

Weekly Newsletter
September 5, 2018



Wednesdays 3-6pm
Lakeside Park

Market Highlights

The Big Lake Farmers Market will be open from 3-6pm throughout the month of September. Senior Day will take place next week, on September 12th and will feature \$3 coupons to seniors 55+. The last Kids Day of the season will be on September 19th and will feature music by Four Legg Fish, the Power of Produce Program, and free kids activities. Although the market season is coming to an end, keep an eye out for the second annual indoor Big Lake Winter Farmers Market. The winter market will take place on the second Friday of each month from November to April from 3-6pm at Saron Lutheran Church.



Today's Featured Vendors

- Gess What's Cookin'
- Svihel Vegetable Farm
- LV Gardens
- Oak Park Farm
- Mr. Lemonade
- Jewelry by Linda Lee
- Annette's Sweet Breads
- Warnke Farm



Introducing Market Sponsor: Minnesota Limited

Minnesota Limited has grown into one of the largest pipeline transmission contractors doing business across 25 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.



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 3 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 12 - Rosby Corner (Senior Day)
- September 19 - Four Legg Fish (Kids Day)
- September 26 - Upper Midwest Folk Fiddlers



Welcome Elizabeth Ghandour



Elizabeth is a Minnesota native that started out with the pursuit of a career in Opera. She graduated from St. Olaf College with a Vocal Performance Degree and moved to New York where she wandered around the musical theatre scene and stumbled upon folk music. She decided to learn

guitar and started writing music, rediscovering her sound while learning new styles and genres of music that inspired her. She has multiple projects in the Twin Cities area including The Heighburners and elour. The Heighburners have released two Eps titled *Sleep* and *Keep on Movin'*. Elour is a newly introduced project that strays from The Heighburners' Folk/Americana genre to a more Indo Rock sound. Stop by the market and enjoy the rich texture of Elizabeth's voice paired with her heartfelt original lyrics. Her entrancing music

style is sure to pull you in. To listen to more of Elizabeth's music visit www.elizabethghandourmusic.com.

Recipe of the Week

Unstuffed Cabbage Roll

Recipe by allrecipes.com

Ingredients

- 2 pounds ground beef
- 1 large onion, chopped
- 1 small head cabbage, chopped
- 2 (14.5 ounce) cans diced tomatoes
- 1 (8 ounce) can tomato sauce
- 1/2 cup water
- 2 cloves garlic, minced
- 2 teaspoons salt
- 1 teaspoon ground black pepper

Directions

Heat a Dutch oven or large skillet over medium-high heat. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease. Add cabbage, tomatoes, tomato sauce, water, garlic, salt, and pepper and bring to a boil. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.

Most of these ingredients can be found right at the Big Lake Farmers Market. You can find grass-fed ground beef at Oak Park Farm's booth. They are on sale for 5 pounds for \$5 each. Most of the vegetables can be found at our produce vendor booths including Oak Park Farm, LV Garden, and Svihel Vegetable Farm. Stop by these booths and ask the farmers what their favorite recipes are! They have a lot of experience working with their products and love to share tips!

