

Monthly Newsletter
April 2018



April 20th 3-6pm
Saron Lutheran Church

Stop by for the last market of the winter season!

This Month's Market

At this month's market we will have vendors selling jams, jellies, canned goods, microgreens, jewelry, meats, oils, skin salves, honey, aprons, baked goods and many other crafts. Great River Regional Library will be returning with fun activities! Most of the vendors from the December, January, February, and March markets will be returning, and this will be your last chance to see many of them until next season! Come out and shop local!

List of vendors for the April market:

- Cat Tail Farm
- Grace's Goodies
- Jewelry by Linda Lee
- Iron Shoe Farm
- Paula B's Crafts
- Kenya Letourneau
- Moxie Doxie Designs
- Oak Park Farm
- Furbabies Crochet
- The Weasel Stash
- Great River Regional Library
- Becker Spine
- Patty's Popcorn

Vendor Spotlight

Each month the Big Lake Farmers Market Newsletter will spotlight a vendor. In this section you can find out a little more about the people you are buying from and the products that they offer.

This month's vendor is Kenya Letourneau. Kenya has been painting her whole life. For Kenya, art is visible in everything she does. Painting is her form of expression, and she firmly believes in its healing and therapeutic benefits. Kenya began selling her art two years ago at the Golden Valley Art and Music Festival, and began selling in Big Lake at the summer farmers market last year. Kenya's hope is that her products can help others with the up's and down's of life in the way that it has helped her.

Check out Kenya's beautiful creations at this month's market!



Recipe of the Month

Springtime Veggie Pasta Primavera

The name of this month's recipe literally means spring! Although we're sad to see the winter market go, we're happy to see the sun return!

Recipe from Pinterest

Time: Prep: 15 min, Cook: 15 min

Servings: 6-8

Ingredients

- 1 lb farfalle pasta, 2 cups of fresh broccoli florets, 2 cups of asparagus spears, 1 diced bell pepper, 1 diced onion, 4 cloves minced garlic, 3 tbsp olive oil, 1 cup fresh spinach, 1 cup frozen peas, 1 cup halved cherry tomatoes, ¼ cup lemon juice, 2 tbsp minced basil, grated parmesan for topping

Directions

1. Cook pasta according to package instructions, reserve ½ cup cooking water, set aside
2. In a large skillet over heat, sauté broccoli, asparagus, pepper, onion, and garlic in olive oil until veggies are just tender, about 7-10 minutes. Stir in spinach, peas, and tomatoes and continue cooking an additional 5 minutes.
3. Remove cooked veggies from heat and stir in pasta, ½ cup reserved pasta cooking water, lemon juice, and basil. Season with salt and pepper to taste and top pasta primavera with parmesan cheese.

Sustainability and Farmers Markets

"Farmers markets are the ultimate green sector of the economy. They ...spur...sustainable economic development." – Bernadine Prince.

Farmers markets are a hub of sustainability. Local farmers deliver fresh, local food to shoppers demanding food that is not only healthy, but environmentally friendly. And farmers markets take sustainability further. They also ensure farmers can make a living off sustainably grown food, while providing an outlet where communities can find and purchase their products.

Sustainability is the overarching theme in the system. Farmers engage in sustainable farming practices to produce healthy food to sustain the local community, who in turn provide the money necessary to sustain the farmers. Each shares in the success of the other in a mutually beneficial relationship that has become a model of sustainability.

Farmers who choose to use sustainable practices face a challenging economic climate dominated by large, corporate farms. Many find they cannot compete with the massive volume, low market prices, and government subsidies enjoyed by

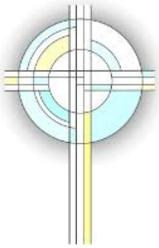
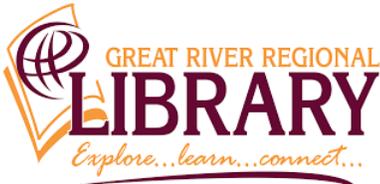
large operations. Farmers markets offer small farmers a low-barrier entry point to develop and establish a thriving business. But just as important, farmers markets create a space where the focus of food is on quality and farming practices rather than price alone.

Each year, more customers are drawn to farmers markets due to an increasing demand for organic, natural, and homegrown food. This upward trend depicts a rising consciousness among customers who are concerned with not just what they eat, but how it is produced. As a result, more farmers are adopting environmentally sound farming practices that improve, rather than degrade, the natural environment.

Farmers selling at markets minimize the amount of waste and pollution they create. Many use organic practices, reducing the amount of synthetic pesticides and chemicals that pollute our soil and water. A growing number are also adopting other low-impact practices, such as on-site composting, that help mitigate environmental issues.

Information from
farmersmarketcoalition.org

Thank you to our community partners!



Big Lake Farmers Market reusable bags for sale at the winter market! \$2 each



Thank you for visiting our market this season! And thank you to our vendors, community organizations, and musicians:

Cat Tail Farms
 Smude's Sunflower Oil
 Kenya Letourneau
 Jewelry by Linda Lee
 Grace's Goodies
 Moxie Doxie Designs
 Furbabies Crochet
 Iron Shoe Farm
 The Weasel Stash
 Live.Love.Oils
 Oak Park Farm
 Paula B's Crafts
 T.Rose Baby Blankets
 MoeDeLL
 Big Lake Community Ed.
 Great River Regional Library
 Summit Chiropractic
 Sherburne Master Gardeners
 Becker Spine

