



Step Up Forsyth! 2012

Week 6 - October 25 - 31

Local News— Winston-Salem Community Bike Ride, Sunday, October 28. Ride leaves from Café Prada (390 N. Broad St) at 4 pm. Ride will go through the Ardmore neighborhood and is 8.4 miles. All skill levels are invited and everyone needs to bring a helmet.

Cobblestone Market at Old Salem

This new market was voted one of "America's Best Farmers Markets" by *US News and World Report*. Nestled on the lovely grounds of Old Salem, under a beautiful canopy of large trees and next to the gardens at Old Salem, the setting is perfect for showcasing locally-grown produce, flowers, honey, eggs, cheese, baked goods and meats. Many people shop at the market carrying straw baskets—which complements the character and charm of the market.



This market is open Saturday mornings, 9 am to 12 noon, mid-May through mid-November. Like her sister market downtown, this market sells products certified organic or grown using sustainable farming methods. The produce is simply gorgeous and the market is quickly becoming a community favorite with hundreds of people attending weekly. Don't miss the samples—they are yummy!

Make a morning of it by taking a walk through Old Salem, God's Acre, Salem College or head over to the Strollway and connect up to the Salem Creek Greenway.

Gardener Spotlight—Gary Owen of Gary's Produce

Gary has been working the soil in his garden since 1960. And I must say, his garden has got some of the most beautiful soil I have ever seen. Retired from working in Research and Development at RJR, Gary says that "he sleeps in the house but lives in the garden." Each year Gary says he is going to cut back on what he grows but when spring rolls around, he just can't help himself and continues to plant a large garden.



Gary Owen

Gary is a popular vendor at both Cobblestone Markets—recently, he added the YMCA in Clemmons as a location to sell his produce. He has been selling to local farmers markets for about ten years. Gary follows organic growing methods and likes to try new ways of doing things (must be that background in research and development).

If there is more produce than Gary can harvest, he calls on a local gleaning program to come out and pick extra produce. Last year, about 2,300 pound of produce was gleaned from Gary's garden and donated to local soup kitchens and emergency food programs.

Tomatoes are Gary's favorite plant to grow—in fact, he has 1,200 tomato of them. He also grows asparagus, peppers, leeks, eggplant, zucchini, squash and beans - to name a few!



Simply gorgeous!



Your feet sink in the soil!



Site of a new greenhouse in Gary's garden

Vegetable of the Week—Kale

Kale is one of the most nutritious vegetables, especially if cooked right! First, rinse the leaves, slice them in about 1/4 - 1/2" slices, sprinkle them with lemon juice, and then let them sit for about 5 minutes before cooking. Steaming is highly recommended as a cooking method but you can also braise them with balsamic vinegar, or bake them for kale chips.



Facts: High in Manganese and Vitamin K
High in Vitamins A and C - benefits eyes and prevents illness

Weekly Recipe from Cancer Services Tasty Kale



Ingredients:
1-2 bunches of Kale
1 medium Onion
Canola Oil, water and salt

Instructions:
1. Rinse and dice onion.
2. Rinse kale and cut into strips (lengthwise across the leaf and stem)
3. Place oil in a pan with onions and turn on medium high.
Use as much oil as you need to cook the onions, cook until they turn transparent.
4. Add the kale to the pan stirring until onions, oil and kale are mixed.
6. Cook 1 minute.
7. Add enough water to cover the bottom of the pan.
8. Cover and let steam. Add water if it dries up.
9. Cook for 12-15 minutes or until kale is tender to eat.
10. Add salt to taste.

Eat immediately, keep warm covered in oven or refrigerate until reheated before eating.

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

Old Town Park

Tucked away off of Shattalon Drive between Reynolda and Yadkinville Roads, this 16.6 acre park has a lot to offer inside and out. Outside amenities include a picnic shelter, softball and soccer fields, tennis and basketball courts, child playground and fitness/walking trail.



View of basketball courts, softball and soccer fields and walking track

Recreation Center offerings for adults include Belly Dancing, Quilting, Line Dancing, Zumba, Marital Arts, Yoga and Clogging—something for everybody's tastes and talents!



Tennis courts, sand volleyball and picnic shelter

Youth and teen activities include homework assistance, a wide variety of dance classes, martial arts, and a game room. The Recreation Center also has a computer lab and meeting room space. See *WePLAY* at <http://myinsideraccount.com/publication/?i=119948> for more detailed information. Truly something for everybody!

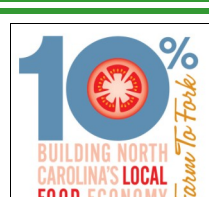


YMCA Exercise Tip of the Week

Get the whole family active, you can plan daily walks, outside play time, and other activities that keep you moving (try putt-putt, bowling, a visit to a local park, or a trip to the zoo). Little changes like these can make a big difference in the health of the whole family.



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