

# PLYMOUTH *Farmers Market*

Every Wednesday, 2:30-6:30 p.m. | June 26-Oct. 9 | Parkers Lake Playfield, Co. Road 6 & Niagara Ln.



## THE KIDS CLUB

Engaging the next generation  
of Farmers Market shoppers



### • ATTENDANCE PUNCH CARD

Those 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.

### VENDOR SPOTLIGHT:

## BEE'S FRESH VEGETABLES

Hastings

Bee's Fresh Vegetables is a family operated business that began in 2010. The farm is located on the outskirts of the Twin Cities in Hastings. Bee's offers a wide range of vegetables that are picked the night before, such as Asian vegetables, sweet corn, tomatoes, cucumbers and bell peppers.

From Bee's: "In the eight years that we've started farming and participating at farmers markets, we keep returning because of the interactions with people we've met, the excitement from the markets that we've encountered, and the appreciation of shoppers to our culture."

## UPCOMING EVENTS

July  
10

Music  
Barbara English  
Community Table  
Renewal by Andersen

JULY 3, 2019

## 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.

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## STUFFED GREEN PEPPERS

### Ingredients

- » 6 green bell peppers
- » Salt and pepper to taste
- » 1 pound ground beef
- » 1/3 cup chopped onion
- » 1 (14.5 ounce) can whole peeled tomatoes, chopped
- » 1 teaspoon Worcestershire sauce
- » 1/2 cup uncooked rice
- » 1/2 cup water
- » 1 cup shredded cheddar cheese
- » 2 (10.75 ounce) cans condensed tomato soup
- » Water as needed

### Instructions

- » Bring a large pot of salted water to a boil. Cut the tops off the peppers and remove the seeds. Cook peppers in boiling water for 5 minutes, then drain. Sprinkle salt inside each pepper and set aside.
- » In a large skillet, saute beef and onions for 5 minutes, or until beef is browned. Drain off excess fat and season with salt and pepper. Stir in the tomatoes, rice, 1/2 cup water and Worcestershire sauce. Cover and simmer for 15 minutes, or until rice is tender. Remove from heat and stir in the cheese.
- » Preheat the oven to 350 F. Stuff each pepper with the beef and rice mixture, and place peppers open side up in a baking dish. In a medium bowl, combine tomato soup with just enough water to make the soup a gravy-like consistency. Pour over the peppers.
- » Bake covered for 25 to 35 minutes, until heated through and cheese is melted and bubbly.



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