

Weekly Newsletter  
September 20, 2017



Wednesdays 3-6:30pm  
Lakeside Park

## Kids Day at the Market



Welcome to the last Kids Day at the market for the season! Today we will be giving away two Movie Gift Baskets to lucky winners that attend the market. The Big Lake Food Shelf and Big Lake Public Library will be doing free kids activities all afternoon. Don't forget to stop by the City booth to get your free coupon for an Ice Cream treat at the new Casey's location.

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

Bob & Judy's Farm Market  
Smude's Sunflower Oil  
Great Harvest Bread  
Eicher's Hobby Farm  
Cat Tail Farms  
LV Gardens  
Dudley's Syrup Company  
Jewelry by Linda Lee  
Matt the Mushroom Guy  
Gess What's Cookin'  
Linda Bergsten  
Mister Lemonade  
Grace's Goodies  
Bee Wholesome Honey  
Moxie Doxie Designs



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

## Introducing Market Sponsor:

### Minnesota Limited

Minnesota Limited has grown into one of the largest pipeline transmission contractors doing business across 32 different states in the U.S. They have successfully completed projects on natural gas, crude oil, and refined products and hydrocarbon pipelines and facilities. We were lucky to receive sponsorship for our Power of Produce program from Minnesota Limited this year. They were excited to help foster a fun outlet for our local youth to explore healthy eating habits. Minnesota Limited finds that the Big Lake Farmers Market has similar core values of Commitment and Quality. Since the community of Big Lake is part of Minnesota Limited's team, they are committed to supporting the organizations and individuals that live and work in the area.



**MINNESOTA LIMITED**

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According to a Minnesota Limited employee "The farmers market is a wonderful opportunity to connect residents to the community in a fun and unique way. By attending, each individual is supporting family farms, protecting our environment, discovering new recipes and enjoying the seasonal weather. It's a great way to network with other community members and to learn about the local agriculture." If you or anyone you know has children ages 4 to 12, bring them out to the market so they can enjoy trying new produce with their free \$2 token handed out weekly.

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## Music at the Market

Check out the upcoming music schedule:

September 20th - Jazmin & The Gents

For Kids Day

September 27th - Jake Kemble



## Meet Jazmin & the Gents

Jazmin & the Gents is a local band made up of four individuals that play a variety of covers that will keep you dancing. Jazmin Girard is the lead singer, saxophonist, flautist, rhythm guitarist and owner of Jazmin & the Gents. She owns her own company, Local Music Lessons, where she teaches voice, flute, and piccolo, saxophone, and clarinet along with many other instruments. Matt Bentley is the lead guitarist, vocalist, and sound-production guy for the band. He has been teaching and performing for the past 18 years and has a degree in Music/Guitar performance from McNally



Smith College of Music.

The band has undergone some changes in the past, but today we will be hearing some acoustic covers from both Jazmin and Matt that are sure to have you shaking your tail feathers! This is a duo that you won't want to miss.

## Recipe of the Week

Spicy Brussels Sprout Chips

*Recipe By Allrecipes.com*

Ingredients

2 tablespoons olive oil

1 1/2 teaspoons Dijon mustard

1/4 teaspoon sea salt

1 pinch red pepper flakes

1 pound Brussels sprouts

Directions

Place a rack in the top third of the oven and preheat oven to 325 degrees F (165 degrees C). Line a baking sheet with aluminum foil.

Mix olive oil, Dijon mustard, sea salt, and red pepper flakes in a large bowl to make sauce.

Trim the stems of the Brussels sprouts to release outermost leaves, about 5 leaves from each sprout. Reserve cores to roast another time. Place leaves in the bowl of sauce; toss with your fingers until all the leaves are evenly coated. Spread leaves on the baking sheet in a single layer.

Roast leaves in the preheated oven until wilted and lightly browned, about 15 minutes. Transfer any crispy leaves to a serving plate and continue roasting, removing crispy leaves at 5-minute intervals, until all leaves are crispy, about 10 minutes more.

