

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Grilling Out

from Chelsea K. Bicknell, Estill County Extension Agent for Family and Consumer Sciences

Grilling out is one of many people's most favorite parts of summer, but it doesn't always have to involve hamburgers, hot dogs and barbeque (even though all of those things are delicious!). There are actually plenty of creative ways to grill that can be healthier for you too.

We all know, to be healthier, we should choose healthier foods. When grilling, you can think beyond the typical foods by preparing more nutrient-dense foods on the grill. You can successfully grill a variety of fruits. Peaches and pineapples both work exceptionally well on the grill as they can be used with meat as a main dish or with some cinnamon and low-fat whipped topping as a dessert.

Numerous vegetables can be grilled including zucchini, squash, eggplant, tomatoes, onions and peppers. Some of these you can place right on the grill, but for others, you

might want to purchase a grilling basket. These are relatively inexpensive and usually available at any large grocery or hardware store.

While grilling fruits and veggies may sound simple enough, remember that you can make any food healthy or unhealthy by the way you prepare it. Good examples of this are fried chicken compared to baked chicken and a raw apple versus an apple pie.

Hamburgers, chicken and steak are great grilling options, but so are fish and pork chops. If you're worried about your family turning up their noses at fish that is not breaded, try grilling fish they may be already used to, like catfish or cod. They may end up liking it more than the fried version.

Many of you are interested in getting the most from your food dollars, and you can grill on budget. Look for potential grilling items on sale at the grocery store. When you find a good deal, buy multiples. Chicken and less expensive cuts of beef that can be used over several meals in salads, fajitas and stir fry dishes are great grilling options. When you fire up the grill, you can use the surplus to prepare all your meals for the week at once and save yourself time during the workweek.

If you want to learn more about grilling – what to grill, how to grill it, etc. – just call the Extension Office at 723-4557 and I'll be happy to give you more information!

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

Kitchen Diva

Out of Africa

by ANGELA SHELF MEDEARIS and GINA HARLOW

There are few vegetables with a more storied past and debatable reputation than okra. This slender green pod comes from the lovely yellow flower of the seemingly impervious Hibiscus Esculentus plant. While this hardy crop would flourish almost anywhere, okra is grown mainly in the South. Those who've eaten okra love it, and when separated from it, for reasons of geography or season, miss it.

Known to some as ladies' fingers, bhindi, bamia or mostly commonly as gumbo, which is its West African name, the okra plant is believed to have arrived in North America with the African slave trade. It's possible that slaver traders or the captives themselves stowed away seeds to bring to the New World.

Okra was cherished by both slaves and slave owners. Southern agricultural journals, dating back to the mid-1800s, account that it was widely enjoyed and eaten frequently during the growing season in a variety of preparations.

The Cajun and Creole cuisines of Louisiana resulted from a New World fusion of foods from the diverse cultures of its early settlers. It was in Louisiana that okra gumbo, the famous dish named after its key ingredient, was born.

Okra was a predominant ingredient in the regional stew of vegetables and chicken, shrimp or crawfish. The gelatinous liquid in okra helps to thicken gumbos and soups. Slaves also used the seeds as a coffee substitute and the leaves for medicinal purposes.

Relatively easy to grow, okra tolerates high temperature and scant water, and also is nutritious. Okra is an excellent source of dietary fiber, vitamins B-6 and C, as well as folic acid, potassium and calcium. Okra also contains properties to help with diet-related illnesses like diabetes. The gelatinous interior found in okra helps to slow the absorption of sugar into the blood by forming a kind of gel coating inside the bowels. This slows down the absorption of food from the gut, evening out the peaks in blood glucose that occur after meals.

Even with all its health benefits and historical acclaim, okra has been controversial from its arrival in North America. There are those refuse to eat it or who think it's a suspicious-looking pod of slimy repute. This is because of the gelatinous substance okra releases when cut.

Proper selection and cooking methods will eliminate that truly minor detail and showcase its delicious flavor. When choosing okra, it's important to look for small, tender pods, as thick, long pods tend to be tough. Okra should never be sliced until immediately before cooking. This help to prevent some of its gelatinous interior from seeping out.

Once you've tried this delicacy properly cooked, okra will steal your affections, as it has for so many others who salivate at the mere mention of its name. My recipe for Okra and Shrimp Hush Puppies showcases the best qualities of okra in a historical Southern recipe that is packed with Creole flavors.



OKRA AND SHRIMP HUSH PUPPIES

These hush puppies are the perfect side dish for baked, broiled or fried fish, or it makes a wonderful appetizer when served with a spicy dipping sauce. You can keep the fried hush puppies warm in a 225 F oven for up to 15 minutes.

- 1 cup self-rising yellow cornmeal mix
- 1/2 cup self-rising flour
- 1 cup medium-size raw shrimp, chopped
- 1/4 cup finely diced onion,
- 1/2 cup red or green bell pepper, chopped finely
- 1/2 cup celery, diced finely
- 1/2 cup fresh, chopped okra or frozen and thawed cut okra
- 1 1/2 teaspoons Creole or Old Bay seasoning
- 1 large egg, lightly beaten
- 1/4 cup beef broth
- 1/2 cup carbonated water
- Frying oil
- 1 teaspoon salt

1. Stir together the cornmeal mix and flour in large bowl until combined. Sprinkle shrimp, onion, bell pepper, celery and okra with 1 teaspoon of the Creole seasoning and combine to coat with the spices. Add the shrimp and vegetable mixture to the cornmeal mixture.

