

# First Flowers of Spring



## Times Remembered

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What is one of the first flowers we see in the springtime in our yards? They are the first flowers children pick for their mothers. Tara always picked me a little bouquet of yellow dandelions and violets every year.

Flowers of any kind touch my heart. Don't mow them down; honey bees love them, (they pollinate blooms for our food), but lawn-proud gardeners hate them; in fact most spray them to kill them. You guessed it! Dandelions!! Dandelions have many uses.

You can make teas and wine, plus you can serve them the way I have with cider vinegar, salt and

pepper and bacon grease poured over the greens. You can also cook them like spinach and you can fry the flowers in batter like many fry zucchini blossoms.

Fresh dandelion leaves are found in many supermarkets and are one of the healthiest foods you can eat. They contain vitamins (C,D,E,K, and most of the Bs and more A than a carrot). They also contain phytochemicals and antioxidants that strengthen the autoimmune system.

Dandelions have been used for centuries to detoxify the liver and treat gall-bladder problems. They stimulate the production of bile. My grandparent's generation used dandelions for a spring tonic. Dandelions contain a substance called inulin, (a fiber) which may also help stabilize blood sugar in diabetics.

All parts of the dandelion plant have beneficial medicinal qualities. But because of the widespread use of weed killers these days, you might feel more comfortable buying dandelion products in a health food store.

Dandelion tea is easy to make with purchased tea bags or by pouring

boiling water over dried dandelion leaves and steeping for 5 minutes.

Many people make dandelion wine. First you must pick about a half-bushel of the yellow flower heads, not the leaves, which are too bitter for wine. Next, inspect the heads for bugs, wash them and cover with three gallons of water, and simmer for two to three hours. Strain and add 10 pounds of sugar, one package of yeast that has been dissolved in warm water with 1 teaspoon of sugar.

Ferment for 6-10 days, then pour into a crock, and add 2 boxes of raisins, a dozen oranges and lemons, sliced thin, and enough warm water to fill a 5 gallon container, such as a crock or pail, then let the mixture work for two weeks, skimming daily. Seal the top of container or bottle the liquid and age.

Ralph Waldo Emerson wrote, "A weed is a plant whose virtues have not yet been discovered." The next time you are tempted to wage war on the lowly dandelion, remember its virtues, and make some room on your lawn for this happy and healthy flower.

# Is a fellow who abandons his diet called a desserter?



## America's Heartland

**Roger Alford**  
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One pudgy fellow asked an interesting question: If we're not meant to have midnight snacks, why is there a light in the refrigerator?

The fellow decided midnight snacks weren't so much a concern once he figured out he wasn't overweight but under-tall.

"Wouldn't it be great," the fellow asked, "if we could put ourselves in the dryer for 10 minutes and come out wrinkle free and three sizes smaller?"

We Americans seem to be consumed with food and dieting. Have you noticed how we can sit around the table at lunch and discuss what we're going to have for supper? Like I said, we're consumed with food.

The Bible reminds us that eating is much better when we do it with people we love. Con-

sider this from Proverbs 15:17: "Better is a dinner of herbs where love is than a stalled ox and hatred therewith."

I can almost hear you saying "amen" to that scripture. I know you'd rather have a simple salad with people you can share a loving conversation with good people than to have the biggest ribeye with a bunch of unloving, quarrelsome scoundrels.

I fondly recall all those great meals I had at home growing up, prepared with love by a devoted mother. Those meals were always so delicious. Mother had nine children, and she prepared three meals a day for us.

I remember an elementary school teacher who would ask us ever so often what her students had for breakfast. Some kids would answer that they had Frosted Flakes or Captain Crunch or Sugar Smacks. Others would say they had Quaker oats. Some would even have donuts. I remember being embarrassed because my answer was almost always the same. I'd had homemade biscuits and gravy, fried eggs, bacon or ham that came out of our own smokehouse, or perhaps sausage we ground ourselves. Oh, and there'd be jam or jelly my mother prepared herself that's we'd smear on those

tasty biscuits. And we'd wash it all down with milk that came from the family cow.

My mother took pride in feeding her children well. None of us were overweight back then. I suppose we played or worked the calories off. But what's most memorable about mealtime was gathering around a table with brothers and sisters who loved and supported one another. Like the Proverb said, it made our homemade meals so very delicious.

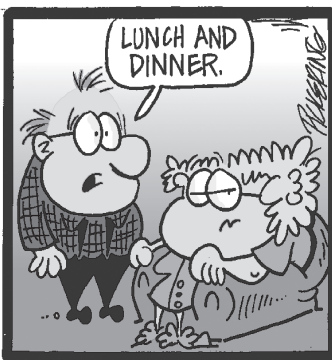
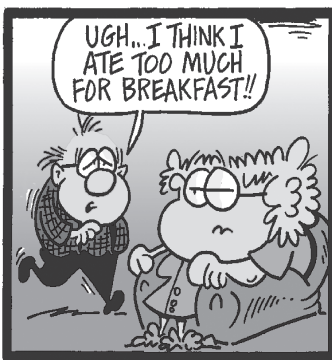
Since those carefree days of my youth, I've had more than my share of sugared cereals, which makes me wish, like that pudgy fellow, that I could jump in the dryer for 10 minutes and come out three sizes smaller.

**Roger Alford is pastor of South Fork Baptist Church. Reach him at P.O. Box 673, Owenton, Ky, 40359 or by calling 502-514-6857.**



**Nest Building**  
Birds are gathering material for their nests, and you can help. Put out soft stuff like string, yarn, clean pet hair or dryer lint. These items can be hung from tree branches or scattered on the ground. They'll be easy to spot and will provide extra insulation for new hatchlings.  
E-mail: birdingbits@jlr.com  
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### The Spats



by Jeff Pickering

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Former office manager of Irvine Tax-Wise

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2020-2021



## Estill County Kindergarten Registration

**WHO:** Children who are 5 years old on or before August 1, 2020. If your child attended South Irvine ELC they do **NOT** need to register.

**HOW:** 1. Go to the District Website <https://www.estill.k12.ky.us/> and click the Kindergarten Registration Link.  
2. Fill out the Application and submit.

OR

You may also print a blank application form and drop it off at Estill Springs Before May 14th or mail to 314 Main Street, Irvine, KY 40336. If you need a blank copy mailed to you, please call 723-7703.

The following documents will need to be turned in on Open House Night at the end of summer or prior to the first day of the 2020-2021 school year:

**Birth Certificate, Immunization Records, Physical Exam, Dental Exam, and Vision Exam**

**WHEN:** The link is available for your convenience NOW! Please don't wait to register your Future Kindergartener. If you have any questions please call Estill Springs and we would be happy to assist you!

**We can't wait to meet these Future Engineers!!!**