

PLYMOUTH Farmers Market

EVERY WEDNESDAY, JUNE 24-SEPTEMBER 30, 2:30-6:30 PM

Parkers Lake Playfield, 15500 Co Rd 6

vendor spotlight



Tom and Patty are parents of four and the founders and owners of Gregor Farm & Greenhouse, Inc., which has been family owned and operated since 1976. The Gregors take pride in their affordable, high-quality plants and produce. Gregor Farm believes buying local is important and a great way to gain access to the freshest produce while supporting your community.

GREGOR FARM & GREENHOUSE

Wayzata, Minnesota

Broccoli, cabbage, cucumber,
zucchini, tomatoes, peppers,
melons, sweet corn, pumpkins,
squash, plums, apples, herb plants,
mums and more.

SEPTEMBER 2, 2015

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 and help keep the market a green place!
- » Enter the weekly drawing at the info booth for a chance to win a Farmers Market bag filled with market items.

IOCP FOOD SHELF DONATIONS

IOCP will accept perishable and nonperishable food donations at the Market.

UPCOMING EVENTS

September 2

Musician: Brian Peterson

September 16

Community Table:

Moms Demand Action

Musician: Sunny Van Brocklin



Bell Peppers

are an excellent source of:

Vitamin C

Powers the immune system and keeps skin youthful. Vitamin C also aids in absorbing iron.

Beta-Carotene

Provides antioxidant and anti-inflammatory benefits, and repairs cell damage done to the body.

Vitamin E

Keeps skin and hair healthy.

Vitamin B6

Essential for the nervous system and renews cells.

Sources:

Cooking Classy
Care2

SLOW COOKER CHICKEN FAJITAS

Ingredients

- » 2 lbs boneless skinless chicken breast halves
- » 1 (14.5 oz) can petite diced tomatoes with green chilies
- » 1 red, orange and green bell pepper, julienned
- » 1 large yellow onion, sliced
- » 4 cloves garlic, minced
- » 2 1/2 tsp chili powder
- » 2 tsp ground cumin
- » 1 tsp paprika
- » 3/4 tsp ground coriander
- » 1 tsp salt
- » 3/4 tsp pepper
- » 2 Tbsp fresh lime juice
- » 1 Tbsp honey

Directions

- » Pour half the tomatoes into slow cooker. Layer in half of the peppers and onions. Sprinkle garlic. Top with chicken breasts.
- » In a bowl whisk together chili powder, cumin, paprika, coriander, salt and pepper. Sprinkle half of the seasoning over chicken breasts, flip chicken and sprinkle in remainder. Top with remaining tomatoes, then layer in remaining peppers and onions.
- » Cover and cook on high 3-4 hours or low 6-8 hours, *(until chicken is cooked and veggies are tender)*.
- » Remove chicken, cut into strips or shred. Ladle out 1 cup of the broth in slow cooker and discard. In a small bowl whisk together lime juice and honey and mix together with chicken. Season with salt to taste.
- » Serve in warmed tortillas with sour cream, guacamole, cilantro, Monterrey jack cheese, cheddar cheese and/or salsa.

