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**Meet Steve & Delilah Moore**



**Meet Beekeeper Bob JANET BROWER**

**May - June**

# NEWSLETTER

## Meet Steve and Delilah Moore



Steve and Delilah are vendors at the Sandhills Farmers Market of Spring Lake, 230 Chapel Hill Road.

**The market is open on Saturdays from 9-1pm June through September.**

**For more information call 910-309-2198.**

Meet Steve and Delilah Moore of S and D Farm Fresh Produce and Lawn Services Inc. located in Cameron, N. C. Steve an Electrical Engineer recently retired from Newport News Shipbuilding in Virginia after 40 years. His wife Delilah was a contractor for NASA Langley in Hampton Virginia. "We relocated to North Carolina fall of 2019 with plenty of free time on our hands. We decided to take advantage of my nephew Deric Harper's offer to operate his 15-acre farm. We considered raising vegetables and attending farmers markets as a hobby because it is something we both enjoy. We grow and sell too many vegetables to name here but our operations will be year-round as we will be adding a greenhouse on the farm in the fall. You are welcome to come grow with us as we pursue this demanding hobby."



*Bees are the most important pollinators of food crops in the world. So what can we do to help these endangered insects?*



## Meet Beekeeper Bob

Board Chair, Janet Brower

Have you ever had an interest in beekeeping or wondered what draws individuals to this amazing field? After all, just the buzzing of the noisy little bee sends most people running to get as far away from it as possible. Well I had the opportunity to ask Beekeeper Bob Wholey recently how his interest began. Bob attended a presentation by Cumberland County Agriculture Extension agent Kenny Bailey that peaked his interest in beekeeping. Eight years and ten beehives later, he continues to read as much as he can and to learn as much as he can from other beekeepers.

He explained that it is honey bees that make the sweet, delectable substance called honey which is used as food, for healing, and for personal body care just to name a few. There are different kinds of honey bees and there are different types of honey, so it does not taste or necessarily look the same. The harvesting of honey usually occurs once a year, May – September. It starts by getting bees to leave their hive using smoking pine straw or other natural materials. Boxes containing frames hold sheets of wax where bees store the honey. Two people usually remove the frames to get to the delicious sweetness, but this can be done alone.

Bees are the most important pollinators of food crops in the world. So what can we do to help these endangered insects? Plant native plants that attract bees and avoid planting invasive plants like Wisteria and Bradford pear trees. Also cut down on using pesticides. For more information, check out Facebook pages for Cumberland, Harnett and Moore County Beekeepers Associations. There are also several great books to read such as *Beekeeping for Dummies*. You can find Bob on Saturday mornings June through September at the Sandhills Farmers and Heritage Market at 230 Chapel Hill Road, Spring Lake. Stop by to talk to him, take a moment to view his great display on bees, and pick up a jar of honey to take home. You might even see some of his honey bees busy at work making honey inside of a bee box of course!

## Recognizing Exceptional Volunteerism

### **A Living Legacy of Service**

“Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.”

-Martin Luther King, Jr.



### **Elizabeth Adams**

*I first got started with SFHA working with a giveaway for the hurricane Florence and have not stopped yet. What attracted me to the organization was working and talking to Mrs Jenkins and the ideas of working and involving the youth when we first partnered with the Dunn Lillington District at Bethel A. M. E Zion Church. I have volunteered at least 3 hours a week, since June. Whenever I can and when I can. My volunteer work entails picking up food and non perishable items and giving them out to the people in need. I stay involved because I enjoy working with Rev . Ford and Pamela Marks at Johnsonville Food Pantry. The most satisfying thing about me volunteering is the faces of the many people that you touch and come in contact with. The satisfying feeling that you are helping and touching families in the community. SFHA is a great organization that is committed to their community .*



### **Chanai Winborn**

*I first became involved with Sandhills Family Heritage Association as a vendor at their annual Farmers Market in Spring Lake, 2015. I was attracted to the organization because it was and remains to be an active non profit organization founded by African Americans with a mission I could stand behind. I volunteer about 2 hours per week but I also now hold a position on the staff of SFHA. I am also a former board member of the organization 2016-2019. My volunteer work entails helping in anyway that I can but more specifically being the coordinator of SFHA's youth programs. I stay involved because of the organizations mission and programs of H.O.P.E. I wish more of the community would take time to get to know how they can help promote this great organization!*

Aug. 18, 2020

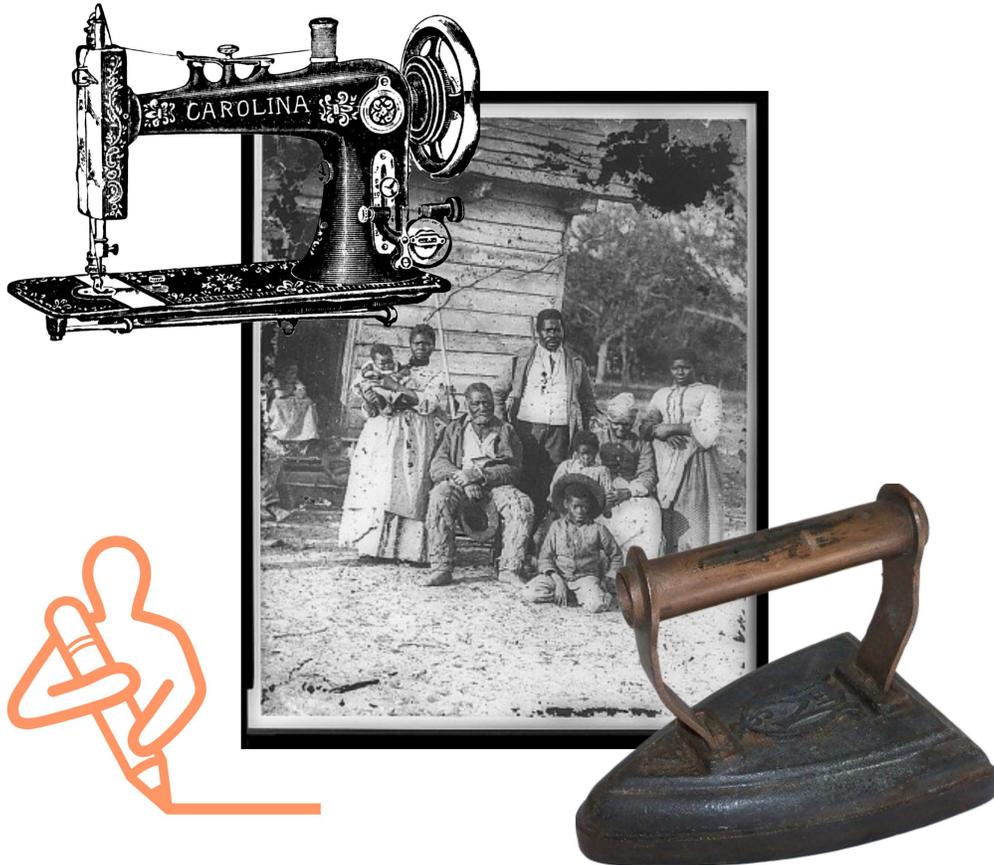
**SANDHILLS FAMILY HERITAGE ASSOCIATION**

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Sandhills Family Heritage Association

# CURRENTLY IN SEARCH OF LOCAL AFRICAN AMERICAN STORIES, PHOTOS & ARTIFACTS



**CALL 910-309-2198  
FOR MORE INFORMATION**