

IN SEASON



ILLUSTRATION BY PHIL BLANK

Winter Farmers' Market gets started

The Carrboro Farmers' Market re-opened last week, starting the first winter season in style with the cooperation of the weather and strong interest from market regulars.

Winter vegetables were on hand, including purple cauliflower, sweet potatoes and cabbage. Most kinds of meats were plentiful as were a variety of cheeses from Celebrity Dairy and Chapel Hill Creamery.

More than a dozen vendors showed up and new market manager Sarah Blacklin said several farmers had stopped by to see what kind of turnout they might expect should they decide to set up a booth in the weeks ahead.

Blacklin, who took over as market manager over the holidays, said the response was so good that some farmers are considering opening up additional hoop houses to accommodate demand.

Winter hours at the market are 9 a.m. to noon — rain, snow or shine. The market returns to its normal operating hours of 7 a.m. to noon on March 15. The Wednesday Carrboro Farmers' Market is closed for the season and re-opens April 9, 3:30 to 6:30 p.m. The Thursday Southern Village Farmers' Market is closed for the season and re-opens May 1, 4 to 7 p.m. — *Staff reports*



PHOTO BY KIRK ROSS

New Carrboro Farmers' Market manager Sarah Blacklin at the new year-round market last weekend. Blacklin, who has worked at Montrose Gardens near Hillsborough and for farmer Ken Dawson, formally took over as manager this month.

'Farmers of Orange' organize

By Susan Dickson
Staff Writer

A group of farmers and artisans announced on Monday that they have incorporated as the Farmers of Orange, a new farmers' market in Northern Orange County.

In August, the group appealed to the Board of County Commissioners for control of the Hillsborough Farmers' Market. The group asked to be recognized as the official Hillsborough Farmers' Market board of directors, which was opposed by another group, including market founder and co-manager Beverly Blythe.

Jeffrey Goodrum of Seeing Stars Farm will serve as president of the Farmers of Orange board of directors.

"We are creating a market that supports our farmers and artisans and the larger community," Goodrum said. "Our goal is to increase the economic strength and viability of farmers in Orange County as well as contribute to the education and health of county residents."

Because the Board of County Commissioners has not yet determined who will use the county's new Public Market House in Hillsborough, which will open in March, Farmers of Orange has not set a location for the market.

"We've done an extensive search of potential sites for a new market and have narrowed our selection," said Ben Bergmann, founding member of Farmers of Orange. "We will be making an announcement soon regarding the opening date of the 2008 Farmers of Orange market and our location."

According to the group, Farmers of Orange plans to work with local restaurants and organizations to promote locally grown dinners, create educational opportunities for customers, work with the Orange County Cooperative Extension to coordinate information sharing and more.

Vice president Charles Holeman said, "Hillsborough is a progressive and modern community and deserves a progressive and vibrant farmers market. They should have a market that serves Hillsborough and Northern Orange County as effectively as the Durham and Carrboro markets serve their communities."

For more information or to apply for membership, visit www.farmersoforange.org.

In Brief

Water talk

The Carrboro Branch Library will hold an event entitled "Symposium: Water — Our Most Precious Resource" on Sunday, January 13 from 2:30 to 4:30 p.m. The event will feature presentations by OWASA and other water specialists and was inspired by an art exhibit featuring depictions of water bearing the same name. For more information call the library at 969-3006 or contact the exhibition curator Nerys Levy at 932-1533.

Do you have an event about local food or the environment? Tell us! Send an email to editor@carrborocitizen.com

Carrboro FARMERS' MARKET
locally grown nationally known



Recipe of the week

Sweet potato and collard soup ★ Recipe provided by Sarah Blacklin

This soup is great in the winter time especially if you happen to be under the weather. The red pepper adds the right amount of heat to counter the sweetness of the sweet potato. If you've frozen some poblanos from earlier in the season, these make a great addition if roasted and added to the stock.

- ★ 4 tbl. of olive oil
- ★ 1 med. onion
- ★ 3 cloves of garlic (pressed or minced)
- ★ 3 good size sweet potatoes
- ★ 1 qt. chicken stock/vegetable stock/ or bullion if neither is available
- ★ 4 tbl. of Apple Cider Vinegar
- ★ A handful of fresh sage, thyme, and oregano if available
- ★ 1 bunch of collards (can be substituted for spinach, kale, or other available greens.
 - * Cauliflower can be used but must be added at the end)
- ★ salt and pepper to taste
- ★ 1 tbl. of crushed red pepper

