

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

**EXTENSION NOTES**

**Family And Consumer Sciences**

**Make Your Own Salsa**

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

Tomatoes are now in season, and you might have more on your hands than you know what to do with. A great way to use excess tomatoes, peppers, onions, squash, zucchini and other ingredients from the garden is by making salsa you can enjoy fresh now, or preserve for use throughout the year.

To safely can salsa at home, you have to use proper food preservation techniques. If preserved incorrectly, the salsa could not only taste bad but also result in botulism, a deadly food-borne illness caused by toxins produced by bacteria in the canned food.

There are thousands of salsa recipes out there; however, not all of them are safe for canning. As with any food preservation recipe, make sure the one you select is research-based and meant for home canning. These recipes have been tested for their food safety and will ensure that you can at the right temperature for the appropriate length of time. Other salsa recipes, found on the Internet, in cookbooks or from the family recipe stash, should not be canned unless it has been looked at by an expert. If you have an old recipe that you don't want to part with, you can send it to me at the Extension Office and I can send it to the State Specialists for

them to check and make any recommendations necessary to ensure that you have a safe recipe. Otherwise, you can still enjoy those salsas fresh or frozen for longer storage.

Once you choose a research-based recipe – available at your local extension office-- be sure to follow it closely. Do not change the ingredient amounts. Never reduce the specified amount of lemon juice, lime juice, or vinegar. By adding the right amount of one of these acids, you can safely can salsa in a boiling water canner.

In addition to using the right ingredients and proper processing time and temperature, headspace, or the amount of space between the top of the jar and the food, is very important. This allows air to vent from the jar during heating and creates a vacuum seal between the jar and the lid as the jar cools. For most salsa recipes, the headspace should be 0.5 inch.

Extension offers a series of home canning publications. FCS3-578, "Home Canning Basics," provides an introduction to safe home canning. FCS3-581, "Home Canning Salsa," includes recipes for beginning, intermediate and advanced canners, important food safety information and step-by-step instructions for canning salsa. Both are available online, at <http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3578/FCS3578.pdf> and <http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3581/FCS3581.pdf>, or you can stop and pick them up at the Extension office.

For more information about food preservation and safety, contact the Estill County Cooperative Extension Service at 723-4557 or stop by and I will be more than happy to assist you!

*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>

**Thursday, August 21st @ 5:30pm**

**Kiwanis Club of Irvine/Ravenna**

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 21, 2014, 5:30 p.m., at Michael's Restaurant.

The club will be making plans for the annual TV-Radio Auction to be held October 4. Kiwanis Club donations

were made in July to the South Irvine P-K Center and to the Eliminate Project, to eliminate maternal and neonatal tetanus.

*The Kiwanis Club has over 90 years of service to our community.*

**Thursday, August 21st at 4pm**

**Monarch Waystation Dedication**

The Four Seasons Garden Club has planted a Monarch Butterfly Garden at West Irvine School. It has been certified as a Monarch Waystation and will be dedicated Thursday, August 21 at 4 p.m. The state Garden Club president,

Joanna Kirby, will be present. For more information contact the club president, Patti Reese.

The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.

**Thursday, August 21st at 6pm**

**Garden Thyme Herb Club meeting**

The Garden Thyme Herb Club will meet this Thursday, August 21, at 6 p.m. in the fellowship hall of New Beginning Church.

Betsee Redden will present passion flower as the herb

of the month. Dave Freyman will give a lesson on making a home green house.

Everyone is invited to attend this meeting. For more information, call (606) 723-3096.

**Saturday, August 23rd -- 11am-3pm**

**Annual Crow(e) Reunion**

The annual Crow(e) reunion for descendents of Jonah Jesse and Melissa Ann Arvin Crowe will be held this Saturday, August 23, 2014, from 11 a.m. - 3 p.m. at the While Hall State Park, 500 White Hall Shrine Rd.,

Richmond, KY, off exit 95 in Madison County, at the picnic grounds near the lake.

Potluck lunch, prizes and games. Bring your favorite dish and a lawn chair. Questions can be directed to Angela Crow at 859.314.0327.

