

Friday Night Block Party Downtown

Columbia Street Block Party



Friday July 26, 6:30 - 9:30 pm

Classic cars, dining, shopping and live music in Downtown Covington!
Bring out the family for Downtown Covington's monthly Friday Night Block Party. There's plenty to see and hear, and stop in for the great dining experiences that downtown has to offer. Live music at the Green Room, Winos & Tacos, Columbia St. Tap Room and the Rock N Blues Cafe. 6:30 - 9:30 p.m.

Winos & Tacos Introduces New Lunch Hours

Winos and Tacos is open for lunch on Fridays from 11 am - 2 pm, and starting July 27th, they will open for lunch on Saturdays from 11 am - 2 pm also. Winos and Tacos is proud to serve dishes that are hand crafted using traditional methods and quality ingredients, incorporating local produce and proteins. They participated in the 2013 Eat Local Contest, a growing New Orleans area movement to support local farmers and producers. Eat Local!



Just a sampling of what Winos & Tacos has to offer. Be sure and try the tacos and sandwiches!

Playmakers Theater Presents Jekyll & Hyde

- Last Week To See The Performance -

"Jekyll & Hyde" is based on the novella "The Strange Case of Dr. Jekyll and Mr. Hyde" by Robert Louis Stevenson. It concerns a brilliant doctor whose experiments with human personality create a murderous counterpart. Convinced the cure for his father's mental illness lies in the separation of man's evil nature from his good, Dr. Henry Jekyll unwittingly unleashes his own dark side, wreaking havoc in the streets of late 19th Century London as the savage, maniacal Edward Hyde.

This rendition of "Jekyll & Hyde" is directed by Adolfo Rodriguez, with music directed by Gail Adams. The show will run July 12th - 28th on Thursday, Friday and Saturday at 8 pm. Sunday matinees will be at 2 pm.

Reservations: 985-893-1671 or online: www.playmakersinc.com

The Wonderful Watermelon Is In Season

Citrullus lanatus: A Summertime Favorite

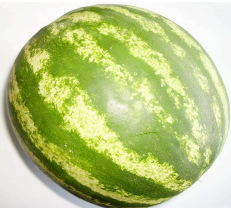
The watermelon is a vine like flowering plant originally from S. Africa (family Cucurbitaceae). It is related to the cucumber, pumpkin and cantaloupe. The watermelon fruit is referred to by botanists as a pepo, a berry with a thick rind and fleshy center. The flesh of the watermelon may range from red to pink, and sometimes orange, yellow or white. It grows wild in southern Africa, reaching maximum genetic diversity with sweet, bland and bitter forms. There is evidence of its cultivation in the Nile Valley from the second millennium B.C., and seeds were also found in the tomb of the Pharaoh Tutankhamun.



Watermelons were cultivated in China by the 10th century, now the world's largest watermelon producer (even introducing "square" watermelons). It was introduced to Europe in the 13th century, and according to John Mariani's Dictionary of American Food and Drink, "watermelon" made its appearance in an English dictionary in 1615. Native Americans cultivated the fruit in the 16th century, and it may have been introduced to Massachusetts as early as 1629. By 1954, Charles Frederic Andrus set out to produce a disease and wilt resistant watermelon. Mr. Andrus was a horticulturalist at the USDA Vegetable Breeding Laboratory in Charleston, South Carolina, and his creation became known as "that gray melon from Charleston". Today, most commercially grown watermelon varieties have some "Charleston Gray" in their lineage.

A watermelon is about 6% sugar and 91% water by weight, and like many fruits, is a good source of Vitamin C. Despite some information to the contrary, the seedless watermelon is not a result of genetic manipulation, but hybridization.

The watermelon rind, though often discarded, actually has a very high concentration of nutrients (horses love them). In other countries, they are often used as a vegetable. Chinese cooking, for example, uses the peeled rind stir-fried, stewed and more commonly, pickled. In the stir-fry, it is cooked with olive oil, garlic, chili peppers, scallions, sugar and rum. Apparently, pickled watermelon rind is popular in the southern U.S. also. Watermelon juice may be made into wine, and Covington's own Kombucha Girl (at the Saturday Farmer's Market) makes a fantastic Watermelon Water Kefir now that they are in season. You can find watermelons at the Covington Farmer's Market and local farms like Stony Point Farm in Amite, who often sells watermelons in the Covington area.



