

Appalachian Fall: a tribute to mountain cooking

The blazing coals and cool air of fall in the majestic Appalachian Mountains is a welcome relief after a hot Southern summer. But, to the hearty souls who made their homes in the rugged mountains, fall signaled a time to prepare for the cold winter months ahead.

Fall harvest has always been an important time of the year in the South, but took on a greater significance for the folks who were isolated by the peaks and valleys of the mountain terrain. "Possibly to a greater extent than in any other part of the South, Appalachian mountain culture and food traditions were nurtured by the land and the season," said Linda Carman, the Martha White baking expert and editor of *Southern Traditions, 100 Years of Recipes from the Martha White Kitchens* (CPI 1999).

Running from northern Georgia and Alabama up to Maryland, the Appalachians were settled by rugged individuals who started coming to the area nearly 300 years ago. For those who study the heritage of Southern foods, it is often termed a melting pot -- where the traditions of the Scotch-Irish, German, English and French settlers were blended with those of the native Americans who taught them about native plants and animals.

From this rich cultural mix came "mountainers" (who) were largely dependent on the forest and soil," explains Mark F. Sohn in the introduction to his book, *Mountain Cooking: A Gathering of the Best Recipes from the Smokies to the Blue Ridge*. "On garden plots at the base of severe mountains, people grew much of what they ate. This closeness to the land, coupled with a low budget lifestyle and severe isolation, is the source of our food legacy. It is a tradition that emphasizes mountain-grown food: pork, tomatoes, nuts, apples, beans, corn and potatoes."

When living off the land every season is important, the preparation for winter became very significant to the isolated mountainers. They planted greens; harvested apples, pears, nuts, sorghum, pumpkins and other fall crops. Fruits were dried, preserved and canned; vegetables were dried, pickled and buried; and meat was cured. But they didn't do it alone. In his award-winning book, *Smokehouse Ham, Spoon Bread and Scuppernon Wine*, Joe Dabney says, "Teamwork became the foundation for a community of cooperative community. The good will reflected itself in corn-shuckings, apple cuttings, bean stringings, cane-strappings, hog-killing and sorghum boils."

New recipes pay tribute to creating mountain cooks

As tribute to these creative mountain cooks, the Martha White Kitchens staff has developed three new recipes incorporating those traditional Appalachian ingredients -- pork, cornbread and traditional mountain vegetables -- into easy one-dish meals. Some form of pork is included in all the recipes because it is such an important part of the Appalachian food legacy. Hogs were well-sited to range in the mountains. They required little space, they ate scraps or could fend for themselves in the woods and, of course, they could be cured for later use.

All these recipes include cornbread which, Sohn says, was viewed as a "gift from God" by some people in the mountains and compared it to the manna that sustained the Israelites for 40 years in the desert.

The native Americans also grew pole beans in their own fields, with the beans winding their way up and around the cornstalks. At harvest some of the corn and beans found their way into the same pot and the dish was called "mick-quothash." The resulting succotash, now often made with lima beans, is still a mountain favorite.

Creamy Succotash with Bacon Cornbread is a variation of a traditional mountain dish. Onion and tomato are added to cream style corn and frozen lima beans, and finished off with easy-to-prepare cornbread mix topping. The bacon added to the cornbread makes it reminiscent of another mountain favorite--cracklin' cornbread -- made by adding crisp

pieces of rendered pork fat to the cornbread.

Turning greens, collards and other greens are also staples in the mountain diet and often served with pork chops. Pork and Greens with Butter-milk Cornbread Crust is a greens lover's dream come true. For this recipe, simply brown some lean pork cubes, add frozen greens and top it all with cornbread -- for a delicious one-dish meal that will remind you of dinner at grandma's house.

Another staple mountain cooks depended on was beans -- all kinds of beans. Pinto, one of the favorite dried beans in the mountains, were almost always seasoned with ham hock, fat back or bacon drippings. For *Sausage Bean Soup with Cornmeal Dumplings*, the soup is seasoned with sausage with cornmeal dumplings cooked on the top.

Today, creative Southern cooks are still relying on many of the traditions handed down by the people of Southern Appalachia -- using the basic ingredients that sustained them for generations.

For a variety of additional recipes using pork, cornmeal, greens and beans, visit the Martha White web site at www.marthawhite.com

Bacon Succotash

1/2 lb. bacon
1 onion, cut into thin wedges
1 (14.75 oz.) can cream style corn
1 (14.5 oz.) can diced tomatoes, undrained
1 (9 or 10 oz.) pkg. frozen baby lima beans or speckled butter beans
2 cup water
1/2 teaspoon pepper
Cornbread Topping
1 egg
1/2 cup milk
2 tablespoons oil
1 (6 oz.) pkg. Martha White Butter-milk or Martha White Cotton Pickin' Cornbread Mix

Heat oven to 425 F. Cook bacon in 10 1/2 inch cast iron or ovenproof skillet until crisp. Remove bacon from skillet; drain on paper towels. Cook slightly. Crumble bacon; set aside. Pour off bacon drippings; reserving two tablespoons in skillet. Add onion to bacon drippings; cook until tender. Stir in corn, tomatoes, lima beans, water and pepper. Bring to a boil. Simmer 15 minutes or until beans are tender.

Beat egg in medium bowl. Add all remaining topping ingredients; stir until smooth. Stir bacon into cornbread batter. Spoon batter around edge of succotash in skillet.

Bake at 425 F for 15 to 20 minutes or until cornbread topping is golden brown.

6 servings

TIP: If cast iron or ovenproof skillet is unavailable, place succotash in 8-inch square (2-quart) baking dish; spoon batter around edge. Bake as directed above.

Pork and greens with butter-milk cornbread crust

Pork Mixture
1/4 cup Martha White Self-Rising or All Purpose Flour
1 lb. pork chops, cubed
3 tablespoons oil
1 medium onion, chopped
1 (14 1/2 oz.) can ready-to-serve chicken broth
1 (10 oz.) pkg. frozen chopped turnip or collard greens
Cornbread Topping
1 egg
2/3 cup buttermilk
1/4 cup oil

Meal Mix
Heat oven to 425 F. Place flour in resealable plastic bag. Add pork; seal bag and shake to coat.

Heat oil in 10 1/2-inch cast-iron or ovenproof skillet over medium-high heat until hot. Add pork; cook until browned. Add onion; cook and stir about five minutes or until onion is tender.

Reduce heat to medium-low. Add broth and greens; simmer about 5 minutes while preparing topping. Beat egg in medium bowl. Add all remaining topping ingredients; stir until smooth. Pour batter around edge of pork mixture in skillet.

Bake at 425 F for 25 to 30 minutes or until cornbread topping is golden brown.

6 servings

TIPS: *To substitute for buttermilk, use 2 teaspoons vinegar or lemon juice plus milk to make 2/3 cup.
If cast iron or ovenproof skillet are unavailable, place pork mixture in 8-inch square (2-quart) baking dish; pour topping around edge. Bake as directed above.

Humor for a Happy Thanksgiving

By William Jerry Ayers
Most Thanksgiving smiles are started with another smile.

On Thanksgiving eat drink and be merry for tomorrow you may die!

Mr. Happy... Ugh, take away this coffee it tastes like mud.
Mrs. Happy... Well it was "Ground" this morning.

Old football players never die, they just pass them fade away.
Little Indian... Ugh.
Big Indian... Ugh, ugh.

Get high on Thanksgiving Dinner, don't drugs.
Craig quit his job as a food tester, not enough time off for lunch.
Dairymen have lots of PULL.

For a brighter Thanksgiving Day, wear a shining smile.

"Indictments"

(Cont. from front)

a Controlled Substance, Third Degree, First Offense.

