



The Market Fresh Messenger

July 2009

In This Issue

Calendar of Events
July How-To: Freeze Fresh Cherries
Got Extra
Fresh in July
It's WA Cherry Season!
Stock Up and Save
Vote for America's Favorite Farmers Market
Summer Market Info

Mark Your Calendars

Regional Events Happening in July

At the Markets

July 2 Kids Day Downtown at Broadway

9 am to 2 pm, Downtown Tacoma- Between 9th and 11th on Broadway
Rock out with our favorite local kid's band, Starstruck! Then enjoy the activities, games, and educational experiences galore throughout the market.

Live Music Featuring: Vicci Martinez

July 16 Grandparent Appreciation Day at Broadway

9 am to 2 pm, Downtown Tacoma- Between 9th and 11th on Broadway
Let your grandparents know how special they are at the market! Learn which beautiful flowers in your garden can also make an excellent addition to your salad at the Foodie Fun Clinic's presentation on edible flowers.

Live Music Featuring: Heidi Vladyka

July 21 Tacoma Reads Together at the 6th Ave Market

3:30 to 7:30 pm, 6th Ave. and Pine St., Tacoma
Come and share the 2009 Tacoma Reads Together book of the year, Barbara Kingsolver's *Animal Vegetable Miracle: A Year of Food Life*, with the Tacoma Public Library. Part memoir, part journalistic investigation, this book tells the story of how one family was changed by a year of deliberately eating food produced in and around their place they live.

Dig & Dine Cookbook/Recipe Exchange

One cook's junk is another's treasure! Dust off your old cookbooks and exchange them for "new" ones, or simply bring a recipe to share with your neighbors. Join us for the evening in the 6th Ave Market Food Court as we dig through old cookbooks and recipes and enjoy a cooking demo and market-fresh meal from local restaurant Il Fiasco.

Live Music Featuring: Urban Grooves spun by DJ Spice

July 30 Taste of USA Tour at Broadway

9 am to 2 pm, Downtown Tacoma - Between 9th and 11th on Broadway
Learn about the history and preparation of our own culinary traditions. Experts in American cooking will lead you on a tour of these classics.

Live Music Featuring: Southern Skies

Master Gardener Demos

July 11 Cold Weather Vegetables

10 am, Master Gardener Demo Garden, Puyallup

Larry Owens, WSU PC Master Gardener

You still have time to plant those tender fall crops and seed or transplant crops to overwinter. Learn how to extend the growing season.

July 18 How to Identify Your Trees

10 am, Master Gardener Demo Garden, Puyallup

Irene Reed, WSU PC Master Gardener

How to identify trees by their leaves, bark, twigs, and buds.

July 25 Hardy Fuchsias

10 am, Master Gardener Demo Garden, Puyallup

Lloyd Tharp, PC Master Gardener

Hardy fuchsias are a great addition to the sunny area in your yard. This perennial shrub comes with many different flower forms and colors. Come in and learn how easy they are to grow.

[Submit Your Event](#)

July How-To: Freeze Cherries

*Preserve a Bumper Crop in Just 4 Steps!**



1. Select your cherries.

Work with small amounts (3 to 5 lbs.) of fresh, sweet cherries to allow for quick handling and freezing. Select firm and ripe cherries. Stems should be green and supple.

2. Rinse and drain thoroughly.

When dealing with fresh produce, it's *always* a best practice to wash it before eating or processing. This is true for organic produce as well.

3. Pack according to preferred method.

Whole with Stems Method

Spread cherries with stems intact in a single layer on a baking sheet. Freeze until firm. Pack into freezer-proof containers or plastic freezer bags; remove excess air and seal.

Dry Sugar Pack Method

Add 1/3 cup sugar for each pint of pitted or unpitted fresh sweet cherries; toss lightly to coat cherries. Fill freezer containers or bags; shake to pack fruit. Add more cherries to fill containers or bags and seal.

4. Freeze immediately.

**Directions adapted from the experts at NWCherries.com.*

Got Extra?

