

# PLYMOUTH *Farmers Market*

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



## VENDOR SPOTLIGHT: **BISCOTTI BY BARB**

### Plymouth

From Biscotti Barb:

"My favorite part of baking biscotti is creating new flavors using quality, fresh ingredients and less sugar. Every week, I am experimenting with new combinations to create new and tasty flavors! Please know that your purchase of Biscotti by Barb supports causes close to my heart – like the Juvenile Diabetes Research Foundation and other local charities. From my heart to your home, celebrate special moments with family and friends with Biscotti by Barb."

## 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.

## UPCOMING EVENTS

August  
**14**

Music  
Brad Cattadoris

Community Table  
Robbinsdale Area Schools

August  
**21**

Community Table  
Renewal by Andersen

Theme  
Kids Day (featuring a bounce  
house and face painter)

**AUGUST 14, 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.

## SPONSORED BY

**Renewal  
by Andersen**  
WINDOW REPLACEMENT an Andersen Company



## DARK CHOCOLATE BISCOTTI SWEET TREAT



### Instructions

- » Place small glasses in the freezer until cold
- » Add 2-3 scoops of your favorite frozen treat (try frozen vanilla yogurt or raspberry sorbet)
- » Add a piece of dark chocolate Biscotti by Barb
- » Relax and enjoy

Source: Biscotti by Barb

#PlymouthParks

plymouthmn.gov/farmersmarket



## BISCOTTI HISTORY

Source: sweettoothdesign.com

- » The origin of the word biscotti (plural form of “biscotto”), is from the medieval Latin word *biscoctus*, meaning “twice-cooked/baked.”
- » Biscotti traces back to Ancient Rome when Roman biscotti was the most convenient food for travelers and the Roman Legion. Because biscotti are twice-baked, they result in a hard and dry texture, but with a very long shelf life. According to writing of Gaius Plinius Secundus (23 to 79 A.D.), better known as Pliny the Elder, he boasted “that they [biscotti] would be edible for centuries.”
- » During the European Renaissance, biscotti re-emerged in Tuscany, credited to a Tuscan baker who served them with the local sweet dessert wine called Vin Santo. Biscotti’s dry, crunchy texture was deemed to be the perfect medium to soak up the sweet local wine.
- » The first documented biscotti cookie recipe is called “genovese” from Genoa. It was found in a manuscript written down by Amadio Baldanzi, a resident of Prato from the 18th century. But today, because of biscotti’s popularity in coffee houses, many different ingredients are added for more recipe variations.
- » BASIC INGREDIENTS:  
Flour, eggs, sugar, almonds and pine nuts.  
Optional: butter/oil, spice, flavoring,  
baking powder/soda and dried fruits.