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Happy New Year!! Can you all believe that it is already 2015?! I sure can't. 2014 was a huge year for me! I graduated from Berea College in May, started my first real job in June, moved out of my mom and dad's house into a place of my own, got a cat named Pearl, traveled to two different countries (Sweden and the Bahama's), and got a new niece, Oaklee Mae Eaton! I was able to experience so many new things in 2014; some were great, some were not, but I learnt something from every situation I experienced. There's always something new to be learned no matter how old you are! I have big hopes for 2015 and think it will be a great year as well.

Preserve Some Sunshine This Winter!

But enough with reflecting, let's be in the moment! Right now we are in the middle of winter and those warm, sunshiny summer days seem like a distant memory. Nowadays, if the sun is shining it's about too cold to go out and enjoy it. So unless you can sneak away somewhere south where it's warm and sunshiny this winter, you'll just have to wait a few more months for the warmth. Here's an idea on how to brighten up gray winter days, though, with some homemade marmalade! Use it to bring some sunshine to your own breakfast, or share the goodness with friends and family. This recipe from the National Center for Home Food Preservation does not need added pectin to gel, because citrus fruits contain enough of their own natural pectin.

Citrus Marmalade

Ingredients:

¾ cup grapefruit peel (from 1 grapefruit)
¾ cup orange peel (from 1 orange)
1/3 cup lemon peel (from 1 lemon)
1 quart cold water
pulp of 1 grapefruit
pulp of 4 medium-sized oranges
2 cups boiling water
3 cups sugar

To prepare fruit:

Wash and peel the fruit. Be sure the peel has some of the white membrane found just under the skin of the fruit. This is where most of the pectin is found.

Cut peel in thin strips into a saucepan. Add cold water and simmer, covered, until tender (about 30 minutes). Drain.

Remove seeds and membrane from peeled fruit. Cut fruit into small pieces to make pulp.

To make marmalade:

Sterilize 4 half-pint canning jars by boiling for 10 minutes. Prepare two-piece canning lids according to manufacturer's directions. Combine peel and fruit in a saucepan. Add boiling water and sugar. Boil rapidly over high heat, stirring frequently, until gelling point (220 degrees F) is reached, about 20 minutes.

Remove from heat. Skim off foam.

To preserve marmalade:

Pour hot marmalade into hot, sterile jars, leaving ¼-inch headspace.

Wipe rims of jars with a dampened clean paper towel. Center lids on jars and apply screw bands fingertip tight.

Process jars in a boiling water bath canner for

5 minutes at altitudes up to 1,000 feet. Add 1 minute to the processing time for each additional 1,000 feet of altitude.

Yield: about 3 or 4 half-pint jars

Nutrition Information (1 tablespoon): 50 Calories, 0 g fat, 13 g carbohydrate, 0 g protein

For more information and recipes for safe home canning, visit the National Center for Home Food Preservation website at <http://nchfp.uga.edu/> or contact the Estill County Cooperative Extension Office at (606) 723-4557.

I hope each and every one of you all have a great new year and that you all make the very best of it. We only have this one life to live; we need to make the most of it while we can!

Reference: National Center for Home Food Preservation. (2014, January 13). Brighten up your days with marmalades. Retrieved October 3, 2014, from <http://preservingfoodathome.com/2014/01/13/brighten-up-your-days-with-marmalades/>

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Kitchen Diva

More Than Skin Deep

by ANGELA SHELF MEDEARIS and GINA HARLOW

"What is that?" This is what someone is sure to ask you at the checkout counter when you load your Jerusalem Artichoke, better known as a Sunchoke, on the conveyor. You'll proudly do a little promotional pitch for the vegetable. "You should try them. They're delicious! Like a cross between an artichoke heart and a potato."

Like many tubers, sunchokes look a little strange. But when it comes to food, looks often can be deceiving. A sunchoke is the tasty, knobby root of a sunflower. Until recently, this native of North America was more popular in Europe than in the United States.

The sunchoke is a hardy perennial that can grow in a variety of conditions, and is not frost tender. With water shortages and the growing cost of agriculture, farmers were looking for ecologically sustainable crops, and the sunchoke fit their needs. Sunchokes now are being grown both commercially and by home gardeners. Many small organic farms also are successfully growing sunchokes, so look for them at farm stands and farmers' markets (they resemble a ginger root). The crop does have its downside: It has a tendency to grow wild, and can be invasive, presenting challenges for farmers and backyard gardeners alike.

As a healthy addition to our diet, sunchokes are a low-glycemic food, and possess a significant amount of protein and very little starch. They also are rich in inulin, a natural fructose type of carbohydrate. Inulin is thought to be better tolerated by those with Type 2 diabetes.

