

Weekly Newsletter

June 14, 2017



Wednesdays 3-7pm

Lakeside Park

### Farmer's Market Highlights

Opening day at the Big Lake Farmer's Market was a huge success! It was the most well attended market in years and we are very excited to be back for week two. Don't forget to bring your kids ages 4 to 12 for PoP!



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 today's market below:

- Great Harvest Bread
- Eicher's Hobby Farm
- LV Gardens
- Mary Ann Peterson
- Furbabies Crochet Boutique
- Cat Tail Farm
- Grace's Goodies
- Jewelry by Linda Larson
- Matt the Mushroom Guy
- Kenya Letourneau
- Gess What's Cookin'
- Smude's Sunflower Oil
- Linda Bergsten



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!

### Now Offering Market Bucks

The Big Lake Farmer's Market is excited to announce that we are now offering the Market Bucks match program for patrons who use Snap/EBT. Read below to see how it works:

1. Go to the City of Big Lake's booth at the market.
2. Swipe your EBT Card and for every dollar you spend on your EBT card, get an extra dollar in Market Bucks (up to \$10, per market, per day).
3. Use tokens and Market Bucks to buy SNAP-eligible foods from market vendors.

Items you can buy with EBT/Snap and Market Bucks: Fruits, vegetables, meat, fish, eggs, dairy, honey/maple products, jams, jellies, pickles, sauces, baked goods, seeds and plants that produce food.



Every week that you use Snap/EBT, you are eligible for more market bucks. Market Bucks can be spent at any market that accepts the program.

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## Music at the Market

Check out the upcoming music schedule:

June 14th - Moe DeLL

June 21st - Eddie Danger (Kid's Day)

June 28th - Mare Lennon

July 5th - Janice Shovelain (Senior Day)



## Meet Moe DeLL

Welcome back Moe DeLL to the Big Lake Farmer's Market. MoeDeLL is a local musician who writes and performs original, Americana music. His influences started with bluegrass artists at local farmer's markets in his home state, Virginia, when he was a kid. MoeDeLL moved to Minnesota in 2004 and has been known to play around 200 shows a year throughout the Midwest region at venues including Zorbaz, Cowboy Jacks, The Bourbon Room, and the Elk River Farmer's Market. He has opened for diverse acts such as Bret Michaels, Travis Warren, Cheap Trick, and Blind Melon.



Moe DeLL released multiple albums throughout the years. Currently he is working on his upcoming album titled "Logan Drive." Keep an eye out for this album which will be released sometime later this year.

## Recipe of the Week

### Rhubarb Muffins

*Recipe adapted from Taste of Home*

Ingredients:

- 1-1/2 cups all-purpose flour
- 1 cup whole wheat flour
- 1 cup packed brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1 egg
- 1/2 cup plain, nonfat yogurt
- 1-1/2 cups skim milk
- 1/2 cup canola oil
- 2 teaspoons vanilla extract
- 2 cups diced fresh rhubarb



Directions:

In a large bowl, combine the first seven ingredients. In another bowl, whisk the egg, yogurt, milk, oil, and vanilla. Stir into dry ingredients just until moistened. Fold in rhubarb.

Fill paper-lined muffin cups (or spray muffin cups with Pam) two-thirds full. Bake at 350 for 22-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

Makes 22 muffins.