



Step Up Forsyth! 2012

Week 7 - November 1 - 7

Local News—

Be sure and log your time! You are almost at the finish line!

The Dam at Salem Lake, Greenway Walk and Talk, Sunday Nov. 3 at 3:00 pm (event rescheduled from 10-7-12) Learn about the Salem Lake dam construction from Capital Projects Engineer Courtney Driver, PE. Meet at the Salem Lake Fishing Station. 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!

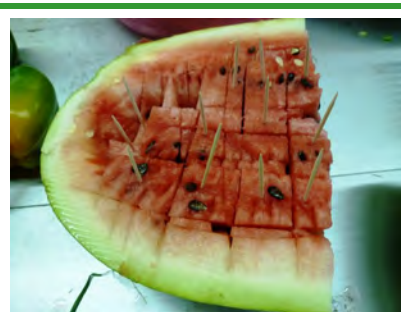
Dixie Classic Fair Farmers Market

Did you know that the Dixie Classic Fair Farmers Market is the oldest farmers market in Forsyth County?

This bustling market has been located on the grounds of the Dixie Classic Fairgrounds since 1974 and is open year round on Saturdays, 6 am to 1 pm. The granddaddy of farmers markets—this market has something for everybody – local produce, baked goods, eggs, meats, cheeses, honey, jams, jellies, flowers, and craft items.

In the summer months, the market offers cooking demonstrations, contests and gardening workshops that are sponsored by the Cooperative Extension Service.

For more information about the market and a listing of special events at the market, go to <http://www.ljvm.com/farmersmarket2.html>



Tasty samples!



Beautiful peppers from Double Wheel Farm



Mason Porter

Local Farmer Spotlight— Mason Porter of Double Wheel Farm

You can find Mason Porter or his wife, Jean, at the Dixie Classic Farmers Market late March through early December. In his sixth year of farming, Mason works about 3 acres of land on his Barnes Road farm in addition to working full-time as a



Tabasco Peppers

Maintenance Technician at Flower's Bakery.

For the convenience of shoppers at the market, Mason "supplements" his locally grown produce at the market with additional produce that is out of season locally so folks have a one-stop shop for wide variety of fruits and vegetables. Mason researches the farms he buys from to assure a quality product.



Double Wheel Farm

Mason's favorite crop to grow is watermelons. Mason says, "life is like a watermelon, you don't know what you'll get until you cut it open." He guarantees his watermelons—if you aren't satisfied with one of his watermelons, he'll "make it right." Of the 200 sold this past summer, no watermelons were returned.

Mason was instrumental in getting the Dixie Classic Fair to accept WIC Farmers Market Nutrition Program vouchers. This helps pregnant women, new moms and children access healthy, local foods and helps support our local food economy. A win-win for everybody!

Veggie of the Week—Broccoli

Not all of us think of broccoli as delicious, but there are ways that it can be! You should first rinse broccoli under cold water before cooking or eating raw.

You can steam, grill, bake or purée broccoli into stir fries, soups, omelets, casseroles, and salads. Try spicing it up with pepper, garlic, vinegar, ginger, or other herbs and spices!



Facts: Rich in Vitamins C, K and fiber

Don't overcook broccoli—if it gets mushy and loses color, important nutrients are being lost, so try to cook it only for a few minutes, perhaps with canola or olive oil.

Cancer Services Recipe of the Week Stir Fry Broccoli



Ingredients :

- Broccoli
- Canola oil, minced garlic and salt

Instructions:

1. Pour oil into a pan till it thinly coats the bottom.
2. Heat oil (It's hot when a water droplet hits it and pops).
3. Add minced garlic and heat for 1 minute.
4. Add broccoli and stir to mix with oil.
5. After broccoli starts turning bright (and before it burns), add some water to the pan (just enough to keep vegetables from burning; add more water as needed).
6. Cover and let cook/steam until done (taste test to tell).
7. Add salt or other seasoning as desired prior to serving.

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

Kimberly Park Bicycle Safety Town

STOP. GO. LOOK BOTH WAYS BEFORE CROSSING THE STREET. Does this sound familiar?

Over the summer, some underutilized tennis courts in the Kimberly Park neighborhood were painted and converted into a Bicycle Safety Town. The Kimberly Park Bicycle Safety Town is a miniature road system that is used as a safe place for children to learn to ride a bicycle, to practice their bicycle skills, and to learn the basics of bicycle and pedestrian safety.



Safety Town is open during regular park hours so families can take advantage of the facility. It can also be used as a site for Bicycle Rodeos and bicycle skills classes. The City of Winston-Salem Bicycle and Pedestrian program will use Safety Town in their bicycle education program. The Safe Routes to School Bike Trailer is



Safe Routes to School Bike Trailer

equipped with a variety of bicycles and helmets for kids to use during physical education class, after-school programs, summer camps and special events.

For more information about Bicycling and Safe Routes to School, go to <http://cityofws.org/Home/Departments/Transportation/Biking/Articles/Biking>



YMCA Exercise Tip of the Week

Strength training is an important part of a well rounded exercise program. A good and effective strength plan can be done without any special equipment just by using your body weight and working all of your major muscle groups.



Start by choosing 1 exercise per major muscle group (legs, chest, shoulders, back, and core) and complete as many repetitions as you can. Do these exercises 3 times a week with at least one day in-between to recover. Change it up from week to week with different exercises and adding sets to keep it challenging. To learn more, go to: <http://greatist.com/fitness/50-bodyweight-exercises-you-can-do-anywhere-030612/#>

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