

Table with columns for Wednesday Evening, July 11, 2007. Rows include various sports events like Football, Basketball, Soccer, and Track & Field.

Table with columns for Thursday Evening, July 12, 2007. Rows include various sports events like Football, Basketball, Soccer, and Track & Field.

Table with columns for Friday Evening, July 13, 2007. Rows include various sports events like Football, Basketball, Soccer, and Track & Field.

Table with columns for Saturday Evening, July 14, 2007. Rows include various sports events like Football, Basketball, Soccer, and Track & Field.

Table with columns for Sunday Evening, July 15, 2007. Rows include various sports events like Football, Basketball, Soccer, and Track & Field.

Table with columns for Monday Evening, July 16, 2007. Rows include various sports events like Football, Basketball, Soccer, and Track & Field.

Table with columns for Tuesday Evening, July 17, 2007. Rows include various sports events like Football, Basketball, Soccer, and Track & Field.

Table with columns for Wednesday Evening, July 18, 2007. Rows include various sports events like Football, Basketball, Soccer, and Track & Field.

American Profile: We Celebrate Hometown Life. Includes text about celebrating local life and a list of names.

American Profile: We Celebrate Hometown Life. Includes text about celebrating local life and a list of names.

HOROSCOPES

ARIES - Mar 21/Apr 20: Aries' is one of the most... VIRGO - Aug 24/Sept 22: Virgo, you do so much for other people... AQUARIUS - Jan 21/Feb 18: You're indecisive this week... LIBRA - Sep 23/Oct 23: Libra, don't keep too many secrets from your sweetheart... SCORPIO - Oct 24/Nov 21: Things seem worse than they really are... PISCES - Feb 19/Mar 20: You're coming up with a bright plan... CAPRICORN - Dec 22/Jan 19: Don't expect of your plans to go off without a hitch this week... LEO - Jul 23/Aug 22: Leo, an awkward situation at work causes a few headaches.

LIFESTYLE Farmer's Market... Fresh Ideas

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office
Did you make it out to the market this weekend? If you did not make it, you missed some exciting times. Have a new past week the market was a lot of fun. I was able to visit with some people I have not seen for a while.

We even had a special treat of selling on July 4th to accommodate all of the people who needed that garden freshness during the holiday. Along with green beans everyone always looks for new potatoes. So many people talk about how delicious new potatoes are with fresh green beans.

So this week I will give you the nutritional information about potatoes as well as promised a few new recipes for your squares. Have a great week and hope to see you at the market.

Kentucky Potatoes
Season: July through October
Nutrition Facts: Potatoes have in the past received a bad rap as far as health goes. It's not the potato, but how we prepare it. Potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates.

Preparation: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

Vegetable Potato Salad
4 medium potatoes, cooked, peeled, and sliced
1/2 cup carrots, whole kernel corn
1/2 cup celery, sliced
1/2 cup radishes, thinly sliced
1/2 cup green pepper, chopped
1/4 cup onion, chopped
1 medium tomato, cut into 8 wedges
2 tablespoons sugar
1 tablespoon vinegar
2 teaspoons prepared mustard

To microwave: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

To boil: Put potatoes in a saucepan and cover with water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

Preparation: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

To boil: Put potatoes in a saucepan and cover with water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

To steam: Cut medium-sized potatoes into quarters. Bring 1 inch of water to a boil. Place the potato on a rack in the pan. Cover the pan tightly and steam potatoes for 10 to 20 minutes.

To bake: Scrub potatoes, leaving skin on. Pierce the skin with a fork. Bake at 400°F for 45 minutes to 1 hour.

To microwave: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

To boil: Put potatoes in a saucepan and cover with water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

To steam: Cut medium-sized potatoes into quarters. Bring 1 inch of water to a boil. Place the potato on a rack in the pan. Cover the pan tightly and steam potatoes for 10 to 20 minutes.

To bake: Scrub potatoes, leaving skin on. Pierce the skin with a fork. Bake at 400°F for 45 minutes to 1 hour.

