

Dubuque Farmers' Market Prepared Foods

By Bryce Parks

Summer is basically here, and that means Dubuque Farmers' Market time! There is no better place to access unique and creative prepared foods in town that you just won't find anywhere else in one place. So why not take a lap of the market with us and sample the cooked prepared foods available every Saturday May through October... assuming they don't sell out before you get there.

And we're not even getting into the baked goods and treats that are available, which you could just as easily graze on while you walk around. Millwork Bakery hand pies should be a food group

unto themselves. But we're sticking to the "hot" stuff this time around.

While we miss The Food Store's long-time leadership in the world of Farmers' Market cooking, and we still have dreams about East Mill Bakery's homemade english muffin sandwiches (R.I.P.), thankfully there are a number of great new options to step in and fill the void... in your belly!

Note also that not all vendors are at market every week, so come down with more than one option in mind, as many things here will make your breakfast dreams come true.

Dubuque Farmers' Market is located in the Upper Main District around City Hall since 1858. Expanding over three city blocks on Iowa Street, it now extends down 11th, 12th, and 13th Streets.

Let's eat!

Adobos Mexican Grill adobosmexicangrill.com

You can tell by the size of the line that the breakfast burritos that Jaime Salazar cranks out of the Adobos food truck at market are anything but a secret. Filled with sautéed potatoes, eggs, a choice of meats including bacon, sausage or chorizo plus tomatoes, bell peppers, onions, queso, salsa or Adobos's El Diablo sauce, this is everything your body needs in a foil wrapper. Keep it mellow

or make it spicy, as you desire. Worth the wait and the \$10 price tag, the breakfast burrito is good for eating and walking around. You can also get a bowl version to make it gluten free. Adobos' food truck is all over town all week, but you'll only get a breakfast version on the truck at Dubuque Farmers' Market and on Saturday mornings in the restaurant November through April.

West Dubuque Tap Magic Mobile

facebook.com/burgerandfrieguys

When West Dubuque's Tap's famous Magic Muffin showed up at market in 2016, it was an instant crowd favorite. But there's no fancy wizardry behind the pile of love, except for the smile on your face. It's a simple pile of hash browns, fried eggs, sausage patties, and cheese all "technically" loaded onto an English muffin. But you ain't picking this thing up and eating it. You need a fork. So we suggest you pull up some curb, sit down, and dive in. You can't miss the tie-dyed Magic Mobile when you see it!

The Crepe Iron

facebook.com/Crepelron

A crepe (or crêpe) is a French pancake made of a thin batter containing flour, eggs, melted butter, salt, milk, water, and, if the crepes are to be served with a sweet sauce or garnish, sugar. Crepes can be filled with a variety of sweet or savory mixtures. The Crepe Iron generally features four crepe recipes each

day, with two being staples, the classic strawberry, banana, Nutella sweet crepe, and then for morning events they do the basic ham, egg and cheese, and maybe jazz it up with some appropriate veggies. And then they always do one more sweet and one more savory. Those will generally be featured for a full week. Gluten free available, and amazing coffee from Devour Cafe as well. Crepes are less than \$10, and they're pretty easy to eat while walking around the market!

Sun Rice

Tinesh and Samantha Jahagee are new at market this year with Sun Rice. They feature warm fried rice and chilled rice bowls. We had the fried rice with carrots, onion, and scallions that's made with oyster sauce for the distinctive fried rice flavor. And, naturally, we added bacon because, duh. It's simple and tasty. Not spicy or complex. Call it a morning comfort food.

