

In this issue: Myrtle Beach treasures to discover. Who is Joe Pye? Watermelon cooler. Asheville Food Tour.

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August 9, 2018 Below: What a grand strand; Mountain mojo; Southern Paris; Beautiful weeds; A pint for everyone; Gotta love this Trane; The way it was; Summertime sipper; What's that fruit? Saltwater river; World Equestrian Games.

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Take a Road Trip to Myrtle Beach



Those coming to the Myrtle Beach area will find 60 miles of beautiful, sandy beaches, a wealth of fun water activities like parasailing and a 1.2-mile boardwalk with a magnificent skywheel that *USA Today* chose in 2013 as one of the country's top boardwalks for food.



More recently, *Trip Advisor* chose the area as the #1 summer destination. The popular review site recently recognized global travel destinations with the most Certificates of Excellence, and Myrtle Beach was named as one of the world's "Most Excellent" cities for experiences (one of only six U.S. cities recognized in all categories).

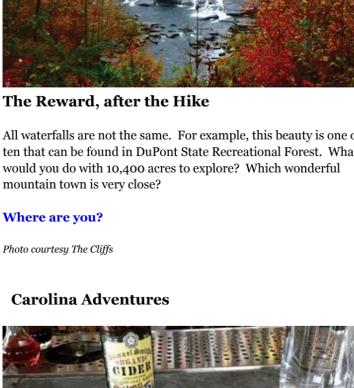


The Inside Scoop.

Photos courtesy www.VisitMyrtleBeach.com



Where in the Carolina World are You?



The Reward, after the Hike

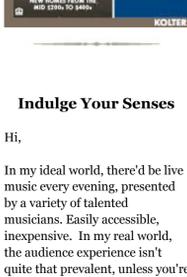
All waterfalls are not the same. For example, this beauty is one of ten that can be found in DuPont State Recreational Forest. What would you do with 10,400 acres to explore? Which wonderful mountain town is very close?

Where are you?

Photo courtesy *The Cliffs*



Carolina Adventures



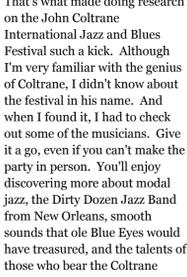
Foodies Delight

Asheville Food Tours is the grand-daddy of the food tour in Asheville, the home of so many happy food lovers. You'll taste great chocolates, yummy cheese and fresh-baked breads and so much more.

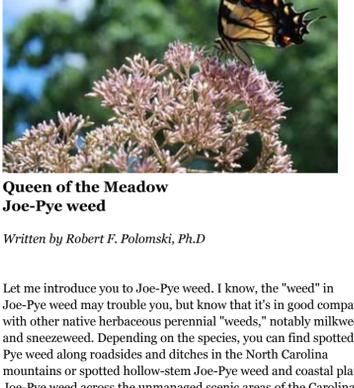
The best parts? Getting an overview of your must-come-back-here options and making new friends as you discover insider stories of this mountain town, known as the "Paris of the South."

Details.

Photo courtesy *Asheville Food Tour*



You Must Visit!



Boone Hall Plantation

With more than 300 years of history, Boone Hall remains one of the top historical sites to visit in the south. Owned by the McCrae family since 1955, the plantation was soon furnished with antiques and opened for tours.

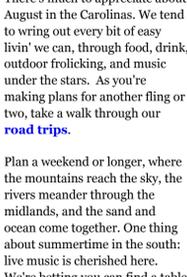
Today, their very knowledgeable staff is available to share stories and discover the history found here. Tours include the magnificent house and gardens, a motorized tour around 738 acres, and Exploring Gullah culture. There's a Black History in America Exhibit and a really fun Butterfly Pavilion.

Before you go: Remember to visit the entire property. The actual house is not the original of 300+ years ago, but it is a magnificent structure, and as one reviewer pointed out: "This working plantation has re-invented itself through the years." There is much to see and enjoy, starting with the Avenue of Oaks, which is breathtaking, and continuing through the Georgian home, and the nine Gullah cabins on display.

www.boonehallplantation.com

Charleston.

Photo: *Boone Hall Plantation, Avenue of Oaks*



Carolina Homegrown



Queen of the Meadow Joe-Pye weed

Written by *Robert F. Polomski, Ph.D*

Let me introduce you to Joe-Pye weed. I know, the "weed" in Joe-Pye weed may trouble you, but know that it's in good company with other native herbaceous perennial "weeds," notably milkweed and sneezeweed. Depending on the species, you can find spotted Joe Pye weed along roadsides and ditches in the North Carolina mountains or spotted hollow-stem Joe-Pye weed and coastal plain Joe-Pye weed across the unmanaged scenic areas of the Carolinas.

Joe-Pye weed is also called "queen of the meadow" for good reason: it remains unnoticed all season long until mid-summer to fall when these neglected beauties burst into bloom with dome-shaped to flat-topped flowers that come in a range of colors, from purple to lavender to pink and white.

The flowers act like pollinator magnets for bees, butterflies, and wasps. In the fall, gold finches feast on the seeds.

Admittedly, some species of Joe-Pye weed can reach heights of 7 to 10 ft.; they often splay-open due to the size and weight of their flowers. You can cut back these vertically enhanced types to 3 ft. in late spring or early summer, but it will result in smaller flowers that can be enjoyed at eye level.

A better alternative is to purchase cultivated selections of Joe-Pye weed that are shorter and more compact, such as 'Little Joe,' 'Baby Joe,' and 'Phantom.'

Joe-Pye weeds thrive in full sun to light shade; some may require supplemental watering during dry periods.

