

# Waukesha Farmers' Market Weekly Newsletter

Saturday, November 5, 2011



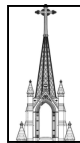
Waukesha Business Improvement District 802 N. Grand Ave., Waukesha, WI 53186

## Thank You

Since today is the last farmers' market for the 2011 season, the **Farmers' Market staff** would like to say thank you to all the vendors and all the people who came to the shop every week at the Farmers' Market. For making the market a success this season.

The Farmers' Market will have opening day on May 5, 2012. This year we had over 60 vendors and we are hoping to expand the Farmers' Market to bring you a greater variety of goods. In 2012, we will accept EBT at the Farmers' Market. Once again, we will have cooking demonstrations on select Saturdays

during the market season. We will also have our punch card program again in 2012. Just come to the BID information tent and ask for a punch card, get the card punched 12 times during the market season and, if you are one of the first 100 people to turn in the card, you will get a \$5.00 gift certificate good at any vendor at the Farmers' Market.



In pain? Looking for relief?  
Visit **Born Again Fitness and Nutrition** & try our new Infrared Sauna!

[BornAgainFitnessAndNutrition.com](http://BornAgainFitnessAndNutrition.com)

## Downtown Today

- **Krumrich's Jewelers**, 234 W. Main St. is having a Sarah's Hope jewelry sale today from 9:00a.m. until 5:00 p.m.
- **Waukesha Tattoo Company @ Galleria Edge**, 463 W. Main St., will host the "Destruction of Innocence" photography exhibit, 10:00 a.m. - 7:00 p.m.
- The **Waukesha County Historical Society**, 101 W. Main St., is hosting Owen Gromme: The 115th Birthday Exhibit 10:00a.m. to 4:30 p.m.
- **Spontaneous Gallery**, 400 W. Main St., will have its "A Cultural Experience" abstract art experience, 11:00 a.m. - 8:00 p.m.
- **Magellan's/M2**, 370 W. Main St, will host the Steve Nitros Trio from 8:00 - 11:00 p.m.
- 49th annual **Christmas Parade** "Candy Canes on Main" is Sunday, November 20 starting at 4:00pm. The parade starts at Main and Whiterock and goes down Main St. to Wisconsin Ave. and ends at Maple St.

For the latest information on what is happening downtown go to [www.downtownwaukesha.com](http://www.downtownwaukesha.com)



## Recipe of the Week

Brought to you by Little Swiss Clock Shop [www.LittleSwissClockShop.com](http://www.LittleSwissClockShop.com)

### Crunchy Vegetable Burrito Banditos

Contributed by UW -Extension Nutrition Coalition

#### Ingredients:

- ½ cup carrots, shredded
- ½ cup broccoli, chopped
- ½ cup cauliflower, chopped
- 2 green onions, thinly sliced
- 4 oz. cheddar cheese, shredded
- ¼ cup ranch salad dressing
- ½ tsp. chili powder
- 4 7-inch flour tortillas
- 1 cup torn lettuce, bite-size

#### Procedure:

- In a mixing bowl, combine carrots, broccoli, cauliflower, and onions with cheese, dressing, and chili powder.
- Lay tortillas flat on the counter and spoon about ½ cup vegetable mixture and ¼ cup of lettuce down the center.
- Wrap each tortilla around the vegetable mixture.



Great for a healthy after-school snack!



\$5 off Hair Cut or \$10 off Chemical Service  
Julie: 414-828-2711  
Sherri: 262-951-8717  
New Clients Only Please. Exp: 12/10/2011

Clip Art Hair Studio, 234 W. Main Street, Suite 7



260 W Broadway Exp: 12/10/2011

Buy 4 "tubs," get 5th free. (Equal or lesser value)



Exp: 12/10/2011

1 free cookie with purchase.

130 NW Barstow St, Waukesha