

Weekly Newsletter

August 9, 2017



Wednesdays 3-7pm

Lakeside Park

### The Market Goes On

This week's market will go on rain or shine! Great River Spine & Sport will be giving out massages for a small donation to the Big Lake Food Shelf. We will also be continuing the Power of Produce program for kids ages 4-12. Help support local businesses by stopping out and grabbing some ready to eat food items from Gess What's Cookin' and purchasing your groceries from our list of local vendors!



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

- Great Harvest Bread
- Eicher's Hobby Farm
- LV Gardens
- Mary Ann Peterson
- 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
- Dudley's Syrup Company



We are now accepting Snap/EBT and debit/credit purchases as well as the Market Bucks Match Program. Visit the City of Big Lake's tent today to find out how to participate!

### Introducing Spotlight Vendor:

#### Gess What's Cookin'

Gess What's Cookin' is a local food truck that started when Dave Gess and his son were doing concessions for youth sports together. Their family mentioned that they had a knack for it, and should try doing it for a living. In September of 2015 they officially became a business. Over the last couple of years their business has grown substantially. They started out setting up a tent and working part time. Now they have a large trailer and are doing concessions, catering, and custom requests full time at venues including Lupulin Brewery, the Sherburne County Government Center, and the upcoming Firefighter's Dance on August 12th.



Some products you can expect to see weekly are their burgers, pulled pork sandwiches, nachos, cheese curds, and fries. They have a deliciously unique Pit Boss Menu. This includes topping items with pulled pork, jalapeno nacho cheese, and BBQ sauce. They try to use the

freshest ingredients they can, and even use sauces from a neighboring vendor at the market, Austin's Acres. Occasional specials of theirs include street tacos and hot dogs. Dave likes to tell customers with a smile that their food is "all good for you 'cause it's made with love." So stop out at the Big Lake Farmers Market and try something new from their Pit Boss Menu today!

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### Music at the Market

Check out the upcoming music schedule:

- August 9th - Betty Danger
- August 16th - Four Legg Fish (Kids Day)
- August 23rd - Ilika Ward
- August 30th - The May North



Betty Danger is not only a musician, but also a fine arts painter. Her paintings can be found on her Facebook page, Art by Betty Danger. Even though it is not easy, music and art are what make her truly happy, and after a few years of not being able to perform, she is very excited to get back into it. Today she will be performing both original music as well as covers. This winter she will be working on recording some of her original songs, so keep an eye out for a release date sometime in 2018. In the meantime, stop out at the Big Lake Farmers Market to get a taste of the unique sounds of Betty Danger.

### Meet Betty Danger



Betty Danger has been singing since she could talk. She dabbled around in instruments such as the piano and French horn, but when she started playing guitar around 13 years old it became her best friend. Guitar al-

lowed her to stand alone as a musician and gave her songwriting life. Betty Danger's genre is a style of her own, but can be considered Jazzy-Americana. She frequently plays at Captains Lakeside Grille in Isanti, but you can also find her at Big Lake's own Lupulin Brewery in October.

### Recipe of the Week

#### Baked Parmesan Tomatoes

*Recipe from EatingWell*

#### Ingredients

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

#### Directions

Preheat oven to 450 degrees.

Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

To add a spin on the recipe, try using one of Smude's Sunflower Oil's infused sunflower oils or goat cheese from Eicher's Hobby Farm. Both of these vendors can be found at the Big Lake Farmers Market every week!

