Several days of repeated observations proved

to me that those birds were diligently extract-

ing the thin wafer-like seeds from within the

pods that were slightly splitting along the sides. I tried in vain to get close enough to

photograph that discovery, but those smart

birds were not about to let me capture their

secret. I'm accustomed to goldfinches going

for the thistle and sunflower seed, but I nev-

er imagined the Trumpet-creeper as a food

local garden centers for a late-winter planting

in your home landscape. Not only are you

providing nectar for hummingbirds during

the warm season, you are providing seed for

goldfinches and winter interest for yourself

These two vines are worth seeking out in

LAND & TABLE

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 pumpernickel bread, cornbread, cinnamon rolls, granola bars, wheatfree 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, Scuppernong, Blackberry Bramble, Hunt (semi – sweet), Spice wine, Red, White, organic coffee, specialty teas, incense, fluid extracts, sassafrass 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.

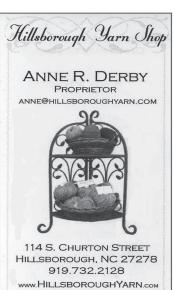
Ingredients;

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

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 soufflé 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 3750 and bake for another 25 minutes (total of about 35 minute cooking time).





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FLORA FROM PAGE I

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-inchlong 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.

In Brief

Chatham Dem talk

The Chatham County Dem-

ocratic 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

chair of the Chatham County

Environmental Review Board,

will speak about the effect of

growth on the county's water

and ecology. County Commis-

sioner George Lucier will also

speak, addressing the effect of

growth on the county's ability to

A question-and-answer ses-

sion will follow the talks. The

program is free and open to the

public. For more information,

contact Kathy Seaton at jk-

The third Eno River Conflu-

ence will be held at the Hills-

borough Exchange Club at 1:30

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 re-

ports, future plans and more.

County staff will present at the

meeting, which is expected to

fluences were held April 11 and

Agricultural summit

County Agricultural Summit

will be held Feb. 12, from 9 a.m.

to 1 p.m., at the Orange Enter-

prises Building on Valley Forge

ricultural producers in Orange

County and surrounding coun-

ties with information regarding

strategies for preserving their

farms during a time of agricul-

tural transition. Guest speaker

Rep. David Price will discuss the Farm Bill, the drought and other

The summit will provide ag-

Road in Hillsborough.

agricultural issues.

The 10th Annual Orange

The first two Eno River Con-

conclude by 4:45 p.m.

Oct. 26, 2006.

seaton@bellsouth.net

p.m. on Friday.

Eno river meet

provide clean water to citizens.

Allison Weakly, biologist and

College in Pittsboro.



Trumpet-creeper pods, though empty of seeds, still provide winter interest.

Green industry says

during the cold months.

source for them.

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.

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

on Feb. 8.

nation.org

tne beenive

Local growers will discuss supplying local businesses in need

Registration will take place

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.

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 focustheOWASA rules need revision After a "State of the Water likely not support the changes

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

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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



2* Mardi Gras Masquerade Ball!

7 pm, Historic Chatham Mill Live Music with the Shelbys, 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,

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

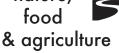
9 Art Auction for Charity 2 pm, Fearrington Barn Auction of art by local artists to benefit Family Violence and Rape Crisis Center and ChathamArts. Live entertainment, silent and live auction, cash bar and more! \$20 Adv. Tix at Bluebirds and Hollyhocks in Fearrington or the CAGallery and Second Bloom,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

> More info: www.chathamarts.org

115 Hillsboro St., Pittsboro Tues.-Sat 11–5, First Sun. 12–5 919-542-0394

Land & Table

stories of nature, food



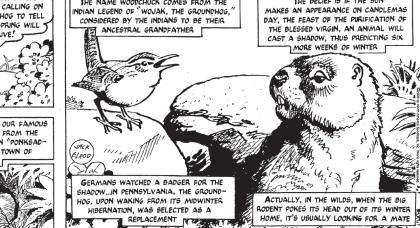
carrborocitizen.com/

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



cíti smith barney

THE WOODCHUCK, ALSO KNOWN AS A





Mark J. Rhoades

THE NAME OF PUNX SUTAWNEY, OUR FAMOUS WEATHER FORECASTER, COMES FROM THE INDIAN NAME FOR THE LOCATION "PONKSAD UTENEY, " WHICH MEANS "THE TOWN OF THE SANDFLIES"