**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.

**Saturday, August 23rd -- 11am-3pm**

**Battle of Richmond Re-Enactment**

The annual re-enactment of the Battle of Richmond will be held at Battlefield Park at Pleasant View in Richmond on Saturday and Sunday, August 23-24, 2014.

The Park is open from 10 a.m. until 4 p.m. with the CavalryEvent at 10:15 p.m. and the Battle Re-enactment at 2 p.m.

Hundreds of re-enactors and living historians from several states come to Richmond every year to commemorate

the pivotal Civil War Battle of Richmond which was the second largest Civil War battle fought in Kentucky.

A limited number of copies of Dr. Kenneth A. Hafendörfer's "The Battle of Richmond, Kentucky," will be available in the Mercantile and Book Shop during this year's re-enactment.

Battlefield Park is located just south of Richmond at 1546 Battlefield Memorial Hwy.

**Saturday, August 23rd @ 5pm**

**Dinner-Pantomime Show**

Irvine Chapter #357, Order of the Eastern Star, will be presenting a dinner-pantomime show on Saturday, August 23, 2014, at the Lodge Hall located on Broadway in Irvine.

Dinner will be served at 5:00 p.m. in the Lodge Hall dining room, and the pantomime show will begin at 6:00 p.m. Cost of both the dinner

and the show will be \$10.00.

The public is invited to join in a night of good food, fun and lots of laughter. There will be about 23 new acts, and each one will be funny and entertaining.

For tickets and to make reservations, call Phyllis Noland at (606) 723-6310. Tickets will also be sold at the door.

**Tuesday, August 26th @ 6pm**

**River City Membership Drive**

River City Players will hold its first Annual Meeting/Membership Drive Tuesday, August 26, 2014 at 6 pm in the Fellowship Hall of the Ravenna Christian Church, 106 7th St., Ravenna.

Ham dinner w/sides will be provided. Chicken nug-

gets and tater tots will be available for the children.

If you are interested in performance art & revitalizing our community through cultural tourism, please join us. Please RSVP by 08/25/14 to 606-723-5755 or 606-723-4238. Everyone is welcome.

**Saturday, August 30th**

**Annual Mansfield Reunion**

The annual Mansfield Reunion will be on Saturday, August 30, 2014 at the Sandhill Christian Church Fellowship Hall located at 100 Sandhill Road, Irvine, Kentucky.

The meal will be potluck, bring a dish come and enjoy good food and fellowship with family and friends. ALL ARE WELCOME!

**Sunday, August 31st @ 1pm**

**Annual Jones Family Reunion**

The descendants of the late Fannie Rucker Jones and Cleve Jones invite all friends and family to attend and bring photos to share at

the annual Jones reunion to be held on Sunday, August 31, 2014, at Natural Bridge State Park. Dinner at 1 p.m. Come Early! Stay Late!

**Saturday, September 6th @ Noon**

**Annual Profitt Family Reunion**

The annual reunion of the family of James and Elizabeth Crowe "Pop" Profitt will be held Saturday, September 6, 2014, at Carl McIntosh's "Shelter Valley," just off Watson Ridge Road near Furnace. All friends and family

are invited to come, enjoy a potluck lunch, and spend the day. There will be hat contests for both adults and children, so, wear your best. Also, door prizes are given out to nearly everyone who attends. Everyone is welcome!

**Sunday, September 7th @ 1pm**

**Murphy Family Annual Reunion**

The descendants of Hubert and Myrtle Murphy will be meeting at the old homeplace on Red Lick Road on Sunday, September 7, 2014.

Bring a dish or two, some drinks; and plan to spend the day getting reacquainted and sharing some memories. Lunch will be around 1 p.m.

**Sunday, September 7th**

**Tuggle - Isaacs Reunion**

The annual Tuggle - Isaacs reunion will be held on Sunday, Sept. 7th at the Masonic Lodge on Broadway.

All friends and relatives are invited to come and enjoy

the day with us. Please bring a covered dish and drinks. Lunch will be served at 12:30 p.m. Doors will be opened around 9:30 a.m.

