

# PLYMOUTH Farmers Market

Every Wednesday, 2:30-6:30 p.m. | June 26 to Oct. 9 | Parkers Lake Playfield, County Road 6 & Niagara Lane



## VENDOR SPOTLIGHT: DELICIOUS D'S BBQ

### Independence

From Delicious D's BBQ:

"I have had a passion for grilling and smoking for many years. Early on, I couldn't find products I enjoyed, so I started developing my own sauces and rubs."

## UPCOMING EVENTS

July  
24

Music  
Sunny VanBrocklin  
Community Table  
Renewal by Andersen

July  
31

Community Table  
Beacon Academy Charter School

## THE KIDS CLUB

Engaging the next generation  
of Farmers Market shoppers



### • ATTENDANCE PUNCH CARD

Those 15 and younger can attend eight out of 15 markets and receive a special market prize at the end of the season. Punch cards are available for pick up at the Market Info Booth.

### • WEEKLY ACTIVITIES

Scavenger hunts, prizes, word finds, story time and more.

JULY 24, 2019

## SHOPPING AT THE MARKET

- » Please, no dogs.
- » The Farmers Market begins promptly at 2:30 p.m., no early purchases allowed.
- » Bring cash and reusable bags to help keep the market a green place.

## IOCP FOOD SHELF DONATIONS

IOCP will accept perishable and nonperishable food donations at the market.



- » Farmers Market apparel is available to purchase at info booth. Cash only.
- » Enter the weekly drawing at the info booth for a chance to win a bag filled with market items.

SPONSORED BY

Renewal  
by Andersen  
WINDOW REPLACEMENT an Andersen Company



## SLOW-COOKER SAUCY BARBECUED RIBS

**SERVINGS: 6**



Source: [bettycrocker.com](http://bettycrocker.com)

### Instructions

- » Spray inside of 5 to 6 quart slow cooker with cooking spray. Cut ribs into two or three rib portions. Place ribs in cooker. Sprinkle with salt and pepper. Pour water into cooker.
- » Cover and cook on low heat setting for 6 to 7 hours. Remove ribs from cooker and place in shallow baking pan. Drain and discard liquid from cooker.
- » Brush both sides of ribs with barbecue sauce. Return ribs to cooker. Pour any remaining sauce over ribs. Cover and cook on low heat setting for about an hour or until ribs are glazed and sauce is desired consistency.

#PlymouthParks  
[plymouthmn.gov/farmersmarket](http://plymouthmn.gov/farmersmarket)



## AMERICA'S PRINCIPLE BARBECUE SAUCE STYLES

Source: [eater.com](http://eater.com)

### • Eastern North Carolina Vinegar Sauce

Unlike many modern sauces, the eastern-style uses no tomato, relying instead on a tart combination of vinegar (usually cider vinegar) and added spices like cayenne, black pepper, crushed red pepper, hot sauce (often Texas Pete), salt and sometimes water.

### • Piedmont or Lexington-Style Dip

Western Carolinians traditionally cook pork shoulder and dress it with a tangy, vinegar-based sauce that's slightly reddened and sweetened by the introduction of ketchup.

### • South Carolina-Style Mustard Sauce

South Carolinians share the same traditions as their northern counterparts with one exception — mustard sauce.

### • Texas-Style Mop or Basting Sauce

Texas' beefy barbecue cuts are often cooked with savory "mop sauce" or "basting sauce" — so called because it's applied with a mop. Mop sauces may include beef stock, vinegar, Worcestershire, and spices like salt, pepper and garlic.

### • Kansas City-Style Sauce

Kansas City, Missouri's thick, sweet and tangy sauces dominate the collective consciousness when it comes to American barbecue traditions. Ketchup and molasses give it a sweeter, heavier consistency while additives like liquid smoke impart a barbecue flavor in lieu of coals, fire or a smoker. Worcestershire, brown sugar, vinegar, soy sauce and other spice may also find their way into the recipe.

### • Alabama White Sauce

Those who enjoy sauce as a side dish may enjoy dipping their barbecue in white sauce, an invention of northern Alabama barbecue pioneer Bob Gibson. Unlike the hog traditions of the Carolinas, this pasty mixture of mayonnaise, vinegar and pepper is best applied to smoked chicken (though pork will also do). It's served thick and creamy or milky, and is an anomaly in the class of American sauces.