

# FREE Covington Weekly

March 13 - 19, 2013

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**Covington Weekly**  
 is on

### St. Patty's Lucky Dog Costume Contest & Yappy Hour On The Patio @ The Tap Room

This month's Yappy Hour takes place tonight at the Columbia Street Tap Room and features a St. Patty's Day Lucky Dog Costume Contest. There will also be a 50/50 Raffle and Adoptable Dog Mutt Strut. 6:30 - 8:30 pm, to benefit St. Tammany Humane Society. Info at: [www.sthumane.org](http://www.sthumane.org)

Find dog costumes at Good Dog Naturally, 1027 Village Walk, just off of N. Lee Lane.

### 29th Annual Chef Soiree 2013, March 17th

This Year's Theme "Gold Glam" (Win A Pot Of Gold!)

The Annual Chef Soiree to benefit the Youth Service Bureau is a highly anticipated event among locals and visitors alike. Participants can expect fantastic dishes prepared by local chefs, specialty drinks, the best in live entertainment and beautiful hand-crafted art, all culminating in a dizzying fireworks display. This year, the Soiree falls on St. Patrick's Day, Sunday, March 17th. Various 'Irish themed' elements will be implemented in the festivities, including the Kilts of Many Colours leading the gate opening parade, and a pot of gold with a worth of \$10,000 offered as the grand raffle prize. Tickets are sold in advance and not available at the gate. Go to [www.chefsoiree.com](http://www.chefsoiree.com) to order tickets now online, or call the YSB at 985-893-2570.

### Northshore Garden Show At The St. Tammany Fairgrounds

Find new plants, old standbys, garden art and accessories at the Northshore Garden Show and Plant Sale. The show runs Friday, March 15 and Saturday, March 16, 9 a.m. to 4 p.m. both days, at the St. Tammany Parish Fairgrounds in Covington. The Annual Garden Show and Plant Sale attracts more than 2,000 people and is designed to showcase nurseries in the St. Tammany area. 35 plant vendors will display dozens of varieties of flowers, green plants, trees, and shrubs. New features this year include more benches, ATM machines and 'The Market Place', a new tent with vendors selling garden art such as wind chimes, bird-lovers accessories, sculptures, planters and woodwork as well as various gardening tools. A plant corral holds purchases while visitors continue to shop. More wagons will be available this year for shoppers to gather purchases, but there is a limited supply, so those attending are encouraged to bring their own wagon. In the children's area, young ones are invited to decorate a clay pot and plant a vegetable such as a tomato or bell pepper, which they will then get to take home. LSU AgCenter horticulturists and St. Tammany Master Gardeners will speak on both days each hour on gardening topics. Speakers include Julian Lane, presenting "Backyard Beekeeping", Arlene Kester, former President of the American Herb Society with "A Season for Herbs", licensed horticultural architect Eric McQuiston "Landscaping 101", LSU AgCenter specialist Dan Gill presenting "Some Like It Hot" and Pat Newman of The Folsom Nursery with "Azalea's A - Z", just to name a few! Bring a clipping from your sick plant for a diagnosis by the 'Plant Doctor', Nick Singh. Admission to this event is \$3, and includes free parking. There will also be concession stands with refreshments available. This event is presented by the LSU AgCenter and the Louisiana Master Gardener Association, and proceeds will benefit the Bobby Fletcher Sr. College Scholarship Foundation, helping to provide scholarships to horticulture or agriculture students. See the flyer on the back for more details. For more information visit: [www.LsuAgCenter.org](http://www.LsuAgCenter.org).

### Farmer's Market Recipes

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

#### St. Paddy's Vegetable Stew For Two

**Ingredients:**

- 1 Tbsp. vegetable oil
- 1/2 onion, chopped
- 2 cloves of garlic, minced
- 1 medium leek, diced
- 3 small red potatoes (1 inch cubes)
- 2 medium carrots, peeled and sliced
- 1 parsnip, peeled and sliced
- 1 tomato, diced
- 1 cup vegetable broth
- 2 tsp. each fresh thyme, parsley and sage, chopped
- 1 cup shredded cabbage
- 1 cup Irish lager beer
- 1 cup water (as needed)
- salt and pepper to taste

**Cooking Instructions:**

Heat the oil in a large pot over medium heat. Add garlic and onion and saute until clear. Add the leek and saute for a few more minutes. Add tomato, potatoes, carrots and parsnip, stir and let cook for a few minutes. Add the broth and bring to a boil. Reduce heat to medium low, cover and simmer for a half an hour. Stir frequently and add water as needed. Add cabbage and lager, simmer for another 10 - 15 minutes. Vegetables should start to break down and thicken up the soup. You may puree in batches and return to the pot for a smoother consistency. When the cabbage has softened, stir in the herbs and serve with soda bread. Soda bread is a traditional Irish bread with flour, sodium bicarbonate, salt and buttermilk as the main ingredients. The lager beer adds a mellow flavor of barley, hops and malt to the richness of the stew. Rogue and Harp both have Irish style lagers and are available at Aquistapace's Covington Supermarket.

