

Upcoming Events:

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

THANK YOU SPONSORS



Plymouth Farmers Market

VOLUME II, ISSUE V

JULY 17, 2013

Stock up on “Superfoods” at the Farmers Market

Plymouth Ice Center / LifeTime Fitness Parking Lot, 3600 Plymouth Blvd 2:30-6:30 pm

In the 1990s, the term “superfoods” was coined to describe nutrient-rich foods that were thought to have positive health benefits and lack negative properties, such as food additives or saturated fats. The benefits attributed to consumption of superfoods include the prevention of diseases and cancers, as well as effective weight management.

While there is some criticism about the term superfood and how it is used, there is no doubt that some foods are just more nutritious than others.

Many superfoods contain vitamins, minerals and other properties that aid in all body functions. Fiber aids digestion and helps the stomach to feel full for a longer amount of time, Vitamin C is the key to immune system support, Vitamin D aids in eye health and the Omega 3s are great for heart health. All vitamins

help to body to fight against cancer.

The majority of the following superfoods can be found right here at the Plymouth Farmers Market:

- Apples
- Asparagus
- Bell Peppers
- Berries
- Broccoli
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Garlic
- Hot Peppers
- Kale
- Mushrooms
- Nuts
- Peaches
- Pumpkin
- Spinach
- Sweet Potatoes



Superfoods to pick up at the Grocery store:

- ◆ Avocados
- ◆ Artichokes
- ◆ Beans and Lentils
- ◆ Beets
- ◆ Bananas
- ◆ Brussel Sprouts
- ◆ Cherries
- ◆ Chia Seeds
- ◆ Dark Chocolate
- ◆ Eggs
- ◆ Fish
- ◆ Flax
- ◆ Grapes
- ◆ Green Tea
- ◆ Kiwi
- ◆ Lemon/Limes
- ◆ Low-fat Yogurt/Kefir
- ◆ Oats
- ◆ Olive Oil
- ◆ Fish
- ◆ Pineapple



Plymouth Parks & Recreation
www.plymouthmn.gov/farmersmarket
763.590.5200

Heirloom Tomato Salad



source: www.skinnytaste.com

Ingredients

4 medium ripe tomatoes sliced, any color
1/4 c. red onion, sliced
2 T. extra virgin olive oil
Dash of balsamic vinegar or red wine vinegar
8 kalamata olives
Fresh basil, sliced
Salt and pepper to taste

Directions: In a bowl combine oil, vinegar, onions, salt and pepper. Let marinate 5-10 minutes. Slice tomatoes and arrange on a plate. Add the onion marinade, top with olives and the fresh basil. Salt and pepper again to taste. Makes 4 salads.

Nutrition facts: per serving: 111 calories, 9 g. total fat, 8 g. carbs, 1 g. protein, 2 g. fiber, 139 mg sodium



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!

“Time” for some Lean and Flavorful Jerky

A lean and healthy snack can be found at the “Jerky Time” booth at the Plymouth Farmers Market. Penny Mueller, part-time independent vendor for Jerky Direct and full-time school nurse, ventured into the jerky-selling business and is proud to talk about the health benefits.

“These are premium slab-style cuts of buffalo, turkey and beef,” she said.

“They are made with no preservatives, nitrates or MSG (monosodium glutamate), and they are lower in sodium than most convenience store brands of jerky.”

Jerky Direct is based out of Idaho Falls, Idaho, and is a U.S. Department of Agriculture-certified smokehouse.

“Low-quality jerkies load up on salt to

mask the bad taste of the meat, but Jerky Time uses quality meat to start,” Mueller said.



Shoppers can choose from teriyaki or pepper-flavored buffalo, turkey or beef jerky.

Mueller said that she has a steady following of folks who are looking to

up their protein with a low-calorie snack, which all varieties of jerky offer.

In addition, Jerky Time also sells a line of dried fruit. These natural “Fruit Stix” may have an unusual texture, but are nothing short of flavor.

“It’s a strange feel at first, but everyone is always shocked at how good they taste,” Mueller said.

Blueberry, apple cinnamon and strawberry Fruit Stix are all for sale.

Mueller enjoys the market and her loyal customers.

“I love it because I don’t really have to sell anything; people just buy it because they really like it,” she added.