

FREE Covington Weekly

Dec. 5 - 11, 2012

www.media9productions.com

Shop Local This Holiday Season
Covington Weekly is on



Shop Local This Holiday Season

When we shop local a higher percentage of our money goes back into our community, making it stronger. Our local business owners are here because they love the community, and they contribute to local organizations and events. You may even recognize them from seeing them around town, attending community events and shopping at other local businesses. This "circle economics" is the main reason why shopping local is so important. So this holiday season, spread the gift of love and shop local! Brooks Bike Shop is open for business just in time for the holidays. Offering repairs, tune-ups, new and used bikes and accessories. You'll find bikes for adults and children alike, with many unique creations.



Rosemary's Closet

Rosemary's Closet offers vintage clothing for men and women, and a giant stock of vintage vinyl. Mention Covington Weekly when you shop now through Christmas for a special discount!



Christmas in the Country

You might just find something for everyone on your list on Covington's famous Lee Lane. This event takes place the entire month of December.



STAA Opens "Wax On" Exhibit



Wax On

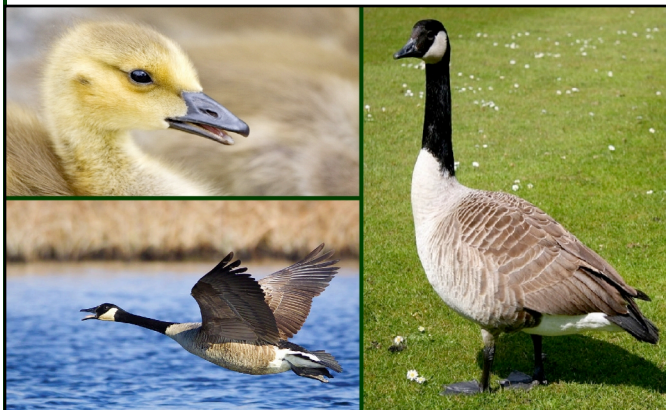
Encaustic work by Louisiana Artists

Opening reception December 8th, 2012 6 - 9 p.m.
Exhibition runs from Dec. 8, 2012 - Jan. 12, 2013

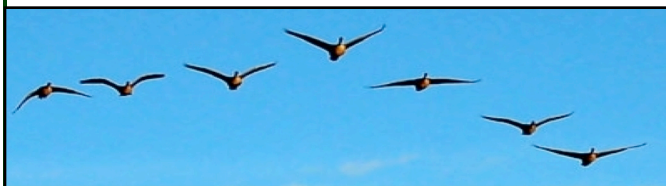
St. Tammany Art Association
320 n. Columbia St.
Covington, LA 70433

"Living Water" by Stephanie Green

Canada Goose Branta canadensis



The Canada goose is a wild goose native to temperate regions of North America, occasionally found in northern Europe and New Zealand. Also referred to as the Canadian goose, it has seven subspecies of varying size and plumage. The males usually weigh between 7 - 14 lbs, females are virtually identical but slightly smaller at 5 - 12 lbs, and have a different honk. Their wingspan ranges from 50 - 73 inches in length. The Canada goose is a migratory creature of habit, overwintering in the south and breeding during spring in the north. However, due to an abundance of safe, man-made bodies of water and easier food sources, these geese have become permanent residents in urban areas as far south as Florida. This change in their behavior has led to overpopulation in some areas, where they are considered pests due to their droppings, noise and abrasive disposition. Canada geese, and other migratory birds, fly in a V formation to conserve energy on long flights. The lead bird "breaks the wind", reducing the resistance for the other birds. When this bird tires it falls back and another takes its place; in this way they rotate positions in the formation. This flight pattern also helps the birds "keep an eye on each other."



Farmers Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmers Market

Butternut Squash and Radish Stir

Ingredients:

- 1 medium butternut squash, de-seeded and sliced
 - 1 daikon or a small bundle of amethyst radish, sliced
 - 1/2 a small white onion, diced
 - 2 tomatoes, cubed
 - 2 or 3 toes of garlic, minced
 - radish greens from daikon, shredded
 - dried oregano, parsley and tarragon
 - cayenne pepper and salt
- You will also need:
1 cup of rice, cooked

Cooking Instructions:

This is a really easy recipe, most of the work is in the prepping. Take a deep skillet and add about a 1/4 inch of water. Cook down your onion, garlic, herbs and spices in this for a few minutes on medium heat. Add the butternut squash, daikon and tomatoes and cover - cook until fork-tender, or as you prefer. Turn off the heat, add the radish green and stir in until steamed. Serve over rice or mixed in.



Support Local Farms



The Poinsettia Christmas Star

The poinsettia is a holiday favorite, indigenous to Mexico and Central America. The colored leaves at the top of the plant, called bracts, are often confused as the flower of the plant. The flowers are much smaller and hardly noticeable.



They are most often red, but they can also be orange, light green, pink, cream, white or marbled. The color is created through a process called photoperiodism, which requires alternating between 12 hours of darkness and 12 hours of full sunlight for five consecutive days to achieve the bright colors they are known for.

