



## This Saturday, Double Your Market!

Covington Farmer's Market At The 600 Block Of Columbia Street

It's hot, but that's o.k. because it's summertime in Louisiana and everybody sweats. Bring your water bottle and get out to the Art Market and the Farmer's Market, both this Saturday morning. The Farmer's Market kicks off at 8 am with the best local produce, featuring live music at 9:30 am. The Art Market starts at 9 and features regional and local artists, plus live music!

Covington Art Market At The Trailhead (419 N. New Hampshire)

## DOUBLE YOUR MARKET THIS SATURDAY



Every Saturday • 8:00 am - noon  
600 Block of N. Columbia Street  
Every Wednesday • 10:00 am - 2:00 pm  
Covington Trailhead - 419 N. New Hampshire Street  
RAIN OR SHINE

1st Saturday of Every Other Month  
9:00 am - 1:00 pm • Covington Trailhead  
419 N. New Hampshire Street  
AUGUST 3 • OCTOBER 5 • DECEMBER 7 - 2013  
FEBRUARY 1 • APRIL 5 • JUNE 7 - 2014

## Winos & Tacos Introduces New Lunch Hours

Winos and Tacos is on open for lunch on Fridays and Saturdays from 11 am - 2 pm, and the bar will remain open for full service after that time. 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!

## Bicentennial Posters are Going Quickly



The first 500 signed and numbered Covington Bicentennial commemorative posters by local artist Suzanne King are quickly disappearing. There are only 140 posters left! On a date to be determined in September, there will be a closing ceremony at The Trailhead to celebrate the sealing of the Bicentennial Time Capsule, and the remaining signed posters (\$30) as well as an unsigned version (\$10) will be available for sale. In the meantime, Suzanne can take phone orders at 985-502-5660 or by email at high5studioart@gmail.com. Included with the poster is an informational flier noting several local framers as well as an explanation of the scenes depicted in the poster. Think of out-of-town family or friends who have moved away....a poster highlighting Covington's 200th birthday makes a great Christmas gift!

## August Is National Water Quality Month

Quality Of Water = Quality Of Life

The phrase "water quality" refers to a set of standards used to assess the chemical, physical and biological characteristics of water in relation to the environment and any human need or purpose. Water purification technology is used in municipal water systems to remove contaminants from the source water before it is distributed. Water quality and the types of contaminants present depend largely on the local geology and ecosystem, as well as issues like sewerage dispersion, industrial pollution and over-drafting.

On a Federal level, the Environmental Protection Agency (EPA) sets limits on the amount of contaminants allowable in tap water provided by US public water systems. There are two types of standards: primary standards regulate substances that have a potential affect on health, and secondary standards involve aesthetic qualities (taste, odor and appearance). The Food and Drug Administration (FDA) establishes limits for contaminants in bottled water. Why not go beyond what the government says is "safe" and invest in a modest or even expensive water filtration system? Buy yourself an inexpensive stainless steel water bottle (the plastic ones may contain BPA's or melamine), fill it with filtered water (you can even pH balance it) and carry it wherever you go.

There is some desire among the public to return water bodies to pristine, pre-industrial conditions, mainly for the fact that water is the common chemical substance essential to the survival of all known forms of life on this planet. New methods and habits will undoubtedly be necessary to accomplish this goal.

The City of Covington publishes the Annual Water Quality Report as a document titled "The Water We Drink". The current report includes an assessment of the entire year 2012. For more information or to download a copy of the report, visit the City of Covington website at www.covla.com.

## Bike & Brew Tour - Brooks' Bike Shop

Tour Some of St. Tammany's Favorite Pubs, On Bike!

Brooks' Bike Shop is active in promoting and planning activities involving biking, and August is no different. This month, Pat is bringing back an all time favorite - the Bike & Brew Tour, with additional stops added. If you participated in the past, it will be a little different, and if you haven't participated before, you'll experience the new line up. Either way, you're in for a treat. Stops include the Covington Brewhouse, Abita Brewery & Brew Pub, the recently opened Old Rail Brewery, the Tap Room and possibly more. Each participant is encouraged to bring one of their favorite beers to share with the group!

