



*Newsletter Edition: 02-18-2012*

100 West Main Street, Clayton, N.C.  
Corner of W. Main and O'Neil St.  
Location: Town Square

Opening Day: April 14, 2012, 9 am - 2 pm

Website: [www.Clayton-Farmers-Market.org](http://www.Clayton-Farmers-Market.org)

### *How the Public Can Help the Bees*

By: [www.nationalhoneybeeday.com/helpthebees.html](http://www.nationalhoneybeeday.com/helpthebees.html)

*Here are a few ways non-beekeepers can support, help, and save the honey bee.*

- 1) Consider beekeeping as a worthwhile hobby and seek information to get started. The more beekeepers there are, translates into more voices being heard.
- 2) Support local beekeepers by buying locally produced honey and other beehive products. Honey is the best "green" sweetener you can buy.
- 3) Attend and support beekeeper association events held in places throughout the year in most communities such as environmental centers, schools, and state parks.
- 4) Educate yourself on the dangers and risks with homeowner pesticides and chemicals. Whenever possible, choose non-damaging and non-chemical treatments in and around the home. Most garden and backyard pests can be dealt with without harsh chemicals, which many times are nit healthy for the pets, the kids, or the environment.
- 5) Get to know the honey bee. Unlike other stinging insects, honey bees are manageable, and are non-aggressive. Don't blame every stinging event on the honey bees. Many times, stinging events are from hornets, yellow jackets, and wasps.
- 6) Plant a bee friendly garden with native and nectar producing flowers. Use plants that can grow without extra water and chemicals. Native plants are the best to grow in any region. Backyard gardens benefit from the neighborhood beehive. Here is a link where you can read more about "[Backyard Wildlife Habitat](#)". To purchase native wildflower seeds for honeybees and other beneficial pollinators, [Click here](#).



7) Understand that backyard plants such as dandelions and clover are pollen and nectar sources for a wide variety of beneficial insects, including the honey bee. Dandelions and clover are a unwarranted nuisance for many homeowners. The desire to rid yards of these unwanted plants and have the "perfect" yard, are sources for chemical runoff and environmental damage from lawn treatments. A perfect lawn is not worth poisoning the earth.

8) Consider allowing a beekeeper to maintain beehives on your property. In some areas, beekeepers need additional apiary locations due to restrictive zoning or other issues. Having a beekeeper maintain hives on your property adds to the overall quality and appeal of any country farm or estate.

9) Know that beekeepers are on the forefront in helping communities deal with wild bee colonies in unwanted situations. Every township and community should welcome beekeepers. It is not the managed colonies beekeepers maintain that cause problems, it is unmanaged colonies. Every community should be able to rely on beekeepers and bee associations for dealing with honey bee related issues. Communities should not pass restrictive measures or ban beekeeping. Banning beekeepers means nobody may be around to help when help is needed.

10) Get involved with your community with such events as offered at the local environmental center, volunteer programs at the county garden center, and other agriculture and nature based programs. No doubt you will meet a beekeeper. Beekeepers are not just people who keep bees. They are part of your community and many love nature on all levels. Beekeepers give generously to affiliated programs, as they are all connected within the communities in which we all live.

### *Accepting New Vendor Applications for 2012 -Apply Today!*



Interested in becoming a vendor at Clayton Farm and Community Market?  
The application for the 2012 season is open! Forms can be found online at [Vendor Application](#). Please view the [CFCM Guidelines](#) for information about becoming a vendor.  
Please complete the application and mail to Clayton Farm and Community Market, PO Box 1452, Clayton, NC 27528 or scan and email the form to: [info@Clayton-Farmers-Market.org](mailto:info@Clayton-Farmers-Market.org) .  
Applications will be accepted through March 9, 2012.

### *"Call Musicians/Band Talent"! This is your time!*



The market is looking for individual musicians/bands that would like to get their name out to the public by playing during the market. You can sell your recordings or use a tip jar. Please let us know if you are interested. A tent can be provided.

## Recipe:

### Honey BBQ Pulled Chicken on Buttermilk Biscuits *(Makes 8 servings)*

- 1/2 cup all-purpose flour
- 1 tablespoon ground cumin
- 1 tablespoon cayenne pepper
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 4 chicken legs
- 1/3 cup vegetable oil
- 4 cups Honey BBQ Sauce, divided (recipe below)
- 8 Buttermilk Biscuits (recipe below)

Heat oven to 375°F. Combine flour with spices and salt in a shallow bowl; dredge chicken in flour mixture. Heat a 16-inch cast iron skillet on medium-high heat; add oil. Place chicken in skillet, skin-side down, and brown well. Turn and

cook 2-3 minutes on flesh side. Place skillet in oven for about 15 minutes.

While chicken is cooking, heat a stove-top grill. Remove chicken from skillet; place in a large mixing bowl and toss with 3 cups Honey BBQ Sauce until well coated. Place chicken on grill, skin-side down, and cook 3-4 minutes or until chicken is crisp and sauce is sticky. Refrigerate until cold.

With a fork or your hands, pull chicken meat from bones. Mix chicken with 1 cup Honey BBQ Sauce, using a wooden spoon or your hands to break up chicken and mix it thoroughly into the sauce. With a serrated bread knife, cut biscuits in half horizontally. Place about 1/4 cup pulled chicken on bottom of each biscuit and cover with top half of biscuit.

### Honey BBQ Sauce *(Makes about 2 quarts)*

- 1/4 cup canola oil
- 3 cups chopped sweet onions
- 1 cup chopped roasted red bell peppers
- 1/2 cup chopped Italian parsley
- 2 cups tomato sauce
- 1 1/2 cups honey
- 1 cup orange juice
- 1 cup dry white wine
- 3 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon chopped garlic
- 1/4 cup Worcestershire sauce
- Salt
- Cracked black pepper

- Cayenne pepper

In a medium saucepan, heat oil over medium heat. Add onions, peppers and parsley; cook, stirring occasionally, until onions are translucent. Add tomato sauce, honey, orange juice, wine, vinegar, lemon juice and garlic; cover and simmer on low heat for 1 hour. Add Worcestershire sauce and season with salt, black pepper and cayenne pepper. Simmer, covered, for 2 hours, stirring occasionally. Purée with a hand-held blender or transfer sauce to a blender and blend on medium speed for 1 minute.

### Buttermilk Biscuits *((Makes 8 biscuits)*

- 2 1/4 cups White Lily flour (not self-rising), or all-purpose flour
- 2 tablespoons baking powder
- 1 1/2 teaspoons kosher salt
- About 1 cup buttermilk
- 1/2 cup cold unsalted butter, cut into small pieces
- 2 tablespoons melted butter

Heat oven to 375°F. Place 2 cups flour, baking powder and salt in a food processor and pulse to combine. Add cold butter and process for 10 one-second pulses or until pieces of butter are no bigger than small peas. Transfer flour mixture to a large bowl and add 3/4 cup buttermilk, incorporating it into the dry ingredients with your

hand in a circular motion. Add more buttermilk as needed just until dough comes together.

On a work surface dusted with 1/4 cup flour, roll dough to 1-inch thickness. With a 2-1/4 inch biscuit cutter, cut out as many biscuits as you can and place on a parchment paper-covered baking sheet. Gently bring dough scraps together and press to 1-inch thickness. Cut out as many biscuits as you can, place them on the baking sheet, and discard scraps.

Brush tops of biscuits with buttermilk and bake 20 to 25 minutes or until golden brown. Remove biscuits from oven and brush with melted butter.