

PLYMOUTH Farmers Market

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

Parkers Lake Playfield, 15500 Co Rd 6

vendor spotlight



SWEETWATER ROASTERS

Excelsior, Minnesota

Our coffee is roasted daily, using the best coffees available, delivered to you fresh for your enjoyment. Blending our coffees carefully to create a memorable taste experience that keeps you coming back for more!

When we started our business, I told my business partner (my husband Bill) that I would never roast a coffee that I would not drink myself. Our coffees are selected from the finest coffees from all over the world. From Africa we get Kenya AA, Tanzanian Peaberry and Ethiopian Yirgacheffe. From Indonesia we get the nicest Papua New Guinea beans and wonderful Sumatra coffees. We also get coffees from South America and from Central America.

JULY 8, 2015



SHOPPING AT THE MARKET

- » Please, no dogs.
- » The Farmers Market begins promptly at 2:30 pm, 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 non-perishable food donations at the Market.

UPCOMING EVENTS

July 8

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

Musician Sunny VanBrocklin

July 15

Community Table:
Holy Trinity Lutheran Church



Coffee

Addicted to \$5 coffees loaded with sugar? Here are some simple ways to enjoy great tasting coffee without the guilt.

Substitute the Sweet

Skip flavored coffee creamers and make your own. Combining raw maple syrup or raw honey along with organic half-and-half is a great substitute.

Spice it Up

Cinnamon, Nutmeg, Cocoa Powder and Cardamom are excellent spices to boost flavor and also add nutritional value.

Skip the Whip

Avoiding whipped cream is a simple way to cut sugar.

Source:

The Pioneer Woman



ICED COFFEE

Ingredients

- » 1 pound ground coffee (dark roast)
- » 8 quarts cold water

Directions

- » In a large container, mix ground coffee with water. Cover and allow to sit at room temperature overnight.
- » Line a fine mesh strainer with cheesecloth and set over a pitcher or other container. Pour coffee/water mixture through the strainer, allowing liquid to run through. Discard coffee grounds.
- » Place coffee liquid in refrigerator and allow to cool.

Ideas for Serving:

Pack a glass full of ice cubes. Fill glass 2/3 full with coffee. Add flavors/cream as desired, such as:

- » Half-and-half with raw maple syrup or raw honey
- » 2-3 tablespoons sweetened condensed milk
- » Vanilla, hazelnut or caramel flavored syrup

PLYMOUTH PARKS & RECREATION

763.509.5200 / www.plymouthmn.gov/farmersmarket