



Step Up Forsyth! 2012

Week 4 - October 11 - 17

Local News- Growing Herbs Class, sponsored by NC Cooperative Extension Service. Learn all of the necessary steps to grow herbs in the ground and in containers. Rural Hall Library, Monday, October 15, at 7 pm. FREE! To register, contact Kitrinka Gordon at 703-2850 or gordonkl@forsyth.cc

Reynolda Village Farmers Market

Reynolda Village is a delightful and beautiful place to visit any day of the week but Fridays are extra special because of the Farmers Market. This bustling market carries high quality local produce, cut flowers, candy, baked goods, meats, cheeses, eggs and wine! Many vendors have samples available—and everything is delicious. This Farmers Market keeps with the tradition of the property because Reynolda House was once an income-producing working farm.

In its third year of operation, this Farmers Market is open every Friday morning (weather permitting) from 9 am to 1 pm, April through October. Vendors at the market produce what they sell—there is no reselling of items. The market generally has 15-20 vendors - depending on the time of year. Most vendors are either certified as organic growers or follow sustainable farming practices. The farmers that sell at this market are from Forsyth and surrounding counties - however the grass fed beef comes from a family farm in Stuart, Virginia.



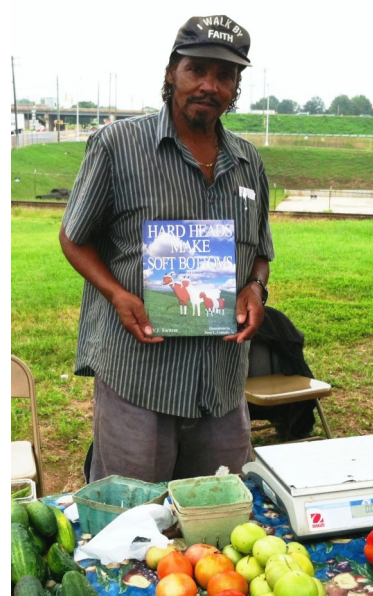
The grounds at Reynolda Village are also a great place to walk, run, stroll or relax. If you have some extra time, stop by and see the lovely gardens!

For more information, go to http://www.reynoldavillage.com/site/events/farmers_market. Be sure to check out the links to Reynolda House and Reynolda Gardens for directions, history, events, etc. A beautiful place to visit in our community.

Farmer Spotlight—Vern Switzer

Meet Vern Switzer, a farmer from Rural Hall with over thirty years of farming experience. To many, Vern is known as the “Watermelon Man” for his delicious watermelons. In addition to watermelons, Vern sells a variety of fresh seasonal produce including okra, peppers, cucumbers and scuppernong grapes.

Vern also writes children’s books that use farm life to get across important life lessons. To date he has written three books, including the one he is pictured with titled, “Hard Heads Make Soft Bottoms”. Vern frequently volunteers to read to children at local schools and libraries.



Looking for a cool watermelon or other delicious produce? Stop by and visit the Watermelon Man on Thursdays, 8 am to 2 pm, May through October at the Downtown Health Plaza... he'll be there with a smile on his face, yummy produce to sample, and of course – watermelons!

Veggie of the Week—Cucumber

Cucumber is an amazing vegetable that can be incorporated into almost any type of cuisine. It can be chopped and eaten fresh in salads, added to soups, stews or stir fries, and pickled. It can even be made into sauces like tzatziki.



Facts: High in Vitamins K and C, beta-carotene and manganese

With organic cucumbers, it is safe to leave the skin on, but wash it before preparing. The skin is filled with nutrients and fiber, as are the seeds! However, if it is store-bought, it's probably a good idea to peel the skin off.

Cancer Services Weekly Recipe Cucumber and Red Onion Salad



Ingredients:

- 3 large cucumbers, peeled, seeded, and cut into 1/2 inch pieces on a diagonal
- 1/2 to 1 red onion, peeled and thinly sliced
- 1 teaspoon celery seed
- 4 tablespoons extra virgin olive oil
- 3 tablespoons white wine vinegar (you could also use lemon juice, champagne vinegar, or apple cider vinegar)
- 1 teaspoon Dijon style mustard
- 1 teaspoon sea salt
- 2-3 garlic cloves, finely minced or put through a garlic press

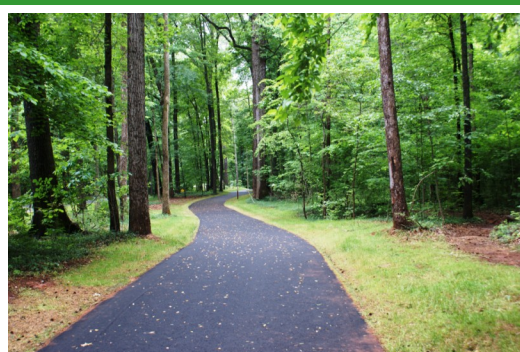
Instructions:

1. In a medium size bowl combine your cucumber and red onion slices.
2. In a small bowl combine the rest of the ingredients. Pour over cucumber and onion mixture and toss to coat. Chill for a few hours for flavors to mix.
3. Toss right before serving and enjoy.

Go to www.CancerDietitian.com for more nutrition info and additional recipes

Multi-use Trail at Tanglewood Park

Tanglewood, a premier Forsyth County park located in Clemmons, now boasts a scenic multi-use trail. This ten foot wide multi-use asphalt trail is just under two miles in length. You do not have to pay a park entrance fee to access the trail — simply turn left on the road going towards the campground to access the trail parking lot.



If you want to get extra exercise, consider riding your bike from home to the trail for a walk or extended ride. Using a bicycle for transportation not only burns calories - it helps the environment.



The multi-use trail goes next to the stables and through the woods

The trail loops by the stables, woods, and campground and is a popular place for people to stroll, walk or go on a family bike ride. Deer are frequently seen in the early morning and evening hours.

This trail is another great addition to this beautiful park. Tanglewood is a real gem in our community and a great place to spend an afternoon. If you haven't ever been there, or haven't visited in awhile, it is a definite for your local to-do list!

For trail rules and information, go to <http://www.forsyth.cc/parks/tanglewood/multiusetrail.aspx>

Y Exercise Tip of the Week



Stretch to relieve stress. Take a few minutes out of your day to clear your mind and stretch your muscles. Try to stretch your whole body from your toes to your ears. These stretches can be done while standing or in a chair.

You can go to the following website to see good examples of the stretches you can do: <http://www.webmd.com/fitness-exercise/healthtool-basic-stretches>

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