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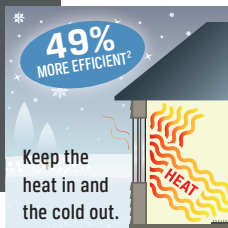
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HENKLE'S HERBS AND HEIRLOOMS

2024
Lawn &
Garden
Issue

16

24

MARCH

VOL 78 | NO 3

16

BACKYARD BOUNTY

COVER STORY From flower farmers to market gardeners, green thumbs across Kentucky weigh in on how home-scale greenhouses can take your garden to the next level and create a storybook backyard retreat.

24

ROOTED IN TRADITION

Discover open-pollinated heirloom crops, including tomatoes, beans, corn, squash and more. Heirloom plants offer unique characteristics, seed-saving potential and a tangible connection to history.

ON THE COVER Barbara Ray, a Kenergy consumer-member from Henderson, uses her backyard greenhouse to extend the growing season, experiment with less common vegetable varieties and start flowers from seed. Photo: Joe Imel

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HEATHER BLIVEU

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Off the rails

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Kentucky Living is published to create a community of people who take pride in thinking of themselves as Kentuckians and as knowledgeable electric co-op consumer-members, in order to improve their quality of life.

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Beautiful Bluegrass

Honoring efforts to beautify our great state

DO YOU HAVE A FAVORITE

time of day? Maybe you are like me and love the morning. There is nothing better than seeing the sun come up with a cup of coffee in my hands. I regularly drive east from Louisville to Frankfort early in the morning and get to see the splendor of a spectacular sunrise. When I make the turn to go to the Capitol, I get a great view of the sun shining brightly on the dome and across the hills.

I am lucky that my job represents companies that serve nearly the entire state of Kentucky. From Paintsville to Paducah and Franklin to Florence, there are cooperatives focused on serving their communities. The primary job of an electric co-op is to provide reliable electric service at a fair price, but our employees and co-operative leaders serve in many other ways, and they live in these same communities. They are coaches, teachers, volunteers, farmers and friends to each of you.

The people of Kentucky are proud of their hometowns, and they should be. As I travel around the state, I love to see farms, homes and local sites. Many Kentucky towns have a center square with an old courthouse in the middle. I think of Elizabethtown, Bardstown, Glasgow and Paducah. They are each unique and have a Kentucky charm that needs to be seen and experienced.

A lineman I worked with at Nolin Rural Electric had a unique hobby—he would travel across Kentucky photographing and spending time in each county seat. He loved talking about the town squares and the unique restaurants that he would find. His goal was to make a book about his



adventures. I don't think he ever created the book, but I would argue that his life was fuller and better because he experienced the real Kentucky. He got to know the people and places that make our state great.

Our state is beautiful, and that is why we love our partnership with Gov. Andy Beshear and his office on the Beautify the Bluegrass campaign. *Kentucky Living* and electric cooperatives across the state want to see their communities grow and be vibrant. The people of Kentucky have embraced these efforts, and their projects deserve to be recognized. This is exactly our plan with Beautify the Bluegrass.

If you are a part of one these efforts, you can nominate yourself for recognition. If you see a project in your community that is worthy of notice, you can nominate it as well. That project may be recognized, like Sunkyst Sticks and Stones pictured above. Help us honor the efforts around us to keep our state beautiful.

Chris

CHRIS PERRY
President/CEO

KENTUCKY ELECTRIC COOPERATIVES



FROM THE EDITOR

TO EVERYTHING

(turn, turn, turn)
there is a season.



Whether quoting Ecclesiastes or The Byrds, these words seem especially applicable to March. The month brings with it a time change, more daylight and the official start of spring.

In addition to the literal season change, it's a reminder that with whatever phase of life we're in, that will change, too. If you're in a season of struggle, hang on. You'll get through it and climb out on the other side. If you're in a season of calm, cherish it. A rough road may be around the bend. But if you're reading this, you've made it through 100% of the challenges in your life, and you can do it again.

In the meantime, we hope you can find respite in these pages. This month, read about backyard greenhouses (page 16), heirloom seeds (page 24) and plans under-way to observe the upcoming solar eclipse (page 36).

May you have a time for peace on the way. *I swear it's not too late.*

Shannon

SHANNON BROCK,
EDITOR

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TIM WEBB

COIN OF THE REALM

Rare coins have stories to tell

Jeff Garrett, owner of Mid-American Rare Coin Gallery in Lexington, is one of the nation's leading experts on U.S. coins. Read about the Great Kentucky Hoard on page 22, then visit us online for more photos and background on this once-in-a-lifetime find, along with coin-collecting tips and resources.



BEST IN THE BUSINESS

A seed-saving legacy

When we interviewed Bill Best and his family in July 1988, they were founding members of the Lexington Farmers Market, raising 10,000 tomato plants each summer. Catch up with Best on page 24, then visit us online to read the 1988 profile.



NOMINATIONS NOW OPEN

Recognize community efforts

Beautify the Bluegrass recognizes beautification efforts across the state. Plan to complete your project and enter by July 15, or nominate outstanding examples from your community. Learn more at KentuckyLiving.com/Beautify.



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Racing for the truth

Most spectators watching thoroughbred racing see glitz, glamour and money, but those doing the hands-on work—in barns or barreling down the track atop literal horsepower—will speak to the possible dangers as well.

Today, the Horseracing Integrity and Safety Authority is charged with setting and enforcing policy to create a safer racing environment. According to its website, HISA's responsibilities are "drafting and enforcing uniform safety and integrity rules in Thoroughbred racing in the U.S.," applying to all thoroughbred racing participants and facilities. These rules are meant to minimize both equine and jockey injury by focusing on track maintenance, veterinary oversight and anti-doping.

What would happen, though, if one person held enough control over another to force some bribing, bending or downright breaking of these rules? Lexington author John Paul Miller builds a fictional story around this supposition in his novel, *False Riches*.

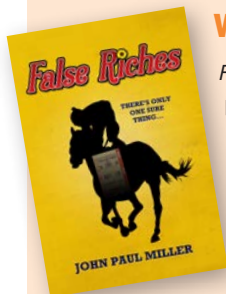
The book's hero, Amos Moon, is a lifelong horse enthusiast, exercise rider and gambler who believes in the need for better equine and jockey safety measures and works diligently

to implement and monitor them at the Texas track where he works. When race favorites come up short in a race where Moon's bet wins big, he is suspected of foul play. Could he have been set up? Any number of folks Moon has turned in for rule violations could want him out of the way.

Enter Rixie Ricksland, a private investigator who works alongside Miller's own version of HISA, the National Equine Safety Protection Authority, to make sure that regulations are followed and that those violating them are ousted from the sport. After an experienced exercise rider is injured due to his mount's uncharacteristic slowdown and stumble, more than just bad luck seems to be at play. Could both the injured rider's and Moon's experiences be linked? As Ricksland uncovers Moon's beliefs and convictions, she can't discount the possibility of a set-up—or her growing admiration of him.

The book is part mystery, part romance, and lovers of both will find a sure thing when they bet on Miller's story of intrigue, tragedy, courage and determination.

» Penny Woods



Wannabe cowboy turns author

False Riches, Palmetto Publishing, (\$28.99 hardcover, \$18.99 paper), is available online at Amazon and Barnes & Noble.

As a boy, author John Paul Miller always wanted to be a cowboy. When he later met his wife, Judy, who had spent a lifetime in the thoroughbred industry, his dreams came true. For more than 25 years, he has immersed himself in the horse world, taking lessons, riding trails, attending shows and rodeos, and simply listening to the stories that vets, riders, trainers and owners have to share. The couple lives on a farm with four horses and two dogs. Connect with him at www.johnpaulmiller.net.

ENERGY EFFICIENCY

tip

Extend the life of your clothes dryer with regular cleaning. Clean the lint filter after every load, which improves air circulation and safety. Check the lint trap opening to ensure it's clean. Use a vacuum to remove any lint that's fallen inside the opening.



SHUTTERSTOCK



"The dog is digging in the garden again."

Apply for WIRE scholarships

Women in Rural Electrification (WIRE) is offering three \$1,000 scholarships to Kentucky college students. The scholarships are open to any eligible student whose family is served by a Kentucky electric cooperative and has at least 60 hours of credit at a Kentucky college or university by

the end of the 2024 spring college term.

For an application form, go to www.kyelectric.coop and search "WIRE," or contact your local cooperative.

The deadline to apply is June 5, 2024.



LETTERS TO THE *editor*

Enlightening and "fun to read"

Being a Kentucky native and a member of Salt River Electric, I always enjoy reading *Kentucky Living* magazine. In January's issue, I found the cover story about Randy London's farm informative while revealing the struggles of life on the farm. Running a family farm is far different than a retail establishment, but to the small business owner, the problems are much the same.

Another story that interested me featured Ellis Park. When Churchill Downs decided to finish the rest of the spring meet there last June, good things started to happen at the track. Believe a Louisvillian when I tell you, since Churchill Downs now owns the track, it will become a western Kentucky horse racing jewel in a short time. Stories like these are enlightening Kentuckians

and are fun to read.

Your diverse format is a winner. Keep it up *Kentucky Living* magazine!

TERRY USHER, LOUISVILLE
SALT RIVER ELECTRIC
CONSUMER-MEMBER

"The memories remain"

Thank you for running Joel Sams' article "Randy London's Last Crop." By the time I finished reading the story, I found myself in tears. I grew up on a small farm and we raised about 3 or 4 acres of tobacco.

It's been 40 years since I worked in tobacco, but the memories came flooding back. The smell of the tobacco, click of the tobacco setter as water came out, the sound of a stalk going over the spike as it went onto the stick. My thoughts went to working with my dad, mom, brother, uncles, aunts and neighbors from sowing the plant bed to the warehouse

floor. They are all gone now, but the memories remain.

It was good to remember a time when my life was much simpler.

JASON ROBERTS, UTICA
KENERGY CONSUMER-MEMBER

Tobacco vs. bourbon

Though interesting, your article about tobacco set my blood to boil. But then I've been told I am a fish swimming upstream. I understood when I moved here that tobacco was the cash crop for Kentucky. I didn't care one way or the other, but since they have deemed it to be so terribly bad for the human race and put bourbon in its place, I have a problem.

I have never heard of a car accident because of a cigarette. I have never heard of domestic violence because someone smoked a few too many. I have never heard of a shooting because someone

Have a question or comment for the editor?

Please address letters to the editor to: Letters, *Kentucky Living*, P. O. Box 32170, Louisville, KY 40232 or email by going to KentuckyLiving.com and clicking on "Contact Us." Letters may be edited for style, length and clarity.

smoked a few too many. Don't you dare light a cigarette, but bourbon is just fine. I can't see the logic!

And yes, I am a smoker. I used to have pride in saying I don't drink or do drugs, but now I feel like I'm causing Kentucky to go broke by not doing either.

LORI MALMGREN,
BRANDENBURG
MEADE COUNTY RECC
CONSUMER-MEMBER

featured FRAMES



Michael Mindel, Louisville, captures the beauty of surface tension with this photo of a vinca following an afternoon rain shower.

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Beautify winners hope to inspire Kentucky

Co-ops, governor partner to recognize homegrown projects

JOE ARNOLD | CAPITOL PHOTOS BY WADE HARRIS



▲ **WHITNEY LEWIS SAW A ROCK** and picked it up. Fast-forward six years to Lewis in the Kentucky Capitol rotunda, accepting the 2023 Beautify the Bluegrass Governor's Award. Not for picking up rocks, but for picking up trash, filling more than 2,000 bags with litter found while kayaking or hiking in Kentucky.

At left, Whitney Lewis began her cleanup efforts as an Earth Day challenge. Photo: Whitney Lewis. At right, Lewis accepts the 2023 Beautify the Bluegrass Governor's Award.

▶ From left, Jackson Energy's Katie Dotson, Lisa Baker and April Renner accept the award from Gov. Andy Beshear and Kentucky Electric Cooperatives President and CEO Chris Perry.

As Lewis chronicled her efforts on Facebook, others joined the Cleaning Up Kentucky effort, catching the attention of Beautify the Bluegrass, a partnership between the governor's office, Kentucky's electric cooperatives and *Kentucky Living*, to recognize Kentuckians and homegrown beautification efforts.

"It seemed to ignite at that point," Lewis says.

Nominations are now being accepted through July 15 on KentuckyLiving.com for the 2024 Beautify the Bluegrass Governor's Award.

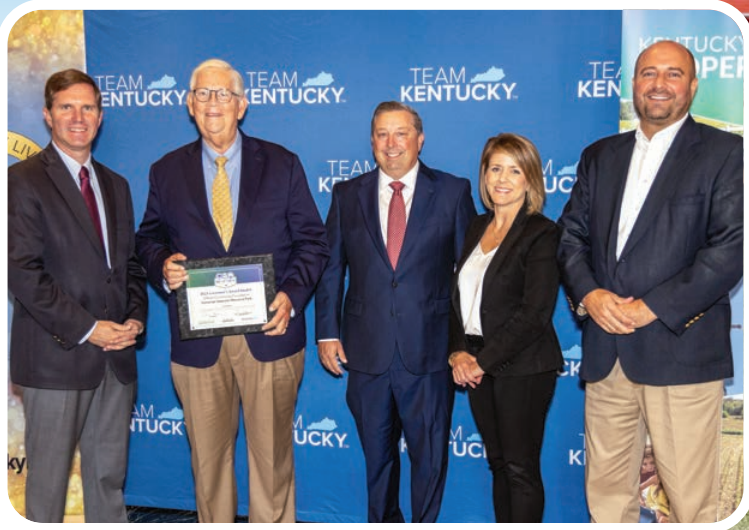
"I am so grateful to every individual, family and organization that volunteered their time and showed love to their communities," says Gov. Andy Beshear.

"Like electric co-ops, the people we honor are committed to improving their communities," adds Kentucky Electric Cooperatives President and CEO Chris Perry. "These projects were not completed to win an award, but they deserve recognition."

The remaining 2023 Beautify the Bluegrass finalists were:

Somerset Veterans Memorial Park (Pulaski County)

In downtown Somerset, the construction of Somerset Veterans Memorial Park aimed to honor



A new veterans park in Somerset also reduces persistent flooding and beautifies downtown.
Photo: SPEDA/Amanda Muse

veterans, reduce persistent flooding and beautify a once blighted spot. First and Farmers National Bank donated the seed money to get started but its board chair, John Prather, says citizens make the difference. “When a community has ownership, a community takes care of it,” Prather says.

“It’s just so exciting,” adds Chris Girdler, president and CEO of the Somerset-Pulaski Economic Development Authority, which supervised the fundraising, design, construction and implementation of the project. “Hopefully it will motivate others to follow suit and do similar projects.”

Manchester Splash Park Upgrade (Clay County)

Jackson Energy Cooperative worked with the Thompson Scholars Foundation to

revitalize a splash park in Manchester.

“When you look out there, there are so many areas that just need a little bit of attention and a little bit of care,” says Lisa Baker, the executive administrative assistant at Jackson Energy. “Cooperatives believe in helping our



From left, Gov. Beshear, First and Farmers National Bank’s John Prather, Kentucky Electric Cooperatives’ Chris Perry, and SPEDA’s Julie Harris and Chris Girdler.





▲
Before and after photos of Art in the Garden by George Milam and Dave Shaffer. To the right of the governor are Milam and wife, Midge, Shaffer, Elizabeth Jones and Suzi King.



communities. We live in our communities, we work in the communities and we just have a great opportunity to band together, bring a little bit of help and help improve our members' way of life."

Dozens of Jackson Energy employees worked on landscaping, painted park benches and installed both a basketball goal and park shelter siding.

Art in the Garden (Marshall County)

Several years ago, at the Marshall County Children's Art Center in Benton, Dave Shaffer noticed that visitors had no easy access to a small rain garden on the site.

"That began the process of putting in an accessible walkway, gardens, sculpture and making it a special place for Marshall County and anybody who visited," says Elizabeth Jones, Dave's wife and one of the 78 volunteers who invested more than 4,500 hours helping transform the garden.

Shaffer volunteered as designer and project manager.

"We had to tear out a lot of stuff and put a lot of new in," Shaffer says. "Getting the volunteers involved really made it work well for us."

The Art in the Garden project now includes informational placards about the community's past, benches, flowers, trees and an outdoor classroom space.

Community Crossroads Mural (Shelby County)

When the owners of the Bagdad Farmers Market asked Sandy Waits Phillips to paint a mural on their newly renovated building to highlight the

history of the Shelby County community, her mural experience was limited to helping a friend on one project.

"We said if it didn't turn out very good, we'd just paint over it," Phillips laughs.

On the evening of June 26, Phillips found herself elevated on a scissor lift, sketching the projected outlines of a caboose and cornstalks against the background of a huge quilting star. Over the course of the next four-and-a-half weeks, with help on a couple of



Below, Sandy Waits Phillips, on right, and Emma Berry Phillips receive their Beautify the Bluegrass award for the mural they painted on the newly renovated Bagdad Farmers Market, shown at left. Photo: Sandy Waits Phillips

afternoons from her 12-year-old great-niece, Emma Berry, Phillips turned the brick facade into a community signature.

“One of the reasons that I do projects like this is for her and for my other great nieces and nephews, just to show them that they can do things like this, no matter what age you are or experience you have.” **KL**



Everyone loves a good before and after.

Beautify the Bluegrass

DEADLINE TO NOMINATE IS JULY 15

Across Kentucky, volunteers and communities work to Beautify the Bluegrass. We want to recognize these projects.

Plan your project to complete and enter by July 15 or nominate outstanding examples from your community.

Get information at KentuckyLiving.com/Beautify

KentuckyLiving



A day brightener

Jerrica Dalton, owner of Paint Creek Farms, displays a bouquet of mostly dahlias, one of her favorite flowers, which peak during July, August and September most years. Jerrica learned how to grow dahlias from her neighbor, Debbie Melvin.

Finley Dalton holds bouquets she and her mother, Jerrica, owner of Paint Creek Farms, created. Every week they sell flowers at the Johnson County Farmers Market. Photos: Paint Creek Farms

Spreading smiles one bouquet at a time

WEST LIBERTY

Jerrica Dalton is the poster person for transforming dreams to reality. In three years, she converted a nearly empty acre of land on her property in Moon, Kentucky, into a flower farm she named Paint Creek Farms.

During the COVID-19 pandemic, Jerrica learned thousands of flowers were stuck on barges waiting to be shipped to the United States. That planted the seed for her flower farm. Instead of waiting for flowers, she'd grow her own and share them with her community. For Christmas, she asked for seeds, tubers and bulbs.

"It's the hardest work I've ever done, but it's so rewarding," says Jerrica, a consumer-member of Licking Valley RECC. "I love watching



a seed grow into a flower."

A curious self-learner, Jerrica used books, YouTube videos, seed packets and conversations with flower farmers to learn the basics of growing flowers, but her friendship with neighbor Debbie Melvin taught her a lot, too.

"I truly don't know what I'd do without her," she says. "Well, she taught me all about dahlias and [she] is the reason I fell in love with those."

Most of her adult life, Jerrica was a self-proclaimed "jack-of-all trades, master of none." She grew up working on a tobacco farm and gardening, stayed home with her kids, owned a convenience store with her husband and worked as a physical therapy technician.

"When I started growing flowers, I felt like I'd finally figured it out. I love what I do," Jerrica says. "I wanted to be outside. I wanted to play in the dirt."

Jerrica loves hosting people at Paint Creek Farms. Church groups, sweet 16 birthday parties and teachers have celebrated by picking flowers at her farm. To avoid summer's

heat, Jerrica created Sunrise Buckets, a by-appointment visit to pick flowers and watch the sunrise.

"Flowers make people happy," Jerrica says. "I love to see the smiles they bring and to use them to brighten people's days."

She shares her flowers in the community, too. Jerrica and her 5-year-old daughter, Finley, who can name most flowers, sell bouquets at the Johnson County Farmers Market. When she has an abundance, instead of selling, Jerrica makes bouquets and drops them off to people who "need their day brightened," she says.

Jerrica has big dreams for the future of Paint Creek Farms. She hopes to expand into educational events this year, like "How to Grow Dahlias."

"I'm a happier person since starting my flower farm," she says. "It's very peaceful." **KL**

MEGHAN CAIN-DAVIS is a freelance writer, mother and fitness instructor in Kentuckiana. She loves writing about her adventures in Kentucky and around the world.



Custom cuts

Trackside Butcher Shoppe serves local farmers

JOE ARNOLD

AFTER FARMERS SAID THEY

needed a local meat processing facility to serve Henry and Trimble counties, they funded a feasibility study in 2013 that showed one could be successful. But a big question remained: Who had the skills, interest and willingness to step up and commit to building a business to meet that need?

In Campbellsburg, the idea fell to lifelong friends John Edwards and brothers Chris and Jason Wright. The 1998 Trimble County High School graduates shared a bond, and a love for agriculture and the life lessons it taught them.

"We have known each other since we were in elementary school and Chris and Jason's father coached us in Little League baseball," Edwards says. "We are all the same age and graduated together. We started at the phone company as linemen in 2000.

"We always had an entrepreneurial spirit being raised on family farms, but absolutely never envisioned ending up in this industry."

Now, eight years after Trackside Butcher Shoppe opened its doors,



the USDA-inspected meat processing and harvest facility has grown to more than 30 employees, each week handling about 70 beef cattle, 25 hogs and five lambs or goats from local farms.

"We harvest them, process them, package them, freeze them and send them back home with them," Edwards says. "It may not sound like a lot, but as far as this business goes across the state, of the processors, we're one of the bigger ones as far as volume."

Most cattle farmers in Kentucky sell to large finishing facilities that

handle thousands of animals a day. As a custom processor, Trackside specializes in small lots.

"A lot of our customers bring in just a beef or a hog every year for their own deep freeze," Edwards says. "Many customers are farmers who are trying to add value to their operation by marketing their own beef, whether it's freezer beef by the half or whole. They have on-farm little stores and market them that way or sell at farmers markets every weekend."

A consumer-member of Shelby Energy Cooperative, Trackside primarily serves farmers within about a 50-mile radius, but also draws business from Indiana and Ohio.

"We are looking for new customers all the time," Edwards says. "We have fortunately been able to continue to grow each and every year since we opened in 2015. We're always looking to meet the demand of the customer and what the farmer needs." **KL**



tracksidebutcher
shoppe.com
(502) 532-3015

LOCATION:
123 Commerce
Parkway
Campbellsburg

INDUSTRY:
Custom meat
processing

**ELECTRIC
COOPERATIVE:**
Shelby Energy
Cooperative



Trackside Butcher Shoppe co-owners Chris Wright, left, John Edwards and Jason Wright. Photo: Trackside Butcher Shoppe

Demand still strong

Demand for the services of Trackside Butcher Shoppe skyrocketed during the food supply chain shortages of the COVID-19 pandemic. "People went just absolutely crazy," says co-owner John Edwards.

While the pandemic panic has passed, Edwards says interest in food quality has remained high, and cattle farmers are responsive.

"It gives them the ability to market to a consumer that they have tailored that to, whether it's grass-fed organic, or grass-fed, grain-finished, or perhaps antibiotic free. Every customer kind of has their niche, and we can accommodate."

2024
Lawn &
Garden
Issue

BACK BOU



YARD

NTY

Home-scale greenhouses
for next-level gardens

BY AMY COBB

Barbara Ray, Henderson,
uses her backyard
greenhouse to extend
the growing season and
experiment with less
common plant varieties.
Photo: Joe Imel

MY YOUNGEST DAUGHTER, DELANEY,

now 15, has always been inquisitive when it comes to nature—tending to broken-winged butterflies and rescuing waterlogged bees from puddles. As she grew and learned about the depleted habitats of these creatures, Delaney wanted to do something to help them. Her solution? A backyard greenhouse.

Cut flowers and Boo Berries

This spring marks Delaney's third growing season in the greenhouse she and her dad, Aaron, built directly on our deck for easy access to water, plus electricity for a portable heater powered by Pennyrite Electric. Though her greenhouse is small, just 6 feet by 6 feet, Delaney finds it easy to maintain, while still growing hundreds of plants.

Delaney Cobb starts hundreds of pollinator-attracting plants in her greenhouse. Photo: Amy Cobb



PLANNING AND PLANTING

If you're inspired to add a greenhouse to your backyard, do your research on the front end and ensure you situate it in the best location that is also convenient for you, says Miranda Rudolph, Graves County Extension Agent for agriculture and natural resources and a West Kentucky Rural Electric consumer-member.

Research can come from a variety of sources, like YouTube and Facebook, says Brian Young of Bubby's Greenhouse and a Shelby Energy Cooperative consumer-member. "Your county extension service has a wealth of resources at your disposal," he adds.

Deborah Wilson, Farm Girl Flowers owner and Licking Valley RECC consumer-member, advises going small in the beginning, only planting what you think you can grow best. On balance, though, Barbara Ray, Kenergy consumer-member, says building the greenhouse bigger than what you think you need allows room to grow. Both their greenhouses are 10 feet by 12 feet.

A greenhouse can be as simple or as complicated as the homeowner wants it to be—and construction doesn't have to break the bank, says Rudolph, who also suggests using leftover materials you have on hand at your home or farm.

When it comes to what to plant, "Do your own thing, and don't worry about what everybody else is growing," advises Delaney Cobb, Boo Berries owner and Pennyrite Electric consumer-member.

Young echoes that, saying don't be afraid to experiment and diversify the plants you grow, and add new veggies each season. Cobb also cautions that if you have pets or children, make sure the plants you grow are safe and not harmful to them.



“I get to start a lot of pollinator-attracting plants from seeds,” she explains. “Once they get big enough, I plant them in a cut flower garden.” Among the flowers she grows are snapdragons, zinnias, hollyhocks and sunflowers.

Not only do the bees and butterflies benefit from her flower garden, but we enjoy the blooms all summer long. “I start envisioning the bouquets before they’ve even popped up from a seed,” Delaney says.

Last year, her bouquet arrangements earned several red and blue ribbons at the Muhlenberg County Fair. One entry was an upcycling project of yellow moss grown from seeds in her greenhouse and then planted in a recycled colander—it moved on to the state fair in Louisville where it won a blue 4-H ribbon. “It was one of the most exciting feelings to see my plants

Delaney Cobb grows flowers including snapdragons, zinnias, hollyhocks and sunflowers.

Photo: Amy Cobb

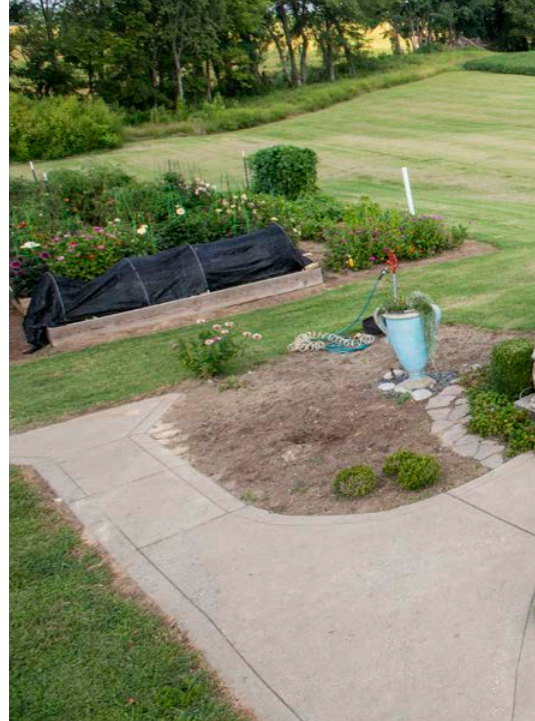
there and to know that I accomplished something,” she says.

Delaney also sows vegetable seeds, like tomatoes, squash and cucumbers to plant in our family’s garden. Plus, she sells some through the blueberry farming business, Boo Berries, that she started when she was just 12. This year, she plans to donate some plants to local nursing homes for the staff and residents to care for.

Of course, back on our farm, Delaney will be busy planting lots of flowers she grew right here in her greenhouse. “I’m helping out the bees and the butterflies,” she says. “It makes me feel like



Ray works in a bed of zinnias that she started in her greenhouse. Photo: Joe Imel



In the warm environment of her greenhouse, Ray can start unique plant varieties from seed with plenty of time to grow. Photo: Joe Imel

I'm doing a big part in giving back to the Earth."

A storybook space for sowing seeds

In Henderson, Barbara Ray's backyard greenhouse looks like it's straight out of a magical storybook. An avid gardener, she always wanted a greenhouse. "Some women want certain cars and certain things in their houses," laughs Ray, a Kenergy consumer-member. "I just wanted a greenhouse."

That wish was fulfilled 14 years ago when her husband, Billy, and friend Tim McLevain, used a Sunshine Greenhouse kit to build the structure, which she now sees when she looks out her kitchen window. Since then, Ray has gotten a jump on the growing season. She isn't afraid to experiment with different seeds, particularly heirloom varieties.

"I like to raise special, unique vegetables and things that you can't just go out and buy starts for," Ray says. Among these interesting plants are bok choy, a type of Chinese cabbage; and radicchio, which Ray describes as "a bitter lettuce."

There's also tromboncino, an Italian zucchini that closely resembles a gourd.

When it comes to flowers, plenty of cockscomb and zinnias get their start in Ray's greenhouse. The space enables her to grow what she specifically likes, rather than just generic plants found at

big-box stores, she says. For example, Ray grows dahlia tubers with eventual dinner plate-size blooms in cool colors—purples, pinks, whites and yellows.

Ray shares the extra produce she harvests with family and friends, adding that she feels good about knowing

FROM TOBACCO TO VEGETABLES

What do you do when you have a greenhouse that holds 20 acres of tobacco transplants, but your family doesn't raise that much tobacco? Youngster Christopher (Bubby) Young, a Trimble County fifth-generation farmer, repurposed the space for sowing vegetable seeds and started his own business, Bubby's Greenhouse.

Served by Shelby Energy Cooperative, Bubby's Greenhouse opened in 2020. Christopher's dad, Brian, first pitched the greenhouse business idea to his daughter Abigail, and youngest son, Benjamin. They weren't sold on it, so Brian approached Christopher, now 12. He recalls: "I looked across the table at Christopher, and I said, 'How about Bubby's Greenhouse?'" Christopher smiled, and "that's how that started," his dad says.

Now in its fourth season, Bubby's Greenhouse offers vegetable plants for purchase directly from the greenhouse and at the Trimble County farmers market, and later in the season, Christopher sells homegrown produce. His favorite part of the greenhouse business? "Satisfied customers who come back for more."

His dad says all he's ever wanted was for the family's farm to continue to succeed for generations to come. He believes Christopher is its future. Reflecting on Christopher's efforts, Brian says, "I'm proud as a peacock."



Christopher (Bubby) Young works in the greenhouse as little brother, Benjamin, looks on. Photo: Brian Young



Ray's greenhouse, 10 feet by 12 feet, was built from a Sunshine Greenhouse kit. Photo: Joe Imel



the food is healthy for them since she doesn't use chemicals in her garden. Another benefit? "I don't have a big grocery bill in the summer."

For Ray, gardening with her backyard greenhouse is a way of life. "It's hard work," she says, "but it's fun and fruitful."

Fresh flowers grow from adversity

"I've always loved flowers," says Deborah Wilson, a Licking Valley RECC consumer-member. "My grandmother, she started me a little flower garden when I was young in her garden." It was during those childhood days of gardening alongside her grandmother that Wilson first learned how to care for flowers.

Wilson's early interest blossomed into a lifelong passion that eventually led to building a greenhouse. Several years ago, a tornado came through and destroyed the first structure. Not easily deterred, Wilson and her husband, Doyle, a retired Kentucky State Police officer, drew up plans for a second greenhouse, which they built together.

The greenhouse jump-starts the growing season for crops like tomatoes, cucumbers, onions and even strawberries grown from seed. The extended growing season also reaches into the fall months, when Wilson enjoys greenhouse-grown lettuce.

GET SOCIAL

Follow Boo Berries and Farm Girl Flowers on Facebook to find out more about their Kentucky-grown products.

But it was during the COVID-19 pandemic, when florists were having difficulty obtaining fresh flowers, that Wilson got the idea to sell her blooms. She reached out to some florists to see if they had any interest in her flowers—gladiolus, lilies and more—and to her surprise, they did. That's how Wilson's flower farming business, Farm Girl Flowers, began. "I've met a lot of people through this," says Wilson. "It's a lot of fun."

Besides selling flowers to florists, she also creates her own bouquets, sold locally at the farmers market and at Fannin's Vegetable Farm in West Liberty. Now, she even has people contact her for special event bouquets, like birthdays. "I don't have any training. I just use my own style," mainly using her own flowers, Wilson explains.

She finds working in her greenhouse exciting, and says she learns something new every day. But her favorite part, she says, is "just the enjoyment of your hands in the soil and watching the seeds grow."

Deborah Wilson's greenhouse germinated the seed of a small business. Photo: Deborah Wilson

More greenhouse benefits

Miranda Rudolph, Graves County Extension agent for agriculture and natural resources, has seen an increase in homeowners adding greenhouses to their backyard spaces in recent years.

"People are wanting more and more control over their food sources," says Rudolph, a consumer-member of West Kentucky RECC.

Like Delaney, Ray and Wilson, Rudolph notes the benefits of greenhouse ownership: starting seeds earlier in the spring, extending the growing season well into the autumn months, reducing the grocery bill and choosing the types of plants that best fit the gardener's space and interests.

Rudolph points out that a greenhouse gives the gardener better control over lighting, temperature, watering and even pests—all issues that affect plant growth and eventual flower or produce production. For families with children, a greenhouse helps them learn more about science, nature and food sources.

Rudolph also notes the positive impact of greenhouse gardening on mental well-being: "It's a great way to get outside and be in the warm greenhouse and play with plants." **KL**



The Great Kentucky Hoard

Jeff Garrett has been collecting, selling and obsessing over rare coins since he was a teenager. Maybe it's no surprise, then, that his was the phone that rang last year with news that would soon captivate collectors around the world: More than 800 Civil War-era coins had been found buried in a Kentucky cornfield, many of them in near-perfect condition.

The finder—who is keeping his name and location confidential—called Garrett for advice and set up a meeting at Garrett's business, Mid-American Rare Coin Gallery in Lexington. "It was one of the most fun things I've ever done," says

Garrett, who assisted with the conservation, marketing and sale of the coins, and also came up with a name that stuck: the Great Kentucky Hoard.

Among the hoard's rare coins were \$20 pieces, known as liberty double eagles, minted in Philadelphia in 1863. One of the pristine examples from this extremely rare mintage sold for \$300,000, and the total value of the hoard exceeded \$1 million. Garrett says his expertise and his company's reputation built the rapport needed to help the finder.

"It's a trust thing," he says. "The guy's basically won a lottery ticket and wants

help figuring out how to cash it."

While a find like the Great Kentucky Hoard isn't in the cards for most people, Garrett stresses that coin collecting is a hobby anyone can enjoy, whether you're collecting pennies and nickels or silver dollars.

"It's really fun to do with kids and grandkids," says Garrett, who was born in Glasgow, Kentucky, and lived in Florida before opening his Lexington business in 1984. "It teaches them economic history, teaches them art, teaches them American history in general." View more photos and read more about the Great Kentucky Hoard at KentuckyLiving.com.

Kentucky Living **2024** PHOTO CONTEST

Enter the *Kentucky Living* 2024 Photo Contest
March 1-31 at KentuckyLiving.com.

Submit up to 2 entries per category:

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- Kentucky Travels
- Nature
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- People

Prizes in each category:

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Winners will be published in the July issue.

Five People's Choice winners:

- \$50 gift card for each category winner

People's Choice voting runs July 1 through August 1, 2024, at KentuckyLiving.com.

Contest is open to co-op consumer-members and the public, both amateur and professional photographers. Entries accepted for ages 13* and up.

* Ages 13–17 must have consent from a parent or guardian when they enter online.

KentuckyLiving.com



JENNIFER JENSON

RULES FOR ENTRY: Read and follow all rules carefully or your photo may be disqualified. Entries must be the original work of the photographer making the submission. LIMIT TWO ENTRIES PER CATEGORY PER PERSON, age 13 or over, USA. Entries accepted for ages 13–17 with consent from a parent or guardian. Submit Online: Use entry form and read official rules at www.kentuckyliving.com. Complete a separate form for each photo submitted. Photos must be in .JPG format and high resolution for print purposes, preferably 1 MB minimum and 8 MB maximum file size. **SUBMISSIONS MUST BE RECEIVED BY MARCH 31.**

Contest is open to persons age 13 or over, in the Continental United States, except for employees or immediate family members of Kentucky Association of Electric Cooperatives, *Kentucky Living*, Kentucky's electric co-ops and their respective divisions, subsidiaries, advertising and promotion agencies. Go to KentuckyLiving.com to read the Official Rules.

2024
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Rooted TRA

Discover heirlo

BY KIM KOBERSMITH



And in ADDITION

from Kentucky veggie crops

Bill Best distinctly remembers the bean crop that started his lifelong journey as an heirloom seed saving advocate. In the early 1970s, the Blue Grass Energy consumer-member bought the newfangled hybrid Blue Lake beans for his first farm in Jackson County. He was not impressed; they were tough to chew, virtually inedible. On his next visit home, his mother gave him a bounty of heirloom seeds from her garden, and he hasn't looked back.

No matter the color of the hull, all Nadine Davis purple beans are this deep royal purple. Photo: Kim Kobersmith



Bill Best has been saving seeds since the early 1970s. Below, Best demonstrates how to remove seeds from a Bosnian pepper. Photos: Kim Kobersmith

KentuckyLiving.com

Heirloom heritage

Take a trip back in time with our July 1988 article on Bill Best and his family. Together, the Bests raised 10,000 tomato plants in more than 30 varieties, not to mention beans, corn and okra. Read more at KentuckyLiving.com.

Heirlooms, in a bean shell, are open-pollinated through natural means like bees or birds, and their seeds have been passed down through generations. Such seeds saved from one year's crop will yield the same true-to-type plant and fruit year after year. New varieties are born when an occasional spontaneous or mutant plant emerges. Sometimes the new variety is worth keeping, and sometimes not.

The popularity of heirloom vegetables has increased since Best's first taste. They are a resilient foundation for a garden; their open pollination contributes to genetic diversity, and seed saving means growers don't need to buy seeds every year. By contrast, hybrid vegetables, bred for ease of machine harvest and long shelf life, lack much of the flavor, protein and nutrients of their heirloom brethren.

A tangible tie to history

Heirlooms have benefits beyond the practical, though. Each seed holds a story—a connection to those who have gardened before and who lovingly preserved and tended each unique variety. That story is often hinted at in seeds named for people (Vinson Watts), places (Basin Mountain), characteristics (Lazy Wife) and hopes (Mortgage Lifter).

Gardener Lisa Ann Spencer found a surprising family connection through growing heirlooms. A consumer-member of Salt River Electric, she was originally attracted to open-pollinated seeds as a way to prepare for the rumored chaos of Y2K. It soon became much more.

"I have a degree in biology, and saving my own seeds was so much fun," she says. "I like the challenge. Some plants, like carrots and collards, take a couple of years until they go to seed."

FINDING HEIRLOOM SEEDS

The most fun way to acquire open-pollinated seeds is at a seed swap, where growers share their gardening wisdom along with the seeds. Many mainstream seed companies sell heirlooms, but the ones listed below sell them exclusively and have extensive knowledge.

www.heirlooms.org

Founded in Kentucky by Bill Best, the Sustainable Mountain Agriculture Center Inc. is the source for Appalachian bean and tomato seeds. It also hosts an annual seed swap/sale with vendors from multiple states.

www.seedsavers.org

Purchasing Seed Savers Exchange seeds supports its seed bank, currently preserving more than 20,000 heirloom varieties.

www.southernexposure.com

Southern Exposure Seed Exchange in Virginia sells heirlooms adapted for Southern mountain climates.

www.rareseeds.com

Baker Creek Heirloom Seeds is the largest company in the country specializing in heirloom seeds.

Continued on page 27

Continued from page 26

While seeking out a new type of cowpea in 2006 through Seed Savers Exchange, she found the T.E. Martin Original Purplehull cowpea and realized it was named for one of her ancestors. Before the Civil War, her grandfather's brother left Mississippi for Louisiana and took the seeds with him. Her great uncle's descendants have kept the tradition of growing the cowpea, and she soon learned her own cousin also does. Both lineages have been growing the literal family heirloom for 150 years, unbeknownst to each other.

Three years ago, Spencer's Louisiana cousins passed along some seeds of another family heirloom, the T. E. Martin Original Pink-eyed butterbean. She believes she might be the only person growing and saving seeds of this rare bean. Every year in her garden, she



works to keep her family heritage alive.

Recipe idea: Spencer recommends boiling cowpeas in water and bacon grease with a few okra pods. Serve with cornbread.

▲
Lisa Ann Spencer discovered a family connection to two plant varieties, including the T.E. Martin Original Pink-eyed butterbean. Photos: JB Sunset; Lisa Ann Spencer



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KentuckyLiving.com

Easy as tomato pie

Heirloom tomatoes and cheese? It doesn't get much better than Henkle's Heirloom Tomato Pie—which just happens to be the favorite tomato dish of Mark Henkle of Henkle's Herbs & Heirlooms. Go to KentuckyLiving.com for the recipe and mouthwatering photos.



Heirloom beans and tomatoes come in a rainbow of hues. Photos: Henkle's Herbs and Heirlooms; Kim Kobersmith

cornbread, butter, diced onions and chopped tomatoes.

Tie dye tomatoes

Mark and Velvet Henkle of Henkle's Herbs & Heirlooms produce a bountiful array of vegetables, but they are best known for their mostly heirloom tomatoes.

"They come in a stunning variety of colors, shapes and sizes," says Mark Henkle, "and so many different flavors."

The Blue Grass Energy consumer-members have mastered growing dozens of varieties in high tunnels. With this season-extending technique, they

sell tomatoes at the Lexington Farmers Market and to Good Foods Co-op from June to December.

In the spring, the Henkles provide a valuable service for gardeners who don't start their own seeds. They offer a wide selection of plant starts, with 60 types of tomatoes, 40 types of peppers and a variety of herbs. Some of Mark Henkle's recommended favorites are Brandywine Sudduth strain, Berkeley Tie Dye, Cherokee Green, Oxhearts Orange, Jersey Devils paste and Amish paste.

Corn, squash, okra and more

Perhaps the heirloom with the longest history in Kentucky is Hickory Cane corn. It was a favorite of indigenous Kentuckians and moonshiners both, and it continues to flourish in commonwealth gardens.

Appalachian beans

Heritage beans have become Best's specialty. He founded the Sustainable Mountain Agriculture Center, which currently preserves an astounding 175 different varieties. As he became known as a collector of Appalachian heirlooms, people entrusted their family seeds to him. This bank of seeds keeps alive a piece of Appalachian history and culture.

"The protein in beans kept a lot of mountain families from starving," says Best. "They might have had a hog or two, but you just don't see old photographs of fat mountaineers."

Best's seed drying shed is full of a rainbow of bean colors: brown, cream, purple, green, black, red. Each of the four main types—greasy, cut short, cornfield and half runner—have their staunch advocates, but Best says the key is to allow them to mature on the plant until distinct beans can be seen inside the pod. One real indicator it is a good bean? It has to be stringed.

Recipe idea: Best recommends cooking beans in water with a ham hock or olive oil until soft. Serve with

TIPS FOR GROWING YOUR OWN

Help preserve history with a flavorful harvest: Grow, save and share heirloom seeds yourself.

CHOOSE VARIETIES: Look for seeds identified as open-pollinated. Select varieties that originated in your location or one with a similar climate. Understand that heirlooms can have lower disease resistance and smaller production than hybrids.

TEST YOUR SOIL: Check with your University of Kentucky County Extension Office about this valuable service. Results come with

recommendations of what to add to better nurture plants. Poor soil can result in lower productivity or diminished flavor.

BUILD A SUPPORT SYSTEM: Tomatoes need cages or a trellis to stay upright, and heirloom pole beans can grow up to 26 feet tall!

HARVEST: Enjoy the fruits of your labor, but put aside some prime specimens. Remove the seeds for next year, drying them on parchment paper. Store in airtight containers in a dark, cool area.



A flexible variety, it can be roasted on the ear, creamed or ground for meal.

Adam Barnes, agriculture agent at the Livingston County Extension Office, has grown cushaw in the family garden for decades. The mild striped heirloom winter squash is large and bountiful. He says it is the easiest squash to prepare—just bake with brown sugar and butter. Thanks to

the Barnes family, cushaws are a staple at the county 4H Revolutionary-era reenactment campouts, where they are slow-baked over the fire.

There are heirloom varieties of okra, melons, peppers, onions, eggplant—almost any common vegetable. Try planting at least one kind of these resilient seeds rooted in Kentucky tradition. **KL**



Henkle's Herbs and Heirlooms grows tomatoes from June to December. Photo: Henkle's Herbs and Heirlooms

Hickory Cane corn is a Kentucky classic. Photo: Kim Kobersmith

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Spring tree planting

Tips to choose the right site

SITE SELECTION IS ONE of the most important decisions we make when planting a tree. If you have a location in mind, take a moment to write down all the characteristics of the site before you begin shopping. If you have a tree in mind, research what that tree needs to grow its best and see if it is appropriate for your planting site. We have lots of trees to choose from.

The eastern redbud is a popular smaller tree that grows 20 to 30 feet tall and wide. It prefers to grow in full sun to part shade, but in areas with high summer heat, like Kentucky, part shade is best. Avoid wet sites and choose a site with moist but well drained soil.

This spring beauty blooms in March or early April before the leaves emerge. Rosy pink to light purple flowers cover the stems and can last for two to three weeks, making a vibrant and memorable spring show. Redbud flowers attract many pollinators, and its seeds are an important food source for birds.

The redbud has a shorter life than many trees, around 75 years at most, so choosing a proper site is critical for a long life. Regular watering during dry summers, fertilization during the dormant season and proper pruning,

including removing any dead or broken branches, will help it remain healthy and vigorous as long as possible.

Matching the right tree to the proper site ensures that you have made the best choice for today as well as for the future. You are making a decision that could last a lifetime, so choose a site that will give your tree the best life possible. **KL**

SHELLY NOLD is a horticulturist and owner of The Plant Kingdom. Send stories and ideas to her at The Plant Kingdom, 4101 Westport Road, Louisville, KY 40207



SHELLY NOLD

ASK THE gardener



What month should I prune my roses in the spring?—Gloria Angeletti

A The best time to prune roses in Kentucky is late winter or early spring before new growth begins. Dead, diseased or crossing canes can be removed anytime of the year. Pruning encourages new growth, which is tender enough to be burned by winter temperatures, so pruning during dormancy will help prevent winter injury. Do not remove more than one-third of the size of the rose during a single pruning session. Using a clean, sharp and rust-free pair of pruners, make your cuts flush to the nearest intersecting branch. Apply a well-balanced fertilizer throughout the growing season, following recommended application rates.

» Angie Oakley



CREATIFAMILY/ADOBE STOCK

Have a gardening question?

Go to KentuckyLiving.com, click on Home & Garden, then "Ask the Gardener."

READER
recipe

Score with wings

Crispy Baked Chicken Wings

Submitted by Donna Stephens

Consumer-member of Jackson Energy

These chicken wings are a favorite for the big game—great for a family night, appetizer, lunch or dinner. Skip the fryer and follow the easy instructions below to ensure crispy skin, then toss in any of your favorite sauces.

1½ lb chicken wings, split, with tips removed, about 18 wings

1 Tbsp flour

1 tsp baking powder

½ tsp seasoned salt

½ tsp black pepper

1 Tbsp olive oil or other preferred oil

Optional: chicken wing sauce for tossing

Pat wings dry with paper towel. Prepare pan by lining it with foil and fitting it with wire rack. Spray the rack with cooking spray. Combine flour, baking powder, salt and pepper. Toss wings with flour mixture and place on prepared pan. Refrigerate 30 minutes, uncovered. Preheat oven to 425°. Toss wings with olive oil, ensuring there are no dry spots of flour, and return to pan. Bake wings for 20 minutes, flip and bake an additional 15 minutes. Broil 1 minute on each side if desired. Serve with your favorite dip or toss in desired sauce. Serves 4.



HEATHER BILYEU

Game night ready

Recipes to enjoy during March Madness

I DON'T KNOW ABOUT YOUR HOUSE, but sports are on 24/7 in ours this month. On the heels of the NFL season, going straight into March Madness, this is my husband's dream time of year—not to mention the NBA and golf tournaments that will follow. He is in hog heaven!

I have two delicious recipes this month that are perfect for serving during sports mania. Bite-sized finger foods, packed with flavor, are easy to make every weekend if need be. Whether or not you're having watch parties, pigs in a blanket and baked chicken wings will be the real winners every time.

P.S. Go CATS!

Flaky Pigs in a Blanket

1 sheet puff pastry, thawed
1 (14 oz) package cocktail wieners,
such as Lit'l Smokies

1 egg + 1 tsp water
Everything bagel seasoning
Honey mustard dipping sauce

Before starting the recipe, place puff pastry in the fridge to thaw for 24 hours. When ready to cook, preheat oven to 400°.

Gently unfold thawed puff pastry and roll it out to larger rectangle, roughly 10 by 14 inches. Cut into smaller rectangles, about 1 inch by 3 inches. Wrap each smaller rectangle around each smokie, gently pressing the dough on the underside to seal. Place on a baking sheet lined with parchment paper and repeat with remaining smokies.

Whisk together egg and water in bowl. Gently brush top of each pig in a blanket with egg wash, then sprinkle with everything bagel seasoning. Bake 20–25 minutes or until golden brown on top and bottom. Remove from the oven and place on a platter. Serve with honey mustard or your favorite dipping sauce. Makes about 35.

HEATHER BILYEU, raised in southern Kentucky, is the owner and voice behind the food blog, *Fueling a Southern Soul*.

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VIDEOS**
at KentuckyLiving.com/Cook



HEATHER BILYEU

Go to KentuckyLiving.com/submit-a-recipe



Eat for a cause

Bread of Life Café supports the Galilean Home

JOEL SAMS



SARAH HARPIN

BREAD OF LIFE CAFÉ may look like an ordinary country restaurant, but don't be fooled. The tidy white building and its cornucopia of home-cooked food serve a greater mission: providing a loving home for people in need.

Served by Taylor County RECC, the restaurant is run by Galilean Home Ministries, a Liberty-based nonprofit founded in 1974 by Jerry and Sandy Tucker to serve children and adults, primarily those with physical and mental disabilities.

Known for homestyle favorites like chicken and dumplings, fried chicken, bread pudding and peach cobbler, Bread of Life Café is a full-service, sit-down restaurant offering diners a full menu as well as an abundant buffet, with specials that change daily. It also offers the knowledge that money spent in the restaurant goes to support a good cause.

Longtime head chef Zach Harpin, who became kitchen manager in 1999, came to live at the home when he was about 4 1/2 years old, joining a family that included more than 100 kids by the mid-90s. Now 42, Harpin says he got his start cooking alongside late co-founder Sandy Tucker.

"It's an honor to help fund The Galilean Home for future generations [so that] they would have the second chance at life that I had," he says.

Located at 5369 S. U.S. 127, Liberty, Bread of Life Café is open Monday–Thursday 10:30 a.m.–8 p.m., Friday 10:30 a.m.–9 p.m., Saturday 7 a.m.–9 p.m. and closed Sunday. Visit breadoflifecafe.org for information, and read more at KentuckyLiving.com.



Bread of Life Café Peach Cobbler

Serves 6-8

- 1 stick butter
- 1 C self-rising flour
- 1 C sugar
- 1 C milk
- 1 tsp vanilla extract
- 1 (28 oz) can peaches, drained

Preheat oven to 350°. Lightly grease 9x13-inch pan with cooking spray, then add 1 stick butter and place in oven to melt. Meanwhile, whisk together flour, sugar, milk and vanilla in medium bowl until smooth. Once butter is melted, pour mixture into pan with butter. Do not mix. Add peaches, then bake 30–40 minutes until golden brown.



ZACH HARPIN

Spruce up your spring cleaning with efficiency



What are some energy-saving tasks I can add to my spring cleaning list?

MIRANDA BOUTELLE

writes on energy efficiency for the National Rural Electric Cooperative Association

A Spring is the ideal time to declutter, deep clean and implement practices that not only tidy a home but also reduce energy consumption, contributing to its energy efficiency and saving money.

Even though it's out of sight, don't leave it out of mind: Check the filter in your HVAC system. Your furnace worked hard during the winter. Ensuring your system has a clean filter is a low-cost and easy way to protect your equipment, maximize its efficiency and extend its life.

While the filter is easy to replace yourself, you should have your indoor and outdoor air conditioning units serviced and professionally cleaned. Dirty refrigerant coils reduce efficiency. This also applies to heat pumps and ductless heat pumps, also known as mini-split systems.

Window AC units can get dirty, too. Always unplug before cleaning, and wait



until completely dry to plug it back in again.

See clearly

Clean windows allow more light into the home, reducing the need to turn on lamps and overhead fixtures. While you're at it, check the seals and sash locks to ensure they close tightly and check for areas

▲
Schedule cleaning services for your air conditioner in the spring before the heat of summer. Photo: Mark Gilliland/Pioneer Utility Resources

that need caulking or sealing to reduce drafts.

Cleaning light fixtures and fixture covers can brighten your space by removing dust and grime collected during the winter. It's a good time to check your bulbs and replace any incandescent or compact fluorescent with energy-saving LEDs.

