

PLYMOUTH *Farmers Market*

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

Parkers Lake Playfield, 15500 Co Rd 6

vendor spotlight



UNTIEDT'S VEGETABLE FARM *Waverly, Minnesota*

Strawberries, muskmelon,
watermelon, apples, onions,
lettuce, kale, sweet corn,
squash, asparagus, peas, beans,
cauliflower, broccoli, peppers,
cucumbers, potatoes, tomatoes,
radishes and more.

Founded in 1971 by Sue and Jerry Untiedt, Untiedt's Vegetable Farm strives in its goal of family, employee and agricultural harmony. Minnesota-grown, hand-harvested, locally and sustainably produced, and steward decision making all describe what Untiedt's Vegetable Farm tries to achieve in relationship to this good earth. You can recognize Untiedt's locations by the red, green and yellow gazebos and the words "We Grow For You."

AUGUST 19, 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

August 26
Community Table: Westside
Communities in Action

September 2
Musician: Brian Peterson



Corn

is an excellent source of:

Vitamin B

Essential for maintaining nerve health and cognitive function.

Iron

One of the essential minerals needed to form new red blood cells.

Fiber

Fiber binds with cholesterol and carries it out of the system, which reduces your risk of cardiovascular disease.

Protein

Repair cells, build muscles and boosts immune system.

Sources:

Organic Facts
Foxes Love Lemons

SUMMER VEGETABLE PEPE PASTA SALAD

Ingredients

- » 4 ounces acini di pepe pasta
- » 2 tbsp unsalted butter
- » 1 leek (white and light green parts only), halved lengthwise and thinly sliced
- » 1/2 bunch asparagus, cut into 1-inch pieces
- » 1 cup Greek yogurt
- » 1/2 cup shredded parmesan cheese
- » 1 tbsp chopped fresh dill
- » 1/2 tsp kosher salt
- » 1/4 tsp ground black pepper
- » 1 cup corn kernels
- » 1 cup grape tomatoes, halved

Directions

- » Cook pasta according to package instructions, then drain.
- » Meanwhile, in large skillet, heat butter over medium-high heat. Add leek and cook 1 minute, stirring frequently. Add asparagus and cook until tender-crisp, stirring occasionally.
- » In large bowl, stir together yogurt, cheese, dill, salt and pepper. Add corn, tomatoes, pasta and asparagus mixture; toss until well combined. Refrigerate at least 2 hours before serving.

