



GARY STEWART / THE HERALD

Sandra Murphrey, left, and Sue Drye of the Magnolia Garden Club plant flowers at the intersection of Battleground Avenue and West Gold Street Tuesday as part of the city's ongoing downtown beautification project.

## New cookbook helps fight cancer

Dawn Hall of Ohio used to wake up every morning dreaming about new recipes. For a while, she feared her food addiction would consume her. Little did she know those same ideas would help nurse her husband back to health.

In November 1994, her husband, Tracy, was diagnosed with aggressive brain cancer the day after his 32nd birthday. He was expected to live only six to eight months.

In the summer of 1995, Dawn, a homemaker and an aerobics instructor devoted to helping compulsive over-eaters, decided to publish her own cookbook to pay for experimental cancer treatments that Tracy's insurance wouldn't cover. She formed Cozy Homestead Publishing and has since sold hundreds of thousands of books and helped oth-

ers pay for their cancer treatment.

The cookbook has more than 240 homestyle recipes that you don't have to feel guilty about enjoying. That's because she eliminates hidden calories and fats while maintaining the flavors people love. The budget-friendly recipes contain less than seven simple ingredients and complete nutritional information. There's an entire chapter on Crock-Pot recipes, too.

For a taste of what's in "2nd Serving of Busy People's Low-fat Recipes" try this recipe:

### CHOCOLATE CHEWY COOKIES

(Makes 4 dozen)

- 1 container (8 ounces) of Cool Whip Free
- 2 egg whites
- 1 box (18.25 ounces)

- reduced fat chocolate cake mix (use dry — do not make as directed on box)
- 1/4 cup powdered sugar

Preheat oven to 350 F. Spray cookie sheets with non-fat cooking spray. Set aside. Beat Cool Whip Free until smooth, then combine egg whites with Cool Whip Free in a medium-sized bowl. Mix dry cake mix into Cool Whip and egg white mixture. Stir until completely mixed. Dip rounded teaspoonfuls of cookie dough into powdered sugar. Place each cookie covered with powdered sugar onto prepared cookie sheet. Bake for 10 to 12 minutes until set but not brown. Cool for a few minutes on cookie sheet, then transfer to waxed paper.

To order Hall's cookbooks, call 888-436-9646.

# Pick Your Own

Local produce farms gearing up for busiest time of year

BY ALAN HODGE  
Special to the Herald

Frozen or canned vegetables and fruits are alright, but nothing tastes like produce fresh out of the fields.

Traditionally, getting garden fresh produce meant digging and tending your own plot. For many folks these days, a lack of time and space makes that option impossible.

For those who have an urge to harvest a bounty of crops, the pick-your-own route might be one to consider. An increasingly popular way to fill a basket with good stuff to eat, pick-your-own farms are also an excellent way for the farmer to market his crops.

There's a good choice of pick-your-own farms in Gaston, Cleveland, and surrounding counties. Most offer some type of harvest during all but the dead of winter. For people itching to get a little dirt under their fingernails, here's a tour of area places to do some pickin' and grinnin'.

One of the best places to pick fruit and vegetables is Linebergers' Maple Springs Farm. Located on the Dallas-Stanley Highway (N.C. 275), Linebergers' has about 10 acres of growing area. Picking for strawberries begins in early May. Price for these juicy berries is \$4 per gallon pick-your-own, and \$6 per gallon ready-picked. Come June, blackberries, raspberries and early vegetables will begin to be ready.

Fall brings pumpkins to Maple Springs Farm. Also available during the autumn are greens, muscadines, and gourds. Other items such as jams and jellies are available. Call 704-922-8688 for more information and picking times.

In Kings Mountain, Ervin and Debbie Lineberger's Killdeer Farm is a highly popular desti-



Photo courtesy of NC Division of Tourism, Film and Sports Development.

nation for pick-your-own fans. Killdeer Farm is located on Goforth Road, just off N.C. 216 between Cherryville and Kings Mountain and has variety of fruits and vegetables available throughout most of the year. Varieties include strawberries, grapes, peaches, raspberries, pumpkins, greens, corn, and more. A store featuring Killdeer Farm produce and other items opened April 27.

In Lincoln County, Linebergers' Berry Hill Farm in Iron Station will have their berries ready for picking in early May. The farm is located on Hudson Poultry Road in Iron Station five miles east of Lincolnton off N.C. 27. Prices for pick your own strawberries are \$4 do it yourself, and \$6 ready pick.

Down in the Upcountry of South Carolina, there are several pick-your-own type farms. Offering everything from apples to zucchini, these spots pour forth a cornucopia of good stuff.

Located in York, the Bush-N-Vine Farm will begin its picking season in early June and continue through August. Varieties available at Bush-N-Vine include strawberries, blueberries,

corn, green beans, crowder peas, tomatoes, cantaloupes, and even watermelons. Call 803-684-2732 for more information and directions. The farm is located near the intersection of U.S. 321 and S.C. 5.

Also in York County, Black's Peaches on S.C. 5 three miles west of the town of York has a mix of fruits and vegetables to pick. Besides offering 30 varieties of peaches, Black's offers corn, strawberries, and tomatoes. In the autumn, pumpkins will be available.

Rounding out the York area pick-your-own operations are Boyd Farms at 4900 Williamson Road, Rivers' Blueberries at 1595 Colony Road near Rock Hill, The Peach Tree on U.S. 321, and Springs Farms at S.C. 160 and U.S. 21. Numbers for more information are: Boyd Farms, 803-329-4900; Rivers', 803-366-5691; Peach Tree, 803-684-9996; Springs, 803-548-3939.

No matter what your taste in fruit or vegetables, there's a spot no more than half an hour's drive from any location in Cleveland or Gaston counties to load up on fresh produce. With that in mind, grab your hat and basket and get busy grabbing those good things to eat.

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