

Use bumper garden crop to can homemade salsa

By: Hazel Jackson
County Extension Agent for
Family and Consumer Science



Do you want to carry the delicious taste of vegetables fresh from the garden into the cold winter months? One easy way is to use tomatoes, green and banana peppers, and onions from the garden to make salsa your family can enjoy all year. Homemade salsa is low in calories and has no fat. Plus, you can use it in a variety of ways - baked over pork, chicken or fish, as a marinade for these grilled entrees, or a dip for vegetables and chips.

Making canned salsa is quick and easy.

Canned Salsa
10 cups (about 6 pounds) peeled, cored, chopped red-ripe tomatoes
5 cups (about 2 pounds) seeded, chopped green peppers
2 cups (about 1 and 1/2 pounds) seeded, chopped onion
1 1/4 cups (about 1/2 a pound) seeded, chopped banana peppers
1 1/4 cups (about 1/2 pound) seeded, chopped hot peppers
2 tablespoons cilantro, minced
3 teaspoons salt

Combine all ingredients in a large sauce pot and bring them to a boil. Reduce heat and simmer 10 minutes. Pour the hot mixture into hot jars, leaving one-fourth inch head space. Adjust caps. Process 15 minutes in

a boiling water bath. Yield: six pints. Nutritional analysis: 25 calories, 1 gram protein, 6 grams carbohydrates, and 0 grams fat per one-fourth cup.

To increase the hotness, or bite, of this mild version of salsa, replace banana peppers with hot peppers. You also can add one teaspoon of hot pepper sauce.

Remember to always wear rubber gloves when working with hot peppers because they contain a chemical that causes a burning sensation on the skin surface when exposed to air. If you forget gloves, these procedures might help:

Soak your hands in warm soapy water for 30 minutes. Then soak them for 20 minutes in a solution of one cup vinegar and one quart of cold water. If you still have a burning sensation on your hands, coat them with vegetable oil or spray with a benzocaine or Xylocaine preparation. If neither procedure alleviates the burning, run cold water over your hands to keep air from getting to them. Time really is the only cure for the burning sensation felt from this common mistake.

For additional common information and free canning publications, contact the Extension Office at 256-2403



Brianna Bussell and Mr. Clay Colson worked to enter items in the Vegetable Division at the Broadhead Little World's Fair.



Matthew Whitaker enters in exhibits at the Broadhead Little World's Fair.

County Fair Exhibits

By: John McQueary
County Agent for 4-H/Youth Development

On Tuesday, August 7, 2001, Rockcastle County youth and adults entered exhibits in the 106th Annual Little World's Fair. There are six different categories where items were entered: 4-H Division, Field Crops, Handwork and Crafts, Fruits and Vegetables, Foods and Flowers. Many of the youth will be exhibiting several items at the Kentucky State Fair running through August 26. Youth are as follows:

Andrew Robbins, Anna Guilfoil, Gabe Guilfoil, Melinda Coffey, Chris Robbins, Jenni Beth Neely, Matthew Whitaker, Jillisa Lay, and Carrie Hunt. Special thanks to each person who helped enter exhibits: Chris Robbins, Mike Robbins, Melinda Coffey, Jenni Beth Neely, Andrew Robbins, Patsy Morgan, Brenda Saylor, John Holbrook, Clay Colson, and Brianna Bussell.

Rockcastle kicks off Rinse and Return Recycling Program

The Rockcastle County Conservation District recently announced the 2001 kick-off for the Rinse and Return Plastic Container Recycling Program. They encourage all farmers, farm supply dealers and other pesticide users to participate in this exciting recycling program.

The Conservation District has scheduled collection dates and times for this year. The collection dates for Rockcastle will be September 6, 2001 at the USDA Service Center from 10:00 a.m. to 1:00 p.m. Individuals are encouraged to bring in their rinsed plastic pesticide containers where they will be inspected, run through a chipping machine and the material will be shipped to a facility to be reused in the manufacture of new pesticide containers.

How to participate: (1) Triple-rinse or pressure-rinse all containers when emptied. Remember, it's best to rinse containers immediately after they are emptied. Some pesticide residues solidify quickly, and become difficult to remove from the container if left in the jug. (2) Dispose of the pesticide caps and remove sleeves and labels from containers. The pesticide caps are made of a different plastic material that cannot be currently recycled. (3) Bring all properly rinsed, five gallon or smaller, plastic containers to the listed collection sites on the dates and times specified for your county. Keep empty containers in a dry, secure place until the collection date. Each empty pesticide container returned will be inspected to ensure it has been properly rinsed. Unrinsed containers will NOT be accepted.

"Proper rinsing of pesticide containers is easy to do, saves money and helps protect the environment," says Sandy Whitaker, local coordinator of the Rockcastle County Container Recycling Committee. "Even during the busy season the few extra minutes it takes to rinse empty containers is time well spent."

