

Upcoming Events:

September 5

Antique Car Show with the Plymouth Historical Society- Matt Yetter performing

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 IV

SEPTEMBER 5, 2012

Composting Demonstration to be held at Farmers Market

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

The Plymouth Farmers Market will be holding a "Go Green Night" next Wednesday to promote environmental responsibility when it comes to food.

The Plymouth Environmental Quality Committee will be on hand to provide information regarding the new recycling program, some energy saving tips and compost information.

Recipe handouts on how to make a Compost Salad, made from ingredients commonly found in the

kitchen, will be available.

This demonstration will be great information for families to understand how the composting process works and how to start a compost at home.

Composting involves mixing household waste and gardening to provide an organic, homemade fertilizer that is great for the soil. The process of taking household food waste and composting is a reusable cycle to help grow fresh food, and can be done at the home.

Learn about ways to be environmentally responsible at the Go Green Night next Wednesday.



4 Delicious and Nutritious Ways To Eat An Apple A Day

Minnesota experienced a scorching hot summer, which means that it's already almost apple season! Here are 4 ways to keep the doctor away with nutritious apple recipes.

1. Core out a tart **apple**, fill

it with oats, brown sugar and cinnamon and bake in the oven.

2. Chop several **apples** and sweet potatoes, toss them in a bit of maple syrup and cinnamon



and cook in the crock pot.

3. Sauté a red onion and an **apple** in a bit of butter and serve on top of a pork tenderloin.

4. Slice an **apple** thinly on an arugula salad with pecans and crumbled feta.



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

Crustless Spinach, Onion and Feta Quiche

source: www.sparkrecipes.com

Ingredients

1 medium onion, diced
6 oz. fresh baby spinach leaves
2 large eggs
1/2 c. egg beaters (liquid substitute)
1/2 c. all purpose flour
1/2 t. baking powder
1/4 t. salt
1 1/3 c. skim milk
1/2 c. feta cheese
pinch of cayenne pepper

Directions: Preheat oven to 400 degrees F. Lightly grease a 10-inch round pan. Over medium heat, sauté the onion until translucent. Add in spinach and cook just until wilted. Set aside to cool.

In a large bowl, whisk together eggs and substitute, flour, milk, baking powder and salt. Pour in the onion and spinach mixture, gently folding it in. Pout quiche mixture into pan, top with feta. Bake 25 minutes, until outside is golden brown. Makes 6 servings.

Nutrition facts: per serving: 133 calories, 5 g. total fat, 74 mg cholesterol, 13 g. carbs, 10 g. protein, 2 g. fiber, 252 mg sodium.

Vendor Updates

Tantalizing Taste— New Roasted Tomato Salsa available for sale! Made from tomatoes and jalapenos fresh from the garden!

Sugarbush Ridge— Sandy Tschannen from Sugarbush Ridge won the 1st Place Sweepstakes at the MN State Fair this year for their honey.



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!

As a reminder...

Please, no dogs allowed at the Farmers Market.

The Farmers Market begins promptly at 2:30 p.m., no early purchases!



Refreshingly Delicious Smoothies from Berry Blendz

Summer is fading fast folks, better drink it up while you can, literally. And a smoothie from Berry Blendz just might do the trick.

Berry Blendz focuses on healthy and fresh fruit smoothies, made fresh each day. They have a store location in Eden Prairie, but can also be found buzzing around other local farmers markets, in addition to our own Plymouth market.

Ashley Jones, who has worked with Berry Blendz for several years now, explained the recipe for a delicious smoothie. One part fresh fruit, one part fruit juice and one part sherbet or frozen yogurt. This means each smoothie is naturally sweet, without any added sugar.

With names like Fruit Flirtation and



Razz-a-Lade, these fresh smoothies can't be beat.

So delicious and nutritious, Berry Blendz smoothies can be bought a la carte at local schools in the cafeterias as a sweet treat.

"I really like that these smoothies are a healthier option for kids," Jones said.

"You'd be surprised to know that more students are picking smoothies as a treat as opposed to candy and ice cream," she said.

Take the Fruit Flirtation for example, which is one of the more popular drinks. It has Raspberry juice, orange sherbet, and bananas and strawberries.

Berry Blendz also does fundraising events, charities and graduation parties for sweet treats delivered right to the home or event.

The store lets you customize a smoothie and even add a protein powder or vitamin boost.

"We've tried just about every combination possible," Jones said. "Razz-a-Lade is still my favorite."