

**UK COOPERATIVE EXTENSION SERVICE**  
University of Kentucky – College of Agriculture

**EXTENSION NOTES**

**Family And Consumer Sciences**

**Growing and Cooking with Herbs**

Source: Debbie Clouthier  
Extension Associate for Food and Nutrition

We all want to eat food that tastes good. One of the most common ways we tend to make food taste good is by adding salt. Unfortunately, most American diets are too high in sodium. Diets high in sodium can raise blood pressure, which can lead to many major health issues including heart disease. Herbs provide a great way for us to limit our sodium intake while still consuming flavorful foods.

Herbs are also some of the easiest things to grow. The simplest way to start an herb garden is to buy plants and transfer them to a window box. Soon, farmers markets and garden centers will have plants on hand. You can grow herbs from seed. Herbs need a lot of sun to grow, so make sure you plant them in an area that receives at least six hours of sunlight a day. Basil, sage, parsley, chives and rosemary will do well both indoors and outdoors as long as they have plenty of sun and protection from cold weather.

You can begin harvesting herbs once the plant has enough leaves to maintain growth. In early morning right before the dew dries, clip undamaged leaves that have a nice aroma. You can harvest annual herbs like sweet basil, dill and oregano until frost. Chives, mint, parsley and rosemary will grow for more than one season if they are protected from harsh cold. However, you should stop harvesting perennial and

biennial herbs in late August as the plants will need time to prepare for the winter.

Some herbs produce beautiful flowers, but if you plan to cook with herbs in your kitchen, harvest the leaves before the plant flowers. In addition, you can cut or pinch the flower buds back to prevent blooming. Once the plant flowers the leaves begin to lose their aromatic flavors.

Once harvested, store fresh herbs in your refrigerator or preserve them by drying or freezing. To keep washed herbs fresh for up to one month in the refrigerator, store them in an airtight container and include a folded damp paper towel.

By experimenting with different herb combinations, you can use less salt, experience unique flavors and still have delicious dishes. 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 at which herbs release their flavors. For dishes that require longer cooking times, add delicate-flavored and ground herbs at the end, so their flavor will not escape. Some herbs, such as bay leaves, require longer cooking times. Herbs placed in a cheesecloth bag allow the flavors to extract during cooking, and the herbs can be easily removed before serving the dish. Add herbs several hours in advance or overnight to uncooked foods, such as salad dressings or marinades. This will allow the herbs to blend with the other ingredients.

Seasoning your dishes with herbs will allow you to serve delicious, nutritious meals to your family. For more information about growing and preparing herbs and other ways to provide nutritious family meals, contact the Estill County office of the University of Kentucky Cooperative Extension Service at 76 Golden Court, Irvine or call 723-4557.

*Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

**Community News**

Mail announcements to The Estill Tribune,  
6135 Winchester Road, Irvine, KY 40336  
Call (606) 723-5012; Fax to (606) 723-2743;  
or E-mail it to <News@EstillTribune.Com>

**Fridays, 6:00 to 8:00pm**

**Estill Appalachian Dulcimers**

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays.

**Saturday, April 12th, 9am-Noon**

**Water Quality Training Workshop**

There will be a water quality training workshop held at the Estill County Extension office on Saturday, April 12th from 10:00 a.m. until noon. Jack Stickney will talk to volunteers about Estill County locations from his background/experiences as a sampler for several years, beginning at 9:00 a.m. to be followed by the workshop at 10:00 a.m.

Several have indicated that they would like to participate in the project but organiz-

ers would like to have a few more participate; so, if you know of anyone who would like to do this or if you can recruit someone whom you feel would be interested, please have them contact Tom Bonny with their name and e-mail address and/or phone number.

The amount of time required will be minimal (once in the spring and once in the fall) and will take only a few minutes to do the test at your designated stream.

