

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: **LEE FAMILY FARM**

Moundsview

Lee Family Farm specializes in vegetables, herbs and flowers. Their products can be found at farmers markets across the Twin Cities. According to Lee Family Farm, they emphasize maintaining good relationships with both customers and employees.

UPCOMING EVENTS

Sept.
5

Music
Sunny VanBrocklin
Community Table
Homeward Bound

Sept.
12

Community Table
Plymouth Rockers

#PlymouthParks
plymouthmn.gov/farmersmarket



SEPT. 5, 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.

BAKED EGGPLANT PARMESAN | SERVES 6



An oven-fry method creates this crispy baked eggplant Parmesan that rivals any traditionally fried version. An easy, updated take on a classic Italian dish.

Source: fromvalerieskitchen.com

Ingredients

- » 3 eggplants, sliced 1/4-inch thick (12 slices total)
- » Salt
- » 3 eggs, beaten
- » 1 8-ounce box Italian seasoned bread crumbs
- » 1 26-ounce jar marinara sauce
- » 1 16-ounce package fresh mozzarella cheese, sliced thinly
- » 1/2 cup grated Parmesan cheese
- » 1/4 cup chopped fresh basil or 1 teaspoon dried basil
- » Cooking spray

Instructions

- » Sprinkle some salt on both sides of each slice of eggplant. Layer the slices in a colander and place the colander in a sink. Place a heavy dish or pan over the top to press them down. Allow to sweat for 30 to 45 minutes. Rinse well with cold water to remove salt and blot dry with paper towels.
- » Preheat oven to 400 degrees. Spray a rimmed baking sheet generously with cooking spray. Dip eggplant slices in egg, then in bread crumbs, pressing crumbs down with fingers to cover evenly. Place in a single layer on oiled baking sheet and lightly spray tops of breaded eggplant with cooking spray. Bake in preheated oven for 10 minutes then carefully flip each slice and cook an additional 5 to 10 minutes, until nicely browned. Remove from oven and reduce oven temperature to 350 degrees.
- » In a 9-by-13 inch baking dish, spread just enough marinara to cover bottom of dish. Place a layer of eggplant slices in the sauce. Cover each slice with a spoon full of marinara, a slice or two of mozzarella, and then sprinkle with Parmesan cheese. Repeat with one more layer. Pour any leftover marinara around edges of eggplant slices and top with any cheese that is left. Sprinkle basil on top.
- » Bake, uncovered, in preheated oven for 30 minutes.