



News from Boistfort Street

COMMUNITY FARMERS MARKET AT CHEHALIS

~ supporting local growers, their products, and our agriculture community ~

Tuesdays, Noon ~ 4pm

June 5th ~ October 16th

Boistfort Street, Chehalis

FRESH

FROM THE MARKET!!

~ Local Blueberries ~

Black River Blues Farm is back for the second year at the Community Farmers Market!

The berries will only be around a few weeks though, so be sure to stop by the Market on Tuesday to pick up a pint of some of the freshest berries around.

Note: Black River Blues Farm is authorized to accept WIC and Senior Vouchers in exchange for their blueberries through the Farmers Market Nutrition Program.

Summer Recipes

Blueberry Coffee Cake

- 1 cup lemon low-fat yogurt
- 3 tablespoons vegetable oil
- 2 egg whites
- 1/2 cup sugar
- 1 1/2 cup flour
- 1 tablespoon grated lemon peel
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups fresh blueberries

1. Heat oven to 375 degrees. Spray a 9x9x2 pan with nonfat cooking oil.
2. Beat yogurt, oil, egg whites, and sugar in a large bowl. Stir in remaining ingredients, except blueberries.
3. Carefully stir in blueberries.
4. Pour into evenly into pan.
5. Bake 35-40 minutes or until cake

bounces back when touched lightly in the center.

6. Cool 10 minutes.

Dilled Carrot Salad

- 1 tablespoon vegetable oil
- 1 tablespoon white-wine vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon chopped fresh dill sprigs
- 1 teaspoon sugar
- 1 bunch carrots (about 3/4 pound)

1. In a bowl whisk together all ingredients except carrots & season with salt and pepper.
2. In a food processor fitted with a fine-shredding disk, or using large holes of a hand grater, grate carrots and stir into vinaigrette.

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Lunch Specials at the Market

The Market is the perfect lunchtime destination - not only to pick up fresh items for dinner, but to also pick up a healthy lunch or mid-day snack! This year Winlock Meadows Farm is offering a ready to eat lunch menu featuring fresh, local ingredients. Stop by their booth for a made to order veggie burrito wrap, mint iced tea, and a beautiful salad topped with Winlock Meadow's own Garlic-Basil Dressing! And be sure to check out the seasonal specials created by Winlock Meadows Farm that use products sold by the local farms at the Market - such as strawberry shortcake with Boistfort Valley Farm strawberries!!