



By SHIRLEY BLOOMFIELD, CEO NTCA-The Rural Broadband Association

### Being thankful for broadband in 2020

hen you're making your list of things to be thankful for this season, make room for this: "access to broadband from a reliable, community-based provider." This year has taught us many things, one being that broadband is vital to so many areas of our lives — work, school, health and more.

I recently spoke with a journalist who has been covering the gaps in broadband connectivity across our country. She lives in a beautiful community in the mountains of Vermont and is lucky to be able to download emails — forget anything like streaming or VPN access. She has learned from working with NTCA and some of our members that building broadband is not a cheap proposition. There are physical hurdles (Vermont mountains?) that make the task even more formidable.

Several months into a remote world, her office is closed and her options for connectivity are limited. She joins the ranks of local school kids in nearby fastfood parking lots trying to complete their homework while she tries to upload her stories. In the most prosperous country in the world, in 2020, she has realized the hard way that having a broadband connection has become a lifeline and a necessity — and that speed and capacity actually do matter.

If you are holding this magazine, you are served by a community-based provider committed to keeping you connected. And that's a reason to be thankful! 🗀



# Wired up Hot spots rely on fast internet networks

onnecting rural communities to reliable broadband networks represents a vital challenge for not only individual states but also the nation as a whole. Jobs, education, health care and more increasingly rely on fast internet access.

As state and national policymakers consider strategies to expand broadband networks, weighing the benefits of an often misunderstood technology might prove beneficial.

Hot spots are described by NTCA-The Rural Broadband Association as wireless on-ramps to the internet that cover a small area. Many consumers and policymakers associate hot spot technology with cellular phones, because many phones have the capability of becoming hot spots to serve as gateways to the internet for other devices.

NTCA, however, notes that these mobile connections represent only one form of hot spot. A fixed hot spot is created by use of a Wi-Fi router connected to a physical internet source such as a fiber optic network. These hot spots are common in homes, coffee shops, offices and more. During the COVID-19 pandemic, many rural telcos used this technology to provide free Wi-Fi connections at schools, churches and public spaces.

The important point to remember is that wireless connections do ultimately need wires. Fast broadband networks make these Wi-Fi-based hot spots possible, because those wired links provide the final connections to the internet.

NTCA emphasizes it's important for policymakers to remember that the term "hot spot" is associated with far more than mobile phones. Robust rural broadband networks make Wi-Fi-based hot spots possible, bringing their power and convenience to your homes, businesses and more.  $\bigcirc$ 

# The 2020 gift guide

### SHOP FOR THE TECH THAT'S SURE TO PLEASE

etting the right holiday gift for that special person in your life can be difficult. But whether they're into technology, music, sports or "Star Wars," our gift guide has something for everyone on your list. 🗀



The Crazy Cap

The CrazyCap uses ultraviolet light to kill germs inside your water bottle. This means you never have to worry about a smelly bottle again, even if you leave it overnight in your gym bag. It self-cleans every four hours. And forget about running low on water during a hike. The manufacturer claims you can safely disinfect any debris-free water, so you can refill your bottle from rivers, lakes or streams. The rechargeable cap can also disinfect surfaces or objects, such as your smartphone or keys. CrazyCap can be purchased with its bottle or separately, and it fits most cola-style bottles. The company donates 5% of every sale to water.org, a group that helps people around the world have access to clean water. The CrazyCap with 17-ounce bottle: \$69.99.





adget Viscovery Club

For year-round giving to that tech junkie in your family, you may consider getting him or her a subscription to the

Gadget Discovery Club. Every month, the service mails a new mystery gadget for you to discover upon opening the box. The promise from the company is that you will receive a high-quality item at a cheaper price than retail, with a one-year guarantee and a 30-day return period. Don't expect to get an iPhone, but past deliveries have included gadgets such as fitness trackers, Bluetooth speakers and wireless earphones. Subscriptions range from \$96

for three months to \$276 for 12 months.



