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Spring/Summer

local food for everyone

Redefining
HOME-Cooking

Bounty of the
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Growers Guide
on Pages 12-13

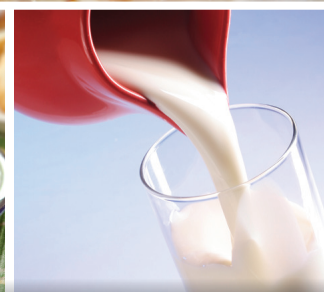
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LETTER FROM THE PUBLISHER

Many of you probably remember the last member of your family that lived and worked on a family farm. You may have grown up on a farm yourself or have fond memories of weekend visits. My husband, Nathan, grew up on one of those farms in Hart County, Kentucky. Like many people his age, he left the farm to get a college degree and to find a career. We met 12 years ago while both working for the University of Kentucky assisting tobacco farmers as they transitioned to fruit and vegetable production. Small scale, local food production was a new concept for farmers and an even newer one for eaters. We now find ourselves among a small but growing trend of families farming full time. Most importantly we find ourselves on a journey to making the connection between farm to table for more people in Southern Kentucky.

I know that eating a real food diet (especially one full of locally grown food) requires some education. When our children came along, I began to evaluate the way we were eating and became increasingly more determined to avoid the diabetes, obesity, and cardiovascular disease which are so common in our part of the country. I started to recognize the deep connection I had with my community through local food. The support and encouragement found through local farmers and others who are seeking to eat healthier, real foods was exactly what a mom looking to make better food choices needed. In this publication, you will read about a local food pantry incorporating real foods as well as gardening and cooking education classes. You will also read about the hard work being done by several community partners to make the BRADD area healthier in the 2013-2015 Community Health Plan. Local food is being recognized as a path to health for individuals as well as promotes economic development in the Commonwealth.

I'm passionate about this because I have been able to develop a stronger connection to my family through cooking with them in the kitchen and sharing meals at the table. This came from motivation as we gathered milk, meat, bread, cheese, and other foods from farms in our community. I believe that all people (no matter their age, lifestyle, location or bank balance) can benefit from all of these things as well. Encouraged by the partnerships that have been formed in our community, we have created a strong team that has worked hard to bring you Southern Kentucky's first local food publication. I believe that as a culture we are beginning to see that food deserves more of our time and that everyone deserves the resources and access to make it happen. You will find advice for every budget including meal stacking ideas and cooking with herbs. We are proud to feature Kentucky Proud's produce availability chart in the center of this publication so you can find out when produce is in season.

Spring, with all of its anticipation and newness, really represents what has unfolded in the development of this publication. I hope that you will find the Growers Guide helpful in making connections to farmers and markets in our area. There are some excellent articles that have a little something for everyone. I am very thankful for the long list of people who worked diligently to make this issue a success. From the artwork, editing, layout, and writing, I believe you will find every page both beautiful and helpful.

May your days be filled with good food.
Michelle Howell

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Redefining HOME:

Forging ahead with a new food identity
by remembering the traditions of the past.

by Joshua Poling



There is a storm brewing among chefs in the South, and the outcome has never been more important. Southern food is undoubtedly on fire right now. All of a sudden restaurateurs from New York, Chicago, and Los Angeles are looking to south eastern America for the next big thing. Don't believe me? 2011—the James Beard Foundation names Husk, a casual dining restaurant in Charleston, South Carolina, as America's best new restaurant. 2012—Louisville is dubbed "The Foodiest City in America" by *Food & Wine Magazine*. The food of our mothers and grandmothers is finally getting the recognition it deserves. So where is the dissention?

I recently read an article by Hugh Acheson, 2012 James Beard Best Chef South East, where he described a book signing he attended in Texas. The other guest? No other than the queen of southern food herself Mrs. Paula Deen. Hugh discussed how he realized the crowd was not there to see him so he tossed Paula Deen some easy questions for her to lay on her thick southern charm. They had the crowd in the palm of their hands when he asked Paula Deen a serious question: "Do you think southern food is constantly evolving? Can it change?" He went on to describe a dish at his Atlanta flagship restaurant Empire State South which involves kimchee, pork belly, grits, and pickled radish. Mrs. Deen simply responded with the question, "What's wrong with just butter and salt in your grits?"

This exchange is the embodiment of the battle that rages throughout kitchens in the South and South East. What is southern food? Does it evolve or is it the same food my grandmother cooked and her grandmother cooked before her? Is there anything southern about kimchee?

In early 2011, my wife Chelsey and I were conceptualizing our first restaurant—a quick service café that served the food we liked to cook and eat. We had a design, a menu, a location, and investors. We only needed one more thing: a name. The usual avenues were explored—family names, names incorporating location, single words that made no sense. What do you call a restaurant that is the embodiment of your life experiences but also not limiting to dishes of the past? For us the answer became clear, and Home Café was born.

The name Home proved quite confusing to people though. Many people came in thinking we were a furniture store. Our landlord called us Hometown Café in a newspaper article, and



several customers came in thinking a bankrupt buffet from inside the mall had revived itself on Nashville Road. Others came expecting a classic meat and three. One older gentleman yelled, and I mean YELLED, at our staff because we did not have baked potatoes. As he walked out the door he threw his arms up in the air and exclaimed, "This isn't home cookin' at all." That guy never came back.

We did the only thing we could and continued to cook our food our way and slowly the concept began to take hold in Bowling Green. In the beginning, probably 25% of our customers walked in, stayed back against the glass doors, stared at unfamiliar words such as bulgogi and kung pao, and then quickly exited. We kept cooking. Soon, we had several repeat customers and

the walkout ratio was down to 10%. Four months after we opened we started burger night and started displaying crazy flavor combinations on beef from a local butcher shop, Rian's Fatted Calf Meat Market. Soon no one walked out.

A year later we have been very blessed. We were voted a top three restaurant in Bowling Green, and we have become the face of local food to many because of our relationship with Community Farmers' Market and several local farmers. I still often get the question, how do you all come up with the flavor combinations you put together?

The answer is quite simple. Every plate of food, every dish, every ingredient, tells a story of my past. I was raised in Bowling Green, but my life have literally taken

me on a journey across America, and in a food sense, across the world. The food I cook finds its roots in the southern food my mother prepared for my family on a nightly basis, but influences come from too many places to count.

I grew up a picky kid—actually, picky is an understatement. I scraped the cheese and pepperoni off pizza and ate it with just the sauce, but I would only eat it if it was pepperoni pizza. Any other kind of pizza was deemed inedible, even though I never ate the toppings. Imagine my nerves when I headed to my friend Paul Huynh's house for dinner in middle school. At the time, I would not eat a taco, so the idea of Vietnamese food made me reconsider even being friends with him. The first few times Paul just made his mom go through a drive thru to get me something. Eventually though, it was time for me to man up. I was going to do the impossible.

We watched TV while his mother and aunt cooked. I remember the incessant noise of chopping, pans frying, and cooking utensils making contact with the hot metal. Smells filled the room. Then the noise stopped. The moment of truth was upon us. I was handed a bowl with some rice,

greens, and pork. (I am sure there was a lot more to the dish, and I apologize to Paul's entire family for my unfamiliarity with ingredients at the time.) I raised the first bite up to my mouth while simultaneously trying to approximate the distance to the restroom in case I threw up. The food hit my tongue...it was...it was...it was FANTASTIC! I do not mean kind of good. I mean incredible. I



mean unbelievable. I mean the kind of food that makes you want to hug the chef and can only be described using expletives which are not fit for any publication.

