



Vendor of the Week

June 8, 2017

This week's *Arlington Heights Farmers Market* vendor of the week is **A Taste of Michigan Cherries**. Many of you may already be familiar with their delicious selection of cherries, cherry juice concentrate, mustard, butters and preserves as they are one of our returning vendors. If you don't know A Taste of Michigan yet, stop and see them this Saturday– they often offer free samples!



Want something yummy but trying to keep the high calorie, high sugar treats to a minimum? The kind folks at **A Taste of Michigan Cherries** enthusiastically recommend their *Apricots and Strawberries Low Sugar Preserves*.

What they say: What a perfect combination of premium apricots & plump strawberries! A wonderfully sweet & tangy taste that is truly out of this world! Spread it on muffins, toast, pancakes and waffles. Swirl into yogurt and oatmeal. Ready for dessert? Top on ice cream or lather on cake in place of sugary frosting

Looking for more cooking/snacking/baking inspiration for your **A Taste of Michigan Cherries** purchases? Check out this recipe:

Cherry Vanilla Oatmeal

- 1 cup Old Fashioned Oats, or quick Cooking Oats
- 1/8 teaspoon salt
- 1/4 cup A Taste of Michigan Cherries...Dried Cherries
- 1/2 teaspoon vanilla extract
- 2 tablespoons A Taste of Michigan Cherries Black Bing Cherry Preserves
- 1/4 cup Low-fat milk, plus more to taste



Put 1 3/4 cups of water, the oats, salt and cherries into a medium sized saucepan. Bring to a boil, reduce the heat and simmer for about 5 minutes for Old Fashioned Oats, or 1 minute for Quick Cooking Oats. Remove from heat. Stir in the vanilla extract and cherry preserves. Put into serving bowls and pour 2 tablespoons of milk over each bowl.

Serves 2 (serving size about 1 1/4 cups)



www.ahfarmersmarket.org

For more product info visit <http://www.atasteofmichigancherries.com/>