

## Upcoming Events:

### September 12

Go Green Night with the Environmental Quality Committee

### September 29

Plymouth on Parade—mini Farmer's Market

### October 10

Last Day of the Plymouth Farmers Market



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# Plymouth Farmers Market

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## Get the most broccoli for your buck— money saving tips

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

Food is getting more expensive. That's a fact. You can blame politics, economics, agriculture, business, what have you – the truth of the matter is, food costs more than it ever has and times are still tough.

However, there are ways to feed the family without breaking the bank.

According to MSNmoney.com, there are several tips every shopper needs to know:

1. **Plan, plan plan.** Meal planning is key. Make a weekly schedule and stick to

it. Only shop for the items you will need for the week.

2. **Do your homework.** Once you know what groceries you will need for the week, shop around for the lowest prices and look online for coupons. Today's technology allows you to browse, coupon clip and plan with the swipe of a finger.

3. **Prep for the week.**

Once you have done your shopping, prep your meals for the week. Wash and clean veggies, portion out snacks in baggies, freeze meats for later.

4. **Prepare in bulk.** When making dinner, plan to make a little extra and place leftovers in storage containers for the next day's lunch. Your wallet and waistline will thank you.

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



## Squash your fears about cooking with squash

Some of the most comforting fall recipes use **squash** as a star ingredient. Here is a list of ways to prepare squash:

1. Roast a Butternut squash and puree with cream to make **Butternut**

**Squash Soup.**

2. Roast a **Spaghetti Squash** and using a fork, create "noodles of squash" for a light pasta.

3. Bake **Acorn Squash** halves and stuff with Moroccan Couscous.

4. Fill wonton wrappers with roasted Butternut Squash and boil for **Butternut Squash Ravioli.**

5. Slice Butternut Squash and sprinkle with Panko crumbs and parmesan and bake for a **Squash Gratin.**



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

## Compost Salad

source: [www.cspinet.org](http://www.cspinet.org)

### Ingredients

- 2 T. balsamic vinegar
- 2 T. peanut butter
- 1 T. reduced sodium soy sauce
- 1 clove garlic, minced
- 1 t. sugar
- 1 c. basil leaves
- 1 c. mint leaves
- 1 c. cilantro leaves
- 4 c. thinly sliced napa cabbage
- 1 c. grated carrots
- 1/4 c. roasted peanuts

**Directions:** In a small bowl, whisk together the vinegar, peanut butter, soy sauce, garlic, and sugar. Chop the basil, mint, cilantro leaves and toss with the cabbage and carrot. Toss the salad with the dressing and garnish with the peanuts. Serve as a side salad or make as a meal by doubling the dressing and tossing in a pound of shredded cooked chicken or sautéed or baked tofu. Makes 4 servings.

**Nutrition facts:** per serving: 137 calories, 9 g. total fat, 0 mg cholesterol, 11 g. carbs, 6 g. protein, 2 g. fiber, 222 mg sodium, 321 mg potassium.

## Plymouth on Parade

The 15th Annual Plymouth on Parade will kick off Saturday, Sept. 29. The Firefighter 5K begins at 9 a.m. at Plymouth Fire Station II. The Parade starts at 11:30 a.m. and runs down Plymouth Boulevard from 34th Ave to 37th Ave. Following the parade, stick around for an afternoon of free family activities at Hilde Performance Park and the Lifetime Fitness Center/Ice Arena for games, food, a petting zoo and musical entertainment.



### 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!



## Sugar Bush Bees do it again— Honey Wins at State Fair

The honey that Ken and Sandy Tschannen of Sugar Bush Ridge Farm make is the bees knees, and they have the ribbons to prove it.

For the second consecutive year, Ken and Sandy have taken home the 1st place Sweepstakes at the Minnesota State Fair this year for having the best honey.

Their white honey, which gets its flavor from the Basswood trees, is a light and succulent honey with the perfect amount of sweet.

In addition, their Raspberry Cream honey, which is a flavored honey spread, also won top awards.

No wonder the Sugar Bush booth at the Plymouth Farmers Market is always buzzing with excitement— the



honey says it all!

Ken explained that the honey he produces is raw, meaning it is literally bottled straight from one of his 50 hives in Maple Grove.

The honey on shelves in grocery stores has been pasteurized and heat treated, so it loses a lot of flavor and sweetness.

Locally grown honey is also said to

contain powerful health benefits, from allergy and sore throat relief to morning sickness relief to slowing hair loss.

"I have several customers who swear that honey combined with ground cinnamon alleviates allergies," Ken said. "It's the local enzymes, they're good for you."

So whether it's a sore throat you have or just want some delicious cinnamon cream honey on a toasted bagel, be sure to stop over at Sugar Bush Ridge to chat with Ken and Sandy.

But better hurry, the honey supplies are depleting quickly.

"I just love making honey and seeing my customers happy," Ken said. "We have a pretty big following of them."