

Thank a FARMER

**Pollinator habitats
keep food on the table**

Also inside:

**East Bernstadt couple's cheese
products are favorites among locals
and out-of-towners... PLUS MORE!**



First-generation cattle farmer blazes trail for his family, future generations

BY ISAIAH PINTO
STAFF WRITER

WILLIAMSBURG — Eugene Smith is 43 years old and began farming roughly a decade, with no prior family experience.

Three years ago, Smith was able to buy himself and his family nearly 90 acres of land three years ago, which is located off the two-mile marker on Interstate 75 toward Williamsburg.

The winding roads to the farm split through shade from overhead, lined by towering trees with assortment of greens. Eventually, the rolling hills led to a large opening of huge green fields.

“I’ve got 54 (black Angus cows); that’s

good for me and my property and what I got,” said Smith. “That’s all for me working by myself.”

Prior to becoming a full time farmer, Smith worked as a mechanic specializing in large construction equipment. One day Smith met farmer Jackie Jackson while at work operating on Jackson’s tractors.

The two spoke a lot; Smith developed an interest in trying to raise cattle. Over time Smith gained enough courage and insight necessary to purchase his first two cows from Jackson.

“(Jackson) said to me, take your time,” Smith said. “Don’t go out here and buy a bunch of stuff all at once. Don’t get overwhelmed.”

Eugene Smith began his farming career a little later than most but has built a successful cattle operation. | PHOTO BY ISAIAH PINTO

THANK YOU TO OUR FARMERS, AS YOU FEED THE WORLD OF TODAY AND TOMORROW.



Farm Credit Mid-America is proud to work with producers who share our purpose to secure the future of rural communities and agriculture. As our industries evolve, we remain committed to supporting our farmers who raise and produce quality products today and in the future.

**TO LEARN MORE,
VISIT [FCMA.COM](https://www.fcma.com)**

Somerset Office
2211 W Highway 94
Somerset, KY 42503
606-679-4311

Taking Jackson's advice, Smith could slowly grow his farm with time. His friend encouraged Smith to keep an eye on the local market. After a while, Smith could start buying more cows and equipment.

"I talk to Jack frequently, he's a great person. (Jack) and his brother still farm," Smith said. "He's helped me a lot, he really has."

Smith takes his calves to Stanford in Lincoln County, where he sells them after they reach about 500 pounds.

Over the years, Smith has learned several ways to save money. For example, he leaves a large lot of grass to overgrow in the summer to cut and use as hay in the winter to feed his cows because the price of feed increases in the cooler seasons.

Additionally, every year Smith uses one of his cows for beef for his family.

One day, Smith hopes to encourage young people to farm through the Future Farmers of America (FFA) and the Whitley County school system. He'd like to give tours of the farm to visiting students.

"I want to bring kids here and I want it



A herd of cattle walks at Eugene Smith's farm. | PHOTO BY ISAIAH PINTO



FARMING

it's not just a

JOB

It's a

WAY OF LIFE

Thank You Farmers!



E.C. Porter's

714 East 4th Street • London, KY

606-864-5145



A herd of cattle grazes in the field at Eugene Smith's farm. | PHOTOS BY ISIAH PINTO



A cow bows for a drink of water at Eugene Smith's farm.

to be safe; that's the number one thing," Smith said. "Let the kids come in and learn how to work cattle. I am going to have that hopefully in the next year or so."

One major difference between Smith and other local farmers he has met is in age. The majority of farmers Smith has met have been in their 70s or older.

A misconception that Smith learned

for himself to not be true is the idea of only being able to grow cattle out west. Despite the lack of large masses of land and less industrial expansion here in Kentucky, there are ample opportunities to have a successful cattle farm.

"I've listened to people talk that's from Oklahoma or South Dakota, North Dakota, and you become acquainted with them and listen to their stories," Smith said. "They're all basically the same as us (in Kentucky); the markets go up and down... same as us."

At the Stanford's Bluegrass Stockyards, Smith estimates that local small farmers bring in roughly a collective of 1,800 cattle per sale. Often buyers from the Stanford market take their

purchased cattle out west to farms and ranches out there.

