

Upcoming Events:

July 11

Market Opens
(Roe Family Singers perform)

July 18

Grilling Safety Night
(Tim Fast performs)

July 25

Antique Car Night

August 8

Farmers Market Week
(Barbara English performs)

August 15

Nutrition Night

August 22

Vendor Appreciation

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Plymouth Farmers Market

VOLUME 1, ISSUE 1

JULY 11, 2012

WEDNESDAYS July 11—October 10, 2012

Ice arena / Lifetime Fitness Parking Lot, 3600 Plymouth Boulevard 2:30-6:30 p.m.

The Plymouth Farmers Market is back for another season of delicious and nutritious fun! Kick-off is July 11 with an afternoon of music, games and of course, fresh produce!

The Mayor of Plymouth will be at the market to speak with residents. Local folk music will be performed by the Roe Family Singers. Balloon animals and games will be available for kids to partake in.



Many of the same vendors will be at this year's market, In addition you will see some new faces and tasty products! Here's to another fun year at the Plymouth Farmers Market!

What's happening at the 2012 Farmers Market

Fun and informational events and activities are in store for the entire family to enjoy at the 2012 Plymouth Farmers Market! Events include a Grilling Safety Night, Nutrition Night with a healthy

cooking demonstration from a registered dietician, musical performances, antique car show night and more.

See what all of our Farmers Market has to offer for your family!



Plymouth Parks & Recreation
www.plymouthmn.gov/farmersmarket
763.590.5200

Blueberry and Orange Spinach

Here is a recipe for a light and summery salad with ingredients you can find at the market!

Ingredients:

- 1/4 c. coarsely chopped pecans
- 2 t. real maple syrup
- 2 T. fresh orange juice
- 1 T. white wine vinegar
- 1 T. olive oil or vegetable oil
- 2 t. sugar
- 4 c. torn spinach leaves
- 1 c. blueberries
- 1/2 - 1 c. mandarin orange sections, drained

Heat oven to 350° F. Line a cookie sheet with foil. In a small bowl, toss the pecans in maple syrup, coat well. Spread pecans on baking sheet and sprinkle with 1/2 t. sugar. Bake for 7-9 minutes, turning occasionally. Cool completely, about 15 minutes. Meanwhile, in another bowl, whisk together orange juice, vinegar, oil and remaining sugar. In a large bowl, toss together spinach, blueberries and mandarin oranges. Toss the dressing and sprinkle with pecans. Serve immediately. Makes 5 servings.

Movies in the Park

City of Plymouth Parks and Recreation will show a family friendly movie in Hilde Amphitheater! For more information: www.plymouthmn.gov

IOCP Food Shelf Donations at the Farmers Market



Interfaith Outreach & Community

Partners will be accepting non-perishable food donations at the

Plymouth Farmers Market! Donate to a great

As a reminder...

Please, no dogs allowed at the Farmers Market.

The Farmers Market begins promptly at 2:30 p.m., no early purchases!



Meet Your 2012 Farmers Market Vendors

Welcome to all 2012 Farmers Market Vendors!

- Beck's Greenhouse and Farm
- Bobbie's Branch
- Untiedts Vegetable Farm
- Great Harvest Bread Company
- Chang Farm
- Neumann Farms
- Sugar Bush Ridge Farm
- Bee's Fresh Vegetables
- Olive On Tap
- I Got Cheese



- Lee Family Farm
- Mau Family Produce

- Black Barn Bakery
- Kua Cha
- Lee Fresh Produce
- Gracie's Pantry
- Gregor Farm and Greenhouse
- Jimmy John's Farm
- Simply Nuts
- Jerry Farm
- Svihel Vegetable Farm
- Berry Blendz
- Naturally Delicious
- Thompson Hillcrest Orchard
- Her Family Farm
- Gracene's Cupcake Boutique