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Mouth-Watering Mushrooms

cluding a small amount of B vitamins. A one-half cup serving contains only 9 calories. Common mushrooms are higher in potassium than exotics and shiitake are higher in selenium.

Knowledgeable mushroom experts can safely pick wild mushrooms. You have to know which are edible and not poisonous. For one of our newest publications on the importance of identifying common wild mushrooms, go to the following internet webpage: <https://plant-pathology.ca.uky.edu/files/pdfs-gen-14.pdf>

The safest choice would be to buy through your local grocery store or farmer's market. Select mushrooms that are firm and evenly colored with tightly closed caps. The thin membrane under the cap is known as the veil. A closed veil indicates a delicate flavor while an open veil indicates a richer flavor. The veil opens as moisture is lost, concentrating the mushroom's essence.

The average shelf life of mushrooms depends on the variety. A brown or black veil indicates the mushroom is past its prime. For optimum results, The Mushroom Council recommends re-



frigerating mushrooms in a porous paper bag. Avoid airtight containers because moisture condensation causes the mushrooms to spoil rapidly. Mushrooms absorb strong odors, so store away from onions or garlic.

To clean mushrooms, gently wipe with a damp cloth or soft brush. Or, rinse with cold water and pat dry with paper towels. Avoid soaking mushrooms. Mushrooms bruise easily so they should be handled with care.

Mushrooms can be prepared many ways, including grilling, roasting, baking, frying, sautéing, stuffed, and as a topping. With the Asian influence, add soy sauce, ginger, lemon grass, and sesame seeds to enhance the natural flavorings. Mediterranean influences of olive oil, garlic, thyme and lemon also bring out the richness of mushrooms.

Frequently, the richer, woodsy tasting mushrooms like shiitake, crimini, or oyster are combined with more mellow flavored mushrooms. Some mushrooms can be eaten raw. Pleasant tasting mushrooms include the common white, crimini, and portabella. The mild, crunchy enoki can be added to soups or salads uncooked. The possibilities are endless, so try adding mushrooms to garlic bread, baked potatoes, scrambled eggs, and your favorite entrée and side dish recipes.

For more information, contact the Estill County Extension Office at 723-4557. Enjoy the festival and the beauty of springtime!

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Meal Prepping Saves Time, Frustration and Calories

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home cooked, healthy meals on a regular basis.

Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat an overall more balanced diet. Meal prepping is extremely popular as it allows us to live our hectic lives while still providing our families with nutritious foods. It saves time because steps in the cooking process are already completed to varying degrees. The process may include simply prepping ingredients to be used later to completely preparing dishes that are stored until later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping before, start small and don't invest a lot of money. At first, aim to prepare two to three meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you have to handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread out the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

Remember food safety when preparing food. When using a cutting board, slice vegetables before cutting meat. Store produce and meat separate

to avoid contamination. While most people associate meal prepping with dinnertime, you can also prepare quick breakfasts or use leftovers for lunches. When dinner is cooking, make the most of your time in the kitchen. Chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack.

After the food is prepared, store it in an airtight container and either place it in the refrigerator or freezer depending up on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

More information on meal prepping and healthy eating is available at the Estill County office of the University of Kentucky Cooperative Extension Service.

Wishing Well®

5	8	6	4	8	7	3	7	2	5	8	3	5
L	A	H	A	T	L	P	O	T	E	T	R	T
3	2	3	5	6	8	7	8	4	8	7	5	8
O	A	S	T	A	E	V	N	W	D	E	E	T
3	7	3	5	4	3	5	2	5	3	5	6	3
P	E	E	R	O	C	A	K	R	T	R	V	S
6	5	3	8	3	8	7	4	3	7	6	4	7
E	I	L	O	O	N	N	O	D	A	D	U	
4	7	8	2	8	5	3	2	3	5	7	3	7
E	R	T	E	H	V	K	A	G	E	E	O	S
8	5	2	3	4	3	8	6	8	4	6	4	2
E	S	C	O	R	D	R	P	S	F	U	U	H
6	4	6	4	2	4	2	4	2	6	2	6	6
R	L	P	D	A	A	N	Y	C	O	E	S	E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: S equals R

RZTNAKZ GVMK KVVUGMBO
KGNS MK RMOOZS NBF VZNPMZS
GVNB GVZ UGVZS, M'F VNPZ GU
TNY Y MG GVZ LZNGMZS LZGZUS.

