

IN SEASON



GREAT DESCENTS #1: The CAVE

ILLUSTRATION BY PHIL BLANK

Land & Table Briefs

Environmental seminars

Environmental staff and faculty at UNC and Duke will host a series of six seminars on sustainable food systems, starting Jan. 21.

The Robertson Seminars on Sustainable Food Systems will take place every other Wednesday, alternating between Duke's Love Auditorium and Room 116 in UNC's Murphy Hall. The series aims to raise awareness and interest in food sources and in the relative economic, social and environmental costs and benefits of various food-production practices.

For more information, email foodseminar@gmail.com

Global energy discussion

The Solar Energy Research Center in the chemistry department at UNC and the Research Triangle Energy Consortium will sponsor a discussion, "Securing our Energy Future: Thoughts on the Global Energy Picture," on Jan. 15 at 7 p.m. in the Sonya Haynes Stone Center

Theater at UNC.

Nathan Lewis, professor of chemistry at the California Institute of Technology and editor of the journal *Energy and Environmental Science*, will discuss the challenges involved in developing economically viable, carbon-neutral energy sources.

The discussion is open to the public. For more information, visit www.unc.edu/serc

Winter markets

The Carrboro Farmers' Market, we're happy to report, is back in full swing. Hours are 9 a.m. to noon on Saturday. Other markets open year round are:

- The Durham Farmers' Market — now going from 10 a.m. to noon each Saturday;
- Orange County Farmers Market — open the first and

third Saturdays (the next is Jan. 17) from 10 a.m. to 1 p.m.;

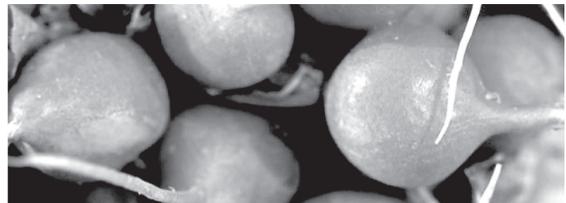
- South Estes Farmers' Market — located in the winter inside University Mall near A Southern Season and open on the first and third Saturdays of the month from 9 a.m. to noon;
- Hillsborough Farmers Market — operating on the first and third Saturdays from 10 to noon in The Home Depot parking lot at N.C. 86 and I-85.

Kids and nature

The Emerson Waldorf School will hold a series of workshops on Jan. 24 from 9 a.m. to 12:30 p.m. to explore how Waldorf Education addresses how to connect children with nature and thus increase sustainability.

Workshops will address such topics as natural play, nurturing reverence for the world, shelter building and connecting with the plant world through the arts.

The suggested donation for the workshops is \$10. Advance registration is recommended and childcare can be provided at \$15 per child if registered by Jan. 20. For more information, visit www.emersonwaldorf.org or call 967-1858.



The Eater

Welcome back

After taking feasting season off to concentrate on the tasks at hand, The Eater returns and would like to first off welcome back all the students and others who spent the holidays elsewhere. Also deserving of a welcome back are the regulars at the Carrboro Farmers' Market, who got back to work last weekend after taking the last Saturday in 2008 off.

There's a lot of meats available this time of year and plenty of root vegetables for your winter dishes.

Cheese Pork!

One of The Eater's winter favorites is back at Crooks Corner. Cheese Pork! (the exclamation point is mandatory) is a pork steak crusted with swiss cheese and other stuff and fried in Maderia. Served with mashed rutabagas and sautéed leeks and cabbage. \$15.95

Local Food summit

Farmers and friends, mark your calendar for March 2 and 3, the dates for the North Carolina Local Food Systems Summit in Raleigh. Details will be available shortly, we're told. The event is hosted by North Carolina State University and the Center for Environmental Farming Systems. The summit is part of a CEFS-led effort to create a statewide action plan for building a local food economy.

Whole Foods expansion

Regular shoppers already know about the 11,000 square feet of added space at Whole Foods at Elliot Road in Franklin Street. If you're not a regular, you might want to check it out. The place is massive, with produce, wine and cheese and a new juice bar in the newly opened area. More renovations, including an expanded bakery, are on the way.

Oysters, oysters, oysters

This holiday season seemed a bit more oystered than year's past, thanks to the shellfish procurement skills of fellow eaters. Particularly nice was the fact that most of the oysters came pretty clean and didn't require that much scrub work.

A really fine batch, including tasty bluepoints, came via Whole Foods. Tom Robinson's seafood also has a steady supply these days.

A lot of eateries have the mollusks on the menu these days. If you gotta go DIY with 'em, please remember to wear a thick glove and be careful.

