

# PEOPLE

## Culinary

# CARROTS!

Sure, carrots are great dipped in ranch dressing, but that's hardly their only purpose! Give them a chance with one of these great recipes.

## Honey Roasted Carrots

### Ingredients:

- 3 tablespoons olive oil
- 1/4 cup honey
- salt and ground black pepper to taste

### Directions:

- Preheat oven to 350 degrees.
- Place the whole carrots into a baking dish and drizzle with olive oil. Mix until

the carrots are completely covered. Pour on honey and season with salt and pepper, mix to evenly coat carrots.

- Bake until just tender or to your preference. (About 40 minutes to 1 hour.)

-allrecipes.com

## Carrot Soup

### Ingredients:

- 3 lbs. carrots, chopped
- 6 cups chicken stock
- 3 cloves garlic, chopped
- 2 tbs. dried dill weed
- 1/4 lb. butter
- 1 1/2 tps. salt

### Directions:

- In a medium sized stock pot, over high heat, combine the chicken stock,

carrots, garlic, dill weed, salt and butter. Bring to a boil, reduce heat and simmer for 30 minutes or until carrots are soft.

- In a blender, puree the soup, return to stock pot and simmer for an additional 30 to 45 minutes. Season with additional dill or garlic, if needed.

-allrecipes.com



## Carrot Cake Cupcakes

### Ingredients:

#### Cupcakes:

- 2 cups sugar
- 1 1/3 cups vegetable oil
- 1 tsp. pure vanilla extract
- 3 extra-large eggs
- 2 cups all-purpose flour
- 2 tps. ground cinnamon
- 2 tps. baking soda
- 1 1/2 tps. kosher salt
- 3 cups grated carrots (less than 1 lb.)
- 1 cup raisins
- 1 cup chopped walnuts

#### Frosting:

- 3/4 lb. cream cheese, at room temperature
- 1/2 lb. unsalted butter, at room temperature
- 1 lb. powdered sugar

### Directions:

- Preheat oven to 400 degrees.
- Beat the sugar, oil and vanilla together in the bowl of an electric mixer. Add the eggs, one at a time. In another bowl, sift together the flour, cinnamon, baking soda and salt. With the mixer on low speed, add 1/2 of the dry ingredients to the wet ingredients. Add the grated carrots, raisins and walnuts to the remaining flour, mix well and add to the batter. Mix until

just combined.

- Line muffin pans with paper liners. Scoop the batter into 22 muffin cups until each is 3/4 full. Bake for 10 minutes then reduce oven temperature to 350 degrees and bake for another 30 to 35 minutes until a toothpick comes out clean. Cool on a rack.
- For the frosting: cream the cream cheese, butter and vanilla in the bowl of an electric mixer. Add the sugar and beat until smooth.
- When the cupcakes are cool, frost and serve.

-foodnetwork.com



## QUICK TIP:

Looking to add more veggies to your diet? Carrots are perfect to sneak into any meal. Simply puree, julienne or shred and mix into anything from pasta sauce to burgers

## How Does Your Garden Grow?

### Choosing the right fertilizer, an important consideration in your garden

When the fertilizer has a number on the bag like 10-10-10 what does that mean?

Chemical and organic fertilizers are labeled with three numbers that indicate the fertilizer's nutrient ratio for example, 12-12-12, 5-10-5, and 15-15-15.

The first number indicates the percentage of nitrogen (N). The second number shows the percentage of phosphate (the type of phosphorus, P2O5). The third number represents the percentage of potash (the form of potassium used, K2O).

A 10-10-10 fertilizer contains 10 percent nitrogen, 10 percent phosphate, and 10 percent potash, and it's

called a complete fertilizer because it contains some of each type of nutrient.

In contrast, bone meal has an analysis of 4-12-0. It's a good source of phosphate but doesn't provide any potash. Now that you understand the numbers, you have to choose between organic and chemical fertilizers.

Most home gardeners can grow a productive garden using organic principles. Organic fertilizers such as animal and green manure, blood meal, fish emulsion, cottonseed meal, granite dust and rock phosphate have several advantages.

