

Chatham Mills Farmers' Market seeks new vendors for 2016

by Cheryl McNeill

It is winter market season at Chatham Mills Farmers' Market! Our winter market continues through the end of January and you will find our farmers there every Saturday, from 10 a.m. to 1 p.m., with all of the great local vegetables, meats and farm-fresh foods that the winter season has to offer.

While still enjoying the fruitful late fall and winter growing season here in the Piedmont, we are also looking towards our next market season, beginning the first week of April. We are now accepting new vendor applications for the 2016 market season.

We are currently interested in hearing from local growers and producers of virtually every kind of food and farm-craft, including vegetables and fruit, meat and poultry, eggs, dairy and cheese, cut flowers and horticultural plants, breads and other baked goods, honey, preserved foods, prepared foods, herbal/medicinal preparations, wellness services, bath and body products and other value added items. Makers of hand-made crafts are also invited to apply, with special consideration given to farm and food-related products, like wool and fiber-craft, pottery, and metal-work.

If you are the grower or producer of your own products and are located within 100 miles of Pittsboro, NC, then consider joining our beautiful Saturday market at Chatham Mills! New vendor applications are due by March 1, 2016.



"Superfood" kale is just one of the fresh finds at the Chatham Mills Farmer's Market.

You will find the application and additional information on the "vendors" page of our website at www.chathamfarmersmarket.com. Applications are currently being accepted and will be reviewed in the order they are received.

Now, here are a couple of tasty recipes to help us all keep eating healthy and local through the winter months!

The Chatham Mills Farmers' Market is on Saturday mornings on the lawn of the historic Chatham Mills Building in Pittsboro, North Carolina. Winter market hours (November through January) are 10-1. Find us at chatham-millsfarmersmarket.com.

Cheryl McNeill is the manager of the Chatham Mills Farmers' Market. You can contact her at cmfmmanager@gmail.com

Fresh Greens and Pasta

- 1-2 bunches fresh kale or your favorite greens, chopped
- 1 medium onion, chopped
- 2-3 garlic cloves, diced or pressed
- 1/2 cup slivered almonds
- 1/2 cup olive oil
- 1 cup shredded parmesan cheese
- 16 oz linguine or your favorite pasta
- 1/4 cup salt
- Cooking spray

Coat the slivered almonds in a little bit of cooking spray and toast or sauté over low heat until they are lightly browned. Set aside. Heat 1/2 cup olive oil over medium heat in a large frying pan and cook the onion until it is translucent – a few minutes. Add the garlic and cook a couple of minutes more. Toss in the kale and sauté to desired tenderness – 5-10 minutes. Meanwhile, boil water for the pasta, adding the 1/4 cup salt to the water. Drain the pasta and return it to the pot. Toss in the kale mixture. Add the parmesan cheese and toss until cheese is melted. Finally, sprinkle the almonds and lightly toss.

Butternut Squash Soup

- 2 tablespoons olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash
- 1/2 teaspoon chopped fresh thyme
- 4 cups chicken broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

Heat the oil in a large soup pot. Add carrot, celery and onion. Cook until the vegetables have begun to soften and onion turns translucent – a few minutes. Stir in the butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until the squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in an upright blender. Serves 6.

For a Thai-style twist: Stir a tablespoon of red curry paste and 2 teaspoons chopped fresh ginger into carrot, celery and onion mixture. Add 1/2 cup coconut milk with broth. Purée soup and garnish each serving with toasted coconut flakes and chopped fresh cilantro.

Infinite Sky: (Part 4 of 10)

by Gregory Louie

Dear Gentle Reader, I invite you once again to journey with me on a ten month exploration of the experience of meditation. I've accepted a self-imposed challenge of writing a series of reflections about my experience with meditation practice. This fourth entry is a reflection on the long journey of learning.

For those of us, who have lived a substantial amount of time, it seems that, in the wink of an eye, our time has flown by. In my case, as I approach 60, every year seems shorter. In one sense it is. Each year represents a smaller and smaller fraction of my life. When I was 10, a year was 10 percent of my life. Now one year is approximately 1/60th of my life.

One of my goals in meditation is to deeply enjoy each precious moment I have left. The problem is that during the day, my attention is being constantly pulled in multiple directions by multiple people that distracts me from the silence within where I experience deep enjoyment.

So what can I do? I start each day with a meditation to center my mind, a chant to integrate the breath and a yoga practice to warm up my body. It takes me no longer than 15 minutes.

As a lifelong student of neuroscience, I know that each time I practice, I am activating and thereby entraining a neurological pathway in the brain. The pathway to deep relaxation serves me during the day. In fact, my brain is now so well trained that I simply take a long, slow breath and I enter into stillness to appreciate a feeling of gratitude spreading through my body like a current of warmth and well-being.

Regardless of your previous training, studies indicate that taking a deep breath and the practice of gratitude works for just about everyone. Try it! I imagine that like me, you'll find your days filled with opportunities to relax, even if for a brief moment. It you allow yourself time to do so, you too can enter and appreciate a state of deep calm.

May your life be filled with grace in all those unexpected and surprising moments of deep peace. Blessings!

Gregory Louie lives in Northern Chatham adjacent to Jordan Lake. He is an experienced meditator and taiji practitioner. He can be reached at gregory.louie@gmail.com.

The lonely potluck dish

by Jeff Davidson

It happens all the time, not just during holiday season. You attend a potluck dinner, and lo and behold one dish remains untouched. You look at it, and the dish doesn't seem so bad. Why, then, has nobody stuck a fork in it, or a spoon, or whatever is used to serve up the contents?

This happened to me. I brought a dish that I thought was splendidly prepared, and laid it down on the serving table with all the other dishes. As the guests arrived and lined up for the yummy delights, it easily dawned on me: no one was choosing my dish. Was it because of the appearance? Did I leave out something? Was it simply not a favorite among this particular group? Who can contemplate such issues.

A Conscious Effort: Flash forward a few months. I am at another potluck dinner. This time I have brought beverages, realizing that that would be the safest contribution from me. I notice that among the many dishes available one of them has not been touched at all. As more guests fill up their plates, my suspicion is confirmed: people are avoiding this dish. So, I choose to partake of this dish. With me as the first, perhaps others will follow. I don't take too much, I'm not that altruistic. I find a seat and sample the lonely offering. It is decent.

After a while, I cruise by the serving table to see if anyone else has partaken of this particular dish. No one has. I decide to take a little bit more and will leave it at that. Curiously, as the night unfolds, I notice that no one else partakes of this dish.

A Grand Plan: Several weeks pass and I find myself at another potluck dinner. This time, I pro-actively initiate taking the first serving of any dish that has not heretofore been selected. No matter who cooked up what, I know that others are going to leave with their feelings hurt if their dish remains intact the whole night through.

I can't eat everything on every untouched dish, but I can put a dent in each of them. This is my way of bestowing kindness among my fellow potluck attendees. As before, I circle back to the table to see if any other guests have followed my lead. It appears that for most dishes, others have partaken of them. Still, one lonely dish remains where no one else has tread. Well, at least I did my part.

*Jeff Davidson is the author of *Simpler Living*, *Breathing Space*, and *Dial it Down, Live it Up*. His books have been published in 19 languages including Arabic, Chinese, Japanese, Malay, Turkish, and Russian. Visit www.BreathingSpace.com*

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