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## Talk About Fresh!

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

Learn more about CEFM by visiting us at  
[www.chelanfarmersmarket.org](http://www.chelanfarmersmarket.org)

### The Stanford Study, Organics, Lonely Food, and Farmers Markets.

The Stanford study got a lot of news this week with their finding of no nutritional difference between organic vs. conventionally produced food. In all the talk, I didn't hear a word about lonely food. Lonely food may be one of the bigger impacts on our health.

In a study done more than 50 years ago, researchers explored the impact of immigration on Japanese men. It turned out that the Japanese who maintained their traditional customs and social patterns when they came to America, also maintained the low heart disease characteristic of Japanese society. On the other hand, those Japanese who acculturated to the American competitive, get-ahead lifestyle experienced a three to five-fold increase in heart attack rates. "Those with social networks and social support were protected against heart disease regardless of whether they smoked or suffered from high blood pressure." (THE BOND, by Lynne McTaggart, Free Press, 2011)

Researcher Len Syme then went to Japan to find the key behind their much lower incidence of heart attacks. The single key difference? "Americans were lonely." Returning home Syme was eventually able to show "that those who felt lonely and socially isolated were two to three times more like to die from heart disease and other causes than those who felt connected to others. These results were independent of risk factors such as high cholesterol level, high blood pressure, smoking, and family history.

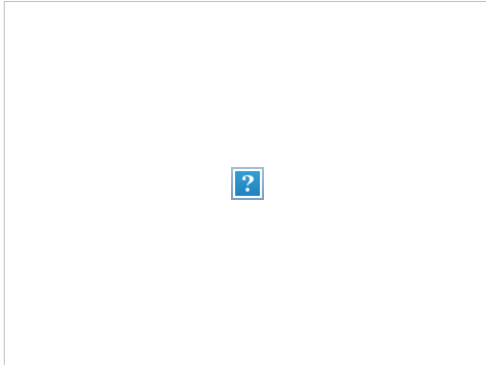
There's much more reported in McTaggart's new book, THE BOND, including the biology and chemistry that explain the findings about social connection. Highly recommended, and know this – when you strike up a conversation with the farmer who grew your carrots, you're literally improving your health. Who you grow, buy, and eat food with may be the most important part of tending your health. Thursday Evening



Farmer Market – your weekly dose of health.

## Whats Fresh

This week at the market you will find tomatoes, all kinds of winter squash, watermelon & other melons, root veggies, corn, peaches, tomatoes, blueberries, apricots, 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, enchiladas and tacos, hummus, fresh lemonades and fruit waters, all types of baked goods, flowers, local crafts & more!



**Save the date!**

## Apple Cider Festival!

Join us on our last market day of the season

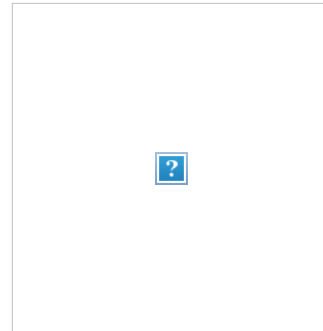
**October 4th**

Press your own apple cider, roast a marshmallow (or 2), enjoy local music, abundant local fresh veggies, & fruit and more.

**Come help us celebrate all our market!**

## Opportunities for growing our market!

I (Sherry, your market manager), will be volunteering to assist Pike Place Market in their Market Assessment this weekend. This is a program that we too as a market will take part in, on a smaller scale, (hopefully next season). It helps to establish how the market is doing, identifying ways to make it a better, stronger market and find answers to questions that have come to light after our 2 seasons of market experience. I hope to make many connections with other managers and vendors from a wide variety of markets and regional WA state locations. I will also be attending the 1st annual Tilth Gala, which promises to be terrific! [Check out this link](#) if you are interested in learning more about attending.



I look forward to sharing my experience with you next week!

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