

9/1/2011



Volume 3, Issue 7

PLYMOUTH FARMERS MARKET:

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

Location— Lifetime Fitness Parking Lot off Plymouth Blvd

Fall is officially here, you can feel it in the crisp air, fortunately there is still a great deal of fresh produce to look forward to, and as the season changes so will the flavors in your kitchen. There are a few new things we can expect to see at the market, such as apples and pumpkins but a lot of everyone's favorites for produce will still be around into October, like tomatoes, zucchini, summer squash, herbs, garlic, eggplant and more so be sure to make your last few trips to the market!

We have a new vendor to the market for everyone to check out as well, Suds Organic Soaps has joined the fun so stop by, smell the soaps and meet Erin Williams; the head of the operation. **For tunes this week Roe Family Singers will be back.** 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. Next week come and check out Sunny Van Brocklin, 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— ERIN WILLIAMS— Suds!



A new, unique item has hit the market in the past few weeks and its Suds! handcrafted, natural bath and body products! Suds! was created in November of 2010 and is committed to creating natural body products. Based right out of Excelsior, MN you can still get a hold of these products after the market closes for the year. What makes Suds! so special is that they are 100% natural — no artificial preservatives, harsh detergents,

synthetic colors or fragrances can be found at Suds!. What you will find is the finest essential oils, natural colors, butters and oils. We go to the farmers market to get the freshest produce, not only because its delicious but because it's better for us, why not do the same thing for your skin with Suds! soap! Suds! has any soap product imaginable; travel kits, sugar scrubs, massage bars, shampoo and shave bars, lip and facial soaps and even doggie shampoo! A product from Suds! would make a great gift as well, so check them out at the market and also at their website at: <http://www.sudsbathandbody.com/default.html>

WEEKLY RECIPE — ORANGE GLAZED GRILLED ACORN SQUASH

Ingredients:

- 4 acorn squash, halved lengthwise, seeds and membranes removed
- 1/4 cup melted butter
- Salt and freshly ground pepper
- 4 cups fresh orange juice
- 1/2 cup light brown sugar
- 4 whole allspice berries
- 1 stick cinnamon

Directions:

Preheat the oven to 350 degrees F. Brush the cut side of each acorn squash with butter and sprinkle with salt and pepper. Place squash, cut-side down, on a baking sheet and bake until almost tender, about 30 minutes. While the squash is baking, combine the orange juice, brown sugar, allspice, and cinnamon in a medium sauce pan. Cook over high heat until reduced to 1 cup, stirring often. Preheat the grill to medium high and place the squash on the grill cut side up, and brush with orange glaze, cook for 5 minutes then flip and grill for 5 more minutes until sauce is caramelized. Remove from grill, enjoy!



UPCOMING PRODUCE

Thompson Hillcrest Orchard— check out more delicious apples as we enter the fall, so far we've seen Zestar apples but in the next few weeks we can expect to see Honeycrisp, Chestnut, Haralson and Sweetango apples as well!

MARKET HAPPENINGS:

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

September 14th is Go Green night at the market where information on being environmentally sustainable will be available, as well as, the EQC recycling group.

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:



HS HealthSource™
Chiropractic & Progressive Rehab™

Mosaic®

**LIFETIME
FITNESS**