Every Wednesday, 2:30-6:30 p.m.  |  June 26 to Oct. 9  |  Parkers Lake Playfield, County Road 6 & Niagara Lane

**VENDOR SPOTLIGHT:**
**DELICIOUS D’S BBQ**

Independence

From Delicious D’s BBQ:
“I have had a passion for grilling and smoking for many years. Early on, I couldn’t find products I enjoyed, so I started developing my own sauces and rubs.”

**UPCOMING EVENTS**

**July 24**
- Music
- Sunny VanBrocklin

**July 31**
- Community Table
- Beacon Academy Charter School

**THE KIDS CLUB**

Engaging the next generation of Farmers Market shoppers

- **ATTENDANCE PUNCH CARD**
  Those 15 and younger can attend eight out of 15 markets and receive a special market prize at the end of the season. Punch cards are available for pick up at the Market Info Booth.

- **WEEKLY ACTIVITIES**
  Scavenger hunts, prizes, word finds, story time and more.

**SHOPPING AT THE MARKET**

- Please, no dogs.
- The Farmers Market begins promptly at 2:30 p.m., no early purchases allowed.
- Bring cash and reusable bags to help keep the market a green place.

**IOCP FOOD SHELF DONATIONS**

IOCP will accept perishable and nonperishable food donations at the market.

**July 31**

Upcoming Events

- Music
- Sunny VanBrocklin
- Community Table
- Beacon Academy Charter School

**SPONSORED BY**

Renewal by Andersen
SLOW-COOKER SAUCY BARBECUED RIBS
SERVINGS: 6

Ingredients
» 3 1/2 pound pork loin back ribs or pork spareribs
» 1/2 teaspoon salt
» 1/4 teaspoon pepper
» 1/2 cup water
» 1 1/3 cups barbecue sauce

Instructions
» Spray inside of 5 to 6 quart slow cooker with cooking spray. Cut ribs into two or three rib portions. Place ribs in cooker. Sprinkle with salt and pepper. Pour water into cooker.
» Cover and cook on low heat setting for 6 to 7 hours. Remove ribs from cooker and place in shallow baking pan. Drain and discard liquid from cooker.
» Brush both sides of ribs with barbecue sauce. Return ribs to cooker. Pour any remaining sauce over ribs. Cover and cook on low heat setting for about an hour or until ribs are glazed and sauce is desired consistency.

Source: bettycrocker.com

AMERICA'S PRINCIPAL BARBECUE SAUCE STYLES
Source: eater.com

• Eastern North Carolina Vinegar Sauce
Unlike many modern sauces, the eastern-style uses no tomato, relying instead on a tart combination of vinegar (usually cider vinegar) and added spices like cayenne, black pepper, crushed red pepper, hot sauce (often Texas Pete), salt and sometimes water.

• Piedmont or Lexington-Style Dip
Western Carolinians traditionally cook pork shoulder and dress it with a tangy, vinegar-based sauce that’s slightly reddened and sweetened by the introduction of ketchup.

• South Carolina-Style Mustard Sauce
South Carolinians share the same traditions as their northern counterparts with one exception — mustard sauce.

• Texas-Style Mop or Basting Sauce
Texas' beefy barbecue cuts are often cooked with savory “mop sauce” or “basting sauce” — so called because it's applied with a mop. Mop sauces may include beef stock, vinegar, Worcestershire, and spices like salt, pepper and garlic.

• Kansas City-Style Sauce
Kansas City, Missouri's thick, sweet and tangy sauces dominate the collective consciousness when it comes to American barbecue traditions. Ketchup and molasses give it a sweeter, heavier consistency while additives like liquid smoke impart a barbecue flavor in lieu of coals, fire or a smoker. Worcestershire, brown sugar, vinegar, soy sauce and other spice may also find their way into the recipe.

• Alabama White Sauce
Those who enjoy sauce as a side dish may enjoy dipping their barbecue in white sauce, an invention of northern Alabama barbecue pioneer Bob Gibson. Unlike the hog traditions of the Carolinas, this pasty mixture of mayonnaise, vinegar and pepper is best applied to smoked chicken (though pork will also do). It's served thick and creamy or milky, and is an anomaly in the class of American sauces.