

Upcoming Events:

October 3

Sharon April Miller performs, Park Nicollet at the Community Table

October 10

Last Day of the Plymouth Farmers Market - Brian Peterson performs, Environmental Quality Committee at the Community Table



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Plymouth Farmers Market

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OCTOBER 3, 2012

15th Annual Plymouth on Parade Celebration Re-Cap

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

Last Saturday was the perfect fall day for the 15th Annual Plymouth on Parade celebration.

The morning started out with the Firefighter Walk/5K. Plymouth's own Scott Myers and his wife Andrea Myers took 1st for the men's and women's division.

Following the race, the Parade bounded down Plymouth Boulevard, led by Grand Marshalls Justin Zook and Tom Franke, gold medal winner and head coach of the US Paralympics

Swim Team.

An afternoon of fun activities preceded the parade, with games, food and a petting zoo for the kids. There was even a mini Farmers Market with a handful of our vendors! As space permits for next year's Plymouth on Parade, more vendors are anticipated.

www.plymouthmn.gov



Healthy Substitutions to Lighten Up Cooking and Baking

Cooking and baking doesn't have to mean heavy creams, butter and oil. Follow these guidelines to whip up a tasty recipe without the guilt!

1. **Applesauce** for half of what's called for instead of butter/oil/shortening.

2. **Evaporated skim milk** instead of heavy cream.

3. **Two egg whites** for every whole egg.

4. **Whole wheat flour** instead of white flour.

5. **Plain Greek yogurt** instead of sour cream.

6. **Sugar substitutes** instead of sugar.

7. **Brown rice or bulgur** instead of white rice.

8. **Herbs, spices and sodium-free seasonings** instead of table salt.

www.mayoclinic.com



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

Crock-Pot Turkey White Bean Pumpkin Chili

www.skinnytaste.com

Ingredients

2 lb. 99% lean ground turkey
1/2 t. olive oil
1 small onion, chopped
3 cloves garlic, minced
1 t. chili powder, to taste
2 bay leaves
2 t. cumin
1 t. oregano
2 (15 oz.) cans of white beans, rinsed
15 oz. can pumpkin puree, not pie filling
4.5 oz. can green chili
2 c. low sodium fat free chicken broth
chopped cilantro and chives for topping
salt and pepper to taste
cooking spray



Directions: In a heavy sauté pan sprayed with cooking spray, brown meat. Add to crock pot when cooked through. Add oil to pan and sauté onion and garlic, about 3-4 minutes. Add cumin and cook another minute more and add to the crock pot. Add beans, pumpkin puree, green chilies, broth, chili powder, bay leaves and oregano to the crock pot. Cover and cook on high for 4 hours or on low for 8 hours. Before serving remove bay leaves, garnish with chopped green onion and cilantro and a dollop of light sour cream. Makes 9 1-cup servings.

Nutrition facts: per serving: 183 calories, 2 g. total fat, 11 g. carbs, 23 g. protein, 9 g. fiber, 2g. sugar, 43 mg sodium (without salt).



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!



Thompson's Hillcrest Apple Orchard: An Abundance of Apples

Barbara Thompson may be late into the game at the Plymouth Farmers Market, but wait is sure worth the while.

She brings fresh apples from her own orchard that her and her husband Gene started 16 years ago in Elko, MN.

Thompson's Hillcrest Apple Orchard began with only 200 trees. Since then, the orchard has grown to about 960 trees.

The varieties include the ever popular Honeycrisp, Honeygold, Regent (a combination of Red Delicious and Haralson), Haralred and more.

In addition to the apples, Barbara also has homemade apple jams and butter for sale.



Apples can be sold by the peck or in fractions of the peck. This allows folks to have that fresh-off-the-orchard apple without having to pick them their selves, although at Thompson's Orchard, that option is also available.

"It's always fun when people come out to the orchard to pick their own," Barbara said. "The kids learn about the

orchard and what we do."

Thompson also stops at the Maple Grove and Bloomington Farmers Markets.

"I love meeting the people at the markets," she said. "It's always fun to see the same people year after year. I may not remember their names, but I know what apples they like."

Barbara can tell her shoppers exactly what apples are good for baking, making into cider and applesauce, as well as just enjoying as is.

Folks can visit their website, www.hillcrestorchard.org for more information about the varieties of apples, including the University of Minnesota's newest variety, the Sweet Tango apple.