

# PLYMOUTH Farmers Market

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



## UPCOMING EVENTS

Oct  
2

Music  
Brad Cattadoris

### Community Table

Extension Master Gardener Program from  
Hennepin County

Oct  
9

Music and Community Table  
Plymouth Rockers

### Theme

Vendor and Sponsor Appreciation Day

## VENDOR SPOTLIGHT: GER HER FARM

St. Paul

From Ger Her Farm:

"We have been gardening and harvesting since 2004. This started as a little family garden, then expanded into 10 acres. As a Hmong family, we started selling at farmers markets and found it was a great opportunity for others to try diverse vegetables and herbs, such as bok choy, mustard greens and daikon. We provide customers with information on how to cook these delicious vegetables if they have never had them before.

This has been a great opportunity to get involved with the community, as our family has expanded too. I started this adventure with my children and now my grandchildren, son-in-law and daughter-in-law continue this garden.

We want the community to know our Hmong culture as the vegetables and herbs are different. We want others to enjoy these as much as we do."

OCTOBER 2, 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



## PICO DE GALLO

### 4-6 SERVINGS

#### Ingredients

- » 3 yellow or red onions
- » 12 Roma tomatoes
- » 2 cups fresh cilantro leaves
- » 2 to 3 jalapenos
- » 1 lime
- » Salt

#### Instructions

- » Dice up equal quantities of onion and tomato. Roughly chop the cilantro.
- » Slice one or two jalapenos in half. With a spoon, scrape out the seeds. If you like things spicy, leave in some of the white membranes. Dice the jalapenos very finely – you want a hint of heat and jalapeno flavor. Now dump the four ingredients into a bowl.
- » Slice the lime in half and squeeze the juice from one of the halves into the bowl. Sprinkle with salt and stir together until combined. Taste the pico de gallo and adjust the seasonings, adding salt or more diced jalapeno if needed.

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

