

FREE Covington Weekly

Sept. 26 - Oct. 2, 2012

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It's Fall In Downtown Covington

Autumn has arrived, and that means plenty of outdoor events in downtown Covington. Kermit Ruffins got the bicentennial celebration underway at a record-breaking trailhead crowd, and there is a full line-up of fall happenings. Rockin' the Rails returns to the trailhead on the first Thursday of October, continuing every Thursday in October. This weekend, The Covington Brewhouse and Beck-N-Call Cafe present Octoberfest on Friday and Saturday at the Covington Trailhead.

On Friday, September 28th, the Brewhouse will conduct brewery tours starting at 6, 7 and 8 pm. Live music will be provided by Mo' Jelly Blues Band, and food and drinks will be available for purchase from 5 pm till 9 pm.

Saturday, September 29th features brewery tours starting at 3, 5, 6, 7, & 8 pm. The Julie Council German Band plays from 2 - 4 pm. Main Grain Brewing Supply will have a brewing demonstration, then the music continues from 5 pm till 9 pm with Blues4Sale. Food and drinks will be available for purchase from 5 pm - 9 pm featuring German-style and American plates and sandwiches by Beck-N-Call Cafe. Admission is free and open to the public.

Habitat For Humanity St. Tammany West Women Build 2012 Kickoff

All volunteers, supporters and friends are invited to the Groves at Mile Branch to attend and celebrate the kickoff of Habitat for Humanity St. Tammany West's Women Build 2012. The event takes place Friday, September 28th at 8:30 a.m. The address is 424 Purslane Drive, and you may contact Jennifer Messina at (985) 893-3172 ext 232 for more information.



habitatstw.org/womenbuild

October is Women Build month at HFHSTW. Join us as a volunteer or sponsor!

Louisiana's Bald Cypress



The cypress is often considered one of the most recognizable symbols of the southern swamp, and in 1963, it was given the distinction of Louisiana State Tree. The tree is called the 'bald' cypress because it is a deciduous evergreen, losing its leaves in the winter months. "Cypress" is derived from the French "cipres", which in turn comes from the Latin "cyparissus". In Greek mythology, Cyparissus was a young man/boy whose favorite companion was a tamed stag. He accidentally killed the beast with his hunting javelin as it lay sleeping, and his grief was such that he transformed into a cypress tree.

Sinker Cypress

"Sinker" is Cypress that has been recovered from under the mud and water of local bayous and waterways. The wood is very unique because of the tightness of the grain and variation in shades of color. Sinker cypress is now considered a good "green" alternative, and recovered wood is generally between 50 and 150 years old, or older.



Cypress furniture by Greg Arceneaux Cabinetmakers, Inc.

Farmer's Market Recipes

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

BBQ Style Cilantro Pesto Shrimp w/Baked Squash

Collect:

- 1 lb of shrimp
- 1 jar of cilantro pesto (Sorelli's at the Market)
- 1 container of butter (Mauthe's Dairy)
- 5 Jalapenos (your vendor of choice)
- 3-4 lbs of squash (choose from variety of vendors)
- sundried tomato feta torte (Jennie Simmons)

Preheat the oven to 350 degrees. You will need two baking dishes, one deeper for the shrimp, and one shallow for the squash. Clean seeds and skin from the squash and slice it thin in half moon shapes. In the shallow dish, place the squash, a tbls of oil, crumbled feta torte, salt and pepper. Mix the ingredients until the squash is covered evenly. Push the squash tight in the pan. Release any air that you can and then bake. Take the deeper baking dish and put the washed shrimp in along with the cilantro pesto, 8 ounces of butter, sliced Jalapenos, salt and pepper. Cover the dish and bake for about 15 minutes. Uncover and stir the shrimp around. After another 15 minutes, the shells will start to pop off and both the squash and shrimp will be ready to serve.



Discover the benefits of eating Local

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!



"love" by sarah dunn arts, 2011

Quote of the Week

"A man who procrastinates in his choosing will inevitably have his choice made for him by circumstance."
- Hunter S. Thompson

Saturday
September 29

Full Moon

Saturday Market Food Demo By Thai Kitchen



LUNCH / DINNER / TO GO
1005 COLLINS BLVD.
PHONE: (985) 809-7886

Covington Mellow Mushroom's Wine and Dine

Grapes on pizza? No, it's Mellow Mushroom's Wine and Dine on Thursday, September 27 at 7:00 p.m. For only \$30, you will enjoy 5 courses with their respective wine pairings. Ever wonder what Pinot pairs with the Philosopher Pie? Attend MM's Wine and Dine and it will be a mystery no longer.