All riders should be at least 21 and able to ride a leisurely 24 miles. The longest stretch without a break will be 5 miles. It will be hot so bring plenty of water!

Meeting at Brooks' Bike Shop, 416 E. Gibson St. on the Trace, the tour starts at 10:30 am. Call 985-237-3658 for more information!



## Farmer's Market Recipes

Fresh recipes to make with ingredients found at

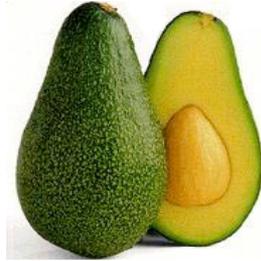
the Covington Farmer's Market  
Raw Food Recipes

Inspired by Nourished by Nanette at the Farmers Market

### Raw-vacado Wraps

#### Ingredients:

- 2 perfectly ripe avocados
- 3 tomatoes, diced
- spicy pepper, diced, to taste
- 1/4 yellow onion, diced
- 3 cloves fresh garlic, minced
- fresh cilantro, chopped, to taste
- kernels from one ear raw corn
- 2 tsp fresh lime juice
- 6-8 large lettuce leaves



#### Directions:

In a medium sized bowl, mash the avocado. Add remaining ingredients and stir until well mixed. Spread onto lettuce leaves and wrap. Enjoy!

### How to Make Your Own Raw Almond Milk

#### Ingredients:

- 1 cup of raw almonds
- water
- honey as sweetener to taste (optional)



#### Directions:

Place the almonds in a bowl and cover with about an inch of water. Let sit uncovered in a cool, dark place where it won't be disturbed for up to two days. The longer is soaks the creamier it is. Drain and rinse the almonds in cool water. Place the almonds in a blender with 2 cups of water and blend at the highest speed for about 2 minutes. Pulse the blender to break up any chunks. Strain this mixture with a cheese cloth or nut bag, pressing all of the liquid out of the almond meal. You should get about two cups. The leftover almond meal can be used to make all kinds of treats! Sweeten to taste. Raw homemade almond milk can only last about two days refrigerated, but tastes best freshly made and chilled.

## Cool Serving Ideas for Living Beverages

From Kombucha Girl Living Beverage

1. Add to fresh juices and smoothies
2. Combine with fresh fruit and freeze into popsicles or ice cubes. Get creative with your favorite living beverages/fruit combinations and create a cool, probiotic treat.
3. Add to homemade salad dressings - Kombucha that has become more vinegary tasting adds a nice light flavor to homemade salad dressings.
4. Use instead of water to make jello - The trick to this is to make sure you do not heat your living beverage above 100 degrees, otherwise you will have a non-living beverage.
5. Use as a mixer for cocktails

## Gulf Coast Bank's Annual Auctions In August



In the past 5 years, Gulf Coast Bank has raised over \$400,000 for more than 350 local, state-wide and national charities and schools. Gulf Coast Bank has always been active in their community, so they devote an entire month to extend these charitable efforts by involving the community through "Auctions In August". This is a silent auction that runs the entire month of August. Items are available for bidding at each of their 16 branches, as well as online. The auction is open to everyone, bank employees, customers and the general public. Gulf Coast Bank received donations from local businesses and individuals alike, donors were able to choose which charity they would like the proceeds from the sale of their items to benefit. Please check out the website for more information on the auction, and to see the items available.

www.AuctionsInAugust.com

## Exploring The British Empire At The English Tea Room

Next Port: India (August 22nd @ 7 pm)



The expedition continues in August with a port of call in India. Join the English Tea Room as you experience the authentic cuisine and teas of the country along with a look at their history and a taste of their culture. Get your passport ready and reserve your spot today!

## 3rd Annual Exchange Club Tailgate Party

The Exchange Club of West St. Tammany will host their third annual "Ultimate Tailgate Party" on Saturday, August 17, 2013 at the Tchefunote Country Club in Covington. The event will once again feature an LSU-Saints theme and provide some of the finest BBQ in the area. The BBQ competition will include winners in beef, chicken, ribs and pork as well as Grand Champion. Music will be provided by "Four Unplugged", and the event will also include live and silent auctions.