**Saturday, April 12th @ 6:00pm**

**River City Players Production**

River City Players present "Murder at the Bingo Hall", a dinner theater production on Saturday, April 12th at the ECHS cafeteria.

The door opens at 6:00 p.m.; play begins at 6:30 p.m. Pre-sale tickets are \$25 per person. Limited seating, reservation required. Dinner catered by Gladys White.

Go to River-City-Players.com, River City Players on Facebook, or call Susan Hawkins (606) 723-5755 for ticket information and to view the menu.

**Monday, April 14th @ 1:30pm**

**Estill County Retired Teachers**

Estill County Retired Teachers will meet, Monday, April 14 at 1:30 p.m. at the Estill County Public Library. Steve Garrett will give an update on the legislature; also will be planning for the May trip.

**Tuesday, April 15th @ 6:30pm**

**Estill County Relay For Life Meets**

Relay For Life of Estill County will meet on Tuesday, April 15th at 6:30 p.m. in the South Irvine Baptist Church Fellowship Hall. If you are interested in forming a team, or participating, please attend.

**Tuesday, April 15th @ 7:00pm**

**Estill Arts Council Meeting**

Estill Arts Council Board meeting will be held in the Estill County Library community room Tuesday, April 15 at 7:00 p.m. Everyone is welcome to attend.

**Jimmie L. Johnson, DMD, PSC**  
**Family Dentistry**  
87 Wildwood Place (off Court St.)  
**Irvine, Kentucky**  
**(606) 723-3213**

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**Thursday, April 17th @ 12:00 Noon**

**Save on Auto Insurance  
AARP Smart Driver Safety Course**

Taking the AARP Smart Driver Safety Course could earn you a discount on your automobile insurance premiums for three to five years, and you will be a better driver.

Estill County Extension Office will sponsor a 4-hour class located at 76 Golden Court, Irvine, KY 40336 on Thursday, April 17th from 12:00 pm to 4:30 p.m.

The Smart Driver Safety Program is a classroom course for drivers aged 50 and over. The course identifies many of the changes which occur as we age and suggests strategies for accommodating to those changes for safer driving. There will be NO exams. Participants who complete the course will receive a certificate which many car insurance agencies honor with a discount. A small fee covers course expenses: \$17.00 for AARP members, \$20.00 for non-members. If you are a member, you will need to bring your AARP membership card with you to the class.

Seating is limited. Pre-register by calling 606-723-4557. *Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

**Monday, May 5th @ 7:00pm**

**Twin City Kruzerz Car Club**

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following day (Tuesday). All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

**Tuesday, May 6th @ 6:00pm**

**Estill Historical May Meeting**

The Estill County Historical and Genealogical Society will meet at Aldersgate Camp on Tuesday, May 6th at 6 p.m.

The meal will be a choice of steak for \$14.50 or chicken for \$12.50. To make a reservation, please contact Diane Arthur at 606-723-2636 by April 30.

The 2014 calendar is still available at the Museum on

**Spay/Neuter Funds Still Available**

**Pet Spay & Neuter Assistance**

There is still spay/neuter money available through The Humane Society's Angels of Estill County which acquired a grant to help reduce our pet overpopulation.

If you have a cat or dog needing to be altered, please email Ellen Frederick at <ellen.frederick@windstream.net> or <peacefulpawsky@aol.com> for forms/instruction.

These funds were made possible from the KY spay/neuter licensing program and are

**Daytime**

**Al-Anon Daytime Meetings**

Al-Anon is a fellowship of relatives and friend of alcoholics who believe their lives have been affected by someone's drinking. Its single purpose is to help families and friends of alcoholics.

If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

**Kitchen Diva**

**A New Hiding Place for Eggs**

by ANGELA SHELF MEDEARIS

After the Easter baskets have been put away and the chocolate bunnies are a delicious, melted memory, the colored hard-cooked eggs linger on. Remember, that although your colored eggs were attractive as the centerpiece for Easter, they are a perishable food and should have been treated that way. If the eggs were left at room temperature for more than two hours, you should not eat them. Cracked or dirty eggs should be discarded.

