



Step Up Forsyth! 2012

Week 3 - October 4 - 10

Local News—

The Dam at Salem Lake, Greenway Walk and Talk, Sunday Oct. 7 at 3:00 pm

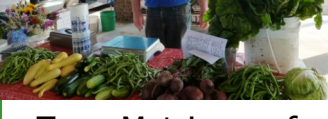
Learn about the Salem Lake dam construction from Professional Engineer Toneq' McCullough. Meet at the Salem Lake parking lot. Bring your bike to ride the Salem Creek greenway or Salem Lake loop trail after the Walk and Talk—or wear your tennis shoes for a nice walk or run!

Walking the Dogs! Step Up Forsyth and the Humane Society (event rescheduled from 9-29-12) are partnering for a “dog walk” around beautiful Reynolda Gardens on Sunday, October 21 at 3 pm. Meet in the parking lot next to the former Ken’s Bike Shop location (by Nekkid David). Don’t have a dog to walk? No problem - reserve a loaner dog through the Humane Society by calling Susan at 721-1303, ext. 103.

In the event of rain, these events will be rescheduled to a new date/time.

Kernersville Farmers Market

This charming little market hosts farmers with roots in and around Kernersville. Located on East Mountain Street in downtown Kernersville and adjacent to the Town Hall, this market is open 7 am to 12 noon, Wednesdays and Saturdays, mid-May through the end of October.



Terry Motsinger of Motsinger Farms

The Kernersville Farmers Market is not only a great place for people to shop, but serves Kernersville as an important community gathering place for friends to meet and enjoy each others company. As an added benefit, the shelter is available for event rentals.

All products sold at the Market must be grown or agriculturally related and made of farm products by the person or family selling the product. Items sold at the market include fresh local produce, baked goods, honey, cut flowers and more. For information and directions, go to <http://www.kernersvillefarmersmarket.com/index.html>

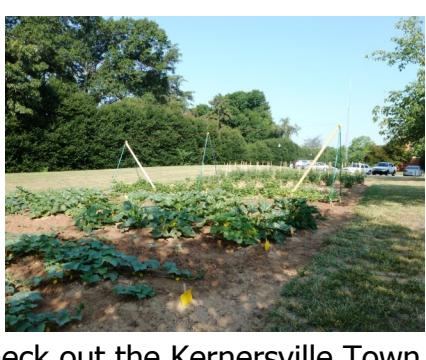


Kernersville Farmers Market Shelter

The Farmers Market shelter is a joint project of the Kernersville Rotary Club and the Town of Kernersville. Built in 2010, the Rotary Club provided the materials for the shelter while the Town provided the land and paid construction costs. The shelter can easily accommodate over 20 vendors—and there is room to grow in Rotary Park!



Tedder Farms Honey and Produce



Check out the Kernersville Town employee's community garden next to Town Hall



Wednesday morning at the market

Farmer spotlight—Flaxie and Alonzo Bennett

What makes the Kernersville Farmers Markets special isn't just the produce, it is the farmers and gardeners you meet at the market. Two truly special people at the market are Flaxie and Alonzo Bennett. Flaxie helped start the Farmers Market in Kernersville about 40 years ago. This market has grown from 4 vendors to over 20 approved vendors—but has not lost any charm along the way. A lot of this is due to the folks at the market - like Alonzo and Flaxie.



Alonzo and Flaxie

Both Flaxie and Alonzo were raised on tobacco farms and are used to hard work. Married 61 years and both in their eighties, Alonzo and Flaxie work about 2 acres of land on their farm—this includes planting, weeding, watering and harvesting produce. In addition, Flaxie does a lot of baking, canning and freezing (she has 5 freezers!). She watches very little TV and always keeps moving. Sounds like a great recipe for a healthy and long life!

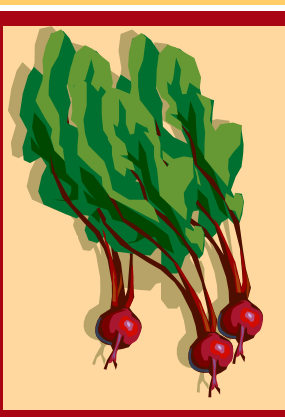
If you stop by the Kernersville Farmers Market be sure and say hello to the Bennett's. However, fair warning ... Alonzo says that Flaxie will, “talk you into buying something if you hang around long enough.” If this is the case, I highly recommend the homemade fried pies in addition to the fresh produce and other items they sell.

Veggie of the Week—Beets

The beet plant has both the reddish-purple root and the greens at the top. The leafy greens can be steamed or used in stir-fry or soups.

The beet root can be boiled, steamed, pickled, juiced, or even peeled and eaten cold. However, the health benefits of the beet root decrease the longer it is cooked, which is why it loses its bright color.

Facts: Beets are rich in iron, calcium, vitamins A and C.



The root contains a nutrient called betalain, which gives the beet its reddish-purple color, and has anti-oxidant, anti-inflammatory and detoxification powers. Beet roots may have a role in preventing cancer, arthritis, and other diseases.

Cancer Services Recipe of the Week

Roasted Beets

Ingredients:

Beets, olive oil, and salt

Instructions:

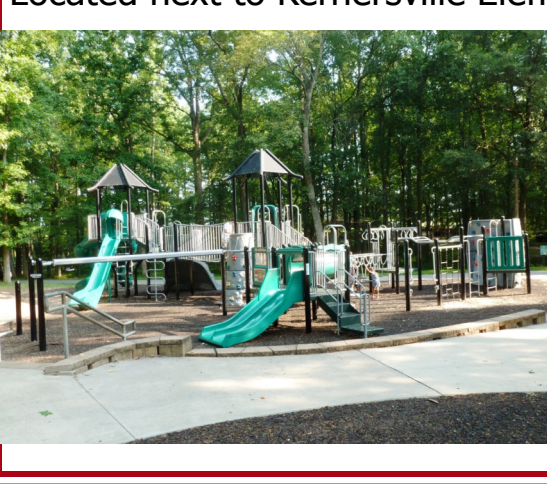
1. If needed, cut leafy tops off of beets. Rinse any dirt or debris from the beets and put beets on a large piece of aluminum foil and preheat the oven to 375°F.
2. Drizzle the beets with a bit of olive oil.
3. If desired, sprinkle the beets with salt.
4. For an even roasting of the beets, fold the foil over them and crimp the sides closed.
5. Roast beets until tender. The amount of time this will take can vary greatly depending on the size of the beets, how many there are, if other things are in the oven, and how fresh the beets are (fresher beets cook up faster). For smaller beets, start checking them for tenderness at about 25 minutes. Larger and older beets may take up to an hour.
6. Remove the beets from oven when tender (you should be able to easily pierce them with a fork). Let them sit until cool enough to handle. When the beets are cool enough to handle, slip their peels off. You can use a knife, if you like, but the peels come off easily just with your fingers.
7. Serve peeled roasted beets as-is, with a drizzle of olive oil and a sprinkle of salt. Or slice and use them in salads. Herbs that go great with beets include dill and parsley.

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



Fourth of July Park—Kernersville

Located next to Kernersville Elementary School, off of Mountain Street, Fourth of July park is dandy! This local park has a skateboard park, walking trail, toddler and children's playgrounds, picnic shelter, basketball and tennis courts, dog park and a historic one-room schoolhouse. People of all ages and abilities can find something fun to do in this park!



YMCA Exercise Tip of the Week

Strengthen while you work - Part 2. Incorporate simple exercises at your desk while you work. Do chair desk push ups, completing as many repetitions as you need to feel a slight burn/fatigue. Completing these desk exercises a few times a day can help to strengthen upper body and core.



Desk pushups: place your hands on a stable surface (desk or table). Slowly slide your feet back until you are at a comfortable angle with your body straight. Bend your arms and lower your chest towards the desk until your elbows reach a 90 degree angle. Push body up to the arms straight position to complete one repetition. Bring your feet closer to the desk and bend at the hip to make this slightly easier.

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