

Weekly Newsletter

August 2, 2017



Wednesdays 3-7pm

Lakeside Park

Senior Day at the Market

This week's market will feature \$3 coupons for seniors ages 55 or older. These coupons are for today only, and can be spent at any vendor's booth. This is the last Senior Day of the season so make sure to stop out and take advantage of the savings! Next week we will have Great River Spine & Sport giving massages for a small donation that will be given to the Big Lake Food Shelf. Stop out and meet your local chiropractor.



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

- Bob and Judy's Farm Market
- Great Harvest Bread
- Eicher's Hobby Farm
- Cat Tail Farms
- LV Gardens
- Furbabies Crochet Boutique
- Grace's Goodies
- Jewelry by Linda Larson
- Matt the Mushroom Guy
- Kenya Letourneau
- Gess What's Cookin'
- Smude's Sunflower Oil
- Linda Bergsten
- Mister Lemonade
- Hunz Farms
- Moxie Doxie Designs
- Austin's Acres
- Dudley's Syrup Company



Now accepting Snap/EBT and debit/credit purchases. Visit the city tent today to find out how!

Introducing Spotlight Vendor:

Furbabies Crochet Boutique

New this year at the Big Lake Farmers Market is a vendor called Furbabies Crochet Boutique. This booth is ran by Diana and her son. Diana has been crocheting since she was five years old. She eventually fell upon a dry patch and then decided to pick the craft back up when a friend of hers on Facebook posted a status about a crocheted Minion hat from the movie Despicable Me. Her first craft show was in fall of 2014. She mainly sold character hats like My Little Pony and Minions. Since then she has expanded her products to include head bands, beanies, bags, wine glass holders, popsicle holders, reusable water balloons, and her list is continuing to grow.



Diana is starting to extend into some more summer items and will soon release a spa line. She can't wait to experiment and see what happens. Her favorite items to make are purses and beach bags, but her best seller this summer has been the reusable water balloons, and the freezie pop holders. Diana enjoys the Big Lake Farmers Market because she's from Big Lake and likes putting the community first. Stop by and check out these unique and colorful crochet items that you can't find anywhere but the Big Lake Farmers Market!

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Music at the Market

Check out the upcoming music schedule:

August 2nd - Sunny VanBrocklin (Senior Day)

August 9th - Betty Danger

August 16th - Four Legg Fish (Kids Day)

August 23rd - Ilika Ward



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 and 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!

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.

Recipe of the Week

Zucchini Tots

Recipe from Skinnytaste.com



Ingredients

Cooking spray

1 packed cup grated zucchini

1 large egg

¼ medium onion, minced

¼ cup grated reduced fat sharp cheddar cheese

1/3 cup seasoned breadcrumbs

¼ tsp. salt and black pepper to taste

Directions

Preheat the oven to 400° F. Spray a baking sheet with cooking spray. Grate the zucchini into a clean dish towel until you have 1 packed cup. Wring all of the excess water out of the zucchini, there will be a lot of water.

In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.

Spoon 1 Tbsp. of mixture in your hands and roll into small ovals. Makes 16. Place on the cookie sheet and bake for 16 to 18 minutes, turning halfway through cooking until golden.