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 Like



Talk About Fresh!

CEFM's Newsletter
Chelan Evening Farmer's Market

Learn more about CEFM by visiting us at
www.chelanfarmersmarket.org

Wash · i · vore

Wash · i · vore ('wāsh ə vōr)
noun, Wash – referring to Washington State;
vor – from the Latin “to eat”

Did you know... Washington grows over 300
different kinds of fruits, vegetables and seeds.

That's more than any other state except California. 95% of Washington farms are family owned.

At www.Washivore.org and the Washivore Facebook page they profile a seasonal fruit, vegetable, grain (or sometimes a decorative plant) each month. Their goal is help you get to know the magnificent fruits and vegetables grown in this beautiful state of ours, and along the way, learn more about the farm families who grow them. Make sure to check out their great website!



NOW we have tomatoes!

It seems that farming is on its own schedule. Last week, we didn't have enough tomatoes for our tomato tasting, but this week...we have a TON of heirloom and standard varieties to choose from. Come on out and get yourself some!

Whats Fresh

This week at the market you will find **TOMATOES**, all kinds of summer squash, 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, enchiladas and tacos, hummus, fruit juice snow-cones, fresh lemonades and fruit waters, all types of baked goods, flowers, cup cakes, Local crafts & more!

Tomato Facts:

Before I share our farmer's favorite tomato varieties, here's some things about tomatoes you may or may not know.

- Just discovered this year – tomatoes have 31,760 genes, that's some 7,000 more than a human has.
- Botanists classify the tomato as a fruit. The Supreme Court has decreed – it's a vegetable.
- 92 percent of what other vegetable is the same as a tomato? Why, the potato.
- Also related as members of the Solanaceae family – peppers, eggplant, and tobacco.
- And yes – a genetically engineered tomato does exist – the “fish tomato” engineered with a gene from the winter flounder. Also known as the anti-freeze tomato. It was never patented or commercialized. So – no GMO tomatoes yet, but if you care to know another reason to shop farmers markets, check out this USDA page to see the growth of GMO for major crop varieties such as corn, cotton and soybeans. <http://www.ers.usda.gov/data-products/adoption-of-genetically-engineered-crops-in-the-us/recent-trends-in-ge-adoption.aspx>

- o Herbicide tolerant Soybeans – 92 percent
- o Herbicide tolerant Cotton – 80 percent
- o Insect resistant Cotton – 75 percent
- o Insect resistant Corn – 65 percent
- o Herbicide tolerant Corn – 72 percent

Just say yes to local, organic, GMO-free produce, brought right to Riverwalk Park for your enjoyment and your health, every Thursday afternoon, all summer long.

Ask the Farmer

And now, the favorites of your local growers

Tomatoes, Tomatoes, Tomatoes... What's your favorite tomato?

Judy Brezina of Undine Acres

“VIOLET JASPER,” she starts, “It's medium size sweet taste, few seeds, and tender. So is INDIGO ROSE,” she adds. “I have tomatoes from all over the world – Siberia, the Middle East. I have to mention AL-KUFA, its from Iran, It's like a concrete block. Sturdy. Small. Drought resistant. This tomato says, ‘I'm a survivor.’” Judy, you can see, loves tomatoes, and recommended that I visit www.tomatofest.com. I did visit the site, and I recommend it to you as well!



Grant Gibbs of Gibb's Organic

"Just for right now, just for this part of this season," he qualifies, "my favorite is the GREEN ZEBRA. Small, round, yellow with green stripes. It's low on acidity. Last year my favorite was yellow pear shaped cherry tomatoes.

Beebe's Corn

It's all corn at Grandpa Beebe's corn stand, but the did offer up a favorite tomato – "small GRAPE tomatoes – great for snacking – great for salads."

Allyson Jumars of Plow Horse

"GARDEN PEACH:is my favorite." I ask Allyson why, and she responds, "If there were here, you would agree." Bring them next year please!

Tammy Blevin's of Blevin's Artful Garden

I pop the tomato favorite questions and Tammy ducks over to her car and returns with a single tomato, "the EVERGREEN. Big. Yellow green. Lime green inside. An amazing producer." Later at home, I slice up the gift of the Evergreen and I agree – its an awesome tomato.

Rachel Evans of Sunshine Farm

"I like BLACK PRINCE. It's a plum tomato. Really good for drying and making sun-dried tomatoes."

Rachel Waldron of Sunshine Farm

"CHEROKEE PURPLE for taste. OXHEART for looks"

Soderstrom's Organic Garden

"BRANDYWINE," says Patty, "It's flavorful, meaty, and sweet. "PRUDENCE PURPLE," says Nels, and when he tells me it's a challenge to grow, I get another clue about this farmer who loves to experiment and coax miracles from his garden. "It's big, soft, meaty. It's easy for it to split, too."

Simon Watson from Orondo Cider Works

"Oh, for me it's the NORTH DAKOTA BLACK. It's unique in flavor and color. Its savory, sweet, and delicious. Big. Black and Purple." He tells me. "I like funny-looking tomatoes.

Rafael Avino from Avino's Garden

Remember from the favorite veggie question a few weeks ago – this is our hot pepper man. To go with the peppers, make it a BRANDYWINE.

Happy Tomato Season! Thank you to all our growers!

Sarah Leah Chase's Scalloped Tomatoes Recipe

What to do with all those luscious tomatoes!? When you're not packing your BLTs with slabs of the best heirlooms, make this..



This recipe serves 6

- 3 tablespoons bacon fat (or olive oil)
- 2 cups (1/2-inch diced) French bread, preferably a crusty baguette
- 16 plum tomatoes, cut 1/2-inch dice, about 2 1/2 pounds (use the best tomatoes you can find -- beefsteak will be juicier)
- 1 tablespoon minced garlic (3 cloves)
- 2 tablespoons sugar (optional -- we skipped it)
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper *1/2 cup julienned basil leaves, lightly packed* 1 cup freshly grated Parmesan cheese

Preheat the oven to 350 degrees F.

Heat the bacon fat in a large (12 inch) saute pan over medium heat. Add the bread cubes and stir to coat with the oil. Cook over medium to medium-high heat for 5 minutes, stirring often, until the cubes are evenly browned. Add the tomatoes, garlic and sugar to then pan and continue to cook, stirring often, for 5 minutes. Season with salt and pepper, add the basil and remove from the heat.

Pour the tomato mixture into a shallow (6 to 8 cup) baking dish. Sprinkle evenly with the Parmesan cheese and drizzle with 2 tablespoons of olive oil. Bake for 35 to 40 minutes until the top is browned and the tomatoes are bubbly. Serve hot or warm.

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