



Step Up Forsyth! 2012

Week 1 - September 20 - 26

Local News/Events—

Cycling Sunday is September 23rd from 3 to 6 pm. Bike, skate or walk in an auto-free zone. New! Child-friendly area—includes skills course and helmet fitting.

For detailed info on Cycling Sunday, [click here](#)

Step Up Forsyth Challenge: Walk, bike or take transit to the Downtown Cobblestone Market on Tuesday, Sept. 25, 9 am to 12 noon and receive a free reusable Step Up Forsyth grocery bag!

The Downtown Cobblestone Farmers Market



Sugar Creek Farms tomatoes

This downtown market, located at Third and Patterson, is open Tuesdays, 9 am to 12 noon (hours subject to change), mid-May through the end of October.

Both Cobblestone markets (the sister market is located in Old Salem) are dedicated to supporting farmers that follow sustainable or organic growing methods. To assure crops are produced using these methods, market representatives visit local farms before they are approved to sell at the market. This market is convenient for downtown employees and carries produce, cheeses, baked goods, honey, cut flowers, jams and jellies. The average number of vendors at the Downtown Cobblestone Market is 15-20.

[Click here](#) to check out Cobblestone Market on Facebook. Remember to walk, bike or take transit to the market on Tuesday, September 25, 9 am to 12 noon!



Beautiful produce



Harvey and Susan Moser

Gardener Spotlight

Have you ever tasted onions as sweet as candy? If your answer is yes, you have probably eaten some of the onions Harvey and Susan Moser grow and sell at the Cobblestone Market. They specialize in unusual produce—and “candy onions” is one of their products.

Harvey and Susan are local “gardeners.” They refer to themselves as gardeners instead of farmers because they only work a small amount of land—about 1/2 acre. They have been gardening for almost 40 years and selling at local Farmers Markets for the past 12 years. Harvey is a retired locksmith from the WSFC schools and Susan works part-time as a Medical Veterinary Technician. Both Harvey and Susan are committed to bringing fresh, healthy local produce and plants to the market for people to buy and enjoy. They also participate in numerous local events that support gardening, farming and local foods.

Next time you are at the market, stop by and say hello to Harvey and Susan and try some of their unusual and tasty products!



Red, White and Blue Patriotic Potatoes grown by Harvey and Susan

Veggie of the Week - Cabbage

There are several kinds of cabbage – red, green and white – and all are delicious and nutritious! First, remove the thick outer leaves, chop up the inner leaves and wash these under cold water.



You can sauté or steam the cabbage with vegetable or chicken broth in a skillet for just 5 minutes (cover it once bubbles begin to keep the nutrients!). You can also braise red cabbage with apples or red wine (alcohol evaporates). With any of the three, you could use lemon juice, olive oil or vegetable oil, cumin, coriander, pepper or ginger to enhance the flavor.

Facts: Very high in Vitamins K
High in Vitamins A and C and fiber (a great cancer fighting veggie)

Cancer Services Recipe of the Week

Asian Slaw



Ingredients:

- 1 medium cabbage, sliced thin, or chopped
- 1 bunch chopped green onion
- 1 cup toasted sliced almonds (buy them toasted or toast yourself on a cookie sheet at 350 degrees for 5-7 minutes)
- 1 cup dry roasted sunflower seeds

Dressing:

- Minced garlic (2 cloves or so)
- Sesame oil (3T)
- Rice vinegar (1/3 cup)
- Olive oil (1/4 cup)
- Soy sauce (1/4 cup)

Feel free to adjust depending on the size of the cabbage and your taste.

Instructions:

Pour dressing over slaw, mix and enjoy!

Go to www.CancerDietitian.com for nutrition information and additional recipes.

Little Creek Park and Recreation Center

Located off Jonestown Road, Little Creek Park boasts basketball, volleyball and tennis courts, baseball and soccer fields, a picnic shelter, playground, fitness trail and a Recreation Center. Wow—something for everyone!

If that isn't enough, a 0.67 mile section of greenway

is planned to go from Somerset Drive to the Little Creek Recreation Center and end at Atwood Drive—by the Shoppes at Little Creek. What a great way for neighbors to access all of the stores and restaurants on Hanes Mall Boulevard without having to get in a car—plus, you burn a few calories in the process!

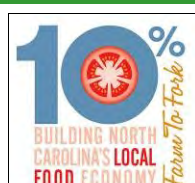


YMCA Exercise Tip of the Week

Take a 10 minute break every couple hours to walk around your work place, utilizing such areas as the parking lot, stair well, or through the hallways. Another example is, if you are downtown, walking downtown to such places as the Cobblestone Market. Walking gets the blood pumping and stimulates brain function. These short bouts of physical activity add up and can make a big difference.



Don't forget...Help build a sustainable food economy by joining the 10% campaign!



Step Up Forsyth invites you to join the Center for Environmental Farming Systems (CEFS) in support of North Carolina's farmers, businesses and communities. All you have to do is pledge to spend 10% of your existing food dollars locally.

CEFS will email you with a few simple questions each week to track your progress and you will learn more about the progress with the initiative statewide.

Sign up at <http://www.ncsu.edu/project/nc10percent/index.php>

Step Up Forsyth is a program of the Forsyth County Department of Public Health and the Behealthy Coalition. If you have questions or comments, email us at stepupforsyth@forsyth.cc