

8/14/11



Volume 3, Issue 3

PLYMOUTH FARMERS MARKET:

Every Wednesday—2:30-6:30 until October 12th

Location— Lifetime Fitness Parking Lot off Plymouth Blvd

As fall nears closer a fresh new line of produce will be available to market goers including raspberries, apples, pumpkins and more. Last week we had the pleasure of the wonderful Roe Family singers who will be back September 7th and who we hope to get back even once more before the market ends because they were such a hit. You can also expect to see Farmer Marc again for story time before the season ends, look for information on times in the upcoming newsletter.

This week we will enjoy the musical styling's of Brian Peterson who's set list includes Country and Folk favorites, Beatles hits, classical Jazz, and original "suburban" folk. Brian has a passion for music and loves sharing it with others. For more information on Brian check out his website at brianartpeterson.com.

Thanks always to all community members and vendors for making the Plymouth Farmers Market such a success!

Here are some reminders for those attending Plymouth Farmers Market:

All vendors are local and are from within 50 miles of Plymouth.

- Every week, there will be music. This week come and check out Barbara English who will play acoustic music.
- Remember to stop by the information booth and enter your name in the weekly farmer's market basket drawing.
- We kindly request that you do not bring your dogs to the market, with the exception of service dogs.
- The market does not start until the official horn is sounded. If you arrive before 2:30 p.m., you are welcome to look around, but please do not purchase anything until you hear the horn.

VENDOR SPOTLIGHT— GREAT HARVEST— MICHAEL AND RUTH KELLY

Who can ever turn down a piece of good bread? Especially when the wheat kernels were milled into fresh whole grain flour, the dough is kneaded and everything is baked as the sun rises each morning. If you haven't stopped by the Great Harvest tent to try a piece of freshly baked bread, you know the first thing you need to do this week at the market.

After years of working in the restaurant business Mike and Ruth started working for Great Harvest Twin Cities and now the Kelly's have been providing this luxury to their community for over 15 years at their Minnetonka location. They most enjoy working for themselves and with their staff, as well as, serving the community. What puts the Kelly's bread above the rest is the freshly milled whole grain flour. When grinding your

own flour the entire grain is used, nothing is wasted. What's best is that whole grains are proven to reduce the risk of many chronic diseases, help weight management and provide many essential nutrients, plus freshly ground flour tastes better! Now, what they don't use in their breads is just as important, they never use additives, preservatives, chemicals, or dough conditioners, unlike many grocery store breads. For instance their Honey Whole Wheat is made with just 5 simple ingredients, freshly ground 100% whole grain flour, honey, water, yeast and salt. You can't get much more simple than that! According to Mike and Ruth the top sellers at the Plymouth Market is the Honey Whole Wheat and the Cinnamon Chip bread (Ruth's staff joked "Plymouth loves their cinnamon!") And of course, the Oatmeal Chocolate Chip cookies.

When I asked Ruth why its important to buy local she said it's the best part of the farmers market, you get to meet the actual growers and crafts people who everyday are making what you are buying, which means your food didn't travel thousands of miles to get to you. Because of this you can taste the freshness in each product. On top of that, for every \$100 spent locally 68% stays in the community versus 43% if you spend at a local chain.

Be sure to stop by the Kelly's tent for a free sample and some great bread (made just hours earlier) to take home for the family. Also, check out their website for more information on the Kelly's and their operation with Great Harvest at www.greatharvestmn.com/minnetonka.

UPCOMING PRODUCE

Ridgeroll Farms pasture raised broiler chickens are in! Stop by and pick up a plump roasting chicken for the oven or grill. They are \$3 per pound. In addition we'll have a full variety of our beef, pork and lamb from which you can choose. Plan your meals for the week and come shop with us!

Thompson Hillcrest Orchards will start providing raspberries soon ,as well as, a wonderful variety of local apples that will be available as we get closer to fall!

MARKET HAPPENINGS:

Be sure to check out our upcoming events at the Plymouth Farmers Market:

This coming Wednesday, August 24th, at the community table the Senior Council from the Senior Center at the Plymouth Creek building will be with us providing information on upcoming programs for the year.

September 24th is Go Green night at the market where information on being environmentally sustainable will be available.

The last day of the Market is October 12th so be sure to get to the market and stock up on some great produce!

THE COMMUNITY TABLE

For this season, all the vendor booths are taken but there still is availability for our Community Table. Located next to the information booth, this space is open for any local non-profit or charitable organization for a nominal fee. If you are interested in using this space, contact Alyssa Krumholz, Market Manager at 763.509.5225 for additional information.

SPECIAL THANKS TO OUR SPONSORS:

