

Weekly Newsletter

August 23, 2017



Wednesdays 3-7pm

Lakeside Park

### New Product at the Market

After a few weeks of much needed rain, it looks like we will have a sun shiny day for the market this Wednesday! Bob and Judy's Farm Market will have a new item this week; Sweet Corn! Stop out and enjoy the free entertainment while filling your grocery bags with fresh, locally grown produce!



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

Bob and Judy's Farm Market

Great Harvest Bread

Eicher's Hobby Farm

Cat Tail Farms

LV Gardens

Jewelry by Linda Lee

Mary Ann Peterson

Furbabies Crochet Boutique

Matt the Mushroom Guy

Melody's Honey

Gess What's Cookin'

Smude's Sunflower Oil

Linda Bergsten

Mister Lemonade

Moxie Doxie Designs

Viking Wire Weaving

Jodi's Cupcakes

**CENTRACARE Health  
Monticello**



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

### Introducing Spotlight Vendor:

#### CentraCare Health Monticello



CentraCare Health Monticello has been coming to the Big Lake Farmers Market for years. Their mission is to promote health and wellness in the community by answering questions at the market and being a source of unique ideas for healthy day to day life

choices. Last month they brought their famous therapy dogs to the market for people to meet and learn more about. They were an absolute hit for not only the kids at the market, but also the adults. Some of the topics they have brought up at the market are the positive health benefits of volunteering, options for safe exercising and today they will be bringing up distracted driving and how to combat it.

CentraCare has also been spreading the word on some of their available programs at their clinics in the area including prenatal yoga with their midwives. This is fairly new and it is bringing more choices for women in the community. Diane Larson is a Midwife with Stellis Health. She is there to help during pregnancy all the way through post partum. You can contact Stellis Health to find out how to take advantage of these amazing programs. For more information on volunteer opportunities, visit [centracare.com/volunteer](http://centracare.com/volunteer) or stop out at the farmers market today!

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## Music at the Market

Check out the upcoming music schedule:

August 23rd - Jake Ilika

August 30th - The May North

September 6th - Rosby Corner

September 13th - Betty Danger



## Meet Jake Ilika

This is Jake's first time at the Big Lake Farmers Market and we are very excited to have him. Jake Ilika is a singer, songwriter from Minneapolis, Minnesota. He has numerous musical projects including the Ilika Ward Duo and his band The Heavy Set. Today he will be performing his solo work. He has two solo albums. His self titled EP was released in 2014 and his second solo album, "Live At Casket Arts" was released to the public in early 2015.



His music style could be considered Americana, and he incorporates many styles into his sound including finger-style acoustic, electric, lap steel, resonator, pedal steel and keys. This wide variety gives his sound a complexity that is wonderfully easy to listen to. Jake has played at venues including 10K Brewing, Summit Brewing Company, Eds Bar, and The Warming House. His lyrics and voice are sure to bring comfort to your ears, so stop out and enjoy the market with Jake Ilika!

## Recipe of the Week

### Sweet Corn Relish

*Recipe from MyRecipes*



### Ingredients

- 6 cups fresh corn kernels (about 8 ears)
- 3 cups chopped green cabbage
- 1 cup chopped red bell pepper
- 1 cup cider vinegar
- 1/2 cup sugar
- 1/2 cup chopped shallots (about 2 large)
- 2 teaspoons celery seeds
- 2 teaspoons mustard seeds
- 1 teaspoon salt
- 1 teaspoon cumin seeds
- 1/2 teaspoon ground turmeric
- 1/8 teaspoon crushed red pepper

### Preparation

Combine all ingredients in a Dutch oven; bring to a boil. Reduce heat; simmer uncovered, 20 minutes or until vegetables are tender and most of liquid evaporates, stirring frequently. Cool; pour into airtight containers. Refrigerate for up to six weeks.