

## KCB to Host First Annual Garden Symposium

Greater Covington Center, Bogue Falaya Hall

This Saturday January 26th Keep Covington Beautiful will host a Garden Symposium at the Greater Covington Center. The symposium is designed to educate citizens of Covington on native gardening. Dr. Charles Allen, a senior Botanist with Colorado State University stationed at Fort Polk, will present "Flora of Southeast Louisiana: A Paradise of Rare and Unusual Plants". Dr. Allen is a retired Professor of Biology from the University of Louisiana in Monroe and a charter member and past Preseident of the Louisiana Native Plant Society. Nellie Neal, known as "The Garden Mama" to her radio audiences, will present "Heirloom Plants Worth Reviving for Today's Gardens". Neal writes and speaks from a solid educational background coupled with a lifetime of experience. She is a member of the Garden Writers Association and author of several books including 'Getting Started in Southern Gardening' and 'Organic Gardening Down South'. Suzanne Turner, FASLA, is professor emerita of landscape architecture at the Robert Reich School of Landscape Architecture at LSU where she taught for almost twenty-five years. She is presenting 'A Brief Overview of 19th Century Southern Gardens' and 'Review of "The Garden Diary of Martha Turnbull, Mistress of Rosedown Plantation"', a book which she recently co-authored. Lastly, Linda Orton is a lifetime member of the Memphis Area Master Gardeners Program, a past Vice President and Treasurer of the MAMG, co-founder and President of the Mid-South Hydrangea Society. She will be presenting a lecture on Hypertufa Making, followed by a hands-on demonstration.



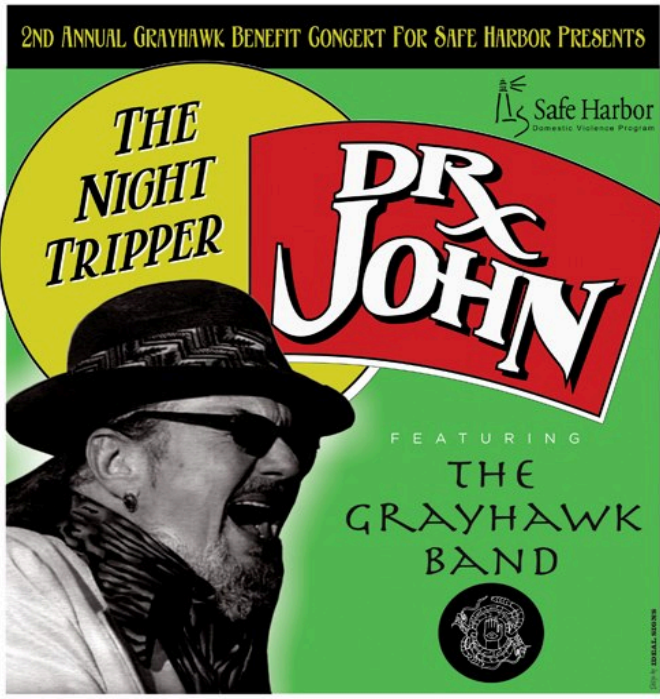
The Symposium will begin at 8:30 am with a welcome and introductions, and will pause for a break and light refreshments. Tickets are \$25 per person, with an additional \$5 fee to make your own hypertufa. For registration forms please visit [www.keepcovingtonbeautiful.org](http://www.keepcovingtonbeautiful.org)

## SUNDAY JAN. 27 2013

COLUMBIA STREET ROCK-N-BLUES CAFÉ

407 NORTH COLUMBIA ST. COVINGTON, LA.

DOORS OPEN 3:00PM GENERAL ADMISION



### The 2nd Annual Grayhawk Benefit Concert

The 2nd Annual Grayhawk Benefit Concert for Safe Harbor will feature New Orlean's own Dr. John accompanied by The Grayhawk Band. This is reported to be Dr. John's first show on the Northshore, right here in Downtown Covington! Safe Harbor Northshore is a non-profit, non-government agency serving women and children in St. Tammany Parish who are victims of domestic abuse. Safe Harbor provides a safe place to stay and a variety of critical support services ranging from crisis intervention and legal advocacy to playgroups and counseling for kids. Their services are designed to enable women to break the cycle of abuse immediately and permanently.

### Quote of the Week

"You can avoid reality, but you cannot avoid the consequence of avoiding reality."

- Ayn Rand

Saturday  
January 26



Full Moon

### Home-Made Cough Syrup

#### Simple Sweet, Spicy and Sour Cough Syrup

This is a simple cough and cold remedy that can be made with items found readily in the kitchen.