Giving that budding Buddy Rich in your household a full-size drum kit is the fastest way to put yourself on the outs with your neighbors and less-than-appreciative family members. So, the Senstroke is a great gift for everyone. The Bluetooth sensors attach to drumsticks, as well as to your feet, allowing you to mimic a bass drum and hi-hat. Connect to a free app to play and practice drums on most surfaces. The app includes a learning mode for beginners and can also record, playback and export your performance in MIDI format. Complete kit: \$280. Essential kit: \$200.





### The Child Animatronic Edition.

The creators of the hit Disney+ show "The Mandalorian" want you to call him The Child, while the internet knows him as Baby Yoda. Whatever his name is, he is undeniably adorable and ready to come home for the holidays. The Child Animatronic Edition giggles, babbles and makes Force effect sounds. It also features motorized movements, including eyes that open and close and ears that move back and forth. The Child even lifts his arm as he prepares to use the Force, after which he may need a "Force nap." Demand will be high, so you may need an intergalactic bounty hunter to snatch one up or be quick on the draw at your favorite online retailer. \$59.99 MSRP.

## A commitment to serving you

e at Foothills realize this has been an unbelievably tough year for most everyone. We've also certainly had our share of challenges. We know many of you are relying on the services we provide now more than ever, and rest assured we're doing all in our power to ensure that those services work well when you need them most.



**RUTH CONLEY** Chief Executive Officer

I'd like to take this opportunity to recognize the great team of employees we have here at Foothills, and I can't say enough about what a great job they have done. As the world faced disruption from a pandemic, our team transitioned to do whatever was needed to make sure our members' needs were met. At every step, the goal was to be as safe as possible for everyone. I'm honored to get to work with them.

Our entire company considers it an honor and privilege to serve our hometown communities in any way we can. We wouldn't want to be anywhere else. This is where we live our lives every day, and we consider you our friends and family. Please know we're working hard to not only maintain the standard of excellence we've estab-

lished but also to improve on what we do. We strive to provide the best service we can to meet your needs, even in a time when those needs have changed rapidly.

As we move into this holiday season, my hope is that we can find some of the joy that's been overshadowed with all of the challenges of the year. Hopefully, we will all have the ability to focus on what matters the most. If nothing else, I for one feel this year has helped me to look at things from a different perspective and to value simple things such as kindness, my faith, family and friends. I wish the same for all of you.

From all of us at Foothills, we'd like to wish you all a very happy Thanksgiving, merry Christmas and happy New Year.

We look forward to what next year brings for us as individuals, as a company and as a community. 🗀





The Foothills Connection is a bimonthly newsletter published by Foothills Communications, ©2020. It is distributed without charge to all customers of the



Foothills is a member-owned cooperative that has been serving residents and businesses in eastern Kentucky since 1951. In the early days, we only offered telephone service over copper wires. Over the years, we have expanded our network and now provide broadband internet and cable TV services over fiber optic facilities to much of our service area, which includes Magoffin County and portions of Johnson County and Lawrence County. We love being part of the communities we serve. Our customers are our families, friends and neighbors.

Foothills Communications P.O. Box 240 1621 Kentucky Route 40 West Staffordsville, KY 41256 www.foothills.net 606-297-3501

#### **Foothills Mission Statement**

"To provide the latest in communications at affordable prices with exceptional service."

Produced for Foothills Communications by:



On the Cover:



Our region is known for its beauty. Now, it's being praised in a national publication for its great internet service. See story Page 8.



It's easy to add your number to the Do Not Call Registry.

Register online at

#### www.donotcall.gov

or call 888-382-1222. For TTY, call 866-290-4236.

You must call from the telephone number you wish to register.

FREE activation and upgrades Nov. 1 through Dec. 31.

DO YOU

# **QUALIFY?**





Need help paying for services?

Lifeline Assistance may be an option for you!