Joe-Pye weed is an underrated native wildflower that deserves to be enjoyed when you're on the road and at home in your garden.

Discover 50 luscious and lovely plants.



Learn more about Carolina gardening from Dr. Polomski's new book, *Carolinian Gardening*.

Available wherever books are sold.

Photo by *Robert F. Polomski, Ph.D*

Indulge Your Senses

Hi,

In my ideal world, there'd be live music every evening, presented by a variety of talented musicians. Easily accessible, inexpensive. In my real world, the audience experience isn't quite that prevalent, unless you're on vacation in a resort town.

8th Annual John Coltrane International Jazz & Blues Festival

September 1-2
Oak Hollow Festival Park
High Point, NC

North Carolina native John Coltrane, or "Trane," is revered as one of the great saxophone players of all time. (Researching this festival required background music from the musician and his colleagues – oh yeah.) Seems fitting that this is the year to revisit Coltrane and perhaps discover his very talented children, saxophonist Ravi Coltrane, and vocalist Michelle Coltrane. You can hear them both at the upcoming festival, which no doubt will include the formidable buzz from this summer's release of the Trane's lost recordings, "Both Directions at Once – The Lost Album."

Jazz greets from around the world will gather in High Point for two days of sensory overload. If you're already a fan, you've probably got your ticket, for this, what critics are calling, "The Summer of Jazz." It's mildly enthusiastic, take some time and discover who'll be performing at the festival. amazing.coltranejazzfest.com
Highlights.

Get the Guide.



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Up for a Challenge?

Summer's winding down, but in our farmers markets and produce stands, watermelon, peaches and melons remain at the top of their game!

Try something new while fruits and vegetables are plentiful. Patty pan squash is a nice variation on crooknecks, and you can find amazing heirloom tomatoes, including our family favorite, Purple Cherokees. We're not opposed to the exotics, such as Dragon Fruit and Cherimoyas, and variety is the spice of life, so try them all and **do share** your favorites with us on facebook. Yum.

Check out our directory of farmers markets, [NC](#) and [SC](#).

Let's Take a Road Trip

- [Carolina Famous Trip](#)
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Breweries, Brewpubs and Beer Month



Both Carolinas have thriving beer cultures, with accolades galore and breweries striving to outdo one another in great family-friendly atmospheres, or adults-only gathering destinations. Likewise on the creativity of the Brewmaster.

North Carolina is considered "the state of Southern Beer," with its 200+ breweries and brewpubs. South Carolina's Brewer's Guild works to get the word out about the state's tasty lagers and specialty brews.

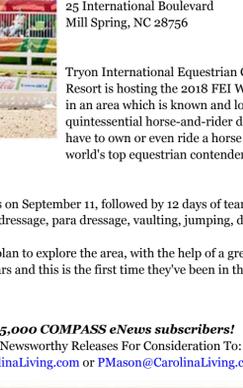
Wherever you travel, you won't be far from good times and surprisingly addictive tastes.

North Carolina Breweries

South Carolina Breweries

Photo: *Sierra Nevada Brewery, Asheville NC; courtesy VisitNC.com*

Carolina Cuisine



Take Me Out to This Ball Park

When I first sampled Chef Scott Hall's food, it was clear that this chef had taste, style and creativity to spare. Now, my friends can gather at his brand-new restaurant, Bone-in Barbeque, just beside the entrance to Spirit Park in Columbia, SC, where the Columbia Fireflies work their baseball magic. The setting is historic, casual and edgy.

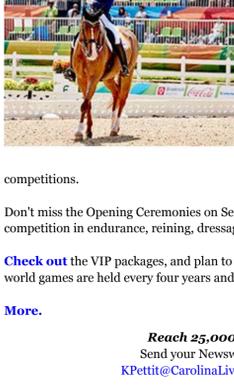
In honor of the occasion, Chef Hall was kind enough to share a new, seasonal concoction of his, which may be enjoyed with or without tequila. Try **Minted Watermelon Lemonade** – for the family or a weekend brunch with friends. And make plans to visit Chef Hall's restaurant. For those so inclined, Bone-in Barbeque also serves Prohibition-era kicked-up cocktails. Now that's some fun with your cue, with or without America's favorite pastime.

Photography: *Forrest Clonts*

NewsWorthy



Beside a Saltwater River



Kiawah River, Charleston, SC

Fifteen miles from the Charleston Peninsula, this stunning new community is underway. Kiawah River encompasses 2,000 acres, 50 percent of which will remain greenspace with an extensive network of trails. Beautiful waterfront and village homesites offer peaceful views that go on forever.

Planned amenities include a swim club, woodland chapel, guest cabins, boat landing and dockside restaurant, plus trails and magnificent greenspace. Community is being developed by The Beach Company, leaders in residential development, and the design team includes Andrew Cogar and Ryan Yurcaba of Historical Concepts in Atlanta.

More: www.kiawahriver.com



FEI World Equestrian Games

September 11-23, 2018
Tryon International Equestrian Center
25 International Boulevard
Mill Spring, NC 28756

Tryon International Equestrian Center (TIEC) at Tryon Resort is hosting the 2018 FEI World Equestrian Games in an area which is known and loved as the quintessential horse-and-rider destination. You don't have to own or even ride a horse to enjoy watching the world's top equestrian contenders in a variety of competitions.

Don't miss the Opening Ceremonies on September 11, followed by 12 days of team and individual competition in endurance, reining, dressage, para dressage, jumping, driving, and more.

Check out the VIP packages, and plan to explore the area, with the help of a great planning guide. The world games are held every four years and this is the first time they've been in the Southeast.

More.

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