Shugga's Soul Cafe

Okay, so Shugga's is a real restaurant indoors along the street of the market, but you'd better not overlook the legit soul food that Snoflake Naylor and her crew are whipping up. From the best fried catfish we ever had to mac and cheese that will put you directly in nap mode, collard greens that are every bit the real deal, sweet potato pie that really is basically dessert, and more features that rotate, including awesome breakfast fare



ADOBOS MEXICAN GRILL



WEST DUBUQUE TAP



THE CREPE IRON



SUN RICE



SHUGGA'S SOUL CAFE



VERSUS



DINGER'S D'LITES



BODE'S BREAKFAST BARN AND BAKERY

like pancakes, eggs, ham, and sausage. Want more? How about wings, shrimp and grits, or find out what a Jimmy Jordan Gym Shoe is and thank me later! This is a wonderful place to sit down for a few minutes, try food you can't get anywhere else in town, and build up your energy to finish your market shopping after. Just do it! Find them on Facebook.

Versus
facebook.com/VersusDBQ

Another newcomer for 2022 is Versus, an Asian-style cuisine food truck featuring flavors from the Philippines and Vietnam. Look for egg rolls, a Vietnamese banh mi sandwich, Tapsilog rice bowls, Chinese chive cakes, and Korean fried chicken (soy garlic or sweet and spicy). Do any of those things make you say, "huh?" Well, what better excuse to try them out for yourself and not wonder anymore.

Dinger's D'Lites

Sandwiches served with fresh ingredients and uniquely homemade sauces. The menu often features burgers such as the "Dinger" (smoked pork, bacon, Swiss, onion straws, and whiskey BBQ sauce), chicken street tacos (grilled chicken, pepper slaw, blackened corn, and sri-racha aioli), and other rotating fare like a margarita bowl or a Cuban sandwich. They're not at market every time, so you have to just be lucky enough to catch them when they are. Find them on Facebook.

Bode's Breakfast Barn and Bakery

Home of the Dubuque Farmers' Market donut sandwich! Find grilled cheese, perhaps with Stone Hollow mushrooms; a great BLT, perhaps with an egg; or a tasty breakfast burrito... perhaps in a bowl. The burrito or bowl has eggs, hash browns, sausage or bacon, cheese, salsa, sour cream, and jalapeños if you like. Breakfast sandwiches can also come on a biscuit, bread or, yes, French toast made with homemade sour-dough cinnamon bread and features egg, cheese, and bacon or sausage. The famous donut sandwich can come on an apple cider, sugar, or glazed donut. Plus fresh-made lemonade, cool mint iced tea, and fresh-brewed root beer. ■

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11TH-13TH & IOWA ST, DUBUQUE, IA
Hours: Sat: Now-Sept. at 7 AM-Noon;
Sats: Oct. at 8 AM-Noon

SUBMIT YOUR DINING SUGGESTIONS!

DO YOU HAVE A FAVORITE RESTAURANT YOU WOULD LIKE TO SEE US VISIT? PLEASE SEND US YOUR REQUESTS, SUGGESTIONS AND COMMENTS! EMAIL: DINING@DUBUQUE365.COM

Rockin' ON THE RIVER
CASCADE IOWA

Admission \$10
BYOB & Chairs

June 4 5 PM
Mike & The Moonpies
w/ Adam & The High Hands

July 2 5 PM
The Mississippi Band
50th Anniversary Reunion w/ Molly Shannon

August 6 5 PM
Bryce Reeg, Asher Cataldo, Jesse Charette

Cascade Riverview Park - 101 Pierce St SW, Cascade, IA

CORKLESS
in Galena

Saturday, June 25 | Noon-6 pm | Depot Park, Galena, IL

Henry Matthieson III

Celebrate Family- and Locally-Owned Northern Illinois Wineries

August Hill | Fergedaboutit | Galena Cellars | Lavender Crest
Massbach | Prairie State Winery | Sable Creek | West of Wise

LIVE MUSIC
NOON-6 PM
Miles Nielsen & The Rusted Hearts
3-6 PM

FOOD TRUCKS

ARTISTS

TICKETS \$20 | corklessgalena.simplertix.com
1 Adult Admission | 1 Corkless Festival Glass | 5 Tasting Tickets
\$5 Bottle Voucher (Only available to guests who pre-purchase. Pre-purchasing ends June 22.)

corklessgalena.com | CorklessGalena