

Weekly Newsletter
September 19, 2018



Wednesdays 3-6pm
Lakeside Park

Kids Day at the Market

The market will go on today rain or shine at Lakeside Park! This is the last Kids Day of the season, so be sure to stop out and enjoy free kids activities offered by the Sherburne County Master Gardeners, Big Lake Community Food Shelf, and the Big Lake Ambassadors! If your child(ren) are between the ages of 3-12, make sure to stop by the information booth to receive a \$2 token to spend on fresh fruits and vegetables through the Power of Produce Program. The Power of Produce Program is offered all season long, but with only two market dates left for the season, you'll want to take advantage of the savings!



Today's Featured Vendors

- Gess What's Cookin'
- Svihel Vegetable Farm
- Cat Tail Farm
- Oak Park Farm
- Jewelry by Linda Lee
- Annette's Sweet Breads
- 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 the Big Lake Ambassadors.



The Big Lake Ambassador Scholarship Program's mission is to provide outstanding college-bound high school women with the opportunities to earn scholarships and to encourage personal development. They also provide elementary age girls the opportunities to earn a community education scholarship and develop great new friendships and memories. The 2018-2019 Big Lake Ambassadors are Grace Green, Alexis Nau, Isabella Dahlen, and Emma Curtis. The 2018-2019 Big Lake Junior Ambassadors are Rylee Nelson and Rebecca Anderson. You are likely to see them around town as they volunteer for numerous events including the farmers market, Lions events, the Big Lake Block Party, the Big Lake Vendor Fair, Movie in the Park, and much more.

If you are interested in being a part of this program, candidacy starts every year in February. The scholarship program is available for girls that are in the 3rd or 4th grade and girls in the 10th or 11th grade when candidacy starts. For additional information please email biglakeambassadors@gmail.com.

Weekly Newsletter
September 19, 2018



Wednesdays 3-6pm
Lakeside Park

Music at the Market

Check out the upcoming music schedule:

- September 26 - Upper Midwest Folk Fiddlers



Welcome Back Four Legg Fish



Four Legg Fish is an Americana duo from Minneapolis that was founded in 2012. If their sense of humor doesn't reel you in, their laid back music style is sure to get you

hooked. They have enjoyed sharing stages with national acts and regional favorites at bluegrass festivals and cafés. During the summer you can find them playing various farmers markets in Minnesota.

They have two albums out that can be purchased at their shows. During their sets they play songs from their LP, Northwest Passage, as well as a mixture of other originals and old-time traditionals. This is their fourth year performing at the Big Lake Farmers Market, so give them a warm welcome, and don't be afraid to ask them if they have an extra CD laying around for purchase!

Recipe of the Week

Million Dollar Spaghetti Squash

Recipe by www.thegunnysack.com

Ingredients

2 1/2 cups cooked spaghetti squash

1 cup shredded mozzarella cheese

Meat Sauce

1/2 lb ground beef

2 tsp minced onion

1/2 tsp seasoned salt

1/8 tsp black pepper

12 oz pasta sauce

Alfredo Sauce

1 cup heavy cream

1 tsp minced garlic

1/2 tsp black pepper

2 oz cream cheese

2 tbsp butter

1 1/2 cups shredded Parmesan cheese

Directions

Brown the ground beef with the minced onions, seasoned salt, and black pepper. Drain the excess grease. Stir in the pasta sauce and set aside.

Bring the heavy cream, minced garlic, and black pepper to a simmer over medium heat. Add the cream cheese and butter. Stir in the parmesan, one bit at a time, until smooth. Remove from heat and set aside. Spread half of the spaghetti squash in a greased 9x9 pan. Pour the alfredo sauce over the spaghetti squash. Top with the remaining spaghetti squash. Spread the meat sauce over the spaghetti squash. Top with the shredded mozzarella cheese. Bake at 350°F degrees for 35-45 minutes.

