

## In Brief

### Café shows

The General Store Café in Pittsboro will have live music Thursday, Friday and Saturday nights throughout the month of January. The shows include a range of style but particularly emphasize jazz, blues and bluegrass from local musicians. Thursday shows are from 8-10 p.m. and Friday and Saturday shows are from 8:30-10:30 p.m. The schedule for January is: Jazz with Bernie Petteway (1/3), Eric Thorpe & Helen Wolfson (1/4), Rusty Strings (1/5), Jazz with Club Boheme (1/10), Brien Barbour (1/11), Fescue 911 (1/12), Jazz with Tony Galiani (1/17), Doc Branch Band (1/18), Armand & Bluesology (1/19), Jazz with Bo Lankenau & Friends

(1/24), Lori Donovan & Jeff Roberts (1/25), Alex Caton (1/26) and Jazz with the Dave Youngman Band (1/31).

### Vegan potluck

Vegan potluck dinners are held the third Saturday of each month (the next is January 19) at the Common House in the Solterra Co-housing Community. The address is 98 Solterra Lane in Durham. Attendees should bring a vegan dish containing no animal derived ingredients, not even whey or casein, to serve four times the number in their party and the recipe. Table setting is provided and assistance with cleaning is appreciated.

The doors open at 6:30 and dinner is at 7. Call Sue at 489-8162 or email andresen.sue@gmail.com for more information. All are welcome!

## FLORA FROM PAGE 1

I do have several of the common black-berried catbriers with semi-evergreen leaves volunteering on trellises along my deck. In the winter months, the foliage takes on burgundy tints and is effectively woven into seasonal wreaths. Like my volunteers, many catbriers are thorn-free, so we need not curse them. I value my catbriers because they are drought tolerant, and cut branches are effective in flower arrangements any time of the year. Many an old Southern farmhouse porch and garden arbor have been well shaded by the use of one or more of the evergreen species of catbrier.

More important than their aesthetic value, Smilax fruit, leaves and stems are valuable wildlife foods for many species of birds and mammals, including the black bear. Native-American ethno-botany references describe countless medicinal, culinary and other uses, including grinding tubers for making bread, using stems and leaves for herbal teas and salves, use of the thorns as a type of acupuncture, tying thorny



PHOTO BY KEN MOORE

Leathery leaves of Catbrier provide landscape interest at any time of the year.

vines together for protective barriers and using vines in basket making, a rich heritage indeed.

During the next week or so, make a little field excursion down

to New Hope Swamp to view those red berries before the birds and other critters make a meal of them. While there, see if you can spot some of the red hips of the

swamp roses, *Rosa palustris*, also growing in the standing water. You can get close to some of those without getting wet.

## Farmers' Market gets new manager

By Jack Carley  
Staff Writer

The Carrboro Farmers' Market, like the calendar year, is changing. This year the market opens all year 'round, starting Saturday at 9 a.m. And market manager Sheila Neal is stepping down, yielding her position to not-quite newcomer Sarah Blacklin.

Blacklin took up the job on Wednesday and is still settling into the position, but she already has a lot of experience at the market.

"I took the aspect of being a grower and also a vendor, and I've also had experience as a manager and as a buyer. I feel it's really important to understand all aspects of the Farmers' Market."

Blacklin comes to the position with experience in agriculture, management and retail. A Tar Heel who studied North Carolina culture and graduated from UNC summa cum laude, she recently worked for two local farms,

and you may have seen her selling produce on a Saturday morning for Maple Spring Gardens.

She began growing food for herself and becoming more involved with farming and now grows her own food sustainably.

"I have a little acre in Hillsborough. It's just a backdoor garden with some produce, some free chickens. It's small, with a small pond. It's shrunk down for one person."

Blacklin said farming and the market appeal to her because it allows people a glance at the production process from planting the seed to meeting the customer.

"Most people are so removed from that, I think we really should bring it back. We need to," Blacklin said. "And it makes you proud of what you do because you're creating a self-sufficient, sustainable life."