Procedure

- ★ Heat the olive oil on med. heat in a large stock pot
- ★ Add onions, sauté until soft
- ★ Add garlic and fresh herbs finely chopped to onions
- ★ Sauté briefly (don't burn the garlic)
- ★ Add the stock
- ★ Bring the heat up to high
- ★ Add chopped sweet potatoes (skin adds nutritional value, but can be removed for a smoother consistency)
- ★ Add vinegar and the remainder of the spices
- ★ Once the soup reaches a boil, cut the heat down to med-low
- ★ Cook potatoes at a low boil until they are soft
- ★ Using an electric hand mixer or with a nice stiff wooden spoon, mash the potato chunks into a puree (there will be chunks)
- ★ Add the greens, washed and chopped
- ★ Keep soup at a simmer until greens are tender
- ★ Salt and Pepper to taste
 - * Available at Market



SATURDAY MARKET:
8 a.m. - Noon

WEDNESDAY MARKET:
Re-opens April 9, 2008

SOUTHERN VILLAGE MARKET:
Re-opens May 1, 2008

What's at market?

Check out what's at the Carrboro Year-round Farmers' Market . . .

Broccoli, cabbage, lettuce, sweet potatoes, spinach, carrots, beets, chard, collards, onions, turnips, turnip greens, bok choy, eggs, chicken, buffalo, pork, sausage, lamb, mozzarella, raw milk cheese, feta cheese, goat cheese, wine, sweet breads, pastries, pound cakes, pies, jellies, jams, honey, and more . . .

And it's all local!!!!


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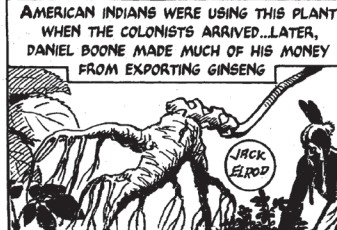
MARK TRAIL



FOR THOUSANDS OF YEARS PLANTS HAVE BEEN USED TO MAKE BENEFICIAL MEDICINES. LIKE ASPIRIN FROM WILLOW TREES, DIGITALIS FROM FOXGLOVE, AND QUININE FROM THE SOUTH AMERICAN CINCHONA TREE!



AMERICAN INDIANS WERE USING THIS PLANT WHEN THE COLONISTS ARRIVED...LATER, DANIEL BOONE MADE MUCH OF HIS MONEY FROM EXPORTING GINSENG



3 CUPS
coffee • tea • wine



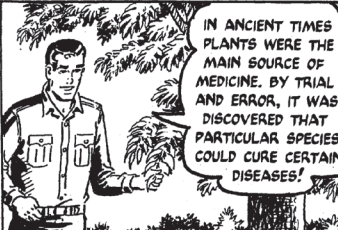
431 WEST FRANKLIN • CHAPEL HILL • 7AM TO 7PM MON-SAT • WWW.3CUPS.NET

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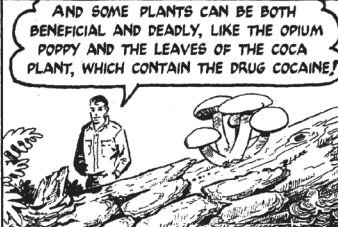


LUNCH BRUNCH DINNER

IN ANCIENT TIMES PLANTS WERE THE MAIN SOURCE OF MEDICINE. BY TRIAL AND ERROR, IT WAS DISCOVERED THAT PARTICULAR SPECIES COULD CURE CERTAIN DISEASES!



AND SOME PLANTS CAN BE BOTH BENEFICIAL AND DEADLY. LIKE THE OPIUM POPPY AND THE LEAVES OF THE COCA PLANT, WHICH CONTAIN THE DRUG COCAINE!



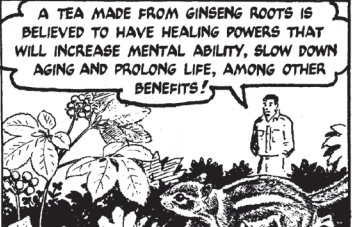
TODAY IT IS RAISED COMMERCIALY IN SOME AREAS, AND MOST OF IT IS SOLD IN ASIA!



TODAY WE ARE CONTINUALLY SEARCHING FOR PLANTS THAT MAY SAVE LIVES-ESPECIALLY IN OUR DECREASING TROPICAL RAIN FORESTS!



A TEA MADE FROM GINSENG ROOTS IS BELIEVED TO HAVE HEALING POWERS THAT WILL INCREASE MENTAL ABILITY, SLOW DOWN AGING AND PROLONG LIFE, AMONG OTHER BENEFITS!



BECAUSE IT IS CERTIFIED AS A HERB AND NOT A MEDICINE, IN AMERICA IT IS SOLD MOSTLY IN HEALTH STORES!

