

Blueberry sparklers; Urban Adventures in Asheville; Appealing Charleston cottage.

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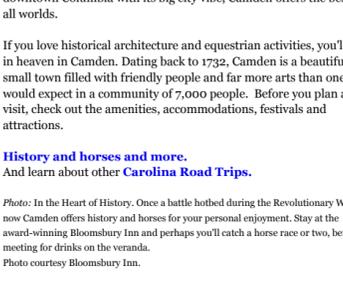


August 8, 2019 Below: Talley ho; You can see for miles; Buttoned up beauty; What a strange name; Viva Italia; Fresh from the sea; Blueberry sparklers; Urban Adventures in Asheville; Appealing Charleston cottage.

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Take a Road Trip to Camden, SC



Steeped in history dating back to 1732, Camden is a beautiful small town with a penchant for horses. Less than 30 minutes from downtown Columbia with its big city vibe, Camden offers the best of all worlds.

If you love historical architecture and equestrian activities, you'll be in heaven in Camden. Dating back to 1732, Camden is a beautiful small town filled with friendly people and far more arts than one would expect in a community of 7,000 people.

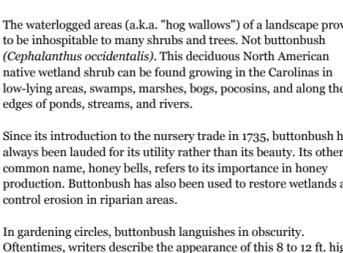
History and horses and more. And learn about other Carolina Road Trips. Photo: In the Heart of History. Once a battle hotbed during the Revolutionary War, now Camden offers history and horses for your personal enjoyment.



It's like a smokestack in the sky. Climb to the top of this distinctive rock formation and see 75 miles of beauty (all seasons worth the view, but fall is extra special).

Where are you?

Carolina Grown



The waterlogged areas (a.k.a. "hog wallows") of a landscape prove to be inhospitable to many shrubs and trees. Not buttonbush (Cephalanthus occidentalis).

Since its introduction to the nursery trade in 1735, buttonbush has always been lauded for its utility rather than its beauty.

In gardening circles, buttonbush languishes in obscurity. Oftentimes, writers describe the appearance of this 8 to 12 ft. high and wide shrub as unkempt or disheveled.

Its unrefined look fades away in mid-to-late summer when buttonbush blooms. These extraordinary, extraterrestrial-looking gumball to golf ball-sized flower clusters demand attention.

Buttonbush thrives in constantly moist to wet locations -- even standing water -- in full sun to partial shade.

To gain wider acceptance, the industry has introduced cultivars with the trademark blooms but possess dense, compact, upright forms such as 'Bailoptics' (Fiber Optic®).

Admittedly, buttonbush may never become as popular as azaleas, gardenias, and crape myrtles, but when planted in the right environment, buttonbush will be a treat for people and wildlife.

Discover 50 luscious and lovely plants.

Learn more about Carolina gardening from Dr. Polomski's new book, Carolinas Month by Month Gardening. Available wherever books are sold.

Photo of Cephalanthus occidentalis 'Sputnik' by Robert F. Polomski, Ph.D.

Let's Play Pickleball



Sure, it's a funny name. I, too, have wondered why this growing sport was called Pickleball. A green ball? Tough to play (as in "I've gotten myself in a pretty pickle"?)

It seems that in 1965, Congressman Joel Pritchard and Bill Bell, a successful businessman "invented" the game from pieces and parts of games they had on hand -- an old badminton court, ping pong paddles and a perforated plastic "whiffle" ball.

A new sport was born and it is growing in popularity, perhaps because it's easy to play, doesn't require much running and offers long volleys which is fun for all.

If you're thinking about a trip to Hilton Head Island, consider Palmetto Dunes, which has added Pickleball to its line-up of fun sports.

In June of 2018, Sarah Ansbury, a nationally ranked tennis player, joined Palmetto Dunes as its Pickleball Touring Professional and Director of Pickleball Instruction.

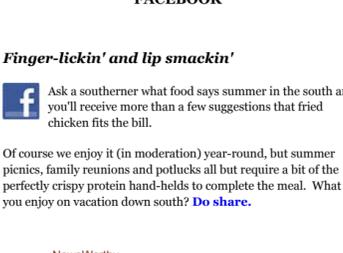
There's an official association, USAPA, and the game can be played in thousands of locations. Learn more.

Visit www.pickleballcentral.com and check out the clothes -- you'll love some of the inspirational messages!

So much to love about Hilton Head Island.

Photo: Pickleball at Connetsee Falls, Beaufort, NC.

5+ Great Ways to Enjoy Seafood in Beaufort, SC



There could easily be 20 or more great seafood options in Beaufort but we're going out on a limb, here, and give you five mighty tasty possibilities.

