

## Upcoming Events:

### August 15

Nutrition Night  
cooking demos  
(Roe Family  
Singers perform)

### August 22

Vendor  
Appreciation  
Night  
(Brian Peterson  
performs)

### August 29

Back to School  
Night

### September 5

Antique Car Show

### September 12

Go Green Night  
with the  
Environmental  
Quality  
Committee

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# Plymouth Farmers Market

VOLUME 1, ISSUE VI

AUGUST 15, 2012

## Plymouth to Recognize Farmers Market Vendors

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

Join us at the Plymouth Farmers Market next Wednesday as we thank all our vendors for their hard work and delicious food!

Vendor Appreciation Night will be a night solely for recognizing our local farmers, bakers, and small business owners for their efforts in keeping food fresh, local, sustainable and economical.

Each vendor brings something unique to the Plymouth Farmers Market, and we want to remind them how much we



appreciate all they do for us.

So while you are buying tomatoes, bread, cheese or even a smoothie, remember to say thanks to the person you are buying it from. Without their perseverance, the Farmer's Market wouldn't survive!

## 10 Different Ways to Use Farmers Market Zucchini

Shred it and use it for a moist **Zucchini Bread**.

Slice it and top it with **Roasted Red Peppers and Goat Cheese**.

Peel thin slices of yellow and green ones to make **Zucchini Pasta**.

Slice lengthwise, bread and bake 'em for **Zucchini Fries**.

Dice it and toss with corn, chili pepper and lime juice for a **Zucchini Salsa**.

Grate it and use it a **Zesty Zucchini Spaghetti**.

Layer with sliced tomatoes and bake for a **Tomato-Zucchini Bake**.

Slice it into your Sunday Brunch **Frittata**.

Layer it with noodles and cheese for a **Garden Lasagna**.



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

## Mixed Greens with Blueberries, Watermelon and Feta

Adapted from the New American Plate Cookbook

### Ingredients:

- 2 T. raspberry or blueberry flavored vinegar
- 1/2 c. fat free, reduced sodium chicken broth
- 2 T. extra virgin olive oil
- 1 t. honey
- 2 small fresh mint leaves
- 10 fresh blueberries plus 1/2 c.
- 1/2–1 c. cubed watermelon, no seeds
- 8 c. mixed greens, torn into bite sized pieces
- 2 oz. crumbled reduced fat feta cheese

In blender, combine first 5 ingredients plus 10 blueberries at a low speed until well combined. In a large bowl, toss the mixed greens with the remaining blueberries, drizzle vinaigrette over and sprinkle with feta cheese. Makes 8 servings.

Nutrition facts (per serving): 64 calories, 4 g. total fat, 5 g. carbohydrates, 3 g. protein, 2 g. fiber, 126 mg. sodium.

## 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!



# A sweet taste of heaven with Gracene's Boutique

Who says you can't have your cupcake and eat it too? Because at the Plymouth Farmers Market, now you can with Gracene's Cupcake Boutique!

Gracene Wood debuted her gourmet cupcake business last Wednesday to the Plymouth Farmers Market, giving shoppers a little something sweet to buy.

Shoppers "oooh'ed" and "aaahh'ed" the gorgeous mini cupcakes for sale, in flavors such as Chocolate Peanut Butter Bliss, Caramel Lovers, Salted Caramel and Classic Carrot Cake.

Wood attributes her success to quality ingredients, such as European butter and Belgian chocolate.

"Everything is made from scratch so



Gracene Wood and her daughter, Ryann.

that I could perfect flavor combinations and ingredients in order to get that melt-in-your-mouth cupcake and silky frosting," she said.

Her business is run solely by word of mouth and through web orders, with her online site

[www.gracenescupcakes.com](http://www.gracenescupcakes.com).

Shoppers can place orders for cupcakes that Wood will deliver for free. In addition, she has also done special events such as weddings and showers.

Currently, Wood makes all of her cupcakes in a commercial kitchen she rents in Maple Grove, but eventually she'd like to open her own shop when the time is right.

"Timing is key," she said. Her first job is mom, cupcakes come second.

She gets a lot of help from her family, who are her taste-testers and sous-chefs.

She enjoys the flexibility of spending time with her family while being able to bake. Her two passions combined.