Paul and I, conveniently, remained good friends. I have enjoyed many more meals prepared by his mother. That simple dish of steamed rice and pork changed my life. I suddenly began a quest to discover flavors I had missed due to my pickiness. I would try to always arrange being at his house for dinner on weekends. I even lived with him in culinary school. His mother drove to Lexington one weekend to teach me to make eggrolls and also introduced me to pho for the first time. Later that month I was making eggrolls in class, and the head instructor of the program stopped to observe me. He asked where I had learned to roll eggrolls and I explained. He was fascinated and said he had only read of that method in books. He went as far as to thank me for showing him to which I kindly replied, "That's what I'm here for, Chef!"

I tell this story not because I think you, the reader, care about my first taste of Vietnamese food, but rather because it explains how life experiences affect the food of a chef. I am about as white as they come, but I cook a lot of Asian food, and it all started with a best friend who happened to be Vietnamese. Because of my love of his mother's food, I worked my way through Japanese, Chinese, Korean, and just recently Thai menus, so when I cook Asian food, to me, I am not cooking the food of another culture, but rather I am cooking the food of my past, my home.

When I cook Hispanic food I am reminded of the line cooks who took me under their wings when I first started in restaurants (I was horrible). I am reminded of eating simple tacos with fresh salsa after our midnight shifts. Although back then it was just fun and a way to blow off steam after work, I now look back and realize that was home to me then.

The South has changed. Therefore, it is only natural for its food to change. With all due respect to Mrs. Paula Deen, there is nothing wrong with just butter and salt in grits, except that it can be so much better. Chop up some jalapeños and finish with some Kenny's cheddar and you take a simple side and elevate it to a dish! My parents' South had no Vietnamese-American citizens and no Mexican-American citizens, but mine does, and we, and especially the food, are so much better for it.

So next time you go to grill out, try replacing the BBQ sauce with hoisin. Try replacing a hamburger with flank steak and the bun with a warm corn tortilla. Chop up some fresh tomatoes, onion, cilantro, and jalapeños and place on top. Crack open your drink of choice, sit back, and enjoy some of the new flavors of the South. It is still the food the South, it has just gotten that much better.

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COOKING HEALTHY, INEXPENSIVE MEALS WITH LOCAL INGREDIENTS

by BRITTANY RYAN

My journey into the local food movement has been a long time coming. I come from a long line of farmers on my father's side and have been around agriculture seemingly my entire life. Growing up, I hated gardening or getting dirty. I did not think about where my food came from or the processes in which it went through to get to the supermarket where we shopped as a family. When I got married, I was a full-time college student, worked part-time, and was trying to balance the rest of my life. I was not comfortable cooking and found it easier to make Hamburger Helper® than researching healthy recipes that could be cooked in the same amount of time. Over time, I started really enjoying cooking. Surrounding myself with amazing friends that were also tremendous cooks was really beneficial because I learned that I could make delicious food in a short amount of time. I started really gaining an appreciation for food – not just the cooking or eating aspects but also knowing where my ingredients came from and the farmer that grew them. I discovered that I could never go back to a supermarket tomato after I had one from a farmers' market or a friend's garden. And, with this newfound appreciation for local food came my passion to make local, healthy food accessible for all people. I now am a CSA member, gardener, an employee of Community Farmers' Market, love to get my hands dirty, and love to cook. It is possible (and so freeing) to purchase and prepare locally grown, organic produce on a budget.

Knowing what to make with local and healthy ingredients can be a bit daunting. It does not have to be expensive or time consuming. I have compiled some recipes that are healthy, don't take a lot of time, are inexpensive, and are absolutely delicious. In addition, some of the recipes include meal stacking, which helps when you're trying to plan meals for the week.

I have starred (*)the ingredients that are available at area farmers' markets. I invite you to shop at your local farmers' market for the majority of these ingredients. Then, when you start to prepare these recipes, put on some music and relish the quiet time that you get when cooking. It is very therapeutic. Bon appetit, y'all!

Menu

Homemade Marinara
Marinara with Whole Wheat Pasta
Farmers' Market Pizza
Potato, Sausage and Kale Soup
(adapted from the-girl-who-ate-everything.com)
Zucchini, Olive, and Cheese Quesadillas
(adapted from Cooking Light)
Zucchini Cheddar Bread
(adapted from naturallyella.com)

Recipes

Homemade Marinara

Who doesn't love a traditional red sauce? It's so versatile. I promise it is even better when you make it yourself out of local ingredients! You can make this sauce ahead of time, refrigerate, and then use it to make the pasta, pizza, and tomato soup recipes (see cookinglight.com for a great soup made with marinara sauce).

- 2 to 4 tablespoons of good olive oil (it makes a difference)
- 12 to 15 medium-sized tomatoes or 20 Roma tomatoes (heirloom)*
- 2 medium onions (red or sweet), diced*
- 5 cloves garlic, minced*
- ½ cup fresh basil*
- 2 tablespoons each fresh rosemary*, thyme*, and oregano* (If you can't find these herbs at the market, substitute 2 tablespoons total dried Italian seasoning) – more or less to taste
- 1 tablespoon sugar (optional)
- 1 teaspoon red pepper flakes (optional)
- Salt and pepper to taste

1. Remove the stem area from the tomatoes and cut an "X" in the top. Bring a large pot of water to a boil and blanch 3-4 tomatoes at a time for 20-30 seconds until skin begins to peel. Place blanched tomatoes in an ice bath and remove skin from tomatoes. Set aside and continue with remaining tomatoes. Cut tomatoes into quarters and dice into large chunks.
2. In a large pot, heat olive oil over medium heat. Add in onions and garlic, sautéing until fragrant (about 4-5 minutes.) Add tomatoes.
3. Bring tomatoes to a boil and reduce to a simmer. Let cook for 30 minutes (or until tomato sauce has reduced down). Add in fresh herbs, sugar, red pepper flakes, and salt and

pepper, continuing to cook for 1 more minute.
4. Make pasta recipe (below) or refrigerate or freeze for later.

*About 16 servings (1/2 to 3/4 cup per serving).
Around 75 calories and 2 grams of fat per serving.*

Marinara with Whole Wheat Pasta

This meal is so easy and can be adapted so you can add whatever veggies or meats are on hand. Make vegetarian by simply omitting the meat and adding in more vegetables. Serve with homemade Zucchini Cheddar Bread (recipe following) and a side salad.

- Serves 6
- 3 cups homemade marinara
 - 1 lb. sausage (spicy or mild, depending on your tastes)*
 - 2 cups assorted vegetables (yellow squash, eggplant, zucchini, etc.), chopped*
 - 12 oz. whole wheat pasta, any shape
 - Parmesan cheese, optional

1. Follow instructions on pasta box to cook pasta. Cook until just al dente. Drain.
2. Meanwhile, brown sausage in a skillet until cooked through. Remove sausage from skillet to a plate. Set aside. Remove the majority of grease from skillet, reserving about a teaspoon.
3. Sauté vegetables over medium to medium-high heat in skillet (use nonstick spray, too, if needed) until the vegetables are tender, about 10 to 15 minutes.
4. Add sausage and homemade marinara to skillet, warm through on medium heat.
5. Add hot pasta to marinara mixture, stir to combine.
6. Serve warm, topped with Parmesan cheese and additional basil, if desired.

400 calories and 18 grams of fat per serving.

Farmers' Market Pizza

This pizza can literally be made with any combination of ingredients you can find at the market. The opportunities are endless!

