

Like



Whats Fresh

This week you can expect cherries, loads of greens, garlic scapes, green onions, chicken and quail eggs, honey, baked goods, fresh krauts, plant starts, all grown by local farmers. Local crafters, food producers and more bring their offerings to share, with you and your neighbors.



Music at the Market Series

Dan Quigley A favorite local musician – Dan the Piano Man!

As always we thank the [Historic Downtown Chelan Assoc.](#) and its

members who proudly help to sponsor our Music at the Market Series.

Today at the market

**Puppeteer Performance by
NCW Library Players**

Come to the market from **4:30 - 5:30** to enjoy a puppet show the whole family will love. NCRL's funny puppets will perform adaptations of original fairy tales and folk tales!



Cherry Pit-Spit

2016 Record 29 feet!

0-6	7-15	Women	Men
Hailee 6	Darwin	Jenna 13	Blaze 15
Finley 1	Yoshua 8	Sherry 16	Scott 35
Majo 3	Christian 10	Mandi 29	Bill 18
Moner 2	9	Kristen 20	Frank 16
Emily 4	Taylor 8	Jacelle 11	Janelle 24
	Arter 5	Sarah 7	K 23
	Anne 5	Sally 9	Garth 20
	NICK 13	Laurie 12	DAVE 13
	Patton 11	Andrea 15	JC 35
	Lee 4	Jessica 8	Paul 22
	Noah 1	Kristine 11	Tim 16
	Stephan 1	Allison 12	Jim
	Brennan 5	Kelly 21	Ron 17
	Brian 3	Hannah 21	Kavin 28
	Luke 4	Susan 11	Mike 13
	Sara 8	Camryn 16	Mae 15
	Alan 13	Margaret 1	Boise 20

Cherry Pit-Spit Contest

A fun time on a very hot day

Over 70 participants showed their prowess in power-spitting last week. It was the hottest market day this season and we were so pleased that so many folks came out to play with us!

Last years record was 28 feet, this year we had 2 men who broke that record at **35 feet!**

Thanks again for your sponsorship [Chelan Fresh](#).

The Forecast for Market Day

<p>DAY</p> <p>89°_{HI}</p> <p>THU JUL 13</p>  <p>RealFeel® 91° Precipitation 0%</p> <p>Very warm with plenty of sunshine</p>	<p>NIGHT</p> <p>59°_{LO}</p> <p>THU JUL 13</p>  <p>RealFeel® 57° Precipitation 0%</p> <p>Clear</p>
<p>Winds from the W 8 mph Gusts: 13 mph</p>  <p>Max UV Index: 7 (High) Thunderstorms: 0% Precipitation: 0 in</p>	<p>Winds from the W 7 mph Gusts: 13 mph</p>  <p>Max UV Index: N/A Thunderstorms: 0% Precipitation: 0 in</p>



Recipe of the Week

Quinoa Salad with Peaches and Pickled Onions

Cooked bulgur, barley, or couscous also works as well as quinoa

Serves 8

Ingredients

- * 1 1/2 cups quinoa (any color) rinsed well
- * 1 medium red onion, sliced 1/4" thick
- * 1/2 cup apple cider vinegar
- * 3 Tbsp. sugar
- * 2 large ripe firm peaches, cut into 1/2" pieces

- * 1/2 bunch arugula, thick stems trimmed, leaves torn (about 2 cups)
- * 2 cups small cherry tomatoes (about 1 pint), halved
- * 1/4 cup olive oil
- * 1/2 cup 1/2" pieces chives, divided
- * 4 tsp. kosher salt plus more
- * Freshly ground black pepper

Directions

1. Bring quinoa and 4 cups water to a boil in a medium saucepan. Season with salt. Cover, reduce heat, and simmer until quinoa is tender, 8–10 minutes. Drain, return quinoa to pan, and cover. Remove from heat and let sit 15 minutes. Fluff with a fork and spread out on a rimmed baking sheet; let cool.
2. Meanwhile, place onion in a small bowl. Bring vinegar, sugar, and 4 tsp. salt to a boil in a small saucepan, stirring to dissolve sugar and salt. Pour over onion and let stand 20 minutes. Drain, reserving pickling liquid.
3. Toss pickled onion, peaches, arugula, tomatoes, oil, 1/4 cup chives, and 3 Tbsp. reserved pickling liquid in a large bowl; season with salt, pepper, and more pickling liquid, if desired. Fold in quinoa.
4. Serve salad topped with remaining 1/4 cup chives.

DO AHEAD: Quinoa salad can be made 6 hours ahead (do not add arugula and chives). Cover and chill. Bring to room temperature and toss in arugula and chives just before serving.

This recipe originally posted at [bon appétit](#)

Do you have a favorite recipe?

We'd love to post it in our newsletter! Just [email](#) it to us with a photo and we will share it.



Children's Story Time

Back by popular demand! 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.



Additional Vendor Space Available

We have expanded our market to include more vendor spaces for all; crafters, prepared foods, farmers & other non-farmer booths. Visit our [website](#) to learn more.



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.



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.

2017 Friends of the Market:

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

NCB

HDCA & their members

Chelan Fresh

Shot of Gratitude



Division of Glacier Bank

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



North Cascades Bank

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