**2 tablespoons of honey (local is best)**

**2 tablespoons of fresh squeezed lemon juice**

**1 tablespoon of apple cider vinegar**

**1/4 tablespoon of powdered cayenne pepper**

**1 teaspoon fresh grated ginger**

**1 fresh grated clove of garlic**

Mix all ingredients well. Ginger and garlic are optional, but recommended. Take by tablespoons. This mix is surprisingly delicious, and incredibly soothing on a sore throat.



#### Debra's Famous Cold Remedy

This recipe is from "Herbal Folk Medicine, An A to Z Guide" by Thomas Broken Bear Squier.

**1 cup of raw honey**

**1 to 2 tablespoons of cayenne pepper**

**1 to 2 teaspoons of fresh horseradish root**

Place honey in a glass jar, add pepper and horseradish, mix well. Can be stored in the refrigerator for a period of time. When using this remedy, only a 1/16 teaspoon dose or just a tiny dot will do. The mixture is very potent and you will feel it start to work immediately. The horseradish clears all congestion, the honey will coat the throat and the red pepper will warm it and stop the hurt. This syrup may also be used in a tea.



#### A Syrup for the Kids

If the above recipes are a little too intense or "weird" for the kids, try this one.

**1 large onion, sliced**

**1 jar of honey**

Fit loosely separated onion slices into a glass mason jar and fill with honey until onions are completely covered. Let this mixture sit overnight. The honey will pull out all the oils from the onion, and you can pull out the remaining onion in the morning with a fork. Keeps for a while refrigerated. Mix with a little lemon juice or apple cider vinegar when serving.



**REMINDER: Children under 2 should not consume honey.**

**Consult your physician if symptoms persist or worsen.**

## Farmer's Market Recipes

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

### No Cream Broccoli Soup

#### Ingredients:

2 bunches of broccoli, cleaned and chopped  
1 onion, sliced  
2 cloves garlic, minced  
1/4 cup of green onions, chopped  
2 medium Irish potatoes, cubed  
5 cups of vegetable stock  
1 tblsp olive oil  
1/4 tblsp coarse salt  
1/4 tblsp fresh ground black pepper  
1/4 tblsp cayenne pepper  
1/4 tblsp basil  
1/4 tblsp oregano  
green onions (garnish)  
1 loaf of bread (serve with soup)



#### Cooking Instructions:

Heat oil in a large soup pot over medium heat, add onions and garlic and saute until translucent (5-10 minutes). Add salt, pepper, cayenne and herbs, then add the vegetable stock and potatoes. Bring to a quick boil, then reduce heat and simmer until potatoes are tender (about 10-15 minutes). Add chopped broccoli and simmer until broccoli is tender (about another 10-15 minutes). For a smoother consistency, you can mash it up with a spoon or puree the mixture in a food processor. Serve hot topped with green onions and drizzled olive oil with a side of toasted bread.

**This soup gets its creaminess from the potato instead of cream or butter. These ingredients may be added for a thicker soup.**



Basil is helpful with inflammation, works to help oxidize the blood, and contains antibacterial properties. Oregano is also an antioxidant and a powerful antimicrobial herb. Use the two together for maximum effect!

## The Northern Bobwhite Quail

Colinus virginianus



A male of the species.

Also called the Virginia Quail or Bobwhite Quail, the Northern Bobwhite is a member of the group commonly referred to as the New World quails, Odontophoridae. Native to the United States, Mexico and the Caribbean, the 22 subspecies of the Northern Bobwhite are also common game birds. In Louisiana, bobwhite quail populations have declined about 75% since 1966, according to the North American Breeding Bird Survey (2010). This is primarily attributed to an increase in habitat loss occurring during the 1970s and '80s, but their populations have begun to stabilize with conservation efforts. The Northern Bobwhite is a moderately-sized quail, the smallest galliform native to Eastern North America. The birds are a chunky, round shape, with an overall rufous plumage spotted by highlights of gray on the back and white on the stomach. The males have a white throat and a black chin strap, females are duller colored overall without a chin strap. Bobwhites eat mainly plants and small pest bugs. The birds are named for their distinct whistle, a clear "bob-WHITE" or "bob-bob-WHITE" that rises in pitch a full octave from beginning to end.



A female of the species.

### National Hot Tea Month

January is National Hot Tea Month. The English Tea Room features one of the largest selections of loose teas in the area. Stop in today!







# FREE Covington Weekly

Jan. 23 - 29, 2013

**Covington Farmer's Market - Wednesday January 23, 10am - 2pm @ the Covington Trailhead** Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.  
**Wine Wednesday - Wednesday January 23, 6pm - 8pm @ Winos and Tacos** Free tasting from Artisan with wine, music and plenty of good times. - 321 N. Columbia St.

**Covington Farmer's Market - Saturday January 26, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables, live music by Andrew McLean beginning at 9:30. - 600 block of Columbia St.

