



PLYMOUTH COLONY MONTHLY

July/August 2025 Newsletter

Upcoming Events

City Council Meeting dates:

August 14th and 28th at 6:30p.m.

Planning Commission Meeting dates:

August 7th Canceled and 21st at 6:30p.m.

Plymouth Veterans Memorial Pool

Open until August 8th from 1:30p.m. to 6:30p.m. Closed on 7/26, 7/28, 8/1 & 8/4

Amador County Fair

July 31st to August 3rd

www.amadorcountyfair.com

Farmers Markets –

Every Thursday in August & September

McGee Park 5:00p.m. – 8:00p.m.

August 7th ~ National Purple Heart Day

Purple Heart Recipient Ceremony at
Lodge Hill 18565 Empire St. at 10:00a.m.

Sounds of September 2025

Friday Eves ~ McGee Park on Main Street
from 6:00p.m. - 9:00p.m.



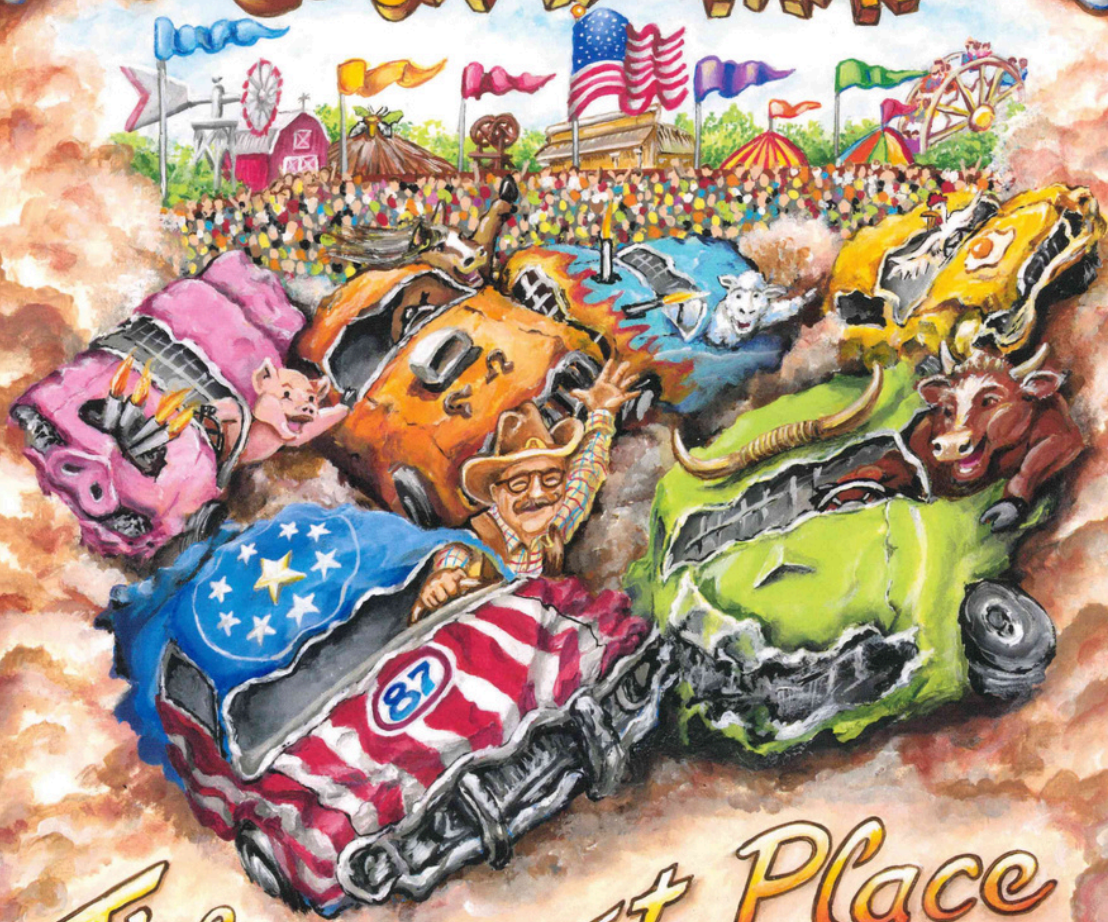
Email: info@cityofplymouth.org
www.cityofplymouth.org

Follow the City on



AMADOR

COUNTY FAIR



*The Happiest Place
on Dirt!*

JULY 31ST - AUGUST 3RD 2025

Celebrating California's Living History

PLYMOUTH, CA ★ 209-245-6921

WWW.AMADORCOUNTYFAIR.COM

MAJOR SPONSOR: JACKSON RANCHERIA CASINO RESORT



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Purple Heart Veterans



**The City of Plymouth is hosting its
5th Annual Purple Heart Ceremony on
Thursday, August 7th, 2025
on National Purple Heart
Recipient Recognition Day.**

**We want to honor all Amador County
Purple Heart Veterans or family members
of a Purple Heart Veteran.**

**This event is open to the public and will be at
Lodge Hill at 18565 Empire Street
in Plymouth at 10:00 a.m.**

Light refreshments afterwards.

THE RUBY: WEALTH, HEALTH, WISDOM, AND SUCCESS IN LOVE.

Throughout history, the Ruby has been one of the most sought after gems of many cultures, and has even been dubbed the “King of Precious Stones” in Sanskrit. The Ruby was worn by warriors of many cultures as their blood-like hue symbolized the power of life and strength. One of the most notable army to adorn this gem is the Burma (now Myanmar) Warriors, as the Rubies history is greatly centered in Myanmar.

