

Upcoming Events:

September 29

Plymouth on Parade—mini Farmer's Market

October 10

Last Day of the Plymouth Farmers Market

Plymouth On Parade Schedule

9 a.m. - Firefighter 5K, Plymouth Fire Station II

11:30 a.m. - Parade, Plymouth Boulevard from 34th to 37th Avenue

1-3 p.m. - Activities at Hilde Performance Park and Plymouth Ice Arena/Lifetime Fitness

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Plymouth Farmers Market

VOLUME 1, ISSUE VI

SEPTEMBER 19, 2012

Compost food scraps and yard waste to grow plants

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

The Environmental Committee of Plymouth was onsite last Wednesday at the Farmers Market to answer questions and hand out information about composting as part of the Go Green Night.

Compost is organic material that can be used as a soil or as a medium to grow plants. It is created by combining organic wastes (yard trimmings, food waste, manure) in proper ratios to accelerate the breakdown of organic materials.

Composting right at home

can be done in three easy steps:

1. Make or buy a compost bin
2. Throw in kitchen scraps (NOT packaging, food waste only) and yard waste
3. Mix it up with a shovel or pitchfork every so often

According to the national EPA website, yard waste and food

scraps constitute 27 percent of US waste. Composting is a great way to reduce the overall cost of residential waste collection and separation.

Composting reduces the need for chemical fertilizers and promotes environmental responsibility by re-using food and waste materials to grow crops.



Easy and Nutritious Meatless Monday Meals

Not a vegetarian? That's ok, just jump on the Meatless Monday bandwagon. Here are some hearty meal ideas without the meat:

1. **Mushroom Stroganoff** with varieties of hearty

mushrooms in a light sauce over egg noodles.

2. **Eggplant Parmesan** with thick slices of eggplant, tomatoes and mozzarella.

3. **Zucchini Pizza Bites**, with sliced zucchini as the crust, then top as you like.

3. **Baked Macaroni and Cheese** with broccoli.

4. **Stuffed Bell Peppers** with Mexican rice, corn and black beans.

5. **Huevos Rancheros** with a fried egg and taco fixings on a corn tostada shell.

www.skinnytaste.com



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

Butternut Squash Soup with Sage

source: www.skinnytaste.com

Ingredients

- 1 butternut squash, about 2 cups cubed
- 1 carrot, peeled
- 1 small onion, chopped
- 1 celery rib, chopped
- 6 c. fat free chicken or vegetable broth
- 2 garlic cloves, halved
- 4 sage leaves
- 1/2 c. 1% milk
- salt and pepper to taste

Directions: Peel the squash and cut into cubes. In a large pot, combine squash, carrot, onion, celery, garlic, sage and broth and bring to a boil. Cover and simmer on low heat for 40 minutes, until squash is tender. Discard the sage and using an immersion blender, puree the soup. Or puree using a blender in small batches. Add milk and season with salt and pepper to taste. Warm through before serving. Garnish with fresh grated parmesan cheese. Makes 6 servings, one serving is 1 1/3 cups.

Nutrition facts: per serving: 56 calories, 0.3 g. total fat, 11 g. carbs, 3 g. protein, 3 g. fiber.

Plymouth on Parade

The 15th Annual Plymouth on Parade will kick off Saturday, Sept. 29. The Firefighter 5K begins at 9 a.m. at the 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!



Truckin' Around the Metro with Ready-to-Eat Meat

A new food truck has rolled into the Plymouth Farmers Market to sell hot sandwiches and brats made with locally grown meat.

Tollefson Family Farm, located in Gaylord, MN, is no stranger to farmers markets, having been part of the Minneapolis Farmers Market for more than 20 years selling fresh cuts from their swine farm.

However, the idea to prepare their meat into tasty, ready-to-eat meals and sell it from a food truck is new.

Owner Nick Tollefson said he took the concept of the farmers market mixed with restaurant style to produce quality food to go.

But it doesn't stop there.

"We are one of the only food trucks



to sell retail," Tollefson said.

"You can buy a pulled pork sandwich, and bring some home too."

Tollefson Family Farm raises swine without using hormones or antibiotics, making the meats leaner and tender.

"We pay attention to all 1400 animals in great detail," Tollefson said.

The truck, which is camped out daily in

downtown Minneapolis on 5th Street near Nicollet Mall, sells anywhere from 400-500 sandwiches a day, just at the Minneapolis Farmers Market.

The BBQ pulled pork sandwich, Cubano sandwich and pork tenderloin with a balsamic reduction are prepared fresh by Chef Terrence.

Despite the challenge Tollefson faces with variability in business, one factor remains the same— people want quality food.

"What I love about farmers markets is that people come to buy quality product directly from the source," he said. "They are looking for something authentic. You might have to pay a bit more but in the end, you are definitely getting more."