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Beyond the Gates

A SOCIAL PUBLICATION

FOR THE RESIDENTS OF MOORE'S FERRY & GOVERNOR'S HARBOUR

meet
**Bill and
Jenn
Falls!**

Photo by Julie Peltzer, EYEPOPHOTO



sponsor spotlight

By **Lee Bogle**, Owner - Operator,
Southern Sideboard
Forward by **Kenny McComb**,
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Photos by **Julie Peltzer**,
EYEPOPHOTO



Lee Bogle, Owner of Southern Sideboard is ready to help with your healthy weeknight meals and your Holiday feast as well!

southern sideboard

Imagine the scene. You are busy. That's not hard to imagine because that is reality. Your hungry family still needs to eat, and you want healthy meals on the table, but who has time? Is it time for yet another pizza night? Is it even legal to do pizza four nights in one week? Well, what if a fresh, healthy meal could be delivered to your door?

I know, there are those meals that get delivered, but you still have to cut, prepare and cook, so there isn't much of a benefit there. Well, let's meet Lee Bogle with Southern Sideboard. She has the solution that could help you provide healthy meals and still spend quality time with your family instead of being stuck in your kitchen. Let's learn more...

The Dinner Drag is OVER!

Southern Sideboard offers family-style meal prep services. We do full meal prep, cooking, and delivery. Here's how it works. Each week, clients receive a menu to choose up to four meals from that are delivered fresh to their door. Meals are curated around eating styles and dietary restrictions. Once we have that in, we go shopping and buy the fresh ingredients to prepare the

meals. We don't use instant or ingredients that are full of preservatives. Once the meals are ready, we deliver them, leaving you and your family with more time to do quality things together but still sit down to a delicious and healthy meal. Meal prep companies are wonderful, but you still must cook! I shop, prepare, and deliver fresh meals on a weekly or bi-weekly basis.

When asked to cater an event, I send a general policy guideline while offering a free consultation to better understand your needs. Every event is different and should be approached differently. As such, you'll find no basic cookie-cutter menu on my website. Furthermore, I collaborate with some of the most talented small business owners in town. If something is out of my wheelhouse, I gladly outsource to get what is needed to make the clients happy.

In addition to meal delivery and event catering, I offer vacation cooler bags. Instead of coming in from a fun day of vacation and having to cook, let me take that off of you. My cooler bags can be filled with reheatable meals that will warm while you freshen up, and enjoy the vacation that you have earned.

HOLIDAY HELP IS HERE!

During the holidays, Southern Sideboard will offer, "pop up" shops to help with entertaining needs. Our next pop-up will be for Thanksgiving where you can order your whole meal or items ala carte from appetizers, sides, to the best part - PIE!

Southern Sideboard also owns a vintage champagne cart available for rent. She holds champagne flutes up top and has two chilling baskets for champagne. Perfect for the celebration that you are thinking of. More information can be found on the website.

This all started with a need and a solution. When I was preparing for my oldest son's christening, I went in search of items for the meal. I could not find ham biscuits, cheese straws, tomato aspic, or a caramel cake anywhere in town. To my absolute horror, the local grocery store only sold instant grits! After contemplating a move, I was reminded of her mother's "Steele Magnolia" type tribe that would descend upon the dining room with Junior League cookbooks and silver polish for any and all social functions. Refusing to let her son be ridiculed to the Lord with instant grits, those ladies rose up and pulled through again. When the celebratory weekend finally came, my parents arrived with Southern staples, a pile of Junior League cookbooks, and pulled off a fantastic meal. This sparked the beginning of Southern Sideboard.

I grew up in Atlanta, GA, but have lived in Hickory for 14 years now. I have two boys - Harrison is 22 and is a 7th grader at Northview Middle School and Spencer will be 11 in December and is a 5th grader at Cornerstone Christian Academy. The past 20 years have been spent as a political and non-profit fundraiser in D.C. and here in NC. Then, COVID-19 changed my career path. When I was laid off from my job in December 2020, I immediately turned to my love for cooking as a means to get by until a new job presented itself. Demand grew so fast, I decided to invest myself completely in the business and have even expanded into event catering. While Southern Sideboard continues to grow, I am most grateful for the flexibility it gives me to play my favorite role of Mom.

Southern Sideboard

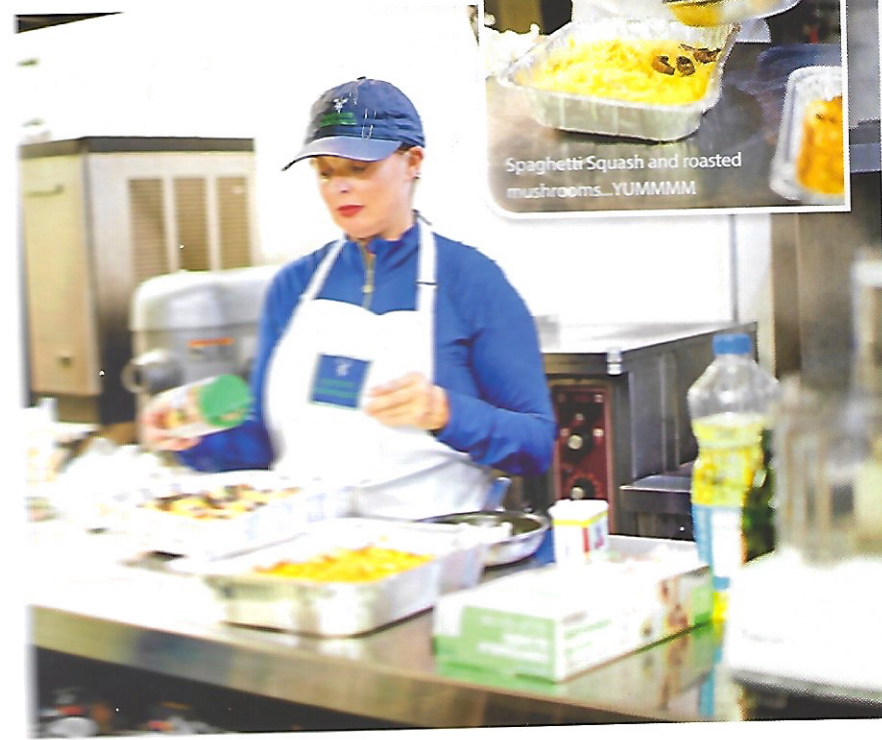
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Meet your chefs!



Spaghetti Squash and roasted mushrooms...YUMMMM