Many organic fertilizers contribute organic matter

to your soil, improving its structure, feeding soil microbes, fighting fungal and bacterial diseases and contributing micronutrients. Most organic fertilizers supply a slow but steady diet for plants. Some organic fertilizers, such as manure and compost, may be inexpensive or free if you create them yourself. Complete organic fertilizers, such as 5-5-5, are now more widely available and have higher concentrations of nutrients than in the past, making them easy-to-use alternatives to chemical fertilizers.

However, it's not all sun and roses when using organic fertilizers. There are

some disadvantages. Some organic fertilizers, such as manures and compost, are bulky and difficult to store and transport. Their slow release of nutrients, in some cases dependent on the action of soil microorganisms, may take too long to remedy a dire situation when an adequate nutrient supply is needed.

Many organic fertilizers are lower in nutrient content than their chemical equivalents, and the contents may vary depending on the weather and conditions where the fertilizers



**Charles Frazier**, master gardener, is a columnist for the Tribune-Courier. Each week through the height of gardening season, you can find him here, offering the best tips and advice to make your garden grow.

# COMMUNITY CALENDAR

**Marshall County Toastmasters** meet every Monday at 6:45 p.m. at the Quality Inn in Draffenville.

**The Marshall County Amateur Photography Club** meets the third Monday of every month at 6:30 p.m. at the Benton branch of the Marshall County Public Library.

**The Senior Citizens Bowling for Fun group** meets at 1 p.m. every Wednesday at Corvett Lanes in Murray. The cost is \$10 to bowl three games. Contact Betty Knieriem at 270-354-8110 or Nancy Rubin at 270-474-8366.

**April 7**  
**The Fooks Cemetery meeting** will be held at 6 p.m. at the Fooks Cemetery building. Anyone interested in helping to maintain the cemetery is welcome to attend.

**April 8**  
**The South Marshall Fire Dept. Auxiliary** will host a spaghetti dinner from 5 to 7 p.m. (or until it's all gone) at the Aurora Ross Fire Station. The menu includes

spaghetti, bread sticks, salad, and tea or lemonade, with coffee and dessert for \$7 for adults, \$3 for children 12 through 6 years, and free for children 5 and under. Everyone is welcome. For more information call Audrey Boyan at 270-906-5515.

**April 9**  
**The Provine Cemetery** will have their annual meeting of trustees and those with interest at Briensburg Baptist Church.

**April 9-12**  
**Union Ridge Baptist Church** in Aurora will be holding a Spring Revival. Bro. Roger Rice will be the guest speaker. The revival will begin Sunday morning at 11 a.m.; evening service at 6 p.m. Monday, Tuesday, and Wednesday nights will begin at 7 p.m. The location is 1014 Union Ridge Road, Benton. Everyone is invited.

Email your calendar item to emcgill@tribunecourier.com, call us at (270) 527-3162 or stop by the office at 86 A Commerce Blvd. in Benton.



-submitted

Left to right: Courtney Phillips, Cole Wyatt, Sage Yandell, Andrew Phillips, and Anna Dittman. (Not pictured - Luke Wyatt.)

## 4-H communications contest winners announced

**Press Release**

The Marshall County 4-H Communications Contest was held March 27th at the Marshall County Extension Office. Six youth gave presentations on a wide variety of subjects. Participants are advised to choose a topic that interests them so they can convey their excitement about the subject to the audience. 4-Hers from North and South Marshall Middle Schools, and Marshall County High School participated in this year's contest.

In the 4-H Communications Contest, students compete by age in speeches and by topic in demonstrations. At the county contest, Sage Yandell (12 Year Old Speech) and Cole Wyatt (16 Year Old Speech) competed in the Speech category.

Those who gave a demonstration included Anna Dittman (Crafts/Photography), and Courtney Phillips (Performing Arts). We also had three mock interviews done by Luke Wyatt (16-18 Year Old Mock Interview), Cole Wyatt (16-18 Year Old Mock Interview), and Andrew Phillips (14-15 Year Old Mock Interview).

Based on the Danish ribbon system, participants received a blue, red, or white ribbon depending on the quality of their presentation. Five of the youth qualified for the Purchase Area 4-H Communications Day Contest scheduled for April 21st in Calloway County.

