

The Official Macon Farm Excursion Guide

Dear Family and Friends,

Now that we have moved out to the Macon Farm, many of you have wondered: “Should we visit?”

Of course. Yes. Please.

Many of you have also expressed curiosity about what there is to do on the farm and in the nearby area.

To help you plan your visit, we are self-publishing the Official Macon Farm Excursion Guide.

In this booklet, we outline options for entertainment, edification, exercise, and epicurean pursuits.

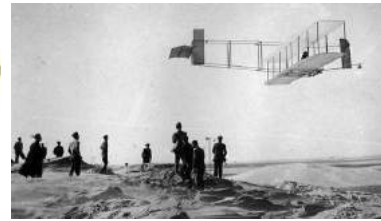
But, first a bit of background and history.

You can also find out a bit more about the Macon Farm here:

<https://moffittcaspi.com/content/macon-farm>



Let's begin by giving you a lay of the land.....



The Macon Farm is in Randolph County, North Carolina, USA. Just follow the arrow.

It's in the middle of the state.

Some points of reference:

- Duke University and the University of North Carolina-Chapel Hill are 70 miles away.
- The beautiful beaches are 3 hours to the east (yes, the Wright Brothers flew here).
- The Smoky Mountains are 3 hours to the west.
- The historical city of Charleston is 4 hours to the south.
- Washington DC is 5 hours to the north.



The Macon Farm is the historical homeplace of Temi's maternal grandparents, Edith and Franz Macon (here pictured with cousin Greg). Their ancestors were among the first Quakers to settle along the Deep River in Randolph County, North Carolina, in the 1700s.

Where will you stay? There are three options.

You can stay in Magnolia House. This is the main house on the Macon Farm, where you will be treated to a comfortable bed and your own bathroom.

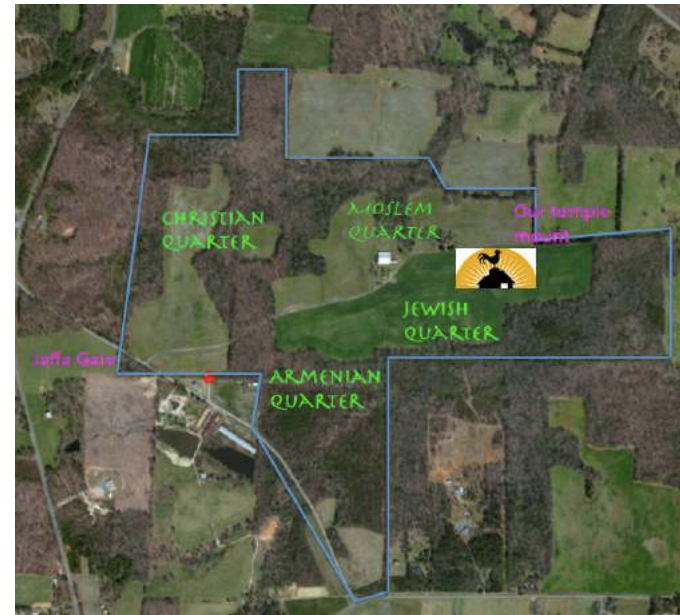
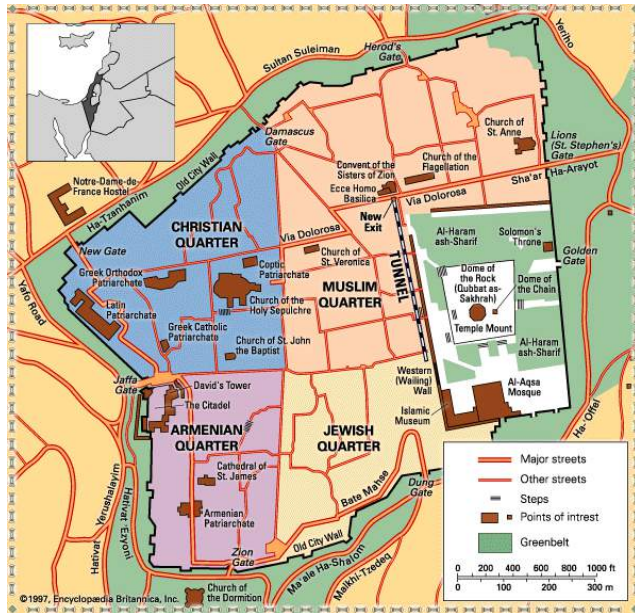


For more privacy and romance, you can stay in Zachary House, which is the guest cottage on the farm.



