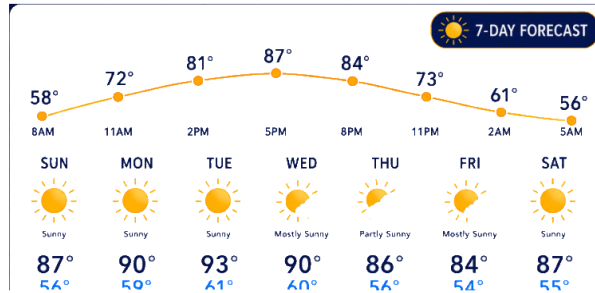




Trivia Question ?

What major crop helped transform Meridian from sagebrush-covered desert into a farming community and eventually one of Idaho's largest cities?

Answer at the bottom of the newsletter



MERIDIAN MONDAY Night Market

LOCAL GOODS. FRESH FOOD. LIVE MUSIC. FAMILY FUN.

EVERY MONDAY
JUNE 1 – OCTOBER 5, 2026
Evening Market Hours

STOREY PARK
MERIDIAN, IDAHO

- FRESH PRODUCE LOCAL FARMERS
- ARTISAN VENDORS HANDMADE & LOCAL GOODS
- FOOD TRUCKS DELICIOUS EATS FOR EVERYONE
- LIVE MUSIC LAZY LOCAL PERFORMERS
- FAMILY FUN KIDS ACTIVITIES & COMMUNITY FUN
- SHOP LOCAL SUPPORT SMALL BUSINESSES

Good Food. Good People. GREAT COMMUNITY.

SHOP LOCAL. SUPPORT LOCAL. LOVE MERIDIAN.

Event Details:

- Every Monday • June 1 – October 5, 2026
- Evening Market Hours
- Storey Park, Meridian, Idaho

Looking for the perfect way to kick off your week? 🏡 🍷 🎵

The **Meridian Monday Night Market** returns for another season of fresh food, local shopping, live entertainment, and family fun at beautiful Storey Park.

This popular weekly community event brings together local farmers, artisan vendors, food trucks, musicians, and small businesses for an evening celebrating everything that makes Meridian special. Visitors can shop for fresh produce, handmade goods, specialty foods, home décor, gifts, and unique local products while enjoying live music and a welcoming community atmosphere.

Families can enjoy kid-friendly activities, delicious food truck offerings, and plenty of opportunities to connect with neighbors and support local businesses throughout the Treasure Valley during this **event**.

[Visit Event](#)

Kleiner Park Live Concert Series

MERIDIAN PARKS & RECREATION PRESENTS

KLEINER PARK Live CONCERT SERIES

LIVE MUSIC. LOCAL COMMUNITY. SUMMER NIGHTS.

FRIDAY, JUNE 19, 2026
— EVENING CONCERT —

KLEINER PARK
MERIDIAN, IDAHO

FEATURING **Menagerie**
HIGH ENERGY DANCE HITS & CROWD FAVORITES!

- BRING YOUR LAWN CHAIRS, BLANKETS, FAMILY & FRIENDS!
- FAMILY FUN
- LOCAL FOOD VENDORS
- GREAT MUSIC
- BEAUTIFUL SUMMER NIGHTS

FREE ADMISSION! ALL ARE WELCOME!

Good Music. Good Food.

SUPPORT LOCAL. SUPPORT MERIDIAN.

Event Details:

- June 19, 2026
- Evening Concert
- Kleiner Park, Meridian, Idaho

Get ready for a summer night filled with great music, delicious food, and community fun at the [Kleiner Park Live](#) Concert Series! 🎵 🇺🇸

This free outdoor concert brings residents together for an unforgettable evening in one of Meridian's most popular parks. Featured performers Menagerie will take the stage with an energetic lineup of crowd-favorite dance hits guaranteed to get the audience singing along and enjoying the summer atmosphere.

Guests are encouraged to bring lawn chairs, blankets, family, and friends for a relaxing evening under the Idaho sky. Local food vendors will be on-site offering a variety of food and refreshments throughout the [event](#).

[Visit Event](#)

Meridian Dairy Days 2026

The graphic features the text "Meridian DAIRY DAYS" in a stylized font, with "Idaho's Favorite Summer Tradition!" below it. It lists "COMMUNITY • FAMILY FUN • HOMETOWN PRIDE" and the dates "JUNE 25-27, 2026" at "DOWNTOWN MERIDIAN & MERIDIAN SPEEDWAY". A row of icons represents activities: Community Parade, Carnival Rides, Live Entertainment, Local Vendors, Family Activities, Meridian Speedway, and Balloon Glow. A circular badge on the right says "THREE DAYS OF FUN, MEMORIES & COMMUNITY!". At the bottom, it reads "★ HONORING OUR AGRICULTURAL ROOTS. ★ CELEBRATING OUR COMMUNITY. ★" and "Learn more at: meridiancity.org/dairydays".

Event Details:

- June 25-27, 2026
- Downtown Meridian & Meridian Speedway

Get ready for one of Idaho's most beloved community traditions! 🎉 🇺🇸

[Meridian Dairy Days](#) returns for another exciting year of family fun, community celebration, and hometown pride. As one of the state's longest-running annual festivals, Dairy Days brings thousands of residents and visitors together for three days filled with entertainment, activities, and unforgettable memories.

