

Locally Grown

TAKING ROOT IN OUR COMMUNITY

FREE • Summer 2022

Feature Story

Biking Around the Upstate

Meet the
Medicine Women
of Joi Natural Wellness

Home Sweet Homesteader

It's Rain Barrel Making Time

Back to School
Keeping Kids Healthy





Health & Wellness MARKET

**A shopping
experience where
local health &
wellness businesses
and artisans will
introduce products
and services that can
help you look and
feel great naturally!**

**CANNON STREET
DOWNTOWN GREER**

**JUNE 4TH 2022
10AM-3PM**

FAMILY FRIENDLY

PET FRIENDLY

**FREE YOGA
CLASSES**

GIVEAWAYS

DEMONSTRATIONS

MIMOSAS

**&
MUCH
MORE**

harvest
kitchen



Relax...

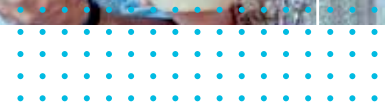
You've got
Rootz of Nature
Delta 8 Gummies!



Summer Health Fair!
(S. Pleasantburg Location Only)
Sat. June 11th
25% off (9am-Noon)
15% off (Noon-8pm)

GARNER'S
Natural Life

Visit Our Two Locations in Greenville:
27 S. Pleasantburg Dr. - 864-242-4856
1601 Woodruff Rd. - 864-603-5550
GarnersNaturalLife.com



ENTICING FLAVORS. HIGH NOTES. PASSIONATE IMPACT.

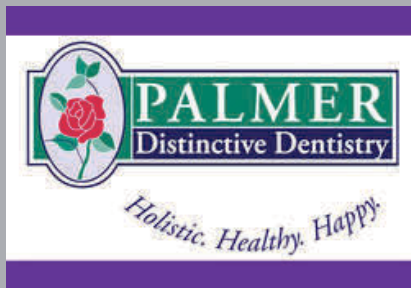
SEPTEMBER 15-18 | GREENVILLE, SC

euphoriagreenville.com

THE BEST PART OF DENTISTRY IS HERE... LIGHTWALKER LASER

- ~FILLINGS
- ~FRENTECTOMIES
- ~NIGHTLASE:
CORRECTS SNORING
- ~GUM RECONTOURING

Dr. John Palmer , Dr. Debra
Adams & our team
are very excited to offer
this amazing,
State-Of-The-Art
technology to our guests!
Give us a call TODAY!
864-879-6494



134 MILESTONE WAY
GREENVILLE, SC
864- 879- 6494



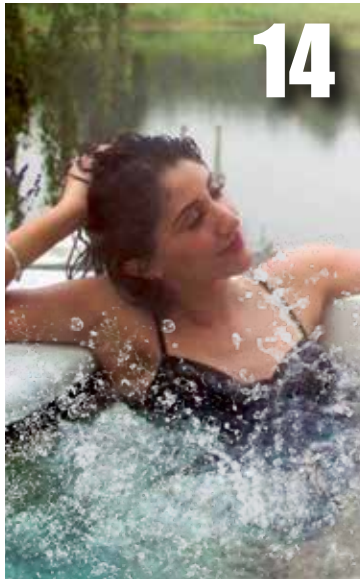
CONTENTS

Summer 2022

LocallyGrown



8



14



16



18

8 Community News

Local Upstate Providers
News and Events.

18 Community Spotlight

Mom and Pop Alliance
Advocacy for SC Small
Businesses.

23 Back to School

Prepping the Immune
System to Keep Them Healthy

13 Health Alert

Formula Shortage
What to Do. What to Know.

19 Health Skeptic

What's an Ionic
Foot Bath?

24 Farms & Farmer's Markets

The Cream of the Crop

14 Healthy Tips

Healthy Tips to Make a
Summer Splash.

20 Biking

Biking Around
the Upstate

25 Garden

Salad Lovers'
Garden Tips

16 Business Spotlight

Joi Natural Wellness:
Restore, Revive, Renew

22 Homesteader

Making a DIY Rain
Barrel System

26 Marketplace

All your Local Providers and
business listings.



WELCOME FROM THE PUBLISHER



Let me start by saying...Yes, I AM doing this again! As some of you might know, I was the original publisher of the *Natural Awakenings* magazine when we brought it to the Upstate in April of 2009 and passed the publisher torch to Roberta in January of 2014. With its closure in May of 2020, it has left a huge void for our Natural Health and Wellness providers and businesses; so much so that the past few months, it was like someone kept slapping the back of my head, and saying "You gotta do something!"

Being a serial entrepreneur, this name, "Locally Grown" has been in the back of my head (maybe the same place where someone had slapped me, LOL!) for several years now. Creating a new local magazine from scratch wasn't in the forefront as much as building The Locally Grown Small Business Network was. So, with that said, our "Locally Grown" journey starts here with our quarterly issue for the Summer of 2022.

Let me preface this with you knowing, that ALL of this came together in less than two months! It was so exhilarating when stopping by our previous advertisers like LivingWell Healthcare, Palmer Holistic Dentistry, and Garner's Natural Life; they were as excited about Locally Grown as we were! It was also exciting to discover all the new businesses like Joi Natural Wellness and Project Wellness SC that have come on board. The growth of the local farms and farmer's markets in our area have been encouraging to say the least; so much positivity...People are READY for local interaction again! They are craving it, they are needing it, and WE in the Upstate are ready to go Locally Grown times ten!

People have also approached me about "why print when there is digital?" You will have access to both, but my answer is simply; you know that feeling you get when holding that paper in your hand...it helps you connect to the stories and information more...we want that community, we want to know about our local towns, we want to help each other succeed; and it's always a good thing to relax and get off those electronics as much as possible for our mental and physical health too!

In our summer issue, we are delighted to bring you all sorts of fun articles like "Biking in the Upstate," on page 20, as Juliet Peay takes you on a tour from types of bikes, to safety, and the future growth of the Swamp Rabbit Trail. "DIY Rain Barrel in your Backyard," page 22, by our local aspiring homesteader, Debbie Kimmel is on my list to do (hopefully this summer) and "What's an Ionic Footbath?" on page 19 by our Natural Health Skeptic, Liz Liokumovich is quite the eye-opener!

On page 24, The Cream of the Crop will help steer you in all the right directions to find healthy choices from our local farming community. Food grown locally is cleaner and fresher compared to food shipped from other regions; you also get to know our local farmers, and thank them for all their hard work.

As always, Locally Grown is supported solely by our advertisers, so please support them as much as you can. You can also help them by picking up a few extra copies and giving them to share with your friends and family, and don't forget one for your car.

We are always looking for feedback on how to make each issue bigger and better, so please feel free to contact us at any time at Publisher@LocallyGrownGreenville.com.

Have a Bright and Joyful Summer!

Linda

About the Cover

We just "Knew" this was "The Cover" and we weren't even looking...It was sent to us in a group of photos for another use in the magazine, but it had bigger plans... Much appreciation for their beautiful work goes to:

Cover Model, **Angie Chandler, Owner of Joi Natural Wellness,**
Make-up by **Kirsten, of Southern Couture**
Cover Photo by **Molly Childress of Wanderlust Photography**



LocallyGrown

ABOUT US

Publisher

Linda Craig

Copy Editor

Jeanette Watkins

Design + Production

Susan W. Jones

Graphic Design

David Cooper

Writers

Juliet Peay + Jennifer Galbraith

Distribution + Logistics

Jim Craig /Ed Wilmot

To Advertise in Locally Grown:

Call: 864-569-8631

Publisher@LocallyGrownGreenville.com

LocallyGrownGreenville.com

Tell Us What you Think...

Locally Grown welcomes your feedback. Please send your comments via email to: Publisher@LocallyGrownGreenville.com w/name, email/ phone# (they will not be published).

Article Submissions

Locally Grown welcomes story ideas! If you have a story idea or a photo essay you would like to share, please submit via email to: Publisher@LocallyGrownGreenville.com.

Only feature stories and photo essays about people, places or things in the Upstate, and especially Greenville County will be considered.



© 2022 by Locally Grown. Locally Grown reserves the right to refuse advertisements. We do not necessarily endorse the views expressed in the articles and advertisements, and we are not responsible for the products and services that are advertised. Always check with your healthcare professional when starting a new program.

Please be aware that Locally Grown requires prior permission in writing for certain types of reproduction.

Locally Grown is a free quarterly publication distributed in and around Greenville County, and it is solely supported by our local advertisers. You can support them by calling us to place copies of our publication at your business. To show our appreciation, we will add your business to our "Grab a Copy Here" link on our website, LocallyGrownGreenville.com.



Community NEWS

LivingWell Healthcare Welcomes Tracey Schofield, Jr., NP-C

LivingWell Integrative Healthcare in Easley recently welcomed Tracey Schofield, Jr. NP-C to their practice. Schofield is a board-certified Family Nurse Practitioner. He received a Bachelor of Science degree from Saint Petersburg College and graduated with a Master of Science in Nursing from Clemson University. He has training in Family Medicine and specialized in neurology and headache management. Schofield worked at several different venues including hospitals and Bay Pines VA Healthcare System in Florida.



Tracey Schofield, Jr. NP-C

At LivingWell, Schofield will focus on hormone balance, weight loss management, bio-identical hormones, preventative health/anti-aging, thyroid issues, as well as nutritional and lifestyle counseling, and women's/men's health. He will specialize in headaches, migraines, cognitive/memory decline, neurotransmitter support, anxiety and depression. His goal is to promote individualized care with a whole person approach to reduce disease risk.

