

8/14/11



Volume 3, Issue 3

PLYMOUTH FARMERS MARKET:

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

Location— Lifetime Fitness Parking Lot off Plymouth Blvd

It was a perfect day to be at the market last Wednesday, and with the coming of the cool breeze brings us closer to a new season and new produce. Next week you can expect to see fresh, local braised chicken available at the Ridgeroll Farms stand. Also, as fall creeps closer we can expect a great apple selection coming in from Thompson Hillcrest Orchards.

This coming Wednesday, August 17th, is Nutrition Night at the market featuring recipe handouts, as well as, free chair massages and health expertise from Health Source. On top of that, there is the pleasure of enjoying the Roe Family Singers serenading you while you shop. The Roe Family creates a nine member Mississippi headwaters music ensemble based in Minneapolis, led by Kim Roe and Quillan Roe. The band blends characteristic old-time sound with subversive and punk influences, for upcoming events and more information of the band visit their website at www.roefamilysingers.com.

Thanks always 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.
- 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— GRACIE'S PANTRY



While at the market this week I got to get to know Gracie Meyer — Gracie and her mother Stephanie bring something new and unique to the market; including fruit salsas, dry dip mixes, olive tapenade, and braising sauces. They started canning over a year ago, starting with just 5 products that were her grandmothers recipes, now they have 25 products most of which are new renditions of these old recipes. The Meyer's can everyday and visit 9 to 10 markets a week so they keep quite busy. The produce used in the products comes from another vendor from the market, the Untiedt's Farm

Prep Time: 15 minutes Cook time: 45 minutes Ready in: 1 hour

Ingredients

- 1 tablespoon olive oil
- 2 eggs, lightly beaten
- 1 cup Italian seasoned dry bread crumbs
- 1 eggplant, sliced into 1/2 inch rounds
- Salt to taste
- 1 medium onion, sliced
- 2 tomatos, sliced
- 1 cup grated Parmesan cheese
- 1 cup crumbled feta cheese, 4 slices Muenster cheese, torn into strips

Directions

1. Preheat oven to 350 degrees F . Spray a 9x13 inch baking dish with cooking spray.
2. Heat the oil in a skillet over medium heat. Place eggs and bread crumbs to coat. Fry coated eggplant slices in the skillet until golden brown. Season with salt, and drain on paper towels.
3. In the prepared baking dish, layer eggplant, onion, tomatoes, Parmesan cheese, and feta cheese. Top with strips of Muenster
4. Bake 30 minutes in the preheated oven, until cheese is melted and bubbly.

Yields eight servings

UPCOMING PRODUCE

Ridgeroll Farms pasture raised broiler chickens are in! Stop by and pick up a plump roasting chicken for the oven or grill. They are \$3 per pound. In addition we'll have a full variety of our beef, pork and lamb from which you can choose. Plan your meals for the week and come shop with us!

Thompson Hillcrest Orchards will have a wonderful variety of local apples available at we get closer to fall!

MARKET HAPPENINGS:

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

Nutrition Night on Wednesday, August 17th

-Including recipe handouts, as well as, free chair massages and expertise from Health Source. Also, Farmer Mark will be there to read a story and their will be another scavenger hunt this week.

Go Green Night on Wednesday, September 14th

-The Environmental Quality Committee will be in attendance.

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:

