

Kitchen Diva by Angela Shelf Medearis

Freeze the Best of Summer

It's August, and that means I'm busily trying to figure out a way to preserve the smells and flavors of my favorite vegetables. I enjoy stocking my freezer with vegetables I've grown or bought in large quantities from local farmers. Your freezer is one of the best ways to preserve the color and flavor of summer produce all year long. Here's some great tips for freezing the best of your favorite summer vegetables and herbs:

Can I Freeze Bell and Sweet Peppers Raw?

If you've picked a peck of peppers and have too many to eat, try freezing them. Peppers are one of those foods that can be quickly frozen raw without first blanching them. Here are some guidelines on freezing bell and sweet peppers raw:

Select crisp, tender, green or bright-red pods. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings. Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

NOTE: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced or diced peppers in a single layer on a cookie sheet with sides. Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag.

Can Tomatoes be Frozen Raw?

Like peppers, tomatoes can be frozen raw. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

Select firm, ripe tomatoes with deep red color.

Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze.

TIP: Dip just a few tomatoes at a time into the boiling water or the water temperature may be lowered too much to remove the skins without overheating the tomatoes. Place hot tomatoes in a colander and rinse under cold water to make them easier to handle. A knife with a serrated edge works best for cutting tomatoes.

How About Freezing Fresh Herbs?

Wash, drain and pat the herbs dry with paper towels. Wrap a few sprigs or leaves in freezer wrap and place in a freezer bag, then seal and freeze. The frozen herbs can be chopped and used in cooked dishes. After freezing, the herbs usually are not suitable for garnish, as they become limp when thawed.

TIP: To extend the time frozen fruits and vegetables maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0 F or below. It is generally recommended that frozen vegetables and fruits be eaten within eight months for best quality.



Photo Courtesy Deposit Photos

GAZPACHO

This wonderful recipe for gazpacho is a great way to use a variety of your favorite herbs and summer vegetables.

- 6 large tomatoes
- 1 large cucumber, peeled, seeded and finely diced
- 1 large green bell pepper, finely chopped
- 1 medium-sized red onion, minced
- 3 tablespoons red wine vinegar
- 2 tablespoons olive oil
- Juice and zest of 1/2 lemon
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- 1/2 teaspoon hot sauce
- 1 teaspoon salt
- 1 teaspoon fresh ground pepper
- 1/2 teaspoon sugar
- 1/4 teaspoon nutmeg
- 1 medium avocado, peeled and diced, for garnish
- 1 cup herbed croutons, for garnish

1. To peel the tomatoes, submerge them a few tomatoes at a time in boiling water for 15 seconds. Place in a colander and rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze out the seeds. Chop half of the tomatoes coarsely and puree the other half in a food processor. Combine the puree and chopped tomatoes in a large mixing bowl.

2. Add the cucumber, bell pepper, onion, vinegar, olive oil, lemon juice and zest, parsley, basil, hot sauce, salt, pepper, sugar and nutmeg to the tomatoes. Mix gently to blend the ingredients. Cover and refrigerate for several hours before serving.

3. Serve chilled. Garnish with the avocado and herbed croutons, if desired. Makes 6 servings.

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Woman gets arrested Friday after striking vehicle, pedestrian

A woman was arrested Friday morning on Richmond Road after striking a vehicle and a pedestrian.

Sgt. Josh Rison said he was dispatched to Oak Tree Inn to investigate a collision involving a pedestrian.

He spoke with Yogeshkumar Patel who said that Margie Osborne, 40, of Union City Road, Irvine was attempting to pull out of the parking lot when her vehicle struck another vehicle.

He said that he tried to keep her from leaving when

she struck him and knocked him to the curb. Then, she continued to strike Patel's Jeep and the front door of the motel.

The citation states that Osborne pulled her vehicle out and attempted to leave, but it was not operational.

Osborne reportedly failed field sobriety tests given by Sgt. Rison.

The citation says she told the deputy that she had taken a suboxone pill before she attempted to drive the vehicle.

top ten

Bar Soaps*

1. Dove
2. Dial
3. Irish Spring
4. Caress
5. Zest
6. Ivory
7. Olay
8. Aveeno
9. Lever 2000
10. Coast

*most used in U.S.
Source: Statista

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Amber Rose Marcum holds one of the 88 care packages that were donated to 88 residents of Irvine Health and Rehabilitation. She is hopeful that similar packages will be donated to residents of the Lee County nursing home.



"The food was terrific — it's the _____ that gave me indigestion."

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!

Archive
DECORR

Push
LOPPER

Produce
DILEY

Phony
UPOSED

TODAY'S WORD

Local residents donate 88 care packages to nursing home tenants

Last Thursday, Amber Rose Marcum, a local Scentsy dealer, dropped off 88 care packages for the residents of Irvine Health & Rehab.

Marcum stated that one of the girls on her Scentsy team from Powell County had made care packages for the residents in the nursing home there.

She liked the idea. "I can do that," she thought.

Marcum said she called Irvine Health and Rehab, and they had 88 residents. She also learned that Libby Osborne was the activities director at the center.

She recalled when her grandfather was a patient in a nursing home before he passed away from alzheimers.

The packages were provided for by friends and acquaintances through an Adopt A Resident program. Each package cost \$15.00 before tax and contained hand soaps, body washes, hand creams, and body

creams. Marcum even had some Toyota employees to donate for the residents to get packages. They work with Marcum's husband, Joe, who works on second shift.

Within about a month, Marcum had all 88 residents adopted. She ordered the supplies and bagged them.

She is even considering getting the residents adopted at the Lee County nursing home, which has over 100.

After high school, Marcum went to school to be a dental assistant and beautician.

She became the mother of two young sons, so she quit her full time job in 2017 to stay home with them.

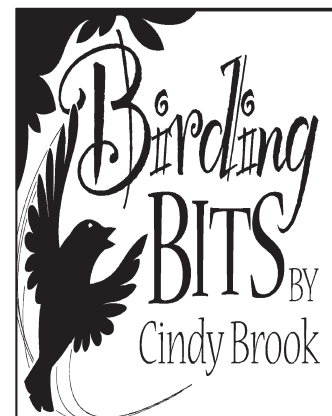
She also homeschools her older son. Selling Scentsy was to give the family a little extra spending money.

Marcum admits she has gotten a lot of new customers from the Adopt A Resident program.

HOUSES FOR SALE



Two Houses For Sale. Adjacent at 128 Hood Avenue and 130 Hood Avenue in Irvine. Good home ownership or investment possibilities. Call (606) 723-8473



New Visitors

A pair of purple finches came to my tray feeder to gobble up black oil sunflower seed. The male was beautiful with his red head, face and breast. They stayed for a couple of hours at dusk and even took time out from feeding to sing in a tree. Very nice.

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