



August 10, 2017 Below: Famously Hot – and Cool; Green Good Times; Blooms for Butterflies; A Bit of Beach Music; Go Native; Bless Your Heart; Fabulous Figs; Fore; Gimme Shelter.

Forward this email to a friend! View Compass eNews in your Web browser.



Can there ever be too much of a good thing?

Hello, Figs. I never knew a child who liked them. And never knew an adult who didn't.

Perhaps we grown-ups know how to gussy up* that delicate flavor (think broiled figs wrapped in prosciutto with aged Manchego on bruschetta).

Check out our fig recipe, below.

Now is the time of year when fruits and vegetables are almost overwhelming in their abundance.

More important than our current overflowing abundance, the luscious climate and long growing season often seal the deal for many exploring a move.

Much to see and enjoy in the Carolinas. Attractions, parties, and for those making a move, the normal acclimation to a new culture.

Updated town information, six new Carolina Adventures, and Pedestrian Power. Order yours today.

Click here for the official hold-in-your-hand Guide to Carolina lifestyle fun and adventure trips, plus real estate tips, tax & cost-of-living advantages, retirement opportunities and town profiles.

Just share your dream goals and we'll help lead you to smart Carolina life and times.

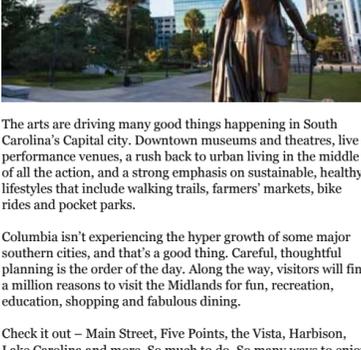
Facebook Please share with us on Facebook.

Heading your way



- Let's Take a Road Trip
Carolina Famous Faces
Insider Info
Adventures

Take a Road Trip to Columbia, SC



The arts are driving many good things happening in South Carolina's Capital city. Downtown museums and theatres, live performance venues, a rush back to urban living in the middle of all the action, and a strong emphasis on sustainable, healthy lifestyles that include walking trails, farmers' markets, bike rides and pocket parks.

Columbia isn't experiencing the hyper growth of some major southern cities, and that's a good thing. Careful, thoughtful planning is the order of the day.

Check it out - Main Street, Five Points, the Vista, Harbison, Lake Carolina and more. So much to do. So many ways to enjoy this seat of government, learning and fun!

More.

Image: The Father of our Country gazes down Columbia's Main Street, where shops and restaurants have been joined by urban lofts and city dwellers. At his back, the State House. Photo Credit: Courtesy of SCPRF

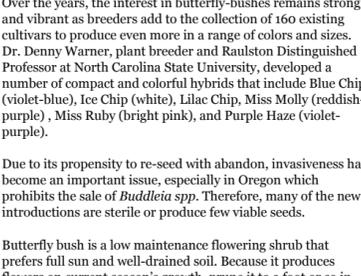
Where in the Carolina World Are You?



A rare sight these days, this iconic beauty has more brains than most of its kind. It's LEED certified - platinum level - and promotes renewable, clean energy, while offering ways to recycle. Sure, the wind turbines are cool, but so is its photo-voltaic solar system and passive, energy-saving designs.

Where are you?

Carolina Home Grown



Beautiful Butterflies

Written by Bob Polomski, Ph.D.

With all of the buzz about pollinators and the plants that sustain them with pollen, nectar, and even their leaves, I felt compelled to give a shout-out to the aptly named butterfly bush (Buddleia davidii) this month.

Over the years, the interest in butterfly-bushes remains strong and vibrant as breeders add to the collection of 160 existing cultivars to produce even more in a range of colors and sizes.

Due to its propensity to re-seed with abandon, invasiveness has become an important issue, especially in Oregon which prohibits the sale of Buddleia spp.

Butterfly bush is a low maintenance flowering shrub that prefers full sun and well-drained soil.

