

FREE Covington Weekly

Jan. 30 - Feb. 5, 2013

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Support Local!
Covington Weekly
 is on

COVINGTON art MARKET

presented by St. Tammany art association

The City of Covington, in partnership with the St. Tammany Art Association, will host the Covington Art Market on Saturday, February 2, from 9 a.m. to 1 p.m. at the Covington Trailhead, 419 N. New Hampshire Street. This juried art market is held on the first Saturday of every other month and features a variety of work from local and regional artists, including jewelry, crafts, photography, paintings and more. For additional information contact the St. Tammany Art Association at **(985) 892-8650** or info@sttammanyartassociation.org.

Krewe of Olympia To Roll in Covington

Mayor Mike Cooper will Reign as Grand Marshall!

The Krewe of Olympia will parade through town this Saturday, February 2nd! The parade will follow its usual route, starting at 6 pm on the corner of North Jefferson and North Columbia in front of the courthouse, following Columbia to Boston and then making a loop from South Jefferson to West 15th to South Tyler to West 23rd and back up Boston to end where it began. (See back for map!) This year Mayor Mike Cooper has been declared Grand Marshall of the Krewe of Olympia. Says the Captain of the Krewe, "We are delighted that Mayor Cooper has accepted our invitation to be this year's Mystic Krewe of Olympia Grand Marshal. This year we celebrate Covington's 200th anniversary and it is only fitting that Mayor Cooper be our Grand Marshal with his family's and especially his father's rich history of serving the citizens of Covington." This year's theme will honor Covington's Bicentennial.

Covington Is In The Carnival Spirit

Covington's Cultural Arts District is bustling this carnival season. The Fools of Misrule kicked off the 2013 season as Covington's brand new marching club. This Saturday, the city rolls out Olympia, one of the only night parades to catch due to Super Bowl weekend parade schedule changes. For a map of the Olympia parade route, see the back.



Winos and Tacos is a newly remodeled Tequila, Taqueria and Wine Bar featuring made-from-scratch Mexican cuisine, a beautiful, fully stocked bar and live music. Winos and Tacos has free wine tastings every Wednesday, open mic night on Thursdays, and live music on the weekends. They put the fun of surprise in going out with treats like a secret color of the evening, revealed when a person sitting at the bar is wearing the color. The reward? The specialty cocktail of the night! At 321 N. Columbia, they are on the parade route, so enjoy a King Cake Martini while Olympia rolls by!



Two delicious King Cakes from Nonna Randazzo's Bakery, Hwy 190, Covington
 If you're going to have a bakery here in town, you're going to want to bake king cakes. Nonna Randazzo's are some of the best known cakes, and they will ship a Mardi Gras care package pretty much wherever you want it to go. Other local businesses offering baked goods with a Mardi Gras flair include Campbell's Coffee & Tea, Zoe's Bakery, Cupcake Concept and Acquistapace's Covington Supermarket.

Bead Recycling: Neurological Rehabilitation Living Centers Louisiana, 614 W. 18th Ave, Covington. To benefit Arc of Greater N.O.

Farmer's Market Recipes

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

Radish Cakes

Ingredients:
 2 cups of grated radish (daikon preferred)
 1/2 onion, chopped
 1/2 bell pepper, chopped (red, yellow or green)
 1 clove of garlic, minced
 3/4 cup of bread crumbs (more may be needed)
 1 egg, beaten
 1/2 teaspoon of cayenne pepper
 oregano, basil and thyme
 sea salt

Cooking Instructions:
 Mix the grated radish with salt in a large bowl and refrigerate for about 30 minutes, in order to soften. Drain out any excess moisture and stir in the onion, bell pepper, garlic, pepper and herbs. Once this is mixed, add the bread crumbs and egg. Mix together well, and form into round patties. You may need additional bread crumbs, or you can even add a little flour if the consistency is not quite right. Heat a large skillet with a little oil if you like, or you can use 1/2 water and 1/2 vinegar with a little lemon juice to give them a tangy flavor. Saute the patties over medium heat until they are nicely browned. Since they contain raw egg, so you will want to cook them through. Let them sit covered on paper towels until they are ready to serve. They can also be served on top of pasta with red sauce for a beautiful and delicious meal!



Daikon radishes are high in Vitamin C and used for skin health, respiratory health and bone health, among a few. Local organic daikons are in season and can be found at the Farmers Market.

Covington Weekly Celebrates One Year

February 8th Marks One Year of Being in Print!

Covington Weekly will celebrate its first year this February. We would like to thank everyone that has helped to support our promotional efforts for Covington's Historic Downtown area and beyond. We are excited to be a part of the celebrations taking place in our community as we move into Covington's Bicentennial year, 2013.

