

Wednesday Evening May 7, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

Friday Evening May 9, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

Sunday Evening May 11, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

Thursday Evening May 13, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

Monday Evening May 12, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

Monday Evening May 12, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

Thursday Evening May 7, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

Saturday Evening May 10, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

Monday Evening May 12, 2008. Table listing TV channels and programs such as ABC, CBS, NBC, and FOX.

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LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hatten
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I hope everyone is having a great week. Sorry I missed you last week, but I was stuck week at the University of Kentucky and I had a final on the very first day MONDAY--so time got away from me last week. Thankfully finals are over and I have a break until August. This week we welcome the first full week of May. May is an exciting time. There is the Derby, Mother's Day, graduations everywhere, school is ending, and our gardens are in full swing. A favorite fruit by many comes in to season in May. That fruit is Kentucky strawberries and based on recent affordable prices in the grocery stores, I think strawberries are in season in a lot of places. Kentucky Strawberries Season: May through June

ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine and bright green, fresh-looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value. Storage: Store strawberries in the refrigerator, covered, unwashed, and with the cap on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap to remove the caps within two to three days. Handling: Handle strawberries gently. Never remove the caps before washing. The caps prevent water from soaking into the berry, which lessens the flavor and changes the texture. Washing: To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels. After washing, remove the caps if necessary. Give the cap a gentle twist or use of the part of a sharp paring knife or pointed spoon. Pat berries dry with paper towels before serving whole or sliced, fresh, or cooked.

Freezer Jam
3 cups fresh strawberries, crushed
5 cups sugar
1 package powdered pectin
1 cup water

Serve: 1 tablespoon;
Calories: 45; Fat: 0 grams; Protein: 0 grams; Carbohydrate: 11 grams; Cholesterol: 0 milligrams; Sodium: 0 milligrams.

Serve with a layer of bread.
Cover the dish with plastic wrap and place in the refrigerator for three weeks or frozen up to one year.

Source: Adapted from Senior Nutrition Awareness Project (SNAP) Newsletters University of Connecticut Family Nutrition Program
http://recipefinder.nal.usda.gov

Advertisement for Mother's Day, Sunday, May 11, 7/6c on NBC.

Advertisement for Dr. Mary Lee Eastman, Obstetrics and Gynecology.

Advertisement for Attention Patients of Dr. Mary Lee Eastman.

Advertisement for Pioneer Trace Nursing & Rehabilitation Center.

Advertisement for Image Paint Flat Wall Paint.

Advertisement for Reid & Vice Computer Match Pain Color.

Advertisement for Reid & Vice Professional Formula.

Advertisement for Berry Bread Pudding.

Advertisement for Request for Proposals Renewable Power Supply.

Advertisement for Now Open Doyle Mobile Homes, Inc.

Advertisement for East End Food Mart.

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