Serves 4 (2 pieces per serving)

- 1 cup homemade marinara
- 1 prepared pizza crust*

- Assortment of toppings including sweet corn*, yellow squash*, bell peppers*, spicy peppers*, bacon*, basil*, zucchini*, eggplant*, tomato*, onion*, etc.
- ½ cup shredded Kenny's Cheese*

1. Preheat oven to 425°
2. Thinly slice vegetables so they will cook in the oven.
3. Prepare pizza: spread marinara, add toppings and cheese.
4. Cook for 12-15 minutes or until cheese is melted.

350 calories per serving and around 11 grams of fat per serving.

Potato, Sausage and Kale Soup

Before I made this soup for the first time, I did not like kale at all. But, this soup was the catalyst and now I enjoy kale in almost everything!

Serves 8-10 (1 cup per serving)

- 1 pound ground Italian sausage*
- 1 ¼ teaspoons crushed red pepper
- 1 large onion, diced*
- 1 tablespoon minced garlic*
- 9 cups chicken stock (store-bought or homemade)
- 3-4 medium potatoes, peeled and thinly sliced*
- ½ cup half-and-half*
- ¼ bunch kale, coarsley chopped (about 2 cups) (swiss chard can be substituted)*

1. Cook the Italian sausage and red pepper flakes in a Dutch oven (or large pot with a lid) over medium-high heat until crumbly, browned, and no longer pink, 10-15 minutes. Drain and set aside.
2. Add the onions and garlic to the same Dutch oven; cook until onions are soft and translucent, about 5 minutes.
3. Pour the chicken broth into the Dutch oven with the onion mixture and bacon; bring to a boil over high heat. Add the potatoes, and boil until fork tender, about 20 minutes. Reduce the heat to medium and stir in the heavy cream and the cooked

sausage; heat through. Mix the kale into the soup just before serving.

About 300 calories per serving and 5 grams of fat.

Zucchini, Olive, and Cheese Quesadillas

Serve this with a side salad or quinoa.
4 servings (1/2 quesadilla per serving)

- 1 teaspoon olive oil
- ⅓ cup finely chopped onion*
- ½ teaspoon garlic, minced*
- 1 ¼ cups shredded zucchini*
- ¼ teaspoon dried oregano
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- 4 (8-inch) fat-free flour tortillas
- ½ cup (2 ounces) mozzarella cheese (or a mild white cheese), shredded and divided*
- ½ cup diced tomato, divided*
- ¼ cup chopped pitted kalamata olives, divided
- ¼ cup (1 ounce) crumbled feta cheese, divided

1. Heat the olive oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add onion and garlic; sauté for 1 minute. Add zucchini; sauté for 2 minutes or until lightly browned. Remove from heat; stir in oregano, salt, and pepper.
2. Wipe pan clean and coat with cooking spray. Heat pan over medium heat. Add 1 tortilla to pan, and sprinkle with ¼ cup mozzarella (or other white cheese). Top with half of the zucchini mixture, ¼ cup tomato, 2 tablespoons olives, 2 tablespoons feta, and 1 tortilla. Cook for 3 minutes or until lightly browned on bottom. Carefully turn quesadilla; cook for 2 minutes or until lightly browned.
3. Place quesadilla on a cutting board; cut in half using a serrated knife. Repeat procedure with the remaining ingredients.
4. Serve warm.

235 calories and 8 grams of fat per serving.

Photo by Susan Warrell

Zucchini Cheddar Bread

This bread is delicious to make a grilled cheese with Kenny's cheese and served with tomato soup. Or, add some garlic butter and serve with the pasta. You can also serve it with the potato, sausage and kale soup. It may take a couple hours to make, but it is so delicious it's worth it if you have the time.

- 1 ¼ cup warm water
- 2¼ teaspoons instant yeast
- 2 tablespoons sugar
- 3-4 cups whole wheat flour
- 2 cups Kenny's cheddar cheese, shredded*
- 2 cups zucchini, shredded*
- ¼ cup olive oil
- ½ tablespoon salt
- Topping: Oil and extra cheddar for topping

1. In the bowl of a stand mixer, combine the water, yeast, and sweetener- give a quick stir and let sit until yeast becomes active (5ish minutes)
2. Stir in oil, salt, cheese, and zucchini, and 2 cups of flour. Start bread with the dough hook.
3. Add ¼ cup of remaining flour and continue to slowly add flour (1-2 tablespoons at a time) until dough pulls away from the side of the bowl. Let run for 8-10 minutes. This will give you time to adjust flour and let the dough knead. Remember, you can always add flour but you can't take it away. The dough should be soft and slightly sticky. Cover with a damp towel and set aside to rise for 1- 1½ hours.
4. Once the first rise is over, knead a couple of times into the form of a log. Place in an oiled bread pan, cover again and set aside for about 1 hour. With 30 minutes left, preheat your oven to 425°.
5. Once the loaf has risen the second time, brush with oil and sprinkle with cheese. Place in oven and if you have a bottle of water, mist the bottom of your oven a couple of times to get some steam going (or, throw in a handful of ice cubes). Shut the oven door and let bake for 10 minutes. After 10 minutes, reduce the oven temperature to 375° and continue to bake for 30 minutes. Bread should have a golden crust and sound hollow when tapped. Remove from pan and let cool until you slice it.

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rivercottagefarm.net
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SUMMER GARDEN MEMORIES

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www.summergardenmemories.com
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GROWERS GUIDE

MARKETS

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KENTUCKY WONDERS MARKET

May thru October
Tuesday 12:00 pm - 4:00 pm
Saturday 7:00 am - 12:00 pm
280 East 4th Street, Russellville
Contact: J. Gran Clark
Phone: 270-726-2085
E-mail: jgclarklaw@bellsouth.net

LOGAN COUNTY FARMERS' MARKET

May thru October
Tuesday 12:00 pm - 4:00 pm
Saturday 8:00 am - 12:00 pm
255 John Paul Road, Russellville
Contact: Chris Milam
Phone: 270-726-6323 or 270-847-0634
E-mail: cmila2@uky.edu

METCALFE COUNTY

METCALFE COUNTY FARMERS' MARKET

April thru October
Tuesday 8:00 am - 12:00 pm or Sellout (beginning April 6)
Friday 8:00 am - 12:00 pm or Sellout (beginning May 8)
422 East Street, Across from Metcalfe County
Extension Office, Edmontom
Contact: Lynn Blankenship or
Brandon Bell
Phone: 270-432-3561
E-mail: lynn.blankenship@uky.edu
or brandon.bell@uky.edu

MONROE COUNTY

MONROE COUNTY FARMERS' MARKET

May thru October
Tuesday 10:00 am - Sellout
Thursday 10:00 am - Sellout
Saturday 8:00 am - Sellout
Executive Drive, Directly behind Wal-Mart, Tompkinsville
Contact: Kevin Lyons
Phone: 270-487-5504 or 270-407-3567
E-mail: klyons@uky.edu

SIMPSON COUNTY

FRANKLIN - SIMPSON FARMERS' MARKET

May thru October
Tuesday 7:00 am - 2:00 pm Thursday 12:00 pm - 6:00 pm
Saturday 7:00 am - 2:00 pm
300 North Main Street, Franklin
Contact: Jason Phillips
Phone: 270-586-4484 or 270-776-0614
E-mail: jason.phillips1@uky.edu
Market Website

WARREN COUNTY

BOWLING GREEN FARMERS' MARKET

April thru October
Tuesday 6:00 am - 3:00 pm Thursday 6:00 am - 3:00 pm
Saturday 6:00 am - 4:00 pm
1751 Scottsville Road, Hobby Lobby
Shopping Center, Bowling Green
Contact: Dan Kinsner
Phone: 270-777-3360 or 270-782-7384
E-mail: laffinatuz@gmail.com
Market Website: www.bgfarmersmarket.com

WARREN COUNTY (cont.)

