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## Talk About Fresh!

**CEFM's Newsletter**  
Chelan Evening Farmer's Market

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### **YES! Today is the DAY!**

Come play with your neighbors and friends at the Chelan Evening Farmers Market's **1st Annual GREAT Zucchini Race**.

Create your race car (if you haven't already) at the market starting at 4pm. We will have Zucchini's, wheels and some decorating options for you to create YOUR best race car. (supplies are limited)

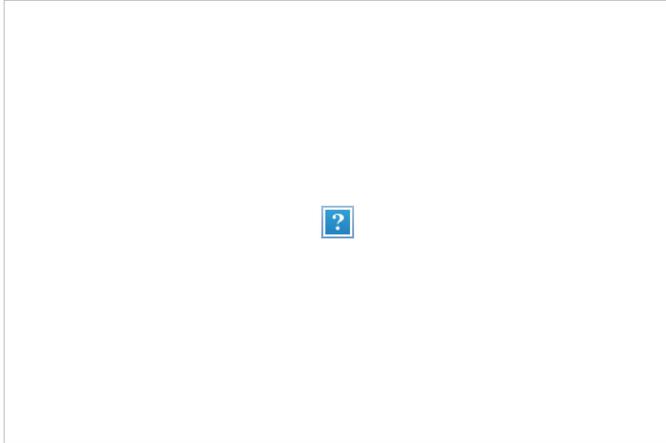
### **Races begin promptly at 5pm!**

Local businesses will also be in their own competition to be **Best In Show** for their unique race cars

Local businesses will also be in their own competition to be **Best in Show** for their unique face cars. Come down and vote for your favorite.

## Whats Fresh

This week at the market you will find **ZUCCHINIS, peaches, tomatoes, blueberries, raspberries, apricots, strawberries, cherries, garlic, greens of all kinds, salad mix, arugula, spinach, redleaf lettuce, greenleaf lettuce, romaine lettuce, Italian kale, curly kale, basil, carrots, red beets, golden beets, herbs, flowers, lemonade, plant starts, wood-fire baked pizza, hummus, fresh lemonades and fruit waters, all types of baked goods, flowers, cup cakes, locally roasted coffee, Local crafts & more!**



## The history of the Zucchini

Less than thirty years ago, the zucchini, formerly often referred to as green Italian squash, was hardly recognized in the United States. Today, it is not only widely-recognized, but a particular favorite of home gardeners. Notwithstanding its prolific growing nature, its popularity is probably due to in large part to its versatility as a vegetable as well as in breads and desserts.

Zucchini, Cucurbita pepo, is a member of the cucumber and melon family. Inhabitants of Central and South America have been eating zucchini for several thousand years, but the zucchini we know today is a variety of summer squash developed in Italy.

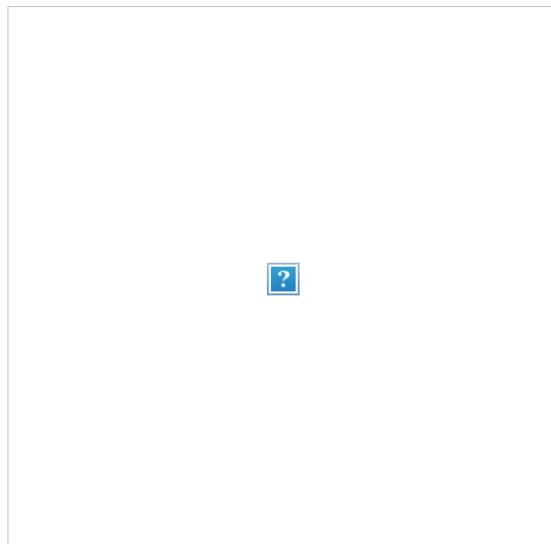
The word zucchini comes from the Italian zucchini, meaning a small squash. The term squash comes from the Indian skutasquash meaning "green thing eaten green." Christopher Columbus originally brought seeds to the Mediterranean region and Africa.

## Eating Well: Zucchini Bread with Chocolate Chips

Here's a super-simple zucchini bread recipe. The addition of chocolate chips makes it more like a dessert than a breakfast, but you can enjoy it anytime. Skip the chocolate and try it with toasted walnuts or raisins if you prefer. Freeze 2-cup portions of shredded zucchini so you can make zucchini bread all year long.

### Ingredients

- \* 3/4 cup low-fat milk
- \* 2 large eggs
- \* 3/4 cup sugar
- \* 1/3 cup canola oil



- \* 1 teaspoon vanilla extract
- \* 2 cups shredded zucchini (about 2 small zucchini)
- \* 2 cups white whole-wheat flour (see Note)
- \* 2 teaspoons baking powder
- \* 1 teaspoon ground cinnamon
- \* 1/2 teaspoon salt
- \* 1/2 cup chocolate chips

### Preparation

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Whisk milk, eggs, sugar, oil and vanilla in a medium bowl. Stir in zucchini. Combine flour, baking powder, cinnamon and salt in a large bowl. Add the wet ingredients and chocolate chips to the dry ingredients; stir until just combined. Transfer the batter to the prepared pan.
3. Bake until golden brown and a wooden skewer inserted in the center comes out clean, 50 minutes to 1 hour. Cool in the pan for 10 minutes, then turn out onto a wire rack. Let cool for at least 1 hour before slicing.

### Tips & Notes

\* Make Ahead Tip: Wrap and store at room temperature for up to 2 days or freeze for up to 3 months. |

Equipment: 9-by-5-inch loaf pan

\* Note: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online at [bobsredmill.com](http://bobsredmill.com) or [kingarthurfLOUR.com](http://kingarthurfLOUR.com). Store it in the freezer.

### Nutrition

Per slice: 229 calories; 9 g fat ( 2 g sat , 5 g mono ); 32 mg cholesterol; 34 g carbohydrates; 16 g added sugars; 5 g protein; 3 g fiber; 209 mg sodium; 134 mg potassium.

Nutrition Bonus: Iron (17% daily value)

Carbohydrate Servings: 2

Exchanges: 1 starch, 1 carbohydrate (other), 1 1/2 fat

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