

FARMERS' MARKET

Sat: 7am-Noon • Wed: 3:30-6:30pm Thurs/So. Village: 3:30-6:30pm

What's at Market?

Check out what's at the Carrboro Year-Round Farmers' Market . . .

New Item this Week: DRIED RED PEPPERS, cornmeal, green onions, mustard greens, rutabagas, creasy greens, totsoi, dill, cilantro, turnips, beets, carrots, cauliflower, celery, sweet potatoes, broccoli, lettuce, chard, radishes, turnip greens, shitake mushrooms, green tomatoes, sorrel, acorn squash, butternut squash, eggplant, delicate squash, tomatoes, beans, bell peppers, new potatoes, arugula, onions, wheat flour, garlic, salad mixes (spicy and non), collards, fresh herbs, kale, pecans, flowers such as zinnias, sunflowers, lilies, meats like goat, beef, pork, lamb, chicken, buffalo, and various specialty meats like liverwurst, bologna, hotdogs, etc, cow's and goat's milk cheeses, eggs, breads, doughnuts, tortes, pies, cakes, jams, and relishes.



Sesame Greens

Recipe Provided by: farmers Mark Cane and Cathy Jones and Farmers' Market managers Erin Kauffman and Sarah Blacklin

Ingredients:

- 1 bunch kale (you could substitute bok choy, collards, or any cook down green)
- 1 teaspoon grated fresh ginger
- 2 cloves garlic
- 1 tablespoon sesame seeds
- Soy sauce to taste
- Olive oil
- Salt and pepper

Over medium heat, sauté the sesame seeds in a dry pan until they are lightly browned. Be careful not to burn them. Pour them into a cup and set them aside. Heat olive oil in a pan over medium heat and add 2 cloves of chopped garlic and grated ginger. Saute until the garlic is lightly browned. Add the chopped winter greens. Pour a little water in the pan and cover to cook. The greens will become bright green when they are ready. Add the sesame seeds and toss together. Serve with a little soy sauce on top. Enjoy!

TREAT
FROM PAGE 1

Then Mark entered the picture. Discouraged by job-hunting, he headed to the kitchen to help Karen fill the holiday order for A Southern Season. Then he went to a tasting there and handed out samples.

"I'd never realized how much people love toffee," he said of the reactions of people who tasted it. Afterwards, he told Karen they should try to get it into more stores. "Little did I know how much work that would entail."

Last year was spent learning the candy trade.

A relative who is an execu-

tive at a sugar-free candy company in Charlotte arranged for a meeting with its CEO, who provided guidance and encouragement. The excited mother and son wanted to expand and knew they had to tell Griff; they chose to do so one evening while in their seats before a game at the Dean E. Smith Center.

Mark said, "I told him while he was distracted, 'I want to take your candy company big time.'" Griff's reaction was silence. "Then after a few minutes, he said, 'I'll join you in four years.'"

With permission granted to turn their home into a toffee-making factory, Mark and Karen moved forward, spend-

ing a year in the legal process, fine-tuning the packaging, finding sources for the best ingredients (the chocolate comes from Pennsylvania, the pecans from a family farm in Georgia) and gathering clients.

The dining room of their home near East Lake has become the storage facility, and they have the production process down to a fine art. Their toffee is available in three sizes and stocked at 19 retail establishments across the state and locally at Weaver Street Market, Whole Foods, Fresh Market, Foster's Market, Woman-craft and, of course, A Southern Season.

The Carolina blue of the ribbons and labels don't always

go over so big in Raleigh and Durham. Diehard fans of other schools have told Mark, "Nothing from Chapel Hill is good," but sales and feedback offer a different story.

"It's been good," Karen said. "As the clientele gets used to having it there, the orders increase. I'm so surprised." But she's not surprised at how much fun it's been to work with a son. "We laugh a lot."

"We've always had fun," Mark said. "We never take ourselves too seriously. I don't feel like I'm working. Dealing with candy is definitely more fun than banking."

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

OBITUARIES

James Couch
Mr. James Keith Couch, 52, of Hillsborough and Morehead City, died peacefully Monday, Jan. 25, 2010, in Duke Medical Center.