COMMUNITY FARMERS' MARKET

Year Round Market Saturday 8:00 am - 1:00 pm
April thru October
Tuesday 3:00 pm - 7:00 pm
2413 Nashville Road, Bowling Green,
WKU Center for Research & Development
Contact: Dr. Martin Stone
Phone: 270-438-6923
E-mail: martin.stone@wku.edu
Website: www.communityfarmersmarketbg.com
Find us on Facebook

SKY FARMERS MARKET

April thru October
Tuesday 7:00 am - 1:00 pm
Saturday 7:00 am - 12:00 pm
5th and High Streets, The Medical Center Campus,
Bowling Green
Contact: Paul Wiediger
Phone: 270-749-4600 or 270-783-1065
E-mail: wiediger@windstream.net
Market Website: www.skyfarmersmarket.com

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THE MARKETPLACE

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April - October

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Get the blues (and purples)

Brain/memory, healthy aging, urinary tract

Fruits

- Blackberries
- Blueberries
- Grapes
- Plums

Vegetables

- Eggplant
- Kohlrabi
- Purple asparagus
- Purple cabbage
- Purple carrots
- Purple peppers

Great greens

Vision, bones, teeth

Fruits

- Apples
- Grapes
- Paw paws
- Pears

Vegetables

- Asparagus
- Beans
- Broccoli
- Brussel sprouts
- Cabbage
- Cucumbers
- Kohlrabi
- Leafy greens
- Lettuce
- Okra
- Onions (green)
- Peas
- Peppers
- Zucchini

Wonderful whites

Heart, maintain healthy cholesterol

Fruits

- Pears (brown)
- White peaches

Vegetables

- Cauliflower
- Kohlrabi
- Onions
- Potatoes
- White corn

Outstanding oranges (and yellows)

Vision, immune system, heart

Fruits

- Cantaloupe
- Peaches
- Yellow apples
- Yellow pears
- Yellow watermelon

Vegetables

- Carrots
- Corn
- Golden potatoes
- Peppers
- Pumpkins
- Squash
- Sweet potatoes
- Yellow tomatoes

Radiant reds

Heart, urinary tract, brain/memory

Fruits

- Apples
- Grapes
- Pears
- Raspberries
- Strawberries
- Watermelons

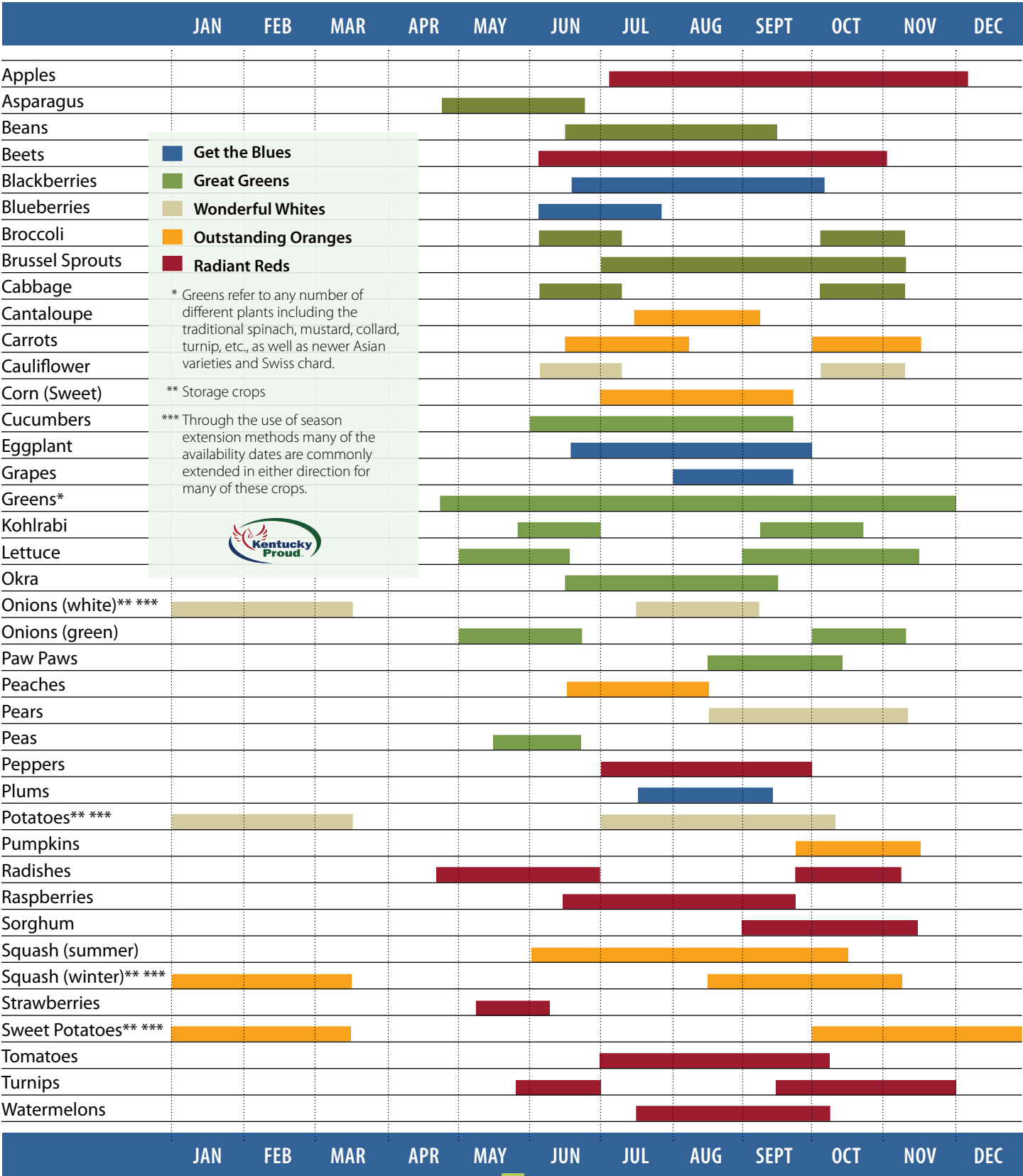
Vegetables

- Beets
- Radishes
- Red peppers
- Sorghum
- Tomatoes
- Turnips



Kentucky Proud Produce Availability

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. Our secret ingredient is the hard work and dedication of Kentucky's farm families. Find out why "Nothing else is close."



Shifting the focus of its food pantry, HOTEL INC began incorporating local, fresh produce into their pantry, Manna Mart, in 2012. A grant was secured from the Lowe's Heroes Project to have six raised beds built onsite for volunteers and clients to maintain. Partnerships were formed with local farmers, SKY Farmers' Market and Community Farmers' Market with over 2,500 pounds of produce were donated to HOTEL INC and distributed weekly through Manna Mart from June to November 2012.

With an ongoing focus to "overhaul" the food pantry to offer more nutritious foods to clients, the director sought out education and collaboration with the UK Warren County Extension Office, Barren River health Department Dieticians, farmers and volunteers. Moving from all-processed, shelf-stable foods to incorporating local foods and adding whole grains to the pantry is just one step. Teaching clients how to cook with fresh produce and herbs has become a regular part of their curriculum as well as providing simple recipes in their food bags.



ABOVE Basil from HOTEL INC's raised beds on site.

It is one of our goals...to offer the food, education and training needed for everyone to make better food choices for themselves and their families.