The event could not be held without the help and service of community and 4-H volunteers. Judges for this year's contest

were Julie Young, Lynn Hicks, John Miller and Michele York. Room Hosts/Time Keepers were Kelsey Littrell, Nathan Tapscott and Callie Bridges.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. To learn more about 4-H, contact Lena D. Mallorey, Marshall County Extension Agent for 4-H Youth Development, at 527-3285.

## Garden

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were produced. So you may not be exactly sure how much to put on your garden.

The most common fertilizers used in our area are chemical fertilizers. 10-10-10 is the most common fertilizer. It is said to be the universal fertilizer in the garden. It can be used on all vegetables. Green leafy plants like broccoli, celery, kale, lettuce, spinach and cabbage can benefit from 10-10-10 fertilizer about a month after planting. Notice that these are not plants we grow for their fruit or seeds;

they are plants that can benefit from a foliage stimulant.

For the most part, I apply my fertilizers before planting my garden. I broadcast the fertilizer by hand over my garden space. Then I will till the fertilizer into the soil. This helps to receive the most benefit from the fertilizer. When you apply on top of the soil, you will not receive the full benefit. Some chemical fertilizers will evaporate or be washed away by the rain.

Some of my readers use 13-13-13 or 15-15-15

in their gardens. Definitely sweet corn can handle the higher numbers. Some use 6-24-24 for their tomatoes and green beans because they want a lower nitrogen content. High nitrogen in tomatoes will produce a great tomato vine but few tomatoes, so that is why consideration is important. I will always add pelletized lime when I apply fertilizers. I feel that the lime helps activate the fertilizer.

Have a great gardening week!

## VFW to host information booth

**Press Release**

The Veterans of Foreign Wars, Department fo Kentucky, District One, will host an interest booth at Carr's Steak House on Saturday, April 15 from noon to 5 p.m. The purpose of this meeting is to generate interest in starting a new VFW Post in Graves County.

The Veterans of Foreign Wars was founded in 1899 and is the nations' oldest major combat veteran's organization. For over 110 years the VFW has successfully fulfilled its mission "to assist worthy comrades; to perpetuate the memory and history of our dead, and to assist their windows and orphans; to maintain true allegiance to the government of the United States and fidelity to its constitution and laws; and to foster true patriotism."

The VFW is heavily involved in community service by sponsoring youth programs such as Voice of Democracy, Patriots Pen, Scout of the Year and Teacher of the Year. The VFW also recog-

nizes the importance of recognizing community members uch as Law Enforcement Office, Firefighter and Emergency Medical Technicians.

The VFW contributes voer \$48 million annually in community service projects. The VFW's Buddy Poppu Program raises over \$13 million for needy veterans each

year. The Voice of Democracy and Patriots Pen Programs awards over \$2 million in scholarships each year.

To become a member VFW organization, bring your DD214 or other proof of eligibility and \$35 for annual membership dues to the meeting.

**SIMPLE UNCONTESTED DIVORCE \$600**

**Dianna Riddick, Attorney 270-354-8714**

### ANNOUNCEMENT SUBMISSION:

To submit engagement, wedding, anniversary or birth announcements, email the Tribune-Courier at features@tribunecourier.com, send to P.O. Box 410, Benton, KY 42025 or visit our website at www.tribunecourier.com to fill out a form online. Couples celebrating anniversaries of 50 years or more may submit two photos, one current and one ceremony. *Submissions are subject to edit.*

**Find The Marshall County Tribune-Courier online at www.tribunecourier.com**

**COMMUNITY**

*SMMS Reality Store*



-submitted

On March 22nd, 8th graders at SMMS participated in reality store. Reality store is a program that teaches students about goal setting, career planning, and financial management. Each student chose a career and received a monthly paycheck. They used their paycheck to pay bills and learn about life's challenges. This program is made possible through the help of many community partners and volunteers.