For a bit of adventure, we can pitch a tent for you.

Many of you have asked us: “How big is the Macon Farm?” To help out, we would like to point out remarkable similarities between the old city of Jerusalem & the Macon Farm.



The old city of Jerusalem is 220 acres, and is divided into four quarters. The temple mount is a hill, 740 meters above sea level, which is one of the most important religious sites in the world and where the Temple once stood. The roof of the Dome of the Rock, which now sits on the site, is made of gold and reflects the sun. The Jaffa Gate is an imposing entrance to the old city, built in the 16th C by Suleiman the Magnificent. The old city is fortified by a defensive wall with turrets to look down on the enemy.

The Macon Farm is 230 acres, and is divided into four fields. Our *Har HaBáyit* (Mount of the House, in Hebrew) is more modest and sits on a lower hill at 508 feet above sea level. The roof of our pole barn is made of tin and reflects the sun. Our gate was built in 2011 by the Great Corbino (AKA Corbin Moffitt). Our farm is surrounded by trees with deer stands.

COINCIDENCE, OR?????

Macon Farm Excursions

All activities are rated on our Exertion Meter, where 1 = Lazy; 2 = Zippy; 3 = Hot & sticky.



Cooking.

Tzfon (תּוֹפֵן) Carolina: Southern Sabra cuisine.

(Quick Hebrew lesson: Tzfon means North; Sabra is the prickly pear fruit and the term used for Israelis.)

Join Chef Avshalom in his fusion kitchen, where the flavors of contemporary Israeli cuisine meet down-home Carolina cooking.

Learn how to make fried green tomatoes with tahini and pomegranate molasses; Carolina shrimp with smoky aubergine & roasted red pepper mash; venison kebabs be'siniyah; lamb-stuffed collared greens.

PS Our kitchen does not have a kosher license.

Exertion level: 2. Tough call.
Av's cooking style has been likened to 'slash & burn.'
Be prepared.



Hiking.

The Macon Farm has a network of hiking trails in the surrounding forest.

The North Trail takes you on a northern loop.

The South Trail takes you on a southern loop.

The Grand Traverse combines both loops for a 2-hour hike.

Every season is different, but there are always streams to cross. Fun! (We have a wide selection of rubber boots in all sizes.)



Exertion level: 2, but post-walk tick removal (in the summer) requires additional work.

But, but but: research shows that “A Day Trip to a Forest Park Increases Human Natural Killer Activity and the Expression of Anti-Cancer Proteins in Male Subjects.”* After all, we are scientists. And, by the way, we think this applies to girls, too!

*Published in: J Biol Regul Homeost Agents. Really!

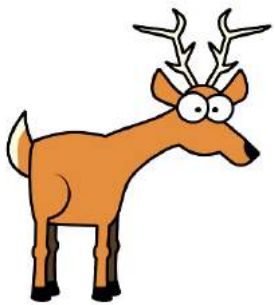
4-wheel off-road riding.

The hiking trails are also wonderful places to ride 4-wheelers, mountain bikes, or you can take the Gator for a spin.
Exertion level: 2.

Hunting (and photo) safaris.

Roger the Hunter will guide you on a Macon Farm Hunting Safari.

Tours are offered at dawn and dusk. Exertion level: 3, cause you have to climb up the deer stand.



We provide you with camouflage outerwear, orange blazers, and a thermos with coffee or tea. We feature small, medium, and large game, including: Squirrel (edible!), ground hog (don't be fooled by their cuteness; these are pests and they're tearing up the fields); and deer (edible).

Or, you can just climb the tree hides to see the views. And you can learn to find and follow animal tracks, and even the animals, including wild turkeys, mink, beaver, fox, and coyote.



