

IN SEASON

ILLUSTRATION BY PHIL BLANK

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](http://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 Council.

**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-by-three-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.

*Carrboro*  
**FARMERS' MARKET**  
locally grown nationally known

**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 chicken-sausage, 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:**

1 clove garlic\* 2 spring onions\* 1 handful black olives  
2 anchovies 2 cups young salad greens, both sharp and sweet\*  
Salt and pepper to taste Olive oil Red wine vinegar  
1 hard-boiled egg\*

**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**

1 package linguine - spinach, whole wheat or plain  
2 cups packed baby spinach leaves\*  
2 cups fresh Italian parsley 1/3-1/2 cup toasted walnuts  
3 tablespoons extra-virgin olive oil  
2 tablespoons white wine vinegar 2 cloves garlic\*  
Salt & pepper to taste

**Procedure:**

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

The **E**ater

**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 coffeeshouses in Chapel Hill and downtown Hillsborough, as well as Joe Van Gogh coffeeshouses in Durham.

On the web at [JoeVanGogh.com](http://JoeVanGogh.com)

Want a girl  
who can  
hang with  
the guys?

**Orange County's Animal Shelter**  
[www.co.orange.nc.us/animalservices/adoption.asp](http://www.co.orange.nc.us/animalservices/adoption.asp)  
1081 Martin Luther King Jr. Blvd Chapel Hill 919-967-7383

**Read us online:**  
[carrborocitizen.com/main](http://carrborocitizen.com/main)

*Hillsborough Yarn Shop*

ANNE R. DERBY  
PROPRIETOR  
[ANNE@HILLSBOROUGHYARN.COM](mailto:ANNE@HILLSBOROUGHYARN.COM)

114 S. CHURTON STREET  
HILLSBOROUGH, NC 27278  
919.732.2128  
[WWW.HILLSBOROUGHYARN.COM](http://WWW.HILLSBOROUGHYARN.COM)

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Installed & Maintained  
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919-619-8315/919-420-5013

**RECYCLE!**

**Dry Clean Warehouse**  
of Chapel Hill

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In by 8:30am Ready by 4pm  
MON-SAT

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Burritos, Tacos, Nachos and Margaritas!

711 W Rosemary St. Carrboro - [carrburritos.com](http://carrburritos.com) - 933.8226

THE EVERGLADES IN FLORIDA WAS ONCE THOUGHT TO BE A WORTHLESS MORASS AND AN OBSTACLE TO CIVILIZATION AND PROGRESS...

AND WE THOUGHT IT WAS OUR DUTY TO TURN THE "GODFORSAKEN" SWAMP INTO SPACE FOR CROPS, COMMUNITIES AND COMMERCIAL VENTURES

THE EVERGLADES IS AN AREA LARGER THAN THE STATE OF CONNECTICUT THAT IS NOT QUITE WATER AND NOT QUITE LAND... SEMINOLE INDIANS CALLED IT PA-HAY-OKEE, OR GRASSY WATER

AFTER SPENDING MILLIONS OF DOLLARS AND EXPERIMENTING WITH MANY FAILED ATTEMPTS TO CHANGE THE WORLD'S LARGEST WETLANDS...

WE HAVE FINALLY REALIZED IT IS ONE OF OUR NATIONAL TREASURES, AND HOPEFULLY, GOVERNMENT-FUNDED RESTORATION EFFORTS WILL SAVE THIS GREAT ECOSYSTEM

THOUSANDS OF ANIMALS MAKE THEIR HOME IN THE MARSH, AND IT IS THE ONLY PLACE ON EARTH WHERE FRESHWATER ALLIGATORS AND CROCODILES LIVE SIDE BY SIDE

MARK TRAIL

**Cliff's Meat Market**  
SIZZLIN' SAVINGS

MADE DAILY Fresh Country Sausage \$1.99/lb	CUT TO ORDER Angus Rib Eye \$6.99/lb	CUT TO ORDER Fresh Chicken \$1.29/lb
NY Strip Black Angus \$6.99/lb	Fresh Ground Pork \$1.99/lb	Cut to Order Pork Chops CENTER CUT \$2.99/lb
FRESH DAILY Boneless, skinless Chicken Breasts \$2.69/lb	Hoop Cheese \$4.99/lb	ALL NATURAL Ground Chuck \$2.99/lb

Prices good thru 1/29/09 CORONA EXTRA, NEGRA MODELO, PACIFICO, BUDWEISER!

**100 WEST MAIN ST., CARRBORO**  
**919-942-2196 ★ MON-SAT 9am-6pm**

Debit & EBT

**MARK TRAIL**

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**puzzle solutions**

3	8	6	9	4	2	7	5	1
9	1	2	3	7	5	8	6	4
7	5	4	6	1	8	2	9	3
8	4	1	2	9	3	5	7	6
5	3	9	8	6	7	4	1	2
2	6	7	4	5	1	3	8	9
6	7	3	1	8	4	9	2	5
4	9	5	7	2	6	1	3	8
1	2	8	5	3	9	6	4	7

**CRYPTOQUOTE ANSWER:**

orlw hlg s ,zbrow rerthto nl .nasmow eqyt-jnebnqebqetnri ,nrmebom ertt ms l zrtetnriV yelllo2 - .nsm s teg tonnnsc