Blacklin described her first day as "pretty scattered," but she says she is excited and

*"It makes you proud of what you do because you're creating a self-sufficient, sustainable life."*  
-Sarah Blacklin

honored to have the job. "I think there's a lot of growth that can happen, and it's already a very fantastic market. So I am excited. I'm really excited."

Former manager Sheila Neal is now working with her husband, Matt, to start Neal's Deli in downtown Carrboro. She took time to think back on her work managing the Farmers' Market.

"On a practical level, I learned about running a small business," she said, and expects the experience to help her in the deli venture.

"And I enjoyed working with the community. Farmers' markets still feel very grassroots. There's a lot of excitement in that," she said. "It was exciting to be there on market day and see local com-

merce happening."

"I felt really connected to the town of Carrboro," she said, because the job put her in contact with much of the town's government and staff.

She said the farmers impressed her because they had the threefold jobs of farming, selling at the market and running a business.

"I gained a lot of respect for the farmers."

Neal commented on the future of the market, saying "the market's going year round. I think that's really key."

She said the year-round schedule was "experimental," and that the lengthened schedule is "a good opportunity for the community," but may face challenges because of the drought.

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**Saturday Market:** Through December 22, 8 a.m. - Noon (Re-opens January 5th, 2008)  
**Wednesday Market:** Re-opens April 9, 2008  
**Southern Village Market:** Re-opens May 1, 2008

**what's at the market**

Arugula, beets, bok choy, broccoli raab, broccoli, carrots, cauliflower, cabbage, fennel, garlic, greens: chards, collards, frisee, Italian dandelion, kale, mustard, mizuna, and turnip; herb bunches - cilantro, dill, and parsley; lettuces: baby mix, green and red leaf, red and green bibb, frisee, and hydroponic lettuce - bibb, red oak, and lolla rosa; mushrooms - oyster and shiitake; sweet potatoes, pumpkins, radishes, spinach, winter squash, tot

soi, turnips, pastured-based meats - beef, buffalo, chicken, goat, lamb, pork; charcuterie: bacon, bratwurst, breakfast sausage, chorizo, country ham, hot dogs, hot and sweet italian sausage; eggs, fresh and aged cow's milk and goat's milk cheeses, pecans, pickles, jams, jellies, honey, wine, prepared foods, and crafts.

\*Produce availability dependent on weather conditions

**recipe of the week**  
Acorn Squash with Warm Chili Oil and Toasted Squash Seeds from Sheila Neal, Market Staff

**Ingredients**

- 2 medium-size acorn squash\*
- 2 tablespoons olive oil
- 1 teaspoon salt
- Black pepper
- Olive oil
- Pinch or two of salt
- Pinch or two of curry powder
- 2 cloves garlic\*, peeled and finely chopped
- 1 pepper such as cayenne, scotch bonnet, or jalapeño\*, seeds removed and diced fine
- 1 teaspoon cumin seeds, toasted and then ground
- 1 teaspoon salt
- 2 tablespoon olive oil
- 2 tablespoons lime or orange juice

\*Available at market

salt and some cracked black pepper. Place wedges on baking sheet, cut-side down. Bake for about 15 minutes until just tender and brown on the down side. Set aside when done.

Meanwhile, rinse squash seeds and remove any pulp. Dry well. Toss in just enough of olive oil to coat (the amount of seeds the squash has may vary so that's why you need to "eye" these ingredients.) Add a pinch or two of both salt and curry powder. Toss well and place on a baking pan. Roast seeds in the 450 degree oven for 10 minutes.

In a small bowl, combine garlic, chilli, cumin and salt. In a small saucepan, heat the 2 tablespoons olive oil over medium-low heat. When the oil is warm add the garlic, chilli, and spice mixture. Cook until garlic begins to turn brown, about 5 minutes, gently swirling the pan from time to time. Remove pan from heat and slowly add the lime or orange juice. Give it a stir.

To Serve: Place roasted squash on a platter, drizzle with warm chilli oil, and garnish with toasted squash seeds.

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