When asked why he was excited about being at LivingWell, he said. "When you're in the hospital setting, things are a big problem. Being at LivingWell gives me the chance to take the time to help the patient identify underlying issues more thoroughly, and through education, get things back on track and have the patient feeling great! It gives me the opportunity to encounter people before things get out of control, so that I can help them reach their health goals, and have a much-improved quality of life."

LivingWell Integrative Healthcare is located at 838 Powdersville Rd., Ste. G, Easley. To set up an appointment with Schofield, call 864-850-9988. Visit their website at LivingWellHealthcare.com. See ad, page 11.

New Boomhi Technology Socks

BJ Evans of Standing on 2 Feet is excited about a new entry in her wearable neurotech business. They are a type of elevated mind technology sock called Boomhi. Known as Voxx HPT, a pattern is specially woven into each of their wellness and performance products. According to the website, contact with it triggers a neural response in the brainstem that helps manage pain, as well as improve mobility and balance. The effect is instant, ranging from improved balance, mobility and pain management to better energy level and recovery process, and ultimately a happier, healthier life.

Evans describes them as affordable, attractive, and comfy. But there's much more to this sock than meets the eye. "Some of my clients have told me they experience a sense of joy, optimism and happiness when they put on a pair of our new Boomhi wearable technology socks," she says. "I'm also excited because they are made of 100 percent recycled water bottles, so it's a win-win to recycle, repurpose, and restore for the environment." "There is a QR code to see where trees are planted for every Boomhi purchase."

For more information on all categories of wearable neurotech products, call 864-421-5334, or visit StandingOn2Feet.com. See ad, page 29.



Feed & Seed Co. Opens in Greenville

Feed & Seed Co. recently opened in West Greenville. Partnering with local farmers, wholesalers, and other organizations, Feed & Seed Co. has developed networks and programs designed to help close the gaps in the process that gets food from local farms to the community. They also opened the Food Innovation Hub, which serves as a collaborative facility for farm, food, and education in the Upstate. Designed as a multi-purpose facility to support our local farmers and the community, it's a space that provides food growers and makers the infrastructure and support systems needed for success.

Besides the Green Market & Café (where you can get groceries and a bite to eat), they also have a processing area for farmers to process their harvest, a commercial kitchen that can be rented out, a 90-seat event room that is available to rent for \$125 (for 3 hours,) several commercial dehydrators, and 5,000 square feet of flash freezers that farmers can lease out.

According to Mary Hipp, Feed & Seed Co. Board Chair, "The mission of feed and seed is to make fresh food affordable to all of South Carolina, but it is also a wraparound organization, from economic support for the farmers by creating a vibrant market for them; all the way to making food accessible to communities that don't have it and don't have access. Then, making it affordable at the same time by keeping it a local food location and fresh; it has more nutrition because it's right here in our backyard."

Feed & Seed is located at 701 Easley Bridge Rd., Ste. 6010, Greenville. (Entrance off of 2nd Ave.). For more information, call 864-412-4720 or visit FeedAndSeedSC.com. Business and Café hours are listed on their website.



We'll bring out the best in you...Naturally!
Certified Natural Organic Products and Ammonia-Free Hair Color
The location is Private, in a relaxed natural setting.
Nancy Lee's Hair Art Studio
Call Today to Discover Your Natural Beauty!
By Appointment only
864-320-2359



We UNDO What Life Does to the Body!



Chronic Pain



Digestive Issues



Sports Injuries



Reproductive Health

Call Today To Reclaim Your Health & Vitality Gently & Naturally!

Joan Massey, L.Ac



Nicole Negrón, L.Ac

Affordable Acupuncture
 3100 Grandview Dr. Simpsonville
 864-406-3800
AffordableAcupunctureByJoan.com

Family, Friends & Fun! Fireworks Celebrations in the Upstate!



GREER - Saturday, June 25th - 6pm-10pm. - Freedom Blast in Greer will again celebrate freedom with the goal of honoring both active and veteran servicemen and servicewomen who have made that freedom possible. The annual Freedom Blast fireworks show accompanied by patriotic music in City Park will begin at 10 p.m. at City Park at 301 East Poinsett St. For more information, visit FreedomBlast.org.

SIMPSONVILLE - Friday, July 1st - 6:30-9:30pm. - 4th Annual Hartness Fireworks Celebration - Off Hwy 14 and Garlington Rd. in Simpsonville. Bring your lawn chairs or blankets and join us on the Hartness Grand Lawn for our annual celebration of America's birthday! We'll have food trucks, music, kids activities, music by DJJB and more. For more information, visit HartnessLiving.com.

FOUNTAIN INN - Saturday, July 2nd - 6pm-9pm. Fireworks, Food Trucks, and the Cravin' Melon band will be at the Fountain Inn Fourth of July Spectacular. For more information, visit FountainInn.org/393/Fourth-of-July-Spectacular.

SIMPSONVILLE - Sunday, July 3rd - 5:30 - 10pm. - Held at the CCNB Amphitheatre at Heritage Park. Celebrate Simpsonville is the ultimate combination of free live music by one of the most iconic groups of all time and a free fireworks show with a fantastic finale. Sponsored by Duke Energy, Celebrate Simpsonville is free to attend and will feature the legendary Village People with American disco favorite A Taste of Honey, followed by 15-minute fireworks show. Concessions and adult beverages will be available for purchase. Bring the whole family out to celebrate the founding of our country and enjoy a Simply Patriotic night! Gates open at 5:30pm. Heritage Park is located at 861 Southeast Main St. For more information, visit simpsonville.com/administration/page/celebrate-simpsonville-2022.

GREENVILLE - Monday, July 4th - 6pm-10pm. Fireworks will once again dance in the sky on the Fourth of July in Greenville, but they will be launched from a new location. According to Greenville City officials, the festivities will be held at Unity Park, 320 South Hudson St. where the fireworks will also be launched. City officials encourage party-goers to arrive early and bring a blanket and picnic dinner to celebrate our nation's independence. For more information, visit GreenvilleSC.gov.

Lightwalker Laser Coming in Full Force at Palmer Distinctive Dentistry

Palmer Distinctive Dentistry now has a state-of-the-art dental laser, the Lightwalker. This laser is used for cavities, extractions, implants, frenectomies, gum recontouring, sleep apnea and even snoring. Snoring occurs when air is not able to move freely through your nose and mouth while sleeping. Snoring has a lot of impact on you and others in your household. Sleep deprivation as a result of snoring has a negative effect on your health and quality of life, and studies have shown an increased risk for serious health issues. The Nightlase feature of the Lightwalker laser is a non-invasive, painless and effective way of reducing or eliminating snoring. The best part is you may not have to be numbed in some cases.

How does Nightlase work? It is laser energy used to gently heat the tissue of the airway causing a tightening effect, which helps to keep your airway open. It is quick, comfortable, and you can resume your daily routine immediately afterwards.

Our office will also be doing frenectomies on infants, children and adults. We are trying our best to keep everything "in house" so you get the best holistic care you deserve. We will be running specials the month of June, so make sure you check out our Facebook page (Palmer Distinctive Dentistry) and Instagram page (@PalmerDistinctiveDentistry).

Palmer Distinctive Dentistry is located at 134 Milestone Way, Greenville. For more information, call 864-879-6494 or visit PalmerDMD.com or on Facebook and Instagram. See ad, page 5.





First Local Homesteading Fair Comes to the Upstate

You and your family are invited to the “Farm Where You Live Fair” on Saturday, June 18 from 9 am to 6 pm at The Music Camp of Spartanburg, a stunning 55-acre event space surrounded by the Pacolet River. This fair is the first local celebration of homesteading in the Upstate of South Carolina.

We are hobby farmers, small farmers, homesteaders, backyard gardeners, berry pickers, mushroom foragers, bee keepers, brewers, hunters, fishers, permaculturists, animal keepers, DIY crafters, nature enthusiasts, conservationists, and more! Family fun at the event includes a petting zoo, face painting, and bounce houses. Kids get in free to the event, and we hope they enjoy the live demonstrations happening on the event floor from local farmers and homesteaders.

Our facility is honored to be hosting Joel Salatin, from Polyface Farms in Swoope, Virginia. Get your ticket online to attend his seated seminar first thing in the morning or come visit him at his booth and snap a picture.

General Admission is \$5 for adults and free for ages 10 and under. Parking is free. In/out privileges with a handstamp. It's going to be a “Barn Burner!” Y'all come!

Directions: (There is a bridge out, and GPS might point you towards that bridge). To get to The Music Camp of Spartanburg, (start at I-85, Exit 80 and take Gossett Rd.) 190 Childress Rd., Spartanburg.

The Music Camp of Spartanburg is located at 190 Childress Rd., Spartanburg. For more information including seminar and VIP ticket prices, visit FarmWhereYouLive.com/info. See ad, back cover.



Get That Spring Back Into Your Step!

