# **Upcoming Events:**

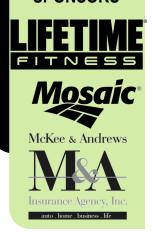
#### October 10

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

Thank you for a healthy and bountiful season!



THANK YOU SPONSORS



## Plymouth Farmers Market

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## Spook-tacular Halloween Recipes, Mummy-Approved

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

Halloween doesn't have to mean scale tricks and fatty treats. Check out this compilation of festive fall desserts and meals that won't scare you from stepping on the scale!

- Caramel apples. For obvious reasons, this treat is always a better option.
- recipe by using pumpkin puree instead of oil and butter. Then frost them with reduced fat cream cheese and pumpkin spice.

- Roast chicken and veggies in the crock pot with a mix of vegetable broth and apple cider vinegar to really bring out the fall flavors.
- Make Jell-o jigglers with orange and strawberry chunks.
- Drizzle popcorn
   balls with
   melted caramel or semi-sweet chocolate.
- Dress up a spinach salad with apple cider vinegar, toasted walnuts and warm goat cheese on a thin baguette slice.
- Chocolate cookies made with whole wheat flour, cocoa powder and applesauce substituting some shortening. Then drizzle on a white spider web glaze.

## **Pumpkin Painting at the Farmers Market Wednesday**

The fall festivities continue at the Plymouth Farmers Market with pumpkin painting Wednesday, Oct. 10.

Pumpkins purchased from our very own vendors will be available for kids to paint for free. A painting station will be set up on a table near the informational booth.

Enjoy the Plymouth Farmers Market one last time this season with a great activity for the kids!





Plymouth Parks & Recreation <u>www.plymouthmn.gov\farmersmarket</u> 763.590.5200

### **Mushroom Stroganoff**

www.skinnytaste.com

#### **Ingredients**

1 T. butter

1/2 c. chopped onion

2 T. all-purpose flour

2 c. fat free, low-sodium vegetable broth

1 T. Worcestershire sauce

1 t. tomato paste

5 oz. sliced Cremini mushrooms

8 oz. sliced baby Bella mushrooms

3.5 oz. Shiitake mushrooms

1/4 t. Thyme

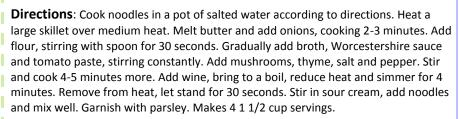
2 T. white wine or sherry

1/4 c. reduced fat sour cream

8 oz. uncooked noodles

1 T. chopped flat-leaf parsley, for garnish

salt and pepper to taste



**Nutrition facts:** per serving: 268 calories, 4 g. total fat, 53 g. carbs, 13 g. protein, 7 g. fiber, 5g. sugar, 312 mg sodium (without salt).





IOCP Food Shelf Donations at the Farmers

Interfaith Outreach &
Community Partners will be
accepting perishable and nonperishable 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!



## Svhiels Vegetable Farm displays bountiful fall produce

Tables of sweet corn, raspberries, tomatoes, potatoes, beets and more display Svihels Farm's bountiful and beautiful harvest.

Stalks of wheat and arrangements of gourds, pumpkins and squash indicate that this year's growing season is just about to end.

Big purple moms are potted into giant pumpkins, highlighting the beauty of the fall season.

Terri Nelson has been with the 700 acre Foley, MN farm for four seasons now.

"Jay and Julie Svihel are just wonderful people to work for," Nelson said. "They really take pride in their farm and work very hard."

Nelson assists shoppers in picking out



ripe eggplants and cabbages, and sells some festive colored corn and a few pumpkins to a family.

"I love getting to know people,"
Nelson said about working at the
farmers markets. "I see a lot of
regulars and a lot of new faces each
week."

Nelson is very intimate with each

customer too, calling everyone "sweetie" or "dear."

Svhiel Farms doesn't just work markets, they also sell a lot of their produce to schools. Nelson said just that day she delivered a bunch of strawberries to a school in Sartell, MN.

The farm is huge, with a million tomato plants and a million pepper

plants.
Svhiel
Farms
grows just
about
anything
and
everything.

