

LIFESTYLE

In The Kitchen With Beth

I am glad to be back again this week. Well with being a new mom I haven't been cooking much. So I am going to have to pull out a recipe I haven't used for a while. I hope you enjoy it. It's get started by getting the ingredients together. This week's recipe is banana nut bread.



In The Kitchen With Beth A. Bond

1 1/4 teaspoon baking soda, 1/4 teaspoon salt, 1/3 cup vegetable shortening, 1/2 cup sugar, 1 cup mashed bananas (about 3 bananas)

Directions: First preheat the oven to 350 degrees F. Next beat eggs in a small bowl.

350 degrees F. Next beat eggs in a small bowl. Then in a medium-size bowl, sift together the flour, baking powder, baking soda, and salt.

Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in. Once you are done mixing it all together pour the mixture into the baking pan, bake it for 60-70 minutes or until you can stick a tooth pick in it and it comes out clean.

Add some of the flour mixture to the large bowl and let it cool for a bit. Cut it into slices and enjoy!

I hope you all enjoy this recipe. As always if you have any ideas or recipes or suggestions that you would like me to write about please feel free to email me or send me a letter and I will do everything I can to reach something about your idea.

Flip your banana bread out of the pan and let it cool for a bit. Cut it into slices and enjoy!

Beth Bond is a certified chef with a culinary arts degree and a hotel-restaurant management degree from Sullivan University in Louisville, Ky. She also has several years' experience in the hospitality and food services industries. She is a press association award-winning photographer and has several years' experience in the news-papers industry. She can be reached by email at thebethbond@yahoo.com or you can reach her by mail at P.O. Box 270, Carlisle, KY 40311.

Family and Consumer Sciences Corner



used in cooking or preserved to be enjoyed throughout the year. Cherries are divided into two types, sweet and tart.

cherries picked or purchased would about three cups, or a pound and a half, when stemmed and pitted. A quart of fresh cherries without stems equals four cups filled, about two pounds.

Do not ripen after picking. Ripe cherries are bright and plump and have a strong color indicative of their variety.

Sweet cherries should be firm when picked; tart ones, medium firm. Fresh cherries do not keep longer if stems are left on them and if they do not have cuts or bruises.

Place halves skin-side down in single layers on dehydrator trays. Dry cherries at 140°F for 12 to 13 hours, until they are leathery and slightly sticky.

Farmer's Market...Fresh Ideas

By Jill Hatton, FENEP Program Assistant, Nicholas County Extension Office

Did you make it out to the market this weekend? I hope so. The market is in full swing now as we have tomatoes and corn for our visitors.

1 lemon or lime (the juice) 1/2 teaspoon chili powder 1/2 teaspoon salt

Remove 2 cups of the mixture and reserve. Using a blender or food processor, puree the remaining mixture in the bowl.

Put mixed salad greens on a large platter or in a salad bowl. Top with raisins and nuts.

Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.

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NICHOLAS NEWS TRIANGLE HEADQUARTERS-SALTWELL-BARTTLEVILLE

Did you make it out to the market this weekend? I hope so. The market is in full swing now as we have tomatoes and corn for our visitors.

Our tomatoes are slowly but surely changing. My Dad, my niece, and I are watching the vines often to see if there are some red ripe tomatoes. I will have to say that Sydney has found more red ones than we have.

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Community Calendar

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Now Accepting Patients

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Peck's Farm Supply

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A Water System For Every Need

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Men's Softball Tournament

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County Grocery & Beer

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Whalen & Company

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Watkins attends Circuit Court Clerks conference

The 2007 Circuit Court Clerks Summer Conference examined issues of domestic violence and the important role circuit court clerks play in these sensitive cases.

domestic violence issues," said Clerk David N. Hunt, who is also president of the Kentucky Association of Circuit Court Clerks (KACCOC).

legislative updates and new court technologies. A panel of experienced circuit clerks offered their colleagues advice on how to apply sound principles to their daily operations.

Kentucky. The KACCOC is a sponsor of Trust for Life, a program that provides financial support for the families of circuit court clerks who are unable to work due to illness or injury.

The Department of Judicial Branch Education of the AOC provides annual training conferences for circuit clerks, who are responsible for managing the records of Kentucky's Circuit and District courts.

Hughes named clinical manager for three counties

Family Home Health Care has announced Cindy Hughes is the new Clinical Manager in Bourbon, Nicholas and Harrison counties.

Hughes' office covers Bourbon, Nicholas and Harrison counties. For information about what Family Home Health Care provides call Hughes or her staff at 859-987-4559 or 1-800-717-0735.

Hughes resides in Nicholas County with her husband, Mark, and their daughter, Leah. The Hughes also have two sons, Kyle Galbraith and Jeremy Hughes.

Cindy has a well rounded background in healthcare and has the reputation of being a caring, compassionate, professional. Family Home Health Care provides quality skilled nursing, physical therapy, occupational therapy, speech therapy as well as other services.

Hughes is a registered nurse, with over 15 years experience in health care. Hughes has been with Family Home Health Care since July of 2006.



Photo submitted

Family Home Health Care staff picture are, from, kneeling Jennifer Eaves, Compliance Officer (left) and Lisa Cole, aide. In back from left are Tawny Colwell, nurse; Becky Sebastian, Data Entry Clerk; Amy Vics, Clerk; Cindy Hughes, Clinical Manager; Jodie Sharp, RN; Chastity Richardson, RN; and Krissie Allen-Gambrel, Physical Therapist.

Advertisement for Ramona Hollar George, Notary Public, Ink Pads - Ink, Rubber Stamps, Cedar Sawmill, The Carlisle Mercury.

Advertisement for Community Calendar, including meetings for Veterans Affairs, Diabetes Coalition, and Courthouse Square Arts Guild.

Advertisement for Group forming for diabetes support, including information about the Nicholas County Diabetes Coalition.

Advertisement for Need extra cash? Sell it in the classifieds, Just drop your ad at The Carlisle Mercury office.

Advertisement for A Water System For Every Need, featuring Gallagher water systems.

Advertisement for Get Year Round Service, Complete Air Conditioning, Service and Filling, Summer Cooling, Tires Rotated and Balanced, Oil Change & Filter, Warner's Service Center.

Advertisement for Dwyer Real Estate and Auction, Mover/Agent Sonja McCarty, 859-748-6445.

Advertisement for Peck's Farm Supply, 627 Main Street, Sharpsburg, KY, (606) 247-2421.

Advertisement for Men's Softball Tournament, East End Park, On August 11th and 12th, Sponsored by Nicholas County Little League.

Advertisement for County Grocery & Beer, 4449 Myers Rd - Carlisle, KY, (859) 289-8399, Daily Lunch Specials, Meat 2 Sides \$4.65 plus tax.

Advertisement for Whalen & Company, 101 S. Walnut Street - Cynthiana, Phone: 859-234-5454.

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