

Kitchen Diva by Angela Shelf Medearis Strawberries Are the Perfect Fruit

Strawberries have been considered a tasty and nutritious treat for hundreds of years. Nutritional experts believe that strawberries are as close as you can get to a perfect fruit. They're low in calories (just 27 per 100 grams) and fat-free, but packed with nutrients, including vitamins and antioxidants that bring numerous health benefits. Eating just five strawberries gives you more vitamin C than an orange. The vitamin content in strawberries drops quickly, so you need to eat them as soon as you can after they've been picked.

The strawberry got its name from the common practice of growing berries under straw to protect them from winter cold and late spring frosts. A member of the rose family, the strawberry sometimes gives off a rose-like aroma. Many speculate about how the luscious fruit was discovered. It is known that the strawberry goes as far back as the Romans, and perhaps even the Greeks.

The strawberry plant was originally grown in Northern Europe, but wild species also are found in Russia, Chile and North America. At one time, wild strawberries grew everywhere from Canada to the Carolinas and westward beyond the Appalachian Mountains.

Before modern refrigeration, a day of "strawbering" meant a long day of picking, followed by gorging on delicious strawberry treats -- pies, tarts, shortcake and all the ripe strawberries the family could consume. Berries that were not eaten were preserved as jam, jelly, sauce, strawberry vinegar and strawberry tonic, a medicinal drink. The remaining berries were dried on flat rocks for several days. These dried berries

would be used throughout the fall and winter in breads, cakes, puddings and porridge.

The first American species of strawberry was cultivated in about 1835. Today, the strawberry is the leading small fruit crop in the U.S. It is farmed from Florida to Alaska, with the largest strawberry growing centers located in California and Florida.

When picking or buying packages of strawberries, look for ripe, shiny and brilliantly colored berries without any soft or brown patches. Never buy strawberries that are green or hard, or that look dry, dull or wrinkled. When buying berries packed in a basket, check the bottom to see if there is a juice stain. This means that the strawberries at the bottom are crushed.



Always dispose of any berries that have signs of mildew or are rotten, as they'll contaminate the rest. Refrigerating strawberries ruins the flavor, and the

strawberry aroma is easily picked up by other foods in the refrigerator. Store the berries in a cool place. Strawberries should be lightly rinsed, not washed, before serving, and eaten as soon as possible.

This recipe for Strawberry Flower Cups is an easy way to serve fresh berries as a dessert or to use as a beautiful decoration. The strawberries are cut to resemble flower petals then stuffed with sweetened cream cheese. It's a cool, delicious way to showcase these beautiful berries!

STRAWBERRY FLOWER CUPS

- 32 fresh, whole strawberries, large
- 12 ounces cream cheese, softened
- 1/2 cup confectioners' sugar
- 1/4 teaspoon almond extract
- 2 tbsp. semisweet or milk chocolate, grated

1. Lightly rinse the strawberries and gently place them in a colander to drain. Cut a thin slice from the stem end of each strawberry to create a base so that the berries will stand upright on the flattened end. Place the berries, cut side down, on a cutting board. Carefully cut each berry into 4 wedges, but do not cut through the bottom. Use your finger to gently press down in the center of the berry so that the wedges fan out just slightly, taking care not to break the berries apart. Set the berries aside.

2. Using a small mixing bowl, beat together the cream cheese, confectioners' sugar and almond extract until light and fluffy. Gently fold-in half of the grated chocolate. Use a teaspoon, a plastic sandwich bag with a small hole cut into the end or a decorating bag with decorative tip to fill the berries with the cream-cheese mixture.

3. Sprinkle the remaining grated chocolate over each berry. Cover and chill until ready to serve. Makes about 32 filled strawberries.

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America's Heartland
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Carrying a purse gets little boy in trouble with his classmates

A little boy came home from school visibly upset. His parents asked him what was wrong.

He said, "The kids at school were calling me sissy."

"Well, what did you do about it?" his parents asked.

"I hit them with my purse."

In this part of the country, little boys carrying purses to school is far from normal. They may carry frogs, jackknives, lizards, and an occasional raccoon or opossum. But, you know, I don't recall ever seeing a little boy around here carrying a purse.

Actually, the Bible tells us about a fellow who carried a purse. His

name was Judas Iscariot. You remember him as the man who betrayed Jesus, leading an angry mob to where he was praying in the Garden of Gethsemane. Judas sold out Jesus for 30 silver coins to put into that purse he carried around.

