

PLYMOUTH *Farmers Market*

Every Wednesday, 2:30-6:30 p.m. | June 28-Oct. 11 | Parkers Lake Playfield, Co. Road 6 & Niagara Ln.



VENDOR SPOTLIGHT: SIMPLY NUTS

Chanhassen

Cashews, cinnamon almonds, pistachios, peanuts, pecan pralines and a variety of other mixed nuts and trail mixes.

Simply Nuts are also sold at the Minnesota State Fair.

UPCOMING EVENTS

July
19

Music
Brian Peterson
3-5:30 p.m.

Community Table
NW Metro Climate Action

July
26

Music
Barbara English
Community Table
Plymouth Rockers

#PlymouthParks
plymouthmn.gov/farmersmarket



JULY 19, 2017

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 to help keep the market a green place!

IOCP FOOD SHELF DONATIONS

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



- » Farmers Market apparel is available for purchase at the info booth.
- » Enter the weekly drawing at the info booth for a chance to win a bag filled with market items.

SPONSORED BY

Renewal
by Andersen
WINDOW REPLACEMENT



An Andersen Company

FRESH APPLE WALNUT CAKE | PREP TIME: 25 mins. COOK TIME: 45 mins.

Ingredients

- » 3 cups all-purpose flour
- » 1 teaspoon baking soda
- » 1 teaspoon ground cinnamon
- » ½ teaspoon salt
- » 3 apples - peeled, cored and sliced
- » 1 cup white sugar
- » 1 cup brown sugar
- » 1¼ cups vegetable oil
- » 2 eggs
- » 2 teaspoons vanilla extract
- » 1 cup chopped walnuts

Instructions

- » Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, baking soda, cinnamon and salt. Set aside.
- » Combine the apples and the white sugar, set aside. In a large bowl, mix together the brown sugar, oil, eggs and vanilla. Stir in the apple mixture, then the flour mixture. Fold in the walnuts.
- » Pour batter into prepared pan. Bake in preheated oven for 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.



Sources:
allrecipes.com

NUT FACTS

Rich in Fiber

Dietary fiber helps stabilize your blood sugar levels, induce feelings of fullness and promote a healthy digestive system.

Rich in Calories

Mixed nuts are a rich source of calories, providing 168 in each 1-ounce serving. Mixed nuts can be good snacks if you're hiking or engaging in other strenuous, calorie-burning activities

Rich in Unsaturated Fat

Your body needs unsaturated fats to aid in vitamin absorption, provide energy and promote healthy growth and development.

High in Magnesium and Zinc

Magnesium aids in the regulation of your blood pressure and blood sugar levels and plays a role in maintaining the function of your nerves, muscles and heart. Zinc is a nutrient that aids in immune health, growth and development and reproductive health.

Source: livestrong.com