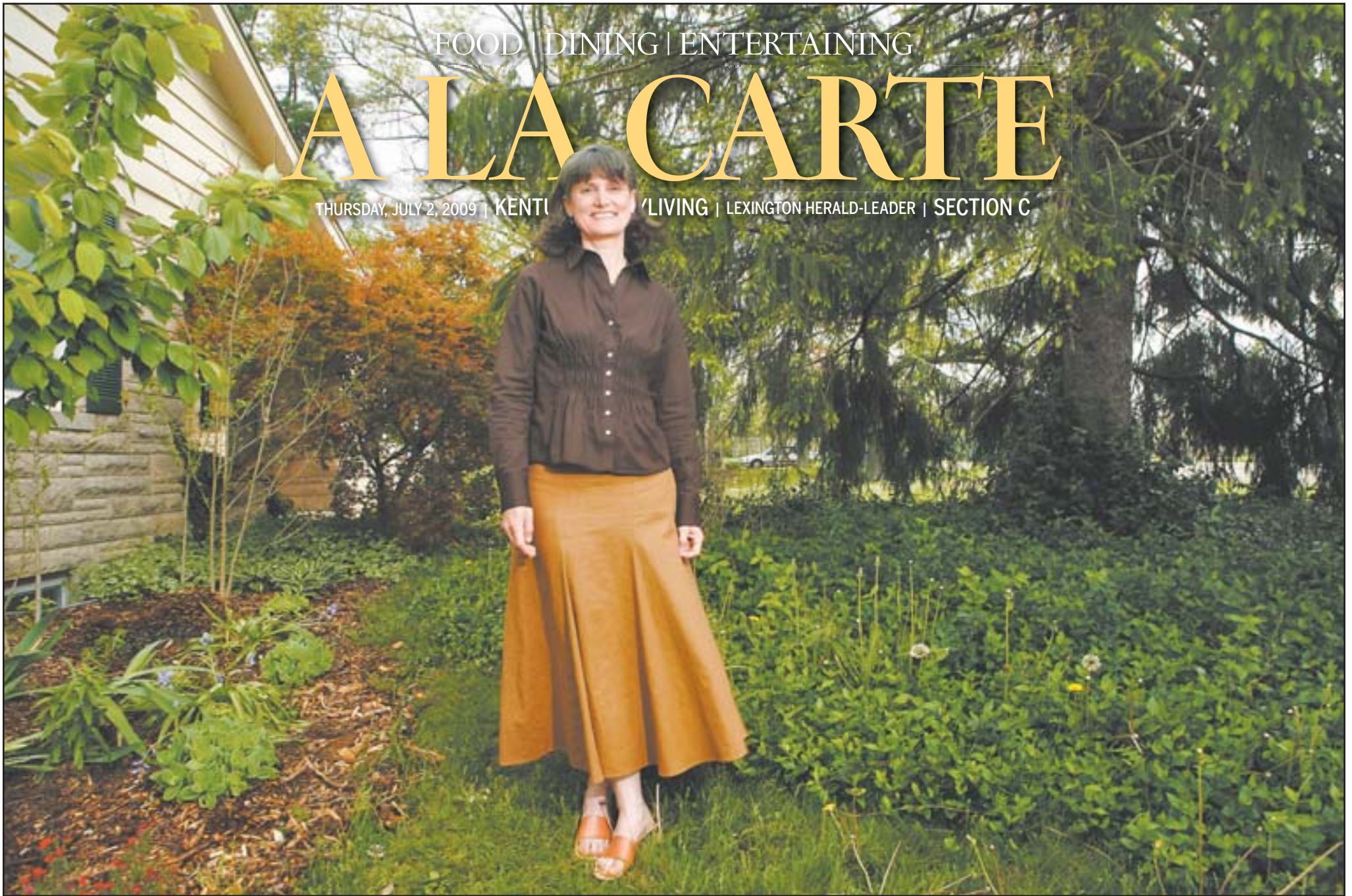


# ALA CARTE

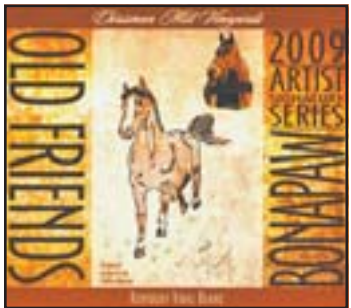
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PABLO ALCALÁ | [palcala@herald-leader.com](mailto:palcala@herald-leader.com)

In her book *Go Green, Save Green*, Nancy Sleeth of Wilmore writes about how her family of four changed its typical American lifestyle in an effort to do their part to help save the environment.



COURTESY CHRISMAN MILL VINEYARD & WINERY  
Singer Eddie Money drew Bonapaw for Old Friends' wine-label series.

**TIDBITS**

## Wine label is Money-made to be a moneymaker



**SHARON THOMPSON**  
HERALD-LEADER  
FOOD WRITER

Pop singer Eddie Money is the latest celebrity to create a label for the Old Friends "Artist Signature Series" wine bottle produced by Chrisman Mill Vineyard & Winery.

Money has sketched and signed a depiction of Old Friends retiree Bonapaw, winner of the 2002 Vosburg Handicap, who was pensioned at the retirement farm in March. The label is the fourth in the celebrity series. Jack Nicholson, Albert Brooks and Anjelica Huston have donated labels to the fund-raising effort.

Chrisman Mill will use the artwork on a limited, numbered edition of its award-winning vidal blanc. It will produce 1,000 bottles for sale, priced at \$21.99; nearly 50 percent of the proceeds will go to Old Friends, a non-profit organization that has rescued and retired more than 50 former racehorses.