We first learn of Judas' purse in John 12. Jesus was being treated to a nice supper by his friends. During that get-together, a lady named Mary used a whole pound of very costly and sweet smelling perfume and anointed the feet of Jesus. The whole house was filled with the fragrance, and I imagine everyone was enjoying it but one person, Judas.

"Why," Judas asked, "was not this ointment sold and the money given to the poor?"

"This he said, not that he cared for the poor, but because he was a thief and had the bag and bare what was put therein" (John 12:6).

So, Judas, the man with the purse, was responsible for turning Jesus over to the angry mob that would ultimately beat him and nail him to a cross.

You may remember that Judas, apparently sorry for what he had done, tried to give the money bag, but the Jewish leaders refused.

"And he cast down the pieces of silver in the temple, and departed, and went and hanged himself. And the chief priests took the silver pieces, and said, It is not lawful for to put them into the treasury, because it is the price of blood. And they took counsel, and bought with them the potter's field, to bury strangers in. Wherefore that field was called, The field of blood, unto this day" (Matthew 27:6-8).

I was in Jerusalem not so long ago, and stood on the Temple Mount. From there, I could see the potter's field in the distance. This small tract, considered by many Jerusalem residents to be cursed, is an eerie gift to mankind from the man who carried a purse.

Perhaps that's why Christian men and boys are more than a little reluctant to carry purses.

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Library Happenings

Estill Public Library

by Shannon Horn

Hello Readers!

It has been a busy week! I love that we've had so many people participating in our Summer Reading program. This week I thought I would give you all some important information about the library and how you can check out items.

First and foremost, the library is getting ever closer to being "open". I say that "open" because, we just aren't really sure with all the guidelines what it will look like when we are able to open back up to the public. We've been waiting for several weeks for our internet to be hooked up. There are several people involved with that and it has just taken a little bit of time for it to get started. Luckily for us though, the internet has been hooked up and is ready to go.

Since we now have internet, we are no longer working out of both buildings. We are working solely out of the Broadway location, while we finish moving remaining items from Main Street. As far as opening dates go, we are unsure. We are making sure that we are cautious with everything we do in order to keep our patrons safe during this time.

One way that we are trying to keep everyone healthy right now, is with our cleaning routine for returned items. There have been several people that have been checking books, movie and magazines out over the last few weeks and as they are coming back, we are making sure that they remain in quarantine for the appropriate amount of time. All items are being sanitized as well, to make sure that any germs remaining are taken care of before the item goes back on the shelf or into the next patron's hands.

Summer Reading activities are still being put out on our Facebook page. We've had all kinds of fun activities going on and we will continue to provide Summer Reading activities until the end of this month. Keep an eye out! You never know what kind of fun stuff you might find.

Births -- Baptist Health of Richmond

County	DOB	Parents	Town	Gender
Madison	June 18, 2020	Shallin Patterson and Philip Hisel	Richmond	Boy
Jackson	June 19, 2020	Brittany and Nathan Abrams	McKee	Girl
Lee	June 19, 2020	Hannah Tipton	Beattyville	Boy
Madison	June 21, 2020	Michaela Valentine & Jonathon Stamper	Richmond	Girl
Madison	June 21, 2020	Jessica and Jeffrey Jones Jr.	Richmond	Boy
Madison	June 21, 2020	Brianna and David Lay	Richmond	Girl
Madison	June 23, 2020	Chase and Jacob Daniel	Richmond	Boy
Rockcastle	June 24, 2020	Kaitlin and Derek Thacker	Brodhead	Girl
Jackson	June 24, 2020	Samantha and Nathaniel Johnson	McKee	Boy
Madison	June 24, 2020	Kaitlin Asbury-Damrell & Nathan Waters	Richmond	Girl
Madison	June 25, 2020	Elizabeth and Seth Bowles	Richmond	Boy
Madison	June 26, 2020	Carey Short and Braeden Gay	Richmond	Boy
Madison	June 26, 2020	Kaitlyn Canada and Travis Scenters	Richmond	Boy
Madison	June 26, 2020	Ashley Semones and Ryan Combs	Berea	Boy
Madison	June 26, 2020	Kelli Dutton and Daryl Royal Jr.	Richmond	Boy
Madison	June 29, 2020	Tabitha and Coty Perrin	Richmond	Girl
Madison	June 29, 2020	Katie Allen and Anthony Webb	Waco	Boy
Estill	June 29, 2020	Hannah Abney and Justin Thomas	Irvine	Boy

LAFF - A - DAY



R.F.D. by Mike Marland



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