

Market Minutes *with Margot*

We had a "BERRY" wonderful Saturday at the Foothills Farmers' Market- Kings Mountain! Lineberger's Strawberries, a spring tradition in Kings Mountain, arrived at the market this past weekend! All one had to do was walk by the Lineberger's table to appreciate the sweet aroma of this beautiful red fruit!



Margot Plonk
Foothills Farmers Market

Did you know?

- Strawberries are the first fruit to ripen in the spring.
- One cup of strawberries is only 55 calories.
- Strawberries are a member of the rose family.
- The flavor of a strawberry is influenced by weather, the variety and stage of ripeness when harvested.
- Americans eat 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen per capita.
- Although strawberries are available in many forms—frozen, jam and jelly, and ice cream— nothing compares to the taste of a local, fresh vine ripened strawberry.

• Strawberries are delicate, requiring gentle handling to prevent bruising. With today's shipping technology, strawberries are available year round, but at a cost, and loss of flavor and nutrients. Come to the Foothills Farmers' Market- Kings Mountain this coming Saturday and renew your love of LOCAL strawberries!

To help celebrate Strawberry season, Downtown restaurants, 238 Cherokee Grill and Southern Chew, will feature local Farmers' Market strawberry specials on their menus through the month of May.

In addition, Foothills Farmers' Market-KM will be having a "Strawberry Princess" contest for the remainder of the month of May. Girls 10 years old and under can register to compete. Contestants can register on Saturday mornings at the market's information table where they will have a picture taken, and contestant's pictures will be displayed on boxes and market shoppers can vote by placing money in each contestant's box. All proceeds will go to fund the Farmer Foodshare program, which supports local farmers and provides fresh produce to prepare healthy meals for needy citizens in Kings Mountain. The Strawberry princess will be crowned at the market on May 31st at 11:30 am.

Merlot Strawberries with Whipped Cream- KM Style

- ½ Cup Merlot from Grapes in a Glass (local KM wine shop)
- 2 TBSP Fresh lemon juice
- 2 TBSP local honey (check for this at market soon)

Bring these to a boil. Remove from heat and stir in:
¼ teaspoon of vanilla extract

Drizzle sauce over 3 cups of local sliced strawberries.
Top with whipped cream.

(Don't worry-boiling the sauce removes the alcohol, and gives the sauce an unmatched taste!)

This may be served over sliced pound cake, or ice cream, if desired.
One serving- only 140 calories!



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