Phenolic compounds in watermelons (flavonoids, caratenoids) offer some anti-inflammatory and antioxidant support. The redder the watermelon, the higher its content of lycopene, and some studies show watermelon may contribute to antihypertensive effects. Always consult a professional for advice regarding the nutritional benefits of the foods that best fit your situation.

whfoods.com watermelon.org wikipedia.org

Farmer's Market Recipes

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

Watermelon Feta Bruschetta

Ingredients:

- 2 tablespoons olive oil (preferably extra-virgin)
- 2 cups diced watermelon
- 1 cup feta cheese, cut into fine diced cubes
- 2 tablespoons minced fresh chives
- 2 tablespoons minced fresh mint
- 4 teaspoons balsamic vinegar, or to taste
- 1 garlic clove
- 1/4 cup extra-virgin olive oil



Directions:

In a bowl toss together watermelon, cheese, chives, mint, vinegar, and salt and pepper to taste and mound about 1 tablespoon on oiled side of each toast. To make toasts: Prepare grill or preheat broiler. With a serrated knife cut bread crosswise into 1/2-inch-thick slices. Arrange bread slices in one layer in a shallow baking pan and bake in middle of oven until golden, about 10 minutes.

Watermelon Strawberry Mint Salsa

Ingredients:

- 1 cup diced watermelon (seeds removed)
- 3/4 cup diced strawberries
- 1/4 cup diced red onion
- 2 tablespoons chopped fresh mint leaves
- 2 tablespoons diced seeded jalapeno chile
- 1 tablespoon lime juice
- 1 teaspoon sugar (optional, to taste)



Directions:

Gently stir together all ingredients in bowl. Let stand to blend flavors, about 1 hour. For a dynamite combination, serve salsa with Caribbean or jerk seasoned grilled items, or with pretzels.

Grilled Spicy Watermelon

Ingredients:

- 1 tablespoon lime zest
- 1/4 cup lime juice 1/4 cup honey
- 2 teaspoons garlic chili sauce
- pinch salt
- 1 watermelon, medium sized
- 1 tablespoon fresh chopped cilantro



Directions:

Preheat grill to high. In a bowl, whisk together the lime zest, juice, 3 tbsps of the honey, garlic chili sauce and salt. Cut the watermelon into 1-inch thick wedges. Lightly drizzle each side with remaining honey and place on grill. Grill until just browned, about 2 minutes per side. Place watermelon slices on a plate and drizzle with lime dressing. Garnish with cilantro.

find more cool watermelon recipes at watermelon.org

Composting 101

A Few Tips on Making Your Own Soil Additive

Composting is the single most important supplement to add in your garden soil, and it's free! A nutrient rich compost full of organic matter and beneficial organisms can be made from regular household scraps, found in the kitchen and the yard. Compost, it's what plants crave!

What to compost: A good compost consists of a balance of nitrogen producing matter and carbon producing matter. Carbon rich matter gives compost its light, fluffy body, while nitrogen rich matter provides raw materials for making enzymes.

Green For Nitrogen-Rich Matter: fruits & vegetable scraps, green grass clippings, green leaves, flower cuttings, chicken manure, green manure (from grass fed animals)*, coffee grounds, tea bags & loose tea leaves

Brown for Carbon-Rich Matter: branches, stems, dried leaves, peels, bits of wood, bark dust or sawdust pellets, shredded brown paper bags, corn stalks, coffee filters, pine needles, egg shells, peat moss, wood ash, shrub prunings, straw or hay

* Manure must compost for at least one year before being used for growing food. Manure from carnivorous animals is too acidic and should not be used.

A healthy compost pile should have one-third green and two-thirds brown material, much more carbon than nitrogen. Brown materials, especially things like dried leaves, stems and branches, help aerate the pile, allowing oxygen in for the organisms that are breaking down the compost. Too much nitrogen makes for a dense, slowly decomposing and smelly mess.

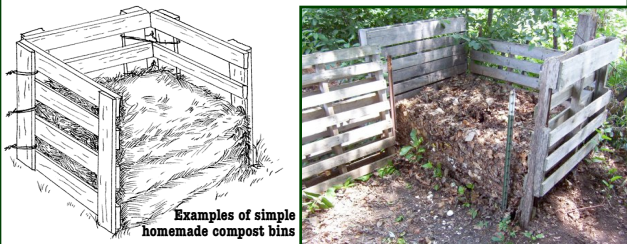
At first, add to your compost pile in layers, brown-green-brown, brown-green-brown, etc. A rule of thumb for good composting hygiene is when you expose fresh nitrogen-rich material, which can often have an unpleasant odor, you should cover it with carbon-rich material, which will generally smother it out. Once your compost pile is established, add new materials by mixing them in, rather than by adding them in layers. Mixing, or turning, the compost pile is key to aerating the composting materials and the organisms breaking it down, speeding the process to completion.

