

Weekly Newsletter

August 30, 2017



Wednesdays 3-7pm

Lakeside Park

## Market Highlights

Stop out at the market today and try infused water at Coborn's Superstore's booth! We have a few new vendors this week selling items such as assorted filled cupcakes, canvas paintings, and honey. Stop by the market and check it out!



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  
Jewelry by Linda Lee  
Mary Ann Peterson  
Furbabies Crochet Boutique  
Matt the Mushroom Guy  
Gess What's Cookin'  
Smude's Sunflower Oil  
Linda Bergsten  
Mister Lemonade  
Moxie Doxie Designs  
Dudley's Syrup Company  
Viking Wire Weaving  
Austin's Acres  
Grace's Goodies  
Bee Wholesome Honey  
Jodi's Cupcakes



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

## Introducing Spotlight Vendor:

### Coborn's Superstore

This is Coborn's Superstore's first year participating in the Big Lake Farmers Market. Emily Parent is their representative that attends once a month with fun activities for kids of all ages to engage in. Emily is one of three Supermarket Registered Dietitians on staff throughout the Coborn's banner. She serves Ramsey, Elk River, Big Lake, and CobornsDelivers. She is a free resource for the community for anything related to nutrition. Some of her complimentary services include nutrition counseling, grocery store tours, meal planning, cooking demonstrations and classes held in stores and throughout the community. She encourages people to reach out to her if they ever have a question about a certain product or questions related to health.



This is Emily's first full summer with Coborn's and she's looking to get to know the community more. At the market, her focus is to get kids more involved and interested in fresh produce and the farmers market! So far she has done activities including herb smelling and scavenger hunts, but today she will be doing infused water tastings. What she likes most about the Big Lake Farmers Market is the people. Emily says "Getting to talk to other vendors and meet community members has been my favorite part of the farmer's market this summer!" Stop out at the market and meet Emily today. Be sure to ask her about the healthy recipes you can find in the Big Lake Coborn's Superstore as well as Family Meals Month!

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## Music at the Market

Check out the upcoming music schedule:

August 30th - The May North

September 6th - Rosby Corner

September 13th - Betty Danger

September 20th - Jazmin & The Gents

For Kids Day



## Welcome Back The May North

Welcome back George and Stephanie of The May North. They have played at the market for the last few years, and are always a fan favorite. The May North is typically a four-piece band that was formed near St. Paul, MN in 2010. Bluegrass, folk, and blues are all genres that contribute to their signature sound. As stated on their website, "This is bluegrass without boundaries, folk without pretense, honest storytelling without apology."



They have released a few albums over the years. Their third and most recent album, "By a String," was released in November 8th 2014 and was produced by Ryan Young of Trampled by Turtles. You can purchase these albums today, or you can find them on iTunes or CDBaby. Stop by the market and be blown away by the authentic hometown sounds of The May North!

## Recipe of the Week

Grilled Corn with Chipotle-Lime Butter

*Recipe from EatingWell*

Ingredients

4 ears fresh corn, husked

2 tablespoons butter, softened

1/4 teaspoon freshly grated lime zest

1 teaspoon lime juice

1/2 teaspoon minced chipotle chile in adobo sauce plus 1/4 teaspoon adobo sauce, (see Note) or 1/4 teaspoon ground chipotle pepper

1/2 teaspoon kosher salt

Preparation

Preheat grill to high. Wrap each ear in foil. Place on the grill and cook, turning frequently, for 10 minutes. Remove from the grill and let stand in the foil while preparing the butter. Combine butter, lime zest, lime juice, chipotle and adobo sauce (or ground chipotle) and salt in a small bowl. Carefully unwrap the corn. Serve with the butter.

Note: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.

