

Carrboro FARMERS' MARKET

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SATURDAY MARKET: 8 a.m. - Noon

What's at the market?

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

Just to name a few... Tulips, daffodils, green onions, greenhouse strawberries, carrots, collards, turnips, beets, sweet potato, chard, kale, spinach, lettuce, broccoli raab, pachoy, arugula, savoy cabbage, mustard greens, butternut squash, broccoli, acorn squash, red kale, cauliflower, radishes, rosemary starters, pansy starters, baked goods (including vegan and gluten free options), breads, jams, wines, grass fed beef, pastured pork, pastured chicken, grass fed lamb, buffalo, sausage, chorizo, ground bison, raw milk cheeses, smoked mozerella, goat cheese, jams, jellies, pottery, hats, rugs, and more!



Recipe of the week

KALE CEVICHE

Recipe provided by Market Manager: Sarah Blacklin

I made this one for the Carrboro Farmers' Market annual meeting this week and a few farmer friends inquired about the recipe. I don't cook anything that's too difficult and this one is about as easy as it gets - you don't even have to cook the kale!

Ingredients

- 3-4 bunches of kale
- 2 medium lemons
- 1/2 medium onion chopped or sliced julienne (optional)
- 1/4 teaspoon cayenne
- 1/4 cup of olive oil
- salt and pepper to taste

Procedure

Rinse kale and tear the leaves into bite size pieces, making sure to remove the stems. You'll probably need a fairly large salad bowl for this since uncooked kale can take up a lot of space. Squeeze the juice out of your lemons and mix that in with the kale. This may take a few minutes to mix since you want to make sure the lemon juice coats the kale. Once mixed, go ahead and add the olive oil, cayenne, and salt and pepper. Toss all the ingredients together and place in the fridge overnight. This recipe really needs to sit overnight to give the acidity enough time to sink into the kale. Like ceviche, the acid from the lemon juice cooks the kale just slightly, leaving a crisp refreshing kale salad without it tasting raw or rubbery. You can also add a little fish sauce into the salad if you want a little saltier taste.

*Total cooking time: 15 minutes
*Available at Market

Commissioners decide county should run Hillsborough market

By Susan Dickson
Staff Writer

The Board of County Commissioners on Tuesday approved a plan for the county's interim management of the farmers' market at the new Public Market House in Hillsborough.

In August, two opposing groups appealed to the board for control of the Hillsborough Farmers' Market and have since split into separate markets. Both markets asked to administer the farmers' market at the new Public Market House, but the commissioners, expressing aversion at being forced to choose between the two groups, decided the county would run the market for an interim period.

ALDERMEN FROM PAGE 1

The speed table, installed after Oak Avenue neighbors successfully petitioned the town for traffic-calming measures, has dropped the speed of most of the traffic by a few miles per hour, but the volume has remained the problem, resident Chris Frank told the board. The street, he said, gets more than 1,000 cars per day, he said, far higher than any other street in the neighborhood with twice as much traffic traveling south to north than north to south.

Michelle Rivest thanked the board for the speed table but agreed that more needed to be done to prevent the street from becoming an increasingly popular cut-through as the downtown area is developed.

"Speeding is a concern, but it's really the volume" that's the problem, she said.

Board members said they'd like to look at suggestions for adding striping to the street or possibly reconsidering a proposal by the neighbors to make part of the street one-way to reduce its

"We think this is an opportunity to bring those two groups together under the auspices of the county," Assistant County Manager Willie Best said.

The county's plan includes vendor rules, market manager responsibilities and a Public Market House Interim Oversight Committee.

According to the county, the market manager and committee members will not be vendors and will not have a financial interest in any product sold at the market.

The committee, which will provide guidance to the market manager, review vendor complaints and review operations of the market house, is set to expire on or before February 19, 2009.