**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.

**Kitchen Diva**

**A Favorite Sister**

by ANGELA SHELF MEDEARIS and GINA HARLOW

Among all the fruits and vegetables that are abundant in summer, there is a group of gourds literally named after the season. Summer squash is a colorful family of yellow, patty pan, scalloped and zucchini squash that flower prolifically and fruit throughout the warm months. This particular clan got its name due to its short shelf life, which differs from the hard-skinned, long-lasting winter squashes such as butternut or acorn. In essence, all summer squash are really just a hard-rind squash that is picked in its immature state

Squash gets its name from an Indian word, "askutasquash," meaning raw or uncooked. It's believed that Native Americans were growing varieties of squash as one of their "Three Sisters" crops: a combination of corn, beans and squash grown together in a mound. This was to take advantage of their symbiotic relationship. The corn provided a structure on which the beans could grow, the beans nourished the soil with nitrogen, and the squash plant provided shade for the planting bed. These indigenous people then introduced the plant to the early European settlers. But while squash as a group has its roots firmly in the Americas, zucchini, as we know it now, was developed as a variety by the Italians, who eat it in countless preparations.

In much of the country, most types of summer squash are relatively easy to establish in the home garden. Often, home gardeners find themselves overwhelmed with a continuous supply of the crop. Hence, the numerous recipes for squash this and zucchini that. And while most of us are familiar with crook-neck squash or zucchini, summer is the time to try the lesser-known varieties that are available as well.

Because the fruit of the summer squash grows fast once it starts, a common mistake of many growers, homegrown and commercially, is picking them too late. In their young state, still relatively small, the flesh and skin are tender, and the seeds undeveloped, yielding the most delicious fruit. So, when growing your own squash, check your plants daily once flowering begins, and harvest the fruit early. When buying them at the store, choose the smallest specimens with well-colored skin.

Because summer squash has such a mild flavor, it lends itself to many dishes, both savory and sweet. And while summer squash most often is eaten cooked, fresh tender squash is delicious in many raw preparations as well. For an unusual way to prepare squash, try my recipe for Summer Squash with Sweet Corn and Orzo Pasta. Try using different types of summer squash. It's delicious hot or cold!



**SUMMER SQUASH WITH ORZO PASTA**

- 1 (16 ounce) box of orzo pasta
- 4 summer squash (cousa, zephyr, costata romanesco and round zucchini)
- 3 ears of sweet corn
- 4 tablespoons olive oil
- 3 green onions, green and white parts, root ends discarded, chopped
- 3 cloves of garlic, finely chopped
- 1 teaspoon salt plus 1/2 tablespoon more for the pasta water
- 1 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cayenne pepper
- 2 large tomatoes, diced
- Juice of 1 large lemon
- 1 bunch of fresh basil, torn
- Shaved Parmesan cheese

1. On high heat, cover a large pot of water (per package directions for the orzo pasta) and bring to a boil. Meanwhile, rinse squash and trim off ends. Slice in half, lengthwise and then crosswise into half moons of the same size, so that they cook evenly. Set aside.

2. Peel back corn husk and silky tassels. Pop husk off the cob and discard it. Place an ear of corn, cut side down, in a shallow bowl, in the circle of a Bundt cake pan, or on a cutting board. Hold it near the top of the ear, and using a sharp knife, start at the top and cut downward with a gentle sawing motion; cut until all the corn is removed. Reserve the corn cobs to place in pasta water for more corn flavor, if desired.

3. When pasta water comes to boil, add 1/2 tablespoon salt, pasta and the naked cobs to the boiling water. Cook, uncovered, per package directions.

4. In a large saute pan on medium-high heat, add two tablespoons olive oil. Add onion and garlic, salt, pepper, nutmeg and cayenne pepper. Saute 2 minutes. Add the squash and corn. Saute until tender, about 5 to 7 minutes. Turn off heat.

5. Drain the cooked pasta. In a large bowl, mix pasta with the squash mixture and toss with the tomatoes, lemon juice and remaining olive oil. Add additional salt and pepper, as needed. Sprinkle the basil leaves and Parmesan on top.

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*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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