The wine will be launched July 10 with a tasting party at the Chrisman Mill store, 2300 Sir Barton Way. The wine also will be available at Liquor Barn stores.

Money has autographed 100 bottles, and they will be available from Chrisman Mill for \$49.99. To pre-order, call (859) 881-5007 or go to [www.chrismanmill.com](http://www.chrismanmill.com).

Old Friends is at Dream Chase Farm in Georgetown. Call (502) 863-1775 or go to [www.oldfriendsequine.org](http://www.oldfriendsequine.org).

More TIDBITS, C2



Check out Sharon Thompson's blog, *Flavors of Kentucky*, for recipes and lots of food talk.

# CHOOSING GOOD GREEN LIVING

## Wilmore woman's new book is a 'guide to 'saving time, money and God's green earth'

By Sharon Thompson  
[swthompson@herald-leader.com](mailto:swthompson@herald-leader.com)

WILMORE — Nancy Sleeth doesn't use her oven very often. At least not her conventional oven. Instead, she turns to her more energy-efficient toaster oven, microwave and convection oven. When Sleeth bakes bread, she uses a bread machine.

She also uses fresh ingredients and avoids processed foods. Her pantry is filled with grains, fruits and vegetables. The family eats very little meat; when they do, it's locally raised.

Their next-door neighbor grinds wheat for them, and Sleeth and her husband, Matthew, share a garden with their neighbors. "We share our talent and gifts and resources," Nancy Sleeth said.

The Sleeths' food choices and cooking habits are just part of their bigger effort to help the environment. Eight years ago, they decided to face the issue head-on. They were "living out the

American dream. My husband was an emergency-room physician, and we were living in a big house in New England," Sleeth said.

One evening while the family was on vacation, she asked her husband two questions that would change their lives: "What do you think is the biggest problem facing the world today?"

"The world is dying," he replied.

Her next question was: "If the planet is dying, what are we going to do about it?"

A couple of months later, Matthew answered her. "I'll quit my job and put all my energy toward saving the planet."

The story of how the Sleeths and their children, Clark and Emma, downsized their lives, gave away half their possessions and moved to a house the size of their old garage is documented in Nancy Sleeth's new book, *Go Green, Save Green* (Tyndale, \$14.99).

As the Sleeths embarked on  
**See GREEN, C6**



### Tips that work

Nancy Sleeth, author of *Go Green, Save Green*, shares these tips for saving money and getting started on making your kitchen environmentally friendly.

- Eliminate meat from at least one dinner a week.
- Save at least half of every meal to eat as leftovers.
- Lower monthly grocery bills at least 10 percent by shopping in bulk, avoiding precooked meals and sticking to a grocery list.
- Replace at least one restaurant meal a week with a home-cooked meal.
- Start composting.
- Buy reusable cloth bags for groceries.

## A fruit dessert makes a bang-up finish to any July 4 celebration

By Jim Romanoff  
Associated Press

With so many fruits in peak season by the Fourth of July, summery desserts almost make themselves.

Fruits are always a treat when eaten unadorned and out of hand, but they're also the perfect starting place for an impressive variety of pies, cakes, bars, tarts and crumbles.

"This is not the time to be mucking about with complicated recipes," says cookbook author Barbara Kafka. "I just want it simple, so I can taste the fruit when it's at its best."

For the Fourth, Kafka likes a classic strawberry shortcake. She makes it special by layering classic shortcake biscuits with sponge cake, then whipped cream and strawberry filling inside and topping with more cream and whole berries.

Almost any fruit can be substituted for the strawberries. For a truly extraordinary take on the idea, she suggests using fresh figs.

Diana Henry, author of *Pure Simple Cooking*, also

**See FRUIT, C3**



LARRY CROWE | ASSOCIATED PRESS

Blueberry lemon squares travel well because they need no refrigeration.

### THE FRU-GAL

## Make your move with free park program



**DEBORAH MORRIS**  
CONTRIBUTING  
COLUMNIST

With the wonderful weather, it's the perfect time to use area parks and walking trails. Doing 30 minutes of exercise a day helps you feel better and relieve stress.

Natural Awakenings Bluegrass Edition and Lexington Parks & Recreation are offering a body-movement series called Prana in the Park. Held in Woodland Park near the gazebo, this free weekly program offers yoga, tai chi or qigong. Prana in the Park is at 9 a.m. Saturday through Sept. 12. (There is no class this week because of the holiday.) Bring a yoga mat or beach towel.

### Other healthy freebies

■ **Weight Loss for Life** is a free program open to those working to lose weight, maintain their weight loss and/or those who want to share ideas about weight problems. The discussion is led by a dietitian. Classes are 6 to 6:30 p.m. July 6 and 20; Aug. 3, 17 and 31; and Sept. 21 at The ROC at Immanuel Baptist Church, 3100 Tates Creek Road.

■ **Free low-impact aerobics** classes are offered 6:30 to 7:30 p.m. Tuesdays and Thursdays at William Wells Brown Community Center, 548 East Sixth Street. Call (859) 389-6678. Free specialty classes on Wednesdays in July are: gardening, July 8; line dancing, July 15; mat Pilates (bring a exercise mat or towel for floor work), July 22, and toning with exercise balls, July 29. Contact Mark for more information (859) 288-2391.

■ **Health chats** about diabetes are held 6:15 to 7:30  
**See FRU-GAL, C2**



Deborah Morris' weekly column, The Fru-Gal, can help you get through these economic hard times a little more easily. If you know of a way to save some money, feel free to share it on The Fru-Gal blog on [BluegrassMoms.com](http://BluegrassMoms.com). Her Web site is [www.fru-gal-friends.com](http://www.fru-gal-friends.com).

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