

7/24/11



Volume 2, Issue 2

**PLYMOUTH FARMERS MARKET:**

**Every Wednesday—2:30-6:30 until October 12th**

**Location— Lifetime Fitness Parking Lot off Plymouth Blvd**

The kick off of the 2nd annual Farmer's Market was a great success and this coming Wednesday promises to be a great time at the market with some extra entertainment to enjoy.

This weeks market will include the music styling's of Sunny VanBrocklin, who performs everyone's favorites from the 60's and 70's as well as anything folk. For a preview on Sunny visit her website at [sunnyvanbrocklin.sundancesound.com](http://sunnyvanbrocklin.sundancesound.com) On top of that this weeks market will run in tandem with an antique car show. It will be great way midweek to take a break, bring the family and enjoy some music, check out the cars, and get some great local produce.

We would again like to express our gratitude to everyone—vendors and community members—who attend the market and make this community event possible.

Here are some reminders for those attending Plymouth Farmers Market:

All vendors are local and are from within 50 miles of Plymouth.

- Every week, there will be music . This week come and check out Barbara English who will play acoustic music.
- Remember to stop by the information booth and enter your name in the weekly farmer's market basket drawing.
- We kindly request that you do not bring your dogs to the market, with the exception of service dogs.
- The market does not start until the official horn is sounded. If you arrive before 2:30 p.m., you are welcome to look around, but please do not purchase anything until you hear the horn

**VENDOR SPOTLIGHT— GREGOR FARM AND GREENHOUSES**

In order to give back and help promote the vendors who provide for the Plymouth market the newsletter will feature a weekly vendor spotlight. This week we had the pleasure of visiting the Gregor family farm right here in Medina. This family operation, run by Tom and Patty Gregor with the help of their family and a few other locals, has been running since 1976 , every weekend since then the Gregor's have trucked their produce down to the Minneapolis Farmers Market and have now been apart of the Plymouth market for the last two years.

The Gregor farm has a great family farm ambiance, the property is quiet although busy with life. Featuring heated greenhouse's with square footage around 25,000, 5,000 in cold frames, and 25,000 in outdoor display/retail areas. Greenhouse crops include: annual spring bedding plants, flowing houseplants, hanging baskets, perennials, poinsettias, shrubs, trees, aquatic plants, and fall garden mums.

The Gregor's take pride in their affordable, high quality plants and produce. Patty's best sellers at the market this year are her fresh tomatoes and broccoli, but she comes stocked with cabbage, cucumber, peppers, eggplant, beets and melons to name a few more. When I asked Patty why people should attend the farmers market she explained that you can't beat the quality produce and the opportunity to be locally sustainable. Buying local is so important and a great way to gain access to the freshest produce you can get while supporting your own community and their families.

To take your own look at the Gregor operation visit their website at [www.gregorfarm.com](http://www.gregorfarm.com) or stop in and take a look around, they are located right at 2529 Holy Name Drive in Medina.

The Gregor's were also kind to provide us with a great summer recipe for market goers to test out with their fresh veggies!

**WEEKLY RECIPE TO TRY— TOM'S FRESH SUMMER VEGETABLES ON THE GRILL**

We wait all year round to bust out the grill and you can cook just about any vegetable on the grill, charcoal or gas. (Tom prefers charcoal!) A few of his favorites to grill are asparagus, tomato, onions, peppers, potatoes, carrots and eggplant.

First, wash and pat dry your vegetables, then in a large bowl toss them with olive oil, fresh cracked pepper, a dash of cayenne pepper and salt, or any combination of seasoning you prefer. But, be careful not to over season because that would take away from the fresh flavors of the vegetables.

Next, place your veggies directly on the grill grate, or you may find a "grill basket" which would be helpful for small items. Grill them just long enough to show the grill lines, avoid over cooking, just a few minutes on each side.

**MARKET HAPPENINGS:**

Be sure to check out our upcoming events at the Plymouth Farmers Market:

Antique Car Show Night on Wednesday, July 27th

Nutrition Night on Wednesday, August 17th

Also, coming up is Minnesota Grown Farmers Market Week:

August 7th to the 13th, more information can be found on their website as well, visit [www3.mda.state.mn.us/mngrown/](http://www3.mda.state.mn.us/mngrown/)

**THE COMMUNITY TABLE**

For this season, all the vendor booths are taken but there still is availability for our Community Table. Located next to the information booth, this space is open for any local non-profit or charitable organization for a nominal fee. If you are interested in using this space, contact Alyssa Krumholz, Market Manager at 763.509.5225 for additional information.

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