

Weekly Newsletter

July 12, 2017



Wednesdays 3-7pm

Lakeside Park

July Brings More Produce

Stop by the market and find some new vendors and a wider selection of produce for the month of July! Bob and Judy's Farm Market will be selling a variety of produce and plants. Hunz Farms will be selling eggs, chicken and beef, and Annie's Kitchen will offer home made cookies and other baked goods. You won't want to miss what today will offer. See you at the Market!



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
Annie's Kitchen
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
Hunz Farms



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

Introducing Spotlight Vendor:

Smude's Sunflower Oil

Smude's Sunflower Oil has been in production for 6 years making cold pressed, non-GMO, sunflower oil. They get all of the items to make their products from Pierz, Minnesota. This includes their variety of multi-purpose infused oils for sautéing, dipping and cooking. They also sell honey, soothing skin salves, chap stick, and bags of popcorn. Smude's began selling at the Big Lake Farmers Market this year so they can bring their products to new customers between St. Cloud and the Twin Cities.



Smude's is endorsed by CentraCare for the healthy nature of their products. They have also been recognized on the local PBS Channel for the success of their business in Minnesota. One thing that Jim likes about their oils is that they can be used to cook at high temperatures, unlike olive oil. You can find Smude's at various craft shows, co-ops, and retailers such as Coborn's and Lunds & Byerlys. Mann's Theaters also use their popcorn oil at their 12 locations in Minnesota. Jim will not be at this week's market, but will return for Kids Day on July 19th. Be sure to stop by and try their garlic pepper infused sunflower oil. It is great for dipping fresh bread or as a dressing on top of a bed of fresh greens from the market!

Weekly Newsletter

July 12, 2017



Wednesdays 3-7pm

Lakeside Park

Music at the Market

Check out the upcoming music schedule:

July 12th - Moe DeLL

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

July 26th - Ira Haze

August 2nd - Sunny VanBrocklin (Senior Day)



Welcome Back Moe DeLL



Welcome back Moe DeLL to the Big Lake Farmer's Market.

MoeDeLL is a local musician who writes and performs original, Americana music. His influences started with bluegrass artists at local farmer's markets in his home state, Virginia, when he was a kid. MoeDeLL moved to Minnesota in 2004 and has been known to play around 200 shows a year throughout the Midwest region. He has opened for diverse acts such as Bret Michaels, Travis Warren, Cheap Trick, and Blind Melon.

Moe DeLL released multiple albums throughout the years. Currently he is working on his upcoming album titled "Logan Drive." Keep an eye out for this album which will be released sometime later this year.

Recipe of the Week

Penne Primavera

Recipe by www.smudeoil.com/recipes

Ingredients

12 ounces uncooked penne pasta

1 red pepper

2 carrots, cut into julienne strips

2 small zucchini

2/3 cup fresh oriental pea pods

3 green onions

4 tablespoons Smude's Sunflower Oil

1 1/2 cup diced tomatoes

2 tablespoons chopped chives

2 tablespoons fresh dill (or 1/2 tsp dried dill)

Salt and fresh ground pepper, to taste

1/4 cup roasted sunflower kernel



Directions

Clean and wash vegetables. Cut red pepper and zucchini into small slices. Cut peapods in half or thirds. Slice green onion. Cook penne al dente (see instructions on box). While the pasta is cooking, cook vegetables. Heat Smude's Sunflower Oil in a large non-stick saute skillet. Add red pepper and carrots and saute for approximately 6 minutes. Then add remaining vegetables and steam for an additional 5 minutes. Add the tomatoes, chopped chives and finely chopped dill. Season with salt and pepper and heat until warmed through. Toss the vegetable mixture with the drained penne. Sprinkle with roasted sunflower kernels. Serve hot.