

**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 or**

**Glenda Rice**  
**(870) 845-8859**

**or pick up an application packet  
at:**

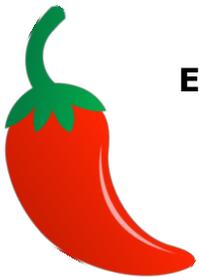
**Nashville Chamber of  
Commerce**

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

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

**[nashvillear.com](http://nashvillear.com)**

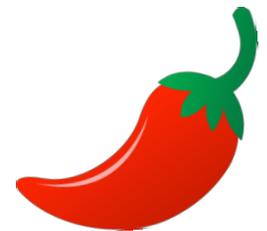
and check the  
**Growing Healthy  
Communities Calendar of  
Events** at the Chamber Website  
as well!



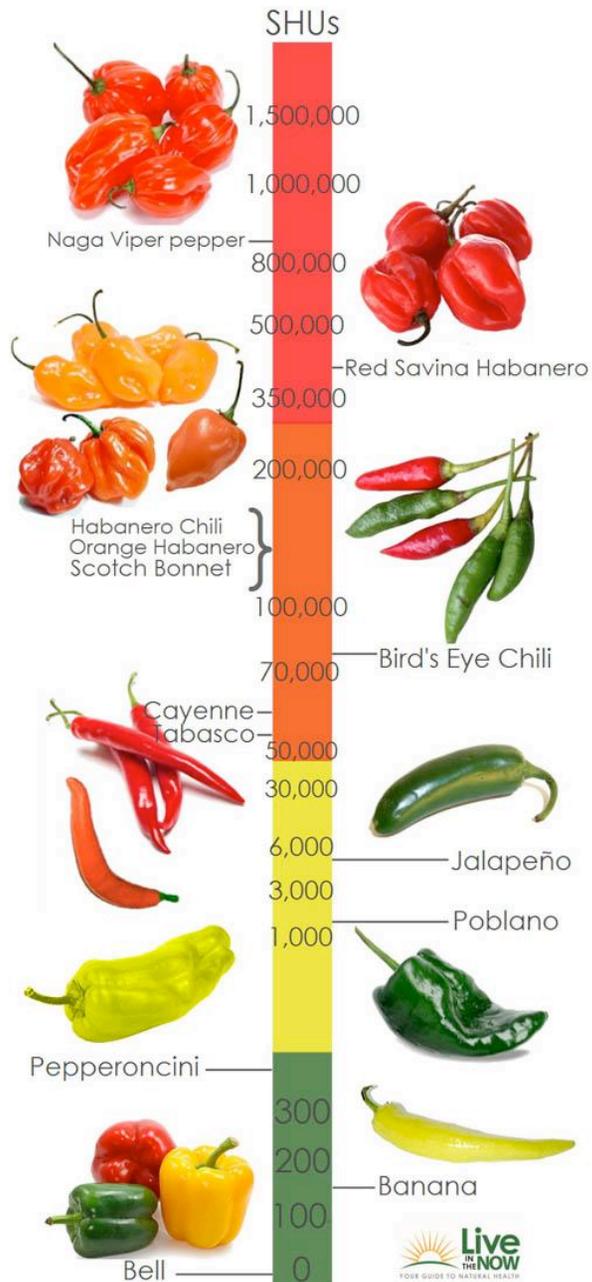
**Some Like  
It Hot!**

**Market Grower  
Artee Porter**

**HOWARD COUNTY  
FARMERS' MARKET  
Friday  
July 13, 2012**



Pssst... Capsaicin benefits heart health! So,  
**HOW SPICY IS THAT PEPPER?**



Scoville Chart Source: <http://www.peakhealthadvocate.com>

### ARTEE'S HOMEMADE HOT TACO SAUCE (GREEN)

- 2 cups chopped green tomatoes
- 1 jalapeno pepper sliced
- 1 cayenne pepper sliced
- 1 clove garlic minced
- 1/2 Tablespoon Artee's Taco Seasoning Mix

Remove stems from peppers. (If milder Sauce is preferred, remove seeds.)

Put all ingredients into a saucepan and cook over medium heat, stirring constantly!

After 5 to 10 min, place in blender and blend until semi smooth.

Your hot taco sauce is now ready for use!

Keep refrigerated and use within 3 days.

**Makes 2 cups**

### ARTEE'S HOMEMADE HOT SAUCE

- 1 cup Hot Jalapeno Peppers (whole)
- 1 cup Cayenne peppers (whole)
- 2 cups Distilled White Vinegar 5%
- 1 Tablespoon Artee's Seasoning Mix
- 1/8 teaspoon Red Food Coloring
- 1/8 teaspoon Xanthan gum (gluten free)

Remove stems from peppers. (If milder sauce is preferred, remove seeds.)

If you like it REALLY HOT!!! Add 2 habanera peppers to the recipe.

Pour vinegar and peppers into blender. Blend on high for about 10 - 20 seconds. Pour mixture in a saucepan and bring to boil (2 to 4 min.)

Add seasoning mix, food coloring and Xanthan Gum. Let cook for another minute. Remove from heat and let cool for 5 min.

Wash and rinse blender, pour mix back into blender and blend until smooth (about 30 seconds). Pour finished hot sauce into a washed and sterilized hot sauce bottle. Your hot sauce is now ready for use!

Keep refrigerated.

**Makes 2 cups**