



### **PLYMOUTH FARMERS MARKET:**

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

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

The season for the farmers market is in full swing, and there is a lot to look forward to this coming Wednesday. First we have the pleasure of having Barbara English back for some great live music to enjoy as you shop, Barbara learns and works on 2-5 new songs a week so there is always something new to enjoy. Some artists tunes you may recognized covered by Barbara are Sheryl Crow, Emmy Lou Harris, Stevie Nicks, Sheryl Crow and Darius Rucker. Another great event to look forward to is the Minnesota Homegrown Farmers Market week which is August 6th to the 13th. In honor of this the Plymouth Farmers market will have a kids scavenger hunt with a prize giveaway on August 10th. This is great opportunity to bring the family out for some fun and a great way for the kids to gain some knowledge on the fresh produce from around the area. If your interested, bring the family along and stop at the information desk when you arrive to learn more.

Thanks to all community members and vendors for making the Plymouth Farmers Market such a success!

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. Next week we have the Tim Fast performing.
- 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— Sugar Bush Ridge Farm**

This week we had the great pleasure of getting to know Ken and Sandy Tschannen, proud owners of the Sugar Bush Ridge Farm, and rightfully so. This family farm of 15 acres has been around for over 30 years in Maple Grove. Starting in the early 80's with just sheep and then expanding immensely in the last 4-5 years with the addition of a "family garden" that provides for many more than just their family. At the Sugar Bush booth you will find quite the variety of items including fresh produce such as tomatoes (20 varieties), potatoes (15 varieties), lettuce, arugula, squash, egg plant, swiss chard, cucumbers, peppers, radishes, beets and haricot vert green beans.

On top of that, in the last few years they planted a vineyard and orchard and have even put in bee hives. Ken and Sandy now have 32 bee hives and provide their community with a high quality honey including raw honey and comb and cream honey. Sandy has won quite a few blue ribbons the last two years at the Minnesota State Fair for her comb honey, as well as, her cream honey and Vietnamese cream honey.

Look for them again this year at the state fair where Sandy will be unleashing her new raspberry cream honey. In the past few years they also began tapping over 50 Maple trees on their property, as well as, making jelly with the grapes from their vineyard, both of which can be found at the market.

The best thing about this multifaceted farm is that everything they produce is completely chemical-free, including their honey and maple syrup. Not only do they not use chemicals or fertilizers (other than what the sheep leave behind) their water is pure thanks to the artesian well water they have on the farm. When it comes to their produce they take it a step further investing in organic seeds for as many of their vegetable plants as possible.

This short feature does little to describe the amazing operation going on at Sugar Bush Ridge, so be sure to stop by their booth. The Tschannen's have a farm for all seasons and they do it simply for the love of the land, each year it seems they try something new. Look for a great article with photos of the farm in the Maple Grove Magazine in October.

**WEEKLY RECIPE TO TRY— COURTESY OF SUGAR BUSH RIDGE****Swiss Chard with Golden Raisins and Pine Nuts**

(Makes 4 servings; recipe from NY Times by Martha Rose Shulman)

3 tablespoons golden raisins (can use currants or regular raisins as well)  
2 pounds Swiss chard, stemmed and washed in several changes of water, stems diced and set aside  
2 tablespoons olive oil  
1 to 2 garlic cloves (to taste), minced  
3 tablespoons pine nuts  
Salt and freshly ground pepper



- Place the raisins in bowl and pour on hot water to cover. Soak 10 minutes and drain.
- Fill a bowl with ice water. Bring a large pot of generously salted water to a boil and add the chard. Cook for 1 to 2 minutes, until just tender. Transfer to the bowl of ice water and let sit for a few minutes. Drain and squeeze out as much water as you can. Chop coarsely.
- Heat the oil over medium heat in a large, heavy nonstick skillet. Add the chard stems and cook 3 to 5 minutes, until tender. Add the pine nuts and cook, stirring, until they begin to color, 2 to 3 minutes. Add the garlic and cook, stirring, about 1 minute or just until the garlic begins to smell fragrant. Add the chopped greens and raisins or currants and toss together until they are well coated with oil and heated through, 2 to 3 minutes. Season to taste with salt and pepper, and serve... or allow to cool and then serve at room temperature.

**MARKET HAPPENINGS:**

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

**Farmer's Market Week, August 10th**

-Scavenger Hunt cards for kids to search out goods at market!

**Nutrition Night on Wednesday, August 17th**

-Including recipe handouts, as well as, free chair massages and expertise from Health Source.

**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.

**SPECIAL THANKS TO OUR SPONSORS:**