2. In a small bowl, stir together the egg, broth, water and the remaining 1/2 teaspoon Creole seasoning. Pour the egg mixture into the cornmeal mixture using just enough to moisten the cornmeal. Let stand 5 to 7 minutes.

3. Pour oil into a Dutch oven to a depth of 4 inches; heat to 350 F. Drop batter by level tablespoonfuls into hot oil, and fry in batches for 2 to 2 1/2 minutes, flipping hush puppies over and frying for another 2 minutes on the other side until golden brown.

4. Drain on a wire rack over paper towels; sprinkle with salt and serve immediately.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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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>

Info on Class Members Needed

1984 ECHS Class Reunion

The Class of 1984 planning committee has been working hard on planning a fun-filled, 30-year class reunion.

Please call or text Belinda Fox Puckett at (859) 358-1403 or Vickie Miller Singleton at (859) 582-8138.

You can also join our "ECHS Class of '84" face-

book page and leave your address on there or private message for Vicki or Belinda.

Go ahead and mark your calendars for September 12 & 13. All the details will be in the letter we will mail to you, and we will also post it on our "ECHS Class of '84" facebook page.

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, August 9th @ 5-9 pm

Twin City Kruzers' Cruise-In

The next monthly Cruise-In will be held on Saturday August 9th in downtown Irvine from 5 until 9 p.m. The Cruise-In is free and open to the public. Come on and enjoy

some fine vehicles. Proceeds to benefit Hospice Care Plus.

For information, contact Kenneth Tipton, president, (606) 723-7454 or Darrell Hall at (606) 723-3612..

Tuesday, August 12th @ 6:30 p.m.

Orientation for Volunteers

The Estill County Center for Pregnancy & Parenting is having a 'Volunteer Orientation' on Tuesday evening, August 12 at 6:30 p.m.

This is an opportunity for anyone who is interested in volunteering at the Center to become familiar with what takes place there. Needed are volunteers to do clerical, clothing closet and cleaning tasks.

Also needed are Parenting

Mentors who will work one on one with clients enrolled in the 'Earn While You Learn' parenting curriculum - teaching experience is NOT a requirement - training will be scheduled.

The orientation will be at the Center at 126 Kentucky Avenue in Irvine. Please call 723-0184 on Mondays or Thursdays between 10 & 5 for more information.

Tuesday, August 12th @ 10:30am

Winchester GTE/Sylvania/UAW

Winchester GTE/Sylvania/Osram/UAW retirees will hold a short meeting, Tuesday, August 12, 10:30 a.m. at the Union Hall and then travel to the Lodge at Blue

Licks State Park for lunch. All Winchester Sylvania retirees and former employees are welcome for lunch. Meet at the Union Hall to arrange transportation!

Friday, August 15th @ 6:30pm

CKY World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be held Friday, August 15, 2014, at 6:30 p.m. at Ryan's Restaurant in Richmond, just off I-75, exit 87.

Kentucky State Historian Dr. James Klotter will give a presentation entitled "Kentucky during World War II."

If you have questions, please call Phillip Seyfrit at 859-623-8979.

Saturday, August 16th @ 1pm

Hall - Case Family Reunion

The Hall - Case Reunion will be held Saturday, August 16, 2014 at the Masonic Lodge on Broadway, Irvine. Lunch will be served

around 1 p.m. All friends and relatives are invited to bring a covered dish and drinks. Everyone is welcome.

Saturday, August 16th @ 1pm

Harrison Family Reunion

The annual Harrison Family reunion will be held Saturday, August 16 in the South Irvine Christian Church fellowship hall.

A potluck lunch will be served at 1 p.m.

Come early and bring all your favorite dishes. Drinks, eating utensils paper plates, cups, and ice will be furnished.

Hope to see all friends and family there.

Saturday, August 23rd @ 1pm

Patrick Family Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 23, 2014, from 1-5 p.m. at the Aldersgate Camp & Retreat Center at Fitchburg.

Follow KY-52 to Ravenna past Micheals; then proceed-

ing on KY-52 to 1182 (Cob Hill Road); then turning left at bottom of hill on to 975, following it to the Aldersgate Camp.

Please bring food and drinks for your family to share potluck style. Come, visit with us. Friends are also welcome.

Estill Ag News

Monday, August 11th @ 6pm

Corn-Soybean Production Workshop

Estill and Madison County Extension have planned a Corn-Soybean Production Workshop for Monday, August 11th, 6:00 p.m. The workshop will be located at the Tom Fowles farm (Miller's Creek area) operated by Jason Smith. From Ravenna's caution light near Michael's Restaurant, go to the right side of Michael's and under the railroad overpass onto highway 1571 (Millers Creek Rd). Proceed several miles east toward Lee County (over the railroad crossing) and the host farm is on the right near Pryse Road. Watch for the FARM TOUR signs. Water and soft drinks will be provided by Tri-County Fertilizer and Richmond Southern States.

This will be an informal "walking the field" meeting where we will dig up plants, look at different issues, and discuss solutions. Dr. Josh McGrath, new UK Extension Soils Specialist, will be introduced and discuss corn nitrogen use and timing plus using nitrogen to boost soybean yields. Dr. Chad Lee, UK Extension Grains Specialist, will give an overview of this year's growing conditions, corn pollination effect on ear development and fill, plus soybean development and weather factors that determine pod set and yield. Lastly, Dr. Lee Townsend, UK Extension Entomologist, will advise on preparing for and preventing insect storage losses of corn and soybeans.

Please pre-register by August 8th by calling the Estill County Cooperative Extension Service at 723-4557.

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