

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hattson
EPANF Program Assistant
Nicholas County Extension Office

As I write this article the sun is shining brightly. It is warm outside and I am excited because as long as we get a little sunshine this week I can ensure the Hattson 2008 Garden Season will begin. Like most gardeners, we have begun to plant seeds for planting and are searching for some of our various plants that we put out. Our big producers like green beans, squash, and tomatoes still have a little time before they are to be planted. We will begin with lettuce seen under the cotton, onion sets, and cabbage plants. As I wonder about my article this week I am reminded that in 1898 President Reagan proclaimed that the week of April 13th to be "National Garden Week."

A good way to remember this is basically the second full week of April is the week set aside to recognize and appreciate the efforts and contributions of gardeners in the United States. It is estimated that there are over 78 million gardeners in the United States. I believe that this number will increase this year and as time goes on. With "National Garden Week" in mind it is time to turn to the items that are in season (already) for April. Those vegetables are Kentucky Shitake Mushrooms, Kentucky Onions, and Kentucky Asparagus. We will explore these vegetables this week and the next couple of weeks. This week we will begin with Kentucky Shitake Mushrooms. Kentucky Onions are in season in the spring, summer, and fall. Mushrooms are a variety of nutrients including a small amount of B vitamins. Also, a 1/2 cup serving contains only 9 calories.

Selection: Look for shiitakes with firm, dry caps. Caps can vary from light honey colored to dark brown. Some may have white spots or splits. Storage: Store in a plastic bag and use within 14 days. Avoid storing in an airtight container, which will cause mushrooms to become soggy. Wash, remove stems, and store away from onions or garlic. To Clean: Gently wipe with a damp cloth or soft brush or rinse with cold water and pat dry with paper towels. Avoid soaking in water. Handle with care as mushrooms will bruise easily. Preparation: Shitake mushrooms are frequently mixed with more delicate mushrooms, because of their richer taste. Shiitake stems are tough and chewy even after cooking. Discard them and use only the caps. Mushrooms can be prepared in many ways, including grilling, roasting, baking, sautéing, or steaming. Try different seasonings, such as soy sauce, olive oil, garlic, and thyme. Four ounces of shiitake caps are equal to 1 and 1/2 cups sliced or chopped. To sauté: Rinse and cut caps into 1/2 inch slices. Slice caps if preferred or leave whole. Cook 8 ounces of mushrooms in 1 tablespoon of oil or butter over medium heat until golden, about 3 to 4 minutes. To microwave: Place 8 ounces of thickly sliced caps in a microwaveable bowl. Cook for 2 to 3 minutes on high, stirring once. To roast: In a shallow baking dish, toss 8 ounces including a small amount of oil, salt, and pepper. Roast at 450 degrees Fahrenheit for about 20 minutes. Stir occasionally. To grill or broil: Lightly brush caps with oil, season with salt and pepper. Grill for 4 to 6 minutes on each side, brushing often. To freeze: Mushrooms DO NOT freeze well, but if sautéed first, they can be placed in an airtight container and USED within TWO MONTHS.

Sauteed Mushrooms
1 tablespoon olive oil
1 and 1/2 pounds fresh mushrooms
1/2 teaspoon minced garlic
1/2 teaspoon salt
Heat oil in a large skillet. Add mushrooms and cook over medium heat, stirring. Yield: 4 servings

Nutritional analysis: 88 calories; 4 grams protein; 2 grams fiber; 3.5 grams fat; 0 milligrams cholesterol; 142 milligrams sodium. Source: University of Kentucky Cooperative Extension. Prepared by Sarah Ball Brandt, Family and Consumer Services, Limited Resource Audience Coordinator.

The Nicholas County FFA Greenhouse will be open April 16th - May 1st.

Tomato's (Big Boy Variety) - 51 six pack Geraniums - 52 Annuals (Variety of Colors) - \$1.50 Marigolds • Impatiens • Zinnias • Coleus Petunias (Potted and in hanging baskets) Perennials - \$10-\$12 Hosta • Astilbe • Tall Phlox Herbs - \$1-\$3 Chives • Basil • Sage • Oregano • Cilantro • Parsley • Lavender • Mint Hanging Baskets (Swedish ivy and wandering Jew) - \$10 Mon-Thurs: 2:00-4:30 p.m. Fri: 2:00-4:00 p.m.

Johnson Mathers Health Care Auxiliary Pancake Breakfast Saturday, April 19

Meal Building 7 to 11 a.m. Cost Adults - \$5 Children - \$3 Includes Pancakes, Sausage Coffee/Juice Waffle/Warf Off Available

Clean Up Days

The City has designated the week of April 14-18 as Clean Up Week. All items must be placed by the curb for pickup on your regular trash day. A charge for the following items will need to be paid at the City Office: Chair - \$10.00 Box Spring, Mattress, Couch - \$15.00 Concrete Sink - \$3.00 Any Size TV - \$5.00 Wooden Furniture (large pieces) - \$10.00

There is NO charge for the disposal of refrigerators, freezers, stoves, air conditioner, washer/dryer, water heater, microwave or any type of metal. Brush must be in 4-foot lengths and bundled. We cannot accept tires, paint, concrete, shingles or wire. Please notify the City Office of extra items before pickup.

May's Lick Harness Tack & Shoes L.L.C.

Carhart Wolverine New & Used Justin Kipling Saddles & Harnesses Double H Boots Horse Shoeing Supplies Sketchers and More! We repair leather items! Horseshoeing every Thursday by appointment or evening

J & T CONSTRUCTION Construction & Roofing Framing & Additions. Any home improvement, inside or out! 6345 Helena Rd., Mayslick, KY 41055 606-763-9356 Hours: 8 - 5 - M, Tu, W, F; 8-3, Sat Closed Thurs. & Sun.

ATTENTION Patients of DR. MARY LEE EASTHAM OBSTETRICS AND GYN. 151 STERLING KY 40381

Notice is hereby given to all creditors pursuant to KRS 424.340 that the Nicholas District Court has appointed personal representatives as follows: DECEASED/EWARD EUGENEY TITLE ATTORNEY APPEL DATE

Nicholas County Schools Menu

Thursday, April 10 Breakfast: Ham Egg Bun Lunch: Spaghetti, Tossed Salad, Garlic Bread, Fruit, Milk Friday, April 11 Breakfast: Bacon Egg Bun Lunch: Cheeseburger, French Fries, Lettuce/Tomatoes, Pickles, Fruit, Milk Monday, April 14 Breakfast: Chicken Nuggets, Green Beans, Mashed Potatoes, Rolls, Fruit, Milk Tuesday, April 15 Breakfast: Bacon, Egg Toast Lunch: Corn Dogs, Mac & Cheese, Baked Beans, Fruit, Milk Wednesday, April 16 Breakfast: French Toast Lunch: Johnny Ribs, Hash Browns, Peas, Fruit, Milk

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Community Calendar

AA meetings held Tuesday at 8 p.m., except the third Tuesday of the month is at 7 p.m. in the Community Room of the Nicholas County Health Department.

Veterans Benefits Field Representative at Courthouse A Veterans Benefits Field Representative with the Kentucky Department of Veterans Affairs will be at the Nicholas County Courthouse on the third Tuesday of each month. The hours are 9-11 a.m. Veterans and their families will be given counseling in filing for Federal and State Veterans benefits. This service is provided free of any charge or fee by the Commonwealth of Kentucky, Department of Veterans Affairs. Feel free to call and leave a message if you are out: 1-866-376-0308 so your call will be returned as soon as possible. Come see us and bring all documents pertaining to filing a claim.

Democratic Women to meet The Democratic Women's Club & Executive Committee will meet on April 15, 2008 at 6:15 p.m. in the small courtroom.

Project Graduation meeting to be held Project Graduation meetings will be held every Wednesday until graduation at 4 p.m. in the high school. All senior parents are welcome to attend.

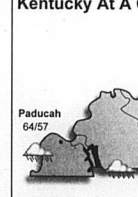
Revival to be held A revival will be at Irvingville Baptist Church, 3652 Morning Glory Road, April 11-14 at 6:00 p.m. each evening and on Sunday at 11:00 a.m. Bro. Keith Bledsoe, who has a radio ministry on 90.7 "The Wind" will be the speaker. There will be special music at each service. Rev. Albert Simmons is the pastor. Everyone is invited.

Orientation #500 to hold meeting The Orient Lodge #500 meets the second Tuesday of each month at 10 a.m. in the hospital dining room. Anyone interested in joining the auxiliary is welcome.

Today's Weather Local 5-Day Forecast

Table with 5 columns: Day, High/Low, Chance of Precipitation, Wind, Clouds. Shows forecast for Wed 4/9, Thu 4/10, Fri 4/11, Sat 4/12, Sun 4/13.

Kentucky At A Glance



Area Cities table with columns: City, Hi, Lo, Clouds, City, Hi, Lo, Clouds, City, Hi, Lo, Clouds. Lists weather for various cities like Bowling Green, Paducah, Lexington, etc.

National Cities table with columns: City, Hi, Lo, Clouds, City, Hi, Lo, Clouds, City, Hi, Lo, Clouds. Lists weather for major cities like Atlanta, Boston, Chicago, etc.

UV Index table with columns: Day, UV Index, Day, UV Index. Shows UV index for New, First, Full, Last phases.

Annual Quilt Show to be held Jessamine County Piece Quilters 5th Annual Quilt Show "History Speaks" May 10, 2008 from 10:00 - 3:00 at Edgewood Baptist Church 717 South Main Street Nicholasville, KY 40356 Free Admission

Boys Basketball Camp to be held Fleming County Boys Basketball Camp June 2nd - 5th. K-4 8:00 - 10:00 a.m. 5-8 10:00 - 12:00 p.m. Fleming County Boys basketball Fleming County High School 1656 Elizaville Road Flemingburg KY 41031

Extension Office hold "Beyond Fish Sticks" Join the Nicholas County Extension Office for "Beyond Fish Sticks: A Consumer's Guide to Safe Fish" on Thursday April 10, 2008 at 4:30pm at the Nicholas County Extension Office. Be it snailfish or salmon, "Beyond Fish Sticks" highlights the health benefits of fish and the food safety issues when catching, purchasing, storing, and serving fish with an emphasis on selecting and preparing various kinds of seafood. We will be tasting recipes!

Young Artists of Kentucky to be held The Courthouse Square Arts Guild and Blue Licks State Park are sponsoring the 3rd annual "YOUNG ARTISTS OF KY" student art show. Will be held in the Arlington Room at the night of each month at 7:30 p.m. All Master Masons are invited.

Revival to be held The Bartoville United Methodist Church invites you to a revival. Times of services include: Sunday morning April 13th, at 11 a.m., Sunday evening April 13th at 6:30 p.m., Monday April 14th through Wednesday April 16th at 6:30 p.m. Special Singing will be held each night. Evangelists: The

Morgan Family. Everyone is welcome. If you have a community announcement, please bring it to The Carlisle Mercury at 117 South Louisa. You can mail it to POB 272, Carlisle, KY 40311. You can email it to editor@theCarlisleMercury.com You can fax it to 859-289-4000.

Hot Judge Cake Also Choose from these Favorites Chopped Steak Country Fried Steak Country Fried Steak

Enjoy Our Most Popular Meals PLUS a Great Deal!

Jerry's FAMILY RESTAURANTS Mt. Sterling, KY 40353

3 DAY Sale Friday, Saturday, Sunday - Apr. 11, 12 and 13

Deli Virginia Ham \$2.99/lb

Archway Cookies 9.95 oz 2 for \$4

Pink Grapefruit 5 lb. \$2.99

Chicken Liver per lb. \$1.49

Country Crock 3 lb. Tub 2 for \$5

Spaghetti Hot Judge Cake Chopped Steak Country Fried Steak

Chicken Liver per lb. \$1.49

IGA Pork & Beans 2 for \$8.99 15 oz.

R.C. Products \$2.79 12 pack

Butterfist Bread Lg. \$1.29

CROCKETT'S IGA Market St. • Carlisle Grocery: 859-289-5433 Deli: 859-289-5788

IGA HOMEOWN PRIDE

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