You are eligible for Lifeline benefits if you qualify for and receive one of the following benefits:

- SNAP
- Medicaid
- Supplemental Security Income (ISSI)
- Federal Public Housing Assistance
- The Veteran's Pension or Survivor's Pension benefit
- Meet income requirements



Nov. 26-29: Showtime

Dec. 5-6: HBO

Dec. 12-13: Cinemax

Dec. 19-20: Starz/Encore

Dec. 24-Jan. 1: Enjoy all of the premium movie channels!

\*A set-top box is required for viewing.

Parental control is available.

# Pelebrate

Foothills Communications will be closed the following days: Thanksgiving — Thursday, Nov. 26, and Friday, Nov. 27 Christmas — Thursday, Dec. 24, at noon and Friday, Dec. 25 New Year's - Friday, Jan. 1

### Don't miss these **GIVEAWAYS!**

Signing up for select services by Dec. 31 will make you eligible to win a special prize.\*

TV prize — Big screen TV Internet prize — Playstation Platinum customer - \$250 Visa gift card

\*Winners must claim within two weeks of being notified.

November/December 2020 | 5 **Foothills Communications** 



It's time for brightly lit trees, warm cider simmering on the stove and scenting the house, and steam rising from mugs of hot chocolate. And it's time to revel in the joy of the Christmas season with family, friends and lots of colorful displays of light.

Rock City's Enchanted Garden of Lights, now in its 26th year and named a Top 20 Event for 2019 by the Southeast Tourism Society, is just that — enchanting. There are more than 30 holiday scenes and a million-plus LED lights — more than ever before. As the lights brighten the night, Rock City Gardens' daytime splendor is transformed into a fantasyland of brilliant wonder.

For many, a trip to Rock City atop Lookout Mountain is a holiday tradition. For others, it will be a new experience. For all, it offers popular attractions preserved from years past, along with new adventures through the lights.

There are four areas that light up each Christmas season: Yule Town; Magic Forest; North Pole Village, where Santa and Mrs. Claus live and work with their magical elves; and the popular Arctic Kingdom, which has a brand-new look this year, offering one of the world's first of its kind — walk-through Christmas trees.

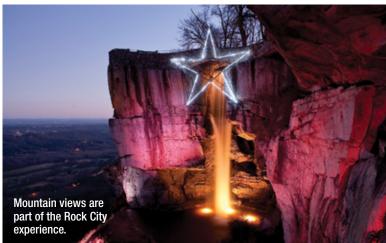
# **FESTIVALS** & LIGHT

Have a merry time

Also new this year are the fashions on Inara the Ice Queen and Jack Frost. They will be decked out in colorful, new garments to prepare them for a journey through a stunning display of ice crystals in the Arctic Kingdom with a design reminiscent of the aurora borealis lights. Within this area of the Enchanted Garden of Lights is the Glacier Grotto, which offers a firepit to warm visitors passing through. Treats to warm the body and soul are also found at the North Pole Lodge, where kids of all ages can enjoy gingerbread cookie decorating and sipping hot cocoa while enjoying live music.

But that's not all. Other presents Rock City offers for the season include the chance to enjoy dinner with Santa, storytimes with Mrs. Claus, pictures with Santa and greetings from Jack Frost, Inara the Ice Queen and other characters roaming through the Enchanted Garden of Lights. 🗀





# Rock City Enchanted Garden of Lights Nov. 20-Jan. 2, 4-9 p.m. (closed Christmas Eve)

Rock City Gardens, 1400 Patten Road, Lookout Mountain, Georgia For information on special events and deals on weekday pricing during the holiday season, visit www.seerockcity.com/lights.

# Lights around the South Holiday lights shine all around the South this

season. Here's a look at some in your area.

#### Magic Christmas in Lights

Bellingrath Gardens, Theodore, Alabama Take a tour through the gardens and become illuminated with the more than 3 million lights sparkling throughout the gardens every Christmas. It's a holiday event that has become a tradition along the Gulf Coast. www.bellingrath.org

#### Natchitoches Festival of Lights Natchitoches, Louisiana

The city's historic district lights up with holiday spirit as hundreds of thousands visit annually for fireworks, parades, plays, historic tours and the charm of the oldest community in Louisiana. More than 300,000 lights drape the cobblestone streets decorated with garlands of greens. www. natchitocheschristmas.com

#### Southern Lights Holiday Festival

Kentucky Horse Park, Lexington, Kentucky Santa on horseback outlined with lights and other scenes are part of the 3-mile driving tour of the Kentucky Horse Park that attracts more than 120,000 visitors each year. www.kyhorsepark.com

#### Anderson Christmas Lights

Anderson, South Carolina

Old Man Winter, Santa Claus, the Anderson Express and a salute to the military are among the 160 displays and 3.5 million lights that brighten the night at Anderson Christmas Lights. Warm up by the fire, roast some marshmallows, sing some Christmas songs and get into the holiday spirit. andersonchristmaslights.org

#### Dollywood's Smoky Mountain Christmas Pigeon Forge, Tennessee

The mountains come alive with color and cheer as Dolly's crew turns on the lights — 4 million of them — throughout the park. They are a backdrop for the amazing Parade of Many Colors and other events, including live shows with a holiday theme, such as the popular "Christmas in the Smokies." www.dollywood.com

#### Galaxy of Lights Huntsville, Alabama

The Huntsville Botanical Garden is all decked out in holiday finery as the annual Galaxy of Lights turns the gardens into a fantasyland of lights and color. It's a driving tour that takes you past nearly 200 animated displays, from those with holiday themes to dinosaurs and nursery rhyme characters for the kids. Special Galaxy of Lights Walking Nights are also available. Walk through snow falling inside a twinkling icicle forest, visit with Santa and enjoy hot chocolate along the way. www.hsvbg.org



ife in Ulysses, Kentucky, is good for Kim Thompson. She and her husband live in a two-story brick home on a small cattle farm just across from the Big Sandy River. "I like to say it's like being at the beach, but it's in the country," she says.

So, when the coronavirus pandemic struck, Thompson was happy to temporarily suspend the long commute to her job with the U.S. Social Security Administration in Prestonsburg. The agency helps local people apply for and obtain their federal benefits, including Social Security, Medicare and disability, retirement, and Supplemental Security Income.

"Basically, we have been able to fully transition 100% of our staff to working and performing 100% of the services that we normally would if we were in the office," says Thompson, the assistant district manager of the Prestonsburg office.

#### **SPOTLIGHT**

The move could've been much harder if not for Foothills Communications' high-speed fiber internet service at Thompson's home. A PC Magazine article that named Salyersville one of "15 affordable small towns in the U.S. with fast internet for remote workers" recently praised the company's service.

The article highlights small towns



across the U.S. where remote workers can find alternatives to expensive city living. To identify the top spots, reporters used internet speed tests to verify areas with 1 gig connections in 2020.

8 | November/December 2020 Foothills Communications



They searched home value data from Zillow, an online real estate and rental marketplace, and they cross-referenced this information with lists of best small towns and looked for places that were appealing. In addition, they used recent U.S. Census data to look for towns with under 10,000 people that weren't suburbs or exurbs of big cities.

"So let's say you want to get away from the big city, but keep your remote-working lifestyle in the fast lane," the article says. "We found 15 attractive, affordable small towns and cities across America with gigabit internet connection options and reasonable housing prices — at least more reasonable than in tech hubs like New York, San Francisco and Seattle."

PC Magazine praises Salyersville as a "quiet, low-key, tiny city in the Appalachians" with friendly and community-oriented people. It's also a great place to enjoy nearby hiking, the article says.

#### **HIGH-SPEED BROADBAND MATTERS**

Locals already knew about the beauty of the region, its friendly people and the excellent high-speed internet service from Foothills Communications. But if they happened to forget, the pandemic was a good reminder.

When schools, stores, churches and restaurants shut down, many services went online. Virtual classrooms popped up, as did online church services. Some workers stayed home and commuted via the computer.