If oven cleaning is on the spring chore list, give the oven window extra elbow grease. A clean oven window lets you see how the food is cooking without opening the oven door, which wastes energy. **KL**

SPRING INTO ACTION

HVAC contractors get busy responding to calls for repairs during the summer heat. Scheduling cleaning services for your air conditioning in the spring—before the heat of the summer—can ensure the work gets done before the rush and even save you money. Some HVAC contractors offer special discounts for cleaning services in the milder months, which helps fill their schedules and keeps their technicians working.

Don't go out on a limb when trimming trees

This DIY project comes with hazards

IF YOU DON'T WANT TO HIRE a professional to prune, trim or remove trees on your property, make sure you understand the dangers before you tackle the task yourself: trimming and removing trees can be dangerous—even deadly.

You can be seriously injured or killed if you come into contact with an electric line. Survey the area, and if there's a chance power lines might be involved at all, call your electric utility first.

If you have to get into the tree, use safety harnesses and ropes when climbing. Wear safety goggles, hard hat, gloves, long-sleeve shirt, long pants and appropriate work shoes. Before climbing, inspect the tree for power lines running through or near it.

Improper cutting can cause the tree to fall where you hadn't planned. Always have two escape routes planned in case the tree starts going the wrong way. Don't turn your back to a falling tree.

Branches and limbs can be flung when a tree hits the ground. Tie off limbs to be cut and lower them to the ground with rope. Always wear a hard hat when trimming and cutting.

Tree trimming safety

Common dangers to avoid before attempting a tree trimming project on your own:

Electrocution: If there's a chance power lines might be involved at all, always call your electric utility first and its experts will come out and advise you.

Falling: If you have to get into the tree, always make sure you are using appropriate safety harnesses and ropes. Before climbing, inspect the tree to make sure no power lines run through or near it.

Being struck: Always have two escape routes planned in case the tree starts going the wrong way. Never turn your back to a falling tree, and always wear a hard hat when trimming and cutting.

Overestimating: Don't overestimate your abilities.



Electrical dangers, detailed

Never place yourself or your equipment within 10 feet of a power line. You will be shocked or electrocuted if you physically touch a line with any part of your body or clothing, or any material that is in contact with a power line.

Pay attention to the wind: If you are cutting a branch and the wind blows it into a nearby power line, you can be electrocuted. If a cut tree or limb falls into a power line and dislodges it from the pole, the ground where the line falls can become electrified and electrocute anyone nearby.

If the area is within the utility's right-of-way or a dead or dying tree can fall and threaten a power line, call your co-op and see if they can help. **KL**



STEVE HAMPTON
Superintendent
of Operations at
Cumberland Valley
Electric

**YEARS IN THE
INDUSTRY:**
27

**WHEN I'M NOT
WORKING, I'M:**
Spending time with
my family, farming
and raising cattle,
enjoying the out-
doors riding my side
by side, hunting and
fishing.

◀ Clearing rights-of-way is a cooperative priority. Here, Townsend Tree Service conducts trimming in the Jackson Purchase Energy Cooperative service area. Photo: Joe Imel

Prioritize regular colorectal cancer screenings

Learn what schedule you need

COLORECTAL CANCER is one of the leading causes of cancer-related deaths in Kentucky. Colon and rectal cancers are increasingly common and often deadly, but they are among the few cancers that are preventable. In their early stages, they often do not cause symptoms, which is why it is important to keep up with your screenings as soon as you are eligible.

People at average risk should begin colorectal cancer screenings at age 45, but people at higher risk should be screened earlier. This includes individuals with:

- Inflammatory bowel disease.
- A family history of colorectal cancer or polyps.
- An inherited genetic disease like Lynch syndrome or familial adenomatous polyposis (FAP).

Speak with your health care provider to determine when you should begin screening and which test works best for you.

Visual exams

Colonoscopy: During this test, doctors examine the rectum and entire colon using a colonoscope, and they can remove any abnormal growths as they find them. This screening requires a complete cleansing (“prep”) of the colon using an oral laxative. Most patients will be under sedation throughout the procedure.

CT colonography: A CT scan of the entire colon and rectum. It requires bowel prep, but not sedation. It is less invasive than a colonoscopy but is diagnostic only—if polyps are found, patients

will need a traditional colonoscopy to remove them.

Sigmoidoscopy: Only looks at part of the colon. Most patients do not need sedation, and bowel prep is less extensive than a colonoscopy. If there is an abnormal finding, a full colonoscopy is required.

Stool-based tests

Stool-based tests check for blood and/or abnormal DNA in the stool and can be done at home. Patients collect their own samples using a kit they return to their doctor or mail to a lab for testing. These tests include fecal occult blood tests (known as gFOBT or FIT tests) and stool DNA tests (Cologuard). Depending on the test, there may be dietary restrictions prior to testing. At-home tests need to be repeated yearly, and any positive findings require a follow-up colonoscopy. **KL**

AVINASH BHAKTA is a colorectal surgeon at the University of Kentucky Markey Cancer Center.





Latin America Tours	Days	Price
Costa Rica Natural Paradise	8	\$995
Costa Rica & Manuel Antonio	8	1095
Panama Tropical Adventure	8	995
Guatemala, Atitlán & Antigua	8	995
Guatemala, Tikal & Rio Dulce	8	995
Mexico's Colonial Heritage	8	995
Mexico's Ancient Civilizations	9	995
Mexico's Copper Canyon	8	1295
Dominican Republic	8	TBA
Belize & Ambergris Caye	8	1295

USA & Canada Tours	Days	Price
Grand Canyon, Bryce & Zion	8	1795
Mt Rushmore & Yellowstone	8	2095
New England & Fall Colors	8	1895
Nova Scotia & Maritimes	9	TBA
Canadian Rockies & Glacier	9	1995

Tax & fees extra



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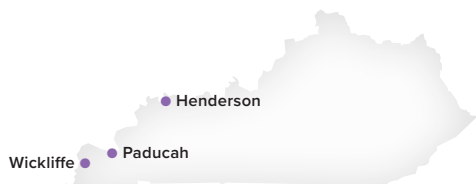
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Totality locality

Where to view the April 8 solar eclipse

BY KATHY WITT



The two-day X Marks the Spot Festival takes place in downtown Paducah on Sunday, April 7, and Monday, April 8. Photo: Paducah Convention & Visitors Bureau

ALL EYES WILL BE ON WESTERN KENTUCKY,

or should we say, the skies above western Kentucky, on April 8 when the moon passes between the sun and Earth and shrouds Wickliffe, Paducah and Henderson, among other towns on the path of totality, in complete darkness in the middle of the afternoon. It will be the last total solar eclipse visible in the United States until 2044.

Here is a sampling of Kentucky communities, inside and outside the path of totality, that present ideal viewing locations—many of them hosting events. Pack your ISO-approved eclipse viewing glasses and plan to arrive early.



X marks the spot

A once-in-a-lifetime festival will celebrate Paducah's placement at the intersection of the path of totality for both the 2017 and the 2024 eclipses.

"Paducah is situated right where the two paths meet and will be in totality for nearly two minutes," says Liz Hammonds, director of marketing and communications at the Paducah Convention & Visitors Bureau.

The UNESCO Creative City will experience a partial solar eclipse beginning at 12:42 p.m., with totality beginning at 2 p.m. and lasting approximately 1 minute and 31 seconds.

Celebrating the auspicious occasion is the X Marks the Spot Festival, a downtown watch party April 7 and 8.





Witness the celestial phenomenon at Wickliffe Mounds State Historic Site in Wickliffe. Photo: Kentucky State Parks

The free community event includes live music, science and eclipse art activities for all ages; plus shopping, street food and eclipse-themed snacks, science demonstrations and multiple viewing

locations and parties.

On April 8, Paducah's National Quilt Museum is hosting a Quilt on the Lawn viewing event, inviting sky watchers to gather on the lawn with family and friends

ECLIPSE EXPLAINED

The path of totality for the April 8 solar eclipse stretches from Dallas, Texas, through portions of the Ohio Valley—including Wickliffe, Paducah and Henderson in Kentucky—and all the way up to northern Maine. All in all, a 115-mile-wide swath of the U.S. will experience up to four minutes and 27 seconds of darkness in the afternoon.

Calling a total solar eclipse “a cosmic coincidence,” NASA explains the event happens when the moon completely blocks the face of the sun: “Even though the sun is about 400 times bigger than the moon, it is also about 400 times farther away. This makes the sun and the moon appear almost exactly the same size in our sky.”

KentuckyLiving.com

Where? When? How long?

Go to KentuckyLiving.com for a link to NASA's Detailed Solar Eclipse Map for 2023 and 2024.

and spread a quilt to witness the eclipse.

Other events: A Heaven and Earth Psychic Fair, hosted by Paducah's Wildhair Studios' Rock Shop, features energy healers, eclipse-themed activities and merchandise. Enjoy family-friendly interactive and educational programs plus free, hands-on science demonstrations at the Inland Waterways Museum.

Picnic on the path

Wickliffe Mounds State Historic Site will be cast in darkness for a full two minutes and 44 seconds, and visitors are invited to experience the moments at this ancient Mississippian archaeological site.

“Wickliffe Mounds will be open for visitors to set up their own viewing area with lawn chairs and picnic blankets, with space available on the grounds and picnic table areas on a first come, first served basis,” says Carla Hildebrand, park manager.

The park will be open 9 a.m. to 5 p.m., with the museum and gift shop open until 4:30 p.m. Although there is no food service, eclipse chasers may want to bring a picnic supper (the park will have soft drinks for sale) to accompany the cosmic show.

According to NationalEclipse.com, Henderson is inside the path, and downtown Henderson will experience about 2 1/2 minutes of totality, beginning at approximately 2:02 p.m. Potential viewing areas include several parks, including Audubon Mill and Red Banks parks—both located on the banks of the Ohio River and providing ideal

Gather up family and friends and head to the John James Audubon State Park in Henderson for the April 8 solar eclipse. Photo: Kentucky State Parks



viewing (and picnicking) locations.

Additionally, John James Audubon State Park is a serene and scenic spot to gather for solar eclipse sighting, with acres of woodlands, miles of nature trails and wheelchair-accessible pathways connecting with a 750-foot boardwalk and overlooking the Audubon Wetland.

Airports and astronomers

Sturgis Municipal Airport is hosting a family-fun Eclipse Viewing Party to appreciate the partial eclipse that begins in Sturgis at 12:45 p.m. and lasts for over two minutes. Starting at 11 a.m., the free celestial celebration includes tasty treats from a variety of food trucks, live and lively tunes and lots of inflatables for the little ones. Adding to the spectacle will be the single-engine International Comanche Chapter aircraft flying into the airport.

In Morganfield, an unforgettable day filled with family adventures, culinary delights, crafts and more awaits at the Solar Eclipse Festival. Held from 12:30 to 2:30 p.m. at Morganfield City Park, the event includes live music, family crafts, delicious foods and a celestial lineup featuring astronomers and storytellers.

In Bowling Green, the moon will begin to cover the sun at 12:46 p.m., reach

Morehead

The only Kentucky Trail Town with a national trail on Main Street.



