

Nashville Demonstration Organic Garden (NDOG) and Kidz Klub - 2017

Each Friday May through September, during farmers' market hours, 7 am – 11 am, NDOG volunteers hold free workshops and demonstrations focused on organic home gardening.

For more information about NDOG workshops and demonstrations contact Gerry Wenta at (903) 278-6716.



May through mid August there are also educational activities for children ages 3 – 10 at NDOG Kidz Klub.

For information about NDOG's Kidz Klub, contact Sherry Wenta at (870) 845-0134.

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Using Herbs Instead of Salt in Your Cooking

- The Recipes

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Rosemary & Bittersweet Chocolate Quick Bread

3/4 cup spelt flour (or use an equal amount of all purpose flour)

1 1/2 cups all-purpose flour

3/4 cup sugar

1 1/2 teaspoons baking powder

3/4 teaspoon kosher salt

1/2 teaspoon ground coriander

3 eggs

1 cup olive oil

3/4 cup milk

2 tablespoons chopped fresh rosemary

5 ounces bittersweet chocolate, chopped into 1/2-inch or smaller pieces

Rosemary sugar (1tbsp fresh chopped rosemary +1/4 cup sugar)

Instructions

1. Position an oven rack to the middle position and heat oven to 350 degrees.
2. Lightly coat 4 small loaf pans (5" x 2") or one regular loaf pan with olive oil. Place the pans on a baking sheet. If using a single loaf pan, you can skip the baking sheet.
3. Put the flours, sugar, baking powder, salt and coriander in a large bowl. Use a whisk to blend the dry ingredients.
4. In a separate bowl, whisk the eggs thoroughly. Add the olive oil and whisk together. Add the milk and rosemary and mix again just to blend.
5. Pour the wet ingredients over the dry, stirring gently to combine. Stir in the chocolate until evenly distributed.
6. Divide the batter among the pans and smooth the top. Sprinkle tops evenly with some Rosemary Sugar,

about 2 teaspoons each, or regular sugar mixed with 1/2 teaspoon chopped fresh rosemary.

7. Bake for 25-30 minutes for small loaves; 45- 50 minutes for standard loaf or until the tops are domed and a skewer inserted in the middle of the loaves comes out clean.
8. Cool on a rack before slicing either warm or cool.

Yield: 1 standard loaf or 4 mini loaves

Recipe source: <http://familystylefood.com/2011/04/rosemary-bittersweet-chocolate-quick-bread/>

Roasted Peach with Rosemary for 2

2 peaches, halved and stone removed

2 tbsp brown sugar

2 rosemary sprigs

Water

Preheat oven to 200°C (400°F). In a shallow dish place rosemary sprigs on the bottom of the dish and keep a piece for the top of the fruits. Then place peach halves, cut side up. Sprinkle sugar on top of fruits and around. Add rosemary on top and a couple of tablespoons of water on the bottom of the dish. Bake for 25-30 minutes until the peach is just soft and the sugar have turn into a nice golden syrup. Serve warm or cold with a dollop of cream.

Recipe source: <https://atdownunder.com/2013/01/25/garder-la-peche/>

