

## 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

### IN SEASON



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](http://www.co.orange.nc.us) or email [athompson-rockett@co.orange.nc.us](mailto: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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**MARK TRAIL**

IN MOST PARTS OF ALASKA AND CANADA, DOG SLEDS HAVE BEEN TRADED FOR SNOWMOBILES...

THE POLAR INUIT'S BOND WITH THE SLED DOG REMAINS INTACT, BUT THE LURE OF TECHNOLOGY THREATENS THESE MAGNIFICENT ANIMALS

INUIT DOGS ARE THOUGHT TO BE NORTH AMERICA'S ONLY REMAINING PURE ABORIGINAL CANINE

BUT THE POLAR INUIT HAVE MAINTAINED THEIR AGE-OLD SKILLS OF HUNTING WITH DOGS FOR SUBSISTENCE

ARCHAEOLOGICAL EVIDENCE SHOWS THAT DOGS WERE DOMESTICATED FROM WOLVES IN EUROPE AND ASIA AT LEAST 15,000 YEARS AGO, THEN SPREAD ACROSS THE BEARING LAND BRIDGE INTO WHAT IS NOW ALASKA...

BUT THERE'S NO GENETIC EVIDENCE THAT DOGS IN THE NEW WORLD WERE BREED WITH WOLVES