SCAN ME



GET YOUR RIDE ON



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CYCLING CAPITAL OF KENTUCKY



Apr. 20, 2024



John James Audubon State Park offers woodlands, nature trails, a 750-foot boardwalk overlooking the Audubon Wetland and much more. Photo: Kentucky State Parks



maximum coverage at 2:04 and move on by 3:21 p.m. At Western Kentucky University, the Hardin Planetarium and WKU's Department of Physics and Astronomy will be ready with a community event that includes hands-on activities and lessons, and solar

telescopes set up for the public to use.

Activity will center around the planetarium and the university's Snell Hall—but before heading to campus grounds, check for updates on Hardin



Hardin Planetarium at Western Kentucky University is hosting events for the Great North American Eclipse. Photo: Visit BGKY



RESOURCES

Facts about the April 8 total solar eclipse, the path it will follow, how-to advice on capturing solar eclipse images and videos and other details may be found at these websites:

- American Astronomical Association, www.eclipse.aas.org.
- Eclipse 2024, www.eclipse2024.org; go to www.eclipse2024.org/blogmap/index.html to see a visual of the eclipse path.
- Great American Eclipse, www.greatamericaneclipse.com/april-8-2024.
- NASA, <https://science.nasa.gov/eclipses>.
- National Eclipse, www.nationaleclipse.com.

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Eyewear everywhere: Within the eclipse's 90% viewing area, Hart County Tourism will distribute ISO-approved eclipse viewing glasses to all its attractions. "Any of our wide-open spaces are great places for visitors to be during the eclipse," says Executive Director Sandra T. Wilson. Photo: Kentucky Down Under Adventure Zoo

TAKE CARE WITH PROPER EYEWEAR

Wearing International Organization for Standardization or ISO-certified eye protection is crucial during an eclipse. According to the American Astronomical Association, "during a partial or total solar eclipse, such as the one on April 8, 2024, looking directly at the sun is unsafe except during the brief total phase (totality), when the moon entirely blocks the sun's bright face, which happens only within the narrow path of totality." Find out why at www.eclipse.aas.org/eye-safety.

Planetarium's Facebook page (Hardin Planetarium). In either case, with WKU situated on "The Hill," shadow lovers will be rewarded with great views. **KL**

KATHY WITT is an award-winning travel and lifestyle writer based in Northern Kentucky and the author of *Secret Cincinnati* and *The Secret of the Belles*.



Lay a blanket beneath a century-old shade tree in Henderson's Audubon Mill Park for viewing the eclipse. Photo: Henderson Tourist Commission

DESTINATIONS

more to explore

Discover communities and venues along the path of the Great North America Eclipse

Frankfort/Franklin County Tourist & Convention Commission

300 Saint Clair St., Ste. 102, Frankfort
www.visitfrankfort.com, (800) 960-7200
Great viewing locations in Frankfort include Cove Spring Park and its Sky Trail, Juniper Hill Park, Leslie Morris Park on Fort Hill, Capital View Park and Daniel Boone's Grave in the Frankfort Cemetery.

Hardin Planetarium

1501 State St., Bowling Green (at Western Kentucky University, 1906 College Heights Blvd., Bowling Green)
www.wku.edu/hardinplanetarium, (270) 745-4044. For solar eclipse event updates, Facebook: Hardin Planetarium.

Henderson Tourist Commission

101 N. Water St., Henderson
www.hendersonky.org, (270) 826-3128.
Check website for updates for specific activities.

Hart County Tourism

111 E. Main St., Horse Cave
www.kygetaway.com, (270) 218-0386.
The tourism office is distributing ISO-approved eclipse viewing glasses to all Hart County attractions on April 8: Kentucky Down Under Adventure Zoo,

Hidden River Cave, Dutch Country Safari Park, Adventures of Mammoth Cave, Dennison's Roadside Market and Horse Cave KOA Holiday, as well as Horse Cave's I-65 rest areas.

Morganfield City Park

201 Park St., Morganfield
morganfield.ky.gov, (270) 389-2525

Paducah Convention & Visitors Bureau

128 Broadway, Paducah
www.paducah.travel, (800) PADUCAH
See the full list of activities and viewing locations at www.paducah.travel/events/solar-eclipse-2024

Sturgis Airport

510 Main St., Sturgis
Facebook: Sturgis Airport, (270) 333-4487
See Eclipse Viewing Party event details on the airport's Facebook page.

Wickliffe Mounds State Historic Site

94 Green St., Wickliffe
<https://parks.ky.gov>, (270) 335-3681

Find Your Inspiration



At the heart of America's inland waterways, you'll find a sophisticated rivertown that inspires. Paducah, Kentucky, is a confluence of cultural heritage and creativity where art is a way of life.

Celebrating 10 years as a [UNESCO Creative City](#), Paducah is a destination for those who crave rich, authentic cultural experiences!

Discover SOLAR ECLIPSE 2024

Visit Paducah, Kentucky, to experience the total solar eclipse on April 8, 2024.

Plan your experience at [Paducah.travel](#)
1-800-PADUCAH

PADUCAH

10th Anniversary • City of Crafts & Folk Art

UNESCO CREATIVE CITY

TEAM KENTUCKY
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EVENT CALENDAR



WONDERBOY MEDIA



1 BLUEGRASS WEEKEND

The Great American Bluegrass Jam takes over downtown Owensboro March 15–17. Under the Bluegrass Hall of Fame & Museum's auspices, the event includes Kentucky Fried Pickin' Hotel Jam, the Kentucky State Fiddle Championship and Ricky Skaggs & Kentucky Thunder in concert, plus excursions to Green River Distilling Co. and the Bill Monroe Homeplace in Rosine. Fried Pickin' jam is free; costs vary for others. www.bluegrasshall.org/great-american-blue-grass-jam, (270) 926-7891.

2 BREAD (\$) FOR BREAD

Help feed the hungry in Pulaski County by attending a silent auction and vendor show to raise money for The Living Bread Soup Kitchen. The March 16 event is 10 a.m.–3 p.m. at Somerset's Center for Rural Development. Auction items donated by local businesses, plus items from 50-plus vendors. Cake walk, photo props, raffles and door prizes add to the fun. Free admission. Facebook: Living Bread Soup Kitchen Inc., (606) 379-6270.

3 COOKIN' IN CORBIN

Save room for Corbin's Restaurant Week, March 25–30, and find out why Corbin folks say their city is one of the top food destinations in the state. Participating restaurants, from down-home to ethnic, highlight their culinary talent. The 10 or so eateries offer their own signature item and one-of-a-kind dishes, from appetizers and drinks to entrées and dessert, during their regular hours. For more info, <https://corbinkytourism.com>, (606) 528-8860.

4 SCHOLARSHIP STARS

You may see a future star in the making March 3 as talented vocalists from across the U.S. and beyond compete for more than \$700,000 in scholarships and prizes, and the opportunity to attend University of Kentucky and join the UK Opera Theatre. The Alltech Vocal Scholarship Competition is 2 p.m. at Lexington's Singletary Center for the Arts. Free admission. Watch the competition virtually and get more info at alltech.com/vocal.



BLUEGRASS

FRIDAY, MARCH 1

Vienna Boys Choir, (877) 488-7469, Norton Center for the Arts, Danville

Mean Girls Jr., thru 10th, (859) 756-0011, The Spotlight Playhouse, Berea

FRIDAY, MARCH 8

Frankel Night: Cocktails & Casino Event, (859) 268-4545, Marriott Griffin Gate Resort & Spa, Lexington

Louisville Orchestra, (877) 488-7469, Norton Center for the Arts, Danville

THURSDAY, MARCH 14

TAKE3: Where Rock Meets Bach, (859) 439-5143, Boyle County Performing Arts Center, Danville

FRIDAY, MARCH 15

The Rainbow Fish Musical, thru 17th, (859) 756-0011, The Spotlight Playhouse, Berea

SUNDAY, MARCH 17

Lexington Chamber Chorale's Miniature Masterpieces II, (859) 317-3353, Second Presbyterian Church, Lexington

THURSDAY, MARCH 21

Beyond Babel, (859) 439-5143, Boyle County Performing Arts Center, Danville

TUESDAY, MARCH 26

Momix: Alice, (859) 236-4692, Norton Center for the Arts, Danville

EASTERN

THURSDAY, MARCH 7

Kenny Wayne Shepherd Band, (606) 886-2623, Mountain Arts Center, Prestonsburg

FRIDAY, MARCH 8

The Odd Couple, thru 10th, 15-17th, (606) 783-9857, Rowan County Arts Center, Morehead

FRIDAY, MARCH 22

Monsters of Destruction, thru 23rd, (606) 258-2020, The Corbin Arena

SATURDAY, MARCH 23

Rick Ross, (606) 324-0007, Paramount Arts Center, Ashland

SUNDAY, MARCH 17

Ahren Belisle Comedy, (606) 262-4004, The Appalachian Center for the Arts, Pikeville

NORTH CENTRAL

FRIDAY, MARCH 1

Kentucky Beef Expo, thru 3rd, (502) 782-4108, Kentucky Exposition Center, Louisville

SATURDAY, MARCH 9

Shelbyville Spring Festival!, (502) 641-1920, Shelby County Fairgrounds Floral Hall, Shelbyville

SATURDAY, MARCH 16

Homemakers Spring Bazaar, (270) 765-4121, Hardin County Extension Office, Elizabethtown

SATURDAY, MARCH 30

Opening Day, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

NORTHERN

FRIDAY, MARCH 15

NKU: Amélie, thru 23rd, (859) 957-1940, The Carnegie, Covington

SATURDAY, MARCH 16

Swan Songs, (859) 431-6216, Greaves Concert Hall, Highland Heights

SATURDAY, MARCH 23

Hey Y'all Country Music Review, (859) 903-9477, Barnwood Bravo Theater, Dry Ridge

SATURDAY, MARCH 30

Easter on the Square, 502-732-7036, Carrollton

SOUTH CENTRAL

FRIDAY, MARCH 1

When the Universe was Young, (270) 745-4044, Hardin Planetarium, Bowling Green

SATURDAY, MARCH 9

Ultimate Oldies Rock & Roll Show, (270) 361-2101, The Plaza Theatre, Glasgow

SATURDAY, MARCH 16

Silent Auction & Vendor Show, (606) 379-6270, Center for Rural Development, Somerset

SATURDAY, MARCH 23

Kentucky Sustainable Living Homesteading & Preparedness Festival, thru 24th, (270) 745-3976, L.D. Brown Agricultural Expo Center, Bowling Green

WESTERN

TUESDAY, MARCH 5

Celtic Angels Ireland, (270) 926-1100, RiverPark Center, Owensboro

FRIDAY, MARCH 15

Hooked on Classics: Orchestra Kentucky, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

SATURDAY, MARCH 16

Star Party, (270) 584-9017, Mahr Park Arboretum, Madisonville

FRIDAY, MARCH 22

Hopkins County Schools: Little Shop of Horrors, thru 23rd, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

SUNDAY, MARCH 24

Sunday Seminar: Amphibians of Kentucky, (270) 584-9017, Mahr Park Arboretum, Madisonville

 <p>Home, Garden & Boutique Showcase</p>	<p>Saturday, March 23, 9 am–4 pm Sunday, March 24, 10 am–3 pm</p> <p>Admission is FREE!</p> <p>700 Fairgrounds Rd, Lebanon, KY Vendors and for more info. call (270) 402-3212</p>



Mt. Sterling Merchants Spring Open House
Friday, March 15th 10-6
Saturday, March 16th 10-4
www.mtsterlingtourism.com

CALL BEFORE YOU GO as event days can change. **SUBMIT ALL EVENTS ONLINE AT KENTUCKYLIVING.COM.** For FREE print listing consideration of Kentucky events, submit two months in advance, **by April 1 for the June issue.**

TO ADVERTISE YOUR EVENT IN PRINT, CALL (800) 595-4846



1 WAKE UP CALL

Emory holds roosters Johnny and Millie at Unwavering Acres farm in southern Campbell County. Photo by mom Erin Polatka, an Owen Electric consumer-member.