For Thompson and many of her co-workers, the transition from office to home was fairly seamless thanks to their Foothills Communications internet connections. After the physical doors of the Prestonsburg Social Security agency closed temporarily in March, Thompson and her 20-plus co-workers moved to their homes or other accommodations to keep serving their clients.

The agency set up secure systems for data and to transfer phone calls from the office to employees' phones. It also added high-tech security measures to ensure the safety of data.

"It's absolutely remarkable we're able to do this," Thompson says. "The fact is we have the technology to transition to telework and be fully functional with all that we do."

**Gone country** 

For years, experts have been talking about city dwellers moving to rural areas. After the recent pandemic, that talk keeps getting louder as more media outlets cover the growing trend. An August Forbes magazine article notes Realtor.com's Market Hotness rankings favored homes in rural ZIP codes. This means that the number of people eyeing rural properties had grown much faster than those looking for suburban and urban properties.

As more people telecommute and do their banking and shopping online, rural life seems to be making more sense, especially when homes are less expensive. But rural broadband providers with fiber internet service, such as Foothills Communications, are the key to that, the article says. "For those who might contemplate moving to a rural area, access to broadband is an absolute necessity," it reads. "It may even be the key to a sustained shift of the population from metropolitan areas to rural America."

Forbes contributor Chris Dorsey goes on to say this: "With better broadband connectivity and the ability to telecommute from almost anywhere, businesses across the country are reconsidering the need for centralized and expensive downtown office buildings. Moreover, many workers and companies are realizing that employees are often more productive away from office settings, so the idea of working from home — wherever that may be — has become a virtual national water cooler debate."

#### See what they said

Salyersville got a big shoutout in a recent PC Magazine article that named it among "15 affordable small towns in the U.S. with fast internet for remote workers." To see exactly what was said about our neck of the woods, visit pcmag.com.

Foothills Communications November/December 2020 | 9



Story by DREW WOOLLEY

n March 2020, Chowgirls Killer Catering in Minneapolis was busy preparing for its Sweet 16 party, complete with signature food and a swing band. Like many events in the early days of the coronavirus pandemic, the celebration was ultimately called off. The next day, while watching Minnesota Gov. Tim Walz recommend against large gatherings across the state, it occurred to co-owner and CEO Heidi Andermack that one canceled party was the least of her problems.

"We had a big leadership meeting about what to do, because all our events were canceling," she says. "Our chef, who had been working with Second Harvest Heartland, thought of calling them to see what they were going to do. We would have a big empty kitchen, so maybe we could work with them."

As service organizations, charities and churches throughout the nation learned,

creating connections to serve their communities meant relying more on online tools, broadband access and digital communication. They learned to talk, collaborate and succeed with the help of technology.

Chowgirls had first partnered with Second Harvest Heartland, a member of the Feeding America network of food banks, on a food rescue program around the 2018 Super Bowl. The two groups met once again and created the Minnesota Central Kitchen to feed families in need.

Chowgirls is now one of eight kitchens cooking for Minnesota Central Kitchen, preparing 30,000 meals weekly for hungry populations in the Twin Cities area. Large-scale donors such as restaurants, grocery stores and food distributors contribute ingredients, which are managed using Feeding America's MealConnect app.



"It's a lot of meals to keep track of, so our high-speed internet has been pretty key to keeping it all coordinated," Andermack says. "We also organize all of our meals and what is available using Google Spreadsheets. We're not just tracking our kitchen but tying together a whole network of kitchens."



#### **WORSHIP ON DEMAND**

While the importance of online tools is nothing new to service organizations across the country, they have become all but essential over the last year. Rev. Chad Ramsey at Smithville First Baptist Church in Smithville, Tennessee, has relied on the ability to stream services online to reach parishioners who might find themselves homebound.

"Streaming is huge everywhere," he says. "We see that in the media world with Netflix, Disney+ and all the streaming services. But the same is true for the church."

