

## Upcoming Events:

### June 19

Plymouth Farmers Market opens for the season! Brian Peterson performing

### June 26

Roe Family Singers perform

### July 3

Jackson Holte performs

### July 10

Tim Fast performs

### July 17

Brian Peterson performs

## THANK YOU SPONSORS



# Plymouth Farmers Market

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## Kicking off the 2013 Plymouth Farmers Market!

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

The weather is finally reminiscent of summer, which can only mean one thing—the Plymouth Farmers Market is back!

Not only will the market be bursting with fresh fruit and vegetables, but it will also be full of fun events for the whole family to enjoy!

Expect to see some familiar faces entertaining the crowds, such as the Roe Family Singers, Tim Fast and Brian Peterson.

Nutrition Night will be back in August to promote a

healthy lifestyle. The Antique Car show, hosted by the Plymouth Historical Society, will also be back in July to display those beautiful cars!

Some new events include story-time with Farmer Marc, beginning July 10! From 3:30 - 4:30pm, Marc will read a story and then lead a kid-friendly activity like coloring, crafts and making recipes!

Don't miss out the opportunity to spend time with the community of Plymouth at the Farmers Market!



## Delicious Produce Now in Season!

Fresh, delicious produce is now ready to eat! Here's a list of produce that's currently in season and at it's peak:

- ◇ Asparagus
- ◇ Artichokes
- ◇ Arugula

- ◇ Beets
- ◇ Chard and other greens
- ◇ Cherries
- ◇ Leeks
- ◇ Lemons
- ◇ Lettuce

- ◇ Mint
- ◇ Peas
- ◇ Rhubarb
- ◇ Spinach
- ◇ Strawberries
- ◇ Sweet Onions

[www.skinnytaste.com](http://www.skinnytaste.com)



**Plymouth Parks & Recreation**  
**[www.plymouthmn.gov/farmersmarket](http://www.plymouthmn.gov/farmersmarket)**  
**763.590.5200**

## Sautéed Garlic Asparagus

source: [www.allrecipes.com](http://www.allrecipes.com)

### Ingredients

1 bunch fresh asparagus  
3 T. margarine or butter  
3 cloves of garlic, chopped

**Directions:** Melt the butter or margarine in a skillet over medium-high heat. Add the garlic and asparagus spears; cover and cook for 10 minutes, stirring occasionally, under the asparagus is tender. Makes 4 servings.



**Nutrition facts:** per serving: 102 calories, 9 g. total fat, 5 g. carbs, 3 g. protein, 3 g. fiber.



### 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!



Bring cash please! An ATM is located inside the Ice Arena for your convenience. Also, bring reusable bags and help keep the market a green place!

## Our Vendors for the 2013 Plymouth Farmers Market

We welcome new and returning vendors to the Plymouth Farmers Market! Some familiar faces will join forces with new ones as we all come together to bring delicious and nutritious local food to the market! Say hello to our vendors!

### Meat

Jerky Direct

### Baked Goods

Great Harvest  
Zoe Goes Bananas

### Canned Items

Sugarbush Ridge Farm  
Bobbi's Branch

### Bath & Body

Body Bliss

### Produce

Thompson  
Hillcrest  
Orchard  
Svihel Vegetable Farm  
Jerry Farm  
Mau Family Produce



Jimmy John's Farm

Chang Farm

Yeng Lee

Beck's Elk River Green House and Vegetable Farm

Gregor Farm and Greenhouse

Bee's Fresh Vegetables

Untiedts Vegetable Farm

### Ready-to-Eat

Naturally Delicious, Inc.  
Berry Blendz  
Simply Nuts