



NEWSLETTER

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WINTER IN THE BLUE RIDGE MOUNTAINS

You might wonder what there is to do in the Blue Ridge Mountains of Patrick County during the winter months. Open up to the healing power of nature at [Primland's Spa](#). With an emphasis on natural organic products and organic essential oils, the Spa at Primland offers soothing massages to rejuvenating body treatments, nurturing facials, and yoga and meditation. After relaxing at the Spa, enjoy a delicious meal and glass of wine at one [Primland's 3 restaurants](#), all of which focus on local organic foods, and are prepared by award-winning [Executive Chef Gunnar Thompson](#). Finish your night with a [Tour of the Universe](#), an extraordinary glimpse of the heavens and of objects beyond our solar system. To read more, visit [Primland.com](#).



SECOND SUNDAY AMERICAN MUSIC SERIES

Reynolds Homestead is once again hosting it's Second Sunday American Music Series. On January 12, 2014 several accomplished and talented youth will entertain during this popular concert. Those entertaining include Maggie Blankenship, Jared Boyd, Catherine Conner, Nick Goad, Daniel Greeson, Ben Marshall, Casey McPherson, Olivia Jo, and Jeffrey Roten. These Second Sunday concerts explore the roots of old-time bluegrass, blues, jazz, and gospel music.



On February 9th, Bishop Burgee Penn leads The Gospel Concert in Celebration of Black History Month. Several great gospel singers along with the Trinity Choir will raise your spirits during this great concert.

Admission Fee: A \$25 Series Ticket includes five concerts. Students half-price. Concert only, at the door \$12, under 5 free. The February 9th GOSPEL CONCERT is, as always, FREE to the public! For more information, call the Homestead Office at (276) 694-7181 or event coordinator Mary Jo Leet at (276) 694-6700. Email: jws@vt.edu Website: <http://www.reynoldshomestead.vt.edu/>

HONDURAS COFFEE SHOP

Serving only fresh roasted coffee provided by Honduras Coffee Company, the [Honduras Coffee Shop](#) has become a popular place for folks to gather. Homemade baked goods, croissants, awesome homemade chicken salad, sandwiches with baked breads of your choice, and scrumptious soups, are just a few items offered on their delicious [breakfast](#) and [lunch](#) menus. Visitors and locals fill the shop on Friday and Saturday nights to enjoy a [beer or glass of wine](#) while listening to live musicians like Marci Horn, CC Coates Band, and The Foddrells. To read more, visit hondurascoffeeshop.com.



HONDURAS COFFEE COMPANY

[Honduras Coffee Company](#) is not just another coffee roaster. Their beans, grown on their farm in Honduras, is grown without pesticides, herbicides or fungicides, is harvested by hand and dried naturally in the sun. Honduras Coffee Company plants, nurtures, harvests, processes, bags, ships, roasts and finally, ends up in a coffee cup served at Honduras Coffee Shop. That's called "Farmer Direct". From seed to cup, maintaining the quality of the coffee every step of the way with a commitment to the environment and the people of Honduras. They also offer many other fine coffees from around the world including organic, fair trade and flavored. [Buy wholesale](#) from Honduras Coffee Company or [retail](#) from Honduras Coffee Shop.

A CUP OF JOE

Say hello to Josephus Daniels, former secretary of the US Navy. Joe, short for Joseph, and in American English, "Joe", can refer to an average guy, a soldier, or somewhat strangely, coffee.

The use of joe as slang for coffee dates to the World War I era. It was then that Daniels, who started his career as a newspaper publisher in North Carolina, became secretary of the Navy under president Woodrow Wilson. Daniels tried to instill the navy with a strict morality. He increased the number of chaplains, discouraged prostitution at naval bases, and, most controversially, banned the consumption of alcohol. Coffee became the substitute as stewards increased their purchases of coffee, among other beverages. This is when Daniels' name became linked to the daily drink of millions around the world and become known as "A cup of Joe."



WHAT'S HAPPENING?

January 25th & February 22nd, 4:00pm until [Patrick County Music Association \(PCMA\)](#). Concessions available, donations appreciated.

January 12th, February 9th, 2:30-4:30pm - [The Second Sunday American Music Series at the Reynolds Homestead](#). Jan. series features young Patrick County Musicians (tickets \$12, 5 & under free), the Feb series features gospel music. (Free) 276.694.7181

January 18th- Wellness Cooking Class at Primland, the 3rd Saturday of each month. January's feature, fresh seafood. For reservations, dotterweich@primland.com

January 17th, 24th, 31st, February. 7th, 14th, 21st, 28th, 7:00-10:00pm - Willis Gap Open Jam at the [Willis Gap Community Center](#). Family fun, dancing, food & beverages.

REYNOLDS HOMESTEAD:

*Mondays, January 13—February 24, 10:00am-11:00 Yoga with Rebecca Adcock. Practice basic tools of yoga. \$25 for 7 sessions or \$5.00 per session. Bring a mat and towel.

*Tuesdays, January 14-February 25, 9:00-10:00am Morning Stretch and Ton with April Pendleton. Concentration on upper body strength, light cardio and toning abs. \$25 for 7 sessions or \$5.00 per session. Bring 2-3lb weights and workout ball and mat.

*Thursdays, January 16-February 27, 9:30-10:30am Tai Chi with Sharon Mason. Release stress and blocked energy through strengthening and toning. \$25 for 7 sessions or \$5.00 per session.

*[Register](#) for all three classes for only \$60 or two for \$40.

WHAT'S COOKIN'?

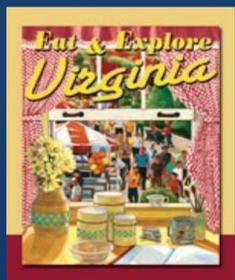
White Chicken Chili

2 Tbsp olive oil	2 tsp chili powder
1 large yellow onion, diced	1 (15.5 oz) can chicken broth
1 Tbsp Minced garlic	2 (15oz.) cans white beans, rinsed and drained
2 lbs cooked chicken breast, chopped	2 (4.5 oz) cans chopped green chilies, un-drained
2 tsp sea salt	1/2 cup chopped green onions
2 tsp cracked black pepper	1 cup shredded Monterey Jack cheese
2 Tbsp ground cumin	1/2 cup chopped fresh cilantro
1 Tbsp fennel seed	
1 Tbsp dried oregano	



In large Dutch oven, heat olive oil over medium to high heat. Add onion and cook 5 minutes or until translucent. Add garlic and cook 30 seconds. Add chicken and all seasonings, stirring well. Add beans, green chilies and chicken broth. Simmer for 1 hour. Serve topped with cheese, cilantro, and green onion.

Recipe by Chef Randall Spencer
[Blue Ridge Mountain Catering](#)



*[Eat & Explore Cookbook](#) is available for purchase at the Patrick County Chamber of Commerce office located at 103-B Stonewall Court in Stuart, VA.