Redefining HOME-Cooking

Bounty of the Barrens Farmers’ Market

Growers Guide on Pages 12-13

Real Food on a Budget

HOTEL INC’s Food Pantry Makeover

Southern Kentucky’s Local Food Guide
LETTNER 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 of my age, he felt the farm to be a college degree and a full-time career. We met 12 years ago while both working for the University of Kentucky varsity as a student-athlete. We transitioned from first and second production. Small scale, local food production was a new concept for farmers and an even newer one for many. We now find ourselves among a small but growing trend of families turning 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 educate the way we were eating and became increasingly more determined to avoid the diabetes, obesity, and cardiovascular diseases which are so common in my 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 were seeking to eat healthier, real food 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 local work being done for several community gardens to make the BARADD area healthier in the 2013-2015 Community Health Plan. Local food is being recognized as a path to health for individuals as well as promote 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 cultures 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 what 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 reality. 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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LETTER FROM THE PUBLISHER

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Through community organizing, leadership development, and strategic alliances with other organizations, CFA works to bring a critical public voice to policy makers.

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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 southeastern 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 hear him or meet 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?” And 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 cafe 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 Cafe 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 Cafe 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 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 end 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 has 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 am 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 ever 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, pan 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 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 flavor. 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 eggs rolls and also introduced me to pho for the first time. Later that month I was making eggs rolls in class, and the head instructor of the program stopped to observe me. He asked where I had learned to roll eggs rolls 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 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, 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.
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 to research 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 that the farmer that grew them. I discovered that I could never go back to a supermarket after I had one from a farmer’s 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 and hints that come from my local farmers’ market for the majority of these ingredients. Then, when you start to prepare these recipes, put on some music and relax the quiet time that you get when cooking. It is very therapeutic. Bon appétit, y’all!

Menu
Homemade Marinara
*With Whole Wheat Pasta*

Farmers’ Market Pizza
Potato, Sausage and Kale Soup
(adapted from the girl-who-at-everything.com)

Zucchini, Olive, and Cheese Quesadillas
(adapted from Naturally Ella)

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 recipe (see cookinglight.com for a great soup made with marinara sauce).

3. Bring tomatoes to a boil and reduce to a simmer. Skim off any foam that rises to the surface.

4. Add sausage and homemade marinara to the soup, warm through on medium heat.

5. Serves 6

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 vegetarians 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. In a large saucepan, add 2 tablespoons of olive oil and heat over medium heat. Add the red onion and sauté for about 5 minutes or until translucent, about 5 minutes.

2. Place the chicken broth into the Dutch oven. Bring to a boil over high heat.

3. 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 surface of the bread with the water. Mist again half way through baking.

Serve this with a side salad or quinoa.

About 16 servings (1/2 to 3/4 cup 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. Heat the olive oil in a large nonstick skillet over medium-high heat. Add onions and garlic, sauté for 1 minute. Add zucchini, sauté for 2 minutes or until lightly browned. Remove from heat; stir in parsley, salt, and pepper.

2. Wipe pan clean and coat with cooking spray. Heat pan over medium heat. Add 1/2 pound shredded cheddar cheese, sliced

Quesadillas
Serve this with a side salad or quinoa.

 zes 4 servings (1/2 quesadilla per serving)

1. Teaspoon olive oil
1/4 cup finely chopped onion*
1/2 teaspoon garlic, minced*
1 1/4 cups shredded zucchini*
1 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon black pepper
4 (6-inch) fat-free flour tortillas
1/4 cup (2 ounces) mozzarella cheese (or a mild white cheese), shredded and divided
1/4 cup diced tomato, divided*
1/4 cup chopped pitted Kalamata olives, divided
1/4 cup (1 ounce) crumbled feta cheese, divided

About 350 calories and 8 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.
1/4 cup shredded Kennys’ Cheese*

1. Preheat oven to 425°
2. Thinly slice vegetables so they will cook in the oven.
4. Cook for 12-15 minutes or until cheese is melted.

About 350 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 is so delicious it’s worth it if you have the time.

1. 1/4 cup olive oil
2. 6 tablespoons sugar
3. 3 cups whole wheat flour
2 1/4 teaspoons Kenny’s cheddar cheese, shredded
1/4 cup cheddar, shredded*
1/8 cup olive oil
1/8 teaspoon salt

To make this bread, it is best to have your ingredients 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

1. In the bowl of a stand mixer, combine 2 cups Kenny’s cheddar cheese, shredded*
2 cups cheddar, shredded*
1/4 cup olive oil
1/8 teaspoon salt

Topping: Oil and extra cheddar for topping

1. In a 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. In another bowl, combine 2 1/4 cups flour, 1/4 cup sugar, 1/2 teaspoon salt

3. Once the dough is ready, you may turn it out onto a floured surface and knead for about 5 minutes. Place the dough in a greased bowl, cover again and set aside for about 1 hour. With 30 minutes left, preheat your oven to 425°.

Once bread 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 surface of the bread with the water. Mist again half way through baking.

Serve warm.

3/5 cups calories and 8 grams of fat per serving

Photo by Susan Warrell

Recipes
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Colorful Eating

Color-code your shopping and be on your way to better health. Each color group of produce offers different phytochemicals, antioxidants and nutrients that help you stay healthy in a variety of ways.

