



**Times Remembered Betty A. Young**  
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We know its spring when it is time for the Mountain Mushroom Festival. This week-end marks the 25th year. I enjoy seeing people I haven't seen in years and visiting the various craft booths.

There will be many food vendors selling everything from popcorn to polish sau-

# Springtime: festivals and greens

sage; food is always a big hit. The smell of onions, peppers, and polish sausage frying is very tempting. The entertainment includes jumping rope, clogging, singing, and much more. Come on out and enjoy!

I do like mountain mushrooms, or morels as they are called but I really haven't eaten very many of them as much as I have eaten wild greens and "poke sallet." I would like to see more mushrooms fried and sold at the mushroom festival. I know morels are very expensive and hard to find, but I wish there were more for sale like corn at the Corn Festival. Maybe we should have a festival that we have a vegetable so we have more to sell.

One thing in the spring I looked forward to was going with Granny Ethel to pick greens, poke sallet

and anything else we could find. Usually we went to old corn fields, river banks and the woods. She knew all the wild plants and herbs that were edible such as: dandelions, lambs quarters, Shawnee, wild lettuce, ramps, dock, and poke. Granny always said, "Poke sallet is the best spring tonic you can find; it gets your blood going."

Not everyone likes poke. It does have a distinct flavor of its own. I put mayonnaise and deviled eggs on my poke sallet or bacon grease or vinegar on it. It's pretty tasty.

All of these greens can be found throughout Appalachia. Many towns hold festivals to celebrate the return of the tasty greens of spring. They have a Poke Sallet Festival in Harlan County. Today, it is almost a lost art. There are not

many people around that can identify plants and morels like our ancestors. The word "sallet" can be traced "back to southern mountain folk with English/Scotch/Irish/roots. "Sallet" is an old English word for cooked greens.

Poke is best to pick when it is young and tender. Mom always washed it several times to remove all the dirt and leaves, then wilted it down, and drained it. Next she boiled it until tender, then fried it in a cast iron skillet with some streaked meat to her taste, then served it with a big piece of corn bread; delicious!!

Poke and greens are out there; be sure and try some with your morels. Remember earth day is Wednesday, April 22.

Let's keep our community and world cleaner and greener!

# To Thine Own Self Be True

by **BOB CASEY**, preacher  
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The great playwright Shakespeare said this many years ago. We certainly do not look unto Shakespeare for knowledge, yet this statement is very true when we may apply it to Biblical truths. Since we all are going to give a personal accounting of ourselves before the great judgement seat of Christ (**II Corinthians 5:10**) it will be just between us and the Saviour. So we are solely responsible for our earthly actions that we engage in while on earth. If we fall short at the judgment we will not be able to blame our failures upon others.

Many are looking to teachers and preachers to attain the advice concerning salvation, the proper church to attend, the articles of worship and other things, but why not be true to thine own self and do what the Bereans did recorded in **Acts 17:10-11**. "After Paul and Silas left Thessalonica they went to Berea and met with the Jews in their synagogue and this is what they said: 'These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether these things were so.'" **Now to yourself be true.** How long has it been since you have done this? Remember this! At the judgment you may receive a complete surprise if you have accepted a false teaching without ever giving it a thorough examination.

Now read this! **II Corinthians 13:5**, "Examine yourselves whether ye be in the faith: prove your own-selves, know ye not your own-selves, how that Jesus Christ is in you, except ye be reprobates?" (Rejects is the meaning.)

Can you prove by the scriptures just how you claim to have gotten into Christ. In **Romans 10:9-10** Paul gives some good advice: "That if thou shalt confess with thy mouth the Lord Jesus and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved, for with the heart (Mind) man believeth unto (toward) righteousness; and with the mouth confession is made unto salvation." Notice that both of these commandments alone does not place one into a state of salvation, but leads people to that condition. Again, notice Paul's teaching in **Romans 6:3-6**. Paul tells us how one enters into the death, burial, resurrection of Christ, saying: "We are baptized unto Jesus, baptized into his death, buried by baptism into his death, raised in the likeness of his resurrection." I saw a sad story recently where this preacher was going to baptize some people, and knowing his belief, that he thinks all are saved before or without being baptized. Just what was he doing? He was simply going through the motions and laying aside the true facts. It is the inspired apostle who said these words (**I Peter 3:21**), "Whereunto even baptism doeth also now save us (not the putting away of the filth of the flesh), but the answer of a good conscience toward God, by the resurrection of Jesus Christ." A person who would administer baptism for the wrong reason ought to be ashamed of himself. **So, to thine own self be true.** Obey only what the Bible actually says.

