

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, savoy 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, combread, 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: Vines: Muscadine, Scuppermon, 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



Recipe of the week

Not Too Intimidating Spinach Souffle
Recipe provided by Mary Pearse.

- Ingredients;
- ☆ 3 clove garlic minced or crushed
 - ☆ 1 pound of fresh spinach chopped
 - ☆ 5 eggs
 - ☆ 1 cup of sharp cheese (grated)
 - ☆ 3 tablespoons unsalted butter
 - ☆ 3 tablespoons flour
 - ☆ 1 cup milk
 - ☆ ½ teaspoon salt and pepper (can also add cayenne and nutmeg)

Procedure:


Preheat oven to 400o. Sauté spinach in lightly buttered pan with garlic and a large pinch of salt and pepper. Set aside and drain off excess liquid. Separate the whites from 5 eggs reserving 4 of the yolks. Beat egg whites until stiff but not dry. Make a basic roux out of the butter, flour, and milk over medium-low heat by first melting the butter, then adding flour and whisking until smooth. Then add the milk and continue to whisk over heat until the mixture thickens. Add four beaten egg yolks and half the cheese to the roux. Add the spinach. Gently fold egg whites into the mixture (blend the egg whites without stirring them, otherwise the souffle will not rise). Butter a high sided casserole dish and sprinkle a little cheese on the bottom. Pour mixture into dish. Sprinkle the remainder of cheese on top. Bake in oven for 10 minutes, then reduce the heat to 375o and bake for another 25 minutes (total of about 35 minute cooking time).



PLEASE, RECYCLE

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FLORA
FROM PAGE 1

My second winter-interest native vine is the Trumpet-creeper, *Campsis radicans*. Its orange tubular flowers (also irresistible to hummingbirds) are commonly seen hanging from vines on fence posts, trees and abandoned chimneys everywhere in the midsummer. In the winter months, the curious 4-to-7-inch-long brownish, dry, bean pod-like fruit at the ends of outstretched stems are a real curiosity to many folks who do not connect them with those summer flower clusters. I enjoy watching those hanging seed pods dancing around in the winter winds.

A special curiosity for me this winter was noticing several goldfinches hanging onto the Trumpet-creeper pods near my birdfeeders.



PHOTO BY KEN MOORE
Trumpet-creeper pods, though empty of seeds, still provide winter interest.

In Brief

Chatham Dem talk

The Chatham County Democratic Women will sponsor an event entitled “Water and Growth in Chatham County” on Sunday, Feb. 10 at 3 p.m. in the multipurpose room of the Central Carolina Community College in Pittsboro.

Allison Weakly, biologist and chair of the Chatham County Environmental Review Board, will speak about the effect of growth on the county’s water and ecology. County Commissioner George Lucier will also speak, addressing the effect of growth on the county’s ability to provide clean water to citizens.

A question-and-answer session will follow the talks. The program is free and open to the public. For more information, contact Kathy Seaton at jkseaton@bellsouth.net

Eno river meet

The third Eno River Confluence will be held at the Hillsborough Exchange Club at 1:30 p.m. on Friday.

The meeting, which will bring together parties interested in the preservation and protection of the Eno River and its watershed, will focus on the drought status, Eno capacity use issues and reports, future plans and more. County staff will present at the meeting, which is expected to conclude by 4:45 p.m.

The first two Eno River Confluences were held April 11 and Oct. 26, 2006.

Agricultural summit

The 10th Annual Orange County Agricultural Summit will be held Feb. 12, from 9 a.m. to 1 p.m., at the Orange Enterprises Building on Valley Forge Road in Hillsborough.

The summit will provide agricultural producers in Orange County and surrounding counties with information regarding strategies for preserving their farms during a time of agricultural transition. Guest speaker Rep. David Price will discuss the Farm Bill, the drought and other agricultural issues.

Local growers will discuss supplying local businesses in need of producers, including Whole Foods, Weaver Street Market and Lindley Mills, whose representatives will be available at the summit. In addition, the summit will feature a local grass-fed lamb operation.

Registration will take place from 8:30 to 9 a.m. A sponsored lunch made with locally grown products will be served. For non-county residents, the meal will cost \$12.

Seating is limited. To reserve a spot, contact the Orange County Center of the North Carolina Cooperative Extension at 245-2050 no later than 5 p.m. on Feb. 8.