Storage: Potatoes should be kept in a cool, humid, dark place where they are not ventilated.

Preparation: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

To boil: Put potatoes in a saucepan and cover with water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

To steam: Cut medium-sized potatoes into quarters. Bring 1 inch of water to a boil. Place the potato on a rack in the pan. Cover the pan tightly and steam potatoes for 10 to 20 minutes.

To bake: Scrub potatoes, leaving skin on. Pierce the skin with a fork. Bake at 400°F for 45 minutes to 1 hour.

To microwave: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

To boil: Put potatoes in a saucepan and cover with water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

To steam: Cut medium-sized potatoes into quarters. Bring 1 inch of water to a boil. Place the potato on a rack in the pan. Cover the pan tightly and steam potatoes for 10 to 20 minutes.

Storage: Potatoes should be kept in a cool, humid, dark place where they are not ventilated.

Preparation: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

To boil: Put potatoes in a saucepan and cover with water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

To steam: Cut medium-sized potatoes into quarters. Bring 1 inch of water to a boil. Place the potato on a rack in the pan. Cover the pan tightly and steam potatoes for 10 to 20 minutes.

To bake: Scrub potatoes, leaving skin on. Pierce the skin with a fork. Bake at 400°F for 45 minutes to 1 hour.

To microwave: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

To boil: Put potatoes in a saucepan and cover with water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

To steam: Cut medium-sized potatoes into quarters. Bring 1 inch of water to a boil. Place the potato on a rack in the pan. Cover the pan tightly and steam potatoes for 10 to 20 minutes.

Cover and simmer for 15 minutes. Uncover and sprinkle with cheese and simmer an additional 15 minutes, or until zucchini is tender and a fairly thick sauce has formed. Yield: 8 to 9 servings. Source: http://www.kyagr.com/kyprod/ital.htm

Antiques Auction
Thursday, July 12 - 6:00 p.m.
Friday, July 13 - 10:00 a.m. - Session 2 - 6:00 p.m.
Saturday, July 14 - 10:00 a.m.

Donnie and Betty Green have sold their long time Georgetown home and have authorized this exclusive auction of their many collections. Mark your calendars for this three day, multi-session event.

PLEASE VISIT OUR WEBSITE www.mattoxrealty.com FOR PHOTOS AND A MORE DETAILED AUCTION SCHEDULE!!!

Mark Mattox
REAL ESTATE BROKER, INC.
3740 Maysville Rd., Carlisle, KY 40311
859-289-5720

Barbour Community Hospital Welcomes
CHRISTINA HERRINGTON, MD
Hospitalist

WHEELER ESTATE
ABSOLUTE AUCTION
Saturday, July 21 - 9:30 a.m.

Bluegrass-Maysville Sockyards LLC
2124 AA Hwy. East - Maysville, KY
606-759-7250

Bluegrass-Maysville Sockyards LLC
2124 AA Hwy. East - Maysville, KY
606-759-7250
Friday, July 13, 2007 - 12 noon
30 Black Cows
25 have calves on side
All Bred to Black Bull
For more information call: 1-800-496-2697

MARK MATTOX
REAL ESTATE BROKER, INC.
3740 Maysville Rd., Carlisle, KY 40311
859-289-5720
VISIT OUR WEBSITE: www.mattoxrealty.com
FOR MORE INFORMATION AND MANY MORE LISTINGS!!!

Barbour Community Hospital Welcomes
CHRISTINA HERRINGTON, MD
Hospitalist

WHEELER ESTATE
ABSOLUTE AUCTION
Saturday, July 21 - 9:30 a.m.

Bluegrass-Maysville Sockyards LLC
2124 AA Hwy. East - Maysville, KY
606-759-7250

MARK MATTOX
REAL ESTATE BROKER, INC.
3740 Maysville Rd., Carlisle, KY 40311
859-289-5720

MARK MATTOX
REAL ESTATE BROKER, INC.
3740 Maysville Rd., Carlisle, KY 40311
859-289-5720