

# FREE Covington Weekly

April 25 - May 1, 2012

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## Flat Stanley Visits Covington, LA

Flat Stanley's nation-wide popularity has brought him to many great cities in this country, and this week he was 'delivered' to Covington, Louisiana. Here he visits the largest Ronald Reagan statue in the world at our very own Covington Trailhead.

## The Walking Stick Order: Phasmatodea



This insect resembles sticks or leaves, and their natural camouflage is an important form of defense. They have the ability to remain motionless for long periods of time, and some rock from side to side, similar to the movement of a branch or stick swaying in the wind. It is also thought that the repetitive swaying motion allows the insects to discriminate objects from the background. The ordinal name is derived from the Greek, meaning apparition or phantom.

## Gardening Tip: Building a Garden Box

Garden boxes are ideal for plants and vegetables that thrive in well-drained soil. Building a garden box does not require the skill of a carpenter. Essentially all you are doing is creating a border in which



you can mound six inches to one foot of soil. Stepping stones, bricks and logs can be incorporated into your garden box. We used boards recovered from an old bench to create the garden box shown here. Recycling materials for your garden is cost-effective and fun, lending a unique and rustic look to your garden.



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## Shop Covington

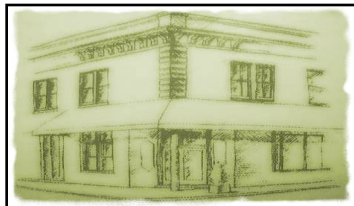
Locally owned business is the basis of local economy. This week's picks include Sunshine Garden, St. John's Coffeehouse and Cottage Antiques.



**Sunshine Garden Health Food**  
124 N. Jefferson Ave.  
(985) 893-1463

Sunshine Garden Health Food carries a broad variety of health food items, unique health beverages and supplements. Eat healthy with food to go!

**St. John's Coffee House**  
535 E. Boston St.  
(985) 893-5553



[www.stjohnscoffeehouse.com](http://www.stjohnscoffeehouse.com)

St. John's Coffee House is set in the historic Frederick building in the St. John district of downtown Covington. Offering daily lunch specials, special event dinner menus, and various coffees, teas, beers and wines. Check their website for live music listings.



**Cottage Antiques**  
205 Lee Lane  
(985) 892-7995

Cottage Antiques is nestled on the corner of quaint Lee Lane and Rutland Street. Filled with treasures of art, furniture, home decor and more, visit Cottage Antiques for a one-of-a-kind shopping experience.

## Quote of the Week

"Anyone who has never made a mistake has never tried anything new." - **Albert Einstein**

## Sunday

April 29



First Quarter

## Farmer's Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmer's Market, by Chef Sorelli



## Market Grilled Chicken Salad

Collect:

- 1 Whole Chicken (G F Farms James Shoop)
- 1 6 oz Jar of Green Onion Oil (Sorelli's At the Market)
- 2-3 heads of Lettuce (Grow Farms)
- 1 Container of Sundried Tomato Feta Torte (Jeanie Simmons)
- 1 Container of Honey Mustard (Dolese Italian Stuffed Artichokes)
- 1 Bag of Garden Crackers (Living Foods)

Marinate the chicken to prepare for grilling. You can cut the chicken in half and debone if you prefer, but it is delicious either way. Lay chicken in a flat deep dish and cover with the green onion oil (reserve a small amount to finish the cooked chicken with). Add salt and pepper. Set in fridge and let marinate until it is time to grill. While the chicken is marinating, we can clean the greens for the salad. Grill the chicken until it has reached an internal temperature of 165 degrees and glaze with remainder of oil. Now we can put together the salad. Put the lettuce in a nice size bowl and crumble in the feta torte. Next add the honey mustard in an amount suitable to your liking and mix together. Plate the salad and crumble the garden crackers on top. Slice the grilled chicken to serve with salad.

The Covington Farmer's Market is every Saturday from 8-12 at the 300 block of Columbia Street, and every Wednesday at the Covington Trailhead from 10 - 2, rain or shine.

## FIELDING gallery

525 E. Boston St.  
Downtown Covington  
985-377-2212



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[www.english-tearoom.com](http://www.english-tearoom.com)



## Jewel's Cigar & Briar Shop

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## CBA

covington business association



www.covingtonbusinessassociation.org

## staa

st. tammany art association



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Check for Fleur De Hope on Facebook

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### Tips for a crawfish boil:

1. Add citrus (lemons, oranges, grapefruit) to add an extra zing to your boil.
2. Be creative with your veggies: try brussels, turnips, mushrooms and garlic.

### Louisiana Crawfish Boil

Nothing says Louisiana like mudbugs, and we love our crawfish boils in Covington. The crawfish have been plentiful this season, and still coming! Share your favorite crawfish pictures at [www.facebook.com/CovingtonWeekly](http://www.facebook.com/CovingtonWeekly).

### The necessary tools.



Purge!!!!

3. Don't forget to purge your crawfish before boiling! Pouring ice, water and salt over them (cooling their temperature) causes them to 'spit up' the contents of their stomach.
4. Season accordingly!

## \*\*\*\*\* Events \*\*\*\*\*

**Covington Farmer's Market - Wednesday April 25, 10 am - 2 pm @ the Covington Trailhead**

Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire

**Rockin' The Rails - Thursday April 26, 5 pm - 7:30 pm @ the Covington Trailhead**

The Dixie Cups make their return to Covington for the last Rockin' the Rails concert for April, this Thursday. Rockin' the Rails is Covington's free concert series at the Covington Trailhead. - 419 N. New Hampshire

**Final Friday Block Party - Friday April 27, 6:30 pm - 9:30 pm @ Downtown Covington**

Free event, open to the public! Classic car show, live music and family entertainment.

