

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org  
Subject: Talk About Fresh 8/27/2015  
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To: manager@chelanfarmersmarket.org

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## Whats Fresh

The farm season is in full swing and all our able farmers are bringing 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

Show your support by buying local and helping your neighbors!

You can learn more about other ways to help at <http://www.cfncw.org>

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## The Forecast for Market Day

A slight chance of thunderstorms early in the morning.  
Little or no precipitation expected. Areas of smoke.  
Partly sunny, with a high near 89.

The market WILL BE OPEN to help support our vendors, although I'm not liking the forecast! I listen to KOZI at

Thursday



Areas Smoke

although I'm not liking the forecast. Listen to KOZL at 8:45am on Thursday to find out more.

Areas Smoke

High: 83 °F



## Music at the Market Series

Enjoy the Music of Brian Ernst as he plays for us at the market this Thursday. Of course with all other scheduled events these days, the fire situation may make it difficult for Brian to attend, we hope to see him, and you all, at the market on Thursday!

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.

## Earth & Space

*News from a weather geek*

### Earth From Space: 15 Amazing Things in 15 Years

I thought that we could take a broader view of things for a bit.

To celebrate 15 successful years of Earth Observing, NASA has collected 15 impressive, awe-inducing or simply just plain interesting images gathered by their three flagship Earth orbiters since the Terra launch.

Click the link to see these beauties! [15 amazing earth images](#)



## Recipe of the Week

**Stuffed Zucchini Boats**  
with Tomato Salad



## With Tomato Salad

*The microwave quickly steams the zucchini so that you only need to run the stuffed boats under the broiler for a minute or two at the end. I HOWEVER don't have a microwave, so I sliced them in half put them in a Corning-Ware dish cut side up, with about 1/2 water and warmed in the preheated*

*oven (350) for about 8-10 minutes to steam them.*

### Ingredients

*Makes 4 servings*

- \* 4 large zucchini, halved lengthwise (about 3 pounds)
- \* Cooking spray
- \* 1 cup chopped onion
- \* 8 ounces hot turkey Italian sausage, casings removed
- \* 3/8 teaspoon kosher salt, divided
- \* 1 1/2 ounces whole-grain bread, torn into small pieces
- \* 5 ounces fresh mozzarella cheese, torn into small pieces and divided
- \* 2 1/2 teaspoons olive oil, divided
- \* 2 cups cherry tomatoes, halved
- \* 1/4 cup thinly sliced basil
- \* 1 tablespoon balsamic vinegar
- \* 1/4 teaspoon freshly ground black pepper

### Directions

1. Preheat broiler to high.
2. Using a spoon, remove zucchini pulp, leaving a 1/4-inch-thick shell. Coarsely chop pulp, reserving 2 cups; discard remaining pulp. Place zucchini halves in a large microwave-safe bowl. Cover with plastic wrap; vent. Microwave at HIGH for 4 minutes; let stand, covered, until time to stuff.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add onion and sausage to pan; cook 4 minutes or until done, stirring to crumble sausage. Stir in reserved 2 cups zucchini pulp. Place zucchini halves on a jelly-roll pan; sprinkle with 1/4 teaspoon salt. Divide sausage mixture evenly among zucchini halves.
4. Place bread in a mini food processor; pulse 5 to 6 times or until coarse crumbs form. Add 2 ounces cheese and 1 teaspoon oil; pulse to combine. Top zucchini halves with bread mixture. Broil 1 to 2 minutes or until cheese melts and breadcrumbs begin to brown

and bread crumbs begin to brown.

5. Combine remaining 3 ounces cheese, tomatoes, and basil in a bowl; toss to combine. Combine remaining 1/8 teaspoon salt, remaining 1 1/2 teaspoons oil, vinegar, and pepper in a small bowl, stirring with a whisk. Drizzle over tomato mixture; toss to coat. Serve with zucchini boats.

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## 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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## 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.

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## 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**

**Sunshine Market** and *Chelan Red Apple Market*



*Division of Glacier Bank*

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



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