

Carrboro FARMERS' MARKET

locally grown nationally known

SATURDAY MARKET: 8 a.m. - Noon

What's at the market?

Produce/Plants: carrots, collards, turnips, beets, sweet potato, chard, kale, spinach, hydroponic bibb lettuce, pachoy, arugula, savory cabbage, mustard greens, butternut squash, broccoli, acorn squash, red kale, cauliflower, radishes, rosemary starters, pansy starters and more . . .

Cheese: Raw milk cheese, smoked mozzarella, feta, goat cheeses, and more . . .

Meat/Poultry products: grass fed beef, whey pork, Araucana eggs (blue-green color), free range eggs, free range pastured chicken, lamb sausage, rack of lamb, lamb loin chops, lamb liver shanks, chorizo lamb sausage, bratwurst, hot and mild lamb breakfast sausage, pastured pork, pork chops, pork breakfast sausage, pork chorizo, fat back, buffalo burgers, ground bison, buffalo roast and more . . .

Baked goods/prepared foods: Wheat-free Buckwheat banana cakes, cheese bread, ginger snaps, sourdough, whole wheat, and pumpkinnickel bread, cornbread, cinnamon rolls, granola bars, wheat-free and vegan Dhokla, sticky buns, oatmeal fig flaxseed treats, banana chocolate chip bread, apple turnovers, cheddar chipotle cornmeal biscuits, jellies, honey, pickled and fermented foods, pesto, gluten-free brownies, chutney, butters, pound cake, pies, and more . . .

Specialty: Wines: Muscadine, Scuppernon, Blackberry Bramble, Hunt (semi – sweet), Spice wine, Red, White, organic coffee, specialty teas, incense, fluid extracts, sassafras tea, smudge sticks and more . . .

Crafts: pottery (cups, mugs, vases, plates . . .), embroidered cards, hand crafter cedar, wool scarves and dolls, hand-loomed rugs And it's all local!!!



Recipe of the week

Treat the root like a potato:

Some people use turnip as a lower carb/calorie substitute for the potato, but, to be honest, there is no real substitute for the potato. It is exactly its high calorie content and starchy, carbohydrate richness that makes the potato so good. Rather, I think the turnip should be judged on its own merit. While it often behaves a lot like a potato in its preparation in the kitchen, it delivers an altogether different experience on the plate. Turnips can be cubed and roasted alone or along with your other root vegetables. They can also be boiled and mashed with butter and milk – just like a potato. They have an earthier and sometimes even slightly spicy flavor (like a radish), which makes for a distinctive and pleasantly unique flavor.

Preheat oven to 375 degrees.
Remove greens and tip of root and scrub turnips well.
Cube (use slightly larger chunks if roasting with other root vegetables as turnips cook faster than most).
Toss with olive oil garlic and spices.
Spread evenly across the bottom of your roasting pan.
Roast for about 30 minutes or until they begin to brown around the edges. Know that turnips won't crisp up like potatoes because of their high water content.

Ingredients:
★ 1 bunch of turnips
★ 6 cloves of garlic (unpeeled with bottoms cut off)
★ olive oil
★ salt and pepper to taste
★ fresh herbs if available
* Don't throw out the greens – They can be a great side dish and can be cooked down in a skillet just like collards]
*Available at Market

FLORA FROM PAGE 1

We followed the trail down to the creek past big trunks of Tulip Poplars, White, Black, Northern Red and Southern Red Oaks, each with distinctive identifying bark, Flora and Jasper picking up different oak leaves along the way. By this time, the rain had turned to sleet. And as we stood along the creek's edge, eagerly anticipating snow flakes, our various conversations were abruptly halted by a Red-shouldered Hawk swooping past us and settling not far away on a tree branch at eye level for easy viewing. The group was reverently silenced immediately

Dining Guide

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WEAVER STREET MARKET CAFE

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until all had a good look before the hawk took flight again.

The continued silence was broken only by the crisp sounds of sleet striking tree limbs and the forest floor. Among the woods walkers was my gardening friend Sally, who described how wonderful it would be if we could remain silent long enough to hear the sleet change to snow. Walking out of the woods, the sleet did become quieter and quieter as it slowly turned to snow.

That was definitely a Robert Frost "Stopping By Woods On A Snowy Evening" moment: "The only other sound's the sweep Of easy wind and downy flake."

WEST END

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IN SEASON

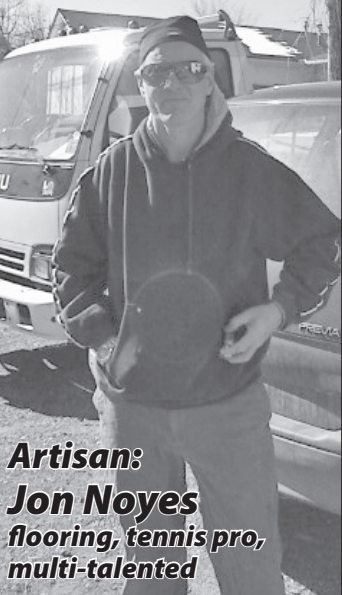


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