

Weekly Newsletter

August 8, 2018



Wednesdays 3-7pm

Lakeside Park

Senior Day is Back!

Stop by the Big Lake Farmers Market for Senior Day! This week's market will feature \$3 coupons for seniors ages 55+ that can be spent on any product at the market. Coupons are only redeemable the day they are handed out so be sure to stop by the information booth and get your coupon before you start your shopping. Senior Day at the Market takes place the second Wednesday of each month throughout the summer season. See you at the market!



Today's Featured Vendors

- Great Harvest Bread
- Matt's Mushrooms and More
- Gess What's Cookin'
- Svihel Vegetable Farm
- Cat Tail Farms
- Grace's Goodies
- LV Gardens
- Oak Park Farm
- Sandbur Acres
- Warnke Farm
- Jewelry by Linda Lee
- Dudley's Syrup Company
- Annette's Sweet Breads
- Mary Ann Peterson
- Linda Bergsten



Introducing This Week's Spotlight Vendor

Every week 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 week's spotlight vendor is Sandbur Acres.



Sandbur Acres is a new farm in Becker, Minnesota. Jessica and her husband first started gardening in Hiltonhead Island, Iowa with a 3' x 2' patch of dirt in the back of their apartment. Gradually, their gardens got bigger and eventually they moved to Minnesota and started professionally farming this year. The name 'Sandbur Acres' is actually a playful homage to the soil in Becker which is notorious for having sandburs.

Jessica found the Big Lake Farmers Market to be the perfect size for a growing farm. "I want to stay as local as possible. It's about building up a community and getting to know our neighbors," said Jessica. Stop by their booth at the market today and try some of their fresh grown produce. Jessica tries to have a nice variety of things that people are comfortable with like heirloom tomatoes along with something a little different like patty pan squash. She enjoys encouraging people to try something new. To keep up to date with their farming adventure, go to sandburacres.com and check out Jessica's blog or follow them on Facebook. Also keep an eye out for an inventive idea of theirs to start a 'veggie truck' once they get more established.

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Music at the Market

Check out the upcoming music schedule:

- August 15 - Joel Hagberg (Kids Day)
- August 22 - Mare Lennon
- August 29 - Betty Danger
- September 5 - Elizabeth Ghandour
- September 12 - Rosby Corner (Senior Day)



Welcome Back Nathan Neuman



This is Nathan's second time performing for the Big Lake Farmers Market this season, and we are very excited to have him back! For the last 8 years Nathan Neuman developed his reputation as being St. Cloud's polka resource. His performing experiences include dance halls, church festivals, private parties, restaurants, and nursing homes. You can expect an entertaining performance featuring a variety of American and European folk tunes and party favorites. He also runs St. Cloud Concertina Service for bellowed instrument repair and lessons.

Recipe of the Week

Stir Fried Chicken and Bok Choy

Recipe by amindfullmom.com

Ingredients:

For the Sauce:

- 2 tablespoons honey
- 1/2 teaspoon freshly grated ginger
- 2 cloves of garlic (grated or minced finely)
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar

For the Stir-Fry:

- 1 teaspoon sesame oil
- 1 pound boneless skinless chicken breasts, cut into 1 inch chunks
- 1 head of bok choy washed and cut into 1 inch strips
- 2 large carrots peeled in strips
- 5-6 green onions diced
- 1 tablespoon sesame seeds
- 1/4 cup chopped cilantro if desired

Directions:

1. Stir together all the ingredients for the sauce and set aside.
2. Heat sesame oil in a large wok or skillet over medium-high heat. Add in chicken and cook for 5-7 minutes. Add in bok choy, carrots, green onions, and sesame seeds. Stir continuously for 3 minutes and then add in sauce. Cook until sauce has coated the chicken and vegetables and heated through.
3. Serve with a sprinkle of cilantro if desired.

You can find chicken at Oak Park Farm's stand and fresh vegetables at any of our six produce farmers' stands.