Beaufort is beyond charming with its historic neighborhoods and marsh views, plus a walkable downtown and events for every taste (cultural and cuisine).

Here in no particular order:

Saltus River Grill is a town staple with lots of choices for oysters. By all means, satisfy your hunger for one of the world's great foods, but also, make sure someone in your party orders the blackened dorado.

Foolish Frog offers lots of superb seafood but we're partial to Chef Will McClenagan's famous Maryland crabcakes -- no filler allowed, sautéed to perfection, and served with key lime tartar sauce.

Wren Bistro and Bar can be found in the heart of downtown Beaufort. An eclectic menu, and when you're with a crowd, that's a very good thing.

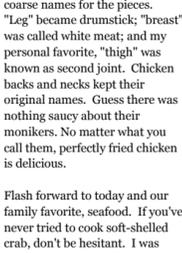
Emily's Restaurant and Tapas Bar has been an institution for 25 years. Start with one of their shrimp tapas -- lots of choices here.

Dockside Restaurant is perfectly positioned on Lady's island, overlooking the boat docks. This is casual dining, but the food quality is anything but.

And a final homage to oysters. You can find them almost everywhere in Beaufort and with good reason.

More about Beaufort.

Photo: © Jean Paul Chassent | Dreamstime.com



Carolina Yum

Hi,

What's the signature dish in your region? The Carolinas feature their pride-and-joy cuisines across two states, depending on geography (of course you can order grits everywhere -- and you should).

We've talked about food and fun a lot in this issue. It's that time of year and it's all good and fresh. When I was a child, fried chicken was a frequent visitor to our Sunday table and Mama did a superb job.

Flash forward to today and our family favorite, seafood. If you've never tried to cook soft-shelled crab, don't be hesitant.

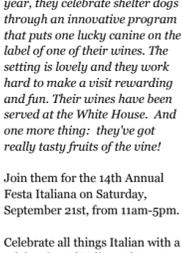
After you've indulged, work off the calories and experiment with your outdoor life as well. Try pickleball.

We love it here. You will, too. Visit us at www.CarolinaLiving.com

Til next time,

Katherine Pettit Executive Editor CarolinaLiving.com Showcasing Carolina Life & Adventures

Carolina Cuisine



Blueberry Sparklers

OK, perhaps rhais have dibs on the term "nature's candy," but we'll give a high five to fresh fruit draped in a bit of sweet frosting.

Why not let the youngsters in your life help make these Blueberry Sparklers soon? Why not position them in cookie crumbs for extra munchability?

Enjoy Our Taste Collection of Carolina Recipes: Breads | Beverages | Breakfast | Appetizers | Sides & Salads | Soup | Seafood | Meat and Poultry | Desserts

Festa Italiana



La Dolce Vita at Raffaldini Vineyards?

Editor's note: Why do I love this vineyard? The owners have strong Italian roots, and each year, they celebrate shelter dogs through an innovative program that puts one lucky canine on the label of one of their wines.

Join them for the 14th Annual Festa Italiana on Saturday, September 21st, from 11am-5pm.

Celebrate all things Italian with a celebration of Italian culture, food, art, music, and of course, wine.

Bring a lawn chair or blanket and enjoy an afternoon of la dolce vita with your friends.

Near Ronda, NC www.raffaldini.com Photo courtesy Raffaldini Vineyards

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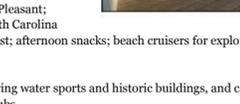
FACEBOOK

Finger-lickin' and lip smackin'

Ask a southerner what food says summer in the south and you'll receive more than a few suggestions that fried chicken fits the bill.

Of course we enjoy it (in moderation) year-round, but summer picnics, family reunions and potlucks are just a bit of the perfectly crispy protein hand-helds to complete the meal.

NewsWorthy



Summertime Family Seaside Package

The Cottages on Charleston Harbor

Find this beautiful setting on the water's edge of beautiful Charleston Harbor, one of the world's most celebrated cities.



Perfect for relaxing, exploring, enjoying water sports and historic buildings, and catching great entertainment at local bistros and pubs.

Get the details at www.thecottagesoncharlestonharbor.com

Urban Adventure

The Foundry Hotel Asheville, NC

The Foundry Hotel opened this past November as a historic restoration of Asheville, North Carolina's former steel foundry -- known for forging the steel used in building the Biltmore Estate.



Five-time James Beard nominee John Fleer leads the hotel's culinary program, complete with a 100-seat Appalachian-inspired soul food restaurant and second-floor lobby bar.

Hyperlocalized experiences include educational walkthroughs of the historic foundry via on-site historian, private tours led by locals of The Block, interactive botany lessons in the courtyard curated by the North Carolina Arboretum.

foundryasheville.com

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