Keith graduated from Orange High School in 1975. After graduation, he worked for the family business, John Couch Oil Co. of Hillsborough, N.C., for a time. Seeking adventure, Keith moved to Costa Mesa, Calif. for several years. Upon relocating to North Carolina in 1985, Keith settled in Morehead City and was employed by the Dunes Club in Atlantic Beach, a job he dearly loved. In addition to his work, he enjoyed fishing from his boat in the sound with his lifelong friend, Steve Tubiola, managing his rental properties and the company of his many friends as well as his co-workers and members of the Dunes Club.

Keith was a devout Christian and would wish us all "The peace of God, which passeth all understanding," as well as asking us to always live life to the fullest. We will miss his warm smile, quick wit and infectious laugh.

Surviving are his parents, John Edward and Dorothy Rhodes Couch, of Hillsborough; his sister, Karen Couch Copeland, and husband, Steve, of Hillsborough; his brother, John Edward Couch Jr., and wife, Becky, of Raleigh, N.C.; his niece, Laura Ann Couch, of Winston-Salem, N.C.; and his nephew, John Andrew Couch, of Siler City, N.C.

Graveside services will be held this Thursday at 2 p.m. at Mt. Herman Baptist Church Cemetery in Durham by the Rev. Don Westbrook.

Samuel Gattis III
Mr. Samuel Mallette Gattis III died Saturday, January 23, 2010. He was the son of Samuel Mallette Gattis II and Virginia Parris Gattis and the grandson of Samuel Mallette Gattis and Margaret Parish Gattis.

Mr. Gattis graduated from Reynolds High School in Winston-Salem and the University of North Carolina at Chapel Hill, with a degree in business/commerce. While at UNC, he was a member of Sigma Phi Epsilon Fraternity. He served in the U.S. Marine Corps (1943-46) with the Fifth Amphibious Field Artillery and the 155th Howitzer Battalion on Leyte, Philippine Islands.

In 1951, Mr. Gattis became assistant clerk of the Superior Court in Orange County, N.C. In 1953, he was appointed Orange County accountant and tax supervisor. In 1963, he became the first county manager of Orange County. He retired after 30 years of service. During his tenure, he was named N.C. County Manager of the Year.

Mr. Gattis was a member of St. Matthews Episcopal Church, Hillsborough, N.C., where he was a Sunday school teacher for many years. He was a graduate of the UNC School of Government Municipal Administration Program. He was a member of the Board of Trustees of the NC Local Government Employees' Retirement System. Mr. Gattis was a licensed private pilot and a certified scuba diver. He enjoyed spending time boating and fishing on the beaches of North Carolina, playing golf and spending time with his beloved grandchild-

ren.

Surviving are his daughter, Susan Owen Gattis, of Effland; his son, David Alexander Gattis, and wife, Dana, of Hillsborough; his daughter, Margaret Gattis Newton, of Mountain Brook, Ala.; grandchildren Lucy Owen Newton, Anne Parks Newton, Blair Amber Gattis, Hope Alexis Gattis and Megan Elizabeth Gattis. Mr. Gattis was preceded in death by his wife, Mary Susan Robertson Gattis, his son, Samuel Mallette Gattis IV, and his sister, Virginia Charles Gattis.

Susan Jacob Verghese
Susan Jacob Verghese (Sept. 29 1947-Jan. 22 2010), resident of Chapel Hill, died suddenly after a tragic car accident. Susan was born in Hyderabad, India, moving to the United States in 1972. She later would make her home in Midland, Mich., where she devoted her life to raising her family and helping others through her work as a physical therapist.


Susan was one of three children born to the late V.I. Jacob and Sosa Jacob. She will forever be remembered by her devoted husband, George Verghese, loving sons, Matthew Mahir Verghese and Dr. George Rohin Verghese, and beloved sister, Dr. Mary George. She was predeceased by her brother, Jacob Isaac. She will be kept in the hearts of family and in-laws in both North America and India,

especially by George Oommen, Dr. George Cherian, Dr. Rachel Cherian and Dr. Raina Paul, as well as the countless friends whose lives she touched along the way.

Susan graduated from Queen Mary High School in Bombay, India and received a Bachelor of Science and Master of Science in Physical Therapy in New York City. She was devoted to the field of physical therapy, specializing in brain and spinal cord injuries. She spent more than 35 years helping others, especially children, regain meaning in their lives after traumatic injuries and improving the function of those born with disabilities. She stayed abreast of the current advancements in her field by attending numerous conferences throughout the country over her prosperous career. Susan and her husband recently moved to Chapel Hill, where Susan had planned to continue her zest for learning by earning her doctorate in physical therapy.