CBA General Meeting

February 6 at Mac's On Boston

This month's Covington Business Association meeting will be held at Mac's on Boston, a new downtown addition featuring Cajun Creole food and health-conscious alternatives. The CBA meetings offer a great opportunity to network with other businesses, discuss ways to improve the business community and hear details of upcoming events and projects. You'll meet City administration, local non-profits like the St. Tammany Art Association, and other new and established local businesses. Mayor Mike Cooper, Chief Richard Palmisano, and various City Council members are generally in attendance, along with representatives of the City's Cultural Events Office. The CBA meetings are an excellent opportunity for new businesses to introduce themselves to one another and for established businesses to become more involved in the community. Membership benefits also include the ability to participate in various community events, CBA block advertising, access to the CBA's bulk mailing permit, and a membership flag to be displayed outside your place of businesses. You could even win a lunch with the Mayor!

Krewe of Lyra to Follow Lions Club on Mardi Gras Day

The Krewe of Lyra was established in 2010 in Mandeville as a women's social networking organization and Mardi Gras krewe. Their mission is Fun, Friendship and Festivity, and they maintain a positive presence and progressive attitude in the Mardi Gras Community. The krewe opened their membership to men this year, and their theme is "Girls and Guys Just Want to Have Fun!" We welcome Lyra to Covington.



Quote of the Week
 "All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience."
 - Henry Miller

Sunday
 February 3

 Last Quarter

Keeping Your Balance

Covington's Yoga School



The Yoga School was founded in 1991 and is one of the most established schools of yoga thought and practice that has continually offered the highest quality of yoga training in the Gulf Coast region. Becky Gelatt is the school's director and primary teacher with over thirty years of experience.

Blue Swamp Creek Nature Trail

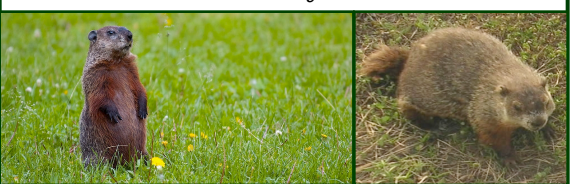
Covington's own nature trail offers an educational walk through a natural Louisiana habitat. Located at the Covington Recreational Complex, the nature trail is open 8 a.m. to 6 p.m. seven days a week, with no admission fee. The trail map offers a brief site history with native plant identification and ways you can help support the trail. The Blue Swamp Creek Nature Trail is sponsored by Keep Covington Beautiful.

Support Keep Covington Beautiful!
985-867-3652
www.keepcovingtonbeautiful.org

Happy Groundhog/Nutria Day!

Feb. 2, Day of Weather Predicting Rodents

The celebration of Groundhog day began with a large German population in south and central Pennsylvania around the 18th century. The day is usually a social event, consisting of speeches, plays and lots of good food, basically like a typical day here in the greater New Orleans area. Groundhog Lodges in Pennsylvania carry on their old tradition of "fersommlinge" today, an event in which only the Pennsylvania German dialect is spoken. The groundhog is also known as a woodchuck, whistle-pig and land-beaver. It is a rodent of the family Sciuridae, belonging to a group of large ground squirrels called marmots. A lowland creature widely distributed in North America, it is common in large open plains to hear them whistling and barking to other members of their colony.



Groundhog: aka Woodchuck, Whistlepig or Land-Beaver
 While the northeast observes this well known tradition with the groundhog, in the south we have adapted it for the nutria, as the groundhog does not live here. The Audobon Zoo's Swamp Exhibit is home to T-boy Nutria, our local weather forecasting rodent. Last year, T-boy didn't see his shadow and we had an early spring. As most people that live here know however, another thing we don't really share with the northeast is seasons. I remember the crawfish being plentiful last year, so maybe T-boy Nutria will tell us that we'll have another great crawfish season. The nutria, also known as the Coypu, was first introduced in the United States in California in 1899. They were brought to Louisiana in the 1930's for the fur industry, and the animals spread into the wild after the 1940's due to harsh storms that damaged the animals' enclosures.



Make Your Reservations For Valentine's High Tea At The English Tea Room available Feb. 9th - Feb. 16th

featuring baked brie, chocolates and special finger sandwiches

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Coffee with Mayor Cooper and Quilt Unveiling - Wednesday January 30, 9 - 10 am @ Covington Trailhead This event provides an informal setting where citizens can talk directly to the Mayor. Afterwards the City will unveil its new quilt block. Refreshments provided by Campbell's Coffee and Tea! - 419 N. New Hampshire St.

