

Weekly Newsletter  
September 13, 2017



Wednesdays 3-6:30pm  
Lakeside Park

### Market Highlights

The market is back again this week with delicious home grown and homemade products. Stop out for music by Betty Danger and enjoy dinner by Gess What's Cookin'. The Power of Produce Program will continue until the end of September, so be sure to bring your children ages 4-12 out for their free \$2 token that can be spent on fresh fruits and vegetables at the market.



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

- Great Harvest Bread
- Eicher's Hobby Farm
- Cat Tail Farms
- LV Gardens
- Jewelry by Linda Lee
- Mary Ann Peterson
- Matt the Mushroom Guy
- Gess What's Cookin'
- Linda Bergsten
- Mister Lemonade
- 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 Market Sponsor:

#### Big Lake Spud Fest

Big Lake Spud Fest was created in 1972. The founding fathers of the festival were looking for a means to provide funds for summer youth recreation programs and an event for Big Lake and surrounding areas that promoted a strong sense of community and sharing. Over the years, Big Lake Spud Fest has grown into more than just a simple summer event! They now sponsor and implement new events year-round, providing fun and safe activities for all who attend! This year, the Big Lake Farmers Market was lucky to receive sponsorship from Big Lake Spud Fest for our Music at the Market program. This program helps to compensate local musicians for the hard work that goes into their performances every week at the market.



Big Lake Spud Fest is an event that takes place in June every year and has fun events that all ages can enjoy. Some of these activities include a Medallion Hunt, the Big Lake Ambassador Scholarship Program's coronation day, the Spud Fest parade, Bingo, live music, the Spud Idol Competition, a Fiddler's Contest, a Softball Tournament, and a carnival filled with fun rides and delicious food. If you haven't been to this annual event, you are surely missing out on some spudtastic times! Thank you to Big Lake Spud Fest for helping to make the market a fun, affordable place for families to enjoy while supporting local artists, crafters, and musicians!

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## Music at the Market

Check out the upcoming music schedule:

September 13th - Betty Danger

September 20th - Jazmin & The Gents  
For Kids Day

September 27th - Jake Kemble



## 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.

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.

## Recipe of the Week

### Zucchini and Carrot Coleslaw

*Recipe By Allrecipes.com*



"A new twist on an old classic, using fresh vegetables from your garden."

### Ingredients

2 cups shredded zucchini

1 cup shredded carrot

1/4 cup low-fat creamy salad dressing (such as Miracle Whip Light)

1 teaspoon white sugar

salt and ground black pepper to taste

### Directions

Place zucchini in a colander and let drain thoroughly, about 30 minutes. Toss with carrot in a large salad bowl; stir in creamy salad dressing and sugar. Chill the coleslaw for 1 hour to blend flavors, stir again, and season with salt and black pepper.