

FREE

# Covington Weekly



September 19 - 25, 2012

www.media9productions.com

## Kick Off The Bicentennial In Grand Style

The City's Bicentennial Kickoff event is Tuesday, September 25, from 5:30 pm - 8:00 pm at the Covington Trailhead. Live performances by Kermit Ruffins and the BBQ Swingers plus the Saint Paul's School "Marching Wolves". BBQ and beverages will be available for purchase with all proceeds to benefit Covington Bicentennial Committee projects. This event is Free and Open to the Public, bring your lawn chairs! Other surprises include a book sale and signing by local Covington authors. For more information, contact Sarah Chambless at schambless@covla.com or (985)89-1873.

## Louisiana's Hummingbirds

Ruby-throated & Rufous

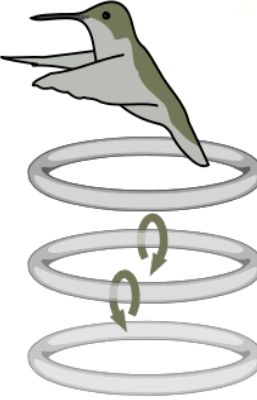


The hummingbird is a distinct bird native to the Americas that make up the Trochilidae family. They are among the smallest of birds and include the worlds smallest bird, the Cuban Bee hummingbird, measuring 5 cm. There are

twelve hummingbird species that can be observed in Louisiana, the most common being the Ruby-throated hummingbird and the Rufous hummingbird. The Ruby-throated hummingbird has a metallic green back, males have a bright red throat, females have a white throat and belly. The male Rufous hummingbird has bright rufous (or rust colored) back and flanks, with an iridescent orange-red throat. The female is green with rufous tinge on her flanks and tail. These birds will lay two small eggs (but rather large in comparison to most bird/egg ratios) in a tiny compact nest made of down held together with spider silk and decorated with lichens. The spider silk construction adds elasticity to the nest, allowing it to grow with the chicks.

On average, the hummingbird flaps its wings 12 - 80 times per second, depending on the species. Mating season also has an affect on this statistic, where the smallest birds can reach up to 100 beats per second. The hummingbird can fly at speeds up to 34 mph on average, and it is the only bird with the ability to fly backwards.

Biochemist Douglas Warrick and his coworkers studied a Rufous hummingbird in a wind tunnel using particle image velocimetry to investigate this bird's unique flight. They concluded that the bird produces 75% of their weight support during the downstroke and 25% during the upstroke, defining the hummingbirds flight as distinctly different from insects with a similar hovering flight, where lift is generated equally in both strokes.



## Farmer's Market Recipes

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

### Honey Pear Glazed Chicken

Collect:

- 1 whole chicken (GF Farms)
- 2 lbs of oyster mushrooms (GF Farms)
- 1 jar of honey (Blood River Honey)
- 1 jar of pear jelly
- 1 bunch of leeks

Begin by preheating your oven to 350 degrees. Wash chicken and set in a large baking dish with a lid. Mix a large spoonful of the honey and a large spoonful of the pear jelly together in a mixing bowl with a little salt and pepper. Using a spoon or rubber spatula, spread the pear/honey mixture to cover the chicken, underneath the skin and all over. Bake covered in your baking dish for about an hour.

While your chicken is cooking, clean and cut leeks in thin circles, clean mushrooms by removing stems (do not wash!) and place in a bowl. Heat a skillet and saute first the mushrooms, then add the leeks, cook until tender. When your chicken is 155 degrees internally, allow to continue baking uncovered for a crispy skin. Serve with mushrooms and leeks when chicken is 165 degrees and golden.



## Support Local Farms



The Covington Farmer's Market is every Saturday from 8-12 at the 600 block of Columbia Street, and every Wednesday at the Covington Trailhead from 10 - 2, rain or shine. Come out and enjoy some of the best Covington has to offer!

**Covington Bicentennial**  
1813 Culture • Character • Community 2013

**NEW DATE!**

**200**  
YEARS OF DISTINCTION

**Let's Get This Party Started . . .**

**CELEBRATE COVINGTON 2013**  
at the Covington Trailhead  
**TUESDAY, SEPTEMBER 25 • 5:30 PM - 8 PM**

*A host of surprises in store at this FREE Bicentennial kickoff event including*

**Kermit Ruffins**  
and the **BBQ Swingers**  
**The St. Paul's Marching Wolves**

BBQ, beer and beverages available for purchase; proceeds to benefit the Covington Bicentennial projects.