Smithville FBC not only streams live services for parishioners who can't make it to the church but also has its own studio for recording and uploading training videos for everyone from new members to those preparing for mission trips. With so many demands on the church's internet service, Ramsey isn't sure what they would do without a fiber connection.

"We saw where things were going in this world and knew that having that ability to connect with each other would be important, whether it's sharing files, videos, streaming or uploading to social media," he says. "People are so much more connected than they have been, and if you don't have that consistent and quality connection, you're going to be left behind."

That approach has helped Smithville FBC build a church that appeals across generations, attracting millennials and seniors alike. And while their

preferences for how they worship may not break down as neatly as expected, the fiber connection provides the flexibility to meet everyone's needs.

"You might see someone really young who wants things to be done the way they were decades ago, and then there are other people who are much older who want to know why we aren't making the changes we need to to be around for another 100 years," says Ramsey. "That's the challenge: Getting the focus not on style but the purpose. We're here to serve God, not ourselves. That's what makes us tick."

#### **DIGITAL LITERACY**

At Families & Literacy in Kerrville, Texas, it's opening doors to people's futures that makes them tick. The organization serves adult learners throughout the community and inmates of the Kerr County Jail, helping them to earn their citizenship or GED or learn English as a second language.

While most of the classes Families & Literacy organizes take place in local churches or other off-campus locations, the in-office broadband connection has been particularly helpful in getting prospective students on the path to learning as quickly as possible. Not every student has access to a reliable internet connection at home, so the organization provides Chromebooks on-site so they can take placement tests and register for the appropriate classes.

Families & Literacy even offers an



ESL class that incorporates computer skills, helping prepare students to be ready to communicate in the workplace and to better understand the tools they will be using day to day.

"Computer technology is prevalent in pretty much every job you go to now," says Families & Literacy Executive Director Misty Kothe. "It's important that not only can our students speak the language and do the work but they can also efficiently use that technology. It just makes them more employable in the future."

Moving forward, broadband connections offer new opportunities for all three organizations. Families & Literacy aims to offer limited-size classes on location. outdoors if necessary, while Smithville FBC is eager to explore the possibilities of Bible study streaming services. Meanwhile, the Minnesota Central Kitchen project has proven so successful that Andermack now plans to incorporate its mission into Chowgirls' regular operations even when the pandemic has passed.

"We have always had a mission of reducing food waste, but now we're looking at it as hunger relief," she says. "It's become essential to our business, helping us give jobs to chefs who would otherwise be unemployed and keep the lights on at our facility. Sometimes you just need to support each other, and it comes back in ways you don't expect."

# MAKING HISTORY... AGAIN

### Local maple producer adds wine to his list of products

Story by JEN CALHOUN ⊢





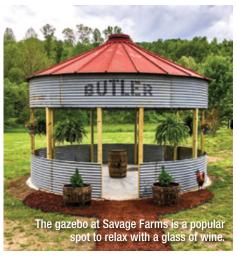
he first time Keith Moore sipped maple wine up in Vermont three years ago, he got an idea. Why couldn't he make a wine like that in Kentucky?

As it turned out, he could. Kind of. Making wine for sale and distribution wasn't yet legal in the Fallsburg community, but producing small amounts for his own consumption was. For the next year or so, Moore experimented.

"I did a lot of studying and reading," says Moore, owner of Savage Farms, a maple syrup and berry farm that will soon expand thanks to a recent vote allowing for the sale of wine at wineries in the Fallsburg precinct. "I also had a lot of failure. Overall, I probably poured 50 to 60 gallons out on the ground. I just had to experiment and learn on my own."

#### **GROWING ENTERPRISE**

Moore has never been afraid of a challenge. When he and his wife, Jennifer, bought Savage Farms in 2006, he meant for it to be a retirement oasis. He had grown up hunting and fishing the place, which his uncle and aunt, Glen and Marie Savage, once owned. He spent time in the general store they ran, and he learned to respect the land.