She is accused of possessing Cocaine, Schedule II controlled substance and possessing Alprazolam, schedule IV controlled substance.

Angela Miller was indicted on Possession of Handgun by Convicted Felon.

She is accused of having a .38 caliber handgun after having been previously convicted in Madison County and receiving a sentence of one year imprisonment.

Bessie Miller was indicted on Possession of Handgun by Convicted Felon.

She is accused of having a .38 cal. handgun, after having been previously convicted in Laurel County and receiving a sentence of two years imprisonment.

Bowman was indicted on Operating a Motor Vehicle while Under the Influence of Alcohol, Fourth Offense and Operating a Motor Vehicle While License Revoked or Suspended for D.U.I. First Offense.

He is accused of driving an automobile while under the influence of alcohol on at least three previous occasions and operating a motor vehicle while license was revoked or suspended for D.U.I. First Offense.

Renner was indicted on two counts for Criminal Possession of Forged Instruments, Second Degree. He is accused of possessing a forged check drawn on the Citizens Bank of Mt. Vernon.

Leah was indicted on a misdemeanor charge of Assault in the Fourth Degree.

He is accused of hitting Oneida Wolfe and causing physical injury.

"Brown"

(Cont. from front)

He was also an original member of the planning committee, which eventually recommended the consolidation of the Rockcastle County school system.

Along with his wife, Flora Mae, Mr. Brown donated the property where Quail Community Park now calls home and is used by many visitors each year.

He served as an Elder of the Providence church of Christ for 50 years and he was one of the recipients of the Rockcastle County 2000 Leadership Awards.

Mr. Brown and his wife, Flora Mae Hunt Brown, would have been married 64 years on November 27th.

He was born in Rockcastle County, the son of the late John and Maude Brown on November 1, 1915 and besides his wife, he is survived by three daughters: Kathleen Brown of Hallandale, Florida and her husband, Charles. Christine Taylor and her husband, Wayne, of Quail and Virginia Lee Hessel and her husband, Paul, also of Quail.

Mr. Brown is also survived by seven grandchildren: Jeff Taylor of Paducah; Michele Stanton Briley of Greenville, NC; Anthony Hessel of Quail; Cindy Taylor Anderson, of Marebrough; Tammy Hessel Hopkins of London; Renee Staton of Davis, Vernon; and Troy Taylor of Mt. Vernon.

He is also survived by eleven great-grandchildren and a host of nieces and nephews.

Mr. Brown died in death by two brothers: Carl and Marquis Brown and a sister, Gertrude Eastham.

Funeral services for Mr. Brown will be conducted on Thursday, November 22, at 10 a.m. at the Providence church of Christ with Danny McKibben officiating. Visitation will be held at the church from 8 a.m. to 10 a.m. on Thursday.

Casketbearers are: Jeff Taylor, Troy Taylor, Anthony Hessel, Marc Hopkins, Rick Anderson, Steve Heineman and Corey Craig.

Honorary casketbearers include: Les Durham, Gay Colson, Bill Norton, Barry Todd, Gaudin Craig, Tommy Harold Mink and the late Wayne Stewart.

Expressions of sympathy may be made in the form of contributions to the Quail Community Park.

"PRIDE"

(Cont. from front)

Eastern Kentucky citizens include: cleaning up 906 illegal dumps; purchasing 132 pieces of recycling equipment; funding five watershed water programs; cleaning up 138.25 miles of streams; purchasing 35 surveillance cameras for illegal dumping areas and conducting 39 appliance buy-backs.

"In the four-year history of the program, PRIDE has made remarkable strides in cleaning up rivers, lakes and streams throughout 40 counties of Eastern and Southern Kentucky," Congressman Hal Rogers said.

"Through unique public and private partnerships, our citizens have proven that they can make a difference in correcting generations of abuse. It's an incredible story about what can be accomplished when we work together."