"It is important that we not be a contributing factor to the detriment of someone's health," says Executive Director, Rhondell Miller. "If they have food allergies of diabetes, we want to be able to provide other food options. Many who are impoverished or homeless do not have the disposable income or insurance needed to cover medications or treatment for diseases that come from eating a poor diet. It is one of our goals through the partnerships we have to offer the food, education and training needed for everyone to make better food choices for themselves and their families."

This year the raised beds will become salad and herb beds. They also will be expanding their gardening program by collaborating with the Food for All Community Garden at Holy Apostles Orthodox Mission led by Katie Dillinger and Christine Hightower. They will also be purchasing local produce, dairy and meat through a Holiday Grant

BELOW Squash from HOTEL INC's raised beds on site.



from the S.L. Gimbel Foundation Fund. The Food For All Community Garden space will be around an acre and will include a high tunnel to allow HOTEL INC to grow food year round. With these expansions, HOTEL INC will be able to provide additional learning opportunities for their clients as well as the immigrant and refugee populations in the community. Research and planning is underway for growing foods that are most expensive for low income clients as well as foods that are native to the refugees. The gardens will be maintained by volunteers and clients and funded by donations and grants. Classes will be available on cooking with fresh foods, container gardening and 100-square-foot gardens.

Rhondell Miller's Pasta Primavera

Ingredients

An assortment of vegetables (whatever is in-season)

Bell Peppers

Onion

Tomato

Yellow Squash

Zucchini

Eggplant

Olive Oil

Assorted fresh or dried herbs (basil, rosemary, thyme, herbs de provence, etc.)

Pasta of choice - spaghetti, penne, bowtie, fettuccini, etc.

Directions

1. Preheat oven to 425 degrees. Prepare a baking sheet (with sides) by coating it with nonstick spray or wrapping it with aluminum foil then spraying it with nonstick spray.
2. Cut vegetables into 1" chunks or julienne. If cooking for 2, use 1 of each vegetable; for a family of 4, use 2-3 of each. This will provide you with some leftovers.
3. Place vegetables in a large Ziploc bag, add 1-2 Tbsp. of olive oil and herbs of choice. If using dried herbs, add 1 1/2 Tbsp. If using fresh herbs, add 4 Tbsp. Add a pinch of sea salt and a generous amount of fresh ground pepper (optional). Toss in a bag until all vegetables are coated.
4. Spread out on a baking sheet and roast until browned and tender, about 20-25 minutes.
5. Cook pasta according to package directions. Drizzle with olive oil and toss roasted vegetable with pasta.
6. Serve with Parmesan and slice of Italian bread.

How you can make a difference



Volunteer at the HOTEL INC Community Gardens



Donate produce you have grown



Purchase food at either SKY Farmers' Market or Community Farmers' Market to donate to HOTEL INC



Volunteer to teach a cooking class



Volunteer to work with meal planning in the food pantry



Contact HOTEL INC about purchasing wholesale from your farm



Donate seeds, seedlings or garden tools you no longer use



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HOTEL INC is a 501c3 nonprofit who has served the impoverished and homeless of Warren County since 1981. Their programs include: Manna Mart, Community Gardens, Homeless Outreach, Piecemakers, Life & Bible Classes, Transitional Housing and Reciprocal Care/Giving Financial Assistance. The organization is governed by a volunteer Board of Directors.

FARMER SPOTLIGHT



THOMAS BRAND

Do you have a nomination for the next farmer spotlight?
Email your nomination to Michelle at localfoodforeveryone@gmail.com

It's safe to say that Thomas Brand has farming in his blood.

Not too many people can speak of such humble beginnings: picking cotton on a plantation in Mississippi. But Thomas took the work ethic of his childhood and applied that to his education—earning a degree in agriculture and biology from Alcorn A&M College (now Alcorn State University) in 1969. Out of college, Thomas got a job with U.S. Steel in the agriculture chemical department, which transferred him to Bowling Green. Thomas quickly met some people from Richlandville, who not only became his friends but also purchased fertilizer from him for years. After years of planning and saving, he bought his first farm on Dye Ford Road in Plano. Thomas started raising hogs, cultivated a large garden, and expanded his fertilizer business—all of which he still does today. About 10 years ago, he began growing enough produce to sell to the public. He now owns three farms in Plano and sells at SKY Farmers' Market and Community Farmers' Market in Bowling Green as well as his own farm stand on Plano Road during the summer. In addition to fresh produce, he also sells eggs and meat.

For years, Thomas has been raising hormone-free hogs (feeding them his own produce) and curing the meat using the same methods that he learned from his father. Because of this focus on growing and raising his own food, Thomas recollects on how farming is not only economically viable but also literally how he and his family eat, "When I go to my table to eat, I look around and everything on the table is something I have grown."

Thomas summed up his love of farming by saying: "If we draw as many people as possible to homegrown produce and educate them on homegrown produce, I think we're saving lives."

THE MARKETPLACE

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Bounty of the Barrens Farmers' Market

Local Folks, Local Food, Local Music

by Brandi Button

In 2008, six concerned citizens of Glasgow, KY came together to discuss the impending economic crisis and what it meant to the secure and sustained health of their own local community. As a result, a grassroots organization called Sustainable Glasgow emerged. Sustainable Glasgow's mission, according to their Facebook page is to "seek to provide the ideas, information, education, infrastructure, and political will, that inspires and facilitates community members to bring about systemic changes in all of our institutions that are necessary to create a sustainable economy" (www.facebook.com/sustainableglasgow/info). One initial interest of the organization was the local food economy.

It just so happened that two years before, in 2006, a local farmers' market began at St. Andrew's Episcopal Church in Glasgow. "[St. Andrews] were using their ministry to reach out and embrace local food before Sustainable Glasgow was born," said Billy Ray, secretary of Sustainable Glasgow, Inc.

Through communication and collaboration, the Bounty of the Barrens Farmers' Market (BOTBM) came to be. What started out as less than ten vendors on a church lawn has transformed into the 2012 "Kentucky Mid-Size Farmers' Market of the Year" with over 20 vendors who set up on the Glasgow square every Saturday between May and October. In November BOTBM moves indoors for the winter market which is featured on the second Saturday of the month through April at the Glasgow UK Ag Extension Office.

"We took that existing small market idea with just the geographic reality that Glasgow is in a highly agriculturally blessed area and came up with the idea of moving from a simple farmers' market to a larger operation that really targeted trying to make the food economy more durable - and perhaps even turning it into a lynchpin of making our whole local economy more durable," said Ray.

Founding members of Sustainable Glasgow as well as local community leaders like those at St. Andrews were elected as the initial Board of Directors of Sustainable Glasgow, Inc which administers the Bounty of the Barrens Farmers' Market. As of today, Sustainable Glasgow board members include Dr. William Travis, President; Jerry Ralston, Dan Iacconi, Suzanne Barrow, Louise Mann, William Ray, Joe Trigg, and Mindy McCulley. Each of these board members brings a unique perspective to the operation and expansion of BOTBM and its mission.

"It looks a lot like other farmers' markets, but one of the things we pride ourselves on is it is a producer- only market - things produced and made locally - without the producer-only, local-only qualifiers you don't trap the money into the local economy that we want to trap," said Ray. Items sold at BOTBM range from handmade soaps, scarves, and baby blankets to Kentucky maple syrup, milk, eggs, and cheeses as well as many fruits and vegetables. It is a Kentucky Proud market, and most vendors are registered with Kentucky Proud as well.