The Ruby was first discovered around 2500 B.C in the Mogok region of Myanmar, and Burma has been a significant source of the world’s rubies since 600 A.D. Burmese Rubies are still some of the most prized to this day.

Burmese Ruby mines began depleting and the Mong Hsu region of Myanmar took over production of the gem in the 1990’s. Rubies at the Mong Hsu mines were not as rich in color as those found at the Burmese Ruby mines, so the site began heating their Rubies to improve their saturation and transparency, to mimic that found in the former site. The practice of heating Rubies is still common today.

On the Western side of the World, Rubies were and still are one of the most sought after gems, as European and the upper class believed the gem could be used to generate wealth, health, wisdom, and success in love. The Ruby was also used for scientific, rather than symbolic, purposes too. In 1960, Theodore H. Maiman used the ruby to make the first ever laser, right here in our beautiful state of California.


Rubies have long been prized for their rich hue, and are still sought after today as a symbol for passion, strength, and love.



*Tracy's
Purple Heart
Trivia!*

1. What day of the year is Purple Heart Day?
2. What was the original name of the award that eventually became known as the Purple Heart?
3. Who is credited with creating the award that became the Purple Heart?
4. Who was the only President in the 20th Century to receive a Purple Heart?
5. What eligibility criteria was added to the qualification for the Purple Heart in 1984?

1. August 7th 2. Badge of Military Merit 3. George Washington 4. John F. Kennedy 5. Injury or death due to terrorism



ACRA PRESENTS

BINGO

NIGHT
in **PLYMOUTH!**

SECOND TUESDAY OF THE MONTH
at **LODGE HILL**
in **PLYMOUTH**

DOORS OPEN at 5 PM
10 games + raffle \$20

For more info, call Amy at ACRA
209-223-6373

PLYMOUTH
FARMER'S
MARKET



AUGUST - SEPTEMBER



Every Thursday | 5 to 8pm

McGee Park, Main Street, Plymouth CA

The background of the page is a light pink color, decorated with several watercolor-style illustrations of watermelon slices. These slices are scattered around the central text, showing the red flesh, green rind, and black seeds. The slices vary in size and orientation, creating a summery and fresh atmosphere.

Watermelon is a Summertime favorite food!

Watermelon is a Summertime favorite food for many,
but did you know watermelon
doesn't just taste good- it's also good for you!

According to the Cleveland Clinic,
known as one of the best hospitals in the world,
Watermelon contains an "array of nutrients",
while also staying low calorie, and a good
source of hydration (Watermelon is 92% water!).

If you sprinkle a little salt on a nice piece of watermelon,
you'll have a tasty, electrolyte-and carbohydrate-packed
snack to replenish after some Summer Fun.

Watermelon is a good source of potassium,
Vitamins C , A, and B5, and Copper!

Watermelon is also the "richest known dietary
source of the amino acid citrulline",
according to Healthline (a trusted health information provider).

Our bodies turn citrulline
into another essential amino acid, arginine.

Both amino acids play a role in lowering
blood pressure, and arginine plays a key role
in the immune and reproductive systems,
and has even been shown to facilitate wound healing!

The levels of citrulline in
watermelon are highest in the white rind.

The seeds of a watermelon are good for you too!

Like the rest of the watermelon, they
are also low calorie and nutrient dense.

Watermelon seeds are a good source of zinc
and magnesium, as well as healthy fats.

The mono and polyunsaturated fats found in
the seeds are useful in protecting the body
from heart attacks and stroke, and can help
lower bad cholesterol, which is one of the reasons
this fruit is American Heart

Association Heart-Check Certified! You can roast
watermelon seeds for a crispy,
nutrient-packed treat!

Be careful not to eat too much of this sweet treat!

The watermelon's high fructose levels
are why the fruit is considered high in FODMAPS,
a particular type of carbohydrate that
can resist digestion, namely in those who already
suffer from digestive issues.

City of Plymouth

9426 Main Street, Plymouth, CA 95669

Phone: 209-245-6941, Email: info@cityofplymouth.org

Sounds of September



**FOOD & LIVE
MUSICAL PERFORMANCES**

SIGN UP

**Attention
Makers
& Food Vendors**

**The City of Plymouth is looking
for food and merchandise
vendors of all kinds to participate
every Friday Eve in September at
McGee Park on Main Street from
6:00 pm – 9:00 pm.**

**For more information, please contact Dana
209-245-6941 ext. 254 or
dknight@cityofplymouth.org**

AMADOR FARMERS MARKET

OUR
32nd
SEASON!



2025

SUTTER CREEK FARMERS MARKET

SATURDAYS • 8:30 – 11:30am

MAY 3 – OCTOBER 18

NORTH MAIN STREET PARKING LOT

IONE FARMERS MARKET

WEDNESDAYS • 5 – 8pm

JUNE 4 – JULY 30

CREEKSIDE, 217 W. JACKSON STREET

PLYMOUTH FARMERS MARKET

THURSDAYS • 5 – 8pm

AUGUST 7 – SEPTEMBER 25

MCGEE PARK, MAIN STREET

VOLCANO FARMERS MARKET

OPENS SUNDAY, APRIL 27 • 9:30am – 12:30pm
then EVERY THIRD SUNDAY • 9:30am – 12:30pm

MAY - DECEMBER
MAIN STREET



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