

Weekly Newsletter

August 15, 2018

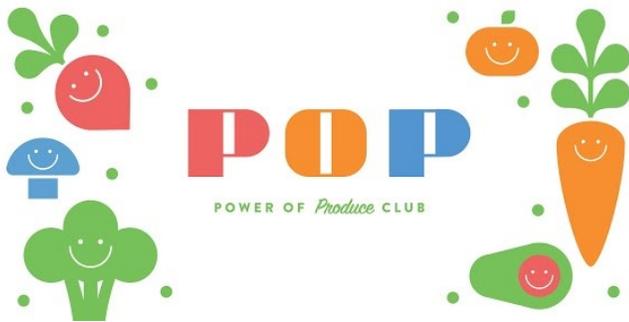


Wednesdays 3-7pm

Lakeside Park

Kids Day at the Market

Today's Kids Day at the Market will feature free activities hosted by community organizations including ECFE, Tri-Valley Opportunity Council, Sherburne County Master Gardeners, and the Big Lake Food Shelf. Be sure to stop by the information booth to get your children ages 3 to 12 signed up for the Power of Produce Program! This free program provides \$2 tokens for children to spend on fresh fruits, vegetables, and mushrooms. Thank you to our wonderful sponsors, Climb Theatre, Minnesota Limited, Connexus Energy, CentraCare Health Monticello, and the University of Minnesota Extension for making this program possible!



Today's Featured Vendors

Great Harvest Bread
Matt's Mushrooms and More
Rocket Concessions
Svihel Vegetable Farm
Cat Tail Farms
Grace's Goodies
LV Gardens
Oak Park Farm
Warnke Farm
Jewelry by Linda Lee
Dudley's Syrup Company
Annette's Sweet Breads
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 Early Childhood and Family Education.



Early Childhood and Family Education (ECFE) is a building block for family and school success. They partner with families with young

children ages birth to 5 years to support them as the family's first teachers. ECFE uses research based information on brain and child development and parenting techniques. They strive to connect you with community resources and provide early learning opportunities while having fun!

ECFE likes coming to the Big Lake Farmers Market because they meet many different families that haven't heard of their program. It's a great time to have fun activities for the kids while spreading the word on what ECFE is all about! For more information on the Big Lake ECFE program you can visit Biglakece.com or visit their Open House event on Saturday, September 15th from 10 a.m. to 12 p.m. at Liberty Elementary School. Keep an eye out for them on Kids Day at the market and mark your calendar for their last ECFE in the Park event this summer at Hudson Woods Park from 10 a.m. to 11:30 p.m. on Wednesday, August 22nd.

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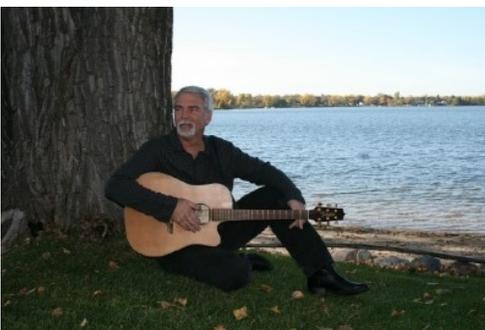
Music at the Market

Check out the upcoming music schedule:

- August 22 - Mare Lennon
- August 29 - Betty Danger
- September 5 - Elizabeth Ghandour
- September 12 - Rosby Corner (Senior Day)
- September 19 - Four Legg Fish (Kids Day)



Meet Joel Hagberg



Joel Hagberg started out in the music business in 1979 in southern Minnesota gaining an appreciation for artists such

as Johnny Cash and Waylon Jennings. After going to college to be a teacher, the musical aspect of his life took a turn to artists such as America, John Mellencamp, and The Marshall Tucker Band. He has appreciated getting familiar with bands from the earlier years as well as current music. At this time, Joel plays a very wide range of music that includes over 340 songs and artists. He has played around the Big Lake area for the

last thirty years and we are very excited to see his debut at the Big Lake Farmers Market. Other venues you can find him at include Lupulin Brewing, McPete's and the Monticello VFW. Stop out and enjoy Joel Hagberg at the Big Lake Farmers Market today!

Recipes of the Week

Recipes by Bob & Judy's Farm Market

Fresh Salsa

Ingredients:

- 6 medium to large tomatoes
- 1 onion
- 2-3 jalapeno peppers
- 1 Anaheim chili pepper OR Hot banana pepper

Optional Additions:

- Cilantro
- Tomato Paste for thickening



Directions:

Chop up ingredients. Mix in a bowl and refrigerate.

Tomato Base for Sauces

Ingredients:

- 3 pounds cut up tomatoes (skins on)
- 1 large onion
- 2 cups green peppers, chopped
- 3 cloves garlic, minced
- 6 Tbsp. vegetable oil

Directions:

Mix all ingredients in a bowl and refrigerate overnight, stirring a few times before freezing. (Judy says this sauce is great because it can be frozen and doesn't have to be canned.)