: 0.02 in



## Music at the Market Series

**Greg Johnston** entertains at the market this Thursday. A Musician For All Seasons, Greg has played the Market Rain or Shine for several years. A little a folk, a little rock, a lotta soul.

You'll love listening to Greg's guitar stylings!

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.

## Recipe of the Week

### Farmstead Blueberry Buttermilk Pancakes Recipe

*Old fashion blueberry pancakes made with a combination of oats, cornmeal and buttermilk in the batter gives the pancakes heartiness you will find hard to resist.*

#### Ingredients

- \* 1 cup all-purpose flour
- \* 3 tablespoons cornmeal
- \* 3 tablespoons quick-cooking oats
- \* 3 tablespoons sugar
- \* 1 teaspoon baking powder
- \* 1/2 teaspoon baking soda
- \* 1/2 teaspoon salt
- \* Dash ground nutmeg
- \* 1 large egg



- \* 1-1/2 cups buttermilk
- \* 2 tablespoons canola oil
- \* 1 teaspoon vanilla extract
- \* 1 cup fresh (or frozen) blueberries

### Directions

1. In a large bowl, whisk the first eight ingredients. In another bowl, whisk egg, buttermilk, oil and vanilla until blended. Add to flour mixture; stir just until moistened (batter will be lumpy). Let stand 15 minutes.
2. Lightly grease a griddle or large nonstick skillet; heat over medium heat. Stir blueberries into batter. Pour batter by 1/4 cupfuls onto griddle or skillet. Cook until bubbles on top begin to pop and bottoms are golden brown. Turn; cook until second side is brown.

Yield: 12 pancakes.

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## Additional Vendor Space Available

We have expanded our market to include more vendor spaces for crafters, prepared foods & other non-farmer booths. We are also opening up to accept vendors throughout the season. Visit our [website](#) to learn more.



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## 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.

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## Success! Juno is orbiting Jupiter

The US space agency has successfully put a new probe in orbit around Jupiter.

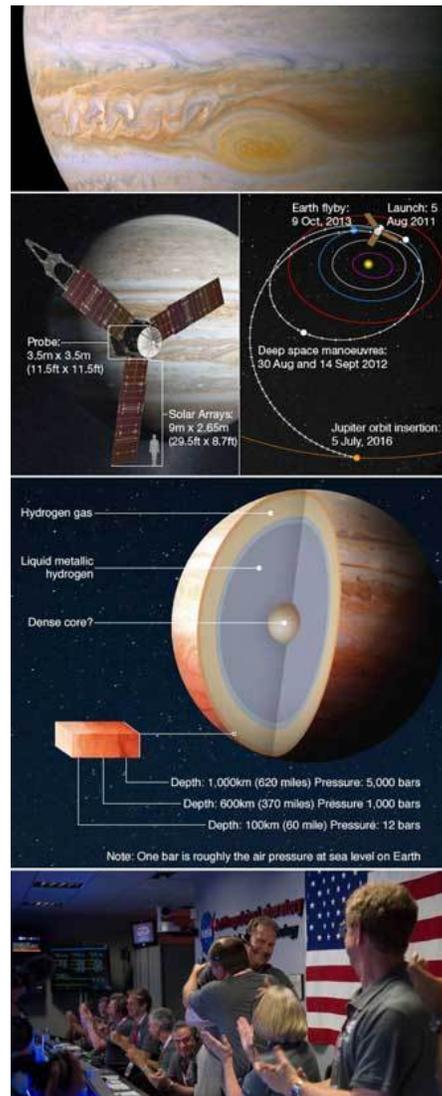
The Juno satellite, which left Earth five years ago, had to fire a rocket engine to slow its approach to the planet and get caught by its gravity.

A sequence of tones transmitted from the spacecraft confirmed the braking manoeuvre had gone as planned.

Receipt of the radio messages prompted wild cheering at Nasa's Jet Propulsion Laboratory in Pasadena, California.

"All stations on Juno co-ord, we have the tone for burn cut-off on Delta V," Juno Mission Control had announced. "Roger Juno, welcome to Jupiter."

Scientists plan to use the spacecraft to sense the planet's deep interior. They think the structure and the chemistry of its insides hold clues to how this giant world formed some four-and-a-half-billion years



ago.

Engineers had warned in advance that the engine firing was fraught with danger.

No previous spacecraft has dared pass so close to Jupiter; its intense radiation belts can destroy unprotected electronics.

One calculation even suggested the orbit insertion would have subjected Juno to a dose equivalent to a million dental X-rays.

But the probe is built like a tank with titanium shielding, and the 35-minute rocket burn appeared to go off without a hitch.

[Watch Jupiter: Into the Unknown \(NASA Juno Mission Trailer\)](#)

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## 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.



**Friend-of-the-Market.**

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## 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

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**



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



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