# Land & Table

# **IN SEASON**

# Land & Table Briefs

# **Real food conference**

The Real Food Real Medicine Conference will be held Feb. 27 to March 1 at the Friday Center in Chapel Hill.

The conference will focus on educating and raising awareness about health, food supply and sustainable farming practices for environmental preservation.

The event is sponsored by UNC FLO Foods and the North Carolina Association of Naturopathic Physicians and will benefit the Breeze Incubator Farm, an Orange County farm used for teaching sustainable farming methods.

For more information or to register, visit www.realfoodrealmedicine.com or call 932-6262, ext. 10.

# Cohn named coordinator

Organic Valley announced on Tuesday that Carrboro resident Gerry Cohn will serve as southeast region farmer coordinator to support 12 Organic Valley member farmers in the area: nine dairy farmers and three feed farmers.

Organic Valley is a farmer-owned cooperative of more than 1,300 organic family farmers.



Cohn has served as the southeast states director at American Farmland Trust, where he worked with landowners, communities and policymakers in preserving productive farmland and helping communities plan for an agricultural future. In addition, he serves as chair of the Alamance County Cooperative Extension Advisory

# Cardboard recycling

A reminder that cardboard will be banned from residential refuse cans as of March 1.

The county recycling program has added cardboard to its curbside recycling program.

Corrugated cardboard has three layers with a wavy inner layer. To be recycled from curbside, the cardboard must be empty, flattened and cut or folded into pieces no larger than three-feet-bythree-feet. There is a maximum of 10 pieces per collection day.

Cardboard should be placed between two recycling bins, under one bin or inside the recycling bin devoted to "all paper." Larger pieces must be taken to a recycling drop-off site or solid-waste convenience center. Cardboard contaminated with paint, oil, food or other substances should be placed in the trash.

# Six pack salute

Last week, we brought you a few ideas for inaugural foods, so this week we offer a few suggestions for inaugural libation, because, well, some people don't want to stop celebrating just yet.

After consulting our friends at the Carrboro Beverage Shop on Main Street and sampling what they had to offer, we'd like to recommend a couple of celebratory brews. For sheer audacity, not much can beat Presidente — a lighter, quite drinkable lager from the Dominican Republic. If you're looking for something a little more toned down, like a nice pale ale with a flag motif, Stoudts American Pale Ale is a lovely choice. (The Eater notes that our new president along with the rest of us would appreciate it if you would drink responsibly.)

# Warm regards

If you are in need of a stimulus package, we'd like to recommend a trip to one of the Joe Van Gogh and/or Cup a Joe locations, where they've come up with a new blend and roast to celebrate the change in administrations.

Inauguration Blend 2009 is a combination of Kenya AA and Kauai Estate Reserve — two coffees that master coffee roaster Robbie Roberts says work quite well together. The blend is brewing in each of Joe Van Gogh's coffee houses this week and is also available for purchase in bulk in their stores or on their website for \$12.09 per pound.

Joe Van Gogh operates the Cup A Joe coffeehouses in Chapel Hill and downtown Hillsborough, as well as Joe Van Gogh coffeehouses in Durham.

On the web at JoeVanGogh.com

More

VISA

# Carrboro

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SATURDAY MARKET: 9 a.m. - Noon

# What's at Market?

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

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

# Recipes of the week

LIGURIAN SALAD OVER WALNUT PESTO'D **SPINACH LINGUINI** 

Recipe by Dorette Snover, C'est Si Bon! Cooking School

# Salad Ingredients:

I hard-boiled egg\*

I clove garlic\* 2 spring onions\* I handful black olives 2 cups young salad greens, both sharp and sweet\* 2 anchovies Salt and pepper to taste Olive oil Red wine vinegar

## Procedure:

Rub the insides of the salad bowl with the clove of garlic. Thinly slice the onions and greens. Put everything in the bowl and add the olives and cleaned anchovies. Dress with oil and vinegar (1 part vinegar to 3 parts oil.) Add salt and pepper to taste. If you like, add a hard-boiled egg chopped in eighths. Mix well and let stand at least 10 minutes before serving over:

# **Walnut Pesto Pasta Ingredients**

package linguine - spinach, whole wheat or plain

2 cups packed baby spinach leaves\*

1/3-1/2 cup toasted walnuts 2 cups fresh Italian parsley

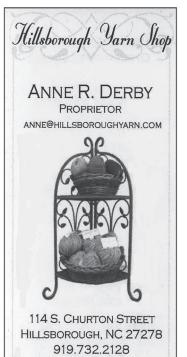
3 tablespoons extra-virgin olive oil 2 tablespoons white wine vinegar 2 cloves garlic\*

Salt & pepper to taste

Cook pasta to al dente. Combine spinach, parsley, walnuts, vinegar, garlic and salt & pepper in food processor. Pulse until finely minced. Then with processor on, slowly drizzle in olive oil. Toss with pasta. Serve under salad. \*Available at Market



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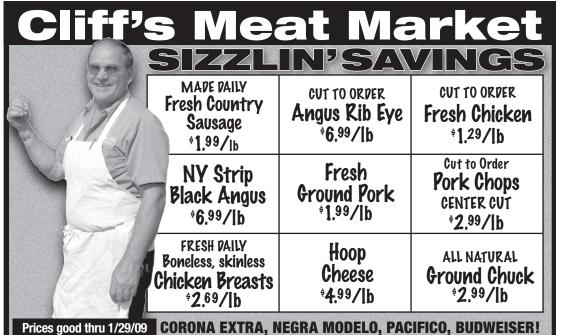


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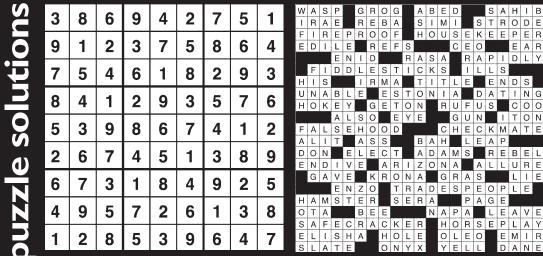


929-6300



**100 WEST MAIN ST., CARRBORO** 

919-942-2196 \* MON-SAT 9am-6pm



# **CRYPTOQUOTE ANSWER:**

I am the modern, intelligent, independent-type woman. In other words, a girl who cannot get a man. - Shelley Winters