

PLYMOUTH *Farmers Market*

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

Parkers Lake Playfield, 15500 Co Rd 6

vendor spotlight



CHANG'S FARM *Lakeville, MN*

Lettuce, kale, tomatoes, beans, broccoli, carrots, eggplant, garlic, ginger, bokchoy, brussels sprouts, cauliflower, cabbage, radishes, beets, peppers, herbs, pumpkins, zucchini, cucumber and much more.

Chang's Farm has been with the Plymouth Farmers Market since the very first day. From Chang's, "We love it here – everyone is family. We also sell at two other markets – in Eagan and Minneapolis. We enjoy what we do and we only want to grow the best for our customers."

SEPTEMBER 16, 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 16
Community Table:
Moms Demand Action
Musician: Sunny Van Brocklin



Cabbage

is an excellent source of:

Vitamin C

One of the best antioxidants, helpful for treating ulcers, certain cancers and depression. Boosts the immune system. Aids in repairing wear and tear on the body.

Fiber

Helps body retain water and move food through the digestive system.

Potassium

Opens blood vessels and eases the flow of blood.

Probiotics (if fermented)

Brings good bacteria to the body, which is beneficial for overall gut health.

Sources:

Foodie
Food Matters

VEGETABLE BEEF SOUP

Ingredients

- » 1 pound ground beef
- » 1 clove garlic, minced
- » 1 small onion, chopped
- » 28 oz. can of diced tomatoes
- » 1 pound cabbage, chopped
- » 3 stalks celery, chopped
- » 2 cups beef broth
- » 1 tsp beef bouillon granules
- » 1 tsp salt
- » 1/2 tsp pepper

Directions

- » In a large pot or dutch oven, brown beef and onion
- » Add all ingredients and bring to boil
- » Reduce heat to simmer, covered for 1 hour



PLYMOUTH PARKS & RECREATION

763.509.5200 / www.plymouthmn.gov/farmersmarket