

synthetic colors or fragrances can be found at Suds!. What you will find is the finest essential oils, natural colors, butters and oils. We go to the farmers market to get the freshest produce, not only because its delicious but because it's better for us, why not do the same thing for your skin with Suds! soap! Suds! has any soap product imaginable; travel kits, sugar scrubs, massage bars, shampoo and shave bars, lip and facial soaps and even doggie shampoo! A product from Suds! would make a great gift as well, so check them out at the market and also at their website at: <http://www.sudsbathandbody.com/default.html>

WEEKLY RECIPE — ORANGE GLAZED GRILLED ACORN SQUASH**Ingredients:**

- 4 acorn squash, halved lengthwise, seeds and membranes removed
- 1/4 cup melted butter
- Salt and freshly ground pepper
- 4 cups fresh orange juice
- 1/2 cup light brown sugar
- 4 whole allspice berries
- 1 stick cinnamon

Directions:

Preheat the oven to 350 degrees F. Brush the cut side of each acorn squash with butter and sprinkle with salt and pepper. Place squash, cut-side down, on a baking sheet and bake until almost tender, about 30 minutes. While the squash is baking, combine the orange juice, brown sugar, allspice, and cinnamon in a medium sauce pan. Cook over high heat until reduced to 1 cup, stirring often. Preheat the grill to medium high and place the squash on the grill cup side up, and brush with orange glaze, cook for 5 minutes then flip and grill for 5 more minutes until sauce is caramelized. Remove from grill, enjoy!

**UPCOMING PRODUCE**

Thompson Hillcrest Orchard— check out more delicious apples as we enter the fall, so far we've seen Zestar apples but in the next few weeks we can expect to see Honeycrisp, Chestnut, Haralson and Sweetango apples as well!

MARKET HAPPENINGS:

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

September 14th is Go Green night at the market where information on being environmentally sustainable will be available, as well as, the EQC recycling group.

The last day of the Market is October 12th so be sure to get to the market and stock up on some great produce!

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: