



Times Remembered
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Gardening

Surely I'm not the only that disliked chores when I was a kid. But one thing I did enjoy was helping my Mom plant the garden in spring. Planting a garden was much more fun instead of setting tobacco. Anything with tobacco I detested. It smelled so bad it made me sick to my stomach.

Usually around Good Friday we would plant potatoes; and they had to be red Kennebec ones. We would spend the early morning or the night before cutting up the seed potatoes. Every piece needed an eye or they would not "come up."

Dad would lay off the rows with the manual push plow and Mom would drop them in the rows; then I came along with my garden hoe and covered them with dirt. Next Mom would show

me how to build ridges of dirt to plant lettuce, carrots and beets. After the ridges were made Mom would run a stick or her finger down the ridge to make a slight indentation for the seeds; then I would cover the seeds lightly. And you always placed the empty package of carrots or beets at the end of the ridge so you would remember what was planting there.

In early May we planted green beans, usually half-runners, in rows after the threat of frost and made hills of dirt to plant cucumbers and squash. Those seeds were placed in the center of the hills.

Dad sowed tomato, cabbage and pepper plants in the tobacco bed when it was burned in late February or early March and they were transplanted into the garden later in May.

Salad Peas or Field Peas were planted much earlier, sometimes early March if possible. Cabbage and Broccoli were planted earlier, because they were cold weather crops. I remember if we needed to buy any cabbage plants we always purchased them at Estill Farm Service. They weren't in plastic six-packs like today, they didn't exist. They would be wrapped in damp newspaper and we would set them out after supper that night.

We set out tomato plants after Mother's Day; that was Mom's rule including the planting of flowers outside. We al-

ways had early tomatoes and late tomatoes. When we finished setting tobacco we would pull all the tomato plants from the tobacco bed; ones that were left after Dad shared with several people. Anyway we set tomato plants with the tobacco setter; about a half an acre. We always had plenty of tomatoes and tomato juice all winter. Mom probably canned a hundred quarts every summer. Nothing tastes better than home-made tomato juice; especially in macaroni. That was the grand kid's favorite dish - Macaroni and Juice!

After all the vegetables were planted Mom planted a row of zinnias and marigolds in the garden. They were beautiful. I always told her she had a green thumb.

Harvest time was a tremendous amount of work, but it was worth it. Like most kids, I was unaware that I was learning something new while digging into a task I enjoyed.

About the last week of June every year Mom would call us all to Sunday dinner to a table of fresh home grown garden vegetables. Such as new potatoes, salad peas, green onions, beets, cole slaw with carrots, cucumber salad, and summer squash. Her delicious fried chicken and corn bread topped it off; and a blackberry cobbler. Mmmm! My mouth is watering. What scrumptious food!

Important lesson: If Mama ain't happy, ain't nobody happy



America's Heartland

Roger Alford
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Living in America's heartland, I thought I'd heard about every redneck joke that's ever been told, but I was amused recently by a couple about the mothers of rednecks.

You know a man is a redneck if his mother keeps a spit can on the ironing board.

You know a man is a redneck if his mother has been in a fist fight at a high school sporting event.

In rural America, we love, admire and respect our mothers. We operate on the basic premise

that "if Mama ain't happy, ain't nobody happy." So, we work really hard to make sure Mama is happy.

One of the most beautiful tributes to a great mother is in Proverbs 31. The passage was written from the point of view of a father to a son, sharing wisdom about the value of a good wife and mother, telling him that she is more precious than jewels. I thought I might share it with you.

"The heart of her husband trusts in her, and he will not lack anything good. She rewards him with good, not evil all the days of her life. ... She rises while it is still night and provides food for her household. ... Her hands reach out to the poor, and she extends her hands to the needy. She is not afraid for her household when it snows, for all in her household are doubly clothed. ... She opens her mouth with wisdom and loving instruction is on her tongue. She watches over the activities of her household and is never

idle. Her sons rise up and call her blessed. Her husband also praises her, saying 'many women are capable, but you surpass them all.' Charm is deceptive and beauty is fleeting, but a woman who fears the Lord will be praised."

Someone once said that becoming a mother, even considering the pain of childbirth, isn't nearly as difficult as being a mother. It means changing dirty diapers, scrubbing dirty faces, washing muddy clothes, kissing away hurts, mending broken hearts, and wiping away lots of tears. It means dealing with disappointment and delight. Over and over again.

For everything your mother has done for you, I'd advise going right over to the ironing board and giving her a hug. But, for goodness sakes, careful with that spit can.

Roger Alford offers words of encouragement to residents of America's heartland. Reach him at rogeralford1@gmail.com.

