

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!*



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Plymouth Farmers Market

VOLUME I, ISSUE IV

OCTOBER 10, 2012

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.
- Lighten up any **cupcake** 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
www.plymouthmn.gov/farmersmarket
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



Directions: Cook noodles in a pot of salted water according to directions. Heat a large skillet over medium heat. Melt butter and add onions, cooking 2-3 minutes. Add flour, stirring with spoon for 30 seconds. Gradually add broth, Worcestershire sauce and tomato paste, stirring constantly. Add mushrooms, thyme, salt and pepper. Stir and cook 4-5 minutes more. Add wine, bring to a boil, reduce heat and simmer for 4 minutes. Remove from heat, let stand for 30 seconds. Stir in sour cream, add noodles and mix well. Garnish with parsley. Makes 4 1 1/2 cup servings.

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 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!



Svhiels Vegetable Farm displays bountiful fall produce

Tables of sweet corn, raspberries, tomatoes, potatoes, beets and more display Svhiels 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 Svhiel 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.