Susan will be remembered fondly for her vivacious spirit and admirable devotion to her family; she created a home that was full of life, love, achievement and support. Her dedication and enduring sacrifices for her family will never be forgotten. Susan was also active in her community in Midland and engaged her creativity through her passion for the arts.


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Triangle Jazz Orchestra • WED 2/3 - FREE show!
Tannahill Weavers • FRI 2/5 @ Chatham Mills
Cedric Burnside & Lightnin' Malcolm • FRI 2/5
Karla Bonoff • SAT 2/13
Joseph Arthur • SUN 2/14
John Mayall • WED 2/17
Dave Alvin & Two Guilty Women featuring Cindy Cashdollar • SUN 2/21
Dear Companion Tour featuring Ben Sollee and Daniel Martin Moore • TUE 3/2
Dervish • THU 3/4
Terrance Simien & The Zydeco Experience • FRI 3/12
Over the Rhine • SAT 3/13

UPCOMING THEATRE:
FREE Theatre Classes for Students @ UHall • 1/30; 12-4pm
North Carolina Comedy Arts Festival • 2/18 - 2/20
One Song Productions: The February 48 • SUN 2/7
Transactors Improv: The LOVE Show • FRI 2/12
SuperFun Show: Stone Soup • FRI 2/20

MORE:
Summer Camp Registration! • MON 2/1
Youth Performing Arts Conservatory
Teen Summer Camp Registration MON 2/1

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MARK TRAIL

IN THE UNIVERSITY OF WASHINGTON'S COMMAND CENTER WITH "LOST CITY" CHIEF SCIENTIST DR. DEBBIE KELLEY

LOST CITY IS AN INCREDIBLE VENT FIELD, MARK...

IT IS ON THE MID-ATLANTIC RIDGE, WHICH IS PART OF A VAST UNDERWATER MOUNTAIN CHAIN THAT ZIPPER'S AROUND THE GLOBE LIKE STITCHES ON A BASEBALL

REMOTELY OPERATED VEHICLES ON THE SEA FLOOR, CONNECTED IN REAL TIME BY SATELLITE AND HIGH-SPEED INTERNET, ARE ADDING GREATLY TO OCEAN RESEARCH

THE LOST CITY FIELD IS THE FIRST OF ITS KIND DISCOVERED, IN THAT FLUID FLOW IS NOT DRIVEN BY HEAT FROM COOLING UNDERWATER VOLCANOES...

LOST CITY MAY BE A CLOSE ANALOGUE TO HYDROTHERMAL SYSTEMS THAT OPERATED DURING THE EARLY FORMATION OF EARTH AND ITS OCEANS

WITH THE NEW "TELEPRESENCE" TECHNOLOGY, EVEN TEACHERS AND STUDENTS CAN PARTICIPATE IN OCEAN RESEARCH

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Jack Flood

puzzle solutions

8	6	4	2	5	1	3	9	7
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YESMAN	GASPS	WILD	BLT
OCTANE	ALEUT	ARIE	RIO
WHYDOVAMPIRESNEED	EEEK		
LOX	MERE	IVIED	USAGE
	MARK	TATER	ACUMEN
TRAIL	SATAN	ELITE	
BELLYBUTTON	ARID	SHIP	
AMID	ONEUP	GNOMES	ESE
ROT	ALARM	ARISE	HALLE
	SPORE	SPOT	ELGAR
RONA	MOUTH	WASH	ROAM
LYRIC	NEIL	TEMPT	
EDITH	CITED	COCOA	FEW
NEO	ECLAIR	MOCHA	POLE
DRNO	RAGE	POCKET	BOOKS
	AMINO	BALKY	INLET
SCARAB	RALLY	HAZY	
WURST	BWANA	DORA	LIS
ERE	THEYHAVE	BAT	BREATH
PIN	EBAN	NEVIL	ORACLE
TEA	DORN	ARABY	RETELL

CRYPTOQUOTE ANSWER: Really?

Maybe they didn't show because they were on the guest list. - Red. Ann Kirkpatrick on the Oprahs, who declined to testify before Congress.