

Monthly Newsletter

March 2018



March 23rd 3-6pm

Saron Lutheran Church

March is the biggest market yet!

This Month's Market

At this month's market we will have vendors selling jams, jellies, canned goods, microgreens, jewelry, meats, oils, skin salves, honey, aprons, baked goods and many other crafts. The Sherburne County Master Gardeners will be returning with activities sure to inspire the green thumb in all of us! Most of the vendors from the December, January, and February markets will be returning, and we'll be introducing some new faces as well! Come out and shop local!

List of vendors for the March market:

- Cat Tail Farm
- Grace's Goodies
- Jewelry by Linda Lee
- Iron Shoe Farm
- Paula B's Crafts
- Kenya Letourneau
- Moxie Doxie Designs
- Oak Park Farm
- T. Rose Oh-So-Soft Baby Blankets
- The Weasel Stash
- Sherburne County Master Gardeners
- Becker Spine

Vendor Spotlight

Each month 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 month's vendor is Allen Feldeverd of Oak Park Farm. Oak Park Farm was established in January 2005 as a vegetable farm. Al began with the belief that your food should be raised naturally with nature's help, not despite nature. In 2008, Oak Park Farm added eggs and poultry, and grass fed beef in 2010. His goal is to bring customers the highest quality food possible without artificial inputs; that means no chemicals like herbicides and pesticides. In this vein, Al provides grass fed beef, free-range chicken, and soy free eggs at the farmer's market. Stop by to check out the many offerings of Oak Park Farm!



Recipe of the Month

Microgreen Salad with Roasted Chickpeas

Recipe from Pinterest

Time: Prep: 10 min

Servings: 4

Ingredients

- 1 head romaine lettuce, 1 package of microgreens, 6 radishes halved and sliced, 2 tbsp lime juice, 1/8 tsp dry mustard powder, 1/4 tsp salt, 4 tbsp olive oil, parmesan shavings, roasted chickpeas

Directions

Chop romaine leaves after rinsing and trimming. Place the romaine, microgreens, and sliced radishes in a serving bowl. Whisk together the lime juice, mustard powder, salt, and olive oil. Toss the salad with the dressing. Sprinkle with salt, pepper, cheese, and chickpeas.

An easy way to make a meal out of this recipe would be to add some grilled chicken or cooked quinoa.

Enjoy!

What do people really mean when they talk about “the local food movement”?

Homegrown, native, and seasonal have become big words in the food industry.

But what does it really mean when someone says a food was “grown locally” and why does it matter?

Local is a term that means something different to everyone. The standard definition is any product bought within 100 miles of where it was produced. However, in our case, this would include most of Minnesota. Farmers markets often define local as within a community or its neighboring cities. Grocers, on the other hand, often define local using the 100-mile radius.

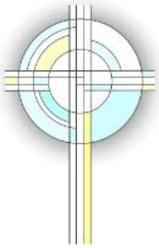
People say that if you know your farmer, you know your food. “Once you can know your farmer, I think that gives you a greater sense of security, integrity about the food, greater knowledge

about where it’s coming from, and just a greater sense of worth to the food that you’re feeding,” says one WI farmer.

The Big Lake Farmers Market requires that our vendors sell homegrown or handmade products. By this we mean that our vendors grow and raise their own food, and the craft vendors use their own two hands (perhaps with some mechanized assistance) to create their products. Our definition of local is the tri-county area. The majority of our vendors are from Big Lake itself.

Current buzzwords surrounding the local food movement may get confusing, but rest assured that we try to root our farmers market within the community that supports it.

Thank you to our community partners!



Big Lake Farmers Market reusable bags for sale at the winter market! \$2 each



Next (and last) Market:

April 20th

3-6 pm

Saron Lutheran Church, Founders Hall

Expected Vendors:

Cat Tail Farms

Kenya Letourneau

Grace's Goodies

Moxie Doxie Designs

Iron Shoe Farm

Great River Regional Library

Furbabies Crochet

Paula B's Crafts

Oak Park Farm

Becker Spine

