

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 8/21/2014
Date: August 20, 2014 at 2:59 PM
To: manager@chelanfarmersmarket.org

CE

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, fresh CORN, strawberries, blackberries, blueberries, apricots, peaches, currants, watermelons, cantaloupes, zucchini, summer squash, greens, root vegetables, 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 and much more

Music at the Market

Band Duo Gypsy is our Music at the Market Series musicians this Thursday. I have not had the pleasure of hearing them play before, but look forward to sharing that new experience with all of you!



THURSDAY

The Forecast for Market Day

Mostly sunny, with a high near 70. Northwest wind 5 to 7



60%
 Showers
 Likely
 High: 80 °F

mostly sunny, with a high near 79. Northwest wind 5 to 7 mph becoming light and variable.

Its nice to see some cooler temps these days. Come and enjoy the market on this lovely evening!



I love this harvest calendar from Full Plate Farms. Learn more about their cooperative farms at <http://fullplatefarms.webs.com/thefarms.htm>

Recipe of the Week

Corn & Basil Cakes

Try these savory corn-and-basil pancakes as a side dish with barbecued chicken or grilled steak.

I made these with roasted corn (just grilled and cut off the cob) and purple basil, with a little sour cream on the side.

So good, and super easy.



Ingredients

- * 1/2 cup whole-wheat flour or all-purpose flour
- * 1/2 cup low-fat milk
- * 2 large eggs
- * 2 tablespoons olive oil, divided
- * 1/2 teaspoon baking powder

- * 1/2 teaspoon salt
- * 1/4 teaspoon freshly ground pepper
- * 2 cups fresh corn kernels (about 2 large ears; *see Tip*) or frozen
- * 1/2 cup chopped fresh basil

Directions

1. Whisk flour, milk, eggs, 1 tablespoon oil, baking powder, salt and pepper in a medium bowl until smooth. Stir in corn and basil.
2. Brush a large nonstick skillet lightly with some of the remaining 1 tablespoon oil; heat over medium heat until hot (but not smoking). Cook 4 cakes at a time, using about 1/4 cup batter for each, making them about 3 inches wide. Cook until the edges are dry, about 2 minutes. Flip and cook until golden brown on the other side, 1 to 3 minutes more. Repeat with the remaining oil and batter, making 10 cakes total. Reduce the heat as necessary to prevent burning.

Tip: To cut kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife.

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

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**



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



©2014 Chelan Evening Farmers Market | Chelan WA | Major Sponsorship Provided by North Cascades Bank

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by [Mad Mimi](#)®