

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: GREAT HARVEST BREAD CO.

Minnetonka

Great Harvest Bread Co. is passionate about baking fresh bread, cookies and other goodies from scratch. Each day, staff members get up before dawn to mill whole grains of wheat into fresh flour for the best flavor and freshness. Great Harvest uses the finest ingredients and never adds preservatives to any of its products. The company's philosophy is: if you can't pronounce it, it shouldn't be in your food.

UPCOMING EVENTS

Oct.
3

Music
Brian Peterson
Community Table
Master Gardeners

Oct.
10

Music
Brad Cattadoris

#PlymouthParks
plymouthmn.gov/farmersmarket



OCT. 3, 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.

HUMMUS | MAKES 8 SERVINGS

Ingredients

- » 2 cups drained well-cooked or canned chickpeas, liquid reserved
- » 1/2 cup tahini (sesame paste), optional, with some of its oil
- » 1/4 cup extra-virgin olive oil, plus oil for drizzling
- » 2 cloves garlic, peeled, or to taste
- » Salt and freshly ground black pepper to taste
- » 1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
- » Juice of 1 lemon, plus more as needed
- » Chopped fresh parsley leaves for garnish

Instructions

- » Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.
- » Taste and adjust the seasoning (some like to add more lemon juice). Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.



Source: [epicurious.com](https://www.epicurious.com)