The two main essential things for a successful compost is heat and moisture. The pile should always remain damp, but not soggy. In our climate, a covered pile in a partially sunny spot works best. You may need to water it in dry times, but there hasn't been anything to worry about this season.

Containing your compost pile makes it look neater, helps you maintain the correct moisture, and prevents animals from getting into it. You can build your own, as pictured, or buy a commercial home composting unit. There are benefits to starting your compost pile on bare earth. It allows worms and other beneficial organisms to aerate and process the compost. Worms can also be added to the pile.

If you are starting your pile on the ground, lay twigs or straw first, a few inches deep. This aids drainage and helps aerate the pile.

Turn. Every few weeks give the pile a quick turn with a pitchfork or shovel. This aerates the pile, again providing oxygen for those little organisms. You can skip this step if you have a ready supply of coarse material, like straw.



Examples of simple homemade compost bins

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www.covingtonweekly.com

Quote of the Week

"He is no fool to give up something he cannot keep for something he cannot lose."
- Jim Elliot

Monday

July 29th



Last Quarter

"Plant Based Nutrition for Health, Beauty & Prevention"

By Jodie Burke, Plant Based Nutrition Consultant

We are living in a world of fast food, processed food and chemical laden foods. These foods are causing a decline in our health which is leading us down the road to disease. I know that you've heard many times that parents today will outlive their children. This is a frightening statistic.

Ten Leading Causes of Death

- | | |
|--------------------------------|--------------------------|
| 1. Heart Disease* | 6. Alzheimer's disease* |
| 2. Cancer* | 7. Diabetes* |
| 3. Lower Respiratory diseases* | 8. Influenza & pneumonia |
| 4. Stroke* | 9. Nephritis syndromes* |
| 5. Accidents | 10. Suicides |

*Strong nutrition linkage, known as chronic, degenerative illnesses

If you could improve your health and prevent disease, would you do it? If you could reverse a current health issue that you have now, would you do it?

If you look above, 7 of the top 10 leading causes of death have a strong link to nutrition. You can prevent and reverse disease with nutrition. When I say nutrition I am talking about FOOD! A Whole Food Plant Based lifestyle!

Many people wait to get cancer before they decide to change their lifestyle. Why wait for disease to happen? You can take control of your health and reduce or avoid trips to the doctor. In the process you will have the added benefits of higher energy levels, younger looking skin, weight loss and disease prevention. Animal proteins are not all they're cracked up to be. Research shows diets which are comprised of animal proteins have a higher risk of developing the diseases listed above. The reduction and even elimination of animal products is shown to reduce the above listed diseases.

What is a Whole Food Plant Based Lifestyle?

It is exactly as it sounds, lots of plant foods, no processed foods (including oils), whole grains, legumes, nuts and seeds.

Why omit oils, aren't they healthy?

Oils are processed foods full of fats, especially saturated fats. Why cover your food in olive oil when you can eat the olive? If you need Omega 3's then why not get them from the whole food form: chia seeds, flax seeds, hemp seeds, etc. Whole foods are absorbed by the body much better and faster than a processed version of the food.

Stretch receptors are located throughout the stomach. When they are triggered by food, they send signals to your brain to tell you to stop eating. With high fiber, whole plant foods, you can eat the most quantity for the least amount of calories.

Is a Plant Based Lifestyle hard to adapt to?

It is not hard at all but it can depend on your current food addictions. If your body is addicted to high amounts of sugar, oil and salt you will need to find substitutions to help you overcome these addictions. A plant based lifestyle is much more flavorful than a processed food diet.

As a Plant Based Nutrition Consultant I can help you and your family with meal planning, recipes, clean out your pantry and refrigerator, teach you how to shop, help overcome food addictions and dealing with food allergies.

If you would like to contact Jodie for a consultation regarding a plant based diet, she can be reached at 504-220-5639 or e-mail: plantbasedchick@gmail.com.

Next week, please join us at Share the Health, July 30, 12-12:45 for Chakra Balancing and Cleansing, presented by Paige Schneider. All proceeds benefit The Covington Hope House. This will be the last lecture in this series. Suggested donation: \$10
985-778-3448 www.opcovington.com

Opalescence Day Spa: A Fond Farewell

Opalescence Day Spa will be closing at the end of September. Sandra Thornhill, NP-C, would like to thank her loyal clients, and she will continue to post her articles on the Facebook page, "Opal Escense Skin by Sandy Thornhill". Sandra says she will focus on her position and profession as a Nurse Practitioner in Dermatology at the Benson Dermatology Clinic in Covington.

