

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org  
Subject: Talk About Fresh 9/8/2016  
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Like



## Whats Fresh

This IS THE TIME to get in on the bounty! 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><b>DAY</b></p> <p><b>75°</b><sub>HI</sub></p> <p>RealFeel® 77° Precipitation 4%</p> <p>Partly sunny and nice</p> <p>WNW 7 mph Gusts: 12 mph</p> 	<p><b>NIGHT</b></p> <p><b>48°</b><sub>LO</sub></p> <p>RealFeel® 49° Precipitation 4%</p> <p>Clear</p> <p>WNW 4 mph Gusts: 9 mph</p> 
	

Max UV Index: 5 (Moderate)

Thunderstorms: 1%

Precipitation: 0 in

Max UV Index: N/A

Thunderstorms: 5%

Precipitation: 0 in

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## Music at the Market Series

**Matt Carlton** performs at the market again this Thursday. Matt's lovely original works and unique covers are always a favorite here at the market. Come down and enjoy a lovely evening with all your friends.



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



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## Cascade Farmlands launches GeoRomp to promote agriculture and attractions of Chelan County

Cascade Farmlands is using the popular pastime of geocaching to lure visitors to Chelan County with the introduction of its GeoRomp, a geocaching series that highlights the region's agriculture, food, drink, history, and recreation.

The GeoRomp kicks off on Saturday, July 30, with a public event at Pybus Public Market in Wenatchee. The event will be held in the Market's atrium from 9:00 a.m. to 12:00 p.m. Attendees can learn all about the GeoRomp and geocaching and will receive complimentary goody bags with the series passport, map, and an exclusive, event-only pathtag prize.

The 12-cache series includes scenic recreational and agricultural locations in the communities of Leavenworth. Plain. Peshastin. Cashmere. Wenatchee.

East Wenatchee, Entiat, Chelan, Manson, Orondo, Waterville, and Quincy. Participants will stamp their passports at each geocache site, and can receive a special pathtag prize for completing the series. The Cascade Farmlands GeoRomp will be active for two years.

Geocaching is a real-world, outdoor treasure hunt using GPS-enabled devices such as smart phones. Participants navigate to a specific set of GPS coordinates in search of the geocache (container) hidden at that location. Learn more at [geocaching.com](http://geocaching.com).

North Central Washington, or “Cache-Cadia” to geocachers, has hundreds of individual caches, but the Cascade Farmlands GeoRomp is the first themed series specific to the area and sponsored by local businesses. For more info on the GeoRomp:

[www.cascadefarmlands.com/seetaste/cascade-farmlands-geocaching-romp/](http://www.cascadefarmlands.com/seetaste/cascade-farmlands-geocaching-romp/)

*Cascade Farmlands Association is a nonprofit and Pacific Northwest leader in promoting agricultural and culinary tourism, specializing in and around Chelan County.*

*GeoRomp funding provided by the Port of Chelan*

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## Recipe of the Week

### Zucchini "Pasta" with Shrimp

*A fresh and light meal with full flavor and bright colors to satisfy*

#### Ingredients

- \* 4 large zucchini (about 2 1/2 lb.)
- \* 1 1/2 tablespoons olive oil
- \* 1 pound large shrimp (about 22), peeled and deveined
- \* Salt and pepper
- \* 2 cups fresh corn kernels
- \* 1 1/2 cups fresh peas
- \* 1/2 cup dry white wine
- \* 2 tablespoons unsalted butter
- \* 2 tablespoons lemon juice



\* 1/4 cup torn fresh basil

### **Directions**

1. Using a Spiralizer to make your "noodles" or if using a vegetable peeler, shave sides of zucchini to create ribbons (discard peel), turning zucchini once you hit seedy core.
2. In a deep, heavy 12-inch skillet, warm oil over medium-high heat. Season shrimp with salt and pepper and cook, turning often, until just pink and cooked through, about 3 minutes. Transfer to a bowl.
3. Add corn and peas to skillet and cook, stirring, for 1 minute. Add zucchini and wine. (Don't worry about crowding skillet; zucchini will wilt.) Cook, tossing with tongs, until zucchini is crisp-tender, 5 to 6 minutes. Add butter and continue tossing until all vegetables are tender, about 1 minute. Add shrimp and cook, stirring, until shrimp are warmed through, about 1 minute more. Remove skillet from heat. Stir in lemon juice and basil, season with salt and pepper and serve.

*Makes 6 servings*



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## **Save the Date**

**September 22nd 4:30pm**

Join us for our **Pumpkin Project brought to the market by Bison Plants**

Make your own beautiful pumpkin planter!

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## **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



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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