

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 9/15/2016
Date: September 14, 2016 at 12:07 PM
To: sherry@salmonberrydesigns.com

Like



Whats Fresh

Most anything that grows in our region is available now at local farmers markets! We have loads of greens, strawberries, peaches, nectarines, blackberries, blueberries, potatoes, cucumbers, summer squash, peppers, green beans, garlic, tomatoes, fresh corn, nuts, fresh eggs & local chicken, honey, flowers, baked goods, plant starts, local crafts and...

The Forecast for Market Day

<p>DAY</p> <p>82° HI</p> <p>RealFeel® 84° Precipitation 0%</p> <p>Mostly sunny and pleasant</p> <p>SW 4 mph Gusts: 6 mph</p> <p>Max UV Index: 5 (Moderate)</p>	<p>THU SEP 15</p> 	<p>NIGHT</p> <p>54° LO</p> <p>RealFeel® 57° Precipitation 1%</p> <p>Clear</p> <p>WNW 2 mph Gusts: 6 mph</p> <p>Max UV Index: N/A</p>	<p>THU SEP 15</p> 
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Thunderstorms: 0%

Precipitation: 0 in

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Music at the Market Series

Chris Eric ~ Sunday

Speedtrap performs at the market again this Thursday. Chris kicked off the 2016 season and now comes back with just a few weeks of the market left to entertain us again.



As always we thank the [Historic Downtown Chelan Assoc.](#), who proudly help to sponsor our Music at the Market Series.



Pumpkin Project

Next week, September 22nd 4pm

*Brought to the market by **Bison Plants***

Come decorate a pumpkin at the market! Great Halloween or Thanksgiving decoration or centerpiece or Just for FUN!

Pick your pumpkin and we'll help you decorate it with moss, succulents, acorns, pine cones, autumn leaves & lots of other extras.

Recipe of the Week

Creamy Basil Zucchini Soup

This creamy zucchini soup is a wonderful way to prepare summer's



most bountiful squash - zucchini. The flavors of fresh basil, chili powder, and yellow onion pair well with the zucchini. Serve with thick baguette slices and fresh sliced tomatoes for a simple, satisfying meal.



Ingredients

- * 1 tablespoon olive oil
- * 1 large yellow onion, chopped
- * 2 pounds zucchini, sliced 1/4 in. thick
- * 4 cups reduced-sodium or homemade chicken broth
- * 1 cup loosely packed basil leaves, washed and stemmed, plus more for garnish
- * 2 tablespoons crème fraîche (see Notes), plus more for garnish
- * 1/4 teaspoon chili powder, plus more for garnish
- * Kosher salt

Directions

1. Heat olive oil in a large saucepan over medium heat. Add onion and cook until translucent, about 5 minutes. Add zucchini and cook another 2 minutes; then add chicken broth and 1 cup basil leaves. Reduce heat to a simmer and cook 20 minutes.
2. Purée the soup in batches in a blender. Pour the soup through a strainer into a bowl, using a ladle to push any solid bits through. Add 2 tbsp. crème fraîche and 1/4 tsp. chili powder. Season with salt to taste.
3. Divide soup among bowls and garnish each with some crème fraîche, a sprinkle of chili powder, and a few basil leaves.

The Twist: Dress It Up. We love the simplicity of this soothing, mild soup, but to make it a little fancier, skip garnishing the soup with crème fraîche, chili powder, and basil in step 3, and instead halve 1 roasted red bell pepper, removing seeds and stem. Slice half into ribbons. Put the other half in a blender and purée with 1/2 cup crème fraîche or sour cream. Strain into a bowl, then drizzle over soup. Top with bell pepper ribbons and toasted pine nuts.

Makes 6 servings

Save the date!



2016 APPLE FESTIVAL

October 6th
4pm - 6pm
Riverwalk Park

-  Crafts
-  Apple Pie Contest
-  Fresh Local Produce
-  Free Apple Cider Pressing
-  Live Music ~ **Dan Quigley**
-  Fun For The Whole Family

Join us at our final market day of the 2016 season. Chelan Evening Farmers Market's local farmers & producers, crafters & community are all invited to help celebrate one of our local stars, the APPLE!

Enter YOUR best Apple pie for a chance to win the \$100 first prize!

Bring pies to the market by 4pm to enter. You can print out the entry form [here](#).

Additional Vendor Space Available

We have expanded our market to include more vendor spaces for crafters, prepared foods & other non-farmer booths. Of course we've always had room for more farmers, and this year we are open to



accepting vendors throughout the season. Visit our [website](#) to learn more.



Children's Story Time!

Drop in with Jennifer from the Chelan Public Library from 4:30 - 5:30 for Storytime at the Market. Grab a bumper quilt and listen to stories, poetry with movement, rhymes and rhythms while learning early literacy skills.

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.



Friend-of-the-Market.

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

Learn more about this program at the market booth located at the front of the market.

2016 Friends of the Market:

Look for this sticker on windows of your favorite businesses and people

HDCA & their members

Chelan Fresh

Culinary Apple

Just MAKE Stuff

Sunshine Market



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



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