

## Kitchen Diva by Angela Shelf Medearis Take a Peach to the Beach

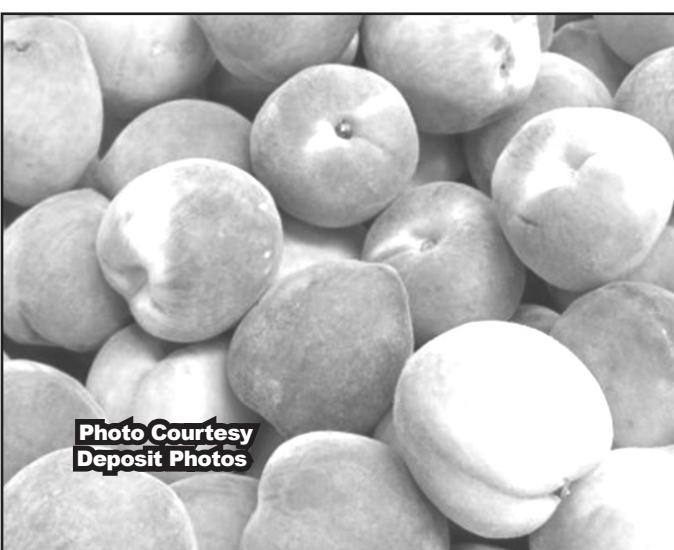
Summer brings with it an abundance of fruits, like peaches, that reach their peak of juicy perfection in the heat of July. Peaches are rich in antioxidants that help to maintain a great complexion. Antioxidants are substances that protect the body by eliminating free radicals, which cause cell damage and can contribute to aging. The sun brings out free radicals in the skin and antioxidants protect skin cells by counteracting free-radical activity -- so take a peach to the beach! Fresh, high-quality peaches are sweet tasting and low in calories, as well as saturated fat, cholesterol and sodium, and high in vitamins A and C, dietary fiber, niacin and potassium. Since one medium peach is only about 37 calories, they're also an excellent snack or guilt-free dessert.

There are more than 200 varieties of peaches, which are sometimes referred to as "stone" fruit due to their pits. Cling or clingstone peaches have a pit to which the flesh "clings." Freestone peaches have a pit from which the juicy, soft flesh is easily pulled away. There is no taste difference between freestone and clingstone peaches.

Some popular types of white peaches are the Sugar May, Scarlet Pearl, Southern Pearl and White Lady. The key differences between white and yellow peaches are their appearance and taste. The white peach has a pearl, pink-blushed skin, white flesh and pink seed. White peaches are less acidic, resulting in a delicately sweet, juicy flavor containing essences of honey and vanilla, and finishing with a clean sweetness. White peaches are best eaten out of hand, as

like most peaches they don't improve with cooking. The best way to choose a peach, whether white or yellow, is by the feel and smell, not the color. Look for peaches that are somewhat firm yet yield lightly to pressure when applied. When you can smell the sweetness of a peach, then you know that fruit is ready to eat.

Peaches are sensitive and should be handled with care and stored in a single layer, as they bruise easily. If unripe, store them in a paper bag. If ripe, they may be stored in the refrigerator for a week, depending on the degree of ripeness. For full succulence, bring them to room temperature and then enjoy both the flavor and aroma. Avoid picking peaches that are extremely small, hard, soft or have wrinkled skin at the stem end. Peaches that have a green background are picked in an unripe stage and will not ripen well.



If you're fortunate enough to have more peaches than you can eat, you can freeze them. Peel and slice the fruit and mix with one tablespoon each of lemon

juice and sugar. Place them into a sealable storage bags and freeze for future use.

Peaches are available throughout the year. California supplies them from May to October, peaking in July. Washington peaches are available from July to September, while Chile supplies them the rest of the year.

Here are some fun facts about peaches:

\* These "Persian apples" actually had their beginning in China, but were developed in Persia and went from there to Europe and then to America with the colonists.

\* The nectarine and the peach are so similar that there is only one gene that separates the two to make them distinct. The nectarine has one recessive gene -- the one with the fuzz.

\* "You're a real peach" originated from the tradition of giving a peach to your beloved friends.

\* Most peaches are cultivated by grafting different combinations of rootstocks onto scions. This recipe for Peaches and Cream Pops is a cool way to enjoy this fantastic fruit on a hot summer day.

### PEACHES AND CREAM POPS

1/2 cup peeled, chopped fresh peaches  
1/3 cup peeled, pureed fresh peaches  
2/3 cup nonfat vanilla yogurt  
2 tablespoons honey

1. Puree 1/3 cup of the peaches in a blender or food processor until smooth. Using a small bowl, mix together the peach puree, yogurt, honey and remaining 1/2 cup of peaches.

2. Spoon the peach mixture into 4 ice cream-pop molds and insert the handle. Freeze for at least 4 hours. Makes 4 servings.

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## Pleasing God

Sunday, July 19th, 2020 Morning Message  
Bro. Warren Rogers, Ivory Hill Baptist Church

### Based on Genesis 5:21 & 24

Here we find that Enoch pleased God. How did he do it? He walked daily with God. What can we do to please God? Let's look at a few things that Enoch did.

#1 Enoch presented himself for God's service Hebrews 11:5-6, "By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God. *But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.*"

**A - Present yourselves.** Romans 12:1, "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Doesn't it seem reasonable that you follow God every day; after all, Jesus died on the cross for you. All he wants is for you to serve Him with all your heart and mind.

**B - By doing good to others:** Hebrews 13:16, "But to do good and to communicate forget not: for with such sacrifices God is well pleased."

Romans 12:2, "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Now listen, all you children: Colossians 3:20, "Children, obey your parents in all things: for this is well pleasing unto the Lord."

Enoch walked with God: Genesis 5:22 & 24, "And Enoch walked with God after he begat Methuselah three hundred years, and begat sons and daughters: <sup>24</sup>And Enoch walked with God: and he was not; for God took him."

Enoch walked so close to God that God took him to Heaven before Enoch died. Hebrews 11:5, "By faith Enoch was translated that he should not

see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God."

Friends, that is a close walk with God. Walking with God is a privilege. It is something that God wants us to do every day.

As we travel life's road, it is good to have someone you can communicate with when it seems all else has failed. God is always there to listen.

**Ephesians 2:4-5,** "But God, who is rich in mercy, for his great love wherewith he loved us, <sup>5</sup>Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)"

Enoch witnessed for God: No man can give a testimony who is not pleasing and walking with God. **Jude 1:21,** "Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life."

**Proverbs 4:5,** "Get wisdom, get understanding: forget it not; neither decline from the words of my mouth."

Testify for God. **Colossians 1:10,** "That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God."

We need to watch our speech habits when we talk with others. The Lord does not like gossip. **Ephesians 4:29,** taken from the NIV, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

I ask you who are you walking with? Remember walking with God is a privilege. It is only right that we praise Him every day for what he has done for us.

**Romans 8:14,** "For as many as are led by the Spirit of God, they are the sons of God."

Friends to walk with God you need to start every day talking with Him. If you find yourself in need of coming back to God and you want to talk to me call: 606-481-0444

Until next week, may God bless you,  
Bro. Warren

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