WITH *LivingWell*
INTEGRATIVE HEALTHCARE



We Can Help With:

- o Bio-Identical Hormone Replacement
- o Thyroid Dysfunction, Hashimoto's
- o Adrenal Fatigue Treatment
- o Saliva Hormone Testing
- o Guided Weightloss Management
- o In-House Thermography Scans
- o Heavy Metals Testing
- o Micronutrient Testing for Vitamin and Mineral Levels
- o Cleveland Heart Testing for Advanced Lipid, Metabolic, and Fatty Acid Levels
- o Food Sensitivity Testing

Happy Client Testimonials

“LivingWell has definitely been a game changer for me! I started my journey over 10 years ago. I had been to several other doctors prior to seeing Cheryl Middleton with little to no results. Cheryl manages my thyroid, adrenals, hormones, and my insulin resistance. I've never felt better! The entire staff is very knowledgeable and friendly.”
- Dalinda P, Greer, SC

“I've been utilizing LivingWell for more than 12 years and have consistently received excellent care. Clif Caldwell and Cheryl Middleton have always been patient, listened closely, explained things thoroughly, asked great questions and explored every health concern I have had. They certainly have built trust with me! Recently, I learned LivingWell added Tracey Schofield to their staff and was thrilled to hear it. Tracey is a close family friend who has an established track record of integrity. He is an ideal fit for the LivingWell team!”
- Bob C. Anderson, SC

“Through LivingWell, I had been doing intermittent fasting and it was working, but I had hit a plateau. Tracey offered suggestions on altering my schedule and some foods I could incorporate to balance my hormones. In just 3 weeks, I have lost 10 pounds and am back on track. Thanks Tracey!” - Jody P, Greer, SC



Clif Caldwell, MD



Cheryl Middleton, PA-C



Tracey Schofield, NP-C

Start Your Wellness Journey Today!

838 Powdersville Rd. in Easley

Call: 864-850-9988 or Visit: LivingWellHealthcare.com

Red Light Therapy Offered at Project Wellness SC



Project Wellness SC in Mauldin has recently added red light therapy to their offerings. According to co-owner Lindsey Howell, “We are thrilled to announce a new addition to the Project Wellness SC umbrella. It is a tool we have added to our health and wellness toolbox of cutting-edge technology to

help anyone suffering with pain, stiffness, skin conditions, inflammation, and so much more.”

Also called polychromatic light therapy, the specialized light energy delivered by this therapy triggers the release of nitric oxide, which increases circulation to relieve pain and stimulates the body’s innate healing processes. Light, whether from the sun or from technology, is absorbed by the skin and triggers beneficial biological changes at the cellular level. The therapy allows you to target the area of concern. Many people with symptoms of pain or impaired circulation experience positive results from using polychromatic light therapy.

Red light therapy is a valuable tool in restoring and improving health and vitality. The therapy is convenient, drug-free and non-invasive. The key to understanding how polychromatic light therapy works is called photobiomodulation. It has been demonstrated that photobiomodulation signals damaged cells to begin their repair processes.

PHOTO (light)
BIO (biology)
MODULATION (change)

This technology is now available to experience at no cost to you for the first session. Your session will last from 15 to 20 minutes.

For more information and to set up an appointment, call 864-979-6389. See ad, page 15.

Health & Wellness Business Owners Host Market in Downtown Greer



Betsy Exton (L) & Heidi Henry (R)

The Greer Health & Wellness Market will be happening in downtown Greer on Saturday, June 4 from 10 a.m. to 3 p.m. Sponsored by Ally Internal Medicine and presented by Pure Health and Wellness and Harvest Kitchen, the market will have a great lineup of holistic vendors, free yoga classes,

giveaways, mimosas, demonstrations and more. Located in the parking lot of The Spinning Jenny, this is a family and pet-friendly event and will include kids’ activities. There will also be live music and a variety of healthy food options.

“This will give the community a chance to get to know what their options are for their health and wellness and how to look and feel their best,” says Betsy Exton, owner of Pure Wellness Spa. Exton has two locations: Pure on Main in Greenville and Pure Wellness Spa in Greer.

“We are excited to be co-hosting the Greer Health & Wellness Market, says Heidi Henry, owner of Harvest Kitchen. “We strongly believe that collaboration with like-minded local businesses is the best way to provide our clients with some of the best health and wellness options here in the Upstate.” Harvest Kitchen is a family-owned eatery also located in Downtown Greer. Their menu caters to clean diets, including plant-based and gluten-free. Guests can pick from one of their Harvest Favorites or get creative and craft their own salad, grain bowl, or smoothie.

The market will be held in the parking lot of The Spinning Jenny in Downtown Greer at 107 Cannon Street.

For more information about the Market, call 864-655-5079 or on Facebook at Greer Health & Wellness Market. Pure Wellness Spa is located at 108 Cannon St., Greer. Harvest Kitchen is located at 112 Cannon St., Greer. See ad, inside cover.

Joi Natural Wellness & Tea Bar Remodels

Joi Natural Wellness & Tea Bar in Greenville has recently remodeled their space to include some lovely bistro tables at their Wellness Tea Bar inside their apothecary shop. A variety of teas, tonics and elixirs are available at the Bar, and the menu can also be found on their website.

Whether you need CBD products, immune boosters, herbal teas, other products for wellness, or if you are seeking a consultation and education regarding wellness and well-being, you can find it all at Joi Natural Wellness. The products are from local crafters and herbalists and support a variety of needs for wellness and wellbeing. Joi Natural Wellness offers valuable education and guidance to support your self-care and wellness journey.

The store is open Monday through Friday from 10 am to 6 pm and Saturdays from 10 am to 3 pm. The store is closed on Sundays. There is plenty of free parking in front of the store.

Joi Natural Wellness & Tea Bar is located at 86 Orchard Park Dr., next to Stax Omega.

For more information, call 864-626-3126 or visit JoiNaturalWellness.com. Online shopping is also available on their website. Follow them on Instagram and Facebook @joinaturalwellness. See ad, page 17.



Natural Hair Salon Celebrates 5-Year Anniversary



“My three o’clock in the morning idea is now five years old!” says Nancy Minix of Nancy Lee’s Hair Art Studio in Greer. What started out as a dream over five-years ago has become reality as Minix and her late husband Randy built what has now become a place where people come to get their hair done and relax. “They love the beauty and natural setting I provide

with all the windows and natural light pouring into the studio. My clients come here knowing the organic and natural products I offer; they don’t have to worry about smells and odors that are found in a larger salon. It’s for their health and it’s their relaxation time.” says Minix.

Minix has plans for growth in the fall, which will include a new natural makeup line in her studio.

Nancy Lee’s Hair Art Studio is located in Greer, and by appointment only. For more information, and to set up an appointment, call 864-320-2359. See ad, page 9.

Garner’s Natural Life Holds Summer Health Fair



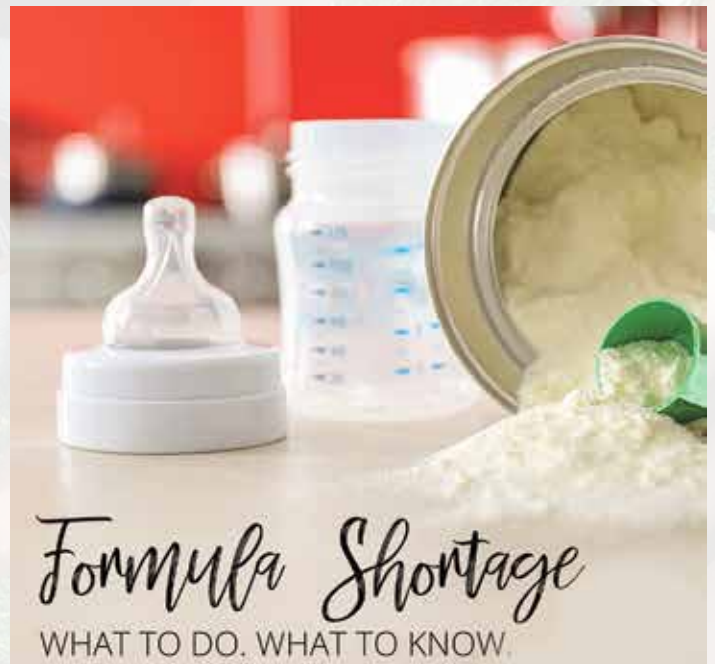
Garner’s Natural Life will hold their Summer Health Fair on Saturday, June 11. The Customer Appreciation Day will be held at their Pleasantburg location in Greenville. There will be free samples, demos and raffles. It’s a great time to

learn more about all their products and meet their well-educated staff.

From 9 a.m. to noon, all customers will get 25 percent off purchases and from noon to 8 p.m., they will get 15 percent off purchases. You may combine regular products with sale items to save even more. This offer is valid on June 11 only at their Pleasantburg Drive location.

Senior and military discounts do not apply to the Customer Appreciation Day sale.

Garner’s Natural Life is located at 27 S. Pleasantburg Dr., next door to The Fresh Market, Greenville (where the event will be held). For more information and to learn about their other locations, visit GarnersNaturalLife.com or call 864-242-4856. You may also follow them on social media. See ad, page 3.



Formula Shortage

WHAT TO DO. WHAT TO KNOW.

Health Alert



They say it takes a village to raise a child and that is especially true in times of need like these. With a proper recipe, homemade formula is just as nourishing, if not more so, than store-bought. Donor Breast Milk could be a viable option. Find a

local group or reach out to trusted friends and family. Search for “Human milk for human babies (your state),” on Facebook or Google, or resources near you.

Another great option is the *My Serenity A2 Formula*, which is marketed as a toddler formula because it has not gone through FDA testing to be approved as an infant formula. However, it meets all 29 FDA required nutrient ranges for formula. For more information, visit MySerenityKids.com.

There are several other types of formula options like Weston A. Price Foundation Homemade Formula and the Liver-Based Formula (this liver-based recipe mimics the nutrient profile of breast milk). For more information and where to purchase ingredients and full instructions, visit WestonA-Price.org.

A homemade goat milk formula option from Mt. Capra with recipes and breakdown of nutritional information can be found at MtCapra.com or GoatMilkFormula.com.

Excerpted with permission from Well-Rooted Pediatrics, Crystal Lake, IL. For more information, contact WellRootedPediatrics.com or call 815-322-9300.

Take Charge
of Your Health & Wellness Goals!



We Have Natural Health Tools for Your Home, Office and Business!

- Air Purification
- Filtered Water Systems
- Skin Rejuvenation Products
- Infrared Sauna Options
- Grounding/Earthing Products

Non-Transdermal Stem Cell Activation Technology to Reverse-Aging!

Circulation Nation
Healthy Self
Healthy Home
Healthy Life

Call "The Healthy Gadget Girl" at 864-593-8217 or visit: CirculationNation.com



Dandelion for Fluid Retention and Swelling

Dandelion is everywhere this time of year and for good reason. All parts of this plant work great as a heart tonic and cleanser which is just what we need when this heat causes our blood vessels to dilate and dehydration gives us the gift of fluid retention and swelling. Luckily our good friend Dandelion is waiting in our backyard to help! Simply pick the leaves, give them a good wash and add to your favorite loose leaf tea! - Jennifer Galbraith, Herbalist, Drunken Root Apothecary.



Ginseng Tea as a Natural Blood Thinner and Boosts Heart Health



Ginseng Herbal Tea is a natural blood thinner and is known to boost heart health. It relaxes the arteries, therefore, lowering blood pressure. This type of tea functions as a blood thinner as it has been shown to block platelet adhesion. Furthermore, the tea also improves cholesterol levels. Ginseng Herbal Tea is crisp, bittersweet, and earthy, and is a tasty substitute for a sweet beverage. Ginseng also has a lot of benefits

to boost heart activity; the tea not only works as a slimming agent but also reduces the intake of excess sugar that is harmful to the heart. Our Ginseng Hippy Herbal blend gets its depth from a variety of distinctive roots, while the ginseng and mint create a refreshing cup of tea. - Valerie Bartlett, *The Spice & Tea Exchange, Greenville, SC*

Get Heart-Focused This Summer

Happy summer! This month we are focusing on supporting the heart and cardiovascular wellness. Reishi is revered as the queen of medicinal mushrooms. In addition to promoting healthy heart function, reishi also supports the immune system, liver, and much more.

Hawthorn has been traditionally used to help maintain healthy blood pressure and cholesterol levels as well as to support circulation and heart muscle function. Butcher's broom and garlic support improved circulation while birch bark helps to decrease inflammation throughout the vascular system.




Last but not least, is magnesium. Responsible for over 100 functions in the body, the list of magnesium's benefits is long, but in regard to the heart, magnesium helps to reduce inflammation and improve circulation. Used topically, it can be applied on the chest over the heart to support the heart muscle, maintaining a regular heart rhythm, and even assisting with sleep. - Joi Natural Wellness & Tea bar - Greenville, SC

My Favorite Summertime Oil...

A great essential oil for the summertime is Lavender.

Add it to your dryer ball when drying your laundry and it will give you a sweet sensory journey as it makes your clothes and linens smell like a "real" meadow of wild flowers. If you are in the sun too long, use some Lavender oil to support your skin health. Have the fire ants, mosquitoes, or bees invaded your space? Mix a drop of Lavender and Peppermint oils together and rub it on the affected area for some much-needed relief.

- Sandy Teska from *Essentially Sandy*.





“Feel Better Fast”

Lower Back Pain Relief Before and After Gardening

Happy Baby Stretch



Babies can easily “Eat their Toes” because they are flexible, and have no worries. As we age, we just get tight and stiff from not moving enough in our daily lives. The key here is to perform the “Happy Baby” stretch (hold for 30 seconds and rock gently back and forth) before, during, and after you get in the dirt...and then realize you can’t get up! It helps create light traction and opens your lower back and spine up, so you’re more flexible and gardening can be enjoyable. - *George Gantt - Qi Gong Master, Greenville, SC*

This easy stretch is great for the lower back and side of hips. Extending the opposite arm opens the chest, and turning your head to look towards the hand of the extended arm is helpful as well. Hold for 30 seconds on each side. Ahhhh! Feels so good! - *Jaylan Hood - StretchZone - Greenville, SC*



Crossover Leg Stretch



Dr. Cynthia Horner

Offering chiropractic care for pregnant women, infants, children and families.

DrCynthiaHorner.com

864.458.8082

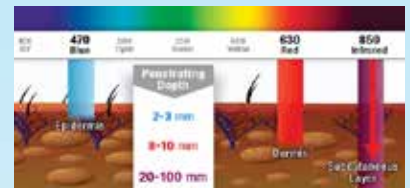
Get Your Daily Dose of Light Without the Rays... Experience Pain Relief and Well-Being!



It’s NOT a Pill, It’s RED + Near-Infrared Light Therapy!

Polychromatic Light Therapy has been shown to help:

- Aging Effects on Skin
- Increase Fat Loss
- Aids in Sleeping Disorders
- Increase Strength/Endurance
- Depression/Anxiety, PTSD
- Recovery from TBI’s
- Inflammation & Swelling
- Pain in Joints and Muscles
- Bruises & Burns
- Speed Healing from Injury
- And much, much more!



Safe & Simple

FDA-Cleared, Class II Medical Device
Real Science. Real Results.™

First Session Free!
CALL TODAY!

Project Wellness SC
864-979-6389



Business Spotlight

Photography by
Molly Childress

Joi Natural Wellness

Restore, Revive, Renew

Joi Natural Wellness & Tea Bar in Greenville was started two years ago by owner Angie Chandler. She was a former pharmaceutical rep who saw first-hand the limitations of our unfortunate healthcare system and the fact that most drugs only address symptoms and can cause many unwanted side effects. She saw a need for resurrecting what she says is “God’s medicine,” bringing back modern herbal products that have been used for thousands of years but were forgotten once pharmaceuticals took over our healthcare system.

Chandler has been involved in holistic and natural medicines for over 15 years and is also certified in Herbalism. She has experience with plant-based medicine from working with shamans and herbalists and earned her own certification in Herbalism in 2019. She is a native of Greenville and returned to the city, bringing “roots back to her roots,” she said. In 2020, Chandler opened a new modern apothecary style shop that provides local crafted plant-based medicinal products to the community.



She and her staff (Leila Scogin, CNHP, Herbalist Botanist, and Mary “Amber” Sherer, Master Herbalist, CBD Specialist) offer their expertise to customers, educating them about how plant-based medicines and herbal remedies can help restore, revive and renew their health and wellbeing naturally. Joi Natural Wellness also collaborates with other local herbalists and holistic practitioners and

educators to help guide people to more alternative approaches to self-care and good health. Their mission is to educate and empower people with the art and science of holistic wellness.

The shop offers a variety of all natural products for stress/anxiety, sleep issues, pain, natural skin care, baby products and house items that are all chemical free. They also have a Tea Bar and a CBD Bar with products that are high quality, safe and effective.

The Wellness Tea Bar, with new bistro tables, has a wonderful menu of all organic herbal teas that are not only delicious, but



also offer great support for things such as allergies, cleansing, digestion, energy boost and more. Many people have said they have the best Chai and Matcha teas in town.

Meet the “Medicine Women” of Joi Natural Wellness. Stop in Joi Natural Wellness today to learn more about this unique shop and what they have to offer.

Joi Natural Wellness & Tea Bar is located at 86 Orchard Park Dr., next to Stax Omega.

For more information, call 864-626-3126 or visit JoiNaturalWellness.com. Online shopping is also available on their website. Follow them on Instagram and Facebook @joinaturalwellness. See ad, this page.



Joi

restore | revive | renew

Products For

- Anxiety/Stress Relief
- Detox/Cleanse
- Immune Support
- Pain Relief
- Skincare
- Sleep Support

Visit our CBD Bar

show this coupon for

20% off one item

86 Orchard Park Rd
Greenville, SC 29615
864 626 3126



Community Spotlight

Mom and Pop Alliance Advocacy for SC Small Businesses

Small businesses are the backbone of the South Carolina economy, yet surprisingly they have very little representation in our Statehouse. The Mom and Pop Alliance is a statewide coalition created to fill that void. They provide a much-needed voice in Columbia for private and family-owned businesses of all sizes. In addition to advocating for all small businesses, offering education to its members, and proposing legislation, the Alliance recently partnered with Representative Bobby Cox and over 20 SC State Representatives to form the bipartisan Small Business Caucus. Diane Hardy, the Founder of Mom and Pop Alliance and also a small business owner, states, “I was actu-

ally quite surprised to learn that we didn’t already have a small business caucus in our state, but now, I’m proud to say we do.”

“Covid highlighted the need for small businesses to be engaged in state-level governmental decision-making. By becoming a member of the Mom and Pop Alliance, you are supporting small business and entrepreneurship in SC, as well as being kept in the loop on issues that could impact you and your business,” says Hardy. Hardy is passionate about economic freedom. She volunteers her time to this endeavor so the member can be assured that every penny of the nominal annual fee goes straight to operating expenses. Hardy states, “It is past

time for SC’s 400,000 small businesses to have a stronger voice in Columbia.”