Then stand back and enjoy the many winged jewels that are attracted to this butterfly magnet.

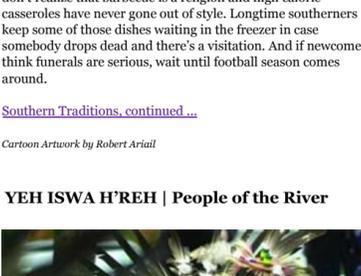
Photo by Bob Polomski, Ph.D.

Best of Carolina Grown Beauties

Learn more about Carolina gardening from Dr. Polomski's new book, Carolinas Month by Month Gardening.

Available wherever books are sold.

Sounds and Sights



Carolina Beach, NC Thursday Nights, through September 1 Enjoy live music by the Gazebo and fireworks after dark. 6:30-9:30pm

This North Carolina Family-friendly beach marks the end of summer with unforgettable memories. The best place to view this weekly spectacular show is on the beach strand located in front of the Courtyard by Marriott or on the historic Carolina Beach Boardwalk, near the Gazebo.

Primer for snowbirds migrating south



By Warren Hughes

When you drop by a store in the Carolinas, whether it be in Asheville or Seabrook, it dawns on y'all, there are a lot of folks around here who aren't from these parts.

See the top towns in our Carolinas survey results.

Newcomers know why they've come, but they soon realize their new home seems more like a new country than just another state.

People who refuse eye contact in New York are likely to be caught off guard when a stranger on the road honks and waves or somebody at the grocery asks who their daddy is.

Southern Traditions, continued ..

Cartoon Artwork by Robert Atriall

YEH ISWA H'REH | People of the River



Catawba Cultural Preservation Center

About 30 minutes south of Charlotte, in Rock Hill, you'll discover the beauty and crafts of the Catawba Indian Nation.

They offer tours and pottery-making demonstrations, as well as ongoing exhibits. The gift shop features Catawba pottery (lovely), as well as books, crafts and traditional and contemporary arts.

Find more attractions in the area at: www.oldeenglishdistrict.com

Carolina Cuisine

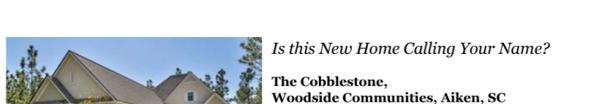


This recipe reminds me a bit of my family's traditions. Adult beverages were generally frowned upon, except for very special occasions.

However, a few tablespoons of liquor were often added to food to enhance the flavor. Champagne Jello? Yep. Hard Sauce? Absolutely.

Now, I have a new go-to. With perishable figs on the tree, it's time to find a use and Bourbon Fig Preserves will add a bit of sophistication to this southern favorite.

Much thanks to Carolinagirlcooks.com, where you'll find more great ideas for your southern table



More than a Game - Rumbling Bald Resort

Group golf trips and tournaments can be a fun, team-building experience for retreats, conferences and fundraisers. Planning one, however, not so much fun.

The Great Room features a cozy fireplace and a wall of glass to enjoy the view of the 15th green of the Hollow Creek Golf Course.

Reach 25,000 COMPASS eNews subscribers! Send your Newsworthy Releases For Consideration To: KPettit@CarolinaLiving.com or PJMason@CarolinaLiving.com

SERVING PEOPLE ON THE MOVE SINCE 1986 www.carolinainliving.com phone 803.782.7466 4201 Blossom Street Columbia, SC 29205-2850

Compiled by Katherine O. Pettit • Designed by Ann Dolin

Order a Free Guide | eNewsletter Previous Issues | Forward this email



Advertising Information

You and your family are receiving this eNews from the CarolinaLiving.com team because you registered to receive information on Carolina destinations and lifestyle.

To unsubscribe click the SafeUnsubscribe option below.

View Compass eNews in your Web browser.

This email was sent to #1#email#1# by Center For Carolina Living

EnFlyer The Email Marketing Experts