

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 8/13/2015
Date: August 12, 2015 at 4:16 PM
To: manager@chelanfarmersmarket.org

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Like



Whats Fresh

The growing season is in FULL BLOOM and our farmers are bringing more and more great produce to share. Some of the items include basil, garlic, onions, fresh ground flours, green beans, early heirloom tomatoes, 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

Race Day Is Here!



Zucchini RACE

Grow your own Zucchini Race car! Race it at the Chelan Evening Farmers Market. Build your racer at the Farmer's Market and race it with friends, family, and neighbors. Everyone can participate, everyone's a winner, sponsored by North Cascades Bank, and it's completely FREE.

Build your zucchini racer at the Farmer's Market or bring your racer from home. Wheels and axles will be provided at the Market, but supplies are limited. (Zucchini's too if you didn't grow your own)

Cars will compete on a wooden ramp – three at a time. You're guaranteed a first, second, or third place win. Great for kids of all ages. Races can be built on site beginning at 4pm and races start at 4:30pm.

Come and see the Show-n-Shine of race cars created by local businesses that compete for the best looking (zucchini) car. The winner gets bragging rights and a beautiful trophy to display at their business for the next year!



kids making their racecars • show-n-shine trophy • 2014 winner



The Forecast for Market Day

Mostly sunny and hot, with a high near 98. West wind 5 to 7 mph becoming light and variable.

We are also currently in a Red Flag Warning until 8pm Thursday night: *A STRONG THERMAL TROUGH POSITIONED ACROSS EASTERN WASHINGTON WILL BRING NEAR RECORD HEAT TODAY AND THURSDAY.*

High: 98 °F

THIS FEATURE WILL PRODUCE UNSTABLE CONDITIONS IN THE LOWER LEVELS OF THE ATMOSPHERE. THIS WILL RESULT IN THE POTENTIAL FOR ACTIVE FIRE BEHAVIOR AND PLUME DOMINATED FIRES ON ANY ACTIVE FIRES OR NEW STARTS.

The market WILL BE OPEN unless the direction of the smoke changes to move down towards Chelan again increasing to a hazardous air quality. Listen to KOZI at 9:15am to find out more.

Earth & Space

News from a weather geek

Weather's Role in Wildfires

Weather plays a major role in the birth, growth and death of a wildfire. Drought leads to extremely favorable conditions for wildfires, and winds aid a wildfire's progress -- weather can spur the fire to move faster and engulf more land. It can also make the job of fighting the fire even more difficult. There are three weather ingredients that can affect wildfires:

- * Temperature
- * Wind
- * Moisture

As mentioned before, temperature affects the sparking of wildfires, because heat is one of the three pillars of the fire triangle. The sticks, trees and underbrush on the ground receive radiant heat from the sun, which heats and dries potential fuels. Warmer temperatures allow for fuels to ignite and burn faster, adding to the rate at which a wildfire spreads. For this reason, wildfires tend to rage in the afternoon, when temperatures are at their hottest.

Wind probably has the biggest impact on a wildfire's behavior. It also the most unpredictable factor. Winds supply the fire with additional oxygen, further dry potential fuel and push the fire across the land at a faster rate.



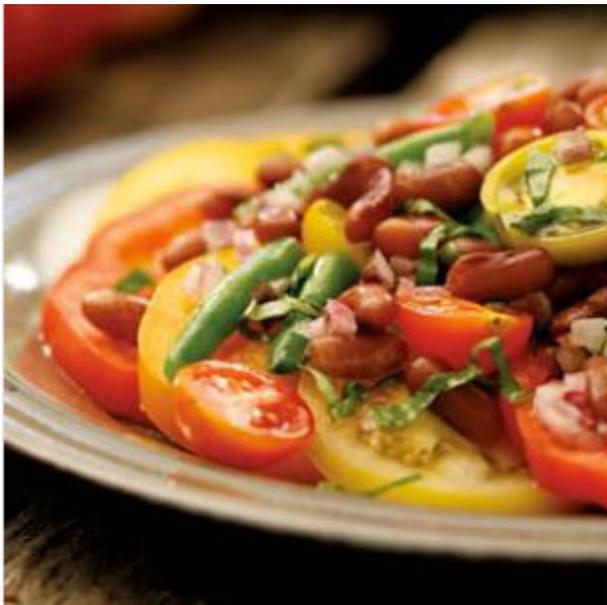
Fires like this one are more often than not the result of a careless human action. Watch these wildfire videos. Photo courtesy Bureau of Land Management

potential fuel and push the fire across the land at a faster rate.

The stronger the wind blows, the faster the fire spreads. The fire generates winds of its own that are as many as 10 times faster than the ambient wind. It can even throw embers into the air and create additional fires, an occurrence called spotting. Wind can also change the direction of the fire, and gusts can raise the fire into the trees, creating a crown fire.

While wind can help the fire to spread, moisture works against the fire. Moisture, in the form of humidity and precipitation, can slow the fire down and reduce its intensity. Potential fuels can be hard to ignite if they have high levels of moisture, because the moisture absorbs the fire's heat. When the humidity is low, meaning that there is a low amount of water vapor in the air, wildfires are more likely to start. The higher the humidity, the less likely the fuel is to dry and ignite.

While we often look at wildfires as being destructive, many wildfires are actually beneficial. Some wildfires burn the underbrush of a forest, which can prevent a larger fire that might result if the brush were allowed to accumulate for a long time. Wildfires can also benefit plant growth by reducing disease spread, releasing nutrients from burned plants into the ground and encouraging new growth.