Membership cost depends upon number of employees and is offered to all types of family and small businesses (regardless of number of employees), including privately-owned corporations, partnerships, and sole proprietorships. Non-business owners can even join as Associate Members to support small businesses and the promotion of entrepreneurship at the state level.

Mom and Pop Alliance is run by volunteer business owners and accepts no grant money or governmental funding. Your support will help them to inform and advocate on behalf of small businesses and their owners throughout our state.

For more information and to become a member, visit MomAndPopAlliance.org. See ad, this page.

**A Voice for
Small Business in SC**

MomAndPopAlliance.org



The Natural Health Skeptic

WHAT'S AN IONIC FOOT BATH?

by Liz Liokumovich



Learning about natural health from time to time is something I have always enjoyed over the years. Yet somehow, I was very surprised that I have never heard of an ionic foot bath. Intrigued by this new knowledge, I set out to experience one for myself. Upon my arrival at Pure Wellness in downtown Greer, I was greeted by two professional and friendly staff members.

After about five minutes of prepara-

tion, Yendra, who would be working with me, whisked me away into a private cozy room. I was then asked to sit down in a chair and take off my shoes. In front of me on the floor was a foot basin, and little did I know the magic that I was about to see before my eyes. As I put my bare feet into the clear and comfortably warm tub of water, Yendra slipped a gadget into the basin and added some Himalayan salt. It was explained to me that the gadget is called an array, which is an electrode, and it works by producing ions. These ions travel through the body, and through osmosis the ions pull neutralized particles such as free radicals out through the skin on the feet which are in contact with the water. After about five minutes, the clear water in the tub began to turn light orange. After about another five minutes the water continued turning into a deep dark shade of orange.

Yendra went further to explain to me that what I was seeing was in fact the neutralized particles leaving my body and accumulating in the water. Before I knew it, I was seeing the most awful colored



water I have ever seen. I was truly sickened and amazed. It started turning brown and murky, with patches of “stuff” floating around me. Then I noticed foam starting to rise and build a mound of sticky bubbles, and I learned that it was yeast (I do have a sweet tooth). At this point, I was starting to feel embarrassed at the sight of the toxins coming out of me; however, Yendra reassured me that this is very common.

The whole procedure took about 30 minutes; by then, I was already starting to feel very relaxed which is one of the benefits of the foot bath. That evening, I felt very light and wasn't stressing out like I was earlier in the day. I slept very well that night. In the morning, I felt very “clean” and energized and ended up having a very productive day. It was a wonderful and an interesting experience, and I would recommend everyone go there and try an ionic foot bath.

Liz is a wife and homeschooling mom of four by day, and a self-proclaimed “Researcher-Hawk” by night (with hopefully some sleep in between). She’s looking forward to discovering natural health therapies to keep her life in balance.





Biking Around the Upstate

As people continue to flock to the “biking Mecca” of the Upstate for lower cost of living, job opportunities, or to be closer to family, tourists and residents find independence and inclusion within the strong cycling community.

We spoke to several cyclists about Greenville’s biking community, infrastructure, and advocacy efforts.

The rise of electric bikes

Laurel Zimmerman had always wanted to do a Bike and Barge tour in Europe, but wasn’t sure if she’d be able to bike 30 miles a day. When a friend told her about electric bikes, Zimmerman decided to try one out for herself.

After trying several brands, she came upon Pedego -- an electric bike brand focused on premium quality and service. Zimmerman loved the ease of the Pedego, and has since become an authorized dealer here in Greenville.

While some might not understand the rise of the e-bike, she says, “What I love about it is that it just opens up cycling to so many different people.”

In her store, she often sees spouses buying e-bikes to keep up with their partner who’s a traditional cyclist. But over time, even traditional cyclists end up adding an e-bike to their collection. One of her customers who suffers from M.S. (Multiple sclerosis) is now able to ride for the first time in years thanks to the Pedego electric bike.

Zimmerman says she often hears people joke that those on electric bikes are cheating,

in which she responds “Cheating who? You know, you’re thinking about somebody who maybe wouldn’t be out cycling if they didn’t have that.”

To drive or to bike

While some are upgrading from a traditional bike to an e-bike, one woman gave up driving in favor of biking to work. Known as “a rebel without a car” Mary McGowan bought a car as a graduate student in Charleston that kept having issues.

We tend to look at cars as a convenient, necessary evil. But McGowan decided to start asking why. Why is driving considered more convenient?

She thought, “I’m working extra hours as a grad student so that I can pay my car insurance and property taxes like all of these bills are piling up... It just didn’t really make sense to keep paying for a car once I moved to Greenville, because all of a sudden, I had an easy alternative.”

As a speech therapist at Berea Elementary School, she advocates for better road infrastructure, too. “Infrastructure really makes a huge difference,” she says, “and I just feel strongly [that] kids should be able to bike to school.”

With trail extensions and infrastructure advocacy underway, McGowan may see more kids biking to school sooner rather than later.

Popular trails around the Upstate

The Swamp Rabbit Trail has gone through multiple extensions over the years, currently connecting 22 miles between downtown Greenville to Travelers Rest along the Reedy River.

Plans to continue the Swamp Rabbit Trail toward Simpsonville and Fountain Inn, and potentially Laurens, are also in the works. There are currently small sections developed, but more will be done to further extend and connect the trail.

In Simpsonville, the plan is to extend the Swamp Rabbit Trail from Fairview Road down to Heritage Park which would give cyclists and walkers another 2.5 miles. There are further plans to extend towards Mauldin and Fountain Inn, but the logistics are uncertain for the time being. However, Mayor Paul Shewmaker says, “There’s huge reasons to do this. For me, the one that stands out the most is just the quality of life. It is going to dovetail beauti-

fully with what's going on in our town and turn it up a notch to make it better and better."

Fountain Inn is also seeing more bikers on their rural back roads and on Main Street. Conversations have begun around furthering the trail from Heritage Park to Fountain Inn High, connecting to the trail currently around the Emmanuel Sullivan Sports Complex and up towards Mount Zion Baptist Church. There are also hopes to someday expand toward Laurens County as well. "We're excited to see it grow," says Mayor G.P. McLeer. "I think the only thing that we're missing is a bike shop in town."

In Easley, The Doodle Trail has become more and more popular with extensions underway. The newest segment will connect from downtown Easley to the J.B. Red Owens Complex. Five subdivisions are set to be developed about 50 feet from the trail, making it possible for homeowners to commute to work downtown or simply enjoy a family ride. Mayor Butch Womack says, "We're going to do our best as we work forward to minimize danger, and try our best to get people off the road as much as possible." Future plans also include extending The Doodle Trail to Five Points Church.

Infrastructure and bike safety

While trails make it easy to ride in and out of urban areas, sharing the road safely is still a priority for cyclists.

The Greenville Spinners Bicycle Club educates cyclists and citizens on road safety, provides opportunities for group rides, and advocates for safer road infrastructure.

Steve Baker from the Greenville Spinners Board of Directors says, "We normally get involved when we hear of opportunities. If someone is considering restriping a road or repaving an area, we advocate for the position that all forms of transportation be considered."

Infrastructure changes can be costly, and since South Carolina state law allows cyclists on the road, bike lanes aren't always feasible everywhere. But when infrastructure changes can be made, the road is safer for drivers and cyclists alike.

A look into local bike culture

Amanda Robertson moved to Greenville from Maryland and made several decisions around her love of mountain biking. From finding a home near Paris Mountain to working close by, mountain biking is more than just a hobby. It's how she settled into the Greenville community.

"I actually went on the Upstate Facebook group and was like, Hey, I'm new to the area. I'm looking for other females to ride with me on Tuesday nights if anyone is interested," she said.

The first night, nine women showed up. "It's literally how I made all of my friends since I've moved here, and if it's been painless and seamless, I think it speaks a lot about this area," Robertson says.

For Greenville native Brian Knox, biking was the first step to independence as a kid when he received a bike at ten years old. He says, "My little 20 inch Huffy became a ticket to exploration of Simpsonville, South Carolina."

He moved away for a time and picked up biking again with some dad buddies in Minnesota. Since coming back to Greenville,

he's found his own mountain biking gang. "It's for chill people who like a faster version of hiking or trail running. You'll instantly feel like a kid again," Knox says.

Competitive cycling in the Upstate

Greenville is also home to competitive bike races like the Paris Mountain Road Race 10k and Mountains To Main Street Triathlon for those who really want to take the sport to the next level.

Husband and wife pair, Janet and Chris Davis, can be found anywhere there's competition, even if it's just against themselves. Veterans of the Hincapie Gran Fondo (A Gran Fondo is a type of long-distance road cycling ride originating in Italy in 1970, and roughly translates into English as "Big Ride"), they took it a step further by attempting to bike a "half Everest" in which the goal is to complete a bike climb equivalent to half the height of Mt. Everest. 19 times up and down the Furman side of Paris Mountain, they achieved their goal last September. "We have goals to get better," says Janet, "But we have fun with it. We're not maliciously competitive. We're fun competitive."

Another cyclist, Meredith Rigdon, found unexpected healing through challenging biking pursuits like the half Ironman and Olympic distance racing.

While it may look like she's cycling for fitness, her motivation comes from life experience. "I came into the sport because of my husband," she says, but she wasn't prepared for the journey this would lead to. "My husband died by suicide. So cycling is my mental health. It's how I've made it through that trauma. It makes me better at everything else that I do. And it especially makes me a better mom."

