

## Elk Rapids VM Happenings September 2023



### Back to School and "Regular Routines"

With the start of school, we leave summer and enter our "regular" routines.

Even if our kids are long past school age, we look forward to cooler nights and beautiful fall foliage.

As the seasons change, so do our shopping and cooking habits. Say goodbye to summer fruits and hello to apple season. Don't forget cider and donuts!

In this September issue, read about the topics listed to the right, as well as a new recurring topic - Did you know we have?? This section of the monthly news highlights products you may not know we carry.

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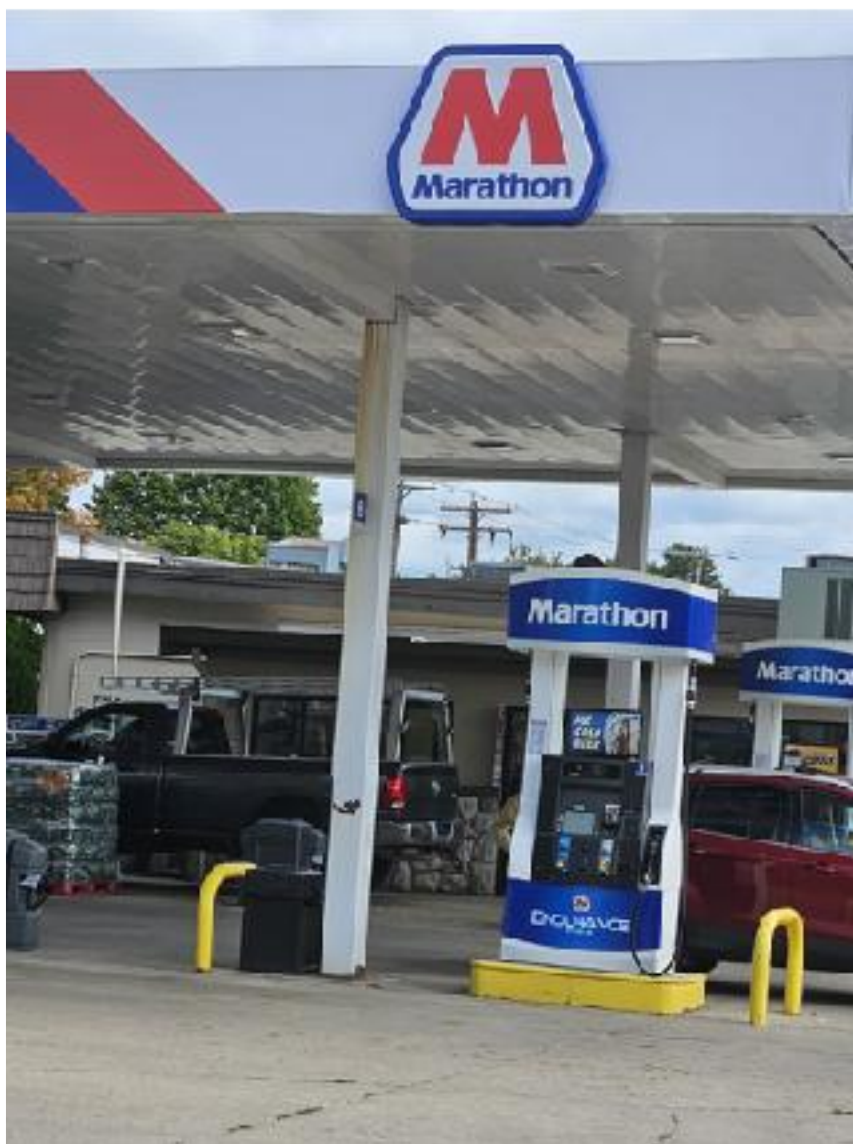
## Did You Know Community Cash is Back (donate painlessly)?

Community cash starts appearing on your register receipts starting after Labor Day. Start saving your slips right away so you can donate them to a participating non-profit organization.

