

Weekly Newsletter

July 5, 2017



Wednesdays 3-7pm

Lakeside Park

Senior Day at the Market

This week's market will feature \$3 coupons for seniors 55+ that can be spent at any participating vendor's booth on July 5th. Stop by the City of Big Lake's Booth to receive your coupon. We will also have the Power of Produce program for kids ages 4 to 12.



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
- Dudley's Syrup Company
- Jewelry by Linda Larson
- Matt the Mushroom Guy
- Kenya Letourneau
- Gess What's Cookin'
- Smude's Sunflower Oil
- Linda Bergsten
- Mister Lemonade
- Austin's Acres



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

Introducing Spotlight Vendor:

Eicher's Hobby Farm

Stop by the Big Lake Farmers Market and you will find Eichers Hobby Farm selling a variety of goat products from meats to cheeses to skin care products.. Ruth is a true believer in the effects of Eichers Hobby Farm's products. The soap that is made from local goat milk is known to be rich and creamy. You don't even need a wash cloth to lather up, and it can double as a shampoo. The body cream is versatile in that it can be used from your face to your tippy toes, and it is helpful when it comes to skin suffering from eczema, bug bites, or acne. My personal favorite is their cheese, which comes in ten different flavors and is mild and mellow tasting compared to store bought goat cheese, which tends to have a tangy after bite.



Ruth loves the variety of goat meat from Eichers Hobby Farm because it is all natural and a very healthy red meat. It is much leaner than lamb and has less cholesterol. Ruth thinks selling at the market is wonderful. She likes getting outside, seeing different people, and listening to the relaxing music. Stop out and see Ruth at the Eichers Hobby Farm booth today and sample their delicious goat cheeses!

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Music at the Market

Check out the upcoming music schedule:

July 5th - Janice Shovelain (Senior Day)

July 12th - Moe DeLL

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

July 26th - Ira Haze

August 2nd - Sunny VanBrocklin (Senior Day)



Meet Janice Shovelain



Janice Shovelain from Monticello, MN has been playing accordion since she was 10 years old. She has played at anniversaries, graduations, community festivals, and nursing homes around the area.

She especially enjoys playing at nursing homes and considers it to be rewarding. "I'll go to a nursing home and they'll just be sitting there, and all of a sudden I'll play a song and they'll just be like 'Oh yeah' and start singing along and clapping their feet or hands," says Janice.

Outside of performing, Janice also gives occasional Accordion lessons to those who are interested in learning the unique instrument. Janice's energy is infectious. Stop by and request your favorite Polka or

Waltz for Senior Day at the Market and she'll be sure to have you dancing in no time!

Recipe of the Week

Philly Cheese Steak Stuffed Peppers

Recipe from Eichershobbyfarm.com

Ingredients

8 oz. Thinly Sliced Roast Goat

6oz Fresh Goat Cheese-if you want a little heat use 4-peppers goat cheese

2 Large Green Bell Peppers

1 Medium Sweet Onion – Sliced

6 oz. Baby Bella Mushrooms - Sliced

2 Tbs. Butter

2 Tbs. Olive Oil

1 Tbs. Garlic - Minced

Salt and Pepper - to taste

Instructions

Preheat oven to 400°.

Slice the peppers in half lengthwise and remove ribs and seeds.

Add butter, olive oil, garlic, mushrooms, onions and salt and pepper to a large sauté pan and cook over low-medium heat.

Sauté until onions and mushroom are tender (approximately 30 minutes).

Slice roast beef into thin strips and add to the onion & mushroom mixture. Cook for 3-5 minutes until heated through.

Line the inside of each pepper with cheese and fill with the meat mixture and top with more cheese.

Bake for 15-20 minutes until the cheese on top is golden brown.

