

PLYMOUTH Farmers Market

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

Parkers Lake Playfield, 15500 Co Rd 6

vendor spotlight



In 2011, after years of making homemade BBQ sauce for family and friends, Jay Behrens, with the support of his wife, wanted to know if people would buy their sauces. To their delight they found hundreds of customers within just a few months who loved the flavor of their first two sauces (Behrens Traditional Southern Style and Maniacal Mango). Behrens products are all natural – no salt, no high fructose corn syrup or other additives.

BEHRENS BBQ

Champlin, Minnesota

Barbecue sauces such as Minnesota Mouth BBQ (Mild not wild), Maniacal Mango BBQ (southern style BBQ with mango), Ghostly Goodness BBQ (hot sauce with jalokia pepper) and more.

JULY 1, 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 accept perishable and non-perishable food donations at the Market.

UPCOMING EVENTS

July 1
Community Table:
MN Pork Board
Oink Outings

July 8
Community Table:
Jewish Family and Children's
Service of MPLS (JCFS)



Chicken

This meat is an excellent source of:

Protein

Boosts muscle growth and development

Supports healthy body weight and weight loss

Phosphorus

Supports teeth and bones, as well as kidney, liver and central nervous system

Vitamin B6

Encourages enzymes and metabolic cellular reactions

Sources:

Sally's Baking Addiction
Active Beat

BAKED HONEY BBQ CHICKEN FINGERS

Ingredients

1 1/2 skinless, boneless chicken breasts

3/4 cup Behrens Minnesota Mouth BBQ Sauce

1/4 cup honey

1/2 cup whole wheat flour (or all-purpose)

1 tsp salt

1/2 tsp black pepper

1/2 tsp smoked paprika (or other favorite seasoning)

2 large eggs

1 1/2 cup Panko

Coconut oil non-stick cooking spray



Directions

Combine BBQ sauce and honey in large bowl. Pound chicken breasts and cut into strips. Add chicken strips to bowl and stir to coat. Cover tightly and marinate in the refrigerator for at least 30 minutes and up to 4-6 hours (*the longer the chicken marinates, the more flavorful*).

Preheat oven to 400 degrees. Spray non-stick cooking spray on baking sheet.

Combine flour, salt, pepper and smoked paprika in bowl. Beat eggs in separate small bowl. Place Panko bread crumbs in a third bowl. Coat each chicken strip with the flour mixture, dip in egg, then generously roll in breadcrumbs. Place chicken strips on baking sheet. Spray chicken lightly with non-stick cooking spray to "seal" the breading.

Bake for 10 minutes, turn each piece over and continue baking until outside is crisp and centers are cooked through (approx 10 more minutes).

Serve chicken fingers with more Behrens BBQ sauce.

PLYMOUTH PARKS & RECREATION

763.509.5200 / www.plymouthmn.gov/farmersmarket