ESTILL LIBRARY BOOKMOBILE SCHEDULE

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ESTILL COUNTY SCHOOLS MENUS

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MONDAY May 14	TUESDAY May 15	WEDNESDAY May 16	THURSDAY May 17	FRIDAY May 18
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SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Toast Cheerios Pears	Pancake Porky Animal Crackers Apples, Milk	Cinnamon Toast Crunch, Peaches Milk	Scrambled Eggs Toast, Milk Mandarin Oranges	Muffin Strawberry Cup Juice, Milk
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SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Bologna Sandwich Potato Wedges Applesauce Milk	Chicken Pattie/Bun Baked Beans Mandarin Oranges Milk	Grilled Cheese Sandwich Cauliflower Bites Apple, Milk	Chicken Tenders, Roll Mashed Potatoes Peaches, Milk	Chicken Pattie/Bun Potato Smiles Apples Milk
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ESTILL SPRINGS BREAKFASTS

Toast/Cocoa Puffs Pears Asst. Juice Milk Choices	Pancake Porky/Syrup or Cinn. Toast Crunch/Graham Snacks, Apple Asst. Juice, Milk	Yogurt/Cheese Sticks or Fruit Loops, Graham Snacks Applesauce Asst. Juice, Milk	Biscuit/Gravy Lucky Charms & Biscuit Asst. Juices Milk Choices	Asst. Muffins Trix Cereal Peaches Asst. Juice Milk Choices
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ESTILL SPRINGS LUNCHES

Chicken Nuggets, Roll Green Beans Mashed Potatoes Apple, Milk	Cheese Breadsticks Marinara Sauce Steamed Broccoli Cucumber Slices Pears, Milk	Hamburger/Bun Potato Rounds Baked Beans Dill Pickle Slices Peaches, Milk	Pepperoni Pizza Corn Grape Tomatoes Oranges Milk	Deil Turkey/Bun Chips Baby Carrots Fresh Broccoli Strawberry Cup
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WEST IRVINE BREAKFASTS

Toast and Cereal Cinn. Toast Crunch Toast, Fresh Fruit Juice, Milk	Min Waffles/Syrup or Yogurt, Cheese, Crackers or Lucky Charms, Fresh Fruit	Pancake Porky or Cocoa Puffs Fresh Fruit Juice, Milk	Biscuit & Gravy or Cinn. Toast Crunch Fresh Fruit Juice, Milk	Assorted Muffins or Cocoa Krispies Fresh Fruit Juice, Milk
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WEST IRVINE LUNCHES

Chicken Pattie/Bun Potato Smiles Baked Beans Applesauce Milk	Round Cheese Pizza Broccoli/Dip Corn Mandarin Oranges Milk	Ham & Cheese Sandwich Pork & Beans Cucumbers/Dip Chips, Peaches	Chicken Nuggets, Roll, Green Beans Seasoned Baked Potatoes Pears, Milk	Pizza Munchable Pepperoni Mozz. Cheese Carrots/Dip Raisins, Milk, Cookie
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Pancake Porky/Syrup, Mini Wheats Cereal Bars, Pop- tarts, Apple	Oatmeal & Toast Cinn. Toast Crunch Cereal Bars, Pop- tarts, Pineapples	Cream Cheese Ba- gels, Lucky Charms Cereal Bars, Pop- tarts, Peaches	Bacon, Egg & Cheese Biscuit Cinn. Chex Cereal Poptart, Applesauce	Choc. or Cinn. Muf- fins, Cocoa Puffs Cereal Bars Pop-tarts, Mixed Fruit
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Chicken Nuggets Roll Mashed Potatoes Steamed Broccoli Apples, Pears Milk or Juice	Buffalo Chicken Pizza, Taco Snax Marinara Sauce Garden Salad Corn, Pineapples Strawberry Cups	Cheeseburger/Bun Mr. Rib on Bun Potato Wedges Lettuce, Tomato Sidekicks, Peaches Mandarin Oranges	Hot Ham & Cheese Fish on Bun French Fries, Slaw Applesauce Mixed Fruit Milk or Juice	Walking Taco Chicken Fajita/Shell Let./Tom./Cheese Salsa, Refried Beans Pineapples, Oranges Milk or Juice
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Sausage, Egg & Cheese Sliders Cereal, Cereal Bars, Pop Tarts, Mini Choc. Donuts, Fruit	Breakfast Pizza Pop Tarts Donut Holes Yogurt Parfait Oranges or Apples	Bacon, Egg & Cheese Biscuit Pop Tarts, Yogurt Parfait, Mini Choc, Donuts, Fruit	Sausage Biscuit Pop Tarts Yogurt Parfait Donut Holes Oranges or Apples	Dutch Waffle Pop Tarts Cereal & Cereal Bars Mini Choc. Donuts Oranges or Apples
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ESTILL COUNTY HIGH SCHOOL LUNCH

Offered Daily: Pizza Line Sandwich Box, Salad Box				
Bosco, Chicken Quesadilla, Marinara Sauce Romaine Salad Grape Tomatoes CA Blend Veggies, Carrots, Side Kicks Applesauce	Chicken Patty/Bun Pork Chop on Bun Romaine Salad Grape Tomatoes Let./Tom./Pickles Carrot Sticks Baby Bakers Grapes, Trop. Fruit	Cheeseburger/Bun Hot Dog on Bun Romaine Salad Grape Tomatoes Let./Tom./Pickles Potato Wedges Baked Beans Pineapples, Peaches	Chicken Rings, Roll Spicy Chicken/Bun Romaine Salad Grape Tomatoes Stuffed Potatoes Steamed Broccoli Strawberry Cups Applesauce	Asian Chicken, Roll Mr. Rib on Bun Egg Roll, Rice Romaine Salad Grape Tomatoes Stir Fry Veggies Sweet Potatoes Orange Slices, Pears

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