

Weekly Newsletter

June 21, 2017



Wednesdays 3-7pm

Lakeside Park

## Kids Day at the Market!

Help us kick off Spud Fest by joining us at the Big Lake Farmers Market for Kids Day! The market will be offering a variety of free activities for all ages including the Power of Produce program for kids ages 4 to 12. Eddie Danger will be playing kid friendly music starting at 3:30pm so bring your dancing shoes.

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  
Cat Tail Farm  
Grace's Goodies  
Jewelry by Linda Larson  
Matt the Mushroom Guy  
Kenya Letourneau  
Gess What's Cookin'  
Smude's Sunflower Oil  
Linda Bergsten  
Mister Lemonade  
Rocket Concessions



This year we will be accepting EBT/Snap as well as debit and credit purchases. If you are unable to bring cash to the market, just stop by the City of Big Lake booth. Thank you to SHIP for making this possible!

## Introducing Spotlight Vendor:

### Kenya Letourneau

Every week the Big Lake Farmers Market newsletter will spotlight a vendor. In this section you can find out

a little more about the people you are buying from and the products that they offer.

This week's spotlight vendor is Kenya Letourneau. This is Kenya's first year with the Big Lake Farmers Market. She sells a variety of hand painted canvas signs, magnets, bird houses, and other home décor. She first started selling her artwork a few years ago in cafes and at art festivals such as Mark's in Stillwater and the Golden Valley Music and Art Festival, but she has been painting almost her entire life. Kenya's mother even recalls her daughter using art to tell on her siblings when they broke the rules!



Kenya found out about the market when her neighbors saw the beautiful hand-painted window coverings and planters in her yard earlier this year and mentioned that she should start selling at the Big Lake Farmers Market. She's glad to be a part of a market that is "up and coming" and anytime that she can touch someone's life with a painting, it is truly rewarding for her. Stop by the market and check out her amazing artwork that is made with all recycled wood

Weekly Newsletter

June 21, 2017



Wednesdays 3-7pm

Lakeside Park

## Music at the Market

Check out the upcoming music schedule:

June 21st - Eddie Danger (Kids Day)

June 28th - Mare Lennon

July 5th - Janice Shovelain (Senior Day)

July 12th - Moe DeLL

July 19th - She's My Sister (Kids Day)

His genre has been called "Cosmic Country-folk with a Tribal Twist of Jazz." He has an album available for purchase on iTunes which is a collection of his songs from 2002-2012. Today he will be playing a mixture of these songs with some kid friendly tunes, in honor of Kid's Day at the Big Lake Farmers Market. Stop on by and enjoy the unique music stylings of Eddie Danger!



## Recipe of the Week

### Artichoke-Spinach Dip

*Recipe adapted from "Recipes for the Heart," American Heart Association*

#### Ingredients

10 ounces fresh spinach

1 (14-ounce) can artichoke hearts, rinsed and well drained

3/4 cup fat-free plain yogurt (Greek preferred)

1/4 cup coarsely snipped fresh parsley or basil

1/8 – 1/4 cup coarsely chopped green onions

1 clove garlic, minced

1 tablespoon lemon juice

1/4 cup light ranch dressing

\*Optional: sprinkle chopped tomatoes on top before serving

#### Directions

Mix all ingredients in a food processor or blender until the mixture is almost smooth. Transfer to a serving bowl, cover, and refrigerate for at least 1 hour before serving.

Yield: 10 servings.

(1 serving = 1/4 cup)



## Meet Eddie Danger

Welcome back Eddie Danger to the Big Lake Farmers Market! Eddie is an award winning songwriter and multi-instrumentalist with many experiences under his belt. He first was introduced to music in the 5th grade while in Jazz band. Flash forward to when he was 18, the fire underneath him ignited at a Grateful Dead Concert. From then on he has been expanding his repertoire of instruments anywhere from the upside-down guitar to the banjo, to the collection of percussion instruments he has gathered from traveling the world.

