



IN THE KITCHEN WITH *LeeAnn*



Quick Breads

Nothing smells better than a loaf of homemade bread cooking in your oven. Years ago I had sourdough starter that I would feed every week. I made homemade French bread, rolls, and cinnamon rolls. Those days are over and now I strictly make quick breads. With just a little effort, you can add a delicious bite of bread to your meals, as well as gift giving or sharing with friends at work. Here are a few tips to help you with the perfect quick bread.

1. Pans are important – be sure to use good quality pans.
2. Prepare pans well – spread with Crisco and dust with flour. I like to use Baker's Joy for its quick and easy preparation.

3. Oven Placement – bake on top rack of oven.
4. Mix dry ingredients first – whisk the dry ingredients together.
5. Always add dry ingredients to wet ones – fold in nuts or other additions at the end of mixing.
6. Glaze – arrange loaves on a cooling rack on top of foil. Pour glaze on top and leftover will fall on foil for easy clean up.
7. Baking soda vs. baking powder – the best recipes call for a combination of both. You can always substitute half and half.
8. Salted or unsalted butter – salted butter is best. You can cut down on the amount of salt if you feel the need.
9. Storing bread – wrap bread while still warm. Let cool on rack. Before completely cool, wrap in Press and Seal. If freezing, place prepared loaves in Zip Loc freezer bags.
10. Dry roast the nuts – if using pecans, walnut, etc., dry roast them at 350 degrees for about 8 minutes. Stir halfway through.

Hope you will give this week's bread recipes a try. Thanks for reading.

BANANA BREAD

- 1 ¼ cup flour
- 1 ½ cups sugar
- 1 tsp. baking soda
- ½ tsp. salt
- 2 large eggs, room temperature
- 2 medium ripe bananas, mashed (1 cup)
- ½ cup canola oil
- ¼ cup plus 2 Tbsp. buttermilk
- 1 tsp. vanilla extract
- 1 cup chopped pecans

In a large bowl, whisk together flour, sugar, baking soda, and salt. In another bowl, combine the eggs, bananas, oil, buttermilk, and vanilla; add to the flour mixture stirring just until combined. Fold in nuts and pour into a prepared 9 x 5 inch loaf pan. Bake at 325 degrees for 1 ¼ - 1 ½ hours or until a toothpick inserted comes out clean. Cool on a wire rack.

CHEESE BREAD

- 2 (5 ½ oz.) pkg. Bisquick or Martha White BixMix

- 2 eggs
 - ¾ cup water
 - 2 tsp. dry mustard
 - 1 ½ cups sharp cheddar cheese, shredded
 - 2 Tbsp. butter
- Beat eggs and add water; set aside. In a large bowl, mix Bisquick, dry mustard, and 1 cup of the cheese. Pour into a greased loaf pan. Top with the rest of the cheese and the butter. Bake at 350 degrees for 45 minutes. Let cool 15 minutes in pan before slicing and serving. Slice, butter and toast leftover bread, if there is any!

POPPY SEED BREAD

- 3 cups flour
 - 1 ½ tsp. baking soda
 - 1 tsp. salt
 - 2 cups sugar
 - 1 ½ cups vegetable oil
 - 2 eggs
 - 1 (12 oz.) can evaporated milk
 - 1 ½ tsp. vanilla extract
 - ¼ cup poppy seeds
 - 1 cup chopped pecans
- Whisk together flour, baking soda, and salt; set aside. Mix sugar, oil, eggs, milk, and vanilla with a mixer until creamy. Add flour mixture

and poppy seeds and mix to combine; fold in pecans. Grease and flour 2 standard size loaf pans, then divide batter evenly into pans. Bake at 350 degrees for 1 hour, or until toothpick inserted comes out clean. Serve warm or cool completely. Store in an airtight container.

*I don't know about you, but the mosquitoes are just about to run us out of the house and the yard. I read about a concoction you can make and spray around your doors to keep the mosquitoes out. Steve and I gave it a try and we do believe it helps. I thought I would share it with you. It isn't harmful to humans or animals. Mix 3 cups Epsom salt, 3 cans of beer, and 1 large bottle of mouthwash.

Mix well and place in spray bottles to spray around your doors.

*Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, *The Help*. Fleming can be reached at lafkitchen@hughes.net.

