

# PLYMOUTH *Farmers Market*

Every Wednesday, 2:30-6:30 p.m. | June 27-Oct. 10 | Parkers Lake Playfield, Co. Road 6 & Niagara Ln.



## VENDOR SPOTLIGHT: DIAMOND CITY BREAD

Elk River

Diamond City Bread specializes in authentic sourdough bread fermented overnight using natural ingredients. A variety of different flavors of breads and pastries are made fresh each day.

## NEW IN 2018 THE KIDS CLUB

Engaging the next generation  
of Farmers Market shoppers



### • ATTENDANCE PUNCH CARD

Ages 15 and younger can attend eight out of 15 markets and receive a special market prize at the end of the season. Punch cards are available for pick up at the Market Info Booth.

### • WEEKLY ACTIVITIES

Scavenger hunts, prizes, word finds, story time and more.

## UPCOMING EVENTS

July  
25

### Community Table

National Wellness Foundation  
with Experience Wellness  
Chiropractic

**Note:** Last week's newsletter incorrectly listed the Community Table guest.

August  
1

### Music

Brad Cattadoris

Community Table  
Interfaith Outreach &  
Community Partners

JULY 25, 2018

## SHOPPING AT THE MARKET

- » Please, no dogs.
- » The Farmers Market begins promptly at 2:30 p.m., no early purchases allowed.
- » Bring cash and reusable bags to help keep the market a green place.

## IOCP FOOD SHELF DONATIONS

IOCP will accept perishable and nonperishable food donations at the market.



- » Farmers Market apparel is available to purchase at info booth. Cash only.
- » Enter the weekly drawing at the info booth for a chance to win a bag filled with market items.

#PlymouthParks

[plymouthmn.gov/farmersmarket](http://plymouthmn.gov/farmersmarket)



## SPINACH DIP IN A BREAD BOWL

**SERVES 15**

### Ingredients

- » 2 cups sour cream
- » 1 envelope (1 ounce) ranch salad dressing mix
- » 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- » 1/4 cup chopped onion
- » 3/4 teaspoon dried basil
- » 1/2 teaspoon dried oregano
- » 1 round loaf of bread (1 pound)
- » Raw vegetables

### Instructions

- » In a large bowl, combine first six ingredients. Chill for at least 1 hour. Cut a 1 1/2 inch slice off the top of the loaf and set aside. Hollow out the bottom part, leaving a thick shell. Cut or tear the slice from the top of the loaf and the bread from inside into bite-sized pieces.
- » Fill the shell with dip and set on a large platter. Arrange the bread pieces and vegetables around it and serve immediately.



Source: [tasteofhome.com](http://tasteofhome.com)

## TIPS FOR BAKING BREAD

[bonappetit.com](http://bonappetit.com)

### • Read the instructions

This seems obvious, but it's common to ignore techniques in the instructions and revert to old familiar ways. Follow the instructions.

### • Start with a forgiving bread

Just because an ingredient list is basic, doesn't mean it's easy. Start with a bread like challah or focaccia.

### • Lay it all out

It's important to have all your ingredients in front of you before starting.

### • Buy a digital scale

Baking by measurements of weight keeps tighter control of proportions for a more consistent bread.

### • Know your yeast

Some bakers prefer using live (wet) yeast for baking, because of its superior flavor, texture and livelier interaction with the dough. If you can't find live yeast, dried is perfectly fine.

### • Knead like a monk

Knead as if you're meditating. If the phone rings, let it ring. Kneading is all about teaching your hands what to expect from the dough.

### • Keep your eye on the oven

One of the most common mistakes in bread baking is throwing the dough in the oven and abandoning it.

### • Relax

Don't stress about your bread being perfect.

### • Master a basic, then expand

Get one loaf down before you start to improvise and experiment.