

For information about Howard County Farmers' Market, events at the market or demonstration garden or how to become a market vendor, contact Market Managers:

Debra Bolding, (870) 557-2352

Glenda Rice, (870) 845-8859

Mary Hartness, (501) 472-8092

Carolyn Prescott, (870) 874-2204

or pick up an application packet at:

Nashville Chamber of Commerce

107 South Main
Nashville, AR 71852
(870) 845-1262

Visit the Farmers Market page at the Chamber of Commerce website at

nashvillear.com

and check the

Growing Healthy Communities Calendar of Events at the Chamber Website as well!



The Perfect BLT

MIKE REESE
DIRECTOR, NASHVILLE
CHAMBER OF COMMERCE

**HOWARD COUNTY
FARMERS' MARKET**

Friday
September 6, 2013
9:00 am

Some BLT Trivia . . .

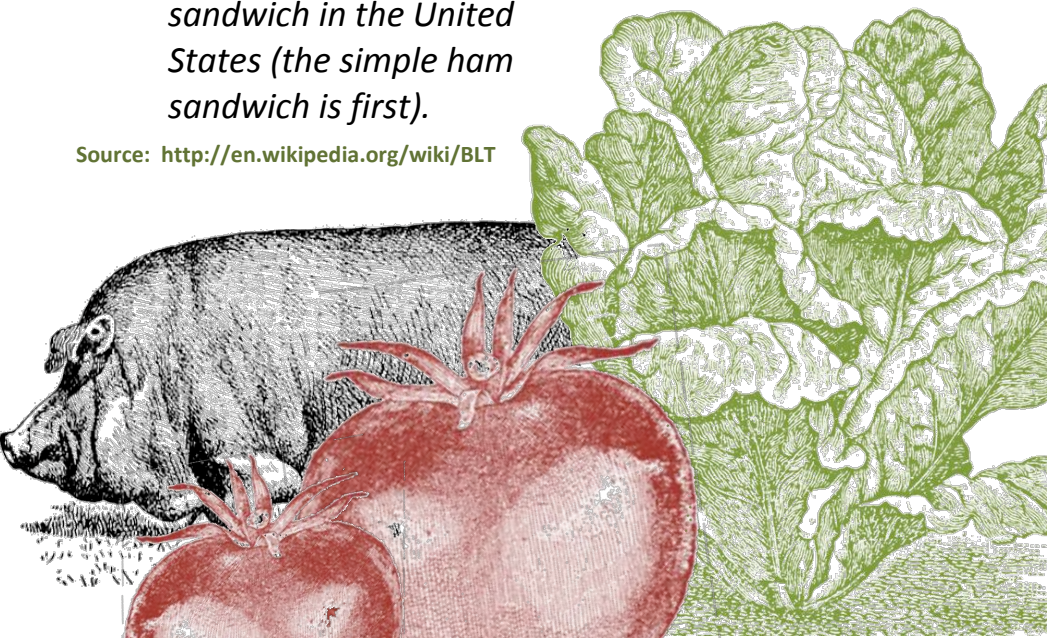
There is little evidence of BLT sandwich recipes prior to 1900. One of the earliest recipes was in the 1903 Good Housekeeping Everyday Cook Book (club sandwich made up of bacon, lettuce, tomato, mayonnaise and a slice of turkey sandwiched between two slices of bread).

The Bacon, Lettuce and Tomato sandwich became popular when fresh lettuce and tomatoes became available year round due to the rapid expansion of supermarkets after World War II.

The abbreviation 'BLT' first appeared in print during the early 1950s, but had already entered into common usage during the late 1940s.

The BLT has been voted the second-most popular sandwich in the United States (the simple ham sandwich is first).

Source: <http://en.wikipedia.org/wiki/BLT>



The Classic BLT

The BLT is best home-made, rather than ordered at a restaurant, with the bacon fresh-cooked and crisp, a ripe but not too juicy, beefsteak tomato and crisp Romaine or Bibb lettuce and some mayonnaise.

Paula Deen's BLT Wrap

- 2 teaspoons honey
- 2 teaspoons Dijon mustard
- 4 tablespoons mayonnaise
- 4 (10-inch) flour tortillas
- 8 slices bacon, cooked crisp
- 8 green leaf lettuce leaves
- 8 slices tomato
- Extra-virgin olive oil
- Salt and freshly ground black pepper

In a small bowl, combine the honey, mustard, and mayonnaise. Spread evenly on the tortillas. Top each with, 2 slices bacon, 2 lettuce leaves, and 2 slices of tomato. Drizzle olive oil over the tomatoes and season with salt and pepper, to taste. Fold 1 edge of each tortilla over the filling, roll up tightly and put them, seam side down, on a cutting board. Cut as desired and secure with wooden picks, if needed. Arrange them on a serving platter and serve. Yeild: 4 servings.

Source: <http://www.foodnetwork.com/recipes/paula-deen/blt-wraps-recipe/index.html>