

PLYMOUTH Farmers Market

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

Parkers Lake Playfield, 15500 Co Rd 6

vendor spotlight



From the company, "Olive on Tap is a rare find. The products offered here are all mixed by the loving hands of owner Rebecca and her family. No product at Olive on Tap is mass manufactured, it's the real hand-made deal. Olive on Tap carries many natural and organic flavor-enhanced, 100 percent pure olive oils. The natural and organic flavor-enhanced balsamic vinegars available are all 18-year aged."

OLIVE ON TAP *Minnetonka, MN*

Artisan olive oils including herb blends, fruit flavors, nut flavors and extra virgin olive oil. Balsamic vinegars and bread dipping sauces include Italian herb, Parmesan herb, spicy Cajun and more.

SEPTEMBER 23, 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!

IOCP FOOD SHELF DONATIONS

IOCP will accept perishable and nonperishable food donations at the Market.



FARMERS MARKET BAG GIVEAWAY

Secret Code:
Local Roots

- » Stop by the info booth at 2:30, 3:30, 4:30 and 5:30 with the **secret code** for a chance to win a Farmers Market bag. Limited supply, available first come first serve.
- » Also enter the weekly drawing at the info booth for a chance to win a bag filled with market items.



Olive Oil

Replacing butter and other less healthy oils with olive oil can be beneficial for reducing the risk of:

Cancer

The phytonutrient in olive oil reduces inflammation, which can decrease the risk of breast cancer.

Heart Disease

Lowers the level of total blood cholesterol.

Blood Pressure

Recent studies indicate that regular consumption of olive oil can help decrease both systolic and diastolic blood pressure.

Sources:

Food Network
oliveoiltimes.com

HOMEMADE FRIES

Ingredients

- » 3 large Yukon Gold potatoes (sliced into 1/4 inch strips)
- » 2 Tbsp Olive on Tap Garlic Oil
- » Salt
- » Coconut oil cooking spray

Directions

- » Preheat oven to 450 degrees
- » Toss potatoes with oil and salt in a gallon zipper bag (to avoid having to clean dishes)
- » Coat a baking sheet with cooking spray and spread potatoes in a single layer
- » Bake until golden and crisp, about 35 minutes
- » Season with salt and serve



PLYMOUTH PARKS & RECREATION

763.509.5200 / www.plymouthmn.gov/farmersmarket

