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Tips To Conserve Water Around Your Home

By following some simple conservation practices around the home, you can ensure your family will have a bountiful supply of good, clean water. And if you can't or don't want to follow all of these practices, just try and at least do some – every little bit helps! Here they are:

- The shower and bathtub are major water users in many homes. To conserve water and energy, install low-flow shower heads and faucet-flow restrictors. A low-flow shower head uses two to three gallons of water per minute, compared to about five gallons a minute for an older shower head.

- Limit your showers to five minutes or less. Short showers use less water than a tub bath; so when taking a bath, put only five inches of water in the tub.

- While waiting for shower or faucet water to heat up, collect the water to use for household cleaning chores and to water plants.

- Flush the toilet sparingly because each flush can consume three to seven gallons of water. Follow the rule: If it's yellow, let it mellow; if it's brown, flush it down!

- Check toilets for leaks. Put a few drops of food coloring in the toilet tank; wait 15 minutes, and check the bowl. If coloring appears in the bowl, you have a leak.

- Periodically remove the tank lid to be sure all mechanisms are properly working. A broken flush valve causes many toilet leaks. You can find an inexpensive, easy-to-install valve at hardware, building supply and other stores.

- Turn off the water while brushing your teeth, washing your hands or shaving. Before brushing teeth, wet

your brush and fill a glass of water to rinse your mouth and brush. After wetting your hands, turn off the water. Soap your hands and then turn on the water to rinse them. When shaving, fill the bathroom sink with a few inches of water to rinse your razor.

- Use your automatic washing machine or dishwasher for full loads. The washing machine can use about 35 gallons of water; the dishwasher, about 25 gallons a cycle. If the washing machine has a water-level control, adjust it to the load size. Select shorter dishwasher cycles when possible to use less water.

- Read the manufacturer's direction before using the permanent press cycle on your washing machine. This cycle might fill the tub an extra time which can increase water use by 15 to 20 extra gallons.

- Wash or clean vegetables in a small pan of water instead of under running water.

- Select the proper size pan for the amount of food you are cooking. Large pans require more water to cook the food.

- Also, cook food in as little water as possible to conserve water and food's nutrient value.

- Use tight-fitting lids to prevent water from boiling away.

- When hand-washing dishes, use a pan of soapy water for washing and a second pan of hot water for rinsing. Pan rinsing requires less water than rinsing under a running faucet.

- Keep a covered bottle of drinking water in the refrigerator so you don't have to let water run to become

cold. Shake the bottle before drinking to aerate water and keep it from tasting flat.

- To conserve water, use your garbage disposal sparingly.

- Wipe up small spills on the floor as they occur to reduce the number of times you need to use a wet-mop. Vacuum carpets and rugs regularly so you don't need to shampoo them as often.

- Do different household cleaning chores at the same time to conserve water. First clean lightly soiled surfaces such as mirrors, walls, woodwork; then clean floors.

- When washing the car, don't leave the hose running. Instead, fill a bucket with warm, soapy water; sponge the entire car and then rinse. An alternative is to use a hose with an automatic shutoff.

- Use a broom instead of a hose to clean your driveway, steps, sidewalk, patio or deck. A hose can use up to 150 gallons of water in just 10 minutes.

- Don't let children play with the hose. Although this is super fun for kids, it wastes a lot of water. A half-inch garden hose uses more than 600 gallons of water in just one hour.

That's a lot of information and tips, but water is essential for living so we need to protect and conserve it all we can. For more information on home water conservation, contact me at the Estill County Cooperative Extension Service at 723-4557 and I'll be happy to talk with you!

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

Kitchen Diva Pretty Delicious in Pink

by ANGELA SHELF MEDEARIS and GINA HARLOW

Get ready to pucker up. Because it's time for rhubarb – a sweet, tart treat. Loved by many, and misunderstood by more than a few, rhubarb with its deep-pink stalks is often a little hard to find. But keep searching because this jewel of spring is not to be missed.

Rhubarb can be a rare discovery, even when in season. For many, it's still a taste never tried. Others may have tasted rhubarb that had fallen into the wrong hands, leaving them with an unfortunate first impression. So why doesn't this lovely fruit have a wider appeal? For starters, it's not technically a fruit, but a herbaceous perennial vegetable. However, in 1947 a New York State court decided that since it was most frequently used as a fruit, it would be classified for regulation and duty purposes as such.

Rhubarb is at its best when the stalks are thin, red and have a crisp texture. If the stalks are floppy, it means that it's not freshly picked. Wrap rhubarb stalks in plastic and refrigerate for up to a week. Rhubarb also is sold frozen in some areas and can be used in place of fresh.

It's true that some parts of the plant are poisonous. The colorful stalks are what we eat, but the leaves contain toxins. This usually is not a problem, as the rhubarb in the market already has the leaves removed. Those lucky enough to have their own rhubarb plant know about this minor imperfection and handle it appropriately.

The lip-puckering, tart flavor of rhubarb also requires some getting used to. Some varieties are sweeter than others and can be eaten raw, but that's not common. Rhubarb really comes alive when it is cooked, either stewed or roasted, and mixed with other ingredients. In sweet and savory dishes, this tart vegetable lends a special flavor that can't be compared to anything else.