Get the blues (and purples)

Vision, bones, teeth

Fruits

• Blackberries
• Blueberries
• Grapes
• Plums

Vegetables

• Eggplant
• Kohlrabi
• Purple asparagus
• Purple cabbage
• Purple carrots
• Purple peppers

Brain/memory, healthy aging, urinary tract

Fruits

• Blackberries
• Blueberries
• Grapes

Vegetables

• Asparagus
• Beets
• Broccoli
• Brussel sprouts
• Cabbage
• Cucumbers
• Kohlrabi
• Lettuce
• Okra
• Onions
• Peas
• Peppers
• Zucchini

Heart, maintain healthy cholesterol

Fruits

• Pears (brown)
• White peaches

Vegetables

• Cauliflower
• Kohlrabi
• Onions
• Potatoes
• White corn

Heart, immune system, heart

Fruits

• Cantaloupe
• Peaches
• Yellow apples
• Yellow pears
• Yellow watermelon

Vegetables

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

Heart, urinary tract, brain/memroy

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.”

### Produce Availability

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Through the use of season extension methods many of the availability dates are commonly extended in either direction for many of these crops.
HOTEL INC
From Pantry to Plow

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.

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.

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 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
- Assorted 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, fettuccine, etc.

Directions
1. Preheat oven to 400 degrees. Preheat a baking sheet with oil 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 Foil bag and add 1 Tbsp. of olive oil and herbs of choice. If using dried herbs, add 1/3 Tbsp. Add the vegetables to bag until all vegetables are coated.
4. Spread out on a baking sheet and roast on a cookie sheet and render, about 30-35 minutes.
5. Cook pasta according to package directions. Drizzle with olive oil and toss roasted vegetables with pasta.
6. Serve with Parmesan and a little or 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

Food For All Community Garden
For more information please visit foodforallcommunitygarden.wordpress.com

1005 Reesanding Road, Bowling Green, KY
Tuesday 9:00am - 5:00pm & Wednesday - Friday 9:00am - 5:00pm
(270)782-1263 • directors@hotelincbg.com • www.hotelincbg.com

HOTEL INC is a 501c3 nonprofit who has served the impoverished and bishops of Warren County since 1991. Their programs include: Manna Mart, Community Kitchen, Freshmen Outreach, Panhandle, 12th & Pike Classes, Transitional Housing and Local Volunteer Gardening Assistance. The organization is run by a volunteer Board of Directors.
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 Richwoodville, 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.”
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 farmer’s 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 Balron, Dan Lacosse, Suzanne Barron, 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 producers-only market — things produced and made locally — without the producer-only, local-only qualifiers you don’t tap 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. Andrews’ 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, 2012 recipient of 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 foods, 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 Farmers’ Market**

**Local Foods, Local Music**

**By Brandi Button**

**Puréed Root Soup Recipe**

**INGREDIENTS**

- 2 lbs. butternut squash (Ms. Ida’s) (JD’s Country) (optional)
- 2 medium sweet potatoes (Cheznut Cove) (Trigg Enterprise) (optional)
- 1 cup vegetable or chicken broth (preferably homemade) (optional)
- 1 clove garlic (Epicure’s Garden) (JD’s Country) (optional)
- 1 jalapeno (Epicure’s Garden) (optional)
- 1 bunch of basil (Fern Farm) (optional)
- 1 clove garlic
- 1 cup milk
- 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 sauté 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.

**The Square**

April – October

and UK Extension Office

1463 West Main Street • Glasgow, KY

2nd Saturday of the month November – March

sustainableglasgow.blogspot.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 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 knew 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 products. However, despite all those obstacles I am finally graduating from WKU in May 2013!

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Why do you eat? Most people eat because they enjoy good food. Although nutrition, appearance, and texture are important, the season of food is one of a cook's most critical tools. Cooking with herbs will add a new dimension to your dishes that will 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 and aroma are lost with storage. For best results, chop or mince herbs before cooking. Volatile oils are released allow the flavors to blend with all the ingredients in the recipe.

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 next step in every recipe 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 and more delicious dishes.

Putting Your Herbs to Work

Herb Butters can be used to season or sauté vegetables and meats. They can also be used with any type of bread. Although sweet meadow is the most desirable, margarine can be substituted, but it does not absorb the flavor of the herbs as well as butter. Just about any herb can be used to make herb butter; it is just a matter of individual taste.

Combine about 1 tablespoon of minced fresh herb with ½ cup softened butter. Allow to stand at room temperature for about two hours so herbs can permeate butter. Store in small, tightly covered jars, wrap in plastic or foil, or shape in butter molds and then refrigerate. Most herb butters can be kept in the refrigerator for up to a month or frozen for about three months.

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 verbana and bergate
- 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.

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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.

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.

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.

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

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

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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
- Drug Abuse & Addiction
- Obesity

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.

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 Office of Sustainability’s mission is to promote a culture of sustainability at WKU, integrating principles of ecological integrity and social equity into academics, practices, and partnerships. Our goal is to ensure that WKU is an institution that provides innovative solutions to global challenges, prepares students as engaged and responsible citizens, and observes best practices in campus operations and services.

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We are committed to playing our part in educating the world that true health comes from within, so that we would all have a greater faith in ourselves and ultimately in the God that created us.

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