After retiring as a Kentucky state trooper and then serving as the administrator at King's Daughters Medical Center in Ashland, Moore made a foray into farming. He tapped most of the farm's 1,300 maples in two different locations and raised blueberries and strawberries. Now, people know Savage Farms for its gourmet maple products and various fruit jams and jellies. One of the most popular items continues to be a bourbon barrel-aged maple syrup that can serve as a marinade and complements more than pancakes.

Moore has also been active in promoting Kentucky's maple industry. Savage Farms hosts the annual Kentucky Maple Festival, an event held on the last Saturday in March, that brings in hundreds of people from all over the country. And Moore has helped bring close to 100 maple producers throughout the state together through the Kentucky Maple Syrup Association, which he served as founding president.

#### **WINE TIME**

After Moore received his license to sell wine, his supply sold out quickly at events that allowed alcohol sales. "Last year, I had small fermenters and couldn't hardly keep up with the production," he says.

12 | November/December 2020 Foothills Communications

He makes maple wine; strawberry, blackberry and blueberry wines; a raspberry-peach wine; and sangria. "They're sweet wines, and we've got some pretty decent recipes right now that people are really liking," he says.

During the June election, 72% of Fallsburg voters approved a measure clearing the way for the winery. It will be the first winery in Eastern Kentucky, and Moore doesn't take that responsibility lightly. He's adding a 40-foot-long log cabin that will hold a tasting room, fermenting room and storage. It will also include a front porch with ceiling fans and bourbon barrels where visitors can sit and drink wine. The popular gazebo on the property will continue to provide seating space and ambiance, and he expects to add a new water feature.

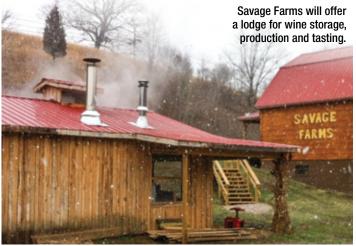
Moore hopes to create grape wines in the future, as well. But grape wines require aging, so that addition could be a few years down the line, he says. The company has also applied for a distributors' license so Savage Farms can sell in stores and other locations.

In the meantime, Moore wants people to know they can come enjoy the general store and winery as a nice day out with friends or a relaxing place to enjoy the scenery. Sit in the gazebo, he says. Take a load off. But message him on the Savage Farms Facebook page to set up a time. Regular hours are coming but may not be available just yet.

"We're going to label ourselves as the cutest little winery in Kentucky," he says. "We're still small, but we're going to let it build itself and take our time with it."







#### EASTERN KENTUCKY'S FIRST WINERY IS COMING SOON

Savage Farms is best known for its wide variety of homegrown maple products, blueberries, blackberries and strawberries. But did you know Savage Farms also makes wines? Yes, indeed. Owner/operator Keith Moore started making test batches of maple and fruit wines a few years back. After he perfected them, he sold bottles at festivals and events outside the county. But since the Fallsburg community passed a measure that would allow him to sell wine on-site, Moore will soon offer tastings and sales at Savage Farms. For more information on upcoming events or to schedule a visit, message Savage Farms on its Facebook page. The business is at 10251 N. Highway 3 in Louisa. There are no set hours yet, so it's best to message with a request.

Foothills Communications November/December 2020 | 13



hey're great with turkey and stuffing or baked in your morning muffin. Dried, they're known as craisins and perfect sprinkled on a salad. A fixture on Thanksgiving tables or even wrapped around trees as a Christmas garland, the jolly red cranberry takes center stage at holiday time.

People have been eating cranberries for centuries. Native Americans first used them as food and medicine, well before Pilgrims set foot here. The absence of sugar in the colonies in the early 1600s meant cranberries, which benefit from sweetening, were probably not at the first

Thanksgiving table. Nonetheless, it didn't take long for them to become a part of that holiday's menu, and today, consumers eat more than 80 million pounds of cranberries from Thanksgiving to Christmas.

Every year, holiday celebrators enjoy more than 5 million gallons of the canned sauce that jiggles like Santa's belly, and cranberries are a simple way to add color to your table and a