

# The FOUNTAIN

THE LOCKELAND SPRINGS  
NEIGHBORHOOD ASSOCIATION  
NEWSLETTER

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## EAST NASHVILLE'S FARMER'S MARKET: GET TO KNOW SLOCAL FOODS

by Connie Sinclair

What do local herbs and produce, gourmet oatmeal, farm-fresh meats and cheeses, and handmade soaps all have in common? They're just some of the many items for sale at our own weekly East Nashville Farmer's Market located on 10th Ave. South – just down the street from The Turnip Truck Natural Market.

Open Wednesdays throughout the summer months from 3:30pm – 6:30pm, the neighborhood Farmer's Market is a great source of a variety of quality goods offered by friendly vendors eager to share what they have to offer.

We'd like to introduce you to some of the nice folks at the ENFM beginning with Jami Anderson, co-owner of Slocal Foods, a producer of fresh, local herbs, seedlings, plants, pickled eggs and more. Jami shared some insights with us about the business she and her husband Russell are growing!

*How did you arrive at the name of your business?*

"Slocal is a combination of the Slow Food and Eat Local movement."

*What inspired you to start your small business?*

"We got certified as master gardeners and started a backyard garden. It grew from there."

*What is your favorite aspect of your business?*

"Our customers! They keep us wanting to return every year. They all have their favorite items among what we sell and we love hearing about what they try next."

*What do you see for your business in the future?*

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## THIS MONTH

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**THE NEXT LSNA  
GENERAL  
NEIGHBORHOOD  
MEETING WILL BE  
AUGUST 15, 2013  
AT THE EAST  
BRANCH  
LIBRARY**

*Continued from pg.1*

"We'd like to add organic sprouts, supply local restaurants with organic herbs, and add more medicinal herbs. We'd also like to start a line of pickles for customers and restaurants."

*What herbs would you recommend for an indoor kitchen garden?*

"Herbs will grow only as large as the container you plant them in so plan your pot size accordingly for the amount of each herb you wish to use regularly. Make sure you have a sunny window that gets at least 4-6 hours of sunlight daily. Our customers have had success growing basil, cilantro, dill, fennel, oregano and rosemary when they start with strong, well-established seedlings and don't under- or over-water them. If you are looking to use large amounts of these herbs for pestos and such, you may want to consider growing them outside as a window garden usually yields only enough of an herb for accent and flavoring."

*When you're not working, do you have a favorite East Nashville place to go or activity?*

"We spend every weekend in the garden, no lie. I also love hanging out with our chickens. We have 6 hens: Louise, Gene, Tina, Sir Buffington, Whitey, and Patrick Swayze From Roadhouse. Our chickens' names know no gender restrictions ;)"

*What would you like The Fountain readers to know about you/your business that they probably don't know?*

"Russell won 3rd place at the state fair with his "Dang Good Pecan Pie" recipe and prepared it on TV for Talk of the Town. He decided his new nickname was "Hollywood" after that. I designed a toilet paper wedding dress that is on display at the Ripley's Museum in London."

Look for fresh, organic and locally-grown herbs at the ENFM Slocal booth along with the herbal tea they brew fresh every week. Herbs are sold by the stem AND by the bunch now! Check out their website:

<http://www.slocalfoods.com/>

Remember to visit ALL of the East Nashville Farmers Market vendors every Wednesday afternoon. When we support our neighborhood Farmer's Market, we help our local small businesses grow and that's good for everyone in the neighborhood!

## NEIGHBORHOOD CHEF'S RECIPE SPOTLIGHT: KARINA KHAN

by Connie Sinclair

This issue's recipes come to us from Karina Khan, Chef-Owner of Khan's Café & Desserts, 733 Porter Rd., Nashville 37206, (615) 915- 4972.

[www.khansdesserts.com](http://www.khansdesserts.com)

Karina Khan's pursuit of good food has been a lifelong obsession, since she was 16. The Chef-Owner of Khan's Café & Desserts has worked in various styles and genres of food, culminating in opening her own baking company in 2011. Khan's passion for food was sparked when she became vegan and as she explains, since vegan food did not have centuries of tradition and expectations behind it, she was "free to hack her way through the culinary jungle to forge new recipe and flavor paths."



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All food created at Khan's Desserts is plant-based for taste, purity, health, and compassion. As a bakery cafe and juice bar, Khan's Desserts offers a variety of natural desserts, fresh pressed juices, and intriguing sandwiches. Khan's desserts are handmade from scratch with organic flour and sugar, pure vanilla, sea salt, and quality ingredients. Khan's Desserts make desserts, juices, and food for every palate—from traditional to adventurous—and are here to serve you 7 days a week.

Enjoy these fresh summer treats at home or if you can't wait, go over to Khan's and ask Karina to make one of these for you! Khan's Surly Fruit Salad Recipe can be found at [www.lockelandsprings.org](http://www.lockelandsprings.org)!

