

Times Remembered
Betty A. Young

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An Underground Food Tradition

Like most homegrown cuisines, Appalachian cookery runs deep in our part of the country. Early settlers had makeshift ways and knew how to stretch ingenuity. That is where an underground food tradition began.

A popular practice was to store vegetables using the ground solution, which called for the person doing the storing to dig out a shallow trench or a hole in the earth, dipping just below the frost line to store for the winter. Then the trench was lined with straw and the cabbage, turnips,

(with the roots still on), and apples were placed in the trench. Next an insulating layer of soil was added and another layer of straw. A piece of tin was placed on top of the trench to keep the rain out. Rocks were put on the top so it wouldn't blow off. Seems like we wrapped the apples in newspaper; it has been so long ago and I was only about 5 years old. Some of it is hard to remember.

I do remember Dad going outside and getting cabbage and some of the apples when it was cold and snowing. The apples tasted just like they came off the tree.

No dish can match the buried cabbage, the underground best. The preservation starts this month to bury underground cabbage. The sweet cabbage heads tasted crisper and fresher than any of the vegetables we canned for the winter.

Cabbage is always buried up-side down, so dirt won't get in the leaves. The cabbage does dry a little bit on the outside, but a few leaves removed and they are fine.

Cabbage was a plentiful crop throughout Appalachia in the early years and it was fixed many ways. I suppose I have it in my DNA to love cabbage; now turnips not

as much; I can eat them, but I really don't like them. But, you cook a big pot of cabbage with some streaked meat in it with a little dash of red pepper flakes, you can't sit still and eat it. So good!

The advent of modern food technologies, including flash-freezing largely wiped out homespun preservation techniques. The notion of burying one's food for seasonal safekeeping strikes most contemporary eaters as old-fashioned and odd.

Although, I've read that old-timers are still burying vegetables using the underground method in the Appalachian area. The people that live in these mountains are masters of food preservation. They figured out if they buried these vegetables underground, they would keep through the winter. One distinguishing characteristic of Appalachian food, it's that they know how to make food last.

These storage methods need to be passed on to our children and grandchildren. You don't know when we might need this knowledge. I wish I had been more inquisitive about many things that Mom and Dad spoke of and did. These people possessed a world of knowledge on many subjects.



Homeschool Enrichment at the Library

Library Happenings
Estill Public Library
by Chelsea Bicknell

October 12th, 2018

Hello Everyone!

This will most likely be my last column for a while due to my impending labor, but do not fret - Miss Shannon Horn may be taking over and keeping you all up-to-date on all the happenings here at the Estill County Public Library until I can return. Here are some updates on programs that have happened in the past week or so and information on programs that are about to happen:

Adult Programs

The attendees of the Haunted House series met last week to continue their research on their homes. They went to the court house to look at the deeds and to find out more information about who had previously been the owners of their locations. In case any of you all are interested in researching your own home, one of the best places to start is at the County Clerk's office in the court house. The deeds are digitalized and you can make copies of them for just .50! The attendees will have their next session here at the library to look up census records. Even though the introduction session has already passed, it's not too late if you would still like to join in and get help with researching! Just call or stop by the library to set up an appointment!

It sounds like everyone who attended Crafternoon last week had a really great time learning how to paint with tissue paper! Shannon Horn led the session and folks came up with a lot of really pretty and unique creations. The next Crafternoon session will be on Wednesday, Oct. 24th at 1:30 p.m. and it will be led by local artist, Sandy Savage. If you are interested in attending, please give us a call at 723-3030 to sign up!

Pickin' in the Park continued on with the Winetree this past Tuesday. The remaining concerts in October are as follows: Troy Estes will perform on Oct. 23rd, and Michael Stallings will be our performer on Oct. 30th. All of these concerts start at 6:30 p.m. and either take place at the Rising Park or inside the library, depending on the weather. I am definitely going to miss these concerts while I am away! I hope you all can make it out to them.

Candidate Forums - Just a reminder, the dates for the remaining forums are as follows: Thursday, Oct. 18th for the candidates of Sheriff and Constable, Monday, Oct. 22nd for the candidates of State Representative, KY Supreme Court, and County Attorney; and the last forum will be on Thursday, Oct. 25th for the candidates of Magistrates and County Judge-Executive. It's not too late if you would like to submit a question for any of the remaining forums. To do that, you can click the link on our Facebook page online or stop by the library and we have a form and a box to put your questions into. I'd also like to note that if you are not able to attend the forums in person, there is the option of listening to them on WSKV 104.9FM or watching the Live Feed on our Facebook page. Again, all these forums start at 6:00 p.m. and take place at the Estill County High School Auditorium. If you have any questions or would like more info, just give us a call at 723-3030.