**CHAMPAGNE**  
DRINK RESPONSIBLY

419 N. New Hampshire • Historic Downtown Covington • www.covla.com



## Holistic Health And Education Natural Health & Healing

Darrell Martin of Blueboy Herbs will speak on "Nature's Plants for Your Health & Healing and Tincture Making". A discussion will follow the lecture. This Holistic Education series is a monthly presentation sponsored by the Holistic Center for Health and Healing, Inc. This month's meeting is Wednesday, September 19, 2012 at the City of Covington Council Chambers, 222 Kirkland St. The lecture begins at 7 pm and is Free and Open to the Public. Please bring a friend and support this informative presentation. Discover the abundance of natural health solutions available. For more info, call (985) 630-2652.

## Quote of the Week

"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."

- Henry David Thoreau

**Saturday**  
September 22  
autumnal equinox



First Quarter

## Want to Know More About Kombucha?



Although Kombucha is sometimes referred to as Manchurian mushroom or Kombucha mushroom, this unique organism is actually not a mushroom at all. Kombucha is formed by a Symbiotic Community of Bacteria and Yeast, affectionally termed "SCOBY". When placed in the proper environment (a sweet tea) the yeast feeds on the sugar in the tea, producing alcohol that the bacteria consumes. The bacteria then releases various organic acids such as acetic acid (vinegar), lactic acid and gluconic acid. These acids lower the pH of the tea, making it an even more hospitable environment for the yeast. In addition, the bacteria also produces cellulose, which works as a home for both the bacteria and the yeast, and the formation of a new zoogloeal mat or SCOBY.

The vinegar that is produced has been used for over 2000 years for various medicinal purposes, the most noted being treatment of liver and blood toxification and skin conditions, as well as a general anti-aging tonic. Kombucha has also been used externally as a bath or hair rinse. It contains glucosamine which aids preservation of cartilage structure and prevents arthritic pain, and gluconic acid, which has been getting attention lately as a possible cancer preventative. All this in an antioxidant rich probiotic drink that improves digestion, fights candida (harmful yeast) overgrowth, and is noted to reduce or eliminate the symptoms of fibromyalgia, depression and anxiety.

Want to give it a try? Susan with Ambrosia Living Beverages makes a wide variety of Kombucha for sale at the Covington Farmer's Market each Saturday!

## Upcoming Downtown Events

Downtown Covington is gearing up for the (slight) change in our subtropical seasons (at least knock that humidity down), by offering a busy autumn schedule. Covington Brewhouse and Beck-n-Call Cafe present Octoberfest at the Covington Trailhead September 28-9 with live music, brewery tours, food and beer. Rockin' the Rails kicks off its fall concert series at the trailhead on October 4, then every Thursday in October. The City of Covington and the St. Tammany Art Association are proud to announce the opening of the Covington Art Market, a juried art market held on the first Saturday of every other month at the Covington Trailhead. The first market will be October 6, 2012, featuring jewelry, crafts, painting, photography and more. The St. Tammany Art Association's annual Fall For Art will take place October 20, 2012, with sidewalk artist demos, instant theater, live music and more!

Visit [www.covla.com](http://www.covla.com) for more information

**Covington Bicentennial Postcard Contest**

Submit your old photos of 'Historic Covington' to the Covington Bicentennial Postcard Contest! Winning photos will be used to create a series of Bicentennial commemorative postcards for sale at local retailers. All photos will be returned to their owners after the winners are selected.

For additional information about this event, contact Sarah Chambless at [schambless@covla.com](mailto:schambless@covla.com) or (985) 892-1873.

## September is National Honey Month!



Find fresh local honey at the Saturday Farmer's Market, Marsolan Feed and Seed, and Columbia St. Natural Foods.

