



# PLYMOUTH Farmers Market





Sept. 10, 2014 | 763-509-5200 | [plymouthmn.gov/farmersmarket](http://plymouthmn.gov/farmersmarket)

## Vendor Spotlight: Berry Blendz



Perusing the rows of bright vegetables, specialty foods and tasty treats of the Plymouth Farmers Market can leave patrons in want of a refreshing and energizing drink. That's where Jane Wisniewski and her Berry Blendz smoothies come in.

Wisniewski owns three Berry Blendz franchise locations in Minnesota – two in Mankato and one in Eden Prairie. In addition, she sells her fruit and vegetable blends at six area farmers markets.

Formerly a director of operations for catering at a major airline, Wisniewski found herself at a




career crossroads during company restructuring.

"I decided to opt out of the field and, instead, reinvent myself," she said.

Berry Blendz features more than 50 smoothie flavors in addition to fresh veggie juices and wheat grass shots. Unique flavors such as peanut butter and jelly and Intense Energy (made with Red Bull) compliment the more traditional fruit smoothie flavors.

During her farmers market visits, Wisniewski is sure to stock the most popular flavors, such as Fruit Flirtation (raspberry juice, orange sorbet and strawberry banana) and Razz-a-lade (lemonade, strawberry and raspberry).

"I love talking to people and getting outside," she said. "So I really enjoy coming to the farmers markets and getting out of the shop for the day." 

## Notable Notes

Brian Peterson will entertain market-goers Sept. 10.

## Cookin' Column: Green Bean Salad



Recipe, photo courtesy of foodnetwork.com

### Ingredients

- Kosher salt
- 1 pound slender green beans, ends trimmed
- 1 cup feta cheese crumbles
- 1 cup cherry tomatoes, sliced in half
- 2 tablespoons chopped red onion
- 1/2 cup slivered almonds
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1 large clove garlic, minced
- Freshly ground black pepper

### Directions

Boil a large pot of salted water. Add the green beans and cook until tender crisp, 1 to 2 minutes. Remove to a bowl of ice water. Drain well, pat dry and place the beans in a large bowl. Combine with the feta cheese, tomatoes and red onions. Toast the almonds in a small skillet, 2 to 3 minutes. Whisk together the olive oil, red wine vinegar, basil, garlic and some salt and pepper. Pour the dressing over the green beans and sprinkle with the toasted almonds. Let marinate in the refrigerator for 1 hour before serving.



Sept. 17

## Antique Car Show

Members from the Plymouth Historical Society will display antique cars, featuring an original **Ford Model T**. Also, enjoy a special performance from the Plymouth Senior Rockers.

2:30-6:30 p.m. Wednesdays  
Plymouth Ice Center/Life Time Fitness parking lot  
3650 Plymouth Blvd.

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