Share Summer's Bounty with Local Food Banks



Whether you're a student with a few weeks off this summer, a gardener with a tomato surplus or a 4th of July host who wound up with too many cans of baked beans, the South Sound's food banks are a great outlet for donating your "extra" this season.

Click on the logos for more info about each organization.

Fresh for July

What's In Season and Available Now

Puget Sound Region - Western Washington

Fruits, Nuts & Berries

Boysenberries

Tart cherries (good for pies!)

Sweet cherries

Red currants

Black currants

Figs

Gooseberries

Loganberries

Marionberries

Raspberries

Blueberries

Strawberries

Tayberries

Herbs

Chives

Basil

Cilantro

Parsley

Rosemary

Sage

Tarragon

Thyme

Vegetables

Green beans

Wax beans

Beets

Broccoli

Cabbage

Carrots

Cauliflower

Chinese vegetables

Cucumbers

Daikon

Greens

Jerusalem artichokes

Lettuce

Onions

Chinese peas

Shell peas

Sugar snap peas

Potatoes

Radishes
Spinach
Summer squash
Tea leaves
Tomatoes
Turnips
Zucchini

Meat & Eggs

Eggs
Pork
Beef
Lamb
Chicken

*Information courtesy of PugetSoundFresh.com.

It's Washington Cherry Season

One Taste and You'll Know Why They're World-Famous!



About WA Cherries

The U.S. is one of the world's leading exporters of sweet cherries (eg. Bings, Lapins, Rainiers), and Washington state alone produces more cherries than every other state combined. Why? Central Washington's growing conditions are ideal for sweet cherries. In fact, they're some of the best on Earth.

2009's Bumper Crop

Washington's 2009 sweet cherry crop is estimated to be one of the largest on record at 160,000 tons, compared to the 147,636 tons picked in 2007 and the 162,923 ton record crop picked in 2006. [More data...](#)

Last year yielded only 96,205 tons. Why so meager in comparison? Blame it on the extra-long winter. Much of 2008's cherry crop was lost due to frost. Cherry trees rely on an annual freeze for normal dormancy, but later-than-average spring frosts can damage young fruit.

Nature's frost protection: Cherry buds are less likely to freeze if they're in a valley that's kept slightly warmer by a large body of water, like the Columbia River or Lake Chelan.

Hints for Choosing Cherries

While it's embarrassing to inspect vendor's produce right in front of them (and cherries are ALL pretty delicious, right?), you can usually tell from a distance if the cherries you're eyeing are going to be spectacular and refrigerate well.

Look for cherries that are large, firm and have good color. You may or may not be pleased to know that most common cherry tree varieties have been bred to yield fruit with these characteristics.

Most importantly, look for stems that are supple and **green**. Green stems are the surest mark of freshness. Green-stemmed cherries will stay firm and fresh for weeks in the refrigerator.

Stock Up and Save
Home Food Preservation Resources



[National Center for Home Food Preservation](#)

[WSU Extension: Food Safety](#)

[Penn State: Home Food Preservation](#)

[Canning Pantry](#)

Show Your Love

Vote to Put Your Market On the Map



Locals know Tacoma is full of hidden gems, and sometimes we get to prove it! (Remember when Esquire named Doyle's and The Parkway two of the "Best Bars in America?") Now we have a chance to illuminate some of our other neighborhood treasures with America's Favorite Farmers Market contest.

Vote now at [American Farmland Trust](#).

Tacoma Farmers Markets

Never Miss a Market Day!

Broadway Market

Downtown between Ninth and 11th on Broadway
Thursdays, 9 a.m. to 2 p.m.
May 21 thru October 15

Sixth Avenue Market

Between Sixth and Seventh on North Pine
Tuesdays, 3:30 p.m. to 7:30 p.m.
June 2 thru September 29

Proctor Farmers Market

North 27th and Proctor
Saturdays, 9 a.m. to 2 p.m.

April 4 thru November 21



We love our sponsors, and we hope you do too!
Click on their logos to learn more about them and their services.

Newsletter Editor: [Shyla Clark](#)