## BANANA CAROB SMOOTHIE

This drink gives you great taste and has nutrition "snuck" into it. Carob brings a complex, bright, and interesting flavor, but you can use cocoa instead if you wish. Keep in mind that carob does not have the fat, or caffeine, of chocolate. With all the energy you get from the banana, kale, almond butter, and coconut water, you won't need caffeine! The bananas provide natural sweetness, and the carob gives that deep, earthy, bitter flavor the we usually seek from coffee or chocolate.

**Ingredients:** If you are baffled by any of them, don't worry! They are all available at the Turnip Truck here on the East Side.

2 large, or 3 small bananas, cut into 1" long chunks and frozen.  
2 Tablespoons smooth almond butter  
3 Tablespoons carob powder ( or 2 tablespoons cocoa powder)  
1 cup coconut water  
1 tsp vanilla extract  
2 tsp mesquite powder, optional (a nutritional supplement, but lends an interesting flavor note, and compliments the carob)  
2 kale leaves: Use the leafy parts stripped from the stems  
Pinch of salt (1/16th of a teaspoon)  
Handful of ice cubes

**Directions:** Throw everything into a blender and turn it on high. If it is too thick and gets stuck, splash in some more coconut water. Keep the blender going until the mixture is smooth. Depending on how turbo your blender is, this may take anywhere from 30 seconds to 2 minutes. When it is ready, pour your treat into your favorite fancy glass and enjoy!

## HOW DOES THE AFFORDABLE CARE ACT AFFECT YOU?

At the next LSNA General Meeting, Emily Jones will answer questions about the Affordable Care Act. She is part of a grassroots organization based in East Nashville working to educate the public on the benefits. Please join us for the LSNA meeting on August 15th at the East Branch Library, and you can find their group online at [www.facebook.com/YoureCoveredNashville](http://www.facebook.com/YoureCoveredNashville).

## STUFF ABOUT STUFF - YARD SALES 101 - PART II

by Connie Sinclair

Summer weekends are the perfect time to enjoy all the fun our neighborhood has to offer, whether it's relaxing with friends at a local eatery, biking in Shelby Park, or finding great stuff at one of the many neighborhood yard sales! So if you agree with Simone de Beauvoir who said, "Buying is a profound pleasure," here are a dozen ideas to get you started: *Continued on pg. 4*



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*Continued from pg. 3*

- 1) Before leaving the house, eat a healthy snack to keep your energy level up. Take along a bottle or two of water – during the hot summer months you'll be happy you did!
- 2) Follow Ben Franklin's advice for "early to bed, early to rise" sale success. Arrive early - but if the ad or listserv post says "no early birds" please be a good neighbor and don't show up more than 10-15 minutes ahead of the advertised start time.
- 3) Have a plan. Make a list of advertised sales of interest and organize your route to avoid wasting time or gas getting from one sale to the next. Take along a GPS or city map for guidance.
- 4) Look for original art. Sales are great places to add nice prints and original artwork to your collection. You truly can "design on a dime" if you shop yard sales! You may discover art with real cash value, but the main thing to remember is to only buy what really appeals to you.
- 5) Look for boxed "lots." Lots are groups of often unrelated items sold for one price. These can be sources for hidden treasures – maybe a rare first edition volume tucked in among a pile of well-read paperbacks!
- 6) Seeking specific items such as collectibles or antiques? Do your homework. Research online or in books and note identifying marks or other information for a particular craftsman or manufacturer. Take photos on your phone and bring it along for comparison.
- 7) Look beyond a little grime! Wonderful items are often disguised by a layer of dust or dirt and with just a little clean up their beauty will be revealed.
- 8) Sales make sense for kids' stuff! Gently used clothing and toys can always be found at neighborhood sales. Why pay department store prices for nearly new items that will be quickly outgrown when you can buy at sales without guilt or stress to your wallet?
- 9) Shop for adult clothing. Whether you love cool vintage clothing or modern work-appropriate wear, sales are the place to find just what you're looking for if you want an original look on a budget. High-end designer shoes and clothing are frequently found at sales, many times with the original tags! Reject vintage items requiring a great deal of repair or that are heavily stained, and pass on clothing or fabrics with strong mildew odor – this is often impossible to remove.



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10) Furnishing your home or a college student's first apartment? Don't overlook yard sales and estate sales for wonderful pieces without breaking the bank. Vintage and antique pieces are often sturdier and more well-made than similar contemporary items. If the piece has classic lines, consider spending the money to have it reupholstered to make it truly your own – it will still be a bargain.

11) Architectural antiques such as solid wood paneled doors, vintage light fixtures, or antique hardware are often sold at sales and will add instant warmth and character to your home. Don't overlook bathroom fixtures and appliances, too!

12) **HAGGLE!** You've found some items you love, now let the seller know you like the items and make him/her an offer. Even items priced at a dollar or two can be bundled with other items and usually bought for a lower price. This is just part of the fun! Avoid pointing out flaws or negatives – sellers will be nicer and more willing to give you a deal if you are fun and friendly with them.

Enjoy the pleasures of summer in our neighborhood – including buying some cool "new to you" items at one of the many neighborhood yard sales!

