

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: RAPHA FARMS

Greenfield

From Rapha Farms:

"We started with goats about three years ago, when my daughter Sarah showed an interest in farming. Sarah had brain cancer when she was 8 years old (she is 16 now). Since I homeschool her, moving to a hobby farm and seeing what we could do with our five acre parcel fit right into our lifestyle. We now have 12 goats, chickens and a horse.

We milk the goats and sell some of the milk, and use the rest to make goat milk soap. After several requests, we started also making lotion bars and we'll be adding shampoo bars as soon as we find the time! Sarah makes bath bombs which are a huge hit in the winter and for Christmas.

We also board dogs at our farm, and they love going down to the barn to smell all of the farm animals."

UPCOMING EVENTS

Sept
25

Community Table
Interfaith Outreach

Theme

Public Safety Day with Plymouth Police
and Fire departments

Oct
2

Music
Brad Cattadoris

Community Table
Extension Master Gardener Program from
Hennepin County

SEPTEMBER 25, 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.

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by Andersen
WINDOW REPLACEMENT an Andersen Company

OLD FASHIONED EASY APPLE CRISP

Source: thechunkychef.com

Ingredients

- » 6 golden delicious apples, peeled and chopped (other varieties can be used, can also be sliced)
- » 2 tablespoons granulated sugar
- » 1 3/4 teaspoons ground cinnamon, divided
- » 1 1/2 teaspoons lemon juice
- » 1 cup light brown sugar
- » 3/4 cup old fashioned oats
- » 3/4 cup all-purpose flour
- » 1/2 cup cold unsalted butter, diced into small cubes
- » Pinch of kosher salt

Instructions

- » Preheat oven to 350 F. Butter an 8-by-8-inch baking dish, or spray with non-stick cooking spray. Set aside.
- » In a mixing bowl, add chopped apples, granulated sugar, lemon juice and 3/4 teaspoon of the cinnamon. Stir to combine, then transfer to prepared baking dish.
- » In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, salt, diced cold butter and 1 teaspoon cinnamon). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembles pea-sized crumbs. Alternatively, you can use two forks or your hands to cut butter into the mixture.
- » Spread topping over apples in baking dish and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.
- » Serve warm.

GLUTEN-FREE APPLE CRISP

Source: mygluten-freekitchen.com

Ingredients

- » 12 cups peeled, sliced apples
- » 1/2 teaspoon cinnamon
- » 2 tablespoons lemon juice
- » 1 tablespoon water

Topping

- » 1 1/2 cups firmly packed brown sugar
- » 1 cup gluten-free all-purpose flour
- » 1 cup gluten-free rolled oats or old-fashioned oats
- » 2 teaspoons cinnamon
- » 1/2 teaspoon nutmeg
- » 1/8 teaspoon salt
- » 3/4 cup unsalted butter or non-dairy alternative

Instructions

- » Preheat oven to 375 F.
- » In a large bowl, stir together sliced apples, 1/2 teaspoon cinnamon, lemon juice and water. Scoop into 9-by-13-inch baking pan.
- » In a medium bowl, whisk together all topping ingredients except butter. Use a pastry cutter or two knives to cut in butter until mixture is crumbly. Sprinkle over apples.
- » Bake for 45 minutes or until apples are tender and topping is crisp and browned.
- » Serve warm with whipped cream or ice cream or non-dairy alternative.