Smith encourages young people to use their creative minds to find advancements in farming through cattle and medicine.

"Buy a few cows; find out if that's really what you want to do," Smith advised. "If so, buy a few more and

don't go ahead and buy everything all at once. If you do, it's really too much."

Through it all, Smith loved the process of becoming a farmer. One day, he hopes to pass it on to his kids, so that

the farm he's built can become generational.

"I'm going to farm as long as I live or as long as I'm able," Smith said. "I encourage anyone to just try it."

Helping You Grow From 1938 and Beyond...

FOUNDED BY:
LEONIA WALDEN BENGE
AND
SHERMAN BENGE
1938
RECONSTRUCTED BY:
CHARLIE AND HAROLD
BENGE
1988



BENGE
Farm Supply
Since 1938

**870 East 4th Street
London, KY 40741**

606-864-5096

**We are proud to have helped
our area farmers and the local
community for the past 85 years.**



Tex Mex Spaghetti Squash Casserole

1 small (about 2 pounds) spaghetti squash	2 teaspoons dried cumin	1 (4 to 5 ounce) can chopped mild green chilies
1 pound lean ground beef	¼ teaspoon ground cayenne pepper	1½ cups low fat cheddar cheese
½ cup chopped onion	½ teaspoon salt	1 tablespoon chopped cilantro
½ cup chopped red bell pepper	1 cup chopped fresh tomatoes	
1 teaspoon minced garlic		

Preheat oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. Use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

combine the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

Yield: 9 servings.

Nutritional Analysis: 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

Plate it up!



Kentucky Spaghetti Squash

SEASON: August through October.

NUTRITION FACTS: Squash is low in calories. One cup raw squash contains 42 calories. It contains vitamin C, potassium and calcium. It is naturally free of fat and cholesterol.

SELECTION: Choose squash that is a creamy to deep yellow in color. Look for hard skinned, evenly colored squash without blemishes or ridges. Avoid squash that are tinged with green as they are not mature.

STORAGE: Spaghetti squash can be stored at room temperature for up to one

month. Longer if stored in a cool, dry, dark location. Do not wash before storing.

PREPARATION:

To Bake: Pierce holes in the squash and place in a baking dish. Bake at 350 degrees F for one hour or until the skin gives easily under pressure and the inside is tender. Cool for 10 to 15 minutes.

To Microwave: Pierce holes in the squash and microwave on high for 10 to 12 minutes. Let stand 5 minutes.

Halve squash lengthwise and discard seeds. Shred squash with a fork and serve.

KENTUCKY SPAGHETTI SQUASH

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

October 2016

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/ics



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Yes, you CAN....
with the right Canning Supplies!



• **PRESTO PRESSURE COOKERS** • **BALL CANNING JARS** • **SEALING RINGS**
HORSESHOES - **CHICKEN FENCING** - **DEER MINERALS** - **AND MUCH MORE**



Farmer's
Pro Hardware



1807 N. Main Street, London, KY 606.389.5539

MON. - SAT. 9:00AM - 6:00PM



Clara and Ronnie Patton launched Wildcat Mountain Cheese in 2014. Pictured here they pose by the sign to their store off KY 490 in the East Bernstadt area. | PHOTO BY NITA JOHNSON

SAY 'CHEESE'

East Bernstadt couple's products are favorites among locals and out-of-towners

BY NITA JOHNSON
STAFF WRITER

EAST BERNSTADT —
Cheese.

It's a popular commodity for most people, whether it offsets a hamburger, smother's pizza or mac-n-cheese, served with crackers or even paired with wine for a finer taste blend.

For Ronnie and Clara Patton, cheese is an obsession.

This East Bernstadt couple has championed the

cheese-making industry on the local front, serving up the traditional cheddar, Colby, Gouda and Swiss versions — and adding in a few extra ingredients for their own unique special varieties.

"We have 18 varieties of cheeses," Ronnie said. "We have different kinds of cheddar, yellow and white cheese curds and we have a Somerset cheddar cheese."

The couple combines the culture of the area along

Thanks to Our Farm Families!

We salute the local families who dedicate so much to carrying on our nation's agricultural traditions and success



1000 Cumberland Falls Hwy., Corbin, KY

528-1630



Inside the store, customers have a wide selection of cheeses to choose from. And the Pattons will even give you a taste test if you are unsure of which or how many cheeses you want! | PHOTOS BY NITA JOHNSON



When Swiss immigrants came to Laurel County in the 1880s, they named their community "Bernstadt" after their county in Switzerland, which is now known as the Swiss Colony community. Other Swiss immigrants moved northeast, forming East Bernstadt, and the Pattons named this Swiss cheese blend to signify the history of the area.

with their own story. The Somerset cheese, for example, describes their own history.

"Cheddar cheese was invented in Somerset County, England. It has to be aged for a year," Ronnie said. "We met in Somerset (Kentucky) so we named one of our cheeses 'Somerset.'"

The Patton Farm off KY 490 is one of the oldest dairy farms in the area. Ronnie represents the third generation operating the farm established in the 1930s and currently has just over two dozen dairy cows.

"We had to cut the herd by two-thirds. We're milking about 27 cows this summer," he said.

The pasture outside their shop and their home hosts Jersey, Holstein and Jersey-cross cows. The black-and-white and brown-and-white dairy cows graze among the green hilly landscape of the farm, creating a picturesque glimpse into the rural section of Laurel County with a bold reminder of days gone by when dairy farms were common across the area.

Ronnie handles the milking of the cows and marketing of the cheese, while Clara is the actual cheese

maker.

"She graduated from UK with a degree in Food Science," Ronnie explained. "She's the one who knows all about how to make cheese."

That knowledge has placed them in a unique marketing arena — they are the sole artisan cheese producers in the area and their products are favorites among both locals and out-of-town consumers. The couple markets their products as Wildcat Mountain Cheese under both the Kentucky Proud and Appalachian Proud umbrella banners, and are dedicated to providing the best quality possible.

The product so readily consumed by customers is not an overnight process by any means. As suppliers, the Pattons' cheese products are subject to strict regulations. Clara, for instance, must sanitize the cheese processing area every day. Their cooler where the cheese is stored to age must comply with state and federal regulations and the couple



Clara Patton stands with one of the forms used to mold the cheese mixtures during the processing phase.

adheres to those rules with the strictest of disciplines. Clara regularly checks the cooling/aging bins for any products that have not aged properly as well as ensuring that the bulk of the aging cheese is maintained at the required temperatures.

With a degree in Food Science, it is no surprise that Clara Patton



Prewitt Farm Supply

Monday - Friday 8 am - 5 pm | Saturday 8 am - 12 noon

34 Angel Road, Williamsburg, KY

606.549.5342



This is the area where the cheese products are aged. Some cheddars must age one year before their full flavor is reached. | PHOTO BY NITA JOHNSON



A collection of blue ribbons from the Kentucky State Fair signify the quality and craft of Wildcat Mountain Cheese, produced locally by Ronnie and Clara Patton.

is emphatic about making the best cheese possible.

“The process for making cheese — any cheese — is about the same,” she said. “The milk has to be processed at 145 degrees for 30 minutes. Then it cools to 85 to 90 degrees. You add a bacteria culture — because cheese requires that. The bacteria culture varies according to which kind of cheese you’re making. Then you add an enzyme so the milk coagulates to make it a solid.”

The solid is a “curd,” which is then cut into smaller sections at which time the liquid separates

again and the curd becomes cheese.

“Then you ‘cook’ that at 102 degrees and stir it,” Clara added. “You drain off the whey (the liquid that remains after the milk is curdled) and put it into a form.”

The cheese is then put into a press overnight, then squeezed to remove any more whey, before being put into the cooler to age.

“The aging process, depending on the cheese, takes four weeks to months or years. The aging is when it gets its flavor,” Clara explained. “Cheesemaking is art and science coming together — and luck.”

The varieties of the cheeses are displayed in their store. Ronnie said the most popular brands they sell are garlic pepper cheddar, Gouda, Somerset Cheddar and cheese curds.

“Gouda is a Dutch cheese,” Clara said. “Gouda is one of the most popular cheeses in the world because it is a good melting cheese. A lot of people use it in grits.”