PRIDE was started by Rogers and Kentucky Natural Resources and Environmental Protection Cabinet Secretary James Bickford in an effort to provide government resources to local citizens as they work to clean up the environment in Southern and Eastern Kentucky. Funding for the educational program is provided by a grant to PRIDE from the National Oceanic and Atmospheric Administration (NOAA).

For more information about PRIDE or to obtain a complete summary of all of this year's awarded grants, contact our office at 888-577-4339 or visit the web site at www.kypride.org.

"Filing"

(Cont. from front)

At the bottom of the pay scale in Rockcastle County - if you are an elected official - is the magistrates,

which are actually paid less than most in the state.

Local magistrates receive only \$6,500 per year and another \$3,600 a year for expenses. That money is taxed before they receive it.

Constables are, of course, paid less. The county is not required to pay them at all.

Each countywide official from the Judge-Executive to the County Clerk, receive approximately the same pay.

None of them, ranging from the county attorney to the circuit court clerk earned less than \$60,000 for their efforts last year. Most officials received approximately \$65,000, when you consider their expense account.

And there are other incentives for officials.

For the county attorney it is collecting delinquent taxes - for other countywide office holders it could be attending classes for extra training and for some office holders it could be the fact that they can hire family members and pay them out of their office expenses.

The Circuit Clerk and Property Valuation Administrator are considered state employees.

The Circuit Clerk is paid a little over \$60,000 annually and from all indications the PVA is one of the lowest of the paid countywide officials, although that office falls under state control.

The Signal was unable to reach the state for comment on the PVA's salary, although the county contributes \$84,600 a year to that budget.

There is also a little catch, if you are considering running for either one of those offices.

The next race for Circuit Clerk is in 2006. And if you plan to run for either office you must pass a test given by the state.

Presently the only opposition the PVA would have is from one of her own deputies, who pass the test, which was given on November 6th.

Many public servants, including the council members and Mayors of each city and school board members receive very little compensation for their efforts.

City council members at Mt. Vernon receive \$26,000 per month, the Mayor receives \$50,000 a month.

At Brodhead, council members receive nothing and the Mayor gets a \$100 a month for expenses incurred.

The Signal was unable to reach Livingston officials but their pay is approximately the same - low.

Things have also changed a lot for school board members.

Year's past in Kentucky - school board members were largely elected so they could take care of their family members, such as getting them school bus driver jobs, maintenance jobs and teaching jobs.

The Kentucky Education Reform Act of the 80's took care of a lot of the politics in the school system and currently board members receive \$75.00 a meeting.

They cannot receive more than \$2,000 per year for their service.

In the fall, there will be three school board races.

The filing deadline for the Primary Election is January 29th, at 4:00 p.m.

The filing deadline for the fall elections, which will include city council races, school board races and District Judge races is August 6th.

All seekers of county offices can file their papers in Norma Hook's office.

The fee to file for county offices including magistrate is \$50.00.

In the fall, a prospective candidate must have two signatures from a registered voter in their party.



William Denny was the first person to file for countywide office in the upcoming May primary.



Wayne Lear, Sr. was the first person to file for countywide office in the upcoming May primary.

You're Invited To Attend
Foley's Florist/Hallmark
Annual Christmas Open House
Sunday, November 25th
10 a.m. to 6 p.m.
Pre-Christmas Sale
30% Off all merchandise
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PUBLIC NOTICE

Notice is hereby given that the Rockcastle County Road Department, (PO Box 755, Mt. Vernon, KY 40456) has filed an application with the Natural Resources and Environmental Protection Cabinet to reconstruct the low water ford crossing on Ten Foot Hole Road (connector for US 25 at White Star Curve to Piney Branch Road). The road is located just off of US 25 near the 5 mile marker near Livingston and crosses Roundstone Creek.

Any comments or objections concerning this application shall be directed to:

Kentucky Division of Water
Division of Floodplain Management
Water Resources Branch
14 Reilly Road • Frankfort, KY 40601
Phone: 502-564-3410

Buzz Carlotis, County Judge Executive