**Covington Farmer's Market - Saturday April 28, 8 am - 12 pm @ the 300 block of Columbia St.**

Fresh local produce, raw and prepared foods, plants and vegetables, live music by Olga Wilhelmine.

**Old Feed Store Music Series - Saturday April 28, 9:30 am - 11:30 am @ Marsolan Feed & Seed**

The Pot Luck String Band plays this Saturday at Marsolan's Old Feed Store Music Series. - 314 E. Gibson St.

**Comedy Night at the Gut-Buster Comedy Club - Saturday April 28, 9 pm @ Clarion Inn and Suites**

Live professional stand-up comedy with headliner Marvin Lee and Russell Ehrett. Admission is \$15, for reservations of eight or more call (985) 898-5293. [www.gutbustercomedyroom.com](http://www.gutbustercomedyroom.com) - 501 N. Hwy 190

**"Baby Care Basics" Free Classes Tuesday May 1, 7pm - 9pm @ the Parenting Center**

Learn helpful hints and what to expect when caring for your new baby. Free classes, in association with St. Tammany Parish Hospital. - Parenting Center, 1505 N. Florida St. Suite B

**St Tammany Art Association Summer Fingerprints Art Camp Schedule:**

To be held simultaneously at the St. Tammany Art House in Covington (320 N. Columbia St.) and at the Mandeville Trailhead (675 Lafitte St.). Fingerprints Art Camp for children ages 6-12 will be held on the following dates: June 4-8, June 11-15, June 18-22 and June 25-29. For more information visit the Art Associations website at [www.sttammanyartassociation.org](http://www.sttammanyartassociation.org), or contact the STAA's education coordinator Cindy Pulling at (985) 892-8650 or email [cindy@sttammanyartassociation.org](mailto:cindy@sttammanyartassociation.org).

Free listing of public events in Covington. email submissions: [covweekly@media9productions.com](mailto:covweekly@media9productions.com). Deadlines on Fridays.



[www.deafactioncentersns.com](http://www.deafactioncentersns.com)

**19352 N. Second St. Covington, LA**

**(985) 892-2581**

### Deaf Action Center North Shore Inc.

*"Breaking down barriers, enabling independence."*

The Deaf Action Center is committed to helping the deaf and hearing impaired lead independent and productive lives. Their caring, professional staff provides a variety of services including interpreting, instruction, equipment, advocacy and more. The purpose of Deaf Action Center North Shore Inc. is to serve as a coordinating, cooperative and referral center for hearing, speech and visually impaired individuals. Serving Livingston, St. Helena, St. Tammany, Tangiphoa and Washington parishes.



### Live Music Listings - April 18 - 24



**Wednesday:** Front Porch Jam @ the Wednesday Covington Farmers Market (Covington Trailhead) / Harpist Jessica Meltz @ the English Tea Room 12:30-2:30pm / Open Mic Night @ the Green Room **Thursday:** Dixie Cups at the Rockin' the Rails Free Concert @ the Covington Trailhead 5-7:30pm / Ladies Night with DJ Gene @ the Green Room / Rick Samson & Friends @ Columbia St. Tap Room **Friday:** Metal Fest @ the Green Room / Supercharged on the Patio @ Columbia St. Tap Room 7pm / Category 6 @ Columbia St. Tap Room 10pm **Saturday:** Olga Wilhelmine @ Covington Farmer's Market / Pot Luck String Band @ Marsolan Feed & Seed / Redline @ Columbia St. Tap Room 10pm / Metal Fest @ the Green Room **Sunday:** Karaoke w/ DJ Bobby Blaze @ the Green Room **Tuesday:** Service Industry Night @ the Green Room

**Galleries ( Featured Artists )** — **St. Tammany Art Association** 320 N. Columbia St. - Jose-Maria Cundin

**Fielding Gallery** 525 E. Boston St. - Roc Paul, Elizabeth Brown, Rachel Shank, Steve Hasslock, Jena Karr, Alexei Kazantsev, Tracy Lambert, Heather Vallaire, Keith Villere, James Olinde **Henry Hood Gallery** 325 E. Lockwood St. - Laura Allums, Jean Flint, Robin Hamaker, Gail Hood, Lucille Hunter, Yvonne James, Lynda Katz, Jeff Mickey, Jean Seidenberg, Dennis Sipiorski, Ruth Sipiorski, Barbara Tardo, Sarah Wiseman **Brunner Gallery** 215 N. Columbia St. - Rick Brunner, Byron May **Heyer Gallery** 419 E. Lockwood St. - Jennifer Heyer-Tardo **Garcia.Dunn** 609 E. Boston St. - Sarah Dunn, Meghan Garcia **Tripolo Gallery** 323 N. Columbia St. - Bill Binnings, Shanna D' Antonio, Nancy Hirsch-Lassen, Robert Cook, Craig McMillin, Juli Juneau, James Michalopoulos, Al Ormsby, Rebecca Rebouche, Scott Ewen, Ken Tate, Gail Ruggiero, Scott Upton, Donna Duffy **Three Rivers Gallery** 333 E. Boston St. - Gail Glassman, Harriet Blum, Peggy Hesse, Suzanne King, Donald Maginnis, Valeric Stangl Melancon, John Preble, Max Ryan, Charles Macgowan, Robert Seago