

# FREE Covington Weekly

April 4 - 10, 2012

www.media9productions.com



E-mail submissions to [covweekly@media9productions.com](mailto:covweekly@media9productions.com).  
Please include your name and picture title.



## Beautification, Education, Litter Prevention, Recycling The Mission of Keep Covington Beautiful is four-fold:

1. Continue the tradition of building garden partnerships to beautify the city.
2. Sponsor volunteer-based beautification, litter prevention, recycling and educational activities and events.
3. Engage all citizens in every aspect of keeping Covington clean & beautiful.
4. Encourage all individuals to take greater responsibility for improving their community.

**427 N. Theard St. #114 - (985) 867-3652**  
[www.keepcovingtonbeautiful.org](http://www.keepcovingtonbeautiful.org)

### Quote of the Week

"Most of the shadows of this life are caused by our standing in our own sunshine" - **Ralph Waldo Emerson**

### Friday

April 6



Full Moon

### Beneficial Herbs You Can Collect Anywhere:

#### Dandelions



There are many beneficial herbs that grow wild across the US. One of the most common is the dandelion. Dandelions are originally from Europe, but they have established themselves worldwide in meadows, lawns and alongside roads. They are a perennial herb with jagged "toothy" leaves that grow in a rosette close to the ground. They have a bare, hollow stem. There is only one flower per stem, a yellow flower that turns into the recognizable "seed puff ball".

The dandelion is both a food and a medicine. Its leaves contain a number of nutrients including iron, zinc, boron, calcium, silicon, and they are especially high in potassium. It also is high in vitamins A, B complex, C and D. Dandelion is a general herb for all causes, the latin name translating to "official cure for disorders". Salts present in dandelion seem to reduce the acidity in one's blood, making it a useful tonic. Dandelion is also praised as a diuretic and shows effectiveness in lowering high blood pressure.

All parts of this plant are edible. The leaves are usually collected early in the season, as they become more bitter after flowering. Leaves can be used as bitters in a fresh salad, or as cooked greens in pasta dishes and stir-fry. The root can be eaten as a baked or boiled vegetable, or can be dry roasted and ground to make a naturally sweet, caffeine-free coffee. The flower is the most bitter part and is traditionally reserved for making dandelion wine.



### Support Local Business

Locally owned business is the basis of local economy. For every \$100 dollars that is spent locally, \$68 of that returns to the community. Shop Local by spending \$50 in three local businesses over the course of a month. This week, we'll be visiting:

**Veterinary Holistic Healing, Columbia St. Natural Foods, and Downtown Chic**



#### Veterinary Holistic Healing

Offering a holistic, integrative approach to healing your beloved pet through acupuncture, herbal medicine, nutritional supplements and food therapy.

**315 Lee Lane #104 - (985) 898-3623**

#### Columbia Street Natural Foods

A downtown natural foods market, deli, caterer and grocery, featuring local produce and dairy. Soups, sandwiches and more, you can find us at Campbell's Coffee and Tea also. Follow on Twitter and Facebook for regular specials and updates.

**415 N. Columbia St. - (985) 893-0355**  
[www.twitter.com/columbiastfoods](http://www.twitter.com/columbiastfoods)

#### Downtown Chic

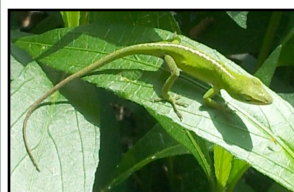
Downtown Chic Salon is a fashion-forward hair salon located in the heart of downtown Covington. The salon offers high quality products and customized services to meet the needs of each client. Call to schedule your appointment today.

**501 N. Columbia St. - (985) 809-3860**  
[www.downtownchicsalon.com](http://www.downtownchicsalon.com)



### The Green Anole

#### Polychrotidae: a family of lizards known as anoles



Anoles are small and common lizards that can be found throughout the southeastern United States, the Caribbean, and various other regions of the Western world.

The green anole can change its color from a bright, leafy green to a dull brown color. Their diet includes insects and other invertebrates like crickets, spiders and moths, but they may try to eat any prey small enough.

They are found among fences, shrubs, walls, bushes and short trees. Anoles are thought to live about 4-8 years, including lizards captured from the wild. If cared for properly and protected from any natural dangers, it is possible for them to live well past 7 years.



### Farmer's Market Recipes

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

#### Farmer's Market Breakfast



Collect:

- 1 Dozen Eggs (Granny's Yard Eggs)
- 2 - 4 Croissants (La Bon Bonnier)
- 1/2 lb of Shrimp
- 1 Container of Broccoli (Father and Son Farms)
- 1 Bag of Granola (Theresa's Italian Cookies)
- 1 pound of Coffee (Coast Roast)
- 1 Gallon of Milk (Mauthe's Dairy)
- 1 pint of Strawberries

Clean and de-vein shrimp, then place on the side. Scramble the eggs in a bowl and place on the side also. Chop the broccoli, starting with the tops, and cut into small pieces. Warm a skillet to medium-high, add butter, and start cooking the shrimp. Once you flip the shrimp, add the chopped broccoli. Add eggs and stir until eggs are cooked. Warm up a croissant, cut it open and build your sandwich with the egg, shrimp and broccoli. Pour your favorite cup of coffee, combine granola, berries and milk, and enjoy!

## FIELDING gallery

525 E. Boston St.  
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985-377-2212



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



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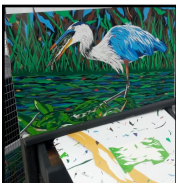
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## Art Market on Lee Lane

### Local Artists Participate in "A Taste Of Covington"

Last week was the beginning of a busy spring for Downtown Covington. The first annual "Taste of Covington" was a success, one feature being the Art Market on Lee Lane, which took place Saturday between 10 -5. It was a gorgeous day for art, crafts and demonstrations. A full list of participants may be found at [www.tasteofcovington.com](http://www.tasteofcovington.com).



L - R: "Heaven" by Margaret Hassell, vinyl work in progress by Jamie Owens and designs by Lolaboo Unique & Custom Jewelry.



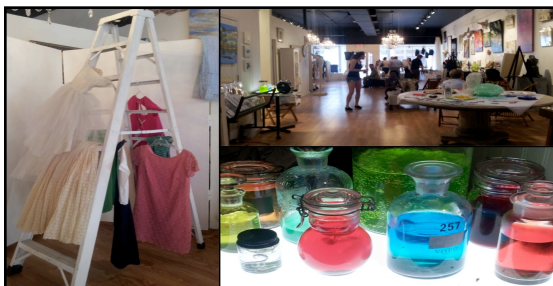
Stephanie Schoen at work during the art market. She displayed her hand-made designs in front of Welcome Home and Garden.



Clockwise from top left: Pottery by Potters Workshop, designs by Lolaboo Unique & Custom Jewelry, art by Louisiana Reflections Photography.



Clockwise from top left: wooden bowls from M&M Woodworks, clocks from Natural Time Cypress and carved wood displays from M&M Woodworks.



Clockwise from top left: FREE STYLE designs, Trunk Show action, installation by James Olinde from the series Necto.

## FREE STYLE: Trunk Show & Networking Event

### Local Fashion Designers at Fielding Gallery - 525 Boston St.

"Free Style" featured the works of local northshore designers including 1980 boudoir, Trapped in Time Designs, These Aren't Your Grandmother's Pearls, and The Factory Bead Shop. Make-up artists, photographers and stylists were on hand working with live models. Food and refreshments provided by Baba Ganuj. Contact: [1980boudoir@gmail.com](mailto:1980boudoir@gmail.com) Photographer James Olinde showed work from the series Necto. Contact: [jamesolinde@gmail.com](mailto:jamesolinde@gmail.com)



## Events

**Judging for the Cleanest City Contest will take place on Wednesday April 4.** Thanks to all who contributed in clean up efforts, and thanks to everyone who helps "Keep Covington Beautiful."

**Covington Farmer's Market - Wednesday April 4, 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 5, 5 pm - 7:30 pm @ the Covington Trailhead**  
Rockin' the Rails is back! Covington's free concert at the trailhead every Thursday in April. Kicking it off this week is The Dynamic Smooth Family Gospel Singers. - 419 N. New Hampshire

**Covington Farmer's Market - Saturday April 7, 8 am - 12 pm @ the 300 block of Columbia St.**  
Rain or shine, fresh local produce, raw and prepared foods, plants and vegetables, live music by Ed Whiteman and Friends. Nick Usner of GROW.farm will have wild caught boiled crawfish for the Market Demo.

**Old Feed Store Music Series - Saturday April 7, 9:30 am - 11:30 am @ Marsolan Feed & Seed**  
Live music this Saturday at Marsolan's Old Feed Store Music Series. - 314 E. Gibson St.

**Egg Rollin' at the Covington Trailhead - Saturday April 7, 10 am - 12 noon @ the Covington Trailhead**  
Family entertainment by Calliope Puppets, Easter Basket Decorating and bring a decorated, personalized hard-boiled egg to participate in the Egg Rollin' Contest. Prizes awarded for the "fastest" eggs in Covington. Free family fun, brought to you by the City of Covington and Champagne Beverage. - 419 N. New Hampshire St.

**Auditions for "Little Shop of Horrors" - Saturday April 7, 10 am - 1 pm @ Playmakers Theatre**  
Playmakers is holding auditions for "Little Shop of Horrors" this Saturday. Call back auditions are on April 9. Show runs July 13th-29th. - 19106 Playmakers Rd.

**Covington Weekly would like to wish everyone a safe Spring Break and Happy Easter!**

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



## Live Music Listings - April 4 - 10

**Covington Farmer's Market: Wed.** Front Porch Jam  
**Green Room: Wed.** - Open Mic Night / **Thurs.** - Ladies night w/ DJ Gene / **Fri.** - Say! Don't Play / **Sat.** - Killahouse / **Sun.** - Karaoke w/ DJ Bobby Blaze /

**Columbia Street Tap Room: Thurs.** - Jay Marino Acoustic / **Fri.** - DJ night with Rocket Productions /  
**English Tea Room: Wed.** - Harpist Jessica Meltz 12:30 pm - 2:30 pm

**Rockin' the Rails (Covington Trailhead): Thurs.** - The Dynamic Smooth Family Gospel Singers

**St. John's Coffeehouse: Fri.** - Open Mic / **Sat.** - We3  
**Marsolan Feed & Seed: Sat.** - Old Feed Store Music Series - 9:30 am - 11:30 am

**Covington Farmer's Market: Sat.** - Ed Whiteman and Friends



## Galleries

(Featured artists)



**St. Tammany Art Association-** Jessica Danby Gerald Cano / Kathy Rodriguez / Aaron McNamee

**Fielding Gallery-** Roc Paul / Elizabeth Brown Steve Hasslock / Jena Karr / Alexei Kazantsev Tracy Lambert / Heather Vallaire / Keith Villere James Olinde

**Henry Hood Gallery-** Jeff Mickey / Lynda Katz  
**Tripolo Gallery-** William Binnings / Nancy Hirsch-Lasse / Robert Cook / Craig McMillin Scott Ewen / Scott Upton / Donna Duffy

**Three Rivers Gallery-** Gail Glassman / Harriet Blum / Peggy Hesse / Suzanne King / Donald Maginnis / Valeric Stangl Melancon John Preble / Max Ryan / Charles Macgowan Robert Seago