

## Upcoming Events:

### July 3

Jackson Holte performs

### July 10

Tim Fast performs

### July 17

Brian Peterson performs

### July 24

Barbara English performs; Antique Car Show Night hosted by the Historical Society

### August 7

Roe Family Singers performs

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MINNESOTA SCHOOL OF BUSINESS  
PLYMOUTH



# Plymouth Farmers Market

JULY 3, 2013

## Support Local Growers When You Dine Out!

*Ice arena / Lifetime Fitness Parking Lot, 3600 Plymouth Boulevard 2:30-6:30 p.m.*

One way to support local growers is to choose restaurants in the area which source out locally grown produce and meat!

The following is a list of restaurants & cafes which do just that.

*(Keep in mind that these are suggestions and are not endorsed by the City of Plymouth)*

- **128 Café**, St. Paul
- **Galactic Pizza**, South Minneapolis
- **Heartland Restaurant**, St. Paul

- **Good Earth Restaurant**, Roseville
- **Great Waters Brewing Co.**, St. Paul
- **The Marsh**, Minneapolis
- **Muffuletta**, St. Paul
- **Namaste Café**, Minneapolis
- **Lucia's**, Minneapolis
- **May Day Café**, Bloomington
- **Modern Café**, Minneapolis
- **Brasa Rotisserie**, Minneapolis
- **Bryant Lake Bowl**, Minneapolis
- **The Bulldog**, NE Minneapolis
- **Common Roots Café**, Minneapolis
- **FireLake Grill and Cocktail Bar**, Minneapolis
- **Crema Café**, Minneapolis



## Story Time with Farmer Marc to begin July 10

A new Farmers Market story-time series for children will begin at 3:30 p.m. Wednesday, July 10 with "Farmer Marc."

Plymouth Volunteer Marc Wegner will read a story to marketing-going children,

followed by a coloring project and hands-on food demonstration. Children are invited to participate in making something delicious and nutritious!

The July 10 theme is "Super Veggies, starring

Terrific Tomatoes!" Don't miss out on this opportunity

to educate children about healthy foods and get them involved in the Plymouth Farmers Market!



**Plymouth Parks & Recreation**  
[www.plymouthmn.gov/farmersmarket](http://www.plymouthmn.gov/farmersmarket)  
**763.590.5200**

## Rhubarb and Strawberry Pie

### Ingredients

1 c. white sugar  
1/2 c. all-purpose flour  
1 lb. fresh rhubarb,  
chopped  
2 pints fresh  
strawberries  
1 store-bought pie crust  
2 T. butter  
1 egg yolk  
2 T. white sugar



source: [www.allrecipes.com](http://www.allrecipes.com)

**Directions:** Preheat oven to 400 degrees F. In a large bowl, mix flour and sugar. Add chopped rhubarb and strawberries, toss and let stand 30 mins. Pour filling into pie crust. Dot top with butter. Cover pie crust with top crust. Seal edges and pinch together with water. Apply yolk to top of crust with a pastry brush. Sprinkle with 2T sugar. Cut small slits on top to let steam out. Bake for 35 -40 minutes, until crust is brown and bubbly. Cool on rack. Makes

**Nutrition facts:** per serving (1/8th of pie): 420 calories, 19 g. total fat, 64 g. carbs, 5 g. protein, 5 g. fiber, 259 mg sodium, 33 mg chol.



### IOCP Food Shelf Donations at the Farmers Market

Interfaith Outreach &

Community Partners will be

accepting perishable and non-perishable food donations at the Plymouth Farmers Market!

### *As a reminder...*

Please, no dogs allowed at the Farmers Market.

The Farmers Market begins promptly at 2:30 p.m., no early purchases!



Bring cash please! An ATM is located inside the Ice Arena for your convenience. Also, bring reusable bags and help keep the market a green place!

## Start Your Day With a Rich Sip from Sweetwater Roasters

The ability for visitors to buy fresh coffee beans at the Plymouth Farmers Market makes perfect sense.—and that’s where Sweetwater Roasters has found its niche.

As owner Victoria Blaylock pointed out, people shop at the Farmers Market for basic food staples, such as bread and fresh produce, so why not have coffee available, too?

Blaylock sells a variety of coffee beans from Guatemala and Papua New Guinea. Rhythm and Blues is the current best-selling blend, which is a lighter, all-day everyday kind of coffee.

“It’s the kind you keep going back for!” Blaylock said. Her favorite is the Mocha Java, a full-bodied, full-of-character coffee, though she claims that all her coffees are “very tasty.”

“One of the things I love most about what I do is that I only roast the kind of beans that I like, I don’t have to roast anything that I don’t like.” she added.



A couple of shoppers stopped by the stand at last week’s Farmers Market to sample the Rhythm and Blues. Both were pleased with the dark and flavorful blend.

Blaylock was handing out samples of coffee over ice with a bit of agave sweetener to demonstrate how she makes iced coffee—the perfect afternoon pick-me-up.

“I have found that the Farmers Market is really a place of community and camaraderie,” Victoria said. “I love seeing the same people week after week and getting to know them.”

Her business, which is still in its first year, has had its ups and downs but she continues to push forward.

“I found that it can be easy to get down at tough times, but you have to move forward and continue to remember why you started this in the first place,” she said. “It’s all about the passion you have for your product, and sharing that passion with others.”