

# Classifieds

Buy, Sell, Trade or Giveaway, Call (606) 723-5012

**LAND FOR SALE**  
17 acres for sale on Little Doe Creek, across from the St. Clair property. Call (606) 723-5888.

**2-BEDROOM HOUSE**  
Two bedroom house to rent in good location. Stove and refrigerator furnished. Pet restrictions. \$450 per month, \$400 deposit & references. Call (606) 723-4453.

**HOUSE WANTED**  
Want to rent small house in country in peaceful neighborhood. Call (606) 975-0000. Also have several old pop bottles and knives.

**2-BEDROOM APT**  
Two bedroom upstairs apartment to rent in good location. Stove and refrigerator furnished. Heat/Air. Pet restrictions. \$450 per month, \$400 deposit / references. Call (606) 723-4453.

**BUYING ROOTS**  
Cranesbill, Beth root, yellow root, yellow root tops, wild yam, blood root, Virginia Snake Root and May Apple Root. Call Thackers at (606) 723-4404.

## Apt. Rentals

**FOR RENT**  
**1-BEDROOM APARTMENTS**  
**229 Broadway, Irvine**  
**Available Immediately!**

Appliances furnished, including dishwasher, water, sewer and trash paid. Total electric with central heat and air. Coin operated washers and dryers in basement.

NO SMOKING BUILDING - HANDICAPPED ACCESSIBLE

Call (606) 723-0288,  
Mon.-Wed., 9:00-1:00 or  
(606) 401-5889 after 1:00  
Equal Opportunity Housing

## Job Opportunity

### BUS DRIVERS

The Estill County Board of Education's Transportation Department is currently seeking applicants for bus driver positions. Applicants must have a high school diploma (or GED equivalent) and pass drug screening and criminal background check prior to employment. Salary and job description available upon request. Applications available at the Estill County Board of Education's Central Office at 253 Main Street, Irvine, KY 40336. (606)723-2181.

Equal Opportunity Employer

## Gravel Hauling

**Jack Walling**  
**GRAVEL HAULING & DOZIER WORK**  
Free Estimates!  
606-975-1736 or  
606-643-5925

## Tree Trimming

**GET-R-DONE**  
**Tree Trimming & Removal**  
Also, **NEW! Pressure Washing!**  
Homes, Decks, Driveways, Sidewalks  
Contact Anthony Conrad  
**FREE Estimates! 606-975-3799**  
Available 24 Hours For Storm Damage!

## Real Estate



### JOYCE MARCUM REALTY

Call (606) 723-0080  
(859) 624-0088 or  
(859) 358-0691

Email <jmarcum@aol.com>  
or <james.woolery@live.com>  
or visit us online at

<www.joycemarcum.com>

Advertising Globally, But Locally Owned And Operated



James Woolery  
859-358-0691  
<james.woolery@live.com>



Joyce Marcum  
REALTOR, BROKER  
859-624-0088  
<jmarcum@aol.com>

## Kitchen Diva

### Cucumbers, Make Way for Summer Squash

by ANGELA SHELF MEDEARIS

I vividly remember when I first fell in love with summer squash. My newly planted kitchen garden was full of all types of herbs, tomatoes, peppers and long, vibrant green squash vines containing beautiful, edible yellow flowers. The bell-shaped blossoms preceded an abundant crop of summer squash. We had so much squash that I quickly learned several delicious ways to prepare it.

Summer squash are members of the gourd family and include zucchini, cocozelle, yellow squash (crooked and straight) and pat-patyn, also called scalloped and scallopin.

Summer squash is available year-round, but is best in the warm months. The squash should be harvested when the rind is tender and the flesh is sweet. To select the perfect summer squash at the grocery store, look for ones that are medium-sized, with shiny, unblemished, slightly tender rinds. The larger ones may be fibrous with hard rinds and seeds, while the smaller ones may not have developed much flavor.

Summer squash is very fragile and should be handled with care, as small punctures and drops of water will lead to decay. They should be stored in the vegetable bin of the refrigerator, unwashed and in a perforated plastic bag for no more than 3-5 days. Wash the squash immediately before cooking.