Wildcat Mountain Cheese products are testimony to the Pattons’ knowledge and love of cheesemaking. The Pioneer Coffee Rub Cheddar is exactly as it is named — a yellow cheddar cheese with coffee

Christmas in July

UP TO
60 MOS. *or* UP TO
\$1,000
SAME AS CASH OFF

PLUS

25% OFF ACCESSORIES

*Largest Selection of
in stock furniture in Kentucky*

Kemper
HOME FURNISHINGS

www.kemperhomefurnishings.com

LONDON HWY 25 S

606-864-4061

SOMERSET HWY 27

S 606-677-0800



*Offer valid on new purchase through 7/31/23. Limit one coupon per customer, valid on one purchase per household. Not valid on MSRP Tempur-Pedic, iComfort, Beautyrest Black series. May not be combined with any other promotion, offer, or discount. Excludes prior sales, clearance center warehouse location, clearance, hot buys, warranty items, delivery, taxes, gift certificates. **WAC. See store for details



Weisenberger Mill Garlic Pepper Cheese Grits



Cooking with Kentucky Proud®

Ingredients:

- 4 cups water
- 1 cup Weisenberger Mill Grits
- 1/2 teaspoon Bourbon Smoked Sea Salt
- 2 tablespoons butter
- 1 cup Wildcat Mountain Garlic Pepper Cheddar (shredded)
- 2 slightly beaten Kentucky Proud eggs (in a separate bowl)

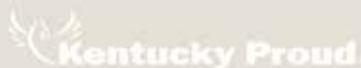
Add 1/2 teaspoon salt to 4 cups water and bring to a boil in a large saucepan.

Add 1 cup grits, stir, reduce heat to a simmer, cover and cook for 20 minutes, stirring often.

When grits are done, add the butter to the grits and stir or whisk until melted.

Then add about 1/2 cup of hot grits to the beaten eggs and mix thoroughly. Immediately add the egg mixture to the pot of hot grits and stir/whisk together.

Add the cheese and stir until melted. Pour this mixture into a greased 8 X 8 baking dish and cook in a preheated 350-degree oven for 1 hour or until lightly browned on top. Refrigerate any leftovers.



rub that has just a hint of coffee, with paprika and chili powder for a very bold flavor.

Their Victory cheddar is a white cheese with draft beer and spice rub added in.

The history of the area is reflected in their “Bernstadt Swiss” cheese. In the 1880s, Swiss immigrants came to Laurel County, settling in the western area now known as Swiss Colony, or Bernstadt. But some differences between the immigrants resulted in one group of the immigrants splitting away, settling into the community now known as East

Bernstadt.

The Pattons’ dedication to supplying artisan cheese to the area has been successful since they opened their business in 2014. The Kroger stores in north Corbin and in Somerset sell their Wildcat Mountain Cheese products. The Pattons also support their community through their efforts, donating 50 cents of each sale to community food banks.

They can also boast of numerous blue ribbons from the Kentucky State Fair for a variety of their cheeses — the Bernstadt Cheddar, Gouda, and Garlic and Pepper Cheddar.



Once the dairy cows are milked, the milk is piped to this tank, then sent into a processing area where Clara Patton works her magic to create Wildcat Mountain Cheese. | PHOTO BY NITA JOHNSON

“We opened in 2014 with our first cheese. We have a fascination with cheese,” Ronnie added. “It was something to do on the farm and we have more control over the end product.”

The store hours at their East Bernstadt location are from 1 p.m. to 5 p.m. on Monday and Friday, from 11 a.m. to 5 p.m. on Tuesday, Wednesday and Thursday. The store is closed on Saturday and Sunday.

CORNETT FARM FRESH

ALL GROWN
RIGHT HERE
IN LAUREL
COUNTY!

Is Growing The Best Quality, Freshest Produce in Town...