Climate events

UNC is hosting events to raise awareness of Climate Change as part of a nationwide effort called “Focus the Nation.” Today (Thursday), more than 75 professors at UNC are participating in a national teach-in that involves more than 1,000 colleges and will integrate global warming education into the day’s curriculum. The student union is hosting a carnival featuring performances, booths and speakers. More information at focus-the-nation.org

Green industry says
OWASA rules need revision

After a “State of the Water Supply” meeting last week at Chapel Hill Town Hall, members of the Orange Water and Sewer Authority’s board of directors heard a series of sharply worded comments about proposed changes to water-restriction rules.

Owners and managers of local nurseries and landscapers said the rules would adversely affect local plant growers and sellers and may force some of them to shut down.

The board took comment on a series of changes contemplated for more serious stages of water restriction.

OWASA’s service area is now under stage two water restrictions, which prohibit certain types of irrigation and limit the amount of water that can be used for irrigation each week.

Green industry representatives said one tighter restriction being looked at allowing watering only by hand would be inefficient and unnecessarily hard on workers who could do a better job with a hose.

The board took no action on the proposal, and several board members indicated they would

likely not support the changes as written and did not feel it was right to change the restrictions while they were in effect.

OWASA spokesman Greg Feller said that based on the discussions, the board is not likely to take up the proposed changes again but will conduct a thorough review of its drought restrictions sometime after the current drought ends.

As of Wednesday, Jan. 30, University Lake, Cane Creek Reservoir and the Quarry Reservoir were at 39.5 percent capacity. The utility estimates that’s enough for roughly 193 days. Rainfall recorded at the Jones Ferry Road Water Treatment Plant was 1.27 inches. Average January rainfall at the plant is 4.24 inches. —Staff Reports

the beehive

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MARK TRAIL

IT WON'T BE LONG BEFORE WE WILL BE CALLING ON THE GROUNDHOG TO TELL US WHEN SPRING WILL ARRIVE!

THE NAME OF PUNKSUTAWNEY, OUR FAMOUS WEATHER FORECASTER, COMES FROM THE INDIAN NAME FOR THE LOCATION "PUNKSAD-UTENEY," WHICH MEANS "THE TOWN OF THE SANDFLIES"

THE WOODCHUCK, ALSO KNOWN AS A GROUNDHOG, IS A COMMON RODENT WITH A REPUTATION AS A WEATHER FORECASTER

THE NAME WOODCHUCK COMES FROM THE INDIAN LEGEND OF "WOJAK, THE GROUNDHOG," CONSIDERED BY THE INDIANS TO BE THEIR ANCESTRAL GRANDFATHER

GERMANS WATCHED A BADGER FOR THE SHADOW...IN PENNSYLVANIA, THE GROUND-HOG, UPON WAKING FROM ITS MIDWINTER HIBERNATION, WAS SELECTED AS A REPLACEMENT

IN FARM AREAS THE WOODCHUCK IS OFTEN A PEST, EATING ALL KINDS OF CROPS

THE BELIEF IS IF THE SUN MAKES AN APPEARANCE ON CANDEMAS DAY, THE FEAST OF THE PURIFICATION OF THE BLESSED VIRGIN, AN ANIMAL WILL CAST A SHADOW, THUS PREDICTING SIX MORE WEEKS OF WINTER

ACTUALLY, IN THE WILDS, WHEN THE BIG RODENT POKES ITS HEAD OUT OF ITS WINTER HOME, IT'S USUALLY LOOKING FOR A MATE

CHATHAMARTS

Chatham County Arts Council

feb

2* **Mardi Gras Masquerade Ball!**
7 pm, Historic Chatham Mill
Live Music with the Shellys, Dinner, Dancing, Cash Bar, Karaoke, Auction, Costumes! Masks! Beads! FUN-raiser for ChathamArts and the Abundance Foundation. \$25 Adv.Tix at the CAGallery or Chatham Marketplace, \$30 at door.

3 **1st Sunday Gallery Opening**
"A Touch of Red" 12-5p

9 **Writers' Series Poetry Workshop** with Ruth Moose, 1-4 pm, CCCC Pittsboro, Call to register.

mar

9 **Art Auction for Charity**
2 pm, Fearrington Barn
Auction of art by local artists to benefit Family Violence and Rape Crisis Center and ChathamArts. Live entertainment, silent and live auction, cash bar and more! \$20 Adv. Tix at Bluebirds and Hollyhocks in Fearrington or the CAGallery and Second Bloom, Pittsboro

More info:
www.chathamarts.org

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