

Upcoming Events:

August 29

Back to School Night - Julie Rodriguez performs

September 5

Antique Car Show with the Plymouth Historical Society

September 12

Go Green Night with the Environmental Quality Committee

October 10

Last Day of the Plymouth Farmers Market



THANK YOU
SPONSORS

LIFETIME
FITNESS

Mosaic

McKee & Andrews

M&A
Insurance Agency, Inc.

auto • home • business • life

Plymouth Farmers Market

VOLUME 1, ISSUE VIII

AUGUST 29, 2012

Healthy school lunch ideas your kid will love!

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

It's back-to-school time again, which means little Jimmy must pack his bag of books, pencils and a healthy and yummy lunch!

One way to simplify and manage your child's lunch is with the use of plastic lunch containers with separate compartments, which are inexpensive and available anywhere.

Portions are controlled and each can be filled section with something different!

Try one of these ideas:

- bowtie pasta with

veggies, watermelon, carrots with hummus and a couple fig cookies

- Fish-shaped tuna sandwich on wheat with goldfish crackers, a small apple and sugar snap pea pods
- Ham and cheese roll-ups on wheat tortillas with mandarin orange sections, a low-fat pudding pack and shelled edamame
- Hard boiled egg with whole grain crackers, bell pepper strips, mini corn muffin and kiwi with blackberries
- One cup bean salad, handful of tortilla chips with salsa, melon wedges, 1/4 c. trail mix



www.parents.com

Annual Antique Car Show re-scheduled for next Wednesday

The Annual Antique Car Show, which was delayed in July due to impending rain, has been re-scheduled for next Wednesday at the Plymouth Farmer's Market.

The Plymouth Historical Society will partner with the Farmer's Market to display some of the most fascinating classic cars the area has to offer!



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

Caprese Salad

source: www.thepioneerwoman.com

Ingredients

2 c. balsamic vinegar
3 whole ripe tomatoes, sliced thick
12 oz. fresh Mozzarella Cheese, sliced thick
fresh basil leave
extra virgin olive oil, for drizzling
salt and pepper

Directions: In a small saucepan, bring balsamic vinegar to a boil over medium-low heat. Cook for 10-20 minutes, or until balsamic has reduced to a glaze. Remove from heat and transfer to a bowl and allow to cool.

Arrange tomato and mozzarella slices on a platter, placing basil leaves between the layers. Drizzle olive oil on top of the salad, followed by the balsamic vinegar. Sprinkle salt and pepper on top to taste. Serve immediately. Serve as a salad with crusty bread. Makes 8 servings.

Nutrition facts: per serving: 194 calories, 14 g. fat (5 g. sat., 7 g. mono), 25 mg cholesterol, 7 g. carbs, 11 g. protein, 1 g. fiber, 212 mg sodium, 190 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

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!



Untiedt's Vegetable Farm Promotes Sustainable Farming

At the table, the tomatoes, sweet corn and raspberries look like basic fresh produce. But one taste of the tomatoes and corn tells you that this produce is something special.

At Untiedt's Vegetable Farm, a farming technique that is still new to the United States is used — tunnel farming.

Untiedt's has 35 acres of high tunnels— fields that are covered to protect the crops against the elements and trapping the heat from the sun, allowing the growing season to be increased.

All watering is done underground, so the crops get their nutrients through the soil.



And at Untiedt's, they use no pesticides.

"Everything is cleaner and nicer," said Terri Macphael, who has worked with the farm for 17 years.

The tunnel farming technique is popular in the UK and just starting to make an appearance in the U.S.

One possible reason that it isn't common stateside is because it is fairly expensive to upkeep the tunnels.

"You'll find that our produce may be slightly more expensive than other farmers, but our produce is always good, Untiedt's guarantees it," Macphael said.

Sustainable farming is key at the farm, ensuring that the land will be passed down to generations down the road.

"We are very aware of nature and what goes on around the area," Macphael said.

The Waverly, MN farm also participates in CSA, so anyone can have a share of Untiedt's fresh and quality produce.