CORNETT FARM FRESH

630 BILL GEORGE RD., LONDON, KY 40741

• www.cornettfarmfresh.com •

MONDAY-FRIDAY 10AM-6PM • SATURDAY 10AM-4PM • CLOSED SUNDAY

Pollinator habitats keep food on the table



Pollination is key to plant production. | PHOTO BY CHRISTEN GIBSON

BY CHRISTEN GIBSON
STAFF WRITER

WILLIAMSBURG — You may have heard about the popular #savethebees movement, but why are these tiny creatures so important to our food supply and farmers?

For over 10,000 years the honey from these tiny buzzing creatures has been an anecdotal remedy for a

plethora of medical conditions but science is beginning to study and back up some of those techniques.

We talked to Theresa Martin for all the details. She is a certified master beekeeper from Cornell University. Additionally, she is the president of the Whitley County Beekeeping Association, an organization geared toward helping guide locals in beekeeping.

Five years ago, beekeeping became a part of Martin's life as a hobby or interest. Now, helping the bees and producing bee products a natural way has become part of her lifestyle.

She successfully has had multiple seasons of fruitful honey and has spaced out hives to protect the bees from spreading diseases if they get any.

Martin attributes her success to her main mantra of beekeeping: "Dead Bees Don't Make Honey."

However, the save the bees movement goes beyond the delicious local honey she produces. She shared that without honeybees and other pollinators, farm-fresh food would cease to exist.

"People ask me all the time what they can do to help honey bees," Mar-



Theresa Martin attributes her success to her main mantra of beekeeping: "Dead Bees Don't Make Honey."

tin said. "When they say honey bee, they are like the mascot for all pollinators and she makes us honey. Who doesn't love honey but for all pollinators, there are a couple of things we can do."

Without pollination, the male and female portion of flowers would have

R Robinson's
PREMIUM MEATS
"A Kentucky Tradition"

701 Robinson Rd | London, KY 40741
(606) 864-5131
www.robinsonmeats50.com
Serving you for over 65 Years!

Gifts for All Occasions, Employees, Family & Friends

100% SATISFACTION GUARANTEED!

THANK YOU TO ALL OUR HARD WORKING FARMERS! YOU MAKE OUR PRODUCTS POSSIBLE!

LIKE US ON #1 facebook



Theresa Martin shows a panel from one of her bee hives. | PHOTO BY CHRISTEN GIBSON

a huge difficulty in producing the gorgeous and delicious food we get from farmers all over the world.

So why do the pollinators need saving? Martin attributes it to multiple factors including lack of diverse forage, general pesticides and invasive species.

One simple thing anyone can do is

to mow less. You can even put a sign in your yard if you live in a suburban area that says pollinator habitat so people know you're not being lazy but doing this to benefit our food system.

The seasonal wild flowers grown in yards are important food to the pollinators. Without that first sign of

spring, the pollinators could struggle to stay alive.

The pollinator habitats can last all year long and benefit pollinators due

to the amount of Americans who keep their yard free from wildflowers and weeds.

"We are a mow-a-holic nation. The

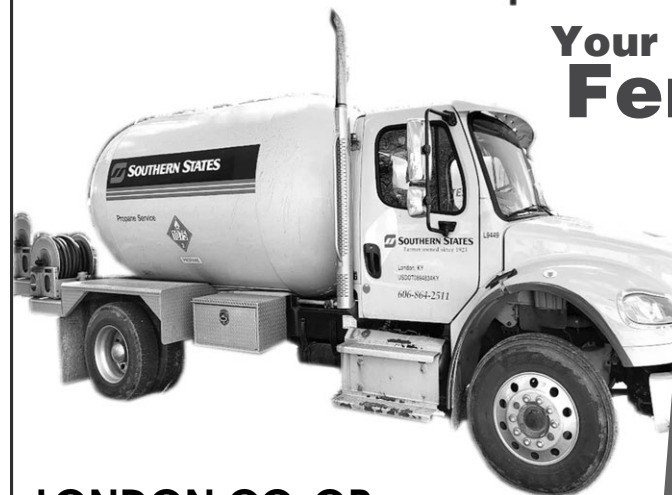


Over 90 percent of the bees in any given hive are female, but there is only one queen at a time. The remaining thousands are males. | PHOTO BY CHRISTEN GIBSON

SOUTHERN STATES®

A Farmer Owned Cooperative Since 1923.