When shopping for sunchokes, look for firm, brown-colored tubers. If they're beginning to darken, they're not fresh. After you get them home, store in paper towels in a plastic bag in the refrigerator for up to two weeks. Don't wash your sunchokes until you're ready to use them, as moisture can lead to spoiling. Sunchokes have a thin skin and don't need to be peeled.

Sunchokes are extremely versatile. You can use them in the same way you typically use a potato. They have a crunchy texture and are delicious raw. When roasted, their nutty flavor comes out. Steamed sunchokes can stand alone or mixed with other vegetables, used in a gratin or to make a delicious soup. If you're using sunchokes in a creamed soup or puree and want to remove the peel for presentation color, pass them through a food mill or a fine mesh strainer.

This recipe for Sunchoke Chips With Parmesan and Parsley is a delicious alternative to potato chips.



Sunchoke Chips with Parmesan and Parsley
2 pounds unpeeled sunchokes (also called Jerusalem artichokes), scrubbed
Vegetable oil (for frying)
1 1/2 teaspoon salt
1/2 cup grated Parmesan
1 1/2 teaspoons minced fresh parsley

1. Fill a large bowl with cold water. Slice sunchokes into thin rounds (about 1/16 inch thick), immediately dropping into bowl of water to prevent browning. Rinse and drain 3 times to remove some of the starch for a crisper chip. Pat dry with paper towels.

2. Pour enough oil into large deep skillet to reach depth of 1/2 inch. Submerge bulb of deep-fry thermometer into oil; lean top of thermometer against skillet rim. Heat oil to 375 F. Mix salt, Parmesan and parsley together in small bowl, blending well, and set aside.

3. Working in batches, fry sunchoke slices until golden brown, 3 to 4 minutes, stirring occasionally. Using a skimmer, transfer chips to a wire rack placed over a paper-lined baking pan to drain. While chips are hot, sprinkle with the Parmesan and salt mixture. The chips won't be crispy immediately out of the fryer, so wait a few minutes for them to crisp up. Mound chips in bowl and serve. Serves 8.

To bake the chips:

1. Preheat oven to 400 F. Line two baking sheets with foil and lightly grease with cooking-oil spray. Place slices in a single layer on the two sheets. Spray each slice with oil, then sprinkle salt on top.

2. Bake for 10 to 15 minutes. If they aren't golden brown and crisp, bake in 3 to 5 minute increments until done. Sprinkle with topping of your choice.

Alternate toppings:

For protein boost and cheese flavor: sprinkle chips with 1/2 cup nutritional yeast

For spicy flavor: sprinkle with 1 tablespoon chili powder and 1/4 teaspoon cayenne pepper

For salt and vinegar chips: soak sunchokes in vinegar for 2 hours before frying. Drain and pat completely dry. Fry or bake as directed, and sprinkle with salt.

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. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Jan. 6 Estill Circuit Court Docket

Circuit Court January 6

Heather King, passed to Jan. 23 for review.

Tracy Harrison, show cause hearing, restitution was paid, show cause for court costs set for January 23.

Jason Newton, diversion revoked. Court to take under advisement whether to accept agreed sanction or impose original sentence.

Elizabeth Wiseman, diversion already terminated. Sentenced to original sentence of seven years, probated until June 2, 2018. Violation will result in serving 7 years.

Ryan Newton, probation revoked on two charges. Original sentence began 1/06/15. Sentencing set for Jan. 23.

Deanna F. Winburn, passed to Jan. 23 for sentencing.

Larry Glenn Richardson II, failed to appear on motion to void deferred prosecution. Hearing on motion passed to Feb. 3.

Jim H. Ralston Jr., show cause on fines/court costs. Feb. 27 status hearing to see if costs and fines are paid.

Boyd A. Coots, Bench warrant issued. He may give bail of \$265.

Alfred Trent, not transported to court revocation hearing. Passed to Feb. 3.

James L. Hammons, theft by unlawful taking or disposition auto, dismissed with prejudice.

David Stamper, sentenced per plea to five years, five years plus 5 years on 14-CR-14 and one year consecutive on 14-CR-26.

Cynthia Henry Puckett, failed to appear, not transported. Passed to Jan. 23 for sentencing.

Cheronna Gail Hatmaker,

passed to Jan. 23 for arraignment on plea, 2 counts of trafficking in a controlled substance, first degree, first offense (meth and opiates); 2 counts of trafficking in a controlled substance within 1,000 feet of a school; trafficking in marijuana; drug paraphernalia; and illegal possession of a legend drug.

Donnie R. Green Jr., failed to appear -- not transported. Passed to Jan. 8 for sentencing.

Charles James Hamilton, will retain counsel, preliminary pretrial Feb. 5 and regular pretrial Feb. 27 in charges of assault second degree and persistent felony offender.