Another serving suggestion is to top the soda bread with sliced tomato and shredded cabbage, drizzled with a pear vinaigrette.

### The English Tea Room Celebrates St. Paddy's

The English Tea Room's menu for St. Patrick's Day weekend includes Cabbage and Corned Beef and special Green Tea blends. Available Friday and Saturday, March 15th and 16th, all day long.

### Jewel's Cigar & Briar Shop Hosts A St. Patrick's Day Party

Join Jewel's Cigar & Briar Shop on Saturday, March 16 from 2 pm - 5 pm for a St. Patrick's Day Celebration. Featuring Rocky Patel and Nish Patel Cigars + a traditional Celtic Quartet with Jim Gunter!

### Sunset at the Landing Concert

First Show of the 2013 Season!

The first Sunset at the Landing Concert of 2013 is Friday, Mar. 15 from 6 -9 p.m. at the foot of Columbia Street. The concert is free and all are welcome to bring chairs and refreshments. The event is sponsored by St. Tammany Homestead, the City of Covington and the Covington Farmer's Market. Friday's show features The Beth Patterson Trio beginning at 7:15. The Bloomin' Onions open the show at 6:00 p.m. More info on back...

### Quote of the Week

"Don't judge each day by the harvest you reap but by the seeds you planted."  
 - Robert Louis Stevenson

Tuesday March 19  
 First Quarter

### For Healthier, Smarter, Happier Kids

#### Move & Play Everyday!

by Liz Bragdon

It is a vital, but often overlooked fact, that if you want to maximize the growth of your children's cognitive abilities and academic success, you need to give them lots of free and active play time. Movement literally wires the brain for learning. As Dr. John Ratey states, simply and to the point: "Exercise is miracle-gro for the brain." When a toddler is learning to crawl, to pull up, to put one foot in front of the other, she's laying the groundwork for reading, writing, and mathematics skills. And it doesn't stop once we learn to walk and run - moving the body, engaging the mind in natural environments and through creative play wires us for whole-body coordination, cognitive and emotional intelligence, and physical health. Our kids need more recess, PE, and active play, not less, for greater learning success. Movement is crucial for all of us, no matter what our age. Movement and exercise are not optional lifestyle choices - they are essential for the healthy regulation of every biological system, including your brain. Participating regularly in vigorous movement and play helps protect us from disease, depression, and degeneration. Moving and playing generate mood-enhancing endorphins and joy. Covington offers many places to play with our kids and enjoy the amazing gift of movement. Bogue Falaya Park has been one of our favorites since my son was a baby (he's now 12, and we still love to spend time there). Opportunities to climb, run, jump, balance, crawl, throw & catch, lift, carry & swing abound for all ages. Did you know the best teacher is an involved, enthusiastic parent? Want your kids to try out the monkey bars? Don't ask them to do it - just get up there and start swinging along yourself, and they'll soon be joining you. Remember to model and encourage, but let your children progress at their own pace. Even when they are just watching, they are learning - storing up information to access and use later when they are ready.

Liz Bragdon is a movement educator, and co-creator with Wendy Piret of the award-winning Scooter & Me movement & story DVD series for children and a soon-to-be-published movement and mindfulness curriculum for Pre-K to Grade 2. Locally, you can find her in Covington at Our Place Studio, 338 N. Vermont Street. Read more about Liz & Wendy's work here: [www.move-with-me.com](http://www.move-with-me.com) [www.opcovington.com](http://www.opcovington.com)

Check their ad for more info!

### Things Homeowners Should Know About Their Plumbing

From Scott & Allison Harrison of Goodbee Plumbing

Learning a little about your home's plumbing will help you make simple repairs. Anything other than small repairs may require the advice and skill of a trained plumber, but some simple jobs can be accomplished by the home do-it-yourselfer with a minimal amount of effort. First, understand the materials you will use. Not using the right type of pipe can damage the line and can put your home in violation of local building codes. Many homes have copper piping. This cannot be bent. It requires soldering at joints and tees. If you have never soldered, contact a professional to ensure that the job is done correctly. Other homes use flexible copper, plastic PVC, ABS, PEX, and galvanized steel. Familiarize yourself with these various types of pipes before you begin any project in your home. Fixing leaks are the most common plumbing problem that the average do-it-yourselfer attempts to fix without professional support. For faucets that leak, tightening the nut below the hand wheel can often fix the problem. You can damage the valve if you tighten it too much. Practice proper safety. Invest in a good pair of safety goggles, and consider protective clothing. Only perform these tasks when someone else is home with you. This ensures someone is around to help if an accident occurs. Any time your plumbing problem includes replacing a major component, such as a toilet, water softener, or water heater, call a plumber. Also, if you do not feel comfortable with fixing your plumbing problem yourself, call a professional. Attempting a repair that you are not comfortable with can cause expensive problems. It's better to hire a professional at the beginning than risk damaging your home.

Goodbee Plumbing, Inc. is a Northshore owned and operated business with over 18 years of experience serving all of St. Tammany, Hammond and Ponchatoula. Scott and Allison Harrison strive for excellence in customer service and want you to feel as comfortable to call them as your next door neighbor. They believe in honest, quality service at a fair price. Specializing in plumbing repairs and remodels, sewer and drain cleaning, gas/electric water heater installation and also Video Plumbing Inspections.