Your Full Service
**Fertilizer
Dealer!**



We Can Supply
All of Your
Propane,
Farm Supply
Feed,
or Fertilizer
Needs!

Come Down
And See
Us Today!

**LONDON CO-OP
HWY. 25 • SOUTH AT 229
TELEPHONE 864-2511**

Quality for Everyone



Theresa Martin encourages property owners to hold off on mowing to encourage bee populations. | PHOTO BY CHRISTEN GIBSON

number one cultivated crop in America is your lawn. There is more herbicide put on lawns than all the other crops. That beauty of perfect lawns is just an ethic we have and that's what we value," Martin said. "Anyone that shows there is another approach is benefitting the movement towards

valuing the diversity of nature and how we fit into it."

Martin encourages other farmers to let some areas in the field go in patches that can serve as habitats for pollinators like bees and monarch butterflies.

"Us farmer types out in the country,



The Martins sell their honey through Little Wolf Farm.

L&N

FEDERAL CREDIT UNION

FREE Checking Account
FREE Internet Banking
FREE Mobile Banking
FREE Mobile Deposit
FREE BillPay & Email Alerts
Instant Issue Debit Card
300+ Surcharge FREE ATMs



Call us at
800-292-2905



Visit us at
www.LNFCU.com

Great Rates • Great Products • Great People

NCUA



EQUAL HOUSING
LENDER



If you are interested in learning how to keep bees, the Whitley County Beekeepers Association meets the second Monday of every month at the Whitley County UK Cooperative Extension Office in Goldbug. | PHOTO BY CHRISTEN GIBSON

if you just let small parts of the field go, there will be the most beautiful wild flowers,” Martin said. “You can’t plant better than mother nature can plant.”

Even a 20-yard border around the field can benefit the pollinators. Farmers can let it go for several years and just bush hog it once a year in the winter when the seed pods are left.

“They will have a beautiful show from mother nature,” Martin said.

Over time, destructive invasive species like the varroa mite came in from different countries which have also depleted pollinators over the years. Bees now need some help from humans to grow in numbers after a long while of battles they didn’t ask for.

The bees are an incredibly unique part of nature.

“When the bee emerges from her cell, first thing she does, she turns around and cleans out her cell so the queen can lay another egg in it. Initially she makes her bed and does all this work her whole life, 3-5 weeks. She works her little wings off collecting honey, taking care of the baby

bees and cleaning the hive,” Martin said. “Her last act on earth, she knows she is going to die and flies away from the colony all by herself so that her sisters in the hive don’t have to clean out her dead body.”

Over 90 percent of the bees in any given hive are female, but there is only one queen at a time. The remaining thousands are males.

“If you see a bee on a flower she is a girl and is called a worker,” Wolf said. “Males are called drones and their sole responsibility is to mate with queens, and fly out to a drone congregation area around two miles away from the hive and wait for a queen to fly by and catch her.” Wolf said. “The queen is misnamed; she really is the mother and bosses no one around. The workers make all the decisions and they do it as a collective mind. She can lay up to 2,000 eggs in a day to make more bees.”

The workers forage for nectar which is turned into honey, pollen which is the protein to grow baby bees and nutrients, water and tree resin which they turn into propolis.

Bees are a super organism with over 50,000 bees in the colony. One bee

cannot live by herself.

“All the bees work together to achieve the objective of the super organism” Martin said. “It’s like the cells of your body. They work together to serve your function.”

When the bees can thrive, so can the crops.

If you are interested in learning how to keep bees, the Whitley County Beekeepers Association meets the second Monday of every month at the Whitley County UK Cooperative Extension Office in Goldbug.

“Anyone is welcomed to join,” Martin said. “We do a lot of mentoring new beekeepers and giving them the support they need to be successful.”

Martin said it’s important to support local farmers and beekeepers.

“We are all connected in some way. Humans connected to other humans, connected to nature, connected to animals, connected to bees,” Martin said. “We are all one big system of connectedness. Local Matters.”

Abundant Thanks to Our Nation’s Farmers



Today we recognize the incredible contributions our nation’s farmers make to our lives and economy. Thanks to all those whose hard work, dedication and innovation in the field enrich our lives and keep our country growing!