While the sap and latex of the plant contain chemicals that are mildly toxic, it would be necessary to ingest over 500 bracts to have any serious effect on a 50 pound child, according to the Center for Poison Control. The plants do have a more severe effect on animals, especially cats, and should be kept in a safe place away from pets.



Quote of the Week

"Always do more than is required of you."
- George S. Patton, Jr.

Thursday
December 6



Last Quarter

Train of Hope for the Holidays



The Train of Hope is planning its next cross country trip to bring more relief items to the victims of hurricane Sandy in New Jersey. Their last trip at the beginning of the month was an enormous success, filling an entire baggage car donated by Amtrak for the relief effort.

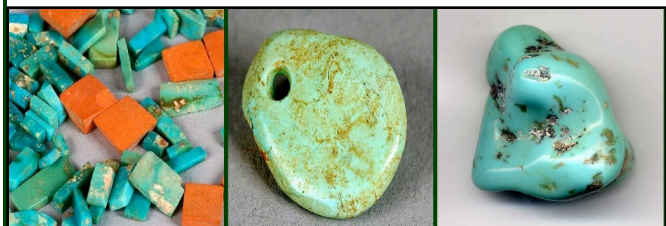
This time around, Train of Hope co-founder Donna O'Daniels has issued a challenge to everyone throughout the US to participate in these relief efforts. The objective is to receive donations from all fifty states for the shipment leaving via Amtrak Crescent Route on December 14th. In addition to critical supplies, they will also be accepting toys to give to affected children at Christmas.

Some critical items that are needed are: blankets, baby items (diapers, formula, etc.), new clothing, new toiletries, non-perishable foods and heavy duty cleaning supplies (work gloves, heavy duty garbage bags, etc.). Train of Hope asks that all donated items be cleaned or new. Donations may be shipped to the St. Tammany Tourist Commission, 68099 Hwy 59 Mandeville, LA 70471, or dropped off at any of the drop off locations listed on their website, www.trainofhope.net

Contributions must be received by Tuesday, December 11th.

Turquoise - December Birth Stone

Turquoise is a rare and valuable mineral that is a hydrous phosphate of copper and aluminum. With a long history as a prized gem and ornamental stone, turquoise (like many other opaque gems) has been devalued by the introduction of treatments and synthetic imitations. The varying shades of green and blue has made this a favored stone to many ancient cultures, including the people of Ancient Egypt, North and South America, Mesopotamia and Ancient China.



Rosemary

Rosemary is a member of the mint family native to the mediterranean region. It's fragrant needle-like leaves are well known in the culinary world as a flavoring for roast meats. This is due in part to its use as a food preservative, especially in foods high in omega 3 oils, like salmon or other fish.



Rosemarinus officinalis

Rosemary has a long history of medicinal use. It is believed to improve memory, relieve muscle pain and spasms, stimulate hair growth and support the circulatory and nervous system.

Laboratory research indicates that rosemary has antioxidant properties. These antioxidants can neutralize free radicals in the brain, preventing and possibly reversing cell damage. Rosemary oil has antibacterial properties, and a compound present in rosemary called carnosol has inhibited cancer growth in studies conducted with animals.

Historically, rosemary is considered a symbol of remembrance as well as a "love charm".



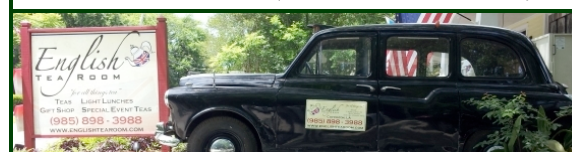
Holiday Blend



Tea of the Week



The Holiday Blend Tea is a classic blend of citrus peel with spices of cinnamon, ginger and nutmeg. It is delicious hot or iced, and it is excellent served with your favorite Holiday meal. Garnish with Farmer's Market citrus (satsumas are in season!)



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FREE Covington Weekly

Dec. 5 - 11, 2012

Covington Farmer's Market - Wednesday December 5, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.
Covington Business Association General Meeting - Wednesday December 5, 6 pm with 5:30 reception @ Winos and Tacos This month members and guests will be treated to an exclusive sneak peak at Covington's newest restaurant! Discussing member benefits and upcoming events. - 321 N. Columbia St.
Covington Farmer's Market - Saturday December 1, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Olga Wilhelmine beginning at 9:30, and chef Ronald Bonnett of Annadele's Plantation will be serving seasonal samples from their menu. - 600 block of Columbia St.
Jewel's Christmas Party - Saturday December 8, 2 - 5 pm @ Jewel's Cigar and Briar Celebrate Christmas at Covington's very own Cigar Shop! Bring your pipe to sample pipe tobacco. - 201 N. New Hampshire St.
STAA Opens "Wax On" Exhibit - Saturday December 8, 6 - 9 pm @ the St. Tammany Art Association Encaustic work by Louisiana artists. Show is open from December 8th to January 12th. - 320 N. Columbia St.
Covington Historic District Meeting - Tuesday December 11, 6:30 - 7:30 @ City Council Chambers General monthly meeting for the Historic District. Contact Dominique Elzy at p&ez@covla.com or (985)867-1214 for more information. - 222 E. Kirkland St.

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 ACTIONS HAVE CONSEQUENCES