Recipe of the Week

Bean & Tomato Salad with Honey Vinaigrette

This beautiful salad combines fresh tomatoes, green beans, red onions and dried heirloom beans. Recently harvested beans (and thus freshly dried) cook more quickly than the kind you buy year-round at the market. In the latter part

of the summer, farmers' markets begin to sell a fresh crop of heirloom varieties that would be perfect for this salad.

Ingredients

Makes 8 servings

- * 1 1/4 cups dried beans, preferably heirloom, or 2 15-ounce cans white beans, rinsed (see Tip)
- * 1 teaspoon salt, divided
- * 1/2 cup minced red onion
- * 1/4 cup cider vinegar
- * 4 teaspoons honey
- * 1 teaspoon peanut or canola oil
- * 1/2 teaspoon freshly ground pepper, or to taste
- * 8 ounces green beans, trimmed and cut into 2-inch pieces
- * 1 pint cherry or grape tomatoes, halved or quartered
- * 1/2 cup fresh basil leaves, thinly sliced
- * 1 pound tomatoes, sliced

Directions

1. If using canned beans, skip to Step 3. If using dried beans, rinse and pick over for any stones, then place in a large bowl, cover with 3 inches of cold water and soak at room temperature for at least 6 hours or overnight. (Alternatively, use our quick-soak method: see Tip.)
2. Drain the soaked beans, rinse and transfer to a large saucepan. Add 6 cups cold water. Bring to a simmer, partially cover, and simmer gently, stirring once or twice, until tender but not mushy, 20 minutes to 1 hour, depending on the freshness of the dried beans. (If you're using heirloom beans, be sure to check them after 20 minutes—they tend to cook more quickly than conventional beans.) If at any time the liquid level drops below the beans, add 1 cup water. When the beans are about three-fourths done, season with 1/2 teaspoon salt. When the beans are tender, remove from the heat and drain.
3. Combine the beans (cooked or canned), the remaining 1/2 teaspoon salt, onion, vinegar, honey, oil and pepper in a large bowl. Stir, cover and refrigerate to marinate for at least 1 hour or overnight.
4. Cook green beans in a large pot of boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water, and drain again. Pat dry and add to the marinated beans. Stir in cherry (or grape) tomatoes and basil. Season with pepper.
5. To serve, arrange tomato slices around the edge of a serving platter or shallow salad bowl and spoon the bean salad into the center.

Make Ahead Tip:

Prepare through Step 3, cover and refrigerate for up to 1 day.

Tip: To quick-soak beans, place in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour. Proceed with Step 2.

While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (Our recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.

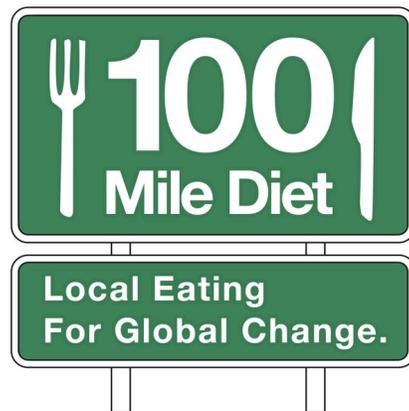
Local Experience of the 100 Mile Diet

This week, I want to share the 3rd (and last) experience from Lars (a former market board member) who took part in the challenge last fall.

"Eating only food grown from within 100 miles expanded my awareness. For ten days I joined five other friends here in Chelan who took the same day 100-mile food challenge. The challenge allows for ten "exotics," ten items such as spices, oil or chocolate to be included in your diet. For the ten days I ate almost completely from my own garden, fresh green veggies plus a lot of carrots, onions, garlic, potatoes and black beans. From the freezer I had all frozen fruit. Dried peppermint worked fine for tea. From my food dryer I had thyme, oregano, basil, and tarragon for spices. The first frost had already come so tomatoes, basil and some other crops had already frozen off. This would have been easier and more fun in the height of harvest season.

The three local items I purchased were Grant Gibb's wheat grown three miles from our house, Brownfield apples from their orchard five miles away, and local eggs from a friend who lives ten miles away.

After five days I read awful things about what can happen when people don't have enough salt. I searched for local supplies, but didn't find any. Salt joined my "exotic" list. I make my own kombucha but it requires tea and sugar, two more exotics. One day I had a cup of coffee when I was out with a friend. Otherwise I tried hard to keep everything local for the ten days. I made my



break with sourdough starter instead of commercial yeast. I missed cooking oil a lot. Nuts, soy sauce, peanut butter - plenty of things would have been nice, but I did okay without them.

Even though I grow a lot of my own food, I became aware how big a change it would be to live completely on food that I or local friends had produced. A regular morning breakfast of oatmeal with nuts, raisins, and a bit of sugar. Coffee with cream. Orange juice. Banana. On a regular day I'd been using up eight exotics before I even got started on my day.

I'm growing some new things this summer, based on my experience of the 100 mile food challenge. I am growing more sunflowers this summer, both for the seeds, but also I hope I can figure out how to extract oil for cooking. Some day I hope to have my own chickens. This year I have a small plot growing emmer wheat and spelt. I am trying to grow peanuts for the first time. I don't see any way around needing salt from outside our 100 mile boundary. Pretty much everything else, though, if we had to, I think we could manage to feed ourselves from what we create here in Chelan.

Would I recommend the 100 mile food challenge. If you want to disengage your stomach from your head for a few days and really start figuring out where food comes from and what we need to survive - then absolutely - this challenge might be an eye opener for you like it has been for me." ~ Lars



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.





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