

IN SEASON



ILLUSTRATION BY PHIL BLANK

What’s at Market?

Check out what’s at the Year-Round Farmers’ Market:

Figs, apples, tomatoes, fillet beans, butter beans, pole beans, cantaloupes, watermelons, shiitake mushrooms, muscadine grapes, plums, zucchini, yellow squash, peppers, cucumbers, basil, onions, garlic, winter squash, potatoes, eggplant, vegetable and flower starters, sunflowers, lizianthus, sunflowers, gomphrena, zinnias, celosia, lillies, and many more flowers, 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

ROASTED AND MARINATED WINTER SQUASH OVERTOP PAC CHOY AND RICE

Recipe provided by market regulars, Tina and Dwayne Fico

Ingredients: 1 winter squash (can be a cheese, sunshine, acorn, etc.), 1 cup brown rice, 1 bunch Pac Choy, 1 onion, 1 clove garlic, 1 cup Apple Cider vinegar, 1 cup water

Marinade: 1 cup olive oil, 1 cup tamari, 1 tablespoon honey, 1 tablespoon almond butter or peanut butter (I use natural), 1 tablespoon apple cider vinegar, 1 Tablespoon fresh grated ginger, hotsauce to taste (I use habenero), Salt and Pepper to taste

Procedure: Preheat oven to 350 degrees. Combine marinade ingredients and let sit for an hour before using. Cut the squash in half lengthwise and deseed. Place in bowl and rub the dressing on the inside of the squash. While it’s baking, continue to marinate the squash every 10-15 minutes using a spoon to apply the sauce overtop. Bake until the squash can be easily poked through with a fork, but is not overly mushy. While the squash is baking, make your brown rice and set aside. Bring out the Pac Choy and wash. Cut the leafy greens into bite sized pieces and pour some olive oil into a pan. Saute the chopped onion and garlic and add the pac choy, apple cidar, water, salt and pepper. Cover and reduce the heat. They should have a collar look when finished. When the squash and collards are done, combine and serve. I typically fill a bowl with brown rice and top with the marinated squash and pac choy. At the end, drizzle more of the marinade dressing on top. Serve and enjoy!

**Ingredients Available at Market

Local builder’s home to be featured on Planet Green

BY JACK CARLEY
Staff Writer

The home of a local green builder is featured on a television show this week. *Renovation Nation*, which airs on the Planet Green channel, will present builder Mark Marcoplos’ Orange County home this week, showing off the house’s green features.

Marcoplos’ house, which he completed in 2001, was designed with a variety of green efficiency features, including solar power and water heating, a cooling system that doesn’t require mechanical air conditioning and wood reused from the old Internationalist Books building, which Marcoplos Construction deconstructed in 1998.

Marcoplos said of the filming, “It was wild.

“It takes a lot of hard work to make a TV show.”

Marcoplos built the house, about eight miles west of Carrboro, with help from his wife Wanda and sons Dakota and Riley.



PHOTO COURTESY OF MARK MARCOPLOS

The home of local builder Mark Marcoplos will be featured on Planet Green for its energy-efficient design.

“It was pretty grueling,” he said of the building process, but “it was satisfying to see the design manifest.”

He describes the green features of the house as “cutting edge, but simple” and says that the green features incorporate both new

technology and straightforward design principles.

His favorite feature, he says, is the cooling system, which doesn’t require mechanical air conditioning. The house is designed to reduce heat energy from the sun and appliances and then chan-

nel heat, using well-placed fans and different ceiling heights, to the tower atop the house where it can be released outside.

The hour-long show premiered yesterday (Wednesday) but will be shown again. Check your local listings.

Ancient Pittsboro holly tree chopped down for safety’s sake

BY SUSAN DICKSON
Staff Writer

The old holly tree in downtown Pittsboro that was said to be over 100 years old was cut down last week because of safety concerns.

The tree was located in a parking lot across from the General Store Café, in the center of Pittsboro. According to Vance Remick, owner of the café, the tree was cut down by John Justice, who owns the parking lot and the building where the café is located.

“I think he was concerned about hurricane winds,” Remick said, adding that the tree appeared unhealthy.

“The main trunk of the tree was really soft,” Remick said. He had hoped that the tree could be saved, but “it was kind of an empty hope,” he said.

