



**Chelsea K. Bicknell**  
Estill County Extension  
Agent for Family and  
Consumer Sciences

After a wet summer, many gardens are now in full swing. With all this produce, you may be thinking about preserving any extras for the winter months, or have already been doing so. When preserving food, one should always remember that safety is of the utmost importance because, let's face it, no one wants to get sick from poorly processed food!

Bacteria, molds and yeast can grow quickly on fresh foods, and fruits and vegetables contain oxygen and enzymes that can cause food to spoil. Safe home canning methods help prevent the growth of these bacteria,

## Safe Canning Practices Keep Everyone Healthy

yeast and molds in addition to removing excess oxygen from the food, which destroys spoilage enzymes and helps form strong vacuum seals on the jars.

You should remember several key points of proper food preservation to keep yourself and your family healthy and safe from botulism, which can be a deadly form of food poisoning.

Despite what you may find on the Web or social media, only two methods are acceptable for home canning safe, quality products. They are the boiling water canning method and the pressure canner method. The type of food you are preserving will dictate which method to use. Boiling water canners can be used on fruits and other products that have a high concentration of acid, such as salsas or pickles with enough lemon juice or vinegar added. Acid helps prevent the growth of harmful bacteria in canned food. Vegetables, poultry and meats do not contain enough acid to prevent the growth of bacteria. For these foods, a boiling water canner will not reach a high enough temperature to

destroy the bacteria that can cause botulism, so you must use a pressure canner to ensure safe processing.

Make sure to use up-to-date equipment that's in proper working condition. It's never a good idea to purchase a pressure canner at a yard sale as replacement parts and manufacturer's instructions may be no longer available. Pressure canners made after 1997 were designed with more safety features and weigh less than older canners. Follow the manufacturer's instructions on canner care and maintenance. For dial gauge pressure canners, the accuracy of the gauge should be tested each year. This can be done for free here at the Estill County Extension Office.

Remember to always use tested, research-based recipes to preserve foods. These recipes are available in Cooperative Extension Service home canning publications, in the U.S. Department of Agriculture's Complete Guide to Home Canning or on the National Center for Home Food Preservation's website. Follow each recipe as closely as possible. Do not

make additions or changes unless options are provided in the recipe. Not following the recipe precisely or using a recipe that is not research-based, may not completely kill all bacteria and result in sickness.

Use only Mason-type canning jars and self-sealing lids. Do not reuse old jars like those that previously contained peanut butter or mayonnaise. After processing, allow the jars to cool naturally. This helps form a good vacuum seal.

More information on safe food preservation can be found here at the Extension Office or by calling 723-4557. If you're interested in learning more about food preservation, sign-up to attend our 3-day Food Preservation Workshop on August 18th, 19th, and 20th. Each class begins at 9:30am and will last until 3:30pm. You can attend all three classes or just one or two. Everyone is welcome to attend!

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

## 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>

### Thursday, August 6th @ 5:30pm

#### Kiwanis Club of Irvine/Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 6 at 5:30 p.m. at Michael's Restaurant.

Donations given by the Club in July went to the South Irvine Pre-K Center, Kiwanis

Eliminate project, and old Irvine Cemetery mowings.

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

### Friday, August 7, 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.

### Sunday, August 9th @ 1pm

#### 38th Annual Dennis Reunion

The 38th annual reunion of the family of Oscar and Eva Lee Dennis will be held on Sunday, August 9, 2015 in the fellowship hall of Bethel

Christian Church on New Fox Road in Irvine.

The potluck dinner will be around 1:00 p.m. All friends and relatives are welcome.

### Monday, August 10th @ 7pm

#### Gem, Mineral & Fossil Club

The Southeast Kentucky Gem, Mineral, & Fossil Club will meet Monday, August 10 at 7 p.m. at the Estill County Public Library.

The program will be a

"Show and Tell" about any gem, mineral or fossil.

Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

### Tuesday, August 18th @ 6:30pm

#### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 18 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..."

### Saturday, August 15th @ 12 Noon

#### Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will have their annual reunion on Saturday, August 15, 2015, starting at 12:00 Noon at the Ravenna National Guard Armory located on KY-52 West just

outside of Ravenna. Lunch will be at 1:00 p.m.

Please bring food, soft drinks, water, etc. for your family and we'll all share our food in potluck style.

Inform all friends and relatives that they are welcome.