# Marshall County schools breakfast, lunch menus

**Press Release**

The following are the March menus for Marshall County schools:

**Breakfast  
Marshall County Schools K-8**

- Monday, April 10 - Pancake on a Stick, Fruits, Blueberry Muffin and Yogurt
- Tuesday, April 11 - Chicken/Biscuit/Gravy, Fruits, Blueberry Muffin and Yogurt
- Wednesday, April 12 - Tornado Wrap, Fruits, Blueberry Muffin and Yogurt
- Thursday, April 13 - Chicken Dippers and Gravy, Fruits, Blueberry Muffin and Yogurt
- Friday, April 14 - Sausage/Biscuit/Egg, Fruits, Blueberry Muffin and Yogurt
- Monday, April 17 - Sausage/Biscuit/Gravy/Eggs, Fruits, Cereal and Scooby Doo Snacks
- Tuesday, April 18 - Donut, Fruits, Cereal and Scooby Doo Snacks
- Wednesday, April 19 - Pancakes and Sausage, Fruits, Cereal and Scooby Doo Snacks
- Thursday, April 20 - Tornado Wrap, Fruits, Cereal and Scooby Doo Snacks
- Friday, April 21 - Chicken Dippers/Gravy, Fruits, Cereal and Scooby Doo Snacks
- Monday, April 24 - Pancake on a Stick, Fruits, Blueberry Muffin and Yogurt
- Tuesday, April 25 - Chicken/Biscuit/Gravy, Fruits, Blueberry Muffin and Yogurt
- Wednesday, April 26 - Tornado Wrap, Fruits, Blueberry and Yogurt

- Thursday, April 27 - Chicken Dippers and Gravy, Fruits, Blueberry Muffin and Yogurt
- Friday, April 28 - Sausage/Biscuit/Egg, Fruits, Blueberry Muffin and Yogurt

**Lunch**

- Monday, April 10 - Chicken Smackers, Meatballs and Gravy, Fruits and Vegetables, Cooked Carrots, Cream Potatoes
- Tuesday, April 11 - Spaghetti and Roll, Popcorn Shrimp, Fruits and Vegetables, Broccoli and Ranch Cup
- Wednesday, April 12 - Pizza (Cheese or Pepp), Cheeseburger Mac, Fruits and Vegetables, Corn, Blackeye Peas
- Thursday, April 13 - BBQ Nachos, Chicken Fajita, Fruits and Vegetables, Baby Carrots and Ranch Cup, Peppers/Onions
- Friday, April 14 - Hamburger/Cheeseburger, BBQ Sandwich, Fruits and Vegetables, Baked Beans, French Fries
- Monday, April 17 - Lasagna and Bosco Stick, Chicken Smackers and Bosco Stick, Fruits and Vegetables, Cooked Carrots, Green Beans
- Tuesday, April 18 - Elementary: Corn Dog, Cheeseburger Mac, Fruits and Vegetables, Broccoli and Cheese, Potato Smiles. Middle School: Corn Dog, Orange Chicken and Egg Roll, Fruits and Vegetables, Veggie Stir Fry, Potato Smiles
- Wednesday, April 19 - Pizza (Cheese or Pepp), Meatball Sandwich, Fruits and Vegetables, Carrots and Ranch Cup, Corn
- Thursday, April 20 - Taco and Cheese Cup, Burrito and Cheese Cup, Fruits and Vegetables, Broccoli and Ranch Cup, Refried Beans
- Friday, April 21 - Hamburger/Cheeseburger, Breaded Chicken Sandwich, Fruits and Vegetables, French Fries, Baked Beans
- Monday, April 24 - Corn Dog, Chicken Smackers, Fruits and Vegetables, Roasted Baby Potatoes, Green Peas
- Tuesday, April 25 - Hot Dog, BBQ Sandwich, Fruits and Vegetables, Broccoli and Ranch Cup, Baked Beans
- Wednesday, April 26 - Pizza (Cheese or Pepp), Meatball Sandwich, Fruits and Vegetables, Baby Carrots and Ranch Cup, Corn
- Thursday, April 27 - Taco/Cheese Cup, Burrito/Cheese Cup, Fruits and Vegetables, Refried Beans, Salsa
- Friday, April 28 - Hamburger/Cheeseburger, Chicken Sandwich, Fruits and Vegetables, Baby Carrots and Ranch Cup, French Fries



*Engagement*

**Harrell-Wiseman**

Allen and Lona Harrell of Calvert City announce the engagement of their daughter, Amanda Louise Harrell, to Colby Jabe Wiseman, son of Jeff and Sharon Wiseman of Benton. Grandparents of the bride are Curtis and the late Vonda Harrell of Calvert City and Shirley Cherry and the late William Cherry of Princeton. The groom's grandparents are Jim and