"Thank You" To Our Troops

PETS FOR PATRIOTS™
petsforpatriots.org BRING LOYALTY HOME

Pets for Patriots helps to connect rescue animals with our veteran heroes of foreign and domestic political manipulation. Animals exhibit unconditional love, and their companionship may be helpful for veterans transitioning back to normal society after a tour of duty. To find out more, contact the St. Tammany Humane Society, who is a proud affiliate of this program.

sthumane.org

The Benefits Of Common Cooking Herbs



Culinary herbs are regarded as an irreplaceable cooking aid, giving dishes depth and complexity. Many of these herbs we have come to love offer medicinal benefits as well as being delectable. Rosemary, a favorite for flavoring meat dishes such as roasts and stews, is believed to have profound effect on the mind, improving concentration and increasing memory. The herb has significant antioxidant properties which make it ideal for preserving meats, one of its earlier uses. Rosemary also aids in digestion and is a diaphoretic - it promotes sweating and has been used to break fevers. Parsley, another local favorite, is referred to as "nature's breath-freshener", it can be chewed fresh or added to flavorful dishes to fight bad breath. The Romans and Greeks used this herb to prevent gas and nausea, and a tea was made to treat complications of the liver. Some herbalist believe that fresh parsley is a histamine blocker in action, relieving minor itching and other symptoms related to allergies. Thyme is an essential flavoring for soups and stews, and has been used for centuries as an antispasmodic. Teas are made to calm whooping cough, break up phlegm, and reduce post nasal drip. Teas are also drunk cold to relieve headaches. Oregano can actually refer to nearly 40 different herbs - most all work as a digestive aid to treat upset stomach, vomiting and diarrhea. The herb is usually served with large, heavy meals. An oregano tea can be used when fighting colds - it too will break up phlegm and relieves bronchitis.



Music · Tours · Food · Beer



Covington BREWHOUSE
Octoberfest
at the Covington Trailhead

Friday 5:00-9:00
Saturday 2:00-9:00

September 28-29

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FREE Covington Weekly

September 26 - October 2, 2012

Local Events

Covington Farmer's Market - Wednesday September 26, 10am - 2pm @ the Covington Trailhead Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

Wine and Dine - Thursday September 27, 7 pm until @ Mellow Mushroom on Hwy. 190 Enjoy a 5 course meal from Mellow Mushroom's seasonal menu, custom paired with wine from salad to dessert. \$30 per person.

Habitat For Humanity Women Build 2012 Kickoff - Friday September 28, 8:30 am until @ The Groves at Mile Branch Volunteers, supporters and friends are all invited to celebrate the kickoff of HFH St. Tammany West's Women Build 2012. For more info, visit habitatstw.org/womenbuild or contact Jennifer Messina at (985) 893-3172 ext 232 - 424 Purslane Drive

October Festival - Friday September 28, 5 pm - 9 pm, Saturday September 29, 2 pm - 9 pm @ the Covington Trailhead Live music by Mo' Jelly Blues Band and Julie Council German Band, brewery tours, food by Beck-N-Call Cafe, and of course Covington Brewhouse Beer! Two days of excitement at the trailhead! - 419 N. New Hampshire St.

Covington Farmer's Market - Saturday September 29, 8am - 12pm @ the 600 block of Columbia St. Fresh local produce, raw and prepared foods, plants and vegetables, live music by The Petty Bones, food demo by Thai Kitchen. - 600 block of Columbia St.

Spreading the Message of Enlightened Love

Prior to the formality of worship, there was a dialogue focused directly on the universal nature of unlimited love and, without doubt, the mindset needed for one's own spiritual transformation. There were no divisive labels; the word "Christianity" was not even used. You are invited to join Rob Maurice as he introduces a pilot program (soon to be on the internet) that provides a model for small spiritual gathering based on the original format inspired by the Aramaic-speaking Jesus.

Thursday, September 27, 10 am to 11:30 am

Unity / Covington, 434 N. Columbia St.

Mellow Mushroom Game Bus

Get on the bus! Make Mellow Mushroom your designated driver for this season's home games! The fun starts from 8:30 to 9:30 am, where all game bus riders are treated to free food and drinks! The bus is loaded up at 10 am to head across the lake and watch the boys Rock the Dome! Cost: \$35 per person. Reserve your seat today!

Covington Live Music Listings for Sept. 26 - Oct. 2

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 / Brent & Steve Acoustic @ Columbia St. Tap Room 8pm **Friday:** Snapper & the Fishsticks @ Columbia Street Tap Room 7pm on the patio / Supercharger @ Columbia Street Tap Room 10pm / Pandemic + Nothing More @ the Green Room 10pm **Saturday:** The Petty Bones @ Covington Farmer's Market 9:30am / Pot Luck String Band @ Marsolan's Old Feed Store Music Series / Sheridan Road @ the Green Room 10pm **Sunday:** Open Mic Poetry @ St. John's Coffeehouse 2pm / Karaoke w/ DJ Bobby Blaze @ the Green Room

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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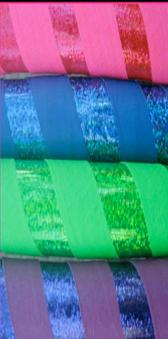
Monday-Friday 10am-6pm - Saturday 10am-5pm

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Mailing List
PlantStrongNorthshore@yahoo.com



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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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