The celebration honors Meridian's agricultural heritage while showcasing the vibrant community the city has become. Visitors can enjoy a packed schedule of events including a community parade, carnival rides, live entertainment, local vendors, racing action at Meridian Speedway, family activities, and the popular Balloon Glow that lights up the night sky.

Whether you're attending for the rides, food, live music, racing, shopping, or family fun, [Dairy Days](#) offers something for every age group and continues to be one of the Treasure Valley's most anticipated annual events.

[Visit Event](#)



"The District at Ten Mile: A Thriving Mixed-Use Community Fostering Growth in Meridian, Idaho"





The District at Ten Mile in Meridian, Idaho has broken ground on a 200-acre shopping and dining development.

The project will feature retail stores, restaurants, a hotel, and residential units.

The development aims to be a mixed-use community that provides a convenient and vibrant lifestyle for residents and visitors.

The project is expected to create jobs and boost the local economy while meeting the growing demand for commercial and residential space in the area.

[Read More...](#)

The District at Ten Mile: Meridian's New 222-Acre Mixed-Use Development



Meridian, Idaho is set for dramatic growth as construction begins on *The District at Ten Mile*, a new 222-acre mixed-use development that will become a key destination in the Treasure Valley.

Strategically located near **Interstate 84** and **Ten Mile Road**, the project led by *Ahlquist Development* will blend retail, office, and residential spaces to serve the community's booming population.

Highlights include Meridian's **first Target store**, opening in May 2027, and a massive Life Time Fitness center with amenities like pools, courts, a bistro, and more by late 2027.

Dining favorites such as **In-N-Out**, **Panera Bread**, and Handel's Homemade Ice Cream are slated to open alongside Target, providing new culinary options.

Plans also call for *Hilton* and *Hyatt* hotels, plus nearly 1,800 homes to help address regional housing needs, all supported by major road upgrades to ease local traffic.

This major project broke ground on May 5, 2026, and promises to energize Meridian's growth and lifestyle for years to come.

[Read More...](#)



This newsletter sponsored by

Holy Cow Idaho





When you're craving an unforgettable burger experience, [Holy Cow Idaho!](#) is a name that locals know and love.

Known for its gourmet burgers, loaded fries, handcrafted creations, and over-the-top shakes, Holy Cow Idaho! has built a loyal following among families, food lovers, and burger enthusiasts throughout the Treasure Valley.

Every visit offers something special, from juicy specialty burgers stacked with flavor to creative menu items that go far beyond the ordinary. Whether you're grabbing lunch with coworkers, treating the family to dinner, or satisfying a serious burger craving, [Holy Cow](#) delivers a fun and memorable dining experience.

[Visit Holy Cow Idaho](#)

This newsletter sponsored by

Epi's A Basque Restaurant



[Epi's A Basque Restaurant](#) has been a beloved Meridian institution for over twenty years, serving authentic and traditional Basque cuisine in a cozy, home-like atmosphere.

Known for its family-style dining, guests can enjoy incredible dishes like the tender solomo, savory croquetas, and flavorful leg of lamb, all crafted from cherished family recipes.

It is more than just a meal; it's a genuine taste of Basque heritage and hospitality right in our community.

This spotlight is presented by [Epi's A Basque Restaurant](#).

Experience this unique culinary tradition for yourself and see the full menu on their website

[Visit Epi's A Basque Restaurant](#)

This newsletter sponsored by

Kahootz Steak & Alehouse



For years, [Kahootz Steak & Alehouse](#) has been a go-to gathering place for great food, cold drinks, and memorable nights out in Meridian.

Known for its welcoming atmosphere and diverse menu, **Kahootz** has earned a loyal following by serving everything from hand-cut steaks and fresh seafood to juicy burgers, comfort food favorites, and classic American fare.

Whether you're celebrating a special occasion, meeting friends for dinner, enjoying a family meal, or catching up over drinks, **Kahootz** offers a comfortable setting where guests can relax and enjoy quality food with great company.

[Visit Kahootz Steak & Alehouse](#)

Idaho Veteran Finds Renewed Hope Through Meridian Clinic's Brain Health Program



Michelle Pratt, a local Army veteran who served in Bosnia during the 1990s, is sharing her mental health journey after enduring trauma overseas.

Years of exhaustion and brain fog followed her service, pushing her to seek help in **Meridian**.

Pratt found relief through the *Brain Restore Program* at **Align Integrated Medical**, which uses neurofeedback, functional medicine, chiropractic care, and laser therapy.

She's now feeling more alert and energetic each day, describing her experience as life-changing.

Todd Harris, a retired police officer, also noticed improvement in memory and emotional well-being after treatment at the clinic, highlighting the hidden toll of trauma.

With **Align Integrated Medical** newly approved as a **Community Care Network** provider by the Boise VA, local veterans can now access vital holistic care options in Meridian.

[Read More...](#)

Q&A Questions

Q: What are some popular outdoor activities in Meridian, Idaho?

A: - *Hiking in the nearby mountains, boating on the Boise River, and golfing at one of several courses.*

Q: Is Meridian, Idaho a safe place to live?

A: - *Yes, Meridian consistently ranks as one of the safest cities in Idaho and the United States.*

Q: What are some popular events or festivals in Meridian, Idaho?

A: - *The Meridian Dairy Days celebration, the Meridian Art Week, and the Meridian Food Truck Rally are all popular events held annually.*



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💡 **Answer to Trivia Question:**
Not potatoes! Dairy and sheep farming.



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