Covington Farmer's Market - Wednesday January 30, 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 30, 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 February 2, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by Chance Casteel, Parker Freeman, and John Garcia, food demo provided by market vendor Suzie Banck of Windfield Farm Bakery, will serve samples of her amazing king cake. - 600 block of Columbia St.

Covington Art Market - Saturday February 2, 9 am - 1 pm @ Covington Trailhead The St. Tammany Art Association and the City of Covington present the Covington Art Market showcasing local and regional artist. The trailhead is in the Cultural Arts District, which means no sales tax for original art! - 419 N. New Hampshire St.

Krewe of Olympia Parade - Saturday February 2, starting at 6 pm @ Downtown Covington Mardi Gras in Covington! Map below.

Covington City Council Meeting - Tuesday January 15, 6 pm @ City Council Chambers Open to the public meeting concerning the City of Covington. Contact person Bonnie Champagne, council@covla.com or 985-898-4722. -222 Kirkland St.

For music and gallery listings January 30 - February 5, visit: www.CovingtonWeekly.com

Live Music At The English Tea Room

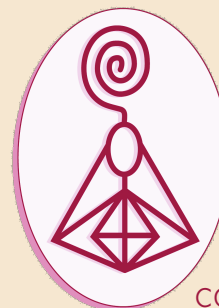
Enjoy live music at the English Tea Room on Tuesdays and Wednesdays! Jessica Meltz plays harp on Wednesdays from 12:00 to 2:00, and Timothy A.G. plays guitar during brunch on Tuesdays, 10:30 to 12:30.



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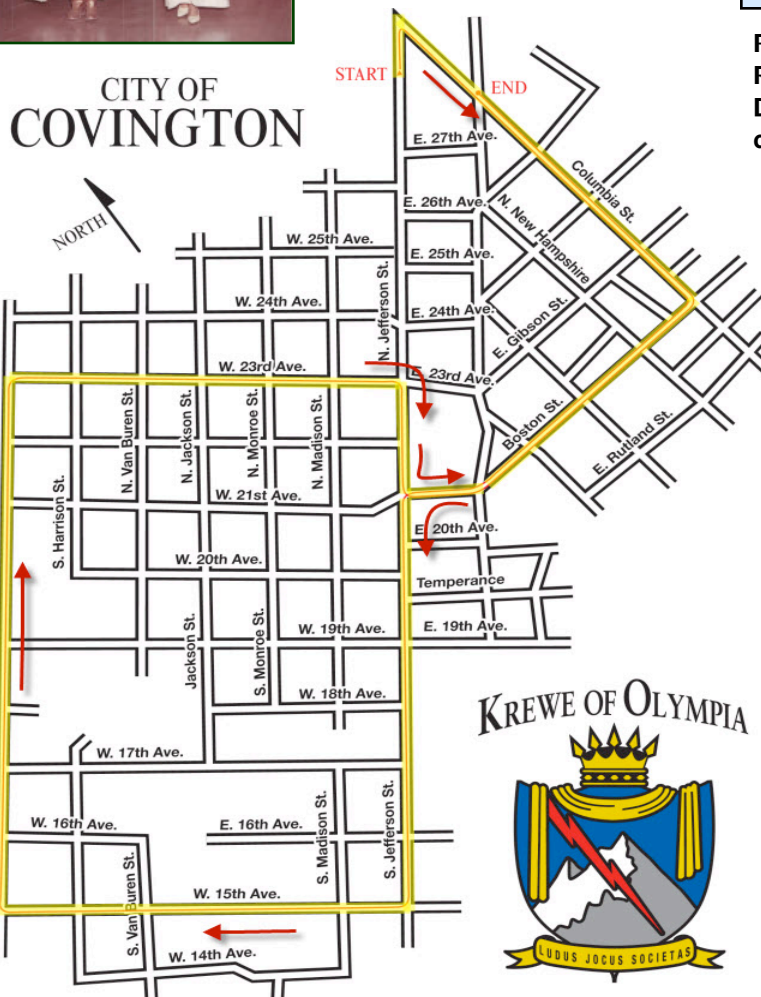
Be Kind To One Another.

Be careful and enjoy the parades! Be on the lookout for children and other small creatures wherever you go. Mardi Gras is party time in the south, and if you have one too many, please enlist the service of a cab company or nominate a designated driver to take you home. Arrive Alive and laissez les bon temps roulez!



THE MYSTIC KREWE OF OLYMPIA

The origins of the Krewe of Olympia go back to 1965, and the first ball was held in 1966 in St. Paul School's field house.



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staa
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www.sttammanyartassociation.org

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