**Keep Covington Beautiful's First Annual Garden Symposium - Saturday January 26, 8:30 am - 12 pm @ Greater Covington Center, Bogue Falaya Hall** An experienced and knowledgeable group of individuals gather to teach about gardening. For amateur and skilled gardeners alike. Tickets are \$25 per person, and registration forms are available at KCB's website, [www.keepcovingtonbeautiful.org](http://www.keepcovingtonbeautiful.org).

**St. Tammany Art Association's Masqued Ball - Saturday January 26, 6 - 9 pm @ the STAA** The Art Association kicks off the carnival season with it's first Masqued Ball, A Mardi Gras gala event with an auction, live music, delicious food and drinks! All proceeds to benefit the STAA's efforts to support the arts in our community. Tickets are \$25 per person and are on sale at the Arthouse. - 320 N. Columbia St.

**2nd Annual Grayhawk Benefit Concert for Safe Harbor - Sunday January 27, doors open a 3 pm @ Columbia Street Rock-N-Blues Cafe** The second Grayhawk Benefit Concert presents The Night Tripper Dr. John featuring the Grayhawk Band! Proceeds to benefit Safe Harbor, a local non-profit committed to serving women and children who are victims of domestic abuse. - 407 N. Columbia St.

**Voice of St. Tammany Auditions Begin - Monday January 28 @ the Center of Performing Arts** Audition to be the Voice of St. Tammany! Northshore competition for St. Tammany singing talents. Winner receives studio recording time, air play and exposure on a local radio station. All three events are open to the public, with a \$3 admission and provided refreshments. Registration for the competition is \$10. For more information call (985) 727-4638. Register online at [www.voicesttammany.com](http://www.voicesttammany.com). - 201 N. Columbia St.

**Coffee with Mayor Mike Cooper - Wednesday January 30, 9 - 10 am @ Covington Trailhead** Mark your calendars for Coffee with the Mayor next Wednesday at the Trailhead! Refreshments provided by Campbell's Coffee and Tea! - 419 N. New Hampshire St.

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## Covington Weekly Distribution Locations:

Coffee Rani, St. John's Coffeehouse, PJ's hwy 190, PJ's hwy 25, Jewel's Cigar and Briar Shop, New Orleans Food and Spirits, The English Tea Room, Matina Bella, Lola's Restaurant, Roy's Knife and Archery, St. Tammany Homestead, Gulf Coast Bank, Acquistapace's Covington Supermarket, Vazquez Restaurant, Columbia Street Natural Foods, Columbia Street Tap Room and Grill, Sunshine Gardens Health Food, Motif/Stephanie Story Interiors, Mo's Art Supply and Framing, Marsolan's Feed and Seed, Bayou Barber, Beck N Call Cafe, Mac's on Boston, Camellia House Bed and Breakfast, Blue Willow Bed and Breakfast, Cupcake Concept, Campbell's Coffee and Tea, St. Tammany Art Association, St. Tammany Parish Library - Covington Branch, Covington Visitor's Center, Thai Kitchen, Good Dog Naturally, Gilsbar, Inc., Mellow Mushroom Covington, Books-a-Million hwy 190, Garden Inn, Homewood Inn and Suites, Hampton Inn, Comfort Inn and Suites, Nonna's Italian Bakery, St. Tammany Humane Society, History Antiques and Interiors, Candy and Tobacco Discounts, O'Keefe Feed & Seed, Herbert Cleaners...

... and more added frequently!

**CBA**  
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[www.covingtonbusinessassociation.org](http://www.covingtonbusinessassociation.org)

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**Green Room Covington**  
 Saturday January 26th 2013  
 9pm \$5  
**Julie Odell + Chinese Drywall Band**  
 Emile Cox/Spencer Slaton/Jay Burns/Robin Abadie/Sam Nye/Saint James

**POVERTY FORTUNE BATTLE**  
 with special guest **Strange Roxx**  
**Friday, January 25th**  
**ROCK-N-BLUES**  
**9PM**  
**Cafe**  
 407 North Columbia Street, Covington, LA 70433

**CYSA**  
[www.covingtonsoccer.com](http://www.covingtonsoccer.com)  
 covington youth soccer association

Covington Youth Soccer Association registration is now open for the 2013 SPRING SEASON Recreational Soccer. Boys & Girls Ages 5 - 14. **ONLINE REGISTRATION!** Registration ends January 25. Games begin on February 2.

**For music and gallery listings January 23-29, visit: [www.CovingtonWeekly.com](http://www.CovingtonWeekly.com)**

## Live Music At The English Tea Room

Enjoy live music at the english tea room on Tuesdays and Wednesdays! Jessica Meltz plays harp on Wednesdays from 12:00 to 2:00, and Timothy A.G. plays guitar during brunch on Tuesdays, 10:30 to 12:30.

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