

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: THOMPSONS' HILLCREST ORCHARD

Elko New Market

Gene and Barbara Thompson started the orchard in 1996 by planting 200 apple trees. Since then, they have added 1,500 more trees with 11 varieties of apples.

UPCOMING EVENTS

Sept.
19

Music
Tim Kirchhof

Community Table
National Wellness Foundation with
Experience Wellness Chiropractic

#PlymouthParks
plymouthmn.gov/farmersmarket



SEPT. 19, 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.

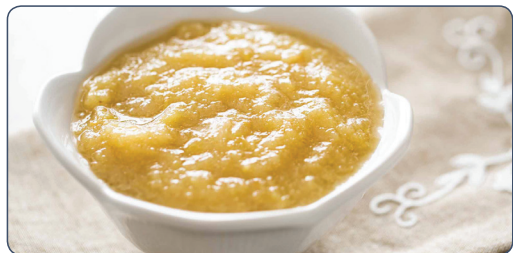


- » Farmers Market apparel is available to purchase at info booth. Cash only.
- » Enter the weekly drawing at the info booth for a chance to win a bag filled with market items.

APPLESAUCE

Ingredients

- » 3 to 4 pounds of apples (about seven to 10 apples, depending on the size), peeled, cored and quartered (use apples varieties that are good for cooking, such as Granny Smith, Newton Pippin, Gravenstein, McIntosh, Fuji, Jonathan, Jonagold or Golden Delicious).
- » 2 strips of lemon peel (use a vegetable peeler to strip four lengths, zest only, not the pith)
- » 3 tablespoons lemon juice or apple cider vinegar (more or less to taste)
- » 1/2 teaspoon ground cinnamon
- » Up to 1/2 cup of white sugar
(can sub half of the white sugar with brown sugar)
- » 1 cup of water
- » 1/2 teaspoon of salt



Source: simplyrecipes.com

Instructions

- » Boil peeled, cored, quartered apples with lemon, cinnamon, sugar and salt in 1 cup water. Place the apples into a large pot. Add the strips of lemon peel, the lemon juice or vinegar, cinnamon, sugar, water and salt. You might want to start with half the sugar at this point and add more to taste later.
- » Bring to a boil on high heat, then lower the temperature, cover the pot, and maintain a low simmer for 15-20 minutes, until the apples are completely tender and cooked through.
- » Remove lemon peels and mash the cooked apples. Once the apples are cooked through, remove the pot from the heat. Remove the lemon peels.
- » Use a potato masher to mash the cooked apples in the pot to make a chunky applesauce. For a smoother applesauce, you can either run the cooked apples through a food mill, or purée them using a stick blender or a standing blender. If you use a standing blender, do small batches and do not fill the blender bowl more than halfway.
- » If the applesauce is too thick, add more water to thin it out.
- » If not sweet enough, add more sugar to taste. If too sweet, add more lemon juice.