

Carrboro FARMERS' MARKET

locally grown  nationally known

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, anemones, pussy willows, ranunculus, green onions, greenhouse strawberries, broccoli, carrots, collards, turnips, beets, sweet potato, chard, kale, spinach, lettuce, broccoli raab, pachoy, arugula, savoy cabbage, mustard greens, butternut squash, 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 cheeses, goat cheese, jams, jellies, pottery, hats, rugs, and more!



Recipe of the week

QUICK SPINACH SALAD WITH CARROT GINGER DRESSING

Recipe provided by Market Manager: Ben Horner

Ingredients

- 1 bag of spinach
- 1 medium beet
- 1 medium turnip
- Dressing:
- 1 large carrot
- 1 tablespoon of freshly grated ginger
- 1/2 tablespoon soy sauce
- 1 tablespoon of rice vinegar
- 2 tablespoons of sesame oil

Procedure

Wash spinach thoroughly and trim off unnecessary stems. Place spinach in large salad bowl. Peel the beet and grate overtop the spinach. Peel and thinly slice the turnip and add to the spinach salad. Set aside.

Dressing: Peel and roughly chop the carrot so that it can fit into a food processor. Peel and grate the ginger. Place all dressing ingredients into a food processor. Liquify. Serve overtop the salad.

*Total preparation time: 10 minutes

*Available at Market



Chickweed flower has five rabbit ear-like petals

FLORA FROM PAGE 1

the tiny white rabbit ears in the palm of your hand. I can't resist doing that!

Rather than curse the lowly chickweed, being a lazy, carefree gardener, I simply let this early-spring annual romp around on the yard and through garden beds. The tender foliage makes a tasty addition to salads and it is a treat relished by my two parakeets. By late spring, it's gone, out of sight, until the next winter.

My truly favorite of all the many early-spring yard flowers is the beautiful little speedwell, *Veronica persica*. Hundreds of blue

flowers greeted my downward glances as I was hanging out the laundry a couple of days ago. I never cease to be humbled by the clean beauty of this little quarter-inch-broad four-petal flower when examined at close range.

As did the common chickweed, the speedwell accompanied the Europeans to North America long ago. The speedwell has an herbal heritage as a beneficial diuretic tea that also aids blood purification. For me, the sheer beauty of the flower is reason enough to value underfoot in one's yard. Looking down on a warmish, sunny winter day to see dozens of them is to experience a "splendor in the grass."

PHOTO BY KEN MOORE



ILLUSTRATION BY PHIL BLANK

New farmers' market opens

The Orange County Farmers' Market opens for the first time on Saturday. The market is at The Public Market House at 120 East Margaret Lane, Hillsborough (behind the Sheriff's department).

Due to a dispute over who would manage the market, county government has created a leadership committee for the market. The county is recruiting

for the market's Interim Oversight Committee, which will review market operations and advise the market manager. Applicants may not sell or have a financial interest in products sold at the market. Anyone else can apply online at www.co.orange.nc.us or email athompson-rockett@co.orange.nc.us or call 245-2125 for more information.

L&T Briefs

Water talk

The Community Action Network will host "Water: The Cycle of Life: A Water Resources and the Future of Orange County Symposium," in which lecturers will present information on Orange County's water supply and quality.

The talks take place on Sunday March 9 from 2:30-4:30 p.m. at the Southern Human Services Building on

Homestead Road in Chapel Hill.

Speakers include: Charles Daniel, presenting the results of the US Geological Survey study of the Orange County water supply; Rick Bolich of the North Carolina Department of Environment and Natural Resources; Pat Davis, OWASA utility manager; and Tom Konsler, the county environmental health director, who will speak about wells and groundwater. For information, call 967-0683.

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Cliff's Meat Market

Now taking Easter orders for Lamb and Ham!

NY Strips! \$5.99/lb	Nitrate and Nitrates Free Thick Slice Bacon \$4.69/lb	Lamb Shoulder \$5.99/lb	Center Cut Pork Loin Roast Bone In - or - Boneless \$2.99/lb
Baby Back Ribs \$3.99/lb	Chorizo Sausage \$2.99/lb	ALL NATURAL Chuck Roast \$2.99/lb	OYSTERS Fresh shucked - (pint) In shell - (by special order)
Yummy! Hoop Cheese \$3.99/lb	ALL NATURAL Ground Chuck \$2.99/lb	2 lbs Shrimp! Frozen 41-50 count \$9.99/lb	Fresh Pre-cut Party Wings \$1.99/lb

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MARK TRAIL IN MOST PARTS OF ALASKA AND CANADA, DOGS REMAINS INTACT, BUT THE LURE OF TECHNOLOGY THREATENS THESE MAGNIFICENT ANIMALS... BUT THE POLAR INUITS HAVE MAINTAINED THEIR AGE-OLD SKILLS OF HUNTING WITH DOGS FOR SUBSISTENCE

MOST OF THE SLED DOGS USED IN ALASKA'S INUITAROD RACE ARE SIBERIAN HUSKIES OR MIXTURES OF OTHER NORTHERN BREEDS

"HUSKY" IS ACTUALLY A GENERIC TERM FOR SEVERAL BREEDS OF SLED DOGS, INCLUDING THE SAMOYED, THE ALASKAN MALAMUTE, THE SIBERIAN HUSKY AND INUIT DOG BREEDS

puzzle solutions PAL FOGG BACH SLIME IMAS URAL ELIA ATONAL NOTHINGBUTNEAT DETECT GREEN BEAN ERR RHO EXACTLY LEANDEIGHTON FARE PETTY AFRO GIS ANNA TOSH TEMPT ACME MORNS MEAL TEARS MEARA ACT BAVARIAN RANCH HERA ITE NCO BET THEGOADFATHER MEW ALS ORR MAID ERATO SWEETPEA RAM HINDU HEAVE SITA EGGAR PEER STINT NIBS ISLE YEN TEAM LETGO LAIR CHEATHUNTLEY BARRENS HAR IDA IRAE AVAIL ELICIT DEANOFINIOUITY ALKALI EYRE AGAR EVAN PEARL REAM REEK ERE