

## Upcoming Events:

### August 8

National Farmers Market Week  
(Barbara English performs)

### August 15

Nutrition Night cooking demo with Jackie Vallette Uglow  
(Roe Family Singers perform)

### August 22

Vendor Appreciation Night  
(Brian Peterson performs)

### August 29

Back to School Night

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# Plymouth Farmers Market

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## Nutrition Night demonstrates healthy and fresh meals

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

Next Wednesday, August 15, the Plymouth Farmers Market will hold a Nutrition Night for all market-goers to attend.

Jackie Vallette Uglow, a registered dietician, will demo a healthy summer salad recipe that incorporates ingredients found at the farmers market. The Roe Family Singers will be back to entertain the crowd with their folk tunes.

For the kids, there will be a scavenger hunt to search for goodies at the market and at

4:30 p.m., there will be a story time.

Members of Market sponsor Lifetime Fitness will also be at next week's market

to provide handouts and information on upcoming fitness programs and they will be handing out free samples of their new protein shake, which can be found at the Lifetime Café.

Don't miss out this opportunity to learn about healthy recipes and sample a taste of the Plymouth Farmers Market!



## 8 Avocado Recipes (besides Guacamole) Adapted from Health magazine

Though avocados are known best as the creamy main ingredient in guacamole, they are high in healthy monounsaturated fats and a good source of fiber, vitamins, and minerals. Sample 8 ways to bite, nibble, and spoon up this fantastic fruit.

1. ALT (Avocado, Lettuce and Tomato) Sandwiches
2. Southwestern Salad with Corn and Avocado
3. Grilled Chicken Salad with Avocado and Mango
4. Cilantro-Lime Shrimp Tacos
5. Zucchini and Avocado

- Soup with Cucumber Salsa
6. Grilled Shrimp, Avocado and Mango
7. Avocado and Shrimp Sushi
8. Avocado Fries



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

## Roasted Balsamic Green Beans and Peppers

An excellent side dish to a chicken or steak!  
Source: [www.eatingwell.com](http://www.eatingwell.com)

### Ingredients:

- 2 T. extra virgin olive oil
- 2 t. Dijon mustard
- 2 t. maple syrup
- 2 cloves garlic, minced
- 12 oz. green or yellow beans
- 2 bell peppers, sliced lengthwise
- 1/3 c. toasted pine nuts
- 2 T. balsamic vinegar

Preheat oven to 400 degrees F or set grill to medium heat. Mix oil, garlic, mustard and syrup. Add beans and peppers, toss. Place the vegetables in an aluminum foil packet and sprinkle with pine nuts. Close the packets tightly. Cook until tender, baking 15 minutes or grilling 10 minutes. Makes 4 servings.

Nutrition facts (per serving): 199 calories, 15 g. fat, 15 g. carbohydrates, 4 g. protein, 333 mg. sodium, 389 mg. potassium.

## 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!



# Tantalizing Pepper Jellies and Marinara Sauces

What better way to serve a delicious, vegetable pasta than to compliment it with a homemade marinara sauce? These sauces plus hot pepper jellies can now be found at the Plymouth Farmers Market with Tantalizing Taste, one of the newest vendors in town.

Frederick Isbell may be a newcomer to the Plymouth Farmers Market, but he is not new to the food industry. He came from the restaurant business as a chef.

These pepper jellies were his own creation. He turned his passion into a business.



The hot pepper jellies, which include Habanero Pepper, Mild, Jalapeño and Roasted Red Pepper, are traditionally served over cream cheese or another soft cheese, like goat cheese, and accompanied with crackers.

However, Isbell has found that they go very well over turkey burgers, salmon and other grilled items, or as a glaze or marinade.

He hopes to one day manufacture his products enough to take his business retail. For now he sticks with markets and food fairs, which he enjoys because of the fun atmosphere and flexibility.

His advice for other small business owners?

“Don’t get discouraged in the beginning,” he said. “You have to keep with it. In time your products will sell itself.”