Opalescence Day Spa offers facials, microdermabrasion treatments and massages. They ask that if you have outstanding gift cards please call to book your service now. They are also offering discounted prices on merchandise such as clothing, purses, flip flops and jewelry. An evening wine and shopping event is being planned to say farewells. Opalescence Day Spa is located at 123 Terra Bella Blvd., in the Terra Bella Subdivision off of Hwy 1085.

(985) 612-7245

www.opalskin.com



Coffee With Mayor Cooper

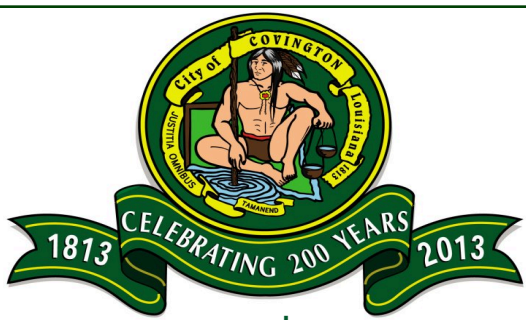
Covington Mayor Mike Cooper cordially invites the citizens of Covington to attend Coffee with Mayor Cooper. This event is not a press conference, but merely a conversation between administration and citizens. Attendees may wish to bring chairs as seating is limited. Coffee and pastries will be provided.

Coffee with Mayor Cooper at the Covington Trailhead Museum

PUBLIC INVITED

An opportunity for conversation, questions, answers

WEDNESDAY, JULY 31, 9 AM - 10 AM



Covington Weekly

Covington, LA July 24 - 30, 2013

Covington Farmer's Market - Every Wednesday, 10 am - 2 pm @ the Covington Trailhead Stop by for lunch! Rain or shine, live "front porch jam", fresh local produce and delicious prepared foods. - 419 N. New Hampshire St.

Columbia Street Block Party - Last Friday of the Month, 6:30 pm - 9:30 pm @ Columbia Street Classic cars lining Columbia Street, family dining, shopping, live music, libations and more. Free and open to the public! - **Downtown Covington**

Covington Farmer's Market - Saturday July 27, 8 am - 12 pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Madeline Hill at 9:30. Chef Liz Beter of Coffee Rani will prepare samples from their menu. Always a good time! - **600 block of Columbia St.**

Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse Free tours of the brewhouse - covingtonbrewhouse.com for info.

Share the Health Educational Series - Tuesday July 30, 12 pm - 12:45 pm @ Our Place Studio This weeks' talk is by Paige Schneider with "Chakra Balancing and Cleansing". This talk will benefit the Covington Hope House. This lecture will be last lecture of this series. \$10 suggested donation. - **338 N. Vermont St.**

Music with the Maestro - Tuesdays, 6 pm @ The Lake 94.7 Local music program featuring Robert Sturcken of Center Of Performing Arts - **94.7 FM on the radio dial**

Covington Yoga in Bogue Falaya Park - every Tuesday and Thursday, 8 am - 9 am @ Bogue Falaya Park Experience the outdoors and feel good in mind, body and spirit. Bring water and a mat, if you have one. All levels welcome, donation based. Contact Paige Schneider for more info, (719) 963-5366. - **213 Park Drive**

Playmakers Theater Presents "Jekyll & Hyde" - Running July 12 - 28, @ the Playhouse "Jekyll & Hyde" will run July 12th - 28th on Thursdays, Fridays and Saturdays at 8 pm, with a special opening Friday the 12th. Sunday matinees will be at 2 pm. Reservations can be made by phone at 985-893-1671 or by ordering online at www.playmakersinc.com. - **19106 Playmakers Rd**

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English Tea Room 734 E. Rutland St. - Tues. - Acoustic High Tea Featuring Live Music by singer/songwriter Timothy A. G. 11 am - 1 pm

Green Room 521 E. Boston St. - Wed. - Open Mic Night @9 pm Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - Street Parade @6 pm + Stone Rabbits + Old Gray Mule @10 pm Sat. - Dance Party w/ DJ Calypso @10 pm Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music + Happy Hour 2-9 pm Tues. - Service Industry Night

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Contact Us: 504-669-2961

Winos and Tacos 321 N. Columbia St. - Wed. Free Wine Tasting featuring Pianist Craig Adams 6 pm Fri. - Gravy Flavored Kisses 9 pm Sat. - James Martin Band 9 pm No Cover All Shows!

Free Tastings WINE WEDNESDAY
Winos & Tacos
Craig Adams

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Gravy Flavored Kisses
James Martin Band

For the full music calendar, visit: www.covingtonweekly.com

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