A wise tip to remember: Use plastic eggs for decorating and hunting so you can keep the real eggs safe to eat. You might be able to find plastic eggs on clearance in stores after Easter, so stock up for next year.

Hard-cooked eggs should be used within one week. Refrigerated fresh eggs can be kept for four to five weeks. Hard-cooked eggs don't last as long because the cooking process removes the protective coating.

If you're looking for a unique new way to use up your hard-cooked eggs before the week is out, this recipe for a Roasted Peach and Lemon Shortbread Tart is the perfect answer.



**PEACH AND LEMON SHORTBREAD TART**

This unusual dessert uses hard-cooked egg yolks to make a flaky tart crust. The technique of using hard-boiled egg yolks and potato starch is based on a classic French recipe. If fresh peaches aren't available, you can use canned and drained peach halves or frozen, thawed and drained frozen peach halves.

**Pastry Cream**

- 2 cups whole milk
- 2/3 cup granulated sugar
- 1 teaspoon lemon zest
- 4 large egg yolks
- 5 tablespoons cornstarch
- 4 tablespoons unsalted butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon lemon juice or extract

**Pastry**

- 2 medium hard-cooked egg yolks or 1 large egg yolk
- 1 3/4 sticks unsalted butter
- 1/2 cup confectioners' sugar
- 1 1/2 cups all-purpose flour
- 1/4 cup potato starch
- 1 1/4 teaspoons kosher salt

**Topping**

- 10 fresh peach halves
- 1/4 granulated sugar
- 1/3 cup peach jam
- 1/2 teaspoon lemon juice
- 1/2 cup powdered sugar

**Make the Pastry Cream:**

1. In a saucepan, combine 1 cup of the milk with sugar and lemon zest; bring to a simmer. Remove milk from heat; let stand for 15 minutes.

2. In small bowl, whisk remaining 1 cup milk with yolks and cornstarch until smooth. Slowly whisk egg yolk mixture into warm milk. Bring milk mixture to a simmer over moderate heat, whisking constantly until very thick, about 2 to 3 minutes. Remove from heat and whisk in butter until melted. Stir in vanilla and lemon juice or lemon extract. Scrape cream into a bowl. Press a piece of plastic wrap directly on the surface and refrigerate until chilled, 2 to 4 hours.

**Make the Pastry:**

3. Make the pastry: Preheat the oven to 375 F. Spray a 9-inch tart pan with a removable bottom with nonstick cooking spray. Set a stand or hand-held mixer on medium-speed to combine the hard-cooked egg yolks with butter and sugar until smooth, about 2 minutes. Add the flour, potato starch and salt, and beat at low speed until just combined. Using lightly floured hands, press dough evenly over bottom and up sides of the tart pan. Refrigerate crust for 30 minutes, or until chilled.

4. Bake crust for about 25 to 30 minutes, or until golden brown. Transfer to rack and let stand until cooled, about 1 hour.

**Make the Topping:**

5. Increase oven temperature to 450 F. Line a baking sheet with parchment or foil paper. Arrange peach halves cut side up on lined pan and sprinkle all over with the sugar. Roast for about 20 to 30 minutes, until the peaches are tender and lightly browned for fresh peaches, and 7 to 10 minutes for canned or frozen and thawed peach halves. Let peaches stand until completely cooled, about 30 minutes.

6. Place jam into a microwave-safe bowl. Mix jam with the lemon juice and cook on high in microwave until melted about 1 to 2 minutes. Set aside to cool.

7. Unmold the crust and transfer to serving plate. Using a small offset spatula or the back of a small spoon, spread the cream evenly in the crust. Arrange the peaches on the cream, cut sides down, and brush with the melted jam mixture. Place powdered sugar in a sifter and dust top of tart with the sugar. Cut the tart and serve at once.

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*Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.*