



*Managed by Dubuque Main Street*

## Kick it in gear!

Your Dubuque Farmers' Market brings you weekly Kids @ Market activities, live entertainment and monthly chef's demonstrations. With the peak of produce season in gear, support your local farmers and businesses by visiting the Farmers' Market every Saturday, 7a-Noon, located between 10th and 13th on Iowa Street!

Come celebrate National Farmers' Market week, August 6-12, with your Dubuque Farmers' Market on August 12 with special activities and the satisfaction of supporting local!

Check out below for why it's important to support local and for what's in season!

Don't miss on our tasteful recipes and featured crafters!

Follow us on [Facebook](#) for continuous updates, photos and videos :)

## Vote for your favorite Farmers' Market Vendor Here!



# What's in Season?



	July	August	Sept.	October
Cantaloupe				
Apples				
Watermelon				
Peaches				
Blackberries, Grapes				
Squash				

Also available: Arugula, basil, beets, blueberries, bok choy, broccoli, cabbage, carrots, cauliflower, celery, chard, chives, cilantro, corn, cucumbers, eggplant, green beans, kale, kohlrabi, leeks, lettuce, mint, mushrooms, onions, parsley, peas, peppers, potatoes, radishes, raspberries, spinach, sprouts, tomatoes and much more!

***#MealMonday Recipes!***

*In case you missed our Chef's @ Market Demonstration... OR you loved the salsa recipes...*

## Peach Salsa

### Ingredients

- 1 1/2 Lb. Peaches (diced)
  - 1 Lb. Tomatoes (diced)
  - 1 Bell Pepper (seeded and diced)
  - 1 Medium Onion (finely diced)
  - 1/2 Bunch Cilantro (chopped)
  - 2 Tbsp Lime Juice (or to taste)
  - 1 1/2 Tsp Salt (or to taste)
  - 1/4 Tsp Black Ground Pepper (or to taste)
- For a slightly spicier salsa: add 2 jalapeños (seeded and finely diced)

### Instructions

1. Chop tomatoes and transfer into a large bowl.
2. Finely chop seeded bell pepper (and jalapeños). Finely chop onion and transfer all veggies to the bowl.
3. To skin peaches: Place peaches in boiling water for 30 seconds. Remove and place on ice immediately. Take a butter knife and scrape skin off. Dice peaches. Transfer peaches to the bowl.
4. Add 1/2 bunch chopped cilantro, 2 Tbsp lime juice, 1 1/2 tsp salt and 1/4 tsp pepper. Add more salt or pepper to taste if desired.
5. Mix all ingredients together.

Note: For a sweeter salsa, add honey to taste.

<http://natashaskitchen.com/2013/09/03/fresh-peach-salsa-recipe/>



## Corn Salsa

### Ingredients

- 2 Large Ears Corn
  - 2 Ripe Tomatoes (seeds slightly removed and diced)
  - 1 Bell Pepper (seeded and diced)
  - 1/4 Onion (diced)
  - 1/3 Cup Cilantro (chopped)
  - Lime Juice (to taste)
  - Salt (to taste)
  - Black Ground Pepper (to taste)
- For a slightly spicier salsa: add 2 jalapeños (seeded and finely diced)

### Instructions

1. To grill corn, leave the husk on and grill first until charred. Remove husk and strings and put it back on the grill for a little color (2-3 minutes) rolling to heat all sides.
2. Dice tomatoes, peppers and onion. Chop cilantro. Combine ingredients into a bowl.
3. Once corn is grilled, slice corn off cob and mix with remaining ingredients and stir.
4. Add lime juice, salt and pepper. Add more lime, salt or pepper to taste if desired.

Note: For a sweeter salsa, add honey to taste. Add olive oil to taste.

<https://minimalistbaker.com/perfect-grilled-corn-salsa/>

## GREEN BEANS WITH MUSHROOMS AND CRISPY ONION RINGS

### Selecting Green Beans

Snap, string, or green beans are all names for pole or bush beans that grow in the spring and early fall. You'll find pole and bush beans in green, yellow, and purple hues.

Be sure to rinse the green beans and remove the stem end before cooking.

### Ingredients

- o 1 pound green beans, ends snipped
- o ½ small red onion, cut into thin rings and separated
- o 8 ounces mushrooms, sliced
- o 2 tablespoons all-purpose flour
- o kosher salt and black pepper
- o 2 ½ tablespoons olive oil
- o 1 cup (1%) milk

### Instructions

1. In a bowl, toss the onion with 1 tablespoon of the flour and ¼ teaspoon salt. Heat 1½ tablespoons of the oil in a large skillet over medium-high heat. Cook the onion, stirring, until golden brown, 1 to 2 minutes; transfer to a plate.
2. Wipe out the skillet and heat the remaining tablespoon of oil over medium-high heat. Cook mushrooms, stirring, until tender, 5 to 6 minutes.
3. Reduce heat to medium. Sprinkle the remaining tablespoon of flour over the mushrooms and cook, stirring, for 1 minute. Add the milk and ¼ teaspoon each salt and pepper. Simmer, stirring, until mixture begins to thicken, 1 to 2 minutes. Add green beans and cook until heated through, 5 to 7 minutes. Top with the onions.



From: <https://www.realsimple.com/>  
Short Link: <http://bit.ly/2u1Vd5O>

# Grilled Tomatoes with Basil Vinaigrette

RECIPE FROM: SOUTHERN LIVING



Photo: Charles Walton; Styling: Catherine A. Pittman

## Ingredients

3 yellow tomatoes

3 red tomatoes

3 tablespoons olive oil, divided

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

2 tablespoons white balsamic vinegar

2 tablespoons chopped fresh basil

Garnish: fresh basil sprigs

<http://www.myrecipes.com/recipe/grilled-tomatoes-with-basil-vinaigrette>

## How to Make It

- 1 Cut tomatoes in half; thread onto skewers, alternating colors. Brush with 1 tablespoon oil; sprinkle with salt and pepper.
- 2 Grill, covered with grill lid, over medium heat (300° to 350°) 10 minutes, turning skewers often.
- 3 Combine remaining 2 tablespoons oil, vinegar, and basil; drizzle over kabobs. Garnish, if desired.

Website

Dubuque Main Street, 1069 Main Street, Dubuque, IA 52001

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [michaela@dubuquemainstreet.org](mailto:michaela@dubuquemainstreet.org) in collaboration with

**Constant Contact** 

Try it free today