And her kids have taken notice. Rigdon says, "My little boy knows that Mommy goes and does big, scary things, and my daughter loves to cheer me on when I race. Cyclists get a bad rap because of all the dudes in spandex. Sometimes it's a mom just trying to take care of her family."

Biking through the generations

Speaking of family, Stan Eby proposes biking can be a triple threat as you can work, play, and exercise all by taking a bike ride.

"My father was in college in Greenville and seminary in the early 1950s, had two children, and had three paper routes at the same time. He did them all by bicycle," he says.

For Eby, biking was a way to get to school and then to work at his dad's hardware store. But it's not just about being practical. Biking is a passion that can be passed down through generations, and enjoyed together as a family.

"It's one of those things that you can do at almost any age from children to grandparents," and sure enough, every one of Eby's grandchildren that are big enough to ride have a bike.

So, whether you want to try out an e-bike on the Swamp Rabbit Trail, or race down Paris Mountain, we trust the Upstate's biking community will stay strong, cultivate friendships, and be enjoyed by all who visit and call the Upstate home.

Juliet is a freelance writer and Greenville native. When she isn't writing, she enjoys spending time with her husband Tyler and their two dogs Copper and Morocco. Her work can be found at YeahThatWriter.com.



HOME SWEET HOMESTEADER

Making a DIY Rain Barrel System

by Debbie Kimmel

Did you know rain that falls on 500 square feet of roof equates to 300 gallons of water? Why not harvest that water instead of letting it run off into the storm drains?

Here are some great reasons to harvest rain water:

- Rainwater does not have chlorine and fluoride or any hard minerals that city water has.
- It is better for your plants and garden than city water.
- It reduces your energy waste needed to filtrate and pump city water.
- It reduces runoff and erosion.
- It reduces your water bill in the sum-

mer months, so less water is needed for outside plants.

- Rain water is non-potable (not drinkable) for human consumption, but you can use it for animals and birdbaths.

Can you make your own rain barrel? Yes. You can make a simple rain barrel with just a few items: trash can, spigot, thread seal tape, silicone sealant, mesh screen, utility knife and a power drill. More complicated systems use multiple food grade barrels daisy chained together with tubing. Making a rain barrel is a great way to do a little homesteading project to store some water instead of letting it run down the drain. Use the Internet to find the right 'do it yourself rain barrel' for your needs and abilities.

We are blessed to have access to clean water every day, but we shouldn't take it for granted and try and conserve what comes from Mother Nature as often as possible.

Debbie works a full-time job out of the home; her "Home Sweet Homesteader" column will include what she is currently working on as she aspires to be a "Homesteader" in her own backyard in Greenville, SC.

Excerpts included in this article are from One Good Thing founder Jill Nystul. To learn more about making a rain barrel, visit [OneGoodThingByJillee.com/how-to-make-rain-barrel](https://www.onegoodthingbyjillee.com/how-to-make-rain-barrel). She offers practical solutions to the everyday challenges of running a household.



Prepping the Immune System to Keep Them Healthy

by Jennifer Galbraith

It's the most wonderful time of the year. Your child is finally back to school... or are they? It seems that as soon as your child is back to school they end up home sick with the latest cold or flu. Introducing new germs and not keeping their immune system working at its best are contributing factors.

One of the best ways to keep your child's immune system up is consistency. It's so easy, during summer, to slip into bad sleep habits. With the sun setting later and for some, no need to wake up early, the natural inclination is to let our children stay up late and sleep in. While using this time to allow our children to get some more sleep is definitely advisable, keeping them on a schedule similar to what they will be on during the school year is very important. Sudden changes in sleep patterns at the start of school can put stress on your little one's system and negatively affect their immune system. Instead of fighting germs, their body

is instead working to keep itself awake.

When we think of being "immune" to something, it can generally be thought of "been there done that". The same can be said for your body. Part of keeping your immune system healthy is to keep it exposed to germs. Find a playgroup, go to the playground, get your child involved in a summer camp. One of the big reasons children get sick at the beginning of the school year is that they are exposed to new germs, dander, dust and mold coming off of other children as well as within the buildings of the school. Keeping your child exposed to these things can help keep their immunity up.

There are several herbs that can also help. The first has gained a tremendous amount of attention in the past three to four years. That is Elderberry. You can now find Elderberry syrup at almost any farmers market and certainly at most health food stores and natural markets. Elderberry can be wonderful to boost immunity and also to treat minor illnesses and viruses. The key to Elderberry is taking it only when needed. Taking this herb on a regular basis can cause your immune system to become dependent on it, and subsequently crash your system should you stop. Luckily, Elderberry can be found in many convenient and tasty ways to give them to your child. Elderberry gummies, elixirs, tinctures and syrups can be found pretty easily. Be sure to follow dosing instructions for your child or ask your local herbalist for help.

Another great herb that I love to keep on hand is Usnea. This lichen is often called Old Man's Beard and can be found attached to branches fallen in your yard or local forest after a windstorm. Usnea is wonderful for ailments affecting the lungs and throat and works great to knock out illness quickly. I like to use it at the first sign of any colds or flu and will generally give the immune system the boost it needs.

Lastly, get moving! A great way to stay healthy is to live healthy! Eating seasonal fruits and veggies is a great way to get your body what it needs at any given time of the year. Living in South Carolina we are blessed to have a variety of great fruits and veggies at extended growing cycles. Visiting your local farmers markets will get you and your family out, moving around and in contact with where your food is coming from! Go on a hike at one of our amazing state parks, swim in your local pool or lake. If you have a hard time with the heat, there are some great free youtube channels that are geared towards children for yoga, karate and more.

Keeping your child's immune system healthy isn't a one step process. It means keeping consistency and staying healthy. As a mom of 4 I know this can be a struggle during the summer months. But trust me when I say that cutting down on those sick days when they return to school will make it all worth it.

Jen has over 10 years experience crafting, teaching, and consulting. She's using the world around us to pursue her passion for helping others learn how to heal their bodies and minds in natural ways. DrunkenRoot.com. See ad, page 9.



The Cream of the Crop!

FOUNTAIN INN

BAREFOOT ACRES FARM

181 Barefoot Acres Way • Fountain Inn
864-484-3879
BarefootAcresSC.com
Season: June-August
Open: Th/Sun: 12-5pm
Fri: 12-7pm, Sat: 10am-7pm

FOUNTAIN INN FARMERS MARKET

110 Depot Street • Fountain Inn
Sat: 8am-Noon

GREENVILLE

GREENVILLE STATE FARMERS MARKET

1354 Rutherford Road • Greenville
864-244-4023
Season: Year-round
Open: M-Sat. 7:30am—5:55pm

TD SATURDAY MARKET

Main St. at McBee Ave. • Greenville
864-467-4494
Season: May-October
Open: Sat. 8:00 AM - Noon

TOMATO VINE

4120 Old Buncombe Road • Greenville
864-246-4062
Tomatovineproduce.com
Season: Open all year round
Open: M-Sat: 8:30am - 7pm
Sun: 9am - 6pm

GRAY COURT

BETHEL TRAILS FARM

BethelTrailsFarm.com
BethelTrailsFarm@gmail.com
Facebook.com/BethelTrails
Season: May-Oct-Simpsonville Market
Nov-Apr-Farm Days (1st Sat of the Mth)

GREER

GREER FARMERS MARKET

301 E Poinsett Street • Greer
864-334-6886
www.facebook.com/greerfarmersmarket/
Season: May-Oct/Dec
Open: Sat: 8:30am-Noon

MAULDIN

MAULDIN FARMERS MARKET

101 E. Butler Rd. • Mauldin
Tues: 5-8pm

MAULDIN OPEN AIR MARKET

699 Butler Road • Mauldin
(864) 297-4826
Season: Open all year round
Open: M-Sat. 8am-7:55 PM
Sun: 11am-7:55 PM

SIMPSONVILLE

BAGWELL FARMS

1605 Jonesville Rd. • Simpsonville
864-979-8722
Facebook.com/Bagewll-Farms
Season: Mid-June-Aug.
Open: M-Sat: 9am-6pm

SIMPSONVILLE FARMERS MARKET

118 NE Main Street • Simpsonville
(Temp. Behind City Hall)
Season: May-Sept.
Open: Sat. 8am-Noon
SimpsonvilleFarmersMarket.com

VALHALLA GARDENS

515 McKinney Road • Simpsonville
864-593-8059
Season:
Open: Wed: 8:30am-1pm
Sat: 8am-2pm

TRAVELERS REST

TRAVELERS REST FARMERS MARKET

235 Trailblazer Dr • Travelers Rest
864-610-0965
TravelersRestFarmersMarket.com
Season: May-Sept.
Open: Sat: 12-3pm

WARE SHOALS

STUMP CREEK FARMS

182 Killingsworth Cir. • Ware Shoals
864-221-3986
StumpCreekFarms@gmail.com
Facebook.com/stumpcreekfarms



SALAD LOVERS' GARDEN TIPS

by Barbara Pleasant

If you really love salad, you owe it to yourself to try growing your own garden-fresh ingredients. Lettuce is fast and easy to grow, with beautiful colors and textures worthy of a flower garden. Most salad staples grow best in cool weather; so don't wait for summer to get started. Here are eight tips for a successful salad garden season.



Make several small sowings. Lettuce and other salad greens grow quickly and must be picked before they get too old, so try planting about two square feet of space every three weeks, starting in early spring. Take a break during summer's heat, and then plant more salad greens when the weather cools in late summer. In tropical areas, grow lettuce as a winter crop.