Ticket prices are \$75.00 each, which includes drinks, beer, cocktails and all the BBQ you can handle. Sponsorships are also available for as little as \$350. The Exchange Club's mission is the prevention of child abuse. The Danielle Inn will be this year's primary beneficiary, the Hope House, and S.T.O.P.S. (St. Tammany Outreach for the Prevention of Suicide) will also benefit. Auction items are shown here: biddingforgood.com/UTP. Find more information and order tickets online at www.sttammanyexchange.org.



## CYSA Open Registration For Fall Season



The Covington Youth Soccer Association announces that registration is now open for the 2013 Fall Season for Boys and Girls ages 5 - 14. Register online at www.covingtonsoccer.com.

Sign Up For Our Free E-Newsletter:

www.covingtonweekly.com

## Quote of the Week

"A great man is always willing to be little."

- Ralph Waldo Emerson

Tuesday

August 6th



New Moon

## "The World Of Living Foods And Beverages"

By Susan Tarasova and Nanette Schoenewe

A living beverage is one that has been produced in such a way that the healthy enzymatic activity and microbial life of the particular beverage is retained and even enhanced. Living beverages include cultured and fermented beverages such as yoghurt, kefir, kvass, jun, and Kombucha. Raw or "live" foods are foods that are either a) raw or b) have been minimally "cooked" at such a low temperature as to insure that their essential nutrients and enzymes are not compromised.

Fermentation, which is part of the living beverage process, is the oldest method of food preservation, and when executed properly can yield products with an actual increase in nutrients, bioavailability of vitamins and minerals, and probiotic life. These probiotic microbes help aid in proper digestion, protect our systems from pathogens, help detoxify harmful compounds, produce vitamins and nutrients, and are essential in maintaining a healthy immune system. When pathogens (harmful micro organisms) outnumber probiotics (life-supporting micro organisms) we become more prone to disease. The main causes of microbial imbalances include stress, antibiotics, and as recent research is proving, pesticides found in our (non-organic) food and environment. Needless to say, we can all benefit from some form of probiotic supplementation.

Raw foods (all vegan - i.e., plants, nuts, and seeds only) can be combined in countless combinations of flavors, even made into sauces and dough, dehydrated or simply mixed and enjoyed, and are more easily digested by the body, retain their nutrients, vitamins and full fiber content. Nanette Schoenewe of Nourished by Nanette, a raw food catering service, recommends a reasonable goal of 70% raw in our diet. Remember everyone...salads are raw! Just watch what you put on them for extra flavor - think herbs, lemon juice, even vinegars and avoid highly processed food products.

Kombucha Girl Living Beverages produces three main probiotic-rich brews: kombucha, water kefir, and kvass.

Kombucha helps restore overall system balance and is an effective digestive aid. The beneficial components of kombucha include probiotics, B-vitamins, organic acids, enzymes, and antioxidants.

Water Kefir - High-mineral water kefir can serve as an excellent broad-spectrum probiotic supplement. It contains approximately 30 different strains of probiotics. In addition to probiotics, the beneficial components also include B-vitamins (especially B-12 and folic acid), enzymes, and minerals.

Kvass is traditionally made from rye bread, but there are variations using fruits and vegetables. Kvass is probiotic-rich and the nutrients found in whatever fruit or vegetable is being fermented become more bioavailable as a result of the fermentation process.

Susan Tarasova, owner and kombucha girl of Kombucha Girl Living Beverages, sells her products every Saturday at the Covington Farmers Market. In addition to these probiotic beverages, KGLB also offers hand-crafted shrub and bitters. Check out the weekly Kombucha Girl Living Beverage newsletter on their Facebook page every Wednesday for the complete Living Beverage Menu and other information regarding their products. Nanette Schoenewe of Nourished by Nanette also sells her delicious raw food wraps, dips, "pastas" (made with veggies!) salads and other raw treats at the Wednesday and Saturday markets.



