

## Upcoming Events:

### August 22

Vendor  
Appreciation  
Night  
(Brian Peterson  
performs)

### August 29

Back to School  
Night

### September 5

Antique Car Show  
with the Plymouth  
Historical Society

### September 12

Go Green Night  
with the  
Environmental  
Quality  
Committee

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# Plymouth Farmers Market

VOLUME 1, ISSUE VII

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## Farmers Market Promotes Heart Healthy Eating

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

Last Wednesday night was all about heart healthy eating with the informational Nutrition Night at the Plymouth Farmers Market.

Registered dietician Jackie Vallette Uglow handed out samples of a Blueberry Watermelon Feta Salad, which incorporates all aspects of good heart healthy eating.

Uglow explained that the salad contains lycopene, Vitamins A,C, and E, folates and healthy fats, which combined can prevent

cardiovascular disease, cancers, hypertension and high blood pressure, the biggest killers in America. In

addition, the salad she promoted was very low in sodium and a great candidate for the DASH diet (Dietary

Approaches to Stop Hypertension). This diet was developed to create an eating style that would lower high blood pressure.

The Farmers Market is a great place to learn about nutrition and gather recipes to cook delicious produce and live a happy, healthy lifestyle!



## Back-to-School at the Plymouth Farmers Market

If the humidity is disappearing and sweet potatoes start popping up at the Plymouth Farmers Market, it can only mean one thing—it's time for all the kids to get ready to head back to school!

Wednesday, August 29 will be the night dedicated to the annual fall ritual at the market. Nutritious lunch handouts and temporary tattoos will be provided for kids.

Help pack their lunches

with healthy and fresh produce from the market!



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

## Peach and Blueberry Cobbler

source: [www.eatingwell.com](http://www.eatingwell.com)

### Ingredients

3 T. unsalted butter  
3 T. canola oil  
1 c. whole wheat flour  
1 1/2 t. baking powder  
1/2 t. salt  
1 c. skim milk  
1/2 c. sugar  
1 t. vanilla extract  
3 ripe peaches, pitted and sliced thin  
2 c. fresh blueberries

**Directions:** Preheat oven to 350 degrees F. Place butter and oil in a 9x13 baking dish and heat in oven until butter is melted. Meanwhile, combine dry ingredients in a large bowl. Mix in milk, sugar and vanilla. Add the melted butter to the mixture and stir. Pour the batter in the heated pan. Place the peaches and blueberries evenly onto the batter. Bake the cobbler until browned, about 50 minutes. Remove and cool on a wire rack about 15 minutes. Serve warm, makes 10 servings.

**Nutrition facts** per serving: 182 calories, 8 g. fat (3 g. sat., 3 g. mono), 11 mg cholesterol, 26 g. carbs, 3 g. protein, 3 g. fiber, 212 mg sodium, 140 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!



## Building a business experience, one hotdog at a time

To most, selling hotdogs from a cart may not seem like a glamorous business, but for Mark Eggenberger, it is.

Eggenberger is the owner of Bronco's Dogs, a new stand at the Plymouth Farmers Market, and one of the youngest vendors at that.

A sophomore at Santa Clara University in California, the idea came to him during school. He saw all the late night parties and wanted to help them out with a little snack. And so, Bronco's Dogs was born.

Eggenberger is a business major with a minor in entrepreneurship, so the hotdog stand is the perfect opportunity to start out his career.



"This has been such a great experience overall," he said. "It's such a great way to get to know the community and build relationships with vendors and local people."

The name of the business comes from his university's mascot, Bronco. His signature spicy BBQ sauce, "Buckysauce" after Bucky the name of the mascot.

Now, one question remains. Why a hotdog stand at a Farmers Market?

Eggenberger, a Plymouth native, says that it's a quick snack for shoppers.

"Looking around at all the produce, it makes you hungry," he said. "It's the perfect quick fix." He says the majority of his clients are vendors.

The price is right too. All his hot dogs, which are fresh every week, are only one dollar. In addition, he also sells brats and Polish dogs.

To other young entrepreneurs out there, he encourages them to start out small when trying to start a business.

"Just get your feet wet," he said. "It's about putting yourself out there and reaching out to your sellers."