

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 7/9/2015
Date: July 8, 2015 at 11:08 AM
To: 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, early strawberries, blueberries, apricots, 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

Successful Cherry Pit-Spitting Contest

Thanks to all who participated in our 1st Annual Cherry Pit-Spitting Contest. A special thanks to **Chelan Fresh** (*Friend-of-the-Market*) who provided our local cherries.

We had over 40 participants both young



and old. Our overall winner was Dan who spat his pit a distance of 42 FEET!

According to the Guinness Book of Records, The longest spit of a cherry stone in competition is 93 ft 6.5 in by Brian "Young Gun" Krause (USA) at the International Cherry Pit-Spitting Championship at Eau Claire, Michigan, USA in 2004. WOW!



Music at the Market Series

We have a real local treat for you at the market this week.

Rolf Vegdahl will be doing solo stuff beginning at 4pm. He will be joined by his beautiful and talented daughters at

around 5. Then, **Genie and the Concubines** around 6pm.

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.

Recipe of the Week

Thai Chicken with Basil Stir Fry

This is delicious, sure to please and easy to make. Make it as spicy as you like or keep it mild.

Ingredients

Serves 6

- 2 cups uncooked jasmine rice
- 1 quart water
- 3/4 cup coconut milk
- 3 tablespoons soy sauce



- 3 tablespoons rice wine vinegar
- 1 1/2 tablespoons fish sauce
- 3/4 teaspoon red pepper flakes
- 1 tablespoon olive oil
- 1 medium onion, sliced
- 2 tablespoons fresh ginger root, minced
- 3 cloves garlic, minced
- 2 pounds skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 3 shiitake (or other) mushrooms, sliced
- 5 green onions, chopped
- 1 1/2 cups chopped fresh basil leaves

Directions

1. Bring rice and water to a boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.
2. In a bowl, mix the coconut milk, soy sauce, rice wine vinegar, fish sauce, and red pepper flakes.
3. In a skillet or wok, heat the oil over medium-high heat. Stir in the onion, ginger, and garlic, and cook until lightly browned. Mix in chicken strips, and cook about 3 minutes, until browned. Stir in the coconut milk sauce. Continue cooking until sauce is reduced about 1/3. Mix in mushrooms, green onions, and basil, and cook until heated through. Serve over the cooked rice.

Thursday



Hot

High: 97 °F

The Forecast for Market Day

Sunny and hot, with a high near 97. Southwest wind 5 to 7 mph becoming west in the evening.

As I have suggested before, do yourself a favor...GO JUMP IN THE LAKE!

Earth & Space

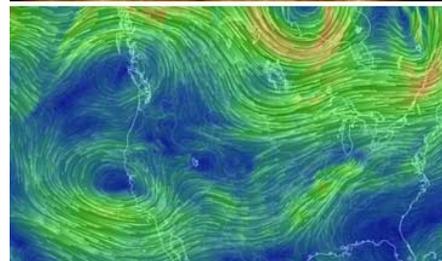
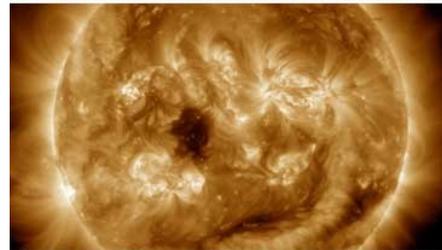
News from a weather geek

Resources of a weather geek

I don't think there has been a more interesting time to study earth and space weather. We have so many new tools that we as ordinary citizens have access to. With all the indicators of global climate change, I can't help but be extremely interested.

I may be the only one I know as interested in earth and space weather as I am, but just in case there are a few of you out there wondering where I look to find out about it all.

I have many resources, but below I've highlighted a few that are easier to get your head around, and a few YouTube links about how to watch the sun and the weather in case these links make you more curious. Happy learning!



Earth Weather & Climate

[Earth real time weather map](#)

[Temperature Delta](#)

[NOAA Environmental Visualization Laboratory](#)

[National Data Buoy System](#)

[Earthquake List](#)

[Local Weather resource 1](#)

[Local Weather resources 2](#)

[Local Aviation weather report](#)

Space Weather

[All sorts of space weather data in one place](#)

[Solar Alerts on Twitter](#)

[Aurora alerts and general space weather](#)

YouTube videos

[How to watch the sun & more](#)

What forecasting maps mean



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.





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



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