First, you make a roux

The above is the all-purpose punch line to any joke about Louisiana or New Orleans. It's also step one, no doubt, for some of musician Mel Melton's recipes. Melton, the king 'round here of the bluesy harp and a master of Pelican State cuisine, has opened Papa Mojo's Roadhouse just a short drive down N.C. 54 in the Greenwood Commons shopping center off N.C. 55. There's music there, naturally, as well as Melton's take on traditional Cajun and Creole dishes. The Eater's hearing good reports from those who've made the trip. Try the cochon de lait.



Cliff's Meat Market

Fresh Natural Boneless Chicken Breast \$2.69 / lb

Price good thru 1/15

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Make your own energy
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FARMERS' MARKET

SATURDAY MARKET: 8 a.m. - Noon

What's at Market?

Lettuce, pac choy, flour, onions, garlic, arugula, beets, broccoli, brussel sprouts, cabbage, carrots, radishes, cauliflower, collards, fresh herbs, kale, leeks, mustard greens, salad greens, spinach, sweet potatoes, turnips, turnip greens, winter squashes, pecans, maple sausage, smoked ham, smoked ham hocks, liverwurst, lamb, bacon, chicken, eggs, cow's milk cheeses, breads, doughnuts, tortes, pies, cakes, jams, relishes and more!

Recipe of the week

Sweet potato and collard soup
Recipe provided by Sarah Blacklink

This soup is great in the winter time, especially if you happen to be under the weather.

The red pepper adds the right amount of heat to counter the sweetness of the sweet potato.

If you've frozen some poblanos from earlier in the season, these make a great addition if roasted and added to the stock.

- ★ 4 tbl. of olive oil
- ★ 1 med. onion
- ★ 3 cloves of garlic (pressed or minced)
- ★ 3 good size sweet potatoes
- ★ 1 qt. chicken stock/vegetable stock/ or bullion if neither is available
- ★ 4 tbl. of Apple Cidar Vinegar
- ★ A handful of fresh sage, thyme, and oregano if available
- ★ 1 bunch of collards (can be substituted with spinach, kale, or other greens). Cauliflower can be used but must be added at the end)
- ★ salt and pepper to taste
- ★ 1 tbl. of crushed red pepper

Procedure

- ★ Heat the olive oil on med. heat in a large stock pot
- ★ Add onions, sauté until soft
- ★ Add garlic and fresh herbs, finely chopped, to onions
- ★ Sauté briefly (don't burn the garlic)
- ★ Add the stock
- ★ Bring the heat up to high
- ★ Add chopped sweet potatoes (skin adds nutritional value, but can be removed for a smoother consistency)
- ★ Add vinegar and the remainder of the spices
- ★ Once the soup reaches a boil, cut the heat down to med-low
- ★ Cook potatoes at a low boil until they are soft
- ★ Using an electric hand mixer or with a nice stiff wooden spoon, mash the potato chunks into a puree (there will be chunks)
- ★ Add the greens, washed and chopped
- ★ Keep soup at a simmer until greens are tender

* Available at Market

ways you can reduce your CO2 emissions

Blunden Studio architects

COOK WITH GAS NOT ELECTRICITY

MARK TRAIL

POLAR BEARS HAVE A 4-INCH-THICK LAYER OF BLUBBER TO KEEP THEM WARM ON THE ICE AS WELL AS IN THE WATER.

THE SHAGGY WHITE GIANTS MAY NEVER SEE DRY LAND...SOME SPEND THEIR ENTIRE LIVES MOVING FROM ONE ICE FLOE TO ANOTHER.

A POLAR BEAR HAS A SENSE OF SMELL 100 TIMES BETTER THAN OURS, AND OFTEN IT WILL SPEND HOURS WAITING FOR A SEAL TO POKE ITS HEAD THROUGH A BREATHING HOLE SO IT CAN GRAB IT.

GLOBAL CLIMATE CHANGE IS MELTING THE BEARS' HUNTING GROUNDS, AND SCIENTISTS PREDICT SOME POPULATIONS MAY ONE DAY DISAPPEAR.

HUNDREDS OF INDUSTRIAL COMPOUNDS ARE CARRIED TO THE ARCTIC BY WIND AND OCEAN CURRENTS, AND RECENTLY FLAME RETARDANTS HAVE BEEN FOUND IN THE BEARS' TISSUES.

POLAR BEARS ARE AT THE TOP OF THE FOOD CHAIN, MAKING THEM AMONG THE MOST CONTAMINATED LIVING ANIMALS ON EARTH.

Thanks to the Smithsonian Magazine, whose articles have been a useful resource for information used in Mark Trail.

JACK ELROD

puzzle solutions

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cryptoquote answer:
next time company comes. Marilyn took, Borswys pspy
Every time I do it, I swear I will never do it again ...