### Tuesday, August 11, 10:30 am

#### GTE/Sylvania Retirees' Trip

Winchester GTE/Sylvania/Osram/UAW retirees will gather 10:30 a.m., Tuesday, August 11 at the Union Hall and form carpools to travel

to Blue Licks State Park for lunch. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

### Saturday, August 15th @ noon

#### The Harrison Reunion

The Harrison Reunion will start at 12 noon on Saturday, August 15 at South Irvine Christian Church fellowship

hall. Please bring a covered dish and drinks.

### Saturday, September 5th @ Noon

#### Annual Profitt Family Reunion

The annual reunion of the family of James and Elizabeth Crowe "Pop" Profitt will be held Saturday, September 5, 2014, at Carl McIntosh's "Shelter Valley," just off Watson Ridge Road near Furnace.

Everyone is welcome!

## Kitchen Diva The Fruits of Summer

This summer has produced a bountiful crop of fruits. While I often take advantage of the fruits on sale, sometimes I have questions about how to prepare and store them. The following tips can help you prepare and enjoy fresh fruits and keep them at their most flavorful.

### Which Fruits Continue to Ripen after They're Picked?

Apricots, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plantains and plums continue to ripen at room temperature after they're picked.

To speed their ripening, put them in a loosely closed brown paper bag. Plastic bags don't work for ripening. Once fully ripened, fruits may be stored in the refrigerator to lengthen their storage time. Though the outside skin of a refrigerated banana will turn dark brown, the inside will remain light-colored.

Fruits that should be picked or bought ripe and ready-to-eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

### Should Fruits and Vegetables Be Washed Before They're Put Away?

The Food and Drug Administration advises that we wash our fresh fruits and vegetables when ready to eat rather than when they're first purchased or picked. Here are some tips for washing fruits and vegetables before use:

Don't use soap, detergents, or bleach solutions. Make sure your kitchen sink is clean, or place a large mixing bowl in the sink. Add the produce to the sink and cover with cold water. (Don't overcrowd the sink.) Add 1-2 cups of plain white vinegar and soak for 10-15 minutes. If some of the fruits bob to the top just swirl them around in the water and rub gently with your fingertips for a few moments. I rinse well using cold water to remove any traces of vinegar. Scrub firm produce, such as melons and cucumbers, with a clean produce brush to remove surface dirt.

Try to cut away damaged or bruised areas -- bacteria can thrive in these places. To prevent this, thoroughly rinse fruits that require peeling or cutting -- such as cantaloupe and other melons -- under running water before eating.

After purchase, put produce that needs refrigeration away promptly. Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.

### What Is The Easiest Way to Peel and Slice A Mango?

Wash the mango. Cut the mango by sitting it on its bottom and cutting vertically along the flat side of the center seed by slicing off each fleshy cheek of the mango. Hold one mango half peel-side down and score the fruit down to the peel (but not through it) in a tic-tac-toe fashion. Hold the scored portion with both hands and bend the peel backward so that the diamond-cut cubes are exposed. Cut cubes off peel, then remove any remaining fruit clinging to the seed.

### How Can I Keep Cut Fruit from Turning Brown?

Coat them with an acidic juice such as lemon, orange or pineapple juice. Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Avoid leaving cut fruit at room temperature for more than two hours.



My recipe for Sweet and Spicy Fruit Salad uses a variety of your favorite fruits in a delicious new way.

#### SWEET AND SPICY FRUIT SALAD

- 1/3 cup stevia, agave syrup or sugar
- 1 serrano chile, halved
- 1 whole dried star anise
- 7 to 8 cups mixed cut fruit, like kiwi, peaches, plums, raspberries, blueberries, blackberries, mango, pineapple, oranges, grapefruit, pears or bananas
- 2 teaspoons chopped tarragon
- 2 teaspoons chopped basil
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- Mascarpone or crumbled ricotta salata, for garnish (optional)

1. Place sweetener, 3/4 cup water, chile and star anise in a small pot and bring to boil. Simmer for 10 to 15 minutes until mixture is as thick as maple syrup and spicy tasting. Strain syrup. (Syrup can be made up to 1 week in advance; store in the refrigerator.)

2. Toss fruit with half of sugar syrup, the tarragon and the basil. Add more syrup to taste, depending on how sweet and spicy you want the salad. Season very lightly with salt and pepper. If desired, add dollops of mascarpone or crumbled ricotta salata on top.

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](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook.

(c) 2015 King Features Synd., Inc., and Angela Shelf Medearis



"I understand that the guy who lives here is a \_\_\_\_\_ instructor."

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

- Compare
- INKLE
- Share
- ORIENT
- Supple
- GAILE
- Grasp
- CHARE

**TODAY'S WORD**

Visit Our Website At  
**<EstillTribune.Com>**  
For Up-To-Date Obituaries