OWENS®
since 1954
AUTO PARTS & GARAGE

602 18th Street • Corbin, KY • 528-2330

Honey Raisin Muffins

½ cup + 2 tablespoons
all purpose flour

½ cup + 2 tablespoons
whole wheat flour

¾ teaspoon baking
powder

¼ teaspoon baking soda

1 teaspoon ground
cinnamon

¼ teaspoon salt

2 cups bran flake cereal
with raisins

1 cup skim milk

½ cup honey

2 egg whites

3 tablespoons
unsweetened applesauce

2 tablespoons canola oil

- 1. Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- In a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce

and oil; **mix** well.

- 3. Add** dry ingredients and stir until moistened.
- 4. Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
- 5. Bake** at 400°F for 15-18 minutes.
- 6. Cool** 10 minutes before removing from pan.

Yield: 12 muffins.

Nutrition Analysis:
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Honey

SEASON: Honey is harvested in July and August.

NUTRITION FACTS: 1 tablespoon of honey has 60 calories, 0 g fat, 17 g carbohydrate, 0 g protein.

SELECTION: Bees prepare honey from nectar collected from the flowers and blossoms of trees. Color and flavor is determined by the blooms.

STORAGE: Store honey at room temperature, in an air-tight container for up to 2 years.

PREPARATION: Honey can be used in cooking in place of sugar. For baking with honey, substitute honey for up to $\frac{1}{2}$ the sugar in recipes. Reduce

Source: www.honey.com

the liquid in the recipe by $\frac{1}{4}$ cup for each cup of honey used. Add $\frac{1}{2}$ teaspoon baking soda for each cup of honey and reduce the oven temperature by 25° to prevent over-browning. Honey has a higher sweetening power than sugar. It will take less to sweeten your recipe.



HONEY

Plate It Up! Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

March 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

Farmer's Market Skillet Bake

$\frac{1}{2}$ small onion, finely chopped	2 cups shredded mozzarella cheese, divided	4 medium sized tomatoes, sliced
2 cloves garlic, minced	1 medium summer squash, sliced	1 teaspoon salt
4-5 small red potatoes, sliced	1 medium zucchini, sliced	1 teaspoon pepper
1 tablespoon olive oil		5 fresh basil leaves, finely chopped, divided

Preheat oven to 375 degrees F. **Prepare** onion, garlic and sliced potatoes (about $\frac{1}{4}$ inch thick). **Heat** olive oil over medium heat in a 10 or 12-inch oven safe skillet. **Add** onion, garlic, and potatoes to pan and **stir** to coat with oil. **Cook** over medium heat, **stirring** occasionally until golden brown and tender. **Add** 1 cup mozzarella cheese. In a bowl, **toss** together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil. **Layer** squash

and tomato slices over the potato and cheese layer. **Top** with remaining mozzarella cheese. **Bake** 35 minutes or until vegetables are tender and cheese is melted. **Remove** skillet from oven and **top** with remaining basil.

Yield: 8, 1 cup servings

Nutritional Analysis: 200 calories, 8 g fat, 4 g saturated fat, 20 mg cholesterol, 490 mg sodium, 24 g carbohydrate, 3 g fiber, 5 g sugars, 10 g protein.



Summer Squash

SEASON: June through October.

NUTRITION FACTS: Squash is low in calories. One cup raw squash contains only 20 calories. It contains vitamins A and C, and is naturally free of fat, cholesterol and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested when 6 to 8 inches in length. Patty pan squashes are ready when they are 3 to 4 inches in diameter or less.

STORAGE: Store unwashed squash in plastic bags in the crisper drawer of the refrigerator. Wash the squash

just before preparing. The storage life of summer squash is brief. Plan to use within two to three days.

PREPARATION: Summer squash is a mild flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried or used in stir-fry recipes.

PRESERVING: Select small squash with small seeds and a tender rind. Wash and cut into $\frac{1}{2}$ inch slices and heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving $\frac{1}{2}$ inch headspace. Seal and freeze.

SUMMER SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

June 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

SOUTHEASTERN FARM SUPPLY