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CryptoQuote

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

OR MRG OLPDZPL FRNJ RYM
DTSUL SMO CRNJ. LXLJF
DTSUL ZP NMOLJ GCL PGSJP,
LXLJF DTSUL ZP GCL ULMGLJ
RK GCL YRJTO.
— ERCM QNJJRNBCP

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Puzzle Answers

April 24, 2019

Puzzles4Kids

Answer

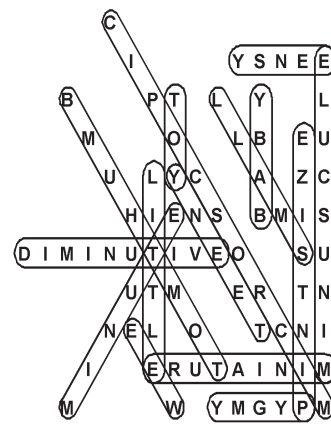
When do drivers stop to eat?
When they come to a fork in the road.

Letter Box

Solution

R	L	B	E	D	A	C	S	M
D	S	M	B	C	R	A	L	E
A	E	C	M	L	S	B	D	R
L	R	S	D	A	C	E	M	B
E	M	A	R	B	L	D	C	S
C	B	D	S	E	M	R	A	L
M	A	E	L	R	D	S	B	C
S	C	R	A	M	B	L	E	D
B	D	L	C	S	E	M	R	A

TINY



CryptoQuip

answer

Because this shooting star is bigger and heavier than the other, I'd have to call it the meatier meteor.

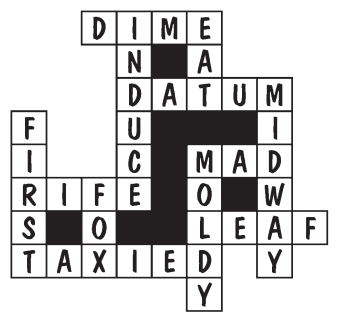
CryptoQuote

answer

Do not despise your own place and hour. Every place is under the stars, every place is the center of the world.
— John Burroughs

FEAR & KNIGHT

answer



Even Exchange

answers

- Stone, Alone
- Hanger, Hunger
- Porch, Perch
- Devour, Devout
- Scene, Scene
- Button, Burton
- Swept, Slept
- Wager, Water
- Liston, Listen
- Ticket, Picket

Weekly SUDOKU

Answer

4	9	2	3	7	5	1	8	6
1	6	7	4	9	8	2	3	5
3	8	5	1	6	2	7	4	9
2	5	9	8	4	1	3	6	7
8	1	4	6	3	7	5	9	2
6	7	3	2	5	9	8	1	4
5	2	1	9	8	4	6	7	3
7	4	6	5	1	3	9	2	8
9	3	8	7	2	6	4	5	1

King Crossword

Answers

Solution time: 21 mins.

C	H	A	P	A	M	I	C	O	M		
G	U	R	U	R	O	M	A	L	E		
I	N	T	E	R	C	O	M	V	I	N	E
I	N	T	E	R	V	A	L	P	E	A	R
F	I	L	L	Y	A	R	I	A			
O	R	E	O	I	N	T	E	R	N	E	T
C	O	N	A	N	N	A	S	E	G	O	
I	N	T	E	R	V	A	L	P	E	A	R
S	E	A	M	D	A	D	D	Y			
D	E	L	T	A	S	O	U	R			
I	L	I	A	I	N	T	E	R	P	O	L
V	A	S	T	V	E	T	O	S	L	O	
A	N	T	E	E	C	O	T	I	D	Y	

The Garden Bug

Rainy day fun

Print free flower and plant coloring pages from:

- www.supercoloring.com/coloring-pages/flowers
- www.momjunction.com/articles/flowers-coloring
- www.justcolor.net/coloring-flowers/
- www.coloringcastle.com/flower_coloring_pages
- www.woojr.com/state-flower-coloring-pages

- Brenda Weaver

Birding BITS

BY Cindy Brook

Double Duty

Give migrating sparrows, finches and buntings a little boost this year by mixing equal portions of thistle (Nyjer), safflower seed and white proso millet, and tossing on the ground. You'll be glad you did when you see one of these little beauties land in your yard.

E-mail: birdingbits@cfl.rr.com
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Americanisms

"Cut out all these exclamation points. An exclamation point is like laughing at your own joke."
— F. Scott Fitzgerald

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Stickeler's Puzzle

STICKELERS

by Terry Stickels

0, 1, 2, 3, 4, 5, 6, 7, 8, 9

Using the digits above, can you find two 5-digit numbers that will produce the largest product?

Each digit may be used once and only once.

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Stickeler's Answer on Page 11

Bible Trivia Answers

Now available by Wilson Casey! 2017 Bible Trivia box calendar loaded with daily teasers.

ANSWER: (1) New; (2) Nazareth; (3) Water; (4) Saul; (5) Nazareth; (6) Night