Try Bibbs, butterheads and other beauties. Seed racks offer packets of tempting varieties, and all except iceberg types are easy to grow in a garden. Buttercrunch and other Bibb varieties always do well, as do butterheads and leaf lettuces. Choose a mixture of varieties or buy three packets with different leaf colors and textures. Mark boundaries with radishes or scallions. Plant fast-sprouting radish seed or green onions from the store to mark the locations of newly sown seeds. The onions will quickly grow new roots and tops; simply pull them as needed in the kitchen. Mix in some spinach. Boost the nutrient content of salads by including spinach in the salad garden. Spinach grows best in rich, fertile soil.

Add water. All leafy greens crave water, and dry conditions can cause lettuce to become bitter. Keep a watering can near the salad bed and water as often as needed to keep the soil constantly moist, but not muddy.

Eat thinnings. Lettuce seedlings often appear close together, and a good gardener will pull out excess seedlings to give the plants room to grow. After thinning seedlings to two inches apart, start eating the pulled plants as baby greens.

Pick in the morning. Lettuce and other leafy greens are at their best in the morning, after they have had all night to recover from the stresses of the previous day. If it's not possible to gather greens in the morning, pop a cardboard box over the bed for the day. Protected from hot sun, a salad patch can keep its morning freshness until evening.

Grow more when temperatures cool. Salad crops struggle in hot weather, but often thrive in cooler months. In the north, gardeners can use leftover seeds to start up a second delicious salad season in late summer; in the south, they can get an early start on the long winter growing season as soon as summer temperatures abate.

Barbara Pleasant is the author of numerous gardening books, including Starter Vegetable Gardens: 24 No-Fail Plans for Small Organic Gardens. Visit BarbaraPleasant.com.

Strawberry & Feta Salad with Honey-Yogurt Dressing

Gardening blogger Barbara Pleasant counts this as her favorite salad, one that changes with the season. In the spring, strawberries go well with feta. In the fall, pears pair with blue cheese.

Serves 2

Honey-Yogurt Dressing

2 Tbsp plain yogurt
2 Tbsp mayonnaise or veggie mayo
1 tsp honey
1 tsp rice vinegar
Salt and pepper to taste

Salad

2 cups fresh salad greens
1 cup fresh sliced strawberries
½ cup crumbled feta cheese
¼ cup chopped, toasted almonds or walnuts

1. For the dressing, mix the yogurt, mayo, honey and rice vinegar together in a small bowl. Season with salt and pepper to taste.

2. Arrange the greens on two salad plates and top with strawberries and feta. Drizzle with the dressing, sprinkle with chopped nuts and serve.

Award-winning garden writer Barbara Pleasant blogs about growing and eating organic food at BarbaraPleasant.com.



Marketplace Corner

Acupuncture



ACUPUNCTURE OF GREER

Ruth Kyle, L.Ac.
106 Memorial Dr.
864-877-0111 • Greer
AcupunctureOfGreer.com

Great results with pain, migraines, orthopedic issues, athletic injuries, Meniere's Disease, endometriosis, stress. Offering DAO Needling, the only SC certified practitioner. Twice the relief, lasts twice as long! Cupping. Chinese herbs. Celebrating 17 years serving the Upstate.



AFFORDABLE ACUPUNCTURE

Joan Massey, L.Ac.
Nicole Negrón, L.AC
3100 Grandview Dr.
864-406-3800 • Simpsonville
AffordableAcupunctureByJoan.com

We offer affordable community-style acupuncture. Specializing in pain management, aromatherapy, cold wave laser, Chinese herbs and detoxification techniques. Individual private sessions also available. *See ad, page 9.*

Air Purification



CIRCULATION NATION

Linda Craig, CNHP
864-593-8217 - Simpsonville
CirculationNation.com

Got Allergies? Lingering Pet and Smoke Odors? Our technology will eliminate pollen, pet dander, smoke, dust, bacteria, mold, viruses and more from the air and surfaces in your space. FREE 7-Day in-home trial! Call Today! *See ad, page 14.*

Apothecary



DRUNKEN ROOT APOTHECARY

Jennifer Galbraith
Herbalist and Instructor
DrunkenRoot.com

Jen has over 10 years experience crafting, teaching, & consulting. She's using the world around us to pursue her passion for helping others learn how to heal their bodies & minds in natural ways. *See ad, page 9.*



JOI WELLNESS + TEA BAR

86 Orchard Park Dr.
864-626-3126 - Greenville
JoiNaturalWellness.com

Don't worry about overnight results. Wellness is a journey, and everyone's path is different. Our goal is to educate and empower you to take control of your own health by supporting the whole body and not just the symptoms. Let us partner with you on your journey to wellness. *See ad, page 17.*

Adrenal/Thyroid Health



LIVING WELL INTEGRATIVE HEALTHCARE

Cheryl Middleton, PA-C
Tracey Schofield, NP-C
838 Powdersville Rd, Easley
864-850-9988
LivingWellHealthcare.com

Does your TSH look good but you still feel terrible? We go beyond TSH and look at things like Free T3, Free T4, Reverse T3, and thyroid antibodies. We also understand and effectively treat Hashimoto's. Saliva testing available. *See ad, page 11.*

Bio-Identical Hormone Therapy



LIVING WELL INTEGRATIVE HEALTHCARE

Cheryl Middleton, PA-C
Tracey Schofield, NP-C
838 Powdersville Rd, Easley
864-850-9988
LivingWellHealthcare.com

We help women and men who suffer symptoms of hormonal imbalance such as low libido, weight gain, hot flashes, fatigue and many other symptoms. Call for your personal consult today! *See ad, page 11.*

Essential Oils



ESSENTIALLY SANDY

Sandy Teska
864-979-8694
EssentiallySandy0524@gmail.com

Think Essential Oils only smell good? Think again! They support health and wellness, effectively clean and sanitize, and can aid in nutritional needs all while supporting an improved mood! Follow me on Instagram @sandy.teska

Bodywork



CODY SMOLIK

Rolf Practitioner/Structural Integration
917-544-4412 - Greenville
Cody.smolik@gmail.com
Cody-Smolik-rolf-si.com

Scar therapy and Reiki practitioner. For pain management, body alignment, and freedom of movement, call Cody today!

Guided Weight Loss Management



LIVING WELL INTEGRATIVE HEALTHCARE

Tracey Schofield, NP-C
Cheryl Middleton, PA-C
838 Powdersville Rd, Easley
864-850-9988
LivingWellHealthcare.com

If you're serious about getting that weight off, and living that healthy lifestyle; we are serious about our comprehensive whole body nutritional counseling and behavior programs. Call us for a consult today! *See ad, page 11.*

CBD Products



JOI NATURAL WELLNESS + TEA BAR

86 Orchard Park Dr.
(Next to Stax Omega)
864-626-3126-Greenville
JoiNaturalWellness.com

Joi features a CBD Bar with a curated selection of quality products at great prices. Find a variety of specialized CBD oils, edibles and salves for supporting sleep, pain, stress and anxiety. Joi has a trained staff to answer your questions and provide the education and guidance you may need. *See ad, page 17.*

Hair Salon/Spa



NANCY LEE'S HAIR ART STUDIO

Nancy Minix, MC, BS, RA - 20+yrs Exp.
864-320-2359-Greer

Natural, Organic, and Ammonia-Free color and products in a private, relaxing and nature-filled setting. By Appointment only. Call today to start your "Beautiful hair is healthy hair" journey! *See ad, page 9.*

Chiropractor



HORNER CHIROPRACTIC

Dr. Cynthia Horner
855 NE Main St.
864-458-8082-Simpsonville
DrCynthiaHorner.com

Care for pregnant women, infants, children and families. Cranial-sacral therapy, corrective chiropractic care, and spinal decompression. Serving families in Greenville County since 1993. *See ad, page 15.*

Health Food Stores



EARTH FARE

The Healthy Supermarket
3620 Pelham Rd.
864-527-4220 • Greenville
EarthFare.com

Earth Fare offers a fantastic selection of products including local organic produce, naturally-raised meats, seafood, supplements, natural beauty products, and an eat-in café, deli, and juice bar. Check out our event calendar for upcoming happenings.

Holistic Dentistry



PALMER DISTINCTIVE DENTISTRY

Dr. Debra G. Adams
134 Milestone Way
864-332-4822-Greenville
PalmerDMD.com

We practice Biological Dentistry and adhere to the highest standards of biocompatible dentistry as defined by the International Academy of Oral Medicine and Toxicology (IAOMT). One visit crowns, ozone therapy, new laser therapy options, and fluoride-free office since 1995. **See ad, page 5.**

Men's Health



LIVING WELL INTEGRATIVE HEALTHCARE

Tracey Schofield, NP-C
Clif Caldwell, MD
838 Powdersville Rd, Easley
864-850-9988
LivingWellHealthcare.com

Men, It's time to get your Mojo back! We help with Low T, ED, weight gain, fatigue and many other symptoms. Call for your personal consult today! **See ad, page 11.**

Holistic Dentistry



PALMER DISTINCTIVE DENTISTRY

Dr. John J. Palmer
134 Milestone Way
864-332-4822-Greenville
PalmerDMD.com

We practice Biological Dentistry and adhere to the highest standards of biocompatible dentistry as defined by the International Academy of Oral Medicine and Toxicology (IAOMT). One visit crowns, ozone therapy, new laser therapy options, and fluoride-free office since 1995. **See ad, page 5.**

Mold & Air Inspections



MOLD & AIR INSPECTIONS

Mike Reekie, IAQ/CM/CEAA
864-266-2680 - Greenville
Mike@MoldAndAirInspections.com
MoldAndAirInspections.com

Allergies? Or think you have something going on like mold in your home or business? We can inspect and test! Over 12 Years Experience in indoor air quality testing and inspection. For more information, call us today!