Many of the original vendors from the St. Andrew's Market participate in the BOTBM. One of these is Ida Godsey, known to her fellow vendors and customers as Ms. Ida. Ms. Ida, who was born in the Philippines and raised in Hawaii, came to Kentucky in 1985. She



and her husband live in Edmonton where Ms. Ida began gardening in 2000 after quitting her job. What started out as just a small project blossomed into much more when gardening became Ms. Ida's only job which, according to her, she enjoys very much: "Every day I like going out in the garden; every day I go out and do stuff in the garden." Ms. Ida started selling at the St. Andrew's market in 2006 and has been at the BOTBM since its formation. She sells jams, jellies, eggs, and honey, but also oriental vegetables like baby bok choy, luffa, and bitter melon. Among her jelly selection are not only the traditional flavors of the South like blackberry and strawberry, but those featuring pineapple and coconut as well.

"One of the powers of the group we have for Sustainable Glasgow is that we have been able to use a lot of social networking websites [like] Facebook and Twitter to reach out to the more social network-adapted community. We also have had access to local radio stations, newspapers, and cable TV outlets, all of which have gained interest in what Sustainable Glasgow is doing and help us get the word out," said Ray.

Through such outlets, the community of Glasgow has become aware of the BOTBM and patronage to the market has grown steadily over the past four years. One of the many ways that BOTBM has reached out to the local community is through the solicitation and promotion of local artists from a variety of mediums. One vendor, Ken Puntel, is known as The Chair Doctor and demonstrates his skills at each market. The Arts Guild of the Barrens has a booth where a new local artist is showcased every market. These artists range from painters and photographers to seamstresses and jewelry makers. To go along with the theme of Bounty of the Barrens (local folks, local food, local music), Josh Johnson was brought on board to schedule local musicians to play at each of the summer markets on the square. So far the market has featured local bands and musicians from a variety of genres including everything from folk and country to polka and summer theatre groups.

"When you look around now there is practically no new restaurant in Glasgow that doesn't also have music as part of the attraction that they are putting forth, besides local food, and we have been involved in helping promote that," said Ray

Bounty of the Barrens Puréed Root Soup Recipe

INGREDIENTS

- 2 lbs. butternut squash (*Ms. Ida's*)
- 2 medium sweet potatoes (*Chestnut Cove*)
- 2 medium white potatoes (*Farmio Terrifico*)
- 2 medium onions (*Groce's Produce*)
- 1 clove garlic (*Epicure's Garden*)
- 1 jalapeno (*Growing Boys*) (*optional*)
- 1 bunch of basil (*Trigg Enterprise*) (*optional*)
- 2 cups vegetable or chicken broth (*preferably homemade*)
- ½ cup milk (*JD's Country*) (*optional*)
- Salt, pepper, and oregano to taste

DIRECTIONS

1. Cut the ends off the squash and cut squash in half, lengthwise. Remove all seeds. Wash potatoes. Put about 2 inches of water in the bottom of a large pot and place squash and potatoes in a steamer pot on top of the pot with water. Place on medium-high heat and allow water to boil, cover and steam squash and potatoes for approximately 30 minutes, or until a knife can be inserted through the skin.
2. Chop up onion and garlic and saute in a small frying pan in olive oil until tender.
3. (Optional) Cut up peppers (only one or two if you are using hot peppers) and/or basil and add to onion and garlic.
4. When squash and potatoes are soft, run cold water over the strainer of vegetables until they can be handled carefully. Peel the skins off of the squash and cut into 1 inch cubes along with potatoes. Put half of them into a blender or food processor. Pour 1 cup of broth into the blender with the squash and potatoes. Blend on high until smooth. Pour mixture into a slow cooker.
5. Put the second half of potatoes and squash into the blender, this time adding the onions and garlic to the blender as well as the other cup of broth (you can also add the milk at this time). Blend on high until smooth and pour into the slow cooker with the other mixture.
6. Allow soup to warm in the slow cooker and add salt, pepper, oregano (or other seasonings) to taste. Serve with crackers, bread from the market, or a slice of Kenny's Cheese.



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and **UK Extension Office**
1463 West Main Street • Glasgow, KY
2nd Saturday of the month November – March
sustainableglasgow.blogspot.com



COMMUNITY SPOTLIGHT



JULIA RIVAS

Do you have a nomination for the next community spotlight?

Email your nomination to Michelle at localfoodforeveryone@gmail.com

I was born in the beautiful country of El Salvador, located in Central America. At the age of 13 my family decided to move to the United States – to New Jersey. It wasn't very easy to adjust to a new country where we were not able to communicate with others because of the language barrier. Everything was so unfamiliar: food, music, and laws, just to name a few. Time passed and as we got more used to the United States, we met new friends from all over, specifically from other Latin American countries. It was impressive to learn about all of these Latin American cultures that were so similar but also so different from each other. Little by little I started to fall in love with the different foods, music, and customs. In 2005 we moved to Kentucky, and once again, it took us several months to get used to a different environment, make new friends, and develop a new life. It was in Kentucky that I learned more about American culture. I graduated from high school and started attending Western Kentucky University, the first in my family to go to college. Despite many difficulties, my parents always managed to provide my brother and me with the best they could. Many students do not graduate and become another Latino college drop-out statistic. I was faced with many difficulties during my first years of college that I know could have been prevented if I had received a little more guidance and advice from others. However, despite all those obstacles I am finally graduating from WKU in May 2013!

Because of my education, I changed many habits that have been very difficult for my relatives to understand (but with time they are adjusting). I buy pastured meats for my family and organic eggs. It is great to have a market that provides healthy foods with reasonable prices and is close to home. I love that everything works together – community, education, and food – to help me fulfill my passion in life.

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Book Reviews

What a treat to be able to read and write about some of my favorite things: growing, purchasing, preparing, consuming, and elevating FOOD! I hope you enjoy this first offering of related book reviews.

***The Heirloom Life Gardener: the Baker Creek Way of Growing Your Own Food Easily and Naturally* by Jere and Emilee Gettle**

My seed fever started as I cracked open *The Heirloom Life Gardener: the Baker Creek Way of Growing Your Own Food Easily and Naturally*, by Jere and Emilee Gettle. It's a gorgeous, solid book filled with color photos of family history and heirloom plants. It is almost what my family would call a "coffee table book" - with 227 pages full of history and pictures. The Gettles start off our education with explaining what exactly defines an heirloom plant, "Heirlooms are non-hybrid and open-pollinated." After a brief introduction, Jere jumps into his family history of farming and growing; he planted his first seeds when he was just three! By the age of 22, he embarked on his first seed collecting trip to Mexico and began the connection with farmers that has turned into an ongoing adventure to find and save heirloom seeds from around the world. Emilee entered the picture in 2006; a young writer who called to interview this ambitious young seed saver. It was love at first sight, and they share their passion and commitment with their daughter Sasha. In addition to the family history, Jere shares practical teaching in chapters called "How to Garden," "Seed Saving," and "City Farmer." The latter focuses on smaller spaces and even apartment growing. Then, we come to the meat (or, veggies that is. . .) of the book - 130 pages titled the "A to Z Growing Guide." Truthfully, it's A to W. . . Amaranth to Watermelon, but I promise you will be too busy writing your wish lists to whine about any missing letters! There's not a more delightful tease than

to read a book like this during the last cold month of winter while early bulbs promise you that spring is coming soon!

