

Weekly Newsletter

August 16, 2017



Wednesdays 3-7pm

Lakeside Park

Kids Day at the Market

Stop out for the third Kids Day at the Market! The Big Lake Community Food Shelf, the Big Lake Public Library, the Sherburne County Master Gardeners, and the Big Lake Ambassadors will be at the market today offering free kids activities for all ages! There may be some rain in the forecast, but we will still be up and running. This week we will be featuring a different, local food truck called Mostly Smoked. Don't let the weather stop you; Check out your local farmers market and have a blast with your family!



See our list of vendors for today's market below:

- Great Harvest Bread
- Eicher's Hobby Farm
- LV Gardens
- Mary Ann Peterson
- Furbabies Crochet Boutique
- Matt the Mushroom Guy
- Mostly Smoked
- Smude's Sunflower Oil
- Mister Lemonade
- Moxie Doxie Designs
- Dudley's Syrup Company
- Viking Wire Weaving



Now accepting Snap/EBT and debit/credit purchases. Visit the city tent today to find out how!

Introducing Spotlight Vendor:

Big Lake Community Food Shelf

The Big Lake Community Food Shelf started coming to the farmers market this year for our monthly Kids Day. They have brought a variety of fun crafts themed around kids making healthy eating choices. Some examples are fish painting which started a conversation about protein, beaded bracelet making that sparked thoughts about the kids favorite fruits and veggies that matched the colors they chose, and this week's craft will include leaf and nature rubbings. They also help out with the Power of Produce program. They enjoy that this program is family friendly and that kids are getting excited about having their own money to spend on things like snap peas and raspberries.



The Big Lake Food Shelf is constantly focusing on getting healthy food supplies to families in need through a variety of programs. They have two paid staff, Ali and Allison, and a Board of Directors. They receive much of their help through volunteers. Are you looking to get involved with the food shelf? They are looking for two High School age interns and are seeking board members with a passion for feeding the hungry. They are also always looking for donations and volunteers. For information on how to apply for these opportunities, email blexdir@gmail.com.

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Music at the Market

Check out the upcoming music schedule:

August 16th - Four Legg Fish (Kids Day)

August 23rd - Ilika Ward

August 30th - The May North

September 6th - Rosby Corner



Welcome Back Four Legg Fish

Four Legg Fish is an Americana duo from Minneapolis that was founded in 2012. If their sense of humor doesn't reel you in, their laid back music style is sure to get you hooked. They have enjoyed sharing stages with national acts and regional favorites at bluegrass festivals and cafés. During the summer you can find them playing various farmers markets in Minnesota. Also, keep an eye out for their set at the Big Lake Block Party on August 26th at McPete's from 3pm to 5pm.



They have two albums out that can be purchased at their shows. During their sets they play songs from their LP, Northwest Passage, as well as a mixture of other originals and old-time traditionals. This is their third year performing at the Big Lake Farmers Market, so give them a warm welcome, and don't be afraid to ask them if they have an extra CD laying around for purchase!

Recipe of the Week

Mashed Cauliflower and Kohlrabi

Recipe from thelemonbowl.com



Ingredients

- 1 head cauliflower cut into florets
- 1 kohlrabi peeled and cut large chunks
- 1/2 cup plain yogurt low fat or Greek yogurt
- 1 tablespoon horseradish
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/4 cup chives minced + 2 tbs for garnish

Instructions

Using a steamer basket, bring 3 inches of water to a boil then add cauliflower and kohlrabi. Steam until veggies are fork tender - about 8-10 minutes. Once veggies are cooked, pour out the cooking water and remove steamer basket.

Add veggies back into the same pan and use a potato masher to smash the cauliflower and kohlrabi together. (Let the kids help!) Next, add in yogurt, horseradish, salt, pepper and 1/4 c of chives.

For an even smoother texture, use an immersion blender or electric mixer.

Serve with extra chives on top.