Ernie Wiseman of Benton and Sue Smith and the late Belve Smith of Benton. The bride is a 2011 graduate of Marshall County High School and a 2016 graduate of Murray State University with a bachelor's degree in Occupational Safety and Health. She is employed at the Marshall County Public Library. The groom is a 2011 graduate of Marshall County High School

and a 2014 graduate of West Kentucky Community and Technical College with a certificate as a chemical operator. He is employed at Estron Chemical in Calvert City. Wedding vows will be exchanged on April 8, 2017 at 4:30 p.m. at First Missionary Baptist Church, 100 West 13th Street in Benton. All family and friends are invited.

AMERICAN CANCER SOCIETY  
**RELAY FOR LIFE**

**Relay For Life of  
Marshall County**

**Friday, June 9, 2017**  
**4 pm to 11 pm**  
**Marshall County High School**

**Sign Up Your Team Today!**  
[www.relayforlife.org/marshallky](http://www.relayforlife.org/marshallky)

For more information, please contact Gina Bitetti at 404-329-5113 or [gina.bitetti@cancer.org](mailto:gina.bitetti@cancer.org).

**Sponsorship Opportunities Available**

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RelayForLife.org | 1.800.227.2345

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*Kathy, 30 Year Heart transplant recipient from Meade County*

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COMMUNITY



Jazz-N-Desserts

-submitted

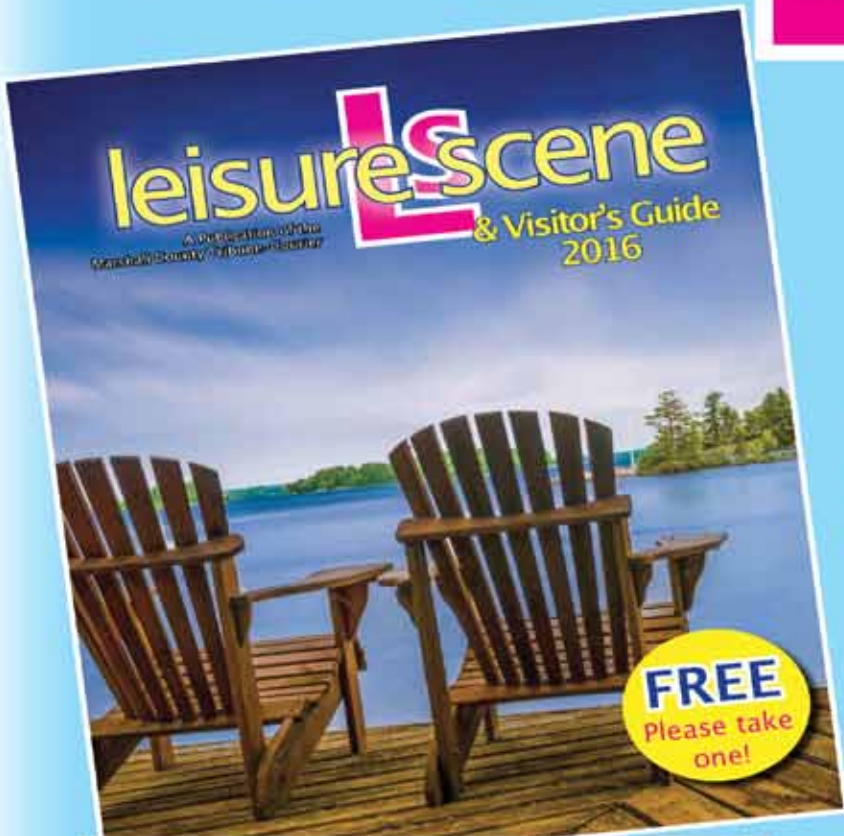
Students of the Marshall County High School Jazz Ensembles entertained during Just Jazz-N-Desserts last week. Guests were treated to any evening of music followed by a variety of locally-made desserts and a chance to bid on silent auction items. A percentage of the proceeds from the event went to Marshall County Relay for Life.



# leisureScene

## & Visitor's Guide

Publishes in April.



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Glossy Magazine Format  
Information Guide!



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Leisure Scene will be restocked through September to these counties in high traffic locations.

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