

## Upcoming Events:

### 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 Night  
(Brian Peterson performs)

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# Plymouth Farmers Market

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## Farmers Market Kickoff Event Re-cap

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

At 2:30 p.m. last Wednesday, July 11, the horns blew to signal the start of another season with the Plymouth Farmers Market! Crowds of eager produce lovers browsed the market, sampling the familiar and the new products.

The Roe Family singers entertained with their folk music while balloon art was made for kids.

Shoppers were able to taste samples of the Farmers Market, including homemade bread, seasoned



nuts, ice cream and fresh corn-on-the-cob. The new vendors, including the hot dog stand, cheese stand and olive oil stand, were popular with shoppers. Just a glimpse at what's to come at this year's market!



## Grill Safety Demo July 18 with Plymouth Fire Dept.



At 3 p.m. Wednesday, July 18, the Farmers Market will hold a Grill Safety demo with the Plymouth Fire and Police Departments. A demo with a charcoal and a gas grill will be performed to show

safe grilling techniques.

There will be a door prize for a table top charcoal grill following the demo!

Don't miss the grilling demo at the Plymouth Farmers Market!



**Plymouth Parks & Recreation**  
**[www.plymouthmn.gov/farmersmarket](http://www.plymouthmn.gov/farmersmarket)**  
**763.590.5200**

## Grilled Vegetables (foodnetwork.com)

Here is a recipe for grilled veggies, which can be found at the Farmers Market!

### Ingredients:

- 3 red bell peppers, seeded and halved
- 3 yellow squash, sliced lengthwise
- 3 zucchini, sliced lengthwise
- 3 eggplant, sliced lengthwise
- 12 cremini mushrooms
- 1 bunch asparagus, trimmed
- 12 green onions, roots cut off
- 1/4 c. plus 2 T extra virgin olive oil
- salt and black pepper
- 3 T balsamic vinegar
- 2 garlic cloves, minced
- 1 t. each fresh parsley, basil and rosemary

Prepare a grill to medium heat. Brush the vegetables with 1/4 c. oil to coat, then sprinkle with salt and pepper. Working in batches, grill the veggies until tender and lightly charred, about 8 minutes (less for the mushrooms and green onions). Meanwhile whisk together remaining oil, vinegar, and herbs. Drizzle over the vegetables, serve warm. Makes 6 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](http://www.plymouthmn.gov)

## IOCP Food Shelf Donations at the Farmers Market



Interfaith Outreach & Community

Partners will be accepting both

perishable and non-perishable

food donations at the Plymouth Farmers Market!

Donate to a great cause by bringing food items!

## As a reminder...

Please, no dogs allowed at the Farmers Market.

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



# Got Cheese? Scott Graham of I Got Cheese does!

Scott Graham talks eagerly about the cheeses he slices into, giving out samples of Kalamata Olive, Horseradish Cheddar and Cranberry Cheddar to hungry market shoppers.

Although Graham's I Got Cheese stand is new this year to the Plymouth Farmers Market, he is no stranger to farmers markets, as he has been doing them for more than 20 years.

Born and raised in the Wayzata area, Graham grew up with cheese. When he finished his degree in Agriculture, he began working with cheese makers around the Midwest, helping the few cheese plants left in the Midwest continue to make and sell cheese.

Graham said economics is a large factor in why many cheese factories



went out of business, the cost was too much. He explained that in 1945, there were 1,500 cheese plants and

today, it's down to 145.

Graham is working to keep the cheese business alive and selling at the Plymouth Farmers Market might just be the trick. Shoppers swarmed the stand to taste samples.

"Our cheese curds are the number one selling product," Graham said. "No surprise there!"

Graham prefers a six-year aged white cheddar. Or his parmesan/asiago/cheddar blend called Montamorè.

Whether it's a sample of the creamy cheddar or a lesson in the *fromager* business, Graham's I Got Cheese stand at the Plymouth Farmers Market is the place to be.