

# PLYMOUTH *Farmers Market*

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



## UPCOMING EVENTS

July  
26

Music  
Barbara English  
Community Table  
Plymouth Rockers

August  
2

Music  
Brad Cattadoris  
3-6 p.m.  
Community Table  
Interfaith Outreach

## VENDOR SPOTLIGHT: NATURALLY DELICIOUS

### Otsego

Homemade ice cream in eight flavors, sold in cones, cups and bowls. The ice cream is made with milk that comes from local cows, free of added hormones and other chemicals.

#PlymouthParks  
[plymouthmn.gov/farmersmarket](http://plymouthmn.gov/farmersmarket)



JULY 26, 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 to 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



## SKINNY GREEN MONSTER SMOOTHIE

SERVINGS: 1 SERVING SIZE: 2 CUPS

You can make this so many ways – add flaxseed, add protein powder, throw in blueberries, etc. Start with this basic recipe and play around with variations. Give it a try!

### Ingredients

- » 1 small frozen ripe banana, peeled
- » 2 cups baby spinach
- » 1 Tbsp peanut butter
- » 3/4 cup unsweetened vanilla almond milk
- » 1/2 cup plain fat free Greek yogurt

### Instructions

- » Place all the ingredients into the blender, add ice (optional) and blend until smooth.



## ICE CREAM FACTS

- » Top 5 ice cream consuming countries in the world: (annual gallons per person)
  1. New Zealand (7.5 gallons)
  2. United States (5.5 gallons)
  3. Australia (4.8 gallons)
  4. Finland (3.8 gallons)
  5. Sweden (3.8 gallons)
- » The world's tallest ice cream cone was over 9 feet tall and was scooped in Italy
- » Most of the vanilla used to make ice cream comes from Madagascar and Indonesia
- » Chocolate syrup is the world's most popular ice cream topping
- » California produces the most ice cream in America
- » A cow produces enough milk to make 2 gallons of ice cream per day
- » It takes 3 gallons of milk to make 1 gallon of ice cream
- » About 9 percent of all milk produced in the US is used to make ice cream

Sources:

[skinnytaste.com](http://skinnytaste.com), [icecream.com](http://icecream.com)