



# Spinach

October is National Spinach Lover's Month. Spinach isn't just for Popeye anymore. It has become one of the most popular green vegetables in the nation. March 26 th has been declared as National Spinach Day. Spinach can be served fresh or cooked by steaming, boiling or sautéing.

The health benefits of eat-

In the 1930's the United States had a 33% increase of spinach consumption. That increase was attributed to the popularity of the Popeye character and his cartoon. Children observed his brute strength after eating a can of spinach. Fans of Popeye wanted to be just like him. Crystal City, Texas, erected a statue of Popeye in 1937. This city is a major producer of spinach. Just think - If Popeye had liked escargot instead of spinach, he would be known as Popeye the Snailorman!

The state of California is the number one supplier of spinach in the United States. Other major contributing states include Arizona, New Jersey, Texas, Colorado, Maryland, and Arkansas. Alma, Arkansas, has an annual spinach festival each April and claims to be the World."

and place in the freezer.

etable could now be readily grees for 30-40 minutes. available to the consumer.

Supplementing your diet ach mixture. with spinach will help you to feel full and not eat so much dip. at mealtime.

Even if you aren't a spinach eater, I hope you will give these recipes a try. I think you'll be glad you did. Thanks for reading.

### SPINACH BALLS with MUSTARD SAUCE

(This is one of my son's favorites)

2 (10 oz.) pkg. frozen chopped spinach (Cook and drain well) 4 beaten eggs 1 ½ sticks butter, melted ½ cup grated Parmesan cheese 2 cups herbed stuffing mix 1 large onion, chopped ½ tsp. thyme ½ tsp. salt

Combine all ingredients ing spinach are numerous. well. Form into 1 inch balls Spinach contains over 15 dif- and chill for 2 hours. Bake ferent vitamins and minerals on cookie sheets lined with that are helpful to our body's parchment paper at 350 dehealth. It also promotes heart grees for 20 minutes. Serve with mustard sauce.

> Mustard Sauce: 1 cup mayonnaise 1/3 cup milk 1/4 cup prepared mustard 4 tsp. lemon juice Combine all ingredients and chill before serving.

SPINACH MADELEINE 2 (10 oz.) pkg. frozen chopped spinach 2 Tbsp. chopped onion ½ cup evaporated milk ½ cup vegetable liquor (from the cooked spinach) 1 (8 oz.) Velveeta, Mexican style (Hot or Mild) 1 tsp. Worcestershire sauce 3/4 tsp. celery salt 4 Tbsp. butter 2 Tbsp. flour ¾ tsp. garlic salt 1/4 tsp. salt ½ tsp. black pepper Red pepper to taste Ritz crackers/melted butter

for topping

Cook spinach according "Spinach Capital of the to package directions; drain well, reserving ½ cup of the Spinach is best when vegetable liquor. Melt butter served fresh. It will last for in saucepan over low hear, about 1 week in the refrig- add flour and stir until blenderator before it begins to lose ed and smooth. Add onion its freshness. Freezing whole and cook until soft, but not spinach is simple. Pick out brown. Add liquids slowany leaves that have begun ly, stirring until thick and to lose their freshness. Place smooth. Add seasonings and them in a ZipLoc freezer cheese that has been cubed; bag, squeeze out excess air stir until melted. Combine ing. Mix well and simmer The first frozen spinach into a casserole dish that has tage cheese and mozzarella was advertised in Life mag- been lightly greased. Top cheese. Spray a 13 x 9 inch azine in 1949 by the Bird's with buttered, crushed Ritz baking dish with cooking Eye food company. This veg-crackers. Cook at 350 de-spray and layer as follows:

Another valuable quality of quartered artichoke hearts cheese and top with remainof spinach is the fact that it in the bottom of the cassewill help you to eat less. role before adding the spin-

### **BEEF FLORENTINE**

2 lbs. ground beef 1 onion, chopped 1 tsp. minced garlic 1 (15 oz.) can tomato sauce 1 (12 oz.) can tomato paste 1 (4 oz.) jar sliced mushrooms, drained 2 tsp. Italian seasoning Salt and Pepper to taste

# **Operation Christmas Child aims to reach** millions of children with hope this year

**Press Release** 

As the COVID-19 pandemic continues to cause fear and uncertainty, Samaritan's Purse is calling on churches and families to pack more shoebox gifts than ever before for Operation Christmas Child-making sure millions of children experience the Good News and great joy of the holiday. Samaritan's Purse is committed to its mission of reaching millions of children across the globe with hope.

"Much of the world has been gripped with fear, and this is especially hard for children," said Franklin Graham, president of Samaritan's Purse. "Now more than ever, these boys and girls need to know God loves them. Operation Christmas Child delivers the hope found only in Jesus Christ."

The Samaritan's Purse project has been collecting and delivering shoebox gifts-filled with school supplies, hygiene items and fun toys-to children worldwide for more than two decades. This is a mission project that everyone can still be a part of, even with CO-VID-19 restrictions. Simply pack shoeboxes with school supplies, hygiene items and fun toys. Then, bring them to one of more than 4,000 Drop-Off Locations during National Collection Week Nov. 16-23. Drop-Off Locations will be listed starting in early November at samaritanspurse.org and can be searched by city or ZIP code.

Even if churches and groups are not yet meeting, families are encouraged to pack shoebox gifts

8 oz. shredded Mozzarella cheese 2 (10 oz.) pkg. frozen chopped spinach, thawed and drained

16 oz. carton small curd

cottage cheese Brown and drain ground beef and onion; add garlic. tomato sauce, tomato paste, mushrooms and seasonwith the spinach and place for 15 minutes. Mix cothalf the meat sauce, half \*I sometimes place a layer the cheese mixture, spinach, ing meat sauce. Add some additional mozzarella or parmesan cheese on top. Bake \*\*This also makes a great at 350 degrees for about 45 minutes.

> \*Any recipe with the word Florentine in the title, will have a significant amount of spinach in the dish.

> \*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.



More than 1.1 million children in Botswana have received an Operation Christmas Child shoebox since Samaritan's Purse began delivering gifts there in 2001.

(Courtesy Photo)



Boys in the Caucasus nation of Georgia rejoice to receive shoebox gifts and The Greatest Gift Gospel booklets.

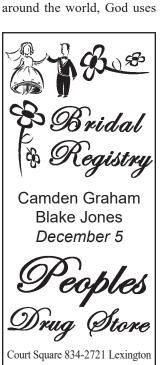
(Courtesy Photo)

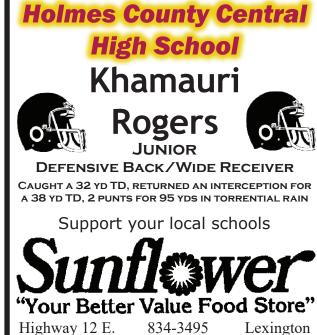
at home. Through Operation these simple gifts to make an in more than 160 countries Christmas Child's network eternal impact. of thousands of churches

The organization also offers an option to virtually pack a shoebox gift. Through this online tool, churches and groups can also set up a goal page to rally together to reach a larger goal. It's easy-simply set a goal, invite your friends, and start packing! Whether your goal is 50 shoeboxes or 5,000, anyone can Create a Goal Page and work together with church members, friends, and family to share the hope of the Gospel with children around the world.

Those interested in more information on Operation Christmas Child COVID-19 protocols, can visit Important COVID-19 Updates for the latest information and answers to Frequently Asked Questions.

Operation Christmas Child, a project of Samaritan's Purse, seeks to demonstrate God's love in a tangible way to children in need around the world and, together with the local church worldwide, to share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 178 million giftfilled shoeboxes to children and territories.





October 9 Player of the Week

Solid Waste Notice as Required by Section 17-17-348 of Mississippi Code 1972 Annotated Fiscal Year Ending 09/30/2020

## **REVENUE**

**Solid Waste Income** \$ 121,328

**EXPENSES** 

Personnel **Supplies** \$ 122,402 Contractual/Other

**TOTAL EXPENDITURES** \$ 122,402

Dumpster trash is collected by the City of Lexington and disposed by Leflore County Landfill.

> **City of Lexington** 112 Spring Street Lexington, MS 39095 662-834-1261 or fax 662-834-1261 lexingtoncityof@bellsouth.net