The parking lot was paved about 15 years ago, which is when the tree started to appear unhealthy, he added.

Remick said that when he learned last Thursday that the tree was to be cut down the following day, he used the short time to let people know it was being removed.

No one knows the exact age of the holly tree, but some say it is well over 100 years old.

“We’re going to cut a ring sampling of it,” Remick said. Alan McGinigle, a woodworker in the area, will use the sample to determine the age of the tree.

Remick said he saved some of the wood from the tree to be used for a variety of projects, including a tree project that will use the wood to make plaques and a timeline project.

“All is not completely lost,” he said.

Local plant expert and Flora columnist Ken Moore said the removal of the tree underscores the importance of protecting our older holly trees, such as the one on Homestead Road at the site of a future fire station. “It’s healthy, but it needs some help,” he said.

Paul Hellwig, landscaping and grounds supervisor with Carrboro Public Works, said public works has taken a number of steps to protect the tree.

“We’ve put a fence around it to keep people away from the root system,” he said, adding that they also aerated the ground around the tree and watered it during the drought.

Hellwig says they will continue to monitor the health of the tree as construction on the fire station begins.

The Eater

They’re on to us

A hat tip to 3Cups for including in their newsletter a quote from and a link to the Oct. 8 *Bon Appétit* story on the unique relationship of local food and farms. (We call it Land & Table at *The Citizen*.)

It’s doubtful all the PR folks in Orange and Durham counties

could have crafted a better two sentences to draw visits from the foodie crowd than these:

“Imagine a place where foodies not only have a favorite chef, but also a favorite farmer; a place where the distance between the organic farm and the award-winning restaurant is mere miles; a place where a sustainable future

is foreseeable. It’s all a reality in Durham-Chapel Hill.”

Shucks. One small peeve: Since a key bit of the action in the article takes place at the Carrboro Farmers’ Market, you’d think we’d get equal billing with our neighbors to the east. Read all 1500-plus words of “America’s Foodiest Small Town” yourself at bonappetit.com/magazine/2008/10/americas_foodiest_small_town

Among others, author Andrew Knowlton checks in with farmers Alice and Stuart White and Ken Dawson, chefs Bret Jennings, Aaron Vandemark, Karen Barker and Andrea Reusling. Great photos and a nice set of links, recipes and restaurant reviews complete the online article.

There’s even a hat tip to Sunrise Biscuit Kitchen.

Cheap beer update

Shaking a bit of the fairy dust from *Bon Apétit*, The Eater would like to note that while you usually don’t think of a convenience store as a destination for the cheap beer crowd, Starpoint is giving the grocery chains a run for the money. The eclectic little grill and gas place at Smith Level and 15-501 sells an 18-pack of Bud for \$11.99.

Even Weaver Street is getting on the low-cost beer bandwagon. Spotted at the SoVo store: Blue Ribbon 12 pack for \$6.99.

The Eater needs you! Let us know about your dining experiences of all kinds, mail us at — eats@carrborocitizen.com

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MARK TRAIL

AT ABOUT 75 BEATS PER SECOND, THE HUMMINGBIRD’S WINGS MOVE TOO FAST FOR THE EYE TO FOLLOW

IT CAN DART STRAIGHT AS A SPEEDING ARROW, HOVER IN ONE SPOT, OR FLY BACKWARD

THE FEMALE BLACK-CHINNED HUMMINGBIRD IS A HARD-WORKING MOTHER WHOSE MAIN CONCERN IS THE SAFETY AND CARE OF HER YOUNG

FROM DAYLIGHT UNTIL DARK, SHE TIRELESSLY BRINGS FOOD TO HER TINY NESTLINGS...

BUT THE DILIGENT MOTHER ANTICIPATES NO CAREFREE EXISTENCE WHEN HER BROOD DEPARTS

IN FACT, EVEN BEFORE THEY TRY THEIR DELICATE WINGS, SHE MAY HAVE COMPLETED ANOTHER NEST...

DIVIDING HER TIME BETWEEN THE FIRST BROOD AND HER SECOND BATCH OF EGGS

puzzle solutions

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CRYPTOQUOTE ANSWER:

It's not just that he's a good speaker. A lot of people like him because he's a good speaker. It's not just that he's a good speaker. A lot of people like him because he's a good speaker.