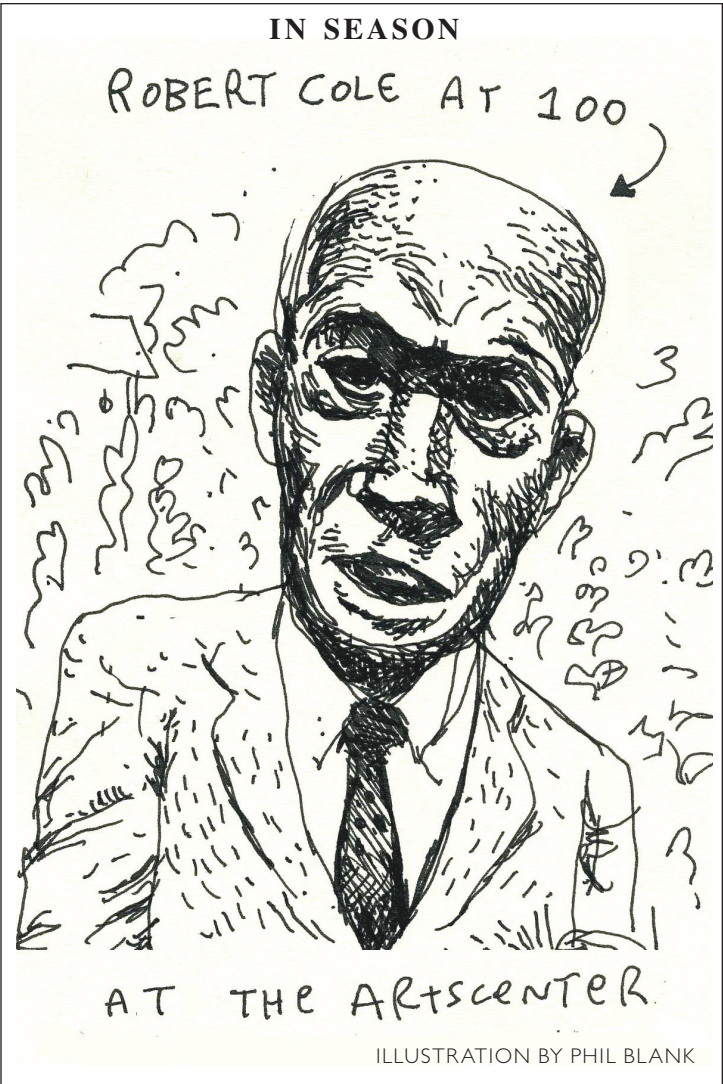
attractiveness as a cut-through.

In other action, the board rejected a request from the county to defer fee rental for groups contributing to the effort to convert Smith Middle School's two soccer fields to artificial turf. Board members said it was unclear how much the change would cost.

The board was urged to help with the project by Billy Madden, a Carrboro resident and soccer referee who said improving the field would "affect more people in Carrboro than show up to vote."

A proposal by board of aldermen member Rande Haven O'Donnell to consider waiving permitting fees for the project and consider deferring the fees for the groups failed to receive a second.

The board also voted to move ahead in conjunction with Chapel Hill on the Morgan Creek Greenway project, but decided to spend more time reviewing plans for the Bolin Creek Greenway. Both projects could receive a state transportation grant, but some board members were concerned that rules requiring that the Bolin Creek project be a ten-foot wide paved asphalt trail.



Farm marketing workshop

NC Cooperative Extension Service and NC Choices will hold a farm marketing workshop tonight (Thursday) at 6:30 at the Schley Grange Hall, about five miles north of Hillsborough.

Mac Baldwin of Baldwin Family Farms in Yanceyville will discuss his marketing strategies for his grass-fed beef. In addition, Annie Baggett of Sunshine Lavender Farms in Schley will

discuss marketing a wide variety of lavender products.

Both farmers use the Internet and websites as an integral part of their marketing plan.

The workshop is part of a continuing monthly series targeted toward pastured pork producers in the Piedmont. For directions or more information, contact Karen McAdams at 245-2050.

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MARK TRAIL

OSPREYS INHABIT NEARLY EVERY CORNER OF THE GLOBE, BUT NOWHERE AS ABUNDANTLY AS IN THE BEAUTIFUL CHESAPEAKE BAY AREA!

THE NESTING POPULATION IS THE LARGEST KNOWN CONCENTRATION IN THE WORLD, NUMBERING APPROXIMATELY 5,600 BREEDING PAIRS, AND BEGINNING IN MARCH THEY WILL BE RETURNING TO START THEIR FAMILIES!

LOOK, MARK, ISN'T THAT AN OSPREY? YES, IT'S OFTEN CALLED A FISH HAWK!

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