Squash can be frozen, but it will be soft, making it more suitable for dishes like casseroles where crispness isn't important. To prepare squash for freezing, cut off both ends, and either cut it into cubes or slices. Blanch it for 2 minutes in hot water. You also can freeze grated summer squash.

Summer squash is low in calories, but the nutrients are in the peel, so never peel summer squash. Squash is a good source of vitamin C, magnesium, vitamin A, dietary fiber, potassium, copper, folate, phosphorus, omega-3 fatty acids, vitamins B-1, B-2 and B-6, calcium, zinc, niacin and protein.

Squash is deliciously versatile and can be prepared in casseroles, as croquettes, stir-fried, stuffed, baked, boiled or pickled, as outlined in this delicious recipe for Spicy Summer Squash Refrigerator Pickles or used as a "noodle" in my Summer Squash Noodle Salad.

Move over, cucumbers! Summer squash is in season!

#### Spicy Summer Squash Refrigerator Pickles

- 9 sprigs fresh cilantro
  - 3 large cloves garlic, peeled and halved
  - 3 teaspoons mixed peppercorns
  - 1 1/2 teaspoons coriander seeds
  - 3 teaspoons crushed red pepper flakes
  - 1 1/2 pounds yellow squash and/or zucchini, sliced into thin rounds.
  - 1/3 cup thinly sliced sweet onion
  - 1 1/4 cup apple cider vinegar
  - 1 1/4 cup water
  - 2 teaspoons kosher salt
  - 2 1/2 tablespoons honey or agave syrup
1. In a large glass bowl that holds about 2 quarts, add the cilantro, garlic, peppercorns, coriander, red pepper flakes, zucchini and onion. Set aside.
  2. In a small, non-corrosive saucepan over medium-high heat, bring vinegar, water, salt and honey to a boil. Pour hot mixture over contents in the glass bowl, pressing down on the vegetables so that brine covers them completely. Let it cool on the counter to room temperature.
  3. Transfer the squash pickles and the rest of the ingredients into a 2-quart glass jar with a tight-fitting lid. Cover and refrigerate for at least 4 hours, or 2 days for maximum flavor. Keeps in refrigerator for 2 months. Makes 6 cups.



Photo Credit: DepositPhotos

#### SUMMER SQUASH NOODLE SALAD

This preparation for squash is a delicious change from a green salad. It keeps well in the refrigerator and holds up to the summer heat for backyard gatherings or picnics.

##### For the vinaigrette:

- 1/4 cup fresh lime juice
- 3 garlic cloves, minced
- 1 tablespoon honey or agave syrup
- 1 tablespoon apple cider vinegar
- 3 tablespoons extra virgin olive oil
- 2 tablespoons dried Italian seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper

##### For the salad:

- 3 medium-sized, yellow summer squash or green zucchini or a combination of both,
- 1 small red bell pepper, seeded and diced
- 1 large tomato, cored and diced
- 1/2 purple onion, thinly sliced
- 2 stalks celery, sliced
- 1 cup corn kernels (fresh or frozen and thawed)
- 1 (15-ounce) can garbanzo beans or chickpeas, drained and rinsed
- 1 cup fresh basil leaves, chopped
- 1 cup flat leaf parsley, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper

1. Rinse unpeeled squash or zucchini. Julienne using a knife, cut into strips using a Y-shaped peeler or into noodles using a spiralizer.

2. Whisk together all of the ingredients for the vinaigrette in a small bowl until well-combined. Set aside.

3. In a large bowl, mix together the squash, bell pepper, tomato, onion, celery, corn, garbanzo beans, basil, parsley, salt and pepper. Drizzle the squash mixture with the vinaigrette and toss together to coat. Cover and refrigerate to allow flavors to meld. Mix again before serving. Serves 6 to 8.

\*\*\*

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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

(c) 2018 King Features Synd., Inc., and Angela Shelf Medearis