

## Upcoming Events:

**July 25**

Antique Car Night  
(postponed)

**August 1**

(Eye May performs)

**August 8**

Farmers Market Week  
(Barbara English performs)

**August 15**

Nutrition Night—  
cooking demos  
(Roe Family Singers perform)

**August 22**

Vendor Appreciation Night  
(Brian Peterson performs)

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# Plymouth Farmers Market

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## Plymouth Fire Dept. shares grill safety tips at Market

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

Members of the Plymouth Police and Fire Departments were onsite last Wednesday to discuss safe grilling practices at the Farmers Market.

One of the leading factors that contributes to fires with both gas and charcoal grills is when they are used in areas where flames can catch, such as deck railings and low-hanging branches.

Propane grills should be checked for leaks at each use. Charcoal grill starter fluid needs to be kept away from children and stored



away from flammable sources.

A grill should never be left unattended and only used outdoors.



## Annual Antique Car Show postponed due to rain



The annual Antique Car Show schedule for July 25 at the Plymouth Farmers Market has been postponed due to the chance of rain.

Please check back for re-scheduling the car show.



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

## Quinoa Salad – Latin Style

A quick yet satisfying gluten-free citrus salad that uses lots of veggies and herbs from the garden!

### Ingredients:

- 1 c. uncooked Quinoa
- 1 1/2 c. grape tomatoes, halved
- 1 1/2 c. diced zucchini
- 1 1/2 c. fresh corn hulled off the cob
- 1 (15oz.) can black beans, drained and rinsed
- 1/3 c. sniped fresh cilantro
- 1/3 c. fresh lime juice
- 1/4 c. fresh orange juice
- 2 T. extra virgin olive oil
- Salt and pepper to taste
- 1/2 t. cumin

In a fine mesh strainer, rinse quinoa with cold water; drain. Combine quinoa and 2 cups water in saucepan. Bring to a boil; reduce heat and simmer, covered, until water is absorbed (about 15 minutes); cool. Fluff with a fork.

In large bowl, combine quinoa with next 5 ingredients. Whisk together juices, olive oil, salt, cumin, and pepper. Drizzle dressing over quinoa mixture; toss to combine. Refrigerate, covered several hours, or overnight. Toss gently before serving. Makes 18-1/2 cup 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

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!



# Gluten-free Goodies from Black Barn Bakery

When Janelle Meier's son Evan was born, she was faced with new challenges for providing him with nutrition because of his peanut, wheat and dairy allergies.

"There was a lot of trial and error with cooking and baking," Meier said.

However, one major success came out of all the trials and errors — gluten free baked goods, courtesy of the Black Barn Bakery, new vendor at the Plymouth Farmers Market.

Based out of Shakopee, Minn., the Black Barn Bakery offers baking mixes to people who are gluten-free, whether by choice or not.

The products went retail in March of 2011 and are now available for sale.



These vegan, dry mixes include Banana Bread, Chocolate Doughnuts and Pumpkin Cookies.

These mixes are helpful in that they

have the ability to cater to all dietary needs since they are dairy, gluten and soy free. People can use their own "wet" ingredients, such as eggs or egg substitute.

Having been gluten-free herself for 20 years, Meier understands the difficulties in creating tasty treats without the yeast. But all of her products have passed her family's taste test, she said.

In order to keep the moisture that baking goods require, she has found good substitutes such as coconut oil and ground chia seeds, which were present in the chocolate doughnut samples for folks to taste at the Farmers Market. They passed the Market taste test too, it seems.