

Weekly Newsletter

July 11, 2018



Wednesdays 3-7pm

Lakeside Park

## Senior Day is Back!

The second Senior Day at the Market is here! Seniors 55+ can stop out today and get a \$3 Senior Day coupon. These coupons are only redeemable today, but can be used on any product sold at the market. Unable to make it this week? Stop by for Senior Day on August 8th or September 12th to save on locally grown products. Did you miss Bike to the Market Day last week? August 1st will be our second and last Bike to the Market event of the season. Keep an eye on Facebook for more details.



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

Great Harvest Bread  
Cat Tail Farms  
Gess What's Cookin'  
Svihel Vegetable Farm  
LV Gardens  
Jewelry by Linda Lee  
Oak Park Farm  
Mr. Lemonade  
Moxie Doxie Designs  
Smude's Sunflower Oil  
Warnke Farm  
Dudley Syrup Company  
Matt's Mushrooms and  
More



## Introducing This Week's Spotlight Vendor

Every week 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 week's spotlight vendor is Oak Park Farm.



Oak Park Farm was started in 2005 by Allen Feldever. Allen decided that he "was tired of the corporate world

and wanted to be his own boss." Oak Park Farm offers a variety of meats, eggs, and sustainably grown vegetables. The beef is grass-fed and the chicken and eggs are also free range. A description of these practices include "working with mother nature not against it, and allowing their chickens to run around outside and eat bugs like they're supposed to!"

Oak Park Farm is located in Princeton, Minnesota, but you can also purchase their products at the Big Lake Farmers Market as well as the Princeton and Sartell Farmers Markets. Allen's full line of vegetables will be offered at the market as they come into season, but right now keep an eye out for produce including raspberries and asparagus. Oak Park Farm was a vendor at our first ever Winter Farmers Market this year and just started attending our Summer Market because he wanted to find somewhere close to home to sell his goods. Stop out and try my personal favorite, his homemade summer sausage, at today's market!

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### Music at the Market

Check out the upcoming music schedule:

- July 18 - She's My Sister (Kids Day)
- July 25 - Mare Lennon
- August 1 - Moe DeLL (Bike Day)
- August 8 - Nathan Neuman (Senior Day)
- August 15 - Joel Hagberg (Kids Day)



Sunny performs all over the twin cities area at farmers markets, coffee shops, and even senior centers. She finds that music has a healing effect in senior center settings so she tailors her set list to bring happiness to the residents. Her album titled 'Blue Ticket Tuesday,' was released in November of 2015. This album has a very eclectic style including songs that feature New Orleans Jazz, all the way to depression era folk style influences. Stop on by the market and listen to the soothing sounds of Sunny VanBrocklin!

### Recipe of the Week

#### Strawberry Smoothie

Recipe by Sarah Brouwer

Ingredients:

- 8 strawberries
- 1/2 cup milk
- 1/2 cup plain yogurt
- 3 tbsp. white sugar
- 2 tsp. vanilla extract
- 6 cubes crushed ice



Directions:

In a blender, combine strawberries, milk, yogurt, sugar, and vanilla. Toss in the ice. Blend until smooth and creamy. Pour into glasses and serve.

### Welcome Back Sunny VanBrocklin



Please welcome back Sunny VanBrocklin to the Big Lake Farmers Market! Sunny is a local singer, songwriter, and, multi-instrumentalist who has played

at the market for the last few years in a row. Her style ranges from Americana, Folk, Jazz, and Pop. This blend creates a show that makes for easy listening for a wide range of followers. Whatever your age, Sunny's sound is sure to bring about a sense of nostalgia. Also, keep your ears open between songs so that you can hear more about where the song originated.

The above recipe was created by Sarah Brouwer of Brouwer Berries in Raymond, Minnesota. Try making this recipe with fresh strawberries grown locally and sold at the Big Lake Farmers Market. This week there are multiple produce vendors that are likely to be offering strawberries. These vendors include LV Gardens, Warnke Farm, Svihel Vegetable Farm, and Oak Park Farm.