

Market Minutes

with Margot

This week at Foothills Farmers' Market you will see a new face at the Information Tent. Patricia Young has joined our team and we are happy to introduce her to you. Patricia is a retired Cleveland County Schools social worker and is involved in a local food ministry at her church. She will be out and about in the community spreading the word about EBT/SNAP usage at our market.

It is important that everyone has access to healthy foods, and educating the public is our goal! She will be "swiping" cards for debit and EBT purchases in exchange for coins to spend at the market. Please come by our tent and welcome her to the team!

Our goals for the Foothills Farmers' Market are to make Kings Mountain a healthier community. Did you know?

- By shopping at Foothills Farmers' Market, you're making food-buying choices that are good for you and the local community.

- Including more fresh fruits & vegetables in your diet can help you maintain a healthier weight and reduce your risk for chronic disease such as diabetes. Our vendors grow an amazing variety of the freshest, best-tasting fruits & vegetables available anywhere.

- You're spending your food dollar directly with local farmers. This strengthens the local economy, protects family farms, preserves open space, and protects the natural environment.

Nourish your body, mind and spirit. Connect with the local community and make food shopping the pleasant experience it should be!

Get to know the people who grow your food. Enjoy the fresh air and sunshine, meet up with friends, and bring the kids along. There's something for everyone at Foothills Farmers' Market!

If you're interested in supporting Cleveland County's growing local foods movement, consider joining Foothills Farmers' Market. For a small annual membership fee, you can take an active role in helping us accomplish some important goals and objectives for the coming year.

- Individual/Family Membership: \$25
- Vendor/Organization Membership: \$35
- Small Business Membership: \$50
- Corporate Business Membership: \$100
- Friends of the Market Memberships:
Bronze: \$250-\$499
Silver: \$500-\$749
Gold: \$750 and up

FFM is a 501(c)(3), non-profit organization, so all contributions are tax deductible.

If you haven't seen the huge, gorgeous blackberries Lineberger's Maple Springs Farm has for sale, you owe it to yourself to get some this Saturday and try this recipe:



Margot Plonk
Foothills Farmers
Market



Blackberry Surprise

- 3 tablespoons cornstarch
- 1 1/2 cups sugar, divided
- 6 cups fresh blackberries
- 1/2 cup butter, softened
- 2 large eggs
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 (8-oz.) container sour cream
- 1/2 teaspoon baking soda

Preparation

1. Preheat oven to 350°. Stir together cornstarch and 1/2 cup sugar. Toss berries with cornstarch mixture, and spoon into a lightly greased 11-x 7-inch baking dish.

2. Beat butter at medium speed with an electric mixer until fluffy; gradually add remaining 1 cup sugar, beating well. Add eggs, 1 at a time, beating just until blended after each addition.

3. Combine flour and baking powder. Stir together sour cream and baking soda. Add flour mixture to butter mixture alternately with sour cream mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Spoon batter over berry mixture.

4. Bake at 350° for 45 minutes; shield loosely with aluminum foil to prevent excessive browning, and bake 20 to 25 minutes or until a wooden pick inserted in center of cake topping comes out clean.

Switch It Up

Summer Fruit Cobbler: Substitute 3 cups coarsely chopped, peeled fresh nectarines; 2 cups fresh blueberries; and 1 cup fresh raspberries for blackberries.

BRIEFS

Dixon Bible School

Vacation Bible School is continuing through Thursday at Dixon Presbyterian Church, Dixon School Road. As "special agents" children are examining eyewitness reports, physical proof and Biblical accounts to uncover and defend the truth about who Jesus really is and enjoying supper, music, crafts, and culminating with an ice cream supper at 8 p.m. Thursday.

Volunteers needed

More volunteers are needed to help harvest potatoes Thursday at PPG at 9 a.m. and at Metcalf Road in Shelby at 9 a.m. Saturday. Weather conditions are forecast to be ideal for potato harvesting, according to Doug Sharp, who says these are large plots and will provide potatoes for many needy people in the county.

