

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 9/3/2015
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Whats Fresh

Here in Chelan, at least, we have moved through the worst of our fires and are in the process of cleaning up, taking stock of what remains, and finding ways to best help our neighbors. Farmers in our area have suffered great losses and its up to all of us to not only reach out to them, but to help those still in harvest.

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, 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>

The Forecast for Market Day

A 20 percent chance of showers after 11am. Clear skies (VAVI) Mostly sunny with a high near 70

Thursday



series (7A). Mostly sunny, with a high near 70.

Northwest wind 6 to 8 mph.

You can hear us every Thursday morning on KOZI. This week we are on at 8:45am.



Slight Chance
Showers

High: 70 °F



Music at the Market Series

Greg Johnston plays for us at the market this Thursday. Maybe his historic run of RAIN as his additional offering when he plays the market will again be shared with

us. Amazing how happy rain can make you... Can I just pre-order that rain from you Greg?! Of course just enough, spread out over many days to get our ground wet, help put out the fires but not so much at once to cause any issues.

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

Ancient cold period could provide clues about future climate change



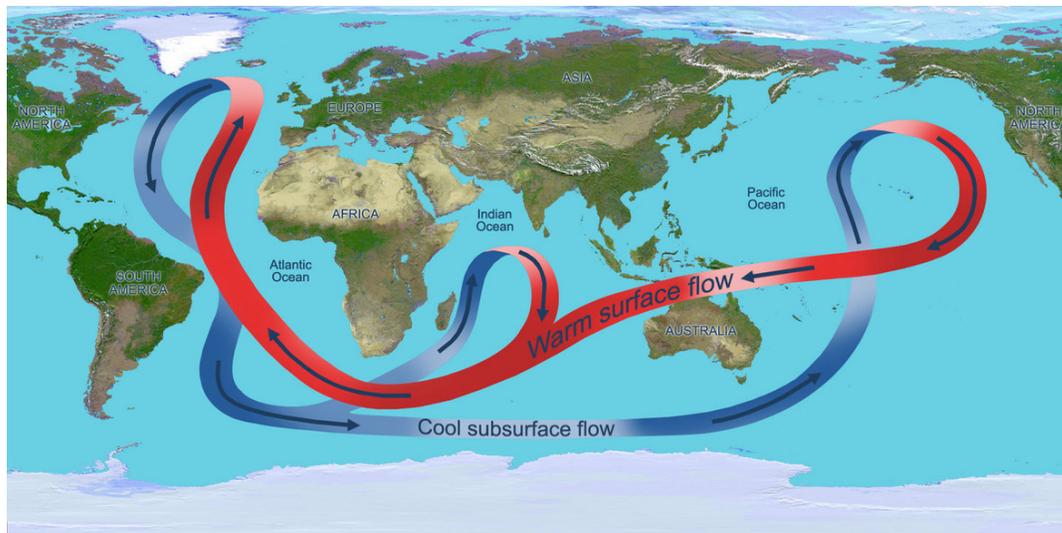
This is why Climate Change is better than Global Warming to describe earth changes.

Researchers at The University of Texas at Austin study a well-known period of abrupt climate change 12,000 years ago occurred rapidly in northern latitudes but much more gradually in equatorial regions, a discovery that could prove important for understanding and responding to future climate change.

The research, published Sept. 2 in Nature Communications, focuses on the Younger Dryas, a cooling period that started when the North Atlantic Current, an ocean current, stopped circulating. The event caused Earth's northern hemisphere to enter into a deep chill, with temperatures in Greenland dropping by approximately 18 degrees Fahrenheit in less than a decade.

"We found that the temperature in Greenland is like a small ship that you can stop and turn quickly because of the influence of sea ice in the region, while rainfall in the tropics is like a big ship that takes a long time to course correct," said Jud Partin, a research associate at the University of Texas Institute for Geophysics (UTIG) who led the study.

The changes in temperature and rainfall are linked to a common cause: the slowdown of the ocean currents in the North Atlantic, which affect climate and temperature as they move warm water from the Gulf of Mexico toward the Arctic. As the world warmed after the last ice age, glaciers melted and diluted northern seawater with freshwater. The resulting change in ocean water density disrupted the current and, in effect, the climate, causing a period of global cooling.



Although other studies well document the changes in temperature and precipitation around the world, this new study concludes that these changes do not occur or recover at the same rate, as had been previously assumed.

Understanding the relationship between temperature and precipitation in the wake of climate change is particularly important because it previews what could happen if the planet's ice sheets continue to lose mass and add freshwater to

the North Atlantic.

At a conference in Paris during July of more than 2,000 climate scientists, the potential collapse of the North Atlantic Current's circulation was identified as a possible catastrophic consequence of climate change.

"A slowdown of the ocean circulation is a double-edged sword: If we see some temperature changes associated it ... and somehow are quick to act and alleviate the change, then we have the potential to stop it before it impacts rainfall globally," Partin said. "The longer the circulation event lasts means that it will take that much longer for rainfall to recover."

Computational models of the Younger Dryas temperature and precipitation also provided insight into the role of sea ice in Greenland's abrupt temperature change.

"Sea ice around Greenland acts as a 'switch,' causing that region to respond more quickly than the rest of the planet does by insulating the air from heat stored in the deep ocean," said Yuko Okumura, a UTIG research associate and a co-author on the study.



Recipe of the Week

Watermelon Salad with Feta & Mint

This salad is ultra simple. I cut up about half a small watermelon ([see the easiest way to do that here](#)) and toss it with a few things to bring out its flavor. A dash of rice vinegar balances the sweetness and makes the salad even juicier.

This salad is best made right before serving. If it sits in the fridge overnight I find it can get a little slimy and too juicy. Made just a few minutes before

servicing, the watermelon is crisp and fresh, and the cheese creamy and bright.

The mint isn't just a garnish; its taste penetrates the watermelon quickly.

To me, this is up there with caprese salad as one of the ultimate expressions of

summer.

Ingredients

Makes 4 servings

- * 6 cups watermelon cubes, from about 1/4 of a large watermelon
- * 1 tablespoon rice vinegar
- * 3 ounces feta cheese, drained and crumbled
- * 1 loosely packed cup fresh mint leaves
- * Freshly ground black pepper
- * Flaky sea salt

Directions

1. Pour off any juice that has gathered around the watermelon. Toss gently with the rice vinegar. Toss with the feta cheese crumbles, just until the watermelon begins to look lightly coated.
2. Chop the mint leaves very, very finely, into tiny ribbons. Toss with the watermelon and spread in a serving bowl. Garnish generously with black pepper. Taste. If desired, add a sprinkle of flaky sea salt. Serve immediately.

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.



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.

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*



North Cascades Bank

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

