

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: UNTIEDT'S VEGETABLE FARM

Waverly

From Untiedt's: "We are proud to produce a wide variety of small fruits and vegetables. Our goal is to provide our customers with an assortment of the best fresh and local produce. We focus on sustainable production through the use of high tunnel farming, which allows us to produce fruits and vegetables for a longer period each season."

UPCOMING EVENTS

August
21

Community Table
Renewal by Andersen
Theme
Kids Day (face painter
and bounce house)

August
28

Music
Barbara English
Community Table
Northwest Metro Climate Action

AUGUST 21, 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



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.

HOT SPINACH AND ARTICHOKE DIP

Source: foodnetwork.com

Ingredients

- » 1 cup thawed, chopped frozen spinach
- » 1 1/2 cups thawed, chopped frozen artichoke hearts
- » 6 ounces cream cheese
- » 1/4 cup sour cream
- » 1/4 cup mayonnaise
- » 1/3 cup grated Parmesan cheese
- » 1/2 teaspoon red pepper flakes
- » 1/4 teaspoon salt
- » 1/4 teaspoon garlic powder

Instructions

- » Boil spinach and artichokes in 1 cup of water until tender and drain. Discard liquid. Heat cream cheese in microwave for 1 minute or until hot and soft. Stir in rest of ingredients and serve hot.

#PlymouthParks

plymouthmn.gov/farmersmarket