## August Birthstone: Peridot

Peridot is a type of Olivine, a common mineral in mafic and ultramafic rocks. While Olivine is a generally abundant mineral, gem quality peridot is rather rare, and therefore is considered precious. Peridot crystals have been found in Pallasite meteorites. Peridot occurs in only one color, olive green.



Cut, gem-quality Peridot.

## The Benefits Of Breastfeeding

August is National Breastfeeding Month

During the first few weeks of life, a baby's immune system is almost entirely dependent on the mother's breast milk for immune protection from its environment. A study published earlier this year by the American Journal of Clinical Nutrition stated that a healthy mother can have as many as 700 different beneficial bacteria species in her breast milk. This bacteria is one of the first ways that infants are introduced to microorganisms that build the foundation of a healthy digestive tract. Our digestive tract, or gut, is the center of 60-70% of our immune systems, and play a very important role in our overall health. The World Health Organization recommends at least six months of exclusive breastfeeding (as in no other foods or drinks but breast milk) to promote health. Exclusive breastfeeding is also crucial for food allergy prevention, and the nutritional committees from the American Academy of Pediatrics, European Society for Pediatric Allergology and Clinical Immunology, and the European Society for Pediatric Gastroenterology, Hepatology and Nutrition all recommend it for that reason. Many recommend mothers feed their children breast milk for 18 - 24 months as hypocaloric food are introduced one at a time, starting at six months.

A Spanish study mapped out breast milk bacteria using DNA sequencing. These researchers noted that the first secretion of the mammary glands after giving birth, called colostrum, contains more than 700 species of beneficial microorganisms. Other research shows that breastfed infants have a more acidic environment in their gut during their first six weeks of life than formula fed infants. Within four days their guts can contain over 300% more bifidobacterium. This also means it will be naturally low in potentially harmful bacteria such as E. coli, Bacteroides, Clostridia, and Streptococci. The study shows that the amount of beneficial bacteria present depends on the mothers health during and after pregnancy, and also the mode of delivery. Mothers with poor diets and habits had fewer helpful bacteria, as well as mothers who had a planned cesarean. Interestingly, mothers who had an unplanned cesarean had very similar milk composition as those who gave natural birth. This is leading researchers to believe that hormones released during labor influence the bacterial composition of a mother's breast milk. Immunity is also passed from mother to infant by breast milk. Mothers have antibodies built against various agents in the immediate environment that is provided in breast milk. A baby's saliva actually communicates with the mother, changing the composition of the mother's milk to suite the baby's unique needs!



It is important to not overlook the immense bond between mother and child, one that can be strengthened by the act of breast feeding. The first tender years of childhood are inarguably the most important in establishing a healthy foundation for your child, both mentally and physically.



# Covington Weekly

Covington, LA July 31 - August 6, 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.

**Covington Farmer's Market - Saturday August 3, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Black Bottom Bog Stompers at 9:30, Market vendor Lena Brannon of Seven Grains will demonstrate ways to incorporate her products in delicious recipes. Always a good time! - 600 block of Columbia St.

**Covington Art Market - Saturday August 3, 9 am - 1 pm @ 419 N. New Hampshire** The Covington Art Market is held the first Saturday of every other month, sponsored by the St. Tammany Art Association and the City of Covington. Enjoy art and crafts from local and regional artists, plus live music. - **Covington Trailhead**

**Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse** Free tours of the brewhouse - [covingtonbrewhouse.com](http://covingtonbrewhouse.com) for info.

**Bike & Brew Tour - Saturday, 10:30 am - Until @ Brooks' Bike Shop** A bicycle pub tour including stops at the Covington Brewhouse, the Abita Brewery & Brew Pub, the Old Rail Brewery and the Tap Room. All riders should be at least 21 and able to ride a leisurely 24 miles. - 416 E. Gibson 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

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**Green Room** 521 E. Boston St. - Wed. - Open Mic Night @9 pm Thurs. - TBT w/ DJ Dizzi 9 pm Fri. - DJ DeviAnt @10 pm Sat. - Mumble Bee 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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