

PLYMOUTH Farmers Market

Every Wednesday, 2:30-6:30 p.m. | June 27-Oct. 10 | Parkers Lake Playfield, Co. Road 6 & Niagara Ln.



VENDOR SPOTLIGHT:

CHANG'S VEGETABLE FARM

Lakeville

Chang's Vegetable Farm produces a wide variety of seasonal vegetables. According to Chang's Farm, "Our goal is to grow the best and healthiest vegetables for all our customers. We love what we do for the community."

NEW IN 2018 THE KIDS CLUB

Engaging the next generation of Farmers Market shoppers



• ATTENDANCE PUNCH CARD

Ages 15 and younger can attend eight out of 15 markets and receive a special market prize at the end of the season. Punch cards are available for pick up at the Market Info Booth.

• WEEKLY ACTIVITIES

Scavenger hunts, prizes, word finds, story time and more.

UPCOMING EVENTS

July
18

Music
Sunny VanBrooklin

Community Table
Vote - Climate

Special Guest
Annette Fragale

July
25

Community Table
Northwest Metro Climate Action

JULY 18, 2018

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 info booth. Cash only.
- » Enter the weekly drawing at the info booth for a chance to win a bag filled with market items.

#PlymouthParks
plymouthmn.gov/farmersmarket



STUFFED PEPPERS

SERVES 4

Ingredients

- » 4 large bell peppers (any color)
- » 1 pound lean ground beef (at least 80 percent)
- » 2 tablespoons chopped onion
- » 1 cup cooked rice
- » 1 teaspoon salt
- » 1 clove garlic, finely chopped
- » 1 can (15 oz) tomato sauce
- » 3/4 cup shredded mozzarella cheese



Instructions

- » Remove top of pepper, seeds and membranes. Rinse peppers. If necessary, cut a thin slice from the bottom of each pepper so they stand up straight. In a 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling and add peppers. Cook for about 2 minutes, then drain.
- » In a 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown. Drain the beef. Stir in rice, salt, garlic and 1 cup of the tomato sauce. Cook until hot.
- » Heat oven to 350°F.
- » Stuff peppers with beef mixture. Stand peppers upright in an ungreased 8-inch square glass baking dish. Pour the remaining tomato sauce over peppers.
- » Cover tightly with foil and bake for 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.

Source:
bettycrocker.com

EAT YOUR VEGETABLES

summertomato.com

Try some of these simple tips to get your children to eat more vegetables.

• Set an example

By far the best predictor of a child's eating behavior is the eating patterns of parents.

• Get them involved

Taking your kids with you to the Plymouth Farmers Market or grocery store and letting them pick one or two things to cook for dinner can make them far more excited to eat it later.

• Make food fun

Relating healthy food to fun things the child already loves and turning it into a game is a great way to get a few bites of greens down the hatch.

• Arrange food in patterns on the plate

Kids like their food separated into piles around the perimeter. If you shape it into a heart or smiley face, they'll like it even more. This is another way to make food fun.

• Offer diverse food colors

Children like colorful foods. You can expose them to more colors by adding more vegetables to their plates.

• Don't force them to finish

Negative food experiences have the opposite of the desired effect and actually increase picky eating tendencies. Require one bite, but try not to start a fight.