How it works:

1. **Shop as usual.** Save your receipts.
2. **Keep storing your receipts for September and October.** Behind the scenes, all participating nonprofits have to submit an application for 2024 Community Cash. This process takes a few months, starting in September. Hold onto your receipts while this happens.
3. **Look for the list of participating 2024 non-profits. It appears on the bulletin board by the door.** Start giving non-profit organizations your community cash receipts.

## Delight in 3 Reasons to Buy Your Gas at Village Market



Did you notice the changes at the gas station? We now carry Marathon brand gasoline. This means extra savings for you, our customer.

Now there are 3 reasons to buy your gas from us:

1. Coming soon, a new Marathon program gives you money off your gas purchases. See October's blog for the details.
2. You still get either 2 gas tokens or 15% off groceries with the Village Market sponsored Gas Club program. That's the program where you get your paper gas club card stamped inside the station with your fill-ups. To join this program, request a gas club card at the gas station.
3. You are still eligible for discounts off gas with the Village Market VIP rewards program. This program sends periodic alerts to your phone for discounts on gas or groceries. Not a member? It's easy to join. Just text **VMVIP** to 77222 from any cell phone that can receive text messages.

## Are You Gluten Free? Examine Our New Popular Frozen Entrees

We just added gluten free lasagna and chicken nugget entrees to our gluten free offerings. Now we offer an entire cooler section of frozen, gluten free products. We also stock frozen gluten free pizza in the pizza section of the frozen department.



## Here Are 4 Gift Ideas for You or Someone You Love



Did you know you can buy local, handmade gifts at your Village Market? Local seamstress 'Hot pads by Diane' supplies us with 4 unique gift ideas:

- Phone purses
- Tote bags
- Potholders
- Bowl cozies

The phone purses come with very handy pockets so you can carry cash or credit cards.

The tote bags are great for carrying groceries or anything else you need to take with you.

Everybody can always use some new potholders, but do you know what a bowl cozy is?

This relatively recent invention takes the potholder idea to a new level. It lets you easily sip hot soup or chili from a microwaved bowl. Just place the cold dish of food into the cozy before you microwave it. When you remove the cozy from the microwave, notice that you can touch the cozy without getting burned. It can also sit in your lap for easy eating. Who knew?

## Picky Family? Disguise These Healthy Fall Vegetables With This Secret Dressing

This fall harvest salad uses a secret dressing to disguise cost-effective, seasonal vegetables. It makes a big batch, but it keeps well in the refrigerator. Tired of cole slaw and green lettuce salads? Give this recipe a try.



### Fall Harvest Salad

Serves 4-6. Prep time: 15 minutes

#### Assemble the salad dressing first:

- 1 finely chopped shallot
  - Scant 1/4 cup freshly squeezed lemon juice
  - 1/3 cup extra virgin olive oil
  - 2 teaspoons tahini
- Now for your secret ingredient:
- Honey
  - Salt

In a small bowl, combine the shallot with the lemon juice. Let sit for 5 to 10 minutes. Then whisk in olive oil, tahini, honey, and salt.

The secret here? Add the salt and honey to taste. Sweeten it up with more honey if you have picky eaters

**Now make the salad:**

Kale leaves torn from stem

12 brussel sprouts

Use your food processor to finely shred both the torn kale leaves and the brussel sprouts. Mix well. Add in the dressing and mix, if needed, with your hands.

**Add in optional ingredients:**

- 1 cup of nuts. Original recipe called for toasted pecans, but in the picture above we substituted salted, pre-roasted pumpkin seeds.
- 20 large green olives, pitted and sliced. My family does not care for green olives, so I left them out in the picture.
- 2/3 C of shredded parmesan cheese. This salad is especially tasty if you use the VM deli's pecorino romano parmesan cheese.

## Did You Know We Have??



Just in time for fall football, we now stock Frank's Red Hot Buffalo Style Chicken Bites.

You and your guests can enjoy the taste of Frank's Red Hot wings without all the muss and fuss of making them from scratch.