

April 2016

An exploration of health and wellness in and around our community.

## Georgia In Bloom: A Look at Local Beauty

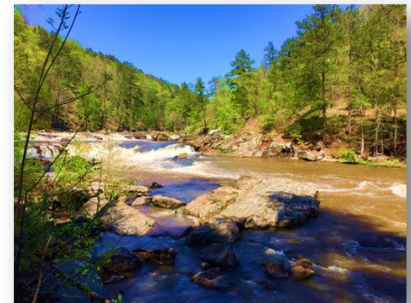
What do you do after a long week at work when the weekend weather forecast is expected to be perfect and you want to get outside? Explore local Georgia hiking trails!

Georgia offers a variety of scenic hiking terrains ranging from beginner to advanced level hikes. You can find waterfalls, canyons, summits overlooking rolling hills, rushing creeks, and true serenity in nature. Take a look to find your favorite hike or, even better, explore them all!

**Stone Mountain:** A short 30 minutes from Atlanta, Stone Mountain Park offers 15 miles of hiking and walking trails including a 1 mile trail to the top of the mountain.



**Kennesaw Mountain:** Offers several trails, ranging from 1.35 miles to an 11 mile loop, that provide a look into Civil War battlegrounds and a stunning view of the Atlanta skyline.



**Blood Mountain:** One of the most popular days hikes on the Appalachian Trail in Georgia offering breathtaking views of rolling hills from the summit. Beautiful year round!

**Providence Canyon:** Georgia's "Little Grand Canyon" provides a unique terrain of white, red, and orange canyons of carved sandstone. The views are simply stunning, whether you choose the 2.45 mile or 7 mile trail. You can also explore the canyon floor!

**Sweetwater State Park:** Another short 30 minute drive will lead you to Sweetwater State Park where you can enjoy a 1, 3, or 5 mile hike exploring the rushing creek, New Manchester Mill Town Ruins, and dip your toes in the cool water.

**Tallulah Gorge:** One of the most beautiful hikes in Georgia with several trails ranging in distance. You'll find beautiful gushing waterfalls including Oceana Falls, Bridal Veil Falls, and Tempesta Falls. You could spend the entire day exploring this Georgia gem!

**Amicalola Falls State Park:** Trails ranging from 0.5 – 5.5 miles make this a great destination for everyone. Hike to the top of Georgia's tallest waterfall, Amicalola Falls, and take in the mountain views!

**Cloudland Canyon State Park:** Another favorite Georgia hike, offering the West Rim Loop Trail noted as, "one of the most scenic hiking trails in the nation." Cloudland Canyon also offers a variety of trail lengths and spectacular waterfalls!

Visit [www.gastateparks.org](http://www.gastateparks.org) and [www.atlantatrails.com](http://www.atlantatrails.com) for more great outdoor adventures! See you on the trails!

## Recipe of the Month Kale & Pine Nut Salad

A perfect salad to serve alongside any spring cookout. Serve with grilled chicken to make it the main course!

Ingredients:

- 2 T dried currants (may substitute raisins)
- 7 T white balsamic vinegar, divided
- 1 T unseasoned rice vinegar
- 1 T honey
- 1 T extra-virgin olive oil
- 1 Tsp salt
- 2 bunches kale (about 1 pound), center ribs and stems removed, leaves thinly sliced crosswise
- 2 T pine nuts, lightly toasted
- Parmesan cheese shavings

Directions:

1. Place currants in small bowl; add 5 tablespoons white balsamic vinegar. Let soak overnight. Drain currants.
2. Whisk remaining 2 tablespoons white balsamic vinegar, rice vinegar, honey, oil, and salt in large bowl. Add kale, currants, and pine nuts; toss to coat. Let marinate 20 minutes at room temperature, tossing occasionally. Season to taste with salt and pepper. Sprinkle cheese shavings over salad and serve.

A recipe by Bon Appetit



# Spotlight on Food Trends: Farmers Market Frenzy



Did you know that Georgia has one of the longest growing seasons of any state in the USA? Georgia is known for our peanuts and peaches, but we excel in many other agricultural areas. Georgia is the number one pecan producer in the world and is one of the top five states in the U.S. for blueberry production. With the richness of Georgia's soil and weather, every Georgian has the unique ability to buy a variety of regionally grown fresh produce year round.

Community farmers markets in Georgia are thriving as consumers become more aware of the locally grown food movement. These markets benefit our citizens by providing healthy, fresh produce, a sense of community, and by helping make grocery shopping an event instead of a chore. Examples of these farmers markets can be found online at [www.GeorgiaGrown.com](http://www.GeorgiaGrown.com).

In addition, Community farmers markets have begun doubling Supplemental Nutrition Assistance Program (SNAP) benefits which can make produce cheaper than vegetables sold in grocery stores. For \$10 of SNAP benefits, a family will receive \$20 worth of tokens that never expire and can be used at any participating market.

Learn more at [www.WholesomeWaveGeorgia.org](http://www.WholesomeWaveGeorgia.org).



If you don't have time to experience your local farmers market, Community Support Agriculture (CSAs) may be the best option for a foodie who is short on time. A CSA allows members to buy an individual share of a farmer's crop, helping that farmer receive upfront money support for the growing season while providing the CSA member with a weekly "share" of fresh produce while reducing grocery bills. Find your local CSA by visiting [www.LocalHarvest.org/CSA](http://www.LocalHarvest.org/CSA) or for SNAP beneficiaries, visit

[www.WholesomeWaveGeorgia.org/CSAFarms](http://www.WholesomeWaveGeorgia.org/CSAFarms).



Focus  
on DJJ

## Georgia Grown Goodness



DJJ is proud to support the local economy by providing locally sourced foods on our menus.

Recently, Chief of Nutrition Services Lauren Gean and Registered Dietitian Stephanie Vera visited the Farm to Table Source Show at the Atlanta State Farmers Market. The event showcased local producers who provide food to Georgia schools. At the show, they met John Samples of Samples Foods, supplier to DJJ of high quality beef products.

Samples Foods was started in 1965 and is one of very few processors left in Atlanta. DJJ is honored to support Mr. Samples and his family and veteran-owned small business.

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