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County agriculture students attend Energy Awareness Day

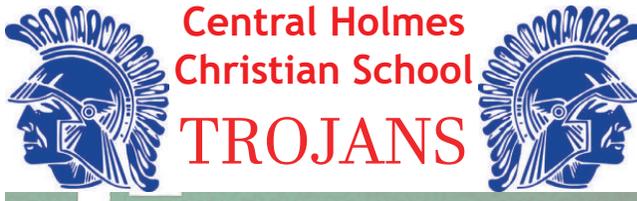
Press Release

Did you know that light bulbs can be made of plastic? Eleventh-grader Eddie Brock and 18 fellow students of the Holmes County Consolidated School District's (HCCSD) Holmes County Career and Technical Center (HCCTC) know now. Thanks to a field trip sponsored by the Community Students Learning Center's (CSLC) Youth Agriculture Outreach Project, Ms. Ashley McCallum's Agriculture classes were among 1,067 students statewide who attended Energy Awareness Day at the Mississippi Agriculture and Forestry Museum in Jackson, Miss., Oct. 4. CSLC's Youth Agriculture Outreach is a project of the USDA Natural Resource Conservation Service (NRCS) which serves as a vehicle for

developing and influencing young minds towards an interest, career and/or business in agriculture. Knowledge of energy conservation and other related information are important to that development. October is National Energy Awareness Month, established in 1991 to encourage government and organizations to raise awareness of the importance of sustainably managing the nation's energy resources. With the support of Banner Sponsors, Community Sponsors and Conservation Buddies, Mississippi's Energy Awareness Day was hosted by the Energy & Natural Resources Division of the Mississippi Development Authority. Despite the hot weather, students, teachers and chaperones say the event was very enlight-

ening. Attendees were educated by presenters who facilitated a total of 23 energy-related learning stations. "I learned that they make plastic light bulbs; I thought all of them were glass," said Brock. Fellow students Jalyn Thurmon and Shaquan Gibson learned more about the energy-saving importance of keeping the refrigerator door closed. Unfortunately, they discovered from the Mississippi Department of Transportation (MDOT) station that Holmes County has the most litter found along its county roads, highways, etc. They were also informed that throwing chewing gum down on the grounds can be detrimental to birds. However, the students assured the MDOT presenter that they would do their part in the future

to help keep their county beautiful. Energy-related career opportunities were also a highlight of the field trip. Several students were particularly impressed with Station 23 – the Holmes Community College Lineman Program. They spent extensive time talking to the representatives and the lineman students. "We are so grateful for the USDA NRCS program," said CSLC Executive Director Beulah Greer. "We are also elated over the collaboration we have with the Holmes County Career and Technical Center." Greer also said the agriculture students will be engaged in High Tunnel preparation, growing, processing, and marketing produce as a part of the project. Other educational trips are being planned. "Thank you all for the sponsorship of the field trip. The students enjoyed the experience (beyond the hotness). We appreciate your support," said HCCTC Director Shintri Hawthorn in an email note to CSLC.



2018 HIGH SCHOOL FOOTBALL SCHEDULE

DATE	OPPONENT	PLACE	TIME
August 31	Winona Christian*	Away	7 p.m.
Sept. 7	Benton Academy	Away	7 p.m.
Sept. 14	Marshall Academy*	Home	7 p.m.
Sept. 21	Hatley School	Home	7 p.m.
Sept. 28	St. Aloysius H.S.	Home	7 p.m.
Oct. 5	Oak Hill Academy*^	Home	7 p.m.
Oct. 12	OPEN		
Oct. 19	Carroll Academy*	Away	7 p.m.

*District Game
^Homecoming



Holmes County Career and Technical Center agriculture students along with their teacher, chaperones and staff of the Community Students Learning Center USDA NRCS Youth Agriculture Outreach project paused for a photo opportunity following their field trip to the Energy Awareness Day event at the Agriculture and Forestry Museum in Jackson on Thursday, October 4. Pictured above: Zacchaeus Thurmond, Jabian Matlock, Jakyla Jefferson, Martez Wiley, Darren Jefferson, Shaquan Gibson, Theo Hudson, Gail Brown, CSLC Youth Agri-Outreach Director of Curriculum and Training, Eddie Brock, Tredell Meeks Jr., Jalen Robsinon, agriculture teacher Ms. Ashley McCallum: Jodie Williams, Joshua Gardner, Erixander Cooper, Zanit Winters, Tyrell Hodges, Artarius Thornton, John O'Neal, Jr., Educator/Field Site Trainer Mr. Antwan Clark and Educator/Field Site Trainer Lula Frair. (Photo submitted)

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