The Adult Book Club's next book is ready for check out! They will be reading Looking for Me by Beth Hoffman and they do have it available in audiobook if you are interested in that. New members are welcome and encouraged to attend their discussion groups on the first Tuesday of

each month at 1:30 p.m. here at the library!

Teen Programs

The Young Adult Book Club met this past Monday. They watched the movie Hugo which is based on the book they just finished reading - The Invention Of Hugo Cabret by Brian Selznick. They also got the book for their Oct./Nov. meetings which is The Hunger Games by Suzanne Collins. Their next meeting is this coming Monday, Oct. 22nd at 4:00 p.m. Again, any middle or high school aged teenager is welcome to join in! They always sound like they have a really great time.

Another Teen Game Night will happen on Tuesday, Oct. 23rd beginning at 3:30 p.m. for all middle school and high school aged students. This is a great time for teens to get together and have some fun afterschool. They are more than welcome to ride the bus down to the library after school if need be! If you have any questions or would like more info, just give us a call!

They started a new program for teens last Friday to take place of the Anime Club, it's called Fandom Fridays! Fandom Fridays is for any middle or high school aged teen. This club is for students to get together and talk about their favorite TV Shows, movies, books, podcasts, etc. They will be making crafts and doing different kinds of activities from some of their favorite fandoms. This program will happen every Friday afternoon at 3:30 p.m. here at the library.

Kid Programs

For our kiddos, they had a fun time listening to stories and learning new songs with Miss Shannon at Storytime last Wednesday! If you're interested in bringing a child, it's every Wednesday morning at 10:30 a.m. here at the library - they love seeing new faces!

The Homeschool Enrichment Program had a full house for their program last week! Calvin Parker and Pepper Walling were the guests and talked about fire safety with the attendees. Their next meeting will take place on Thursday, Oct. 25th at 1:00 p.m.

Lego Club attendance was down a little last week due to Fall break, but there were still eight kids that showed up to build! Their unique creations are on display at the front of the library if you would like to come see those! Lego Club is for children ages 6-12, but older/younger siblings are welcome to attend as well! It happens every Thursday at 4:15 p.m.

Nighttime Storytime was cancelled last week, but will be happening this week. This program is great for those parents/guardians who work during the week and are not able to bring their kids to the daytime storytime. They do many of the same activities and have just as much fun! If you are interested in attending, it's every Thursday evening at 5:30 p.m.

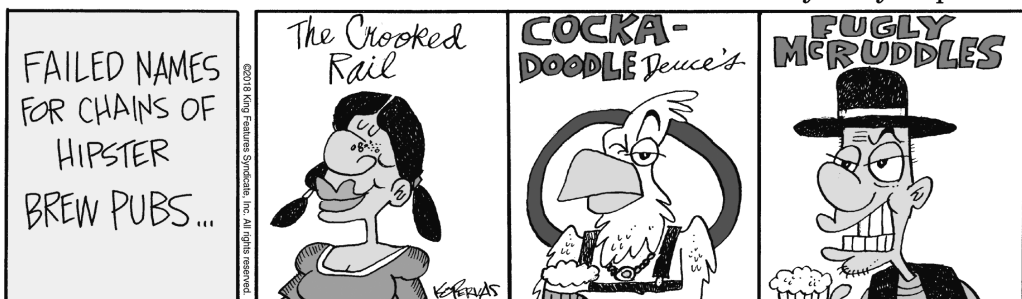
Baby and Me Storytime is continuing to be a great success! This program happens every Friday morning at 10:30 a.m. if you would like to bring your baby and come join the fun!

This week our book recommendations come from the only fellow of the library, Mr. Raymond! He only gave 5 book recommendations and they are as follows: The Last Days of New Paris by China Mieville, An Instance of the Fingerpost by Iain Pears, Sacred Games by Vikram Chandra, The Prague Cemetery by Umberto Eco, and The Enchantress of Florence by Salman Rushdie. All of these books will be on display at the front of the library if you are interested in looking at those and possibly checking some out!

I believe that's all the updates I have for this week. Thanks for reading! As always, if you have any questions, comments or concerns about anything regarding the library, please do not hesitate to stop on in or give us a call at 723-3030. Until I return!

Out on a Limb

by Gary Kopervas



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