Target shooting.

Corbin Moffitt (aka the Corbinator) can teach you marksmanship. All excursions feature a gun safety lesson (at the outset), followed by target shooting at the Moffitt Shooting Range. It's fun, safe, and challenging. For an extra fee you will be introduced to NRA philosophy. Exertion level: 3, cause you have to pay attention.



Farm(ing) tours.

Where does milk come from?



How do bees make honey?

These are questions that children ask, but adults are afraid to pose. Fear no more. Excursions to neighboring farms provide answers to these questions, with live demonstrations, provided by friends, cousins, and neighbors. Farm to table, for real! Exertion level: 1, cause you don't actually have to farm.



Woodworking.

Cousin Archie makes gorgeous furniture using period tools. Not only can he turn wood, he can spin stories too. Visit the woods to learn about the materials that he uses, and join him in his shop. Conveniently, Archie doubles as the resident historian (he is a high school history teacher).
Exertion level: 2, especially if you get involved.



Pottery.

The community of Seagrove is just south of the Macon Farm. Seagrove is renowned for its potters (over 200!). In fact, it has one of the largest collection of potters in the USA. Take a day trip to visit workshops, studios, and galleries. And while visiting, be sure to stop in at the Seagrove Museum, which tells the history of pottery in the area, and which has amazing art on display, too. <https://discoverseagrove.com/>.

We especially like Ben Owen Pottery (Ben's a remote family connection: <http://benowenpottery.com/>).

Exertion level 1: 'Shop till you drop' does not count as strenuous.



NASCAR.

NASCAR (National Association for Stock Car Auto Racing) was conceived in the Carolinas, and the Petty family are racing royalty, with Richard Petty (who drove car # 43) the King. The Petty Museum (<http://rpmuseum.com/>) tells the sport's history and the family story. And it's a short drive from the Macon Farm. For the truly keen, we are happy to arrange a trip to a car-racing event.



Fun fact: As a 17-year old, Temi had a bit role in the Richard Petty bio-pick, "43-The Petty Story." She even has her own IMDb page: <http://www.imdb.com/name/nm3377498/>. She appears (in a speaking role, no less!!!) very early in her debut film, so you don't actually have to endure the entire 90 minutes of it.

Exertion level: 1. But in your fantasy, you are going really fast.

Music.

The hills are alive with music. The Triangle (Chapel Hill/Durham/Raleigh) has a thriving indie scene. But this is an hour's drive or more away. Our recommendation is a night out at the Haw River Ballroom, which is located in Saxapahaw's historic cotton mill, on the banks of the Haw River. The Ballroom is an architectural gem. Saxapahaw is a 40-minute country-ride away from the Macon Farm, and the acts are worth the drive. Check out who is playing closer in time to your visit:

(<http://www.hawriverballroom.com/>).

Exertion level 2: you have to stay out late and sometimes even dance.



Zoo.



The North Carolina State Zoo is just 20 minutes away. There are lots of hiking trails at the zoo, which enable you to enjoy African and American animals in wide-open habitats. It's the world's largest natural-habitat zoo. It's awesome, for adults and kids. Educational, beautiful, and fun.

(<http://www.nczoo.org/>)

Exertion level 1, and if that's too much you can take the train tour.



Golf.

By now you're probably thinking that we have a resident pro. We don't. In fact, we don't know a thing about golfing. But, we are a beautiful drive (55 minutes) away from spectacular golf courses in the sandhills of North Carolina. Macon Farm Excursions will organize day trips to world-renowned courses, including the historic Pinehurst. Best of all, we'll let you to practice your drives in our fields and your putting on our lawn. Bring your own clubs. Really, we know nothing about golf.

Exertion level: ? We haven't got a clue.

Fellowship.



Or, you can do none of the above and just pass the time in fellowship. *Fellowship* is a verb in the south, extending beyond its more restrictive religious use to mean camaraderie.

If it's winter, we'll sit around a bonfire;
if it's summer, we'll recline on the screen porch.

Exertion level: 0.

Come visit us soon.

