

Weekly Newsletter

June 7, 2017



Wednesdays 3-7pm

Lakeside Park

## Opening Day at the Market!

The Big Lake Farmer's Market is back for the 7th year and it's opening with a bang! Parking is free and so is the entertainment. Stop by beautiful Lakeside park and find a variety of vendors selling items such as fruits, vegetables, mushrooms, eggs, salsa, jelly, meats, goat cheeses, jewelry, books, breads, baked goods, flowers, crafts, hot and ready food items, and much more! See our list of vendors for 2017 below:

Great Harvest Bread  
Eicher's Hobby Farm  
LV Gardens  
Warnke Farm  
Mary Ann Peterson  
Furbabies Crochet Boutique  
Bob & Judy's Farm Market  
Cat Tail Farm  
Grace's Goodies  
Jewelry by Linda Larson  
Hunz Farmz  
Matt the Mushroom Guy  
Kenya Letourneau  
Gess What's Cookin'  
Smude's Sunflower Oil  
Mister Lemonade  
Linda Bergsten  
Austin's Acres



This year we will be accepting EBT/Snap as well as debit and credit purchases. If you are unable to bring cash to the market, just stop by the City of Big Lake booth and we will exchange some tokens. Thank you to SHIP for making this possible!

## Power of Produce Program

The Power of Produce Club is for children ages 4 to 12. Each week children can stop by the City of Big Lake booth to receive a \$2 token to spend on fresh fruits and vegetables from local growers. Stop out on the third Wednesday of every month for Kid's Day at the market. Kid's Day will feature music, free activities for children, and Mister Lemonade with sno cones and fresh squeezed lemonade.

This program wouldn't be possible without our gracious sponsors. Thank you to our Platinum PoP Sponsor, Minnesota Limited and our Silver PoP Sponsor, CentraCare Health Monticello.



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## Music at the Market

In an effort to make the market more of a community event that supports farmers, crafters, and musicians, we will feature local musicians every week.

June 7th – Samuel Dahmen  
June 14th – Moe DeLL  
June 21st – Eddie Danger (Kid's Day)  
June 28th – Mare Lennon

Thank you to our Music at the Market Platinum Sponsor, Spudfest and Bronze Sponsors, KleinBank and Connexus Energy for supporting the passions of local musicians and making this program possible.



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## Meet Samuel Dahmen

This is Samuel Dahmen's first performance at the Big Lake Farmer's Market and we are very excited to have him today! Even though he is only 18, Samuel has been on stage for many years playing alongside his dad in both Dale Dahmen and The Polka Beats and Dale Dahmen and The Beats starting at the young age of 4 years old.



Samuel started out taking piano lessons at age 5. He currently plays in his Dad's bands and Jazmin and the Gents. In addition to his numerous solo engagements, his band, Jukebox, will be performing at Sturges Park in Buffalo as part of their Summer Concert Series on August 17th from 7-8:30pm.

Along with the piano, Samuel plays a variety of instruments including lead guitar, bass guitar, trumpet, alto and tenor sax, and the accordion. Today Samuel will be playing a wide variety of music from Classic Country, Jazz, Swing, 50's-80's and maybe even a Polka or two! He loves requests, so let him know if there is a song you would like to hear as he is proficient in all keys. You are sure to be amazed and entertained by Samuel Dahmen.

## Recipe of the Week

Chicken & Asparagus Lemon Stir Fry

*Recipe adapted from Skinnytaste.com*

Ingredients:

- 1½ lbs. skinless chicken breast, cut into 1-inch cubes
- ½ cup reduced-sodium chicken broth
- 2 Tbsp reduced-sodium shoyu or soy sauce
- 2 tsp. cornstarch
- 2 Tbsp water
- 1 Tbsp canola or grapeseed oil, divided
- 1 bunch asparagus ends trimmed, cut into 2-in. pieces
- 6 cloves garlic, chopped
- 1 Tbsp fresh ginger
- 3 Tbsp fresh lemon juice
- fresh black pepper, to taste



Instructions:

Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 3 to 4 minutes. Add garlic and ginger, cook until golden, about 1 minute. Set aside.

Increase the heat to high, add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side. Remove and set aside and repeat with the remaining oil and chicken. Set aside.

Add the soy sauce mixture; bring to a boil and cook about 1-½ minutes. Add lemon juice and cornstarch mixture and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.

## New Banners on Highway 10!

Thank you to our Signage Sponsor, Lakeside Liquors for helping make the Big Lake Farmer's Market more visible to commuters on Highway 10!