Its gorgeous pink color is an indicator that rhubarb is full of antioxidants, as well as calcium and fiber. Rhubarb will keep in your refrigerator for up to a week, but to enjoy its full flavor, use it right after buying or harvesting.

Rhubarb is often called the "pie plant." It is delicious when mixed with strawberries and other fruit in pies and cobblers. It's also good in relishes and compotes, and in dishes that showcase its tangy flavor.

Rhubarb is the star of this recipe for Pork Chops with Spicy Rhubarb and Golden Raisin Sauce. The tartness of the rhubarb combined with the sweetness of the raisins is the perfect complement for the richness of the pork chops.



Pork Chops with Spicy Rhubarb and Sauce

- 1/2 cup golden raisins
- 1 tablespoon balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon plus 2 tablespoons olive oil
- 1/2 cup finely chopped onion
- 2 cloves garlic, minced
- 1/2 small jalapeno, with ribs and seeds, diced
- 8 to 10 ounces rhubarb, ends trimmed, cut crosswise into 1/2-inch pieces (2 cups)
- 3 tablespoons sugar
- 1/8 teaspoon ground nutmeg
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground pepper
- 2 tablespoons poultry seasoning
- 4 pork loin chops, (each 1/2 inch thick and 6 to 8 ounces)

1. In a small bowl, combine raisins with vinegar, Worcestershire sauce and 1/4 cup hot water; let stand 10 minutes to soften.

2. In a small saucepan, heat 1 teaspoon oil over medium-low heat. Add onion; cook until softened, 3 to 5 minutes. Add garlic and jalapeno and cook for another 3 minutes, stirring occasionally.

3. Add the rhubarb and sugar; and bring to a boil. Reduce heat; simmer until rhubarb has softened, 5 to 8 minutes. Stir in nutmeg; season with 1/2 teaspoon of the salt and pepper. Remove from heat; keep warm.

4. Generously season both sides of pork chops with the remaining teaspoon of salt and pepper, and the poultry seasoning.

5. In a large skillet, heat remaining 2 tablespoons oil over medium-high heat. Cook pork (in two batches, if necessary, to avoid crowding the pan) until browned and cooked through, 3 to 4 minutes per side. Serve topped with the warm Spicy Rhubarb and Golden Raisin sauce. Serves 4.

TIP: The golden raisins can be replaced with other dried fruit, such as cherries or currants and softened as instructed.

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.peachesand-prosciutto.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>

Saturday, March 21st @ 5-7:30pm

ECHS Band Spaghetti Supper

The Estill County High School Band will have a Spaghetti Dinner on Saturday, March 21st from 5-7:30 at Estill Springs Elementary.

The dinner will include spaghetti, bread, dessert and drink. Tickets are \$5 in ad-

vance or \$7 at the door. Options for carry-out and delivery are available as well (drinks are not included in delivery).

For additional information, please contact any band member.

Thursday, March 19th @ 5:30pm

Irvine-Ravenna Kiwanis Meeting

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 19 at 5:30 p.m. at Michael's Restaurant.

The program will be "High Adventure Wilderness School" to be presented by Bill Gordon. Recent donations made by the club have

been to the Estill Ministerial Assn., Academic Boosters, Westcare, and Mountain Mushroom Festival-5K.

Persons dedicated to *improving the world one child and one community at a time* are welcome to become members.

Friday, March 20th, 6-8pm

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 an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Applications Accepted For Food Program

Applications are now being accepted for the Commodity Supplemental Food Program (CSFP)

This is a monthly supplemental food package program for low-income elderly, age sixty (60) and over.

The Estill County Senior Center, local distributing agency for the CSFP, is currently accepting applications for this program.

To apply, please provide the following documents:

state issued ID, proof of income for all members of the household and a current utility bill.

Apply at the Estill County Senior Citizens Center, 100 Golden Court, Irvine. Office hours are Monday, Tuesday, Thursday and Friday 8 a.m. till 4 p.m. and Wednesdays 8 a.m. until 1 p.m.

Please call Diane Riddell (606) 723-4787 for more information about the CSFP.

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Tuesday, March 31st @ 7pm

Heroin & Addiction Awareness Meeting

"The Estill-Powell ASAP Board is hosting a community awareness meeting concerning heroin and addiction.

The meeting will be held Tuesday, March 31st at 7pm at the Estill County Extension

Office and is free and open to the public."

This information is useful for parents, educators, medical providers and others working with youth and young adults in our communities.

Wednesday, April 8th @ 2pm

Living With Alzheimer's Meeting

A "Living with Alzheimer's: For Caregivers - Early Stage" program will take place at the Madison County Public Library, located at 507 West Main Street, Richmond, 2-4 p.m. on Wednesday, April 8th.

This program will help participants understand the common symptoms and behaviors seen in early stage Alzheimer's

and how to address them. Additionally, caregivers will learn about what lies ahead legally and financially, the importance of early planning, and how to build an effective care team.

To register, call 1-800-272-3900 or email infokyn@alz.org. This program was created especially for family caregivers, so please no professionals.

Tuesday, April 14th at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 17th and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club Inter-

national, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Jimmie L. Johnson, DMD, PSC

Family Dentistry

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