

At the Library

Bogue Banks Public Library, Pine Knoll Shores
(252) 247-4660 • <http://carteret.cpplib.org>

CALENDAR FOR MAY

What's New: This is the month to work in the garden and enjoy your May flowers. You might start with our 'Backyard Idea Book' by Lee Ann White. We also have garden books specific to our area. 'Growing a beautiful garden: a landscape guide for the Coastal Carolinas' by Henry Rehder or 'Garden perennials for the coastal South' by Barbara J. Sullivan.

New Juvenile Books at your Library: We have added books 2 through 5 in the popular "Children of the Red King" series by Jenny Nimmo. If you enjoyed Harry Potter you will love the adventures of Charlie Bone! Follow the journey of a china rabbit and the girl who adored it in Kate DiCamillo 'The Miraculous Journey of Edward Tulane'.

Featured Artists for May: The Art Gallery will feature the bright and beautiful paintings of Beaufort artist and educator, Jamison Ipock. The Showcases hold the colorful art medium known as "Quilt Art" or "Textile Art" by Morehead City quilter, Jean Baardsen.

Activities for Children: Preschool Storytimes each Thursday at 10 a.m. with Ms. Brita. May 4 "Mayday - May Day", May 11 "Mommy's Day", May 18 "Bloomin' Blooms" and May 25 "Calling Carle, Eric Carle!" Toddler Time will be at 10 a.m. on Wednesday, May 10 and Wednesday, May 24

Storytelling Festival: The Second Annual Storytelling Festival will be held on three Wednesday mornings beginning on July 12 at 10 a.m. at the Maritime Museum in Beaufort. Professional storytellers and a puppet company will delight children of all ages with their wonderful stories.

Summer Reading Program: "Paws, Claws, Scales & Tales" June 19 thru July 31.

Holiday Closing: Monday, May 29 for the Memorial Day Holiday.

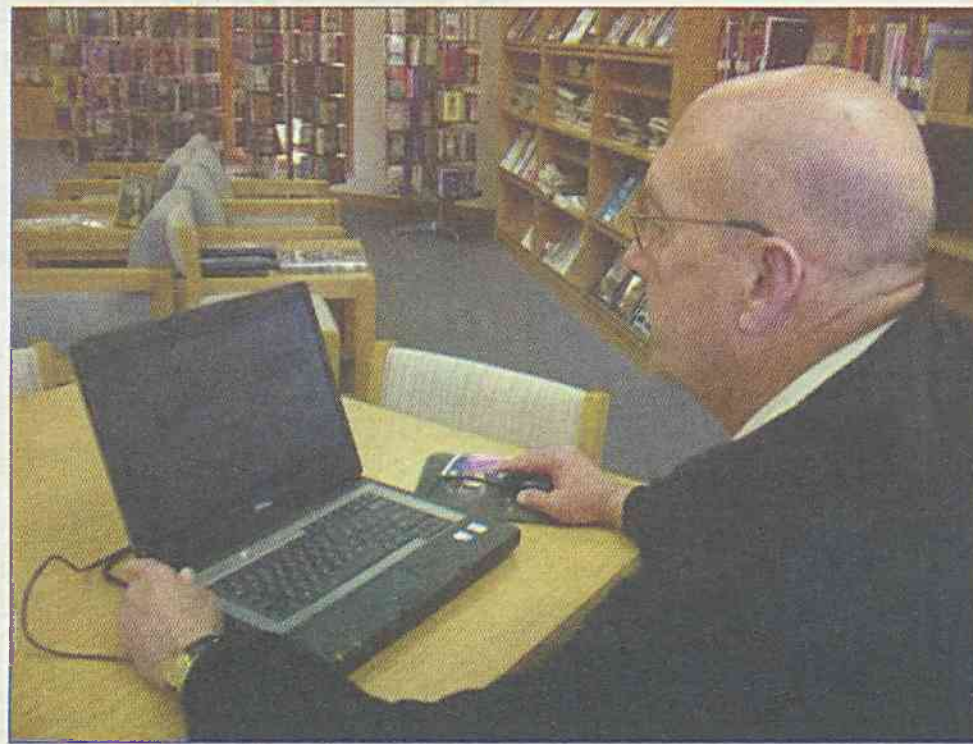
Trading Post for Paperback Books available and does not require a library card.

Regular hours are Monday through Saturday, 8:30 a.m. to 5:00 p.m.

The Bogue Banks Public Library is a branch of the Carteret County Public Library in Beaufort and is affiliated with the Craven-Pamlico-Carteret Regional Library.



Eggcellent Outing—Children Attending a pre-Easter session of Storytime at Bogue Banks Library whoop it up after ferreting out the hiding places of dozens of eggs. Preschool Storytime at the library is held at 10 a.m. each Thursday and Toddler Storytime is at 10 a.m. on the second and fourth Wednesdays of the month.



Great Connection—Ken Magoon of Newport, Vermont, uses the new wireless Internet connection facilities at Bogue Banks Public Library to get the weather report from back home. He learned it was 22 degrees in Vermont, which made him very happy to be spending time in Pine Knoll Shores. The Internet connection at the library went into service in the middle of March.

Watch Your Garden Grow With Lettuce

Submitted by: Kelly Canupp,

Craven County Cooperative Extension

Lettuce is without doubt the world's most popular salad plant. Both its common and its Latin name are based on an easily noticeable characteristic—it has a heavy, milky juice.

The word "lettuce" is probably derived from the Old French *latitues* meaning "milky", referring to this plant. The Latin root word *lac* ("milk") appears in the Latin name *lactuca*.

There are five different types of lettuce: crisp-head, leaf, butter head, cos or Romaine, and stem. Lettuce is a fairly hardy, cool-weather vegetable that thrives when the average daily temperature is between 60 and 70°. It should be planted in early spring or late summer.

Cooling/Storage Requirements of North Carolina Lettuce

Suitable Cooling Method(s)

Room Cooling, Forced Air, HydroCooling

Optimum Temp °F	32-36°F
Freezing Temp °F	30.4°F
Optimum Humidity %	98-98%
Normal Storage Life	2-3 weeks

Green leafy vegetables are rich in antioxidants, the carotenoids, including beta-carotene and lutein, and of course, vitamin C. The darker the leaves, the more vitamins. A one-cup serving (raw) has only about 10 calories. Many greens, such as spinach, kale, and collards, are known for their mineral content, especially iron, calcium, and magnesium, as well as folate, riboflavin, and vitamin K.

Easy Chicken Salad Lettuce Wraps

- 2 Tbsp. reduced fat mayonnaise
- 1 tsp. lemon juice
- 1 tsp. dried tarragon leaves
- 1 pkg. grilled chicken breast strips
- ½ cup seedless red grapes
- 3 large iceberg lettuce leaves, torn in half

Mix mayo, lemon juice, and tarragon in medium bowl. Add chicken and grapes; mix lightly. Cover. Refrigerate at least 30 minutes. Spoon chicken salad evenly over lettuce leaves; roll up.