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Talk About Fresh!

CEFM's Newsletter
Chelan Evening Farmer's Market

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Excitement for what continues to evolve here in Chelan

Farmers' Market board member Lars Clausen just returned from a visit to Decorah, Iowa. It's the town where his wife Anne grew up, but this time back, there was a renaissance feeling of local to this town of 8,000 people.

The drought is having a big impact on farmers throughout most of the MidWest, but locally speaking, things keep getting better and better. Luther College, located right in Decorah, just hosted a sustainability conference on campus. The college is committed to buying 40% of its food from local sources – and its already in the high 30's. Up the road just a few miles is Seed Savers, the nationally known organization that has helped to preserve and share hundreds of heirloom variety crops. The Decorah farmer's market is open twice a week, featuring up to 40 vendors.

<http://www.winneshiekfarmersmarket.com/home>. Local restaurants are thriving and many of them feature local foods. And just two weeks ago, a decade long project came to completion, an 11-mile bike trail that winds through farmland and past the limestone bluffs along the Upper Iowa and Trout Run rivers. There's a trout hatchery in town, too. Decorah is becoming a leader in local. Even the wedding that was the reason for our being in Decorah had gone local. The dinner for 270 people – pork, chicken, beans, salad, and pie – all of it was locally grown and prepared.

Arriving home in Chelan today, I look at all the great progress we've made these first two years of the Thursday evening farmers market, the local restaurants serving more and more local foods, wineries serving local wine, a community kitchen opening this summer. It's a beautiful transformation to behold, and after visiting Decorah this past week, I'm full of excitement for what continues to evolve here in Chelan.



Chelan.

~ Lars Clausen

Whats Fresh

This week at the market you will find zucchinis, root veggies, corn, 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, enchiladas and tacos, hummus, fresh lemonades and fruit waters, all types of baked goods, flowers, cup cakes, locally roasted coffee, Local crafts & more!

Ask the Farmer

“What I love to grow for the Farmers Market.”

Last week we spoke to our farmers and asked what their money crop is for the Chelan Evening Farmers Market. This week we surveyed our farmers and asked each of them what they most love to grow, “What is your favorite crop to raise?” Here’s what they love.

Salad Mix, Beets, and Carrots

Rachel Evans of Sunshine farms, “for some reason I keep loving to grow salad mix.”

Tomatoes

Allyson Jumars of PlowHorse farm specializes in salad mixes. One of these days when she branches out to different crops, be looking for her tomatoes.

Raspberries, Strawberries, and Asparagus

Judy Brezina of Undine Acres.

Brussel Sprouts

Nels Soderstrom of Soderstrom’s Organics. “No one buys Brussels Sprouts, but I love to grow them. They’re like sugar candy.”

Hot Peppers

Rafael Avino of Avino’s Garden, “I love growing my peppers.”

Dahlia’s

Flower farmer Tammy Blevins of Artful Garden – lucky for her, her most loved flower is also her biggest money flower.

Dry Land Winter Wheat

Grant Gibbs of Gibbs Organic Produce

Sweet Corn

Grandpa Beebe’s Sweet Corn, sold by granddaughter Ariya. Since Sweet Corn is all that’s on the table at this stall, its not surprise it comes up in every category.



We'd still have a lot of great variety, even if our farmers grew only their favorites. Check back next week and you'll hear what farmers come up with when asked what they might consider for an addition to their crop list, something special to add for the future.



Save the date!

August 30th is our 2nd Annual Tomato Tasting event at the market. Loads of delicious local tomatoes to taste. Winners of this event will have plenty of tomatoes to sell you so pick your favorite and enjoy!

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