The Rinse and Return program was started in 1990 to encourage farmers, retail farm supply dealers, and other pesticide users to recycle their properly rinsed plastic pesticide containers. Last year 87 Kentucky counties participated collecting over 95,000 pounds of plastic chips representing approximately 155,000 plastic containers.

The Rinse and Return Plastic Pesticide Container Recycling Program is a cooperative project between

Rockcastle County Conservation District, the Kentucky Fertilizer and Agricultural Chemical Association, the Kentucky Department of Agriculture Division of Pesticides, the Kentucky Farm Bureau Federation, and the University of Kentucky Cooperative Extension Service: pesticide Container Recycling Program is a cooperative project between

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It's Your Money

By Jonathan Miller,
Rockcastle State Treasurer

With the official launch of Kentucky's Affordable Prepaid Tuition (KAPT) only weeks away, the program is buzzing with new developments and initiatives. KAPT will soon make it easier for Kentucky families to afford a college education, by guaranteeing the cost of tomorrow's tuition at today's lower prices - all through a completely tax-free investment.

I write to update you - and ask for your help in spreading the word in time for our October 15 launch.

New Website: This week, we are launching KAPT's new website: www.getKAPT.com. Check it out today to learn more details about how the program will work and about the options for your children and grandchildren. Within a few weeks, the website will contain detailed price information for our Value, Standard and Premium plans. If you do not have web access, you can always reach us at our toll-free number, 888-919-KAPT.

KAPT Foundation: As pre-paid tuition programs in other states have demonstrated, KAPT's affordable monthly payment plans will open up college to thousands of new lower to middle class Kentuckians. Still, there are children KAPT cannot reach - from those families who have no savings to put aside, that's why we are establishing the KAPT Foundation to fund pre-paid tuition scholarships for these Kentucky youth. The foundation will be funded entirely by private contributions. For more information on the foundation, or to contribute to the program, check out www.getKAPT.com or call us at 888-919-KAPT.

KAPT Logo: As part of our extensive grassroots marketing campaign, we are asking Kentucky businesses and organizations to prominently display the new KAPT logo - on their internal communications, their promotional materials and their places of business. Please join us in our efforts. The logo - which directs viewers to our website and toll-free number - can be downloaded at www.getKAPT.com.

House Parties: Our grassroots marketing effort will also involve hundreds of small house parties across the state, during which I or a KAPT representative will make a presentation about the program and answer questions of those in attendance. If you are interested in hosting 10-20 couples in your home sometime at your convenience this fall, please e-mail us at rebecca.comley@mail.state.ky.us or call us at 888-919-KAPT.

Payroll Deduction: Dozens of private companies have agreed to join state government in offering a KAPT

payroll deduction to their employees. Payroll deductions is an excellent way - at no cost or no cost to the employer - to reward your employees by making it easier to afford a college education for their children or grandchildren. To obtain our new KAPT Payroll Kit, which provides sign-up forms and materials to distribute to employees about the program, check out www.getKAPT.com or call us at 888-919-KAPT.

KAPT KAPITains: I am so excited by the number of Kentucky citizens across the state who have volunteered to be KAPT KAPITains: individuals who will help spread word of KAPT to their communities through visits to school and civic groups and the distribution of brochures and posters. We need more KAPT KAPITains to join us, so if you or someone you know might be interested, please sign up on our e-mail list at www.getKAPT.com or call us at 888-919-KAPT.

We will continue to update you on the program's progress before October 15 launch. Until then, I hope you enjoy the rest of your summer.

PUBLIC HEARING INFORMATION FOR THE YEAR 2001 (FISCAL YEAR 2001-2002)
Rockcastle County
Public Library District

Proposed Tax Rate (4%):	1.92
Anticipated Revenue:	46,481.00
Preceding Year's Tax Rate:	1.9
Revenue:	45,275.00
Compensating Tax Rate:	1.85
Anticipated Revenue:	46,713.00
Expected Revenue from:	
New Property:	1,191.00
Expected Revenue from:	
Personal Property:	12,194.00

Public Hearing
In accordance with the provisions of HB 44 enacted by the 1979 Kentucky General Assembly a public hearing has been set by the Rockcastle County Public Library District Board of Trustees for September 4, 2001 at 10:00 - 11:00 a.m. at the Rockcastle County Public Library. The purpose of the hearing is to inform the public that the Rockcastle County Public Library District is proposing the 1.92 cent tax rate with anticipated revenue of \$48,481.00. This tax rate reflects a 4% increase in anticipated revenue. The tax rate for the preceding year was 1.9 cents with anticipated revenue of \$45,275.00.

The compensating tax rate is 1.85 cents with anticipated revenue of \$46,713.00. The expected revenue from new property is \$1,191.00. The expected revenue from personal property is \$12,194.00. Increase for the 2001 budget year is needed due to the rising costs of books, library materials, technology, equipment and building maintenance.

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Auction

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Tools; Antiques and More.