Eric Brooks, burglary third degree and possession of burglar tools, violated conditions of release, motion to revoke bond was overruled.

Michael D. Leforce, burglary second and assault fourth, postponed to Feb. 5.

Robert Clinton Kelly, assault first degree and three counts of wanton endangerment, currently set for trial March 16, status conference February 27.

Bobby Joe Mize, criminal possession of a forged instrument, second degree and persistent felony offender, not-guilty pleas, preliminary pretrial March 5 and regular pretrial March 27, bond reduced to \$10,000 cash.

Robert Saller, two counts of criminal possession of a forged instrument, second degree, preliminary pretrial Feb. 5 and regular pretrial Feb. 27.

Jody Riddell, receiving stolen property under \$10,000, set for Jan. 23 for plea.

Cynthia Henry Puckett, careless driving, operating

motor vehicle under influence, possession open alcohol container in vehicle, first degree possession of a controlled substance and possession of a controlled substance third degree, defendant not transported, passed to Jan. 23 for sentencing.

Michael Jon Harlow, defendant failed to appear, not transported. passed to Jan. 23 for plea on two counts of trafficking in a controlled substance, first degree and trafficking in a controlled substance, third degree.

James M. Estes, preliminary pretrial Jan. 8 and regular pretrial Jan. 23. Court to review bond. Complicity TICS, first; complicity TICS, third; trafficking in a controlled substance within 1000 feet of a school and

TICS first.

Steven Henry, preliminary pretrial on Feb. 5 on receiving stolen property, diversion revoked, sentencing on 2/17/15 on original plea. Preliminary pretrial on second case.

Billy Reid Metcalf, not guilty to assault first degree, preliminary pretrial on March 5 and regular pretrial March 27.

Randall Wiseman, not-guilty plea to TICS first degree, preliminary pretrial March 5 and regular pretrial March 27.

Levi Conrad Ross, not-guilty plea to complicity to receiving stolen property, preliminary pretrial March 5, regular pretrial March 27. Motion for bond reduction, overruled.

Irvine Police Arrest Log

Christopher T. Walters, 37, of Sandhill Church Road, Irvine, was charged with failure to illuminate headlights, operating motor vehicle under the influence of drugs, and expired operators license on January 11 by Irvine Officer Karl Rifenburg.

The officer said he observed Walters' vehicle driving through the parking lot of Marcum & Wallace Hospital with no headlights at 1:30 a.m. on Sunday. Rifenburg said he noticed that Walters had slurred speech, and Walters failed field sobriety tests but refused a blood draw.

A Madison County bench warrant was also served on Walters. The Madison Family Court had ordered Walters to pay \$204.00 a month for his child on July 13, 2010. The warrant says that

Walters has failed to pay as ordered and was in arrears of \$8,104.01 as of November 20, 2014.

Steven L. Gross, 35, of Rose Street, Irvine, was charged with operating motor vehicle under the influence of alcohol first offense by Irvine Officer Sam Hensley on January 11. Hensley was called to 266 Turner Avenue about a vehicle being stuck in their yard. Gross was standing near the vehicle and told Hensley he had missed the curve and got stuck. Hensley said Gross also said he had been drinking and refused field sobriety tests. "We both know I'm drunk. No need to do that," he reportedly told Hensley. The officer said he transported Gross to the Estill County Jail where he registered .207 on a breath test.

New Irvine mayor presides over council meeting

Continued from Page 1

Davis said first reading was given to the ordinance last summer, and the city was asked to delay the second reading.

The ordinance gives penalties of not more than \$1,000 a day or a prison term of not more than 365 days for each violation of the waste water treatment.

Police Chief Brad Smith said two police vehicles could be taken off the insurance. He was authorized to move one from behind the

police station to the city lot.

Councilwoman Janice Bush said a handicapped citizen had asked about making one of the two parking spaces in front of BB&T Bank into a handicapped parking spot.

Bryant asked the city clerk to write a letter to Margaret Durbin explaining the council's action after hiring a surveyor and determining her property was in the city. He also directed Mrs. Powell to contact IMU to make sure Durbin gets to pay city water

and sewer rates. The city is also to take over payment of the street lights in the area.

Councilwoman Nelle Williams asked how the city can inform its residents about the second and fourth Thursday special pickups. This is for larger items, such as furniture, mattresses, appliances, and tree limbs. She stated that Irvine residents must call city hall and have the items setting at curbside to receive this free pickup.

She also asked what was going on at the former of-

fice of Dr. Hill on River Drive. Chief Smith said he would check it out because no privilege license has been issued.

Mrs. Williams said the new Irvine Fire Department building was named after her husband and former mayor, Tom Williams. She asked to name a large framed photo of her husband in the fire department. She also asked to hang smaller framed photos of Irvine's paid and volunteer firefighters in the fire department.