Gospel singing Sunday

Cherokee Street Baptist Church will sponsor a gospel singing Sunday, July 20 at 10 a.m. "Forgiven," a gospel group who has sung with the Gaithers and Weatherfords, will present special music. The community is invited to attend.

Bible School at Chapel Grove

Chapel Grove Baptist Church, 716 Camp Rotary Rd., Gastonia, is holding Vacation Bible School for children pre-school through 12th grade, from 6-8:30 p.m. July 20-24.

Community Bible School

Kings Mountain Community Vacation Bible School will be held Aug. 10-14, 5-8:15 p.m. at St. Matthew's Lutheran Church, 201 N. Piedmont Ave. The Workshop of Wonders is a free VBS for children 3 years old through 6th grade. Dinner is included each evening. For registration information call the church (704)739-7466. Hosted by First Presbyterian, Central United Methodist, Resurrection Lutheran and St. Matthew's Lutheran. All are welcome.

Food, clothes available

People in need of food and/or clothes are welcome the 1st Wednesday through the 3rd Wednesdays of each month from 11 a.m. until 1 p.m. to Life of Worship Ministries free Food Pantry and Clothes Closet at 403 Cherokee Street Kings Mountain, NC. You will need to bring your current ID. A meal is served every 4th Wednesday from 11 a.m. until 12:30 p.m. The pantry and clothes closet are closed on any 5th Wednesday. For more information call 704-884-6703.

THE SAVVY SENIOR

By JIM MILLER
Editor



Alternative Lodging Options for Retirees Who Travel

Dear Savvy Senior,

Since retiring, my husband and I love to travel but hotel costs eat up our budget so fast we can't stay as long, or go as often as we'd like to. I've heard that there are alternative lodging options like short-term apartment rentals or even house sitting that offer a much cheaper way to travel. How can we find these?

Retired Travelers

Dear Travelers,

If you're willing to do a little research and preplanning, there are a number of ways you can lower (or eliminate) your travel-lodging costs and live more like a local when you travel. Here are some different options to consider and some resources that can help you locate them.

Apartment/House Rentals: There are literally hundreds of thousands of privately owned properties in the United States and abroad that are offered as short-term vacation rentals.

This has become a very popular alternative to hotels, for retirees.

Renting a fully furnished apartment or house is usually significantly cheaper than hotel rooms of comparable quality, and they almost always offer more space, a homier feel and a kitchen, which can save you the expense eating out every meal.

Short-term rentals are offered through the individual property owners or property-management companies. Some of the best sites for finding them include homeaway.com, airbnb.com, flipkey.com, vrbo.com and wyndhamvacationrentals.com. Most sites are free to use for travelers. You can also look for rentals at any online search engine by typing in your destination city plus short-term apartment/house rentals (for example "New York short-term apartments for rent").

B&B Clubs: If you like staying in bed-and-breakfasts and have a spare

bedroom yourself, you should consider the Evergreen Club (evergreenclub.com) or the Affordable Travel Club (affordabletravelclub.net). These are B&B clubs for travelers over ages 50 or 40 that offer inexpensive lodging in the spare bedroom of other club members, or they may stay with you when they're on the road. You pay a modest gratuity of between \$15 and \$25 per night, with breakfast. And the clubs charge membership fees of \$65 to \$80 per year.

House Sitting: If you have a flexible schedule and you don't mind doing a few household chores when you travel, house sitting is another option that offers lodging for free. How it works is you live in someone else's home while they're away for a long weekend or even a few months. And in exchange for the free accommodations, you take care of certain responsibilities such as their pets, lawn, garden, mail, etc. To find these opportunities, try sites like caretaker.org, housecarers.com, housesittersamer-

ica.com and sabbaticalhomes.com — they all charge a small membership fee.

Home Swapping: Another way to get free accommodations when you travel is by swapping homes with someone who's interested in visiting the area where you live. To make a swap, you'll need to join an online home exchange service where you can list your home, and get access to thousands of other listings. Then you simply email the owners of houses or apartments you're interested in — or they email you — and you make arrangements. Most home exchange sites like homeexchange.com, homelink.org and intervac-homeexchange.com charge membership fees ranging from \$39 to \$120.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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