***The Beginner's Guide to Growing Heirloom Vegetables: The 100 Easiest-to-Grow and Tastiest Vegetables for Your Garden* by Marie Iannotti**

With my seed lust whetted, I quickly turned to *The Beginner's Guide to Growing Heirloom Vegetables: The 100 Easiest-to-Grow and Tastiest Vegetables for Your Garden* by Marie Iannotti which features a recommendation from none other than Jere Gettle! Marie adds to our basic definition of "heirloom" by offering these further requirements: "Heirlooms must be 50 years old or more, and they must be storied or historic." Marie admits it was difficult to limit herself to her 100 favorites but shares that she focused on "varieties that offer flavors you will not find elsewhere and hardy plants that show off their wares." Replete with drool-inducing color photos of each favorite, the next 205 pages are chock full of surprises like the spicy purple "Dragon" carrot and the lovely "Lady Godiva" squash with hullless seeds! The summer essentials of tomatoes and peppers are a delight, and I probably won't be able to resist trying to find the "Lazy Housewife" - a string-less green bean that will make me chuckle when I avoid the laundry for something a little more lively in the garden! At the end of the parade of heirloom beauties, Marie offers some helpful information about seed saving, hardiness zones, a wonderful resource list, and more suggested reading. You won't regret adding this book to your collection.

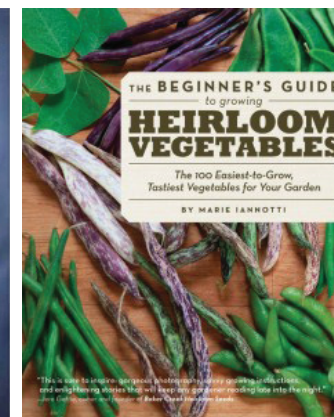
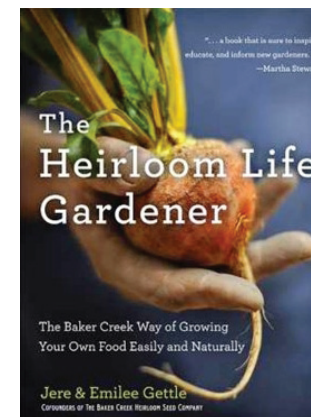
***The Homemade Pantry: 101 Foods You Can Stop Buying and Start Making* by Alana Chernila**

To round out this edition of food-related book reviews, I came back "inside" with *The Homemade Pantry: 101 Foods You*

Can Stop Buying and Start Making by Alana Chernila. I must preface this section with the fact that I am addicted to cookbooks. This is also available as an eBook, but I am not sure I would find that as satisfying, and we don't need flour all over the electronics now do we?? I've always loved cooking and grew up helping in a cookhouse full of loggers; learning from women that cooked for 50 more often than five. But modern family life can get harried and convenience food abounds so it helps to have a friendly reminder that says "You can MAKE this!!" then holds your hand as you re-acquaint yourself with your pantry and utensils. But WHY, you ask? Alana offers us five reasons to try to increase the homemade portion of our family's diet: Food made at home 1) is better for you, 2) tastes better, 3) usually costs less, 4) eliminates unnecessary packaging, and 5) changes the way you think about food. Half cookbook, half food biography, I knew I was in the hands of a kindred spirit when I opened the book to the page titled, "Car Snacks or The Most Important Meal of the Day." YES!! This woman knows me! She is me! Combine that with "Ketchup or Love" and "Macaroni and Cheese or What Holds Us Together," and I feel like I've found my own personal food psychologist. From fish sticks to pop tarts, and potato chips to salad dressing, Alana walks you through the grocery aisle by aisle, empowering you to take charge of what you eat. She is a humble and forgiving hostess, encouraging you and sharing her personal stories that make you want to call your Mom or Grandfather and write down that recipe that you have stored in memory only.

I hope I've stimulated your appetite for growing and making your own food with these suggestions. It was my pleasure to share them with you.

Sonja



Sonja Byrd is pleased to call Bowling Green, Kentucky, home since 1997, but still insists that she is "not from 'round here." With roots in the Pacific Northwest and college in Colorado, she retains an affinity for mountains and salt water. Sonja is a wife, a mother of three, an artist, a pretty good cook, and a lousy housekeeper. She mistakenly planted mint in her garden patch three years ago and has regretted it ever since. She loves farmers' markets, horses, coffee, and blue flowers.

Herbalicious

by Brittany Young



Why do you eat? Most people eat because they enjoy good food. Although nutrition, appearance, and texture are important, the seasoning of food is one of a cook's most critical tasks. Cooking with herbs is an excellent way to give extra interest to the natural flavor of food without using extra fat or sodium. Whether fresh or dried, herbs come in a wide array at your local farmers' market. With a little experience, cooking with herbs will be a snap!


Experimentation with different combinations of herbs will enable you to use less salt, experience unique flavors, and still have delicious dishes. Herbs are not meant to replace the flavor of the food, but to enhance natural flavors.

To select herbs, choose fresh, undamaged leaves that have a nice aroma. Use herbs as soon as possible, as the flavor and aroma are lost with storage. For best results, chop or mince herbs before cooking. Volatile oils are released when the leaves are bruised, which provides their unique flavors. Heat increases the rate that herbs release their flavors.

For dishes that require a long cooking time, add delicate-flavored and ground herbs at the end of the cooking time so their flavor will not escape with the steam. Some herbs, such as bay leaves, require longer cooking times. Herbs placed in cheesecloth allow the extraction of flavors during cooking and easy removal of the herbs before serving. To add herbs to uncooked foods, such as salad dressings or marinades, add several hours in advance or overnight, to allow the flavors to blend with all the ingredients in the recipe.

If you are substituting dried herbs for fresh, use about one-third of the amount of fresh herbs called for in the recipe. For example, 1 tablespoon of a chopped, fresh herb is equal to 1 teaspoon of the same dried herb.

The last step in most recipes should be to adjust the seasoning. With a little practice, you can evaluate your dish and decide what should be done, if anything, to improve the taste. A little creativity can allow you to season healthier by cooking with herbs. Because your meals will be so delicious, you and your family will be more likely to stick to a nutritious diet. So give growing, preserving, and using herbs a try.




Herbed Pasta with Roasted Cherry Tomatoes

½ pound whole wheat pasta	4 chopped garlic cloves	2 teaspoons dried oregano
3 tablespoons olive oil	1 medium chopped red bell pepper	1 tablespoon chopped fresh parsley
1 pint cherry tomatoes	6 tablespoons chopped fresh basil	½ teaspoon salt
1 medium chopped onion	1 teaspoon dried thyme	1 teaspoon red pepper flakes (optional)

- Cook** pasta according to package.
- Preheat** oven to 400°F.
- Score** each of the cherry tomatoes with a small X. **Toss** the tomatoes with 1 tablespoon olive oil and **roast** in oven for 10-15 minutes, until they burst.
- Sauté** onion in 2 tablespoons olive oil for 5 minutes.
- Add** garlic and red bell peppers. **Sauté** for an additional 5 minutes.
- Add** fresh and dried herbs, salt and oven roasted cherry tomatoes.
- Toss** with drained pasta.

Yield: 6, 1 cup servings.
Nutrition Analysis: 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





Herb Teas

Herb tea is made either of all herbs or part herbs and black tea. The first introduction to herb tea is perhaps best as a blend. Herb teas are always light-colored, most often amber, but this color does not indicate that their flavor is too weak. If you want to use sweetener, honey gives the best flavor.

Use about 1 teaspoon of dried herbs for 2 cups of water. Use a teapot glazed inside so that tannins and flavors do not collect in the pot.

Some of the herbs and herb combinations used for tea are:

- lemon verbena and borage
- anise, chamomile, and costmary
- marjoram, anise, and lemon verbena
- lemongrass, rosemary, and thyme
- basil, lemon verbena, lemon-grass, and lemon thyme

Herb teas can be frozen in ice cube trays and used to chill other beverages.