2 METAMORPHOSIS

Brittany Rafferty, Elk Horn, captured a photo of this butterfly spreading its wings. “Spring gives way to new life,” says Rafferty, a consumer-member of Taylor County RECC.

3 LITTLE LAMB

Elaina snuggles lamb Peanut Butter. “Sheep farming in Kentucky at its sweetest,” says mom Savannah Combs, Berea, a Blue Grass Energy consumer-member.

4 GIRL’S BEST FRIEND

One-year-old Heavenly wraps her beagle, Molly, in a big hug. Photo by mom Katelyn McWain, Morehead, a consumer-member of Fleming-Mason Energy.

SEND US YOUR SNAP SHOTS! We’re looking for spring photos.

Submit up to five photos monthly for a chance to **BE FEATURED IN KENTUCKY LIVING**. Photos with people work best, as well as those with seasonal interest. Remember to identify people or pets in the photo left to right and tell us their relation to you.

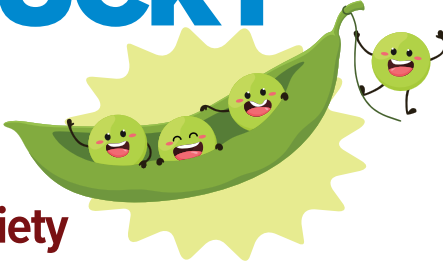


Visit **KENTUCKYLIVING.COM** and click on **CONTESTS** to submit photos.

KENTUCKY kids

Vegetable variety

Green vegetables like lettuce, spinach and peas are at their peak during the spring. Try a green vegetable soon and you might find a new favorite!



Green Team Tip

Instead of throwing away cardboard and plastic, you can save it to create art and crafts.

— Elsie Sams,
age 8



*Send us
your green
team tips!*


Enter
KIDS
Contest

Submit a Green Team Tip or Joke
online at KentuckyLiving.com:
Magazine/Submissions for
a chance to win a prize!



MISSING VOWELS

Fill in the missing vowels A, E, I, O or U for
each of the following words:

- 1)  FL__WER
- 2)  C__PCAKE
- 3)  BAN__NA
- 4)  PENC__L
- 5)  BAS__BALL

Answers: 1) O 2) U 3) A 4) I 5) E



WAYS TO RECYCLE

Recycling instead of
throwing things in
the garbage keeps
materials that are
still useful from
being wasted.



Locate your nearest drop off
center, where you deliver
materials to be recycled.



Did You Know?

Plastic does not decay
the way paper products do.
Recycling is the best option
for plastic bottles.

Tell us a joke!

What do you call a
dancing cow?

A milkshake!

— Tania Osborne,
age 15



GREAT OUTDOORS

Bagging memories

A first time for everything

A COUPLE OF WEEKS AGO, my craving for fried squirrel, biscuits and gravy got the best of me. I loaded the truck and headed to my favorite Kentucky ridge to harvest a few for dinner.

The chilly morning was a little overcast, with no wind—my favorite kind of day for hunting squirrels. The sun rose in a subdued gray sky as I entered the woods with my squirrel bag, rifle and a thick foam cushion I have used for years, along with a thermos of hot coffee, a soda and my traditional vittles of summer sausage and crackers. I had finished my first mug of coffee on the drive and was anxious to get to my spot near a grove of hickories and pour another.

I spotted a squirrel as I settled on my comfy cushion and leaned against a big hickory tree. I took a moment to pour a mugful of coffee and watched the steam rise from my cup. Coffee always tastes better when you're sitting in the woods. I continued to watch the squirrel as it scurried up and down the same tree. It was clearly busy with something other than breakfast.

► Sometimes an empty bag isn't so bad.
Photo: Ken McBroom

▼ Enjoying nature is a great part of hunting.
Photos: Ken McBroom



It wasn't long until a second squirrel emerged from high in the hickory tree. He came from a den that I could observe clearly from my seat. The first squirrel ran past the second, and I noticed that as it entered the den, it carried in its mouth a stick with a few leaves still attached. I watched the den closely until finally the squirrel emerged and scampered down the tree just as the other one jumped into the den with a long piece of bark. My imagination carried me inside that den to see the squirrel at work.

In all my years of hunting squirrels and being in the woods, this was the first time I had seen squirrels tending to their den, like a robin in the spring tends to its nest. I watched this scene as I enjoyed my coffee. Finally, the thermos was empty. I had come for a bag full of squirrels, but I changed my mind.

I have seen a lot of things in the woods in my lifetime. Some things are possibly a once-in-a-lifetime experience, and I cherish those memories. Seeing two squirrels work on their den is probably not that big a deal to most, but for me it was a first. I decided that this trip would mean more to me as it was. I stood up, shouldered my bag and headed home. Those squirrels and biscuits would have to wait. **KL**



KEN MCBROOM, an outdoors writer/photographer, created RamblingAngler.com. McBroom grew up in Lynchburg, Tennessee, and now lives in western Kentucky.

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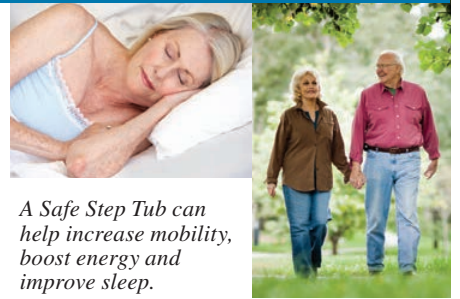
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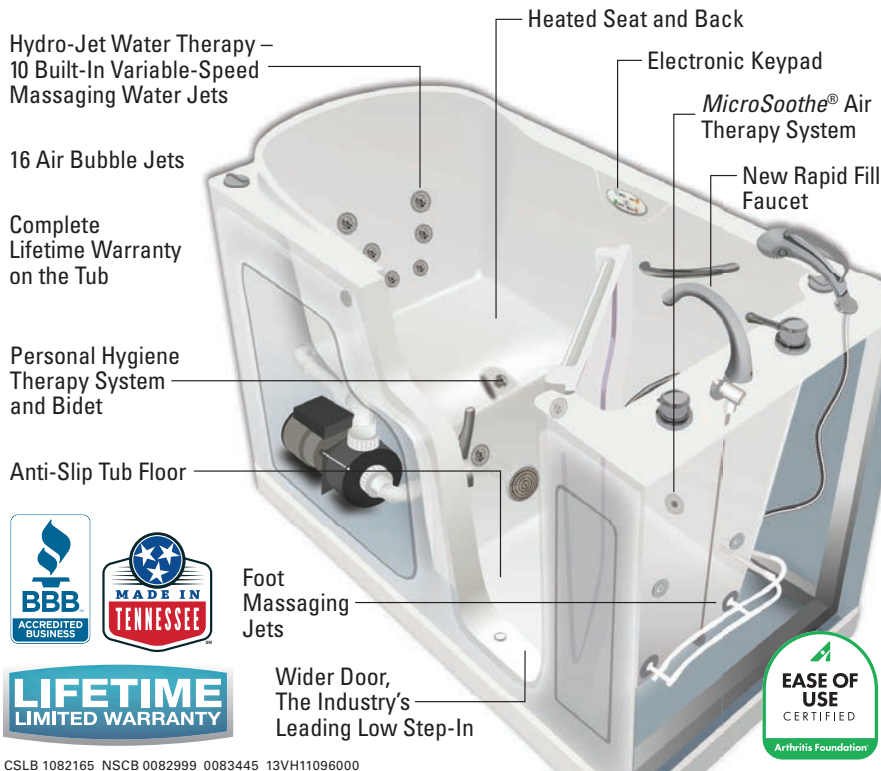
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BYRON CRAWFORD is Kentucky's storyteller—a veteran television and newspaper journalist known for his colorful essays about life in Kentucky. Contact Byron at KentuckyLiving.com: About/People.

EVERY TIME I DRIVE down Somerset Street into the Lincoln County seat of Stanford and make the 90 degree turn onto Main, I recall an old friend's story about a local character of long ago who bet his buddy that he could make that turn going 45 miles an hour.

He did make the turn, but took out a couple of gas pumps at a new car dealership on down the street.

It all happened before my time, as they say, or I might have been standing around the soft drink machine at Willy Burton's service station on the opposite corner, emptying part of a bag of peanuts into one of those small bottles of Coca-Cola. Don't knock it till you've tried it.

I loafed a little at Willy's, but grew up on a farm a few miles out of town and went through school at Stanford. It always looked nice on a resume—when I left out that my Stanford was a high school, not the prestigious university.

If all this sounds like a bunch of discordant rambling to you, then welcome to my world. And try to stay with me for two more blocks, until we reach the Christian church, where another memorable accident occurred.

During a Cub Scout skit on an evening in the mid-1950s, I was one of the Scouts who'd painted several large appliance boxes to resemble cardboard train cars, which we wrapped around us as we shuffled along. Wearing those pinstriped railroad caps, and all smiling and waving from our cardboard train cars, we were to come in one door on the second floor of the church, pass in front of a gathering of our families in a small classroom, then exit at another door into a cramped hallway near the top of a steep, narrow staircase.

It sounded simple, but after his exit, the train engineer had stepped down the stairs a few feet to give the rest of the train room to come out the door, and some of us in the cars behind him didn't stop in time.

No one had to guess what the calamity was



when a few of the cars in front went tumbling down the stairs. The Cub Scout manual didn't cover how to handle cardboard train wrecks on a staircase.

Not long after that I drifted away from the Scouts. I was way behind in my dues—10 or 20 cents a meeting—which, unbeknownst to my parents, I had been spending on delicious chewy caramel Sugar Babies at the school candy store on Scout meeting days.

I still have a picture of that Cub Scout pack, all wearing our railroad caps, taken just before the train wreck. As far as I know, none of them suffered serious injury and all went on to successful careers; in aviation, the military, science and business among others. One became a real train engineer.

As for me, Sugar Babies still whisper my name when I pass a candy store. **KL**



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