P.S. We welcome anyone to debate this article publicly. We will furnish the place.

Sincerely, Bob Casey 1-859 (Waco) 364-4165



**Chelsea K. Bicknell**  
Estill County Extension Agent for Family and Consumer Sciences

This article was written by Mark Reese about Estill County's first community garden.

Gardening is the number one past time for a majority of Americans and it is the number one form of exercise for many. Unfortunately, many people do not have access or availability to land that will produce bountiful gardens. This has given rise to the concept of a commu-

# Community Garden in Irvine

nity garden.

Community gardens create several positive benefits. They increase a sense of community ownership and stewardship, and they foster community identity and spirit. It is an opportunity to meet with neighbors and create new friendships. And the health benefits are great in that gardens create healthier diets for children and families.

Eating locally grown food with local pollen and pollinators has also been shown to decrease childhood allergies. Finally, it is an opportunity to show our children where food comes from and the importance of a work ethic, community stewardship, and an overall appreciation of our natural environment.

This year residents of Irvine will have the opportunity to take part in a community gardening effort. With the assistance of the City of Irvine, Irvine Municipal Utilities,

Estill Action Group, and the Estill County Extension Office, a garden spot will be developed on the Kentucky River behind the sewer treatment plant.

The gardens can be accessed by turning onto Carhartt Avenue, driving past Marcum and Wallace, passing the old Carhartt building, and going under the old railroad bridge. Free garden plots will be marked for families or groups in either 500 square feet or 1000 square feet plots.

Registration and rules for the plots as well as sign-up sheets will be available at the Estill County Cooperative Extension Office and at the Estill Action Group's booth at the Mushroom Festival. The sign-up sheets are due back at the Estill County Extension Office by Friday, May 8th, 2015.

For further information or questions, contact Chelsea Bicknell, Estill County

Family and Consumer Sciences Extension Agent, at 723-4557 or you can contact Mark Reese at 723-1275.

This is a great opportunity if you are looking for a place for you and your family to garden close to town.

Once the number of gardens has been established and the ground prepared, an on-site meeting will be held on May 12th, 2015 at 6 p.m. to explain the needed requirements for gardening at one of these plots this year.

The benefits of community gardening are great. Please take this opportunity to experience the joy of producing your own food. And again, thank you to the City of Irvine and Irvine Municipal Utilities for making this project possible!

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



"Is it true what the neighbors are saying—that you're growing a \_\_\_\_\_?"

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Abstain  
**CHEWES**

Growl  
**BLUMER**

Rant  
**READIT**

Sparkle  
**RUSTLE**

**TODAY'S WORD**

## BIBLE TRIVIA

by Willson Casey

1. Is the book of 2 Samuel in the Old or New Testament or neither?
2. In Luke 22, Jesus' disciples followed Him to what "Mount of"? Carmel, Zion, Olives, Pisgah
3. What future Israel-

ite leader as a baby was described as "exceedingly fair"? Solomon, David, Herod, Moses

4. From Judges 16, how many times did Delilah say Samson mocked her? 1, 3, 5, 7

5. According to Ecclesiastes 6, what has already been named? Everything, Stars, Fishes, Great Sea

6. The name Lucifer means what kind of "bearer" in Latin? Gift, False, Light, Demonic

**Bible Trivia Answers are at the bottom of Page 13**

## The Beattitudes

(Matthew 5:13, See also Psalm 1:1-6 and Luke 6:20-23)

*13 Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men..*

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## seeds of Hope

"Is worship an act or an attitude?" asked the Old Testament professor. As soon as the question was asked a fierce debate erupted among the students. There was more heat than light in the classroom as positions were defined and reinforced with passages of Scripture and definitions from a dictionary. There was little disagreement about the fact that the end of worship was to show deep, profound and extravagant respect and devotion to God. But the when and where seemed to be a problem.

Many Christians place worship on their weekly schedule as something "to do" on Sunday morning at eleven o'clock. It is an "event" that has been part of their lives since they were children and one they will continue to "practice" as long as they live.

However, worship in Psalm 29 is something we are to do because of what God has done for us. We are to ascribe or bow down before Him in an "act" of humility and sincerity that reflects our "attitude" of submission.

When there is a parade that honors Queen Elizabeth II we see people bow as she passes before them. We hear them shout, "Long live the Queen" and they address her as "Your Majesty." These acts reflect an attitude of submission to her as their Queen. They are openly demonstrating their devotion to her.

Can we do less for our Lord? Says the Psalmist, "Worship - bow down in submission to - the Lord in the splendor of His holiness!" We bow in worship to our King.

**PS060- April 22, 2015**  
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