

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

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Make this summer's harvest last by preserving produce

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

Buying produce in bulk or harvesting right from your own garden may lead to a surplus in fresh fruits and veggies, resulting in waste when families can't eat the produce fast enough.

To make the produce last into the cold months, try preserving produce at home. It is one of the most economical ways to eat produce.

Canning consists of two methods— hot water bath and pressure canning.

Which method to use depends on the pH level of

the food. Hot water bath canning can be done with pickles, jams and jellies, sauerkraut, fruits and fruit butters.

Meats, vegetables, seafood and milk must be canned using a pressure canner.

Another way to preserve fresh produce is by **freezing** them.

Veggies should be blanched in hot water first, but the steps after are only to peel, cut and core fruits and veggies and lay them out on baking sheets in freezer. Once frozen, store in labeled storage bags.

Lastly, **dehydration** can be used to preserve produce. This method removes moisture from food, ensuring they will last up to a year. Meats, fruits, herbs and seeds are most commonly dried with the use of a food dehydrator.



Score with these healthy Sunday Football Snacks

Sundays in the fall time can only mean one thing - football. Which also means heavy, fattening game foods. Lighten up with some of these winning recipes:

1. **Baked Sweet Potato**

Fries.

2. **Baked Mozzarella Sticks** of string cheese rolled in bread crumbs, dipped in marinara sauce.

3. **Italian Meatballs** made with lean ground turkey.

4. **Hot Spinach and**

Artichoke Dip made with fat free cream cheese and light crackers.

5. **Taco Dip** with layers of lettuce, fat free refried beans and salsa.

6. **Skinny Buffalo Chicken Dip** made in the crock pot.



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

Zucchini Lasagna

www.skinnytaste.com

Ingredients

1 lb. 93% lean ground beef
3 cloves garlic, minced
1/2 onion, chopped
1 t. olive oil
28 oz. can crushed tomatoes
2 T. fresh basil, chopped
3 medium zucchini, sliced 1/8" thick
15 oz. part-skim ricotta cheese
16 oz. part-skim mozzarella, shredded
1/4 c. parmesan cheese, grated
1 large egg
salt and pepper to taste



Directions: In a medium saucepan, brown meat. Drain and transfer to another plate. Add oil and sauté garlic and onion. Return meat to pan and add tomatoes, basil, salt and pepper. Simmer on low 30-40 minutes.
Slice zucchini thin lengthwise, lightly add salt and set aside. After 10 minutes, blot with a paper towel to remove excess water. Grill zucchini slices 1-2 minutes per side.
In a separate bowl, mix ricotta cheese, parmesan cheese and egg.
Add a layer of zucchini slices to a 9x13 casserole dish. Spread on ricotta cheese mixture and sprinkle mozzarella cheese over that. Repeat until all ingredients are used. Top with tomato sauce and cover with mozzarella. Cover with foil and bake at 375 degrees for 45 minutes. Let stand 10-15 minutes before serving. Makes 8 servings.

Nutrition facts: per serving: 345 calories, 17 g. total fat, 16 g. carbs, 36 g. protein, 2 g. fiber, 8 g. sugar, 801 mg sodium.



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!



Homemade salsa is award-winning, thanks to sister

Bobbi Mowan's "Sister Salsa" isn't just any homemade salsa— it's the recipe her sister created that helped her win at the Minnesota State Fair. Mowan was given the recipe and the rest is history. The award-winning salsa is very popular at the Plymouth Farmer's Market at the Bobbi Branch stand.

The "Sister Salsa" also serves as a reminder of Mowans's sister, who has since passed away.

In addition to the "Sister Salsa," Mowan makes hot and mild salsas, pickled beets, pickles, apple butter and jams and jellies.

"What I like about the farmers market is interacting with the people," Mowan said. "It's a great way to socialize."

She said there's a pretty devoted



following of people at the farmers market who are constantly stopping by to check out what's for sale this week, as well as just to say hi.

Besides the Plymouth Farmers Market, Mowan does craft shows and makes holiday gift baskets with her products.

"It keeps me busy and my mind occupied," Mowan said.

Her two daughters, Christine and Denise, help out on market days. Mowan has two sons as well.

What's next for Mowan? A cookbook should be, since she has a wealth of recipes available for her products. Apple butter in spice cake mix? On top of pancakes?

Salsa as a pizza or pasta sauce?

The sweet and tangy pickles would make for a delicious relish, as there's "a bit of zip to them," as Mowan said.

She'll be a busy woman with the holidays just around the corner, making gift baskets. But she enjoys it.

"I get to make a little income doing something that I like to do."