Neurologic Health



LIVING WELL INTEGRATIVE HEALTHCARE

Tracey Schofield, NP-C
838 Powdersville Rd, Easley
864-850-9988
LivingWellHealthcare.com

Struggling with anxiety/depression, headaches/migraines, neurotransmitter/cognitive/memory decline? Make an appointment with Tracey, our Nurse Practitioner; he can help you get to the root cause, so you can start enjoying life again. **See ad, page 11.**

Ionic Footbath Detox

PURE WELLNESS SPA

108 Cannon St.
864-655-5079-Greer
233 N. Main St. Ste #105
864-991-2726-Greenville
PureOnMain.com

This warm foot bath can help detoxify your body through the pores on your feet and remove impurities. Some even say the Ionic Foot Bath has the ability to pull out heavy metals. By Appointment only.



Qi Gong/Tai Chi



GEORGE GANTT, QI GONG MASTER

403 Parker Ivey Dr.
864-419-2596 - Greenville
George.ZenGym@gmail.com

Bring balance to your life with Medical Qi Gong, Tai Chi, Acutapping, Nutritional Counseling, Personal Training and Reiki. We are mobile, so we can come to you, meet at a park, or office hours available.

PROJECT WELLNESS SC

Lindsey & Patricia Howell
864-979-6389-Mauldin

Detoxify your body thru your feet? Yes, it's true! Removes toxins safely and gently. We offer Red Light Therapy, Beemer, SCIO Bio-Feedback and more modalities for your healing journey as well. Call us for more information today! **See ad, page 15.**



Sauna



CIRCULATION NATION

Linda Craig, CNHP
864-593-8217 - Simpsonville
CirculationNation.com

Detox your way to health in the comfort of your own home with a Far or Full-Spectrum Infrared saunaaahhh! Research has shown that (FIR) sauna therapy is one of the safest, most-effective ways to detoxify your body because they are very effective in drawing out toxins like plastics, heavy metals, chemicals and petroleum residues that accumulate over a lifetime. Call today to learn more! *See ad, page 14.*

Vitamins & Supplements



GARNER'S NATURAL LIFE

27 S. Pleasantburg Dr.
864-242-4856 • Greenville
1601 Woodruff Rd., Ste. A/B
864-603-5550 • Greenville
GarnersNaturalLife.com

We have all of the natural products that keep you and your family healthy all year long with a friendly, knowledgeable staff. Check out our immune boosting vitamins, pet products, our extensive line of natural cosmetics and much more. Open 7 days a week for your convenience. *See ad, page 3.*

Stem Cell Activation Technology



CIRCULATION NATION

Linda Craig, CNHP
864-593-8217 - Simpsonville
CirculationNation.com

Who wants more energy, better mood, sleep, skin, and hair? Pain relief? We've got you covered! Activate your stem cells and reset them to support wellness and health. Boost vitality in a completely non-invasive, safe and cost-effective way. Call today to learn more! *See ad, page 14.*

Wearable Neurotech



BJ EVANS

864-421-5334 - Taylors
StandingOn2Feet.voxxlife.com

Affordable and attractive wearable neuro technology, a natural and easy solution to manage pain, balance, stress and anxiety, improve mobility, strength, range of motion, sleep, and more! A new kind of wellness and athletic performance product.

Tea Bar



JOI WELLNESS + TEA BAR

86 Orchard Park Dr.
864-626-3126 - Greenville
JoiNaturalWellness.com

Meet a friend, or make some new ones at our tea bar for teas, tonics, and elixirs. Serving the Upstate with locally sourced herbal products and teas. M-F: 10am-6pm, Sat: 10am-3pm. Closed Sundays. *See ad, page 17.*

Thermography



LIVING WELL INTEGRATIVE HEALTHCARE

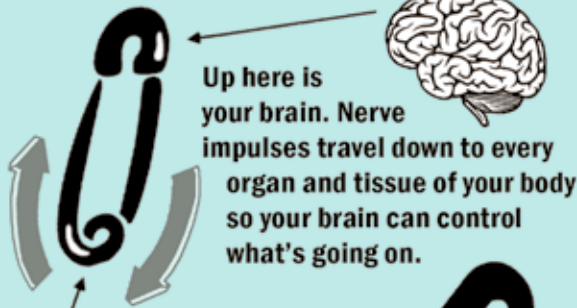
Jessica Buchanan
838 Powdersville Rd, Easley
864-850-9988
LivingWellHealthcare.com

Thermograms are viable for all ages, histories, and even for women with breast implants. We offer in-house Thermograms. Isn't it time to get a safer and more comfortable option? Call today! *See ad, page 11.*

The Marketplace Corner is your local source for natural health, nutrition, fitness, personal growth, and the products and services that support a healthier lifestyle.

To be a part of the Marketplace Corner, email us at Publisher@LocallyGrownGreenville.com

Imagine Your Nervous System as a
SAFETY PIN



Up here is your brain. Nerve impulses travel down to every organ and tissue of your body so your brain can control what's going on.

Imagine this end as any organ...your heart, lungs, reproductive organs, stomach, intestines, liver, pancreas, kidneys, etc.



This represents a **SUBLUXATION**. The brain loses touch with some part of your body and reduces function.



Chiropractors **LOCATE** and **CORRECT** Subluxations to **RECONNECT** your brain with your body to **RESTORE 100% FUNCTION.**

TRY US!

864-322-2828



AUGER FAMILY CHIROPRACTIC

For a Better Life!

1315 Haywood Road, Greenville

www.AugerChiro.com



Healthy Happenings

Health & Wellness Market in Downtown Greer

Saturday, June 4th 2022, 10am-3pm

A shopping experience where local health and wellness business and artisan will introduce products and services that can help you look and feel great naturally! Family Friendly, Pet Friendly, Free Yoga Classes, Giveaways, Demos, and much more. Location: The Spinning Jenny Parking Lot, 107 Cannon St. in Downtown Greer.

Garner's Summer Health Fair

(S. Pleasantburg location only)

Saturday, June 11th, 2022, 9am-8pm

Join us for our Customer Appreciation Day and Summer Health Fair! Free samples, demos and raffles! Meet our brand reps and helpful, friendly staff. 27 S. Pleasantburg Dr. in Greenville, next to The Fresh Market. The early bird gets the deals! 25% off (9am-12pm) and 15% off (12pm-8pm) even more on sale items!

"Farm Where You Live" Homesteading Fair

Saturday, June 18, 2022, 10am-6pm

Come out and bring the family on Saturday, June 18th, at The Music Camp of Spartanburg- a stunning 55 acre event space surrounded by the Pacolet River. Discover hobby farmers, small farmers, homesteaders, backyard gardeners, berry pickers, mushroom foragers, bee keepers, brewers, hunters, fishers, permaculturists, animal keepers, DIY crafters, nature enthusiasts, conservationists, AND MORE! Joel Salatin, from Polyface Farms in Swoope, Virginia, will be speaking at 10am. Get your ticket to attend his seated seminar, or come visit him at his booth and snap a picture! Family fun will abound with a petting zoo, face painting, and bounce houses. General Admission is \$5 for adults, kids free for ages 10 and under. Parking is free. In/out privileges with handstamp.

2nd Annual Trippy Hippie Vendor Event

Saturday June 18, 2022, 2pm-5:30pm

The Trippy Hippie Event is where you want to be if you're looking for positive vibes, good music, food, shopping and fun for you and the family. Hippie attire is encouraged but not required. This is one event you don't want to miss! Vendors, Food, Holistic Practitioners, Clothing, Music, Fun and so much more. \$3 entry fee per person, children under 15 are free. Lions Club, 25 Lions Club Dr in Greenville, 29617.

**Grow Your Business bigger and faster than
the Reedy River Waterfall after a Rainstorm!**



**You have a unique opportunity to be among the first in
the Upstate to advertise in Locally Grown!**

**Call 864-569-8631 to discover how our marketing and
advertising model can help you make...**

YOUR Business GROW!



Locally Grown

LocallyGrownGreenville.com

1ST ANNUAL



FARM WHERE YOU LIVE

HOMESTEADING FAIR

190 CHILDRESS RD., SPARTANBURG SC
SATURDAY, JUNE 18 9AM - 6 PM



MEET YOUR LOCAL FARMERS • PETTING ZOO • LOCAL PRODUCTS
SMALL BUSINESS VENDORS • CLASSES & LIVE DEMONSTRATIONS
FOOD TRUCKS • LIVE MUSIC • HANDS-ON KIDS ACTIVITIES



TICKETS : \$5 ONLINE / \$10 AT THE GATE
KIDS 10 AND UNDER GET IN FREE!

INTRODUCING

JOEL SALATIN, THE LUNATIC FARMER

FROM POLYFACE FARMS IN SWOOPE, VA

GET YOUR TICKETS FOR A SEATED SEMINAR AT 10 AM IN A RIVERSIDE PAVILLION

VISIT WWW.FARMWHEREYOULIVE.COM FOR TICKETS & INFO VIP PACKAGES AVAILABLE