985-893-1883 [goodbeeplumbinginc.com](http://goodbeeplumbinginc.com)

Friday, March 15, 2013 6-9pm

### The Bloomin' Onions

### Beth Patterson

and her Two Sexy Thugs Stephen Randall and Rob Schafer

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# Covington Weekly

**Covington, LA March 13 - 19, 2013**

**Covington Farmer's Market - Wednesday March 13, 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 - Every Wednesday, 6 - 8 pm @ Winos and Tacos** Free wine tasting every Wednesday! - 321 N. Columbia Street

**Northshore Garden Show and Plant Sale - Friday & Saturday March 15 & 16, 9 am - 4 pm @ the St. Tammany Fairgrounds** Please see flyer to the right and article on the front for more details. - 1304 N. Columbia St.

**Sunset at the Landing Concert - Friday March 15, 6 - 9 pm @ Columbia Street Landing** Free concert. You are encouraged to bring chairs and refreshments.

This month's show features The Beth Patterson Trio and The Bloomin' Onions beginning at 6:00. - **End of Columbia Street at the River**

**"Lend Me A Tenor" Presented by Playmakers Community Theater - Friday & Saturday March 15 & 16, 8 pm, Sunday March 17, 2 pm @ Playmakers Inc.** Ken Ludwig's "Lend Me a Tenor" is a fast-paced farce of mixed identities leading to general chaos. A story of young love, and a very drunk tenor who's wife is a very jealous woman. Directed by Kay Files. Order tickets online at [www.playmakersinc.com](http://www.playmakersinc.com). - 19106 Playmakers Rd.

**Covington Farmer's Market - Saturday March 16, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Gina Forsyth beginning at 9:30. Keith and Nealy Frenz will bring the Lola Deux food truck. - 600 block of Columbia St.

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

**Old Feed Store Music Series - Saturday March 16, 12 pm - 2 pm @ Marsolan's Feed and Seed.** Pot Luck String Band kicks off the Spring Feed Store Music Series right after the Farmer's Market! - 314 E. Gibson St.

**Keep Covington Beautiful is looking for volunteers for the Garden Tour! Anyone wanting to participate please call Pricilla for more information: 985-867-3652**

## Northshore GARDEN SHOW and Plant Sale

St. Tammany Fairgrounds, Covington

**FRIDAY, March 15  
SATURDAY, March 16**

9am-4pm • FREE Parking  
Admission \$3-under 12 FREE

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- Horticulturist and Master Gardener Talks
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- Food and Children's Activity



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## Covington Business Association

Next Meeting  
Mar. 6th  
6:00 pm  
at:



[www.covingtonbusinessassociation.org](http://www.covingtonbusinessassociation.org)



HELP KEEP COVINGTON BEAUTIFUL  
HAVE FUN DOING IT

Become a KCB Member or Volunteer  
KCB is a non-profit 501 C3 Organization

LEARN MORE:

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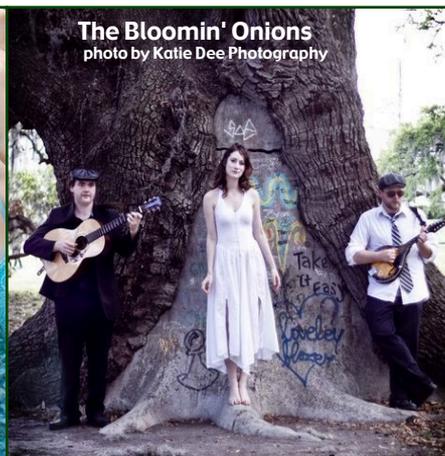
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The Sunset at the Landing Concert Series starts back up this year with two fantastic acts: Beth Patterson Trio with The Bloomin' Onions. Beth Patterson (top left) from Lafayette is a world renown multi-instrumental musician, foremost a player of the Irish bouzoukis. She integrates her quirky, progressive sound with Celtic music and other ethnic styles that she has picked up around the world, such as West African, Indian, Indonesian and Caribbean. The Bloomin' Onions (top right, photo by Katie Dee Photography) is a local folk band with Mae Carter on vocals, Chris Lenox and Sean Stair on guitar, mandolin and vocals. St. John's Coffeehouse will also have live music this Friday with the enriching sounds of Sonic Migration (bottom left). Dave Easley and Cassie Krebs' performances may migrate from Brazil to the Asian sub-continent, from the Grateful Dead to classic jazz standards and Beatles tunes, or to eclectic originals that don't seem out of place with any of these styles or groups. Paula & the Pontiacs (Paula Rangell, bottom right) will grace the stage of Columbia Street Rock N Blues Friday night as well. A New Orleans native, Paula is a small, power packed woman who wails on the alto saxophone and harmonica, then belts out the lead vocals. This New Orleans legend offers a joy ride with some "gut-bucket" blues, classic R&B and soulful originals.

**For complete listings visit: [www.covingtonweekly.com](http://www.covingtonweekly.com)**

**Covington Weekly Distribution Locations:**

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