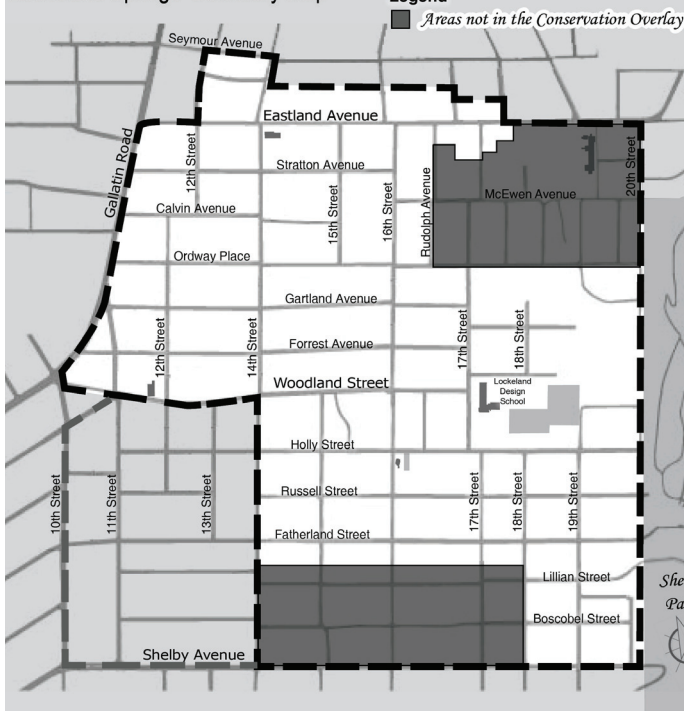
## PRESIDENT'S CORNER

In Lockeland Springs, we can be proud of the rich architectural history, which was mostly constructed between 1880 and 1940. Realizing the high concentration of historic homes and a need to protect their character, residents in 1985 worked to create the Lockeland Springs Neighborhood Conservation Zoning Overlay. The benefits of having our overlay include protecting the character of the neighborhood and helping to maintain property values. However, the overlay only covers a portion of the Lockeland Springs Neighborhood.

When learning about the historic zoning overlays, I found that there are three types: historic preservation, historic landmarks, and neighborhood conservation. Lockeland Springs has the least restrictive, which is a neighborhood conservation overlay. Basically, it includes review by the Metro Historic Zoning Commission of new construction, additions, and demolition. It does not include permitting construction of appurtenances, such as fences, retaining walls, paving, or repairs such as re-roofing, window replacement, lighting repair, etc., except for new construction. The guidelines, information about meetings, application, and review process can be found online at [www.nashville.gov/mhc](http://www.nashville.gov/mhc)

*Continued on pg. 6*

Lockeland Springs Boundary Map



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*Continued from pg. 5*

Shown here (pg.5) is a map illustrating the boundary of Lockeland Springs and the areas that are not included in the Lockeland Springs Neighborhood Conservation Zoning Overlay. Notice the two areas not included are shaded dark on the map. The LSNA Board believes it is important to make neighbors aware of the overlay boundary because the LSNA bylaws state clearly that we are to protect the character of the neighborhood. Additionally, given the recent increase in teardowns and new construction in our area, we see a need to make neighbors aware of these boundaries.

I used to live in an historic home in an area not protected by an overlay and I was upset when a neighbor built a large stucco mansion, which many referred to as a McMansion. The home was not in keeping with the surrounding homes and the size completely overwhelmed the street. I no longer own that home or live in that area of town. While new construction and additions will continue in Lockeland Springs, the overlay provides protection from those extreme incompatible designs. We have lived in our current home since 2006 and when we built our garage/workshop, my husband and I applied for a permit from MHZC. The process was easy and we found staff to be extremely helpful. While it added an extra step to the building process, we feel that it benefited the final design and it did not add to the cost, as there is no associated permit fee. The best part of being in the overlay district is knowing that all new construction and renovations must go through the same process.

For Lockeland Springs neighbors who are not in the overlay, I have created a survey for you to state if you would like to be added or not added: [www.surveymonkey.com/s/Overlay](http://www.surveymonkey.com/s/Overlay). If enough people are interested, LSNA could ask MHZC to conduct a public meeting to discuss adding new areas to the overlay district. The boundaries could only be expanded if a majority of residents in these areas would like to be added. The LSNA Board believes adding these areas are important to our organization's mission; however, we will only pursue the inclusion of new properties in the overlay district if we have residents living in these areas who support it.

Again, please use this link if you live in these areas: [www.surveymonkey.com/s/Overlay](http://www.surveymonkey.com/s/Overlay)

Mary McClendon Vavra  
LSNA President 2013

## **A CELEBRATION OF HOME 2013, DECEMBER 7 AND 8**

Mark your calendars! A Celebration of Home, the annual tour of homes for Lockeland Springs, will be on December 7 and 8. If you are interested in being on the tour this year or if you would like more information, please contact Elizabeth Smith at [e.smith.3060@gmail.com](mailto:e.smith.3060@gmail.com).

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