**Friday, Sept. 21, 2012 6-9pm**

**THE ROYAL & DUMAINE HAWAIIANS**  
6-8pm

**Carlo Ditta & Friends**  
8-9pm

**LIVING AT THE RIVER**  
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www.covla.com

# FREE Covington Weekly

September 19 - 25, 2012

## Local Events

**Covington Farmer's Market - Wednesday September 19, 10am - 2pm**  
 @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.  
**Holistic Education Monthly Meeting - Wednesday September 19, 7 pm**

@ **City Council Chambers** Herbalist Darrell Martin of Blueboy Herbs, a well known educator in herbal science will speak on "Nature's Plants for Your Health & Healing and Tincture Making". Discussion to follow. Free and open to the public. - 222 Kirkland St.

**Sunset at the Landing - Friday September 20, 6 - 9 pm @ Columbia Street Landing** Free concert series sponsored by the City of Covington, St. Tammany Homestead and the Covington Farmer's Market. This month is The Royal & Dumaine Hawaiians from 6 - 8 and Carlo Ditta & Friends from 8 - 9. Bring your lawn chairs and picnic dinners! - Columbia Street at the river.

**Covington Farmer's Market - Saturday September 22, 8am - 12pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables, live music by Gina Forsyth, food demo by Linda Franzo from Passionate Platter. - 600 block of Columbia St.

**Covington Bicentennial Kickoff - Tuesday September 25, 5:30 - 8 pm @ the Covington Trailhead** Kicking off the Covington Bicentennial event, celebrating 200 years of distinction for Covington! This event was postponed due to Isaac, but don't worry, Kermit Ruffins and the BBQ Swingers will still be there, preceded by the St. Paul's Marching Wolves! A host of surprises in store at this free event! BBQ, beer and beverages available for purchase; proceeds to benefit the Covington Bicentennial project. - 419 N. New Hampshire St.

### Pre-Register for the Covington Classic 5K

Gilsbar Inc. will be hosting the 2nd Annual Covington Classic 5K & Fun Run October 6th at the Bogue Falaya Park. The run will benefit the Youth Service Bureau. Pre-registration forms must be post marked by September 21st. Race registration forms are available at the Gilsbar and YSB offices, and online at www.gilsbar.com.

### Covington Live Music Listings for September 19-25

**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:** Ladies Night with DJ Gene @ the Green Room / Mike Epstein @ Columbia St. Tap Room 8pm

**Friday:** Concert @ the Landing 6-9pm / Rick Samson in the Courtyard @ Columbia Street Tap Room 7pm / Tank Tops & Tube Socks w/ DJ Dizzy @ the Green Room 10pm

**Saturday:** Gina Forsyth @ Covington Farmer's Market 9:30am / Pot Luck String Band @ Marsolan's Old Feed Store Music Series / Bruiser's House of Surf + The Unnaturals + The Bills @ the Green Room 10pm

**Sunday:** Open Mic Poetry @ St. John's Coffeehouse 2pm / Karaoke w/ DJ Bobby Blaze @ the Green Room

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## COVINGTON art MARKET

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COVINGTON FARMER'S MARKET  
 SATURDAY AT COVINGTON POLICE DEPT. 8-12

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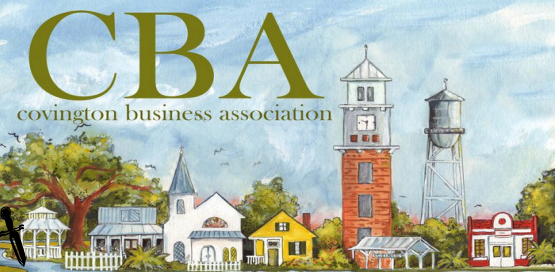
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staa

st. tammany art association  
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 Covington, LA



FOOD BANK  
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### Galleries (Featured Artists)

**St. Tammany Art Association** 320 N. Columbia St. - Degas Pastel Society Exhibit  
**Covington Trailhead Museum** 419 N. New Hampshire - David and Clariza Kern  
**Henry Hood Gallery** 325 E. Lockwood St. - Maggie McConnell, Suzy Moritz  
**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  
**Roy's "Art"chery** 319 N. Columbia St. - Roy Blaum, Jessica Porter Blaum, Billy Porter

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 Saturday 2:00-9:00  
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**Wednesday Market**  
 10:00 am - 2:00 pm  
 The Covington Trailhead  
 419 N. New Hampshire

**Saturday Market**  
 8:00 am - 12:00 pm  
 Covington City Hall  
 609 N. Columbia Street  
 www.covingtonfarmersmarket.org

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