

Weekly Newsletter

August 29, 2018



Wednesdays 3-7pm

Lakeside Park

Market Highlights

August is coming to an end and school is starting soon but the Big Lake Farmers Market continues! September will bring more seasonal produce and as the weather cools down the market will reduce hours from 3pm to 6pm every Wednesday until September 26th. Produce to keep an eye out for includes watermelon, sweet corn, tomatoes, peppers, and a variety of squash. If you need to run a debit/credit or Snap/EBT card to make a purchase, stop by the information booth and find out how our token program works!



Today's Featured Vendors

Matt's Mushrooms and More
Gess What's Cookin'
Svihel Vegetable Farm
Cat Tail Farm
Grace's Goodies
LV Gardens
Oak Park Farm
Mr. Lemonade
Jewelry by Linda Lee
Annette's Sweet Breads



Introducing Market Sponsor:

Climb Theatre

Climb theatre has been supporting the arts for over 40 years. Their mission is "to create and perform plays, classes, and other creative works that inspire and propel people—especially young people—toward actions that benefit themselves, each other, and the community." This is exactly what they did when they helped us sponsor Music at the Market and the Power of Produce Program in 2018. They are helping the Big Lake Farmers Market to pay our musicians for all of the time, hard work, and investment that it takes to put on a performance. They are also helping us to give incentive to children to learn about new vegetables and try new produce grown by local vendors.



These programs help to make the Big Lake Farmers Market more than just a place to purchase products. It has transformed the market into a community event where neighbors can support their local vendors, musicians, and community organizations. Thank you to CLIMB Theatre for helping to make the Big Lake Farmers Market possible this year! It is because of you that our local vendors and musicians are able to pursue their dreams. To learn more about Climb Theatre and their various programs visit www.climb.org.

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Music at the Market

Check out the upcoming music schedule:

- September 5 - Elizabeth Ghandour
- September 12 - Rosby Corner (Senior Day)
- September 19 - Four Legg Fish (Kids Day)
- September 26 - Upper Midwest Folk Fiddlers



Welcome Back Betty Danger



Betty Danger is an artist born and raised in Minnesota. She has been singing since she was little and after learning to play guitar at age 13, she's taken off with her singer/songwriter style.

She is not only a musician, but also a painter and Radio DJ. Check out her show, "The Danger Zone," on KBEK 95.5 FM every Tuesday. Betty doesn't have professional recordings yet, but she can be found at a variety of breweries, farmers markets, and around the Minnesota bar scene. Her Bluesy style throws a spin on well known covers that will make you fall in love with the song in a way you never knew you could. She also sprinkles original songs throughout her sets, so keep an ear out for those, or find videos of her songs at bettydanger.com.

Recipe of the Week

Classic Stuffed Peppers

Recipe by selfproclaimedfoodie.com

Ingredients

6 whole bell peppers any color

1 pound ground beef

1 yellow onion diced

2 cloves garlic minced

1 zucchini diced

2 cups rice par cooked

1 15 ounce can diced tomato, drained

1/4 teaspoon salt more or less to taste

8 ounces pepper jack cheese grated



Directions

1. Slice the tops off the peppers and remove any veins or seeds. Do not discard tops as you will use any remaining pepper later. Add peppers to a casserole dish, fill with about 1/2 inch of water, cover with aluminum foil, and bake in a 425 degree oven for 20 minutes.
2. Cook the ground beef, onion, garlic, and any remaining pepper from the stem piece (diced) in a large pan over medium/high heat until the meat is crumbly, about 10-15 minutes. Add the diced zucchini and allow to cook for 1-2 minutes. Remove from heat and add the precooked rice and tomatoes. Add salt to taste.
3. Once peppers are done, remove from oven, discard water, and return peppers to casserole dish. Fill each pepper with the ground beef and rice filling until all of the peppers have been evenly filled. Top with pepper jack cheese and cook until heated through and cheese has melted.