

Upcoming Events:

August 1

(If 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)

August 29

Back to School Night

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McKee & Andrews



Plymouth Farmers Market

VOLUME 1, ISSUE IV

AUGUST 1, 2012

National Farmers Market Week August 5-11

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

August 5-11 is a week to recognize the thousands of farmers markets across the country who play a key role in growing and harvesting fresh, affordable, healthy and sustainable produce.

This national week was proclaimed by U.S. Department of Agriculture Secretary, Thomas Vilsack, to encourage citizens to celebrate the benefits of farmers markets.

At the Plymouth Farmers Market Wednesday, Aug. 8, local growers and farmers will be recognized for their

contribution to the community.

In celebration, there will be a kids scavenger hunt with prizes for winners.

In addition, Barbara English will be performing.

The Plymouth Police department will be at the Community table.

Come out and say thank you to the growers of local produce, who are there to answer questions and give helpful tips about buying and preparing delicious, nutritious and affordable meals.



Music at the Market— showcasing local talent



The Roe Family Singers



Brian Peterson



Noah Reimer



Tim Fast



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

Watermelon Slush

A super easy, fast, natural sports beverage full of potassium and Vitamins A and C.

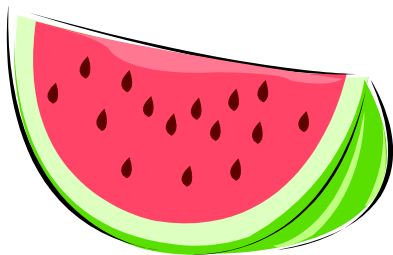
Source: www.eatingwell.com

Ingredients:

- 3 c. of cubed watermelon
- 2 T. fresh squeezed lime juice
- 1 T. sugar
- 1 c. crushed ice
- 1/2 c. water

Blend all ingredients in a blender for one minute. Serve with a sprig of fresh mint. Makes 4 1-cup servings.

Nutrition facts (per serving): 48 calories, 12 g. carbohydrates, 1 g. protein, 2 mg. sodium, 137 mg.



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 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!



Flavorful Oil and Vinegar Infusions: Olive on Tap

Imagine for a moment a delicious steak, right off the grill. Now, imagine that steak had been marinated in a garlic infused olive oil and merlot infused balsamic vinegar. Taste explosion.

This is just one of hundreds of recipe ideas Rebecca Bouchier can whip out that use her infused olive oils and balsamic vinegars. Her business, Olive on Tap, has made its way to the Plymouth Farmers Market to give shoppers a taste, literally, of quality oil and vinegar.

Bouchier, who spent 32 years as a corporate travel agent, opted out for a more fulfilling career.

"You have to be a foodie and have that



culinary taste," she said.

The aged balsamic vinegars are from Modena, Italy. Most infused vinegars are aged 18 years, and the flavor infusions range from Pinot Grigio, raspberry and Hickory Smoked.

The olive oils, which come from Spain and Italy, are infused with flavors such as garlic, dill, key lime and basil.

Bouchier will be opening her business in Excelsior, as she has created a client following from doing business at farmers markets.

"People will not get this kind of quality from a grocery store," she said.

Oil and vinegar can be used just about everywhere in cooking and baking to give the food that extra something delicious.

Just ask Bouchier for a great pairing. She creates dressings, seasonings and even baking substitutes for just about every kind of recipe imaginable.