Carrboro FARMERS' MARK

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 . . .

Green onions, green garlic, greenhouse strawberries, broccoli, collards, turnips, beets, sweet potatoes, chard, kale, spinach, lettuce, broccoli raab, arugula, mustard greens, butternut squash,

vegetable and flower starters, tulips, daffodils, anemones, pussy willows, ranunculas, 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

Captain John's Family Recipe:

LOW COUNTRY LAMB CHILI

Recipe provided by Farmers: Robert and Henry Pope

Robert and Henry Pope raise grass-fed free-range Dorper lambs and sell their product at the Carrboro Farmers' market. This is a family recipe that dates back to 1863 when Captain John Pope learned how to cook country vittles. This dish has been enjoyed by the Pope Family for 140 years!

- I med. onion, chopped
- I garlic clove, minced
- 3 tablespoons of olive oil
- 3 lbs. of ground lamb
- 4 cans Margaret Holmes corn, tomato, okra mix, undrained
- 4 cans condensed tomato soup, undiluted 2 cans (about 14 oz. each) diced tomatoes
- I Captain John's andouille sausage
- I tablespoon Tabasco (more if you like it spicy*)
- Salt/pepper to taste
- Shredded cheddar cheese

Brown onions, garlic, and ground lamb in oil over medium-high heat, stirring to break up the meat. Add corn, tomato, okra mix, tomato soup, diced tomatoes, andouille sausage, Tabasco and salt/ pepper. Simmer 2-3 hours. Serve with shredded cheddar cheese, if desired.

* Captain John prefers Tabasco over other hot sauces because of its low sodium content.

*Available at Market

L&T Briefs

Land & Table

Haw workshop

The Haw River Watch will host a Macro-Micro Workshop on Saturday, March 29 from 10 a.m. to 2 p.m. at Bynum Beach. River Watch volunteers will teach those interested about collecting and inspecting water samples for microscopic creatures (with an interlude for lunch). Examining the creatures can provide information about water quality. RSVP and get more information from Cynthia Crossen at 967-2500 or riverwatch@hawriver.org

Agriculture talk

The 3CUPS coffee shop will host a forum on Wednesday, April 9 at 7:30 p.m. to discuss gaps in local agriculture infrastructure. Leading the discus-

sion are Tim Philpott, food editor for the environmental website Grist and founder of Maverick Farms, and Jennifer Curtis, project director for NC Choices, which promotes sustainable local farming. The discussion will focus on continuing to expand local agriculture. The event is free.

Splendid table

Cookbook author and radio personality Lynne Rossetto Kasper will visit the Fearrington Barn on Thursday, April 10 from 3 to 5 p.m. to read from her book The Splendid Table's How To Eat Supper.

She hosts the radio show The Splendid Table and writes a column called Ask the Splendid Table for newspapers. Her third, and latest, book features simple and complex recipes and cooking advice. The event is free and open to the public

and sponsored by McIntyre's Fine Books. More information at www.fearrington.com

Market times

Well, they've gone and once again prematurely sprung daylight-saving time on us, so let's call it spring. And by way of making it official, your local farmers' markets are swinging wide their doors.

At the Carrboro Farmers' Market, springtime hours commence this Saturday a.m. to noon. The return of the Carrboro Wednesday Market is just around the corner: Mark your calendar for April 9.

The Orange County Farmers' Market is now open on Saturdays at its new location at 120 East Margaret Lane in Hillsborough (just behind the sheriff's department).

On Tuesday, April 1, at 4 p.m., the Fearrington Farmers' Market will reopen for its 13th season, offering locally fresh items every Tuesday up to

Thanksgiving.

And the Southern Village Market will reopen May 1.

No excuses now. Eat right.

Spring garden tour

The Chapel Hill Garden club will hold its biennial Spring Garden Tour Saturday, April 12 from 10 a.m. to 4 p.m. and Sunday April 13 from noon to 4 p.m. The tour is selfguided and includes 10 private gardens. Refreshments, exhibits, a raffle, live music, demonstrations and plant sales will be held at the Botanical Garden. Tickets are \$15 in advance, \$20 day of. Children's tickets are \$5, day of only. For information and tickets, contact the Botanical Garden at 962-0522 or visit www.chapelhillgarden-

RECENTLY FROM PAGE I

out feeling sick she found comfort in television shows like *Dog* Whisperer with Cesar Millan.

"I watched his show to be entertained and uplifted," she said warmly. Then one day, he did a show on assistance dogs, which led her to New Life Mobility Assistance Dogs in Moravian Falls (www.nlmad.org), where she was matched with 4-year-old Journey. New Life only uses "shelter" dogs that are screened, and those passing the criteria are trained.

"Getting Journey was lifechanging," Principe said as he dozed at her feet. He gets her up and out every morning and evening, which has given her a harder workout than physical therapy ever required. And because she has him to hold onto, she can now run her own errands and get herself to and from doctor's appointments through the use of E-Z Rider.

"I've found a whole lot of quality of life. E-Z Rider service is unsurpassed," she said.

Her life will change even more in two weeks when she and Journey hop on a few airplanes and fly to the French Riviera for three months, where they will live with her son, Shepherd Dobson, as his first child is born, making Principe, 56, a grandmother.

A recent trial run for the trip proved successful.

'We spent three hours at RDU and flew to Philly," she said. "He loved every minute of it. He loved the baggage carousel the most." Journey has his European Union passport and a microchip. For both, it will be a first trip to Europe, though Principe, a California native who lived in 12 states before moving to Chapel Hill in 1989, has been to India twice.

"This whole trip to France is an incredible gift," she said.

But not as great a gift as Jour-

"He's such an angel," she said. "There's nothing about him that I would change. He's perfect in every way."

Contact Valarie Schwartz at 923-3746 or valriekays@mac.com.



" NO ONE EXPECTS TO BE GIVEN A FAKE HEAD, YOU KNOW?"

TRIVIA NIGHT @ SKYLIGHT EXCHNGE

ILLUSTRATION BY PHIL BLANK



Dan Ryon Financial Advisor

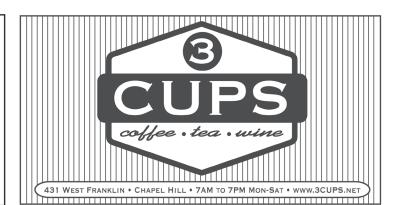
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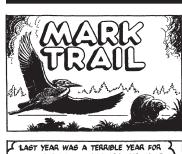
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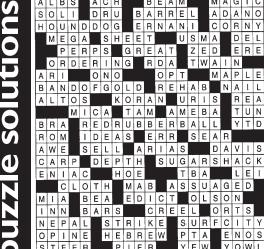




WE'D BETTER GET INSIDE AND CHECK ON THE

WEATHER IN OUR AREA, WE DON'T WANT TO GET CAUGHT UNPREPARED!





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CRYPTOQUOTE ANSWER:

The man who knows how, will always have a job. The man who also knows why, will always be his boss. – Ralph Waldo Emerson

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