

LIFESTYLE

Farmer's Market... Fresh Ideas

By Jill Hutton  
 EFNEP Program Assistant  
 Nicholas County Extension Office

Did you make it to the Farmer's Market this week? Hopefully you did and purchased some groceries. Some recipes that maybe the following recipes will allow you to make. Enjoy?

**Kentucky Peas**  
 Season: May-June  
**Nutrition Facts:** Green peas are a good source of fi-

ber and low in fat.  
**Selection:** Fresh pea pods should be moist and bright green, and they should feel slightly fuzzy to the touch. Avoid peas that are flat, dark green, wilted, easy-peeled, or scurred. Some bushel of green peas in the pod will yield 12 to 15 pints of frozen, shelled peas.  
**Storage:** The sooner fresh peas are eaten after picking, the sweeter the taste. Peas can be refrigerated for up to two days. Store unwashed

in a vegetable crisper or a plastic bag. For long-term storage, freezing is recommended.  
**Preparation:** Fresh peas can be eaten raw, steamed, boiled, or cooked in the microwave. To cook peas, remove them from the pod, steam or cook in boiling water for 4 to 10 minutes.

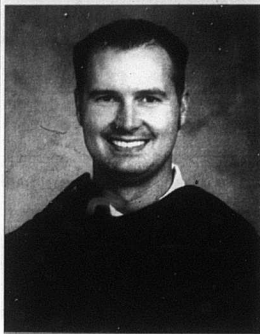
**Recipe**  
**Layered Salad**  
 3 cups fresh spinach or lettuce  
 1 cup cauliflower florets  
 1 cup fresh green peas, cooked\*  
 4 green onions, sliced\*  
 1/2 cup mayonnaise-type salad dressing  
 1/2 cup yogurt, plain  
 1 teaspoon sugar (optional)  
 2 tablespoons bacon bits (optional)

In a deep bowl, layer fresh spinach or lettuce, cauliflower, peas, and green onions. Mix yogurt, salad dressing, and sugar (optional). Seal top of salad with the salad dressing/yogurt mixture. Sprinkle on optional bacon bits. Toss just before serving.  
**Nutritional information:**  
 130 calories, 9 g. protein, 12 g. carbohydrates, 1 g. fiber, 6 g. fat, 5 mg. cholesterol, 850 mg. sodium  
 Prepared by Pam Sigler

**In season**  
 Yield: 6 (1 cup) servings  
 Nutritional information: 102 calories, 4 g. protein, 12 carbohydrates, 2 g. fiber, 10 mg. cholesterol, 242 mg. sodium.  
 Prepared by Pam Sigler

Last week I gave you the nutritional benefits of broccoli. Here is another deli-

Smoot named chief resident



Dr. M. Kyle Smoot, M.D. a family practice physician, has been named Chief Resident for the years 2007-2008, at the University of Kentucky Medical Center. He is one of about 500 physicians that are in residency programs at the UK Medical Center. Dr. Smoot has received his medical degree from Wright State University in Dayton, OH, on May 27, 2005 and began his residency program in June of 2006. Dr. Smoot has been accepted along with some of his colleagues for a slide presentation at the American College of Sports Medicine 2007 Annual Conference to be held from May 30 to June 2.



By Ramona Hollar George  
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 rhg@bcn.net

Mr. and Mrs. Louis F. man and most of their children enjoyed camping last weekend at Blue Licks. Phyllis Brady visited Brenda Houtt and Leota Fryman on Monday; other visitors were Joyce McDonald, Fred Hollar, Helen Myers, Barbara Hicks and Emma George.

Mr. and Mrs. Bobby Brady recital and several attended from Nicholas County. The Town and Village dance recital gave three performances this past weekend at Harrison County High School. Several from Nicholas County performed in the recital and several attended from Nicholas County.

A large crowd attended the funeral of James Livingston at the Saltwell United Methodist Church this past week; he had been a dedicated member there for many years.

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A large crowd met at the "mush pile" of North Licking River and 18 people were baptized and four people accepted Christ into their heart and life.

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**Stop by Warner's Service Station**  
 Get Tickets for a chance To Win a Collectible 2007 Maker's Mark "Unforgettables" Keeneland Bottle  
 Signed by Richie Farmer, Sean Woods, John Pelphey and Deron Feldhaus

**Suggested donation for a ticket is \$1.00 Six for \$5.00**

Drawing will be held at the Relay on June, 15 at 8 p.m.

All proceeds will benefit Helen's Heroes and Mt. Zion Seekers teams in the Relay For Life

Contents for collectible purposes only. Must be over 21 years to participate

**Father's Day**  
 No Menace, No Payments For 12 Months

**EVERY DAD WOULD LOVE TO DRIVE A JOHN DEERE**

**11.9% Financing 5.99% Financing**

**GREENHILL EQUIPMENT, INC.**  
 180 KENDALL LANE  
 FLEMINGSBURG, KY 41041  
 806-845-7311  
 800-830-0115

For only \$9.95, you will receive a package containing one 8x10, two 5x7s and eight wallet prints. The full package price goes to RELAY FOR LIFE. Contact any Whitaker Bank team member at 289-2251. DEADLINE - MAY 30 Pictures will be taken at the Nicholas County File Dept. in June

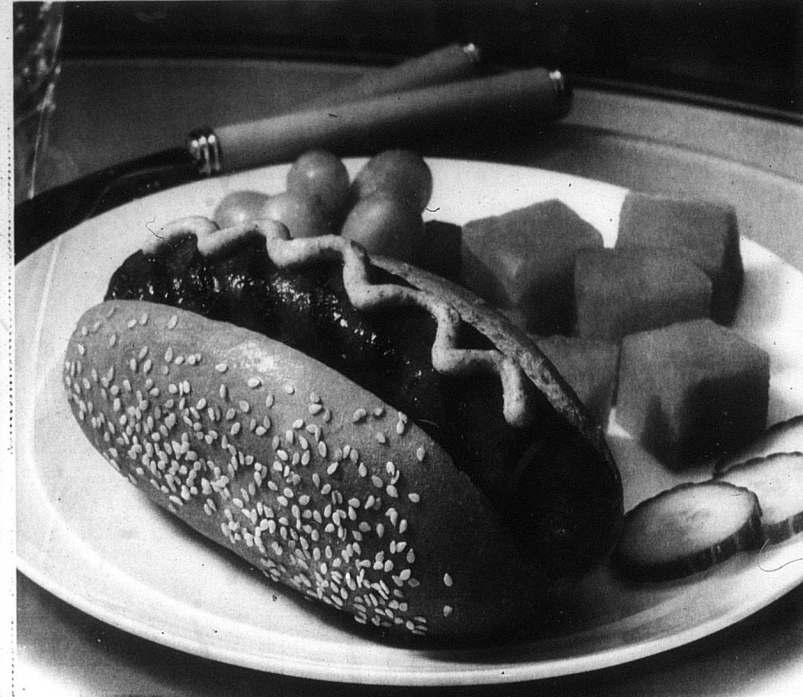
**Rail's End Nursery**  
 NEW LOCATION  
 143 E. Main St. Paris, KY  
 (Former Site of Farmers Tobacco Warehouse)

3 gal. Azalea.....\$12.00  
 3 gal. Knockout Roses.....\$23.00

Full Line of Trees and Shrubs  
 Dark Hardwood Mulch

\$1500 scoop

**Rail's End Nursery**  
 143 E. Main St. - Paris, KY  
 987-9155



Top Brat

FAMILY FEATURES

Who all seem to thrive on competition these days. Any chancel surfer can find really shows in which folks are trying to be the next survivor on a deserted island, rock star, celebrity chef or TV design guru. But nothing can beat the real life drama in your own backyard when brats vie for "top brat" awards.

First of all, choose the brat that consumers found to be the tastiest of all grillable meats in a recent taste test. Served hot and plump off the grill, alone on a bun or tortilla, this brat's robust flavor is more than delicious all by itself. But when you're in the mood to play with your food, top your brat with a favorite condiment, relish, salsa or slaw.

Top that juicy grilled brat with pickles and onions, mustard or ketchup. Get German with sauerkraut, Southern with a tangy barbecue topping, or even Hawaiian with pineapple and papaya. As long as you grill your brat so that it's plump and juicy, the topping you choose is only going to add style points. So, top that! Check out johnsonville.com for great recipes and more!



Clockwise from top: Gorgonzola Mustard, Southern Roadhouse Barbecue Topping, and Sweet and Hot Tropical Salsa for Brats

**Gorgonzola Mustard**  
 1 tablespoon butter  
 3 garlic cloves, finely minced  
 1 tablespoon coarsely cracked black pepper  
 1 bottle (12 ounces) dark beer  
 4 ounces Gorgonzola cheese, crumbled  
 1 cup stone ground mustard

In skillet, melt butter. Add garlic and sauté over low heat until tender. Add pepper and beer; bring to boil. Reduce heat and gradually add cheese, stirring until melted. Continue to cook and stir until mixture is reduced by 1/3. Remove from heat. Add mustard; stir until blended. Pour into storage container. Refrigerate until ready to serve as a condiment to grilled brats. Yield: 2 cups.

**Grilling suggestion:** Blend 1 cup Gorgonzola mustard with 1/2 cup dark beer. Use as brushing or basting sauce for brat kabobs, whole brats or vegetables when grilling.

**Southern Roadhouse Barbecue Topping**  
 3 tablespoons olive oil  
 1 large onion, cut into 1/4-inch slices  
 3 garlic cloves, thinly sliced  
 1 cup barbecue sauce  
 1 cup prepared coleslaw dressing  
 1 package (16 ounces) cabbage slaw

In skillet, heat oil. Sauté onion and garlic until translucent and slightly brown. Remove from heat, cool slightly. In small bowl, combine onion mixture with barbecue sauce and coleslaw dressing. Pour over cabbage slaw and toss lightly to coat. Refrigerate until ready to serve as a topping with grilled brats. Yield: about 5 cups.

**Sweet and Hot Tropical Salsa for Brats**  
 1/2 cup cider or rice vinegar  
 1/2 cup sugar  
 1/4 teaspoon salt  
 2 garlic cloves, finely minced or pressed  
 1 1/2 teaspoons crushed red pepper flakes  
 3/4 cup diced papaya  
 1/2 cup diced sweet onion  
 1/2 cup diced mango  
 1/2 cup unsweetened pineapple tidbits, drained  
 2 green onions, finely sliced  
 1 1/2 tablespoons minced fresh tarragon  
 1/2 teaspoon hot pepper sauce  
 1/8 teaspoon Chinese 5-spice

In small sautépan, combine vinegar, sugar and salt; bring to boil. Reduce heat, add garlic and pepper flakes; continue to simmer 1 minute. Remove from heat, cool to room temperature. In bowl, combine remaining ingredients. Pour vinegar mixture over fruit; toss lightly. Refrigerate until ready to serve as a condiment to grilled brats. Yield: 3 cups.

Are You a Grillin' Guru?

You can be, by following Johnsonville's Tips for Grilling Success.

1. Use a clean grill. Repeated grilling causes excessive residue buildup on the grill rack and hull. An occasional cleaning will help to reduce flare-ups. Besides, your grill is a special gathering place for friends and family. Got to keep up appearances.
2. It's OK to pre-cook. Know that it's OK to pre-cook brats. One may diminish the link's a pan of brats, or a beer and onion blend, for 8 to 10 minutes prior to placing them on the grill (it's okay to jump the brat when you're done... really, it is).
3. Cook slow, on low heat, keeping grill covered. If you're using a charcoal grill, spread out the gray/white hot coals in a single layer. Your charcoal grill is perfect for brats if you can hold your palm near the grill for 5 to 6 seconds before it gets uncomfortable. On a gas grill, start the flame at a medium setting, and when the sausage juices start to flow, reduce heat to low. A lid on the grill helps to minimize the flame, too.
4. Avoid high flames! First, move the brats to safety. Raging blazes cause injury to us and our neighbors probably won't enjoy the sizzle. Keep a spray-bottle filled with water handy to douse small flames while grilling. A garden hose would be overkill.
5. Turn the brats every five minutes or so. Use tongs, never a fork... EVER! A fork can puncture a link and release that great taste and savory flavor. Tongs keep the links intact, and make 'em easier to turn.
6. Know when your brats are done cooking. "Which is?" a) about 25 to 30 minutes using the above guidelines. b) when they're golden-brown and look appetizing, not charred to a crisp. "Burning" is not "grilling". c) when a meat thermometer probe inserted into the link reads 160°F. (Of course, a Master Grillers would never be seen doing this!)