Basil

Goes well with fish, shellfish and vegetables such as tomato, zucchini and eggplant



Chives

Use in fish dishes, soups, salad dressings, and on backed potatoes or steamed vegetables. Chives taste better when preserved by freezing rather than drying



Dill

A mild herb that is excellent in yogurt sauces, rice dishes, and soups. Goes well with fish and vegetables such as cucumbers and carrots



Oregano

Essential to Italian cuisine, oregano is found in most tomato sauces and Italian dishes. Use in salad dressings, soups, or bean and vegetable dishes. Oregano tastes best dried



Rosemary

Use this strong, fragrant herb when making roasted potatoes or chicken, homemade bread, soups, rice and marinades



Parsley

Use parsley dishes to spice up salads, soups, bean dishes, fish and vegetables such as tomatoes, artichokes and zucchini. Fresh parsley is preferred over dried parsley.



Thyme

An aromatic herb that goes well with poultry, seafood and many bean and vegetable dishes including eggplant, tomatoes, mushrooms, squash and onions.

Kentucky Fresh Basil

SEASON: Spring through summer

NUTRITION FACTS: A four teaspoon serving of fresh basil has 20 mg of potassium and 0 calories. Basil has a warm, spicy smell and a pungent flavor, similar to that of licorice and cloves. The most common variety is sweet basil. Other popular varieties include Italian, lemon, purple, Thai and dwarf basil.

USES: The flavor of many garden vegetables is enhanced by adding fresh basil. It adds zest to summer squash, eggplant, potatoes, cabbage, cauliflower and spinach. The most common use is in tomato recipes and is the main ingredient in pesto.

STORAGE: Basil may be harvested anytime and used fresh. To dry basil leaves, cut the stalks 6 inches above the ground. Strip the leaves and dry in a dehydrator or place on a screen and dry in a dark,

Source: www.fruitsandveggiesmatter.gov

well ventilated room. Basil can also be dried by hanging upside down in a well ventilated space, out of the sun. Store dried leaves in an air-tight container. Leaves can also be frozen. Frozen or dried basil should be used within a year.

GROWING: Basil is easy to grow from seed. Start seeds indoors 4-6 weeks before the last frost. It can grow 1 foot tall in a garden but is often grown indoors in containers. Basil plants require a lot of sunlight.

BASIL

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students
June 2012

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Herbs in Oil

Olive oil, peanut oil, or any type of vegetable oil can be flavored with herbs. Use approximately 1 teaspoon of the desired herb for each cup of oil. Gently heat the oil until it is warm. Add herbs and let the oil cool. Then store in an airtight container. Herb oils can be used to sauté and in salad dressings and marinades. Some possibilities include basil, tarragon, garlic, and thyme.

Herb Salts

Use non-iodized table salt and herb leaves (either combination or individual herbs). Put a layer of salt on a cookie sheet, press on the leaves, then add another layer of salt. Put in a 300° oven for 10 minutes. Take the sheet out of the oven, break up salt with a wooden spoon, and put the sheet back in the oven for 10 more minutes. Cool, sift, and bottle.

Bouquet Garni

Aromatic herbs or plants tied together into a little bunch make up a "bouquet garni." Adjust the proportion of these plants – parsley, thyme, and bay leaf – depending on the nature of the dish. Bouquets garnis can be small, medium, or large. Make sure you take into account the strength of thyme and bay leaf when you decide the bouquet's composition.





Bouquets of aromatic herbs for certain kinds of foods are made of basil, celery, chervil, tarragon, burnet, rosemary, savory, and other herbs of your choice. Remove the bouquet from stews and sauces before serving.

Herb Vinegar

Depending on the type of vinegar used, different herbs will yield appealing blends. With white vinegar, try chives, tarragon, mint, or salad burnet. With apple cider vinegar, try an herb blend or mint, basil, or garlic. For wine vinegar, use a basil and garlic mix.

Crush or bruise three handfuls of fresh herbs for each half gallon of vinegar. Put the vinegar in a pot on the stove. Heat thoroughly, but do not boil. Pour hot vinegar over herbs in a storage jar or bottle, and cover tightly. Shake often. Store for four to six weeks. Strain into smaller bottles, discarding herbs. Cap and store until needed.



Photo by Sunny Point Gardens

Pesto

For pasta, rice, fish, vegetables or in soup.

1 cup fresh basil leaves
3 tablespoons pine nuts or walnuts
3 tablespoons Parmesan cheese
2 to 3 cloves of garlic

Pureé in a food processor, adding enough olive oil to make a smooth paste. Store in closed containers in the refrigerator or freeze.



Italian Herbs

For meatballs, salad dressings, tomato sauce, eggplant dishes, sautéed chicken, and veal. Yields 1 cup.

3 tablespoons leaf oregano
3 tablespoons leaf marjoram
1 tablespoon leaf thyme
3 tablespoons leaf savory
3 tablespoons leaf basil
2 tablespoons leaf rosemary, crumbled
1 tablespoon leaf sage
Combine all ingredients. Keep in tightly closed containers.



Fines Herbs

For omelets and scrambled eggs, butter sauces, vegetables, meat, poultry, and fish sauces. Yields 1 cup.

¼ cup dried parsley flakes
¼ cup leaf chervil
¼ cup freeze-dried chives ¼ cup leaf tarragon

Combine all ingredients. Keep in tightly closed containers.



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Brittany Young is the Warren County, Family and Consumer Science Agent. Her passions for food and nutrition, financial management, and building strong families in Kentucky are showcased in her program area. She also serves as the advisor to the wonderfully talented Warren County Extension Homemakers Association.

Brittany began her love for food at an early age. Living several blocks from the local library, Brittany spent her summers riding her hot pink bicycle to check out all of the newest cookbooks released.

Now, as a "soon-to-be" new mom, blessed wife to her high school sweetheart, and adoring mother to the fluffiest and cutest puppy, Howard, she is always on the search for creating healthy, inexpensive, and semi-homemade meals.



A New Community Health Plan for 2013-2015

If you live or work within the Barren River Area Development District and want to help make a difference in our health and quality of life, we have a plan for you! In December 2012, the Barren River Community Health Planning Council released its 3-year action plan for addressing five Priority Health Issues:

Cardiovascular Disease Lung Cancer
Diabetes Obesity
Drug Abuse & Addiction

Plans were developed by four workgroups representing different community segments: Healthcare, Education, Worksites, and Community (including local government). Promoting the availability of locally grown and produced foods is one of the goals of the Community Stakeholder Workgroup.



Promoting the availability of locally grown and produced foods was one of the plans developed by the Community Stakeholder Workgroup.

Partners plan to conduct an inventory of farmers' markets, including those which will accept WIC vouchers or Senior Program coupons. They will organize the 2014 Food Day celebration next fall, with the goal of holding events in several counties. Workgroup partners will also support and help promote the new Mobile Market vehicle being developed by the WKU Office of Sustainability.

The partners are working for these outcomes:

1. More people will be buying and consuming healthy local foods.
2. Events such as Food Day will celebrate this important - and growing - segment of our local economy.
3. Increased participation in farmers' markets by growers and consumers.
4. Increase the number of restaurants, school cafeterias, and other food service establishments that buy and serve locally grown foods.

Interested in helping or participating? Contact Diane Sprowl at Diane.Sprowl@BarrenRiverHealth.org.



The Barren River Area Development District (BRADD) includes Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren Counties. The Barren River District Health Department facilitated the planning process, and you can see the 3-Year Community Health Plan on their website at: www.BarrenRiverHealth.org/brchpc.

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