

Weekly Newsletter

July 25, 2018



Wednesdays 3-7pm

Lakeside Park

Market Highlights

Rain or shine the market will go on! Stop by today's market and enjoy activities by CentraCare Health Monticello. Power of Produce will also be going on every week at the market as well as the Market Bucks Match Program. Use your Snap-EBT cards at the market and get matched up to \$10 every week at the Big Lake Farmers Market!



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

Great Harvest Bread
Matt's Mushrooms and More
Gess What's Cookin'
Svihel Vegetable Farm
Cat Tail Farms
Grace's Goodies
LV Gardens
Oak Park Farm
Mr. Lemonade
Sandbur Acres
Warnke Farm
Linda Bergsten
Jewelry by Linda Lee
Bob & Judy's Farm Market
Dudley's Syrup Company
Smude's Sunflower Oil



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 Matt's Mushrooms and More.



Matt started selling at the Big Lake Farmers Market in 2016. He recently cut back on his hours at his day job so that he can have

more time to himself to be in the woods hunting mushrooms for the market. Matt is also more available now to meet for pick up/drop off of mushrooms if you are unable to make it to the Big Lake Farmers Market or the Monticello Market. He has three different certificates for hunting over a dozen different kinds of mushrooms, and this year he even started growing his own. Keep an eye out for his locally grown oyster and hericium mushrooms.

If you are unsure about whether you like mushrooms, then stop out and try a sample. Matt has been doing cooking demos this year in an attempt to cure people's self declared 'fungi-phobias' and it's been working! He has had about five people that claimed to dislike mushrooms who tried his sautéed recipe and fully enjoyed it. Other items you can find at his booth include home-made hemp jewelry and wire wraps made by Irene. She has a great spread and if you don't see what you like, she'll make you a custom order!

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Music at the Market

Check out the upcoming music schedule:

- August 1 - Moe DeLL (Bike Day)
- August 8 - Nathan Neuman (Senior Day)
- August 15 - Joel Hagberg (Kids Day)
- August 22 - Mare Lennon
- August 29 - Betty Danger



Welcome Back Mare Lennon



Mare Lennon is a musician from the Twin Cities that has been playing music for the last 30 years. She has two albums with original music. She released *Chasing Sacred* in 1998 and *Warhol Highway* in 2003. You can find both

of these albums on cdbaby.com. She compares her style to singers and songwriters like Shawn Calvin and Sarah McLachlan. Her soothing alto voice paired with acoustic guitar is sure to give you chills!

Mare's genre is considered folk/pop. It combines the catchy rhythms of pop music and the sincerity of folk lyrics. Her versatility allows her to perform either with

full bands or with only her guitar and voice. She has performed at wineries, clubs, *Vino in the Valley*, and even the Holland America cruise line. This is her third year playing at the Big Lake Farmers Market. She is known to take requests and can cover fan favorites from a variety of artists including The Eagles, Fleetwood Mac, and Patsy Cline. Stop out and enjoy some classic covers and tasteful originals by Mare Lennon!

Recipe of the Week

Shaved Beet Salad

Recipe by www.mfma.org

Ingredients:

- 3 small beets
- 4-6 leaves of fresh mint
- 2 teaspoons lemon juice
- 2 teaspoons olive oil

Pinch of salt and pepper

Directions:

1. Wash hands, beets, and mint
2. Peel and trim beets and grate them using the largest holes on a cheese grater
3. Finely chop fresh mint leaves and add to bowl with shaved beets
4. Mix the lemon juice, olive oil, salt, and pepper in with shaved beets

You can find ingredients for this recipe at our produce stands. This includes Oak Park Farm, Sandbur Acres, LV Gardens, Svihel Vegetable Farm, Bob & Judy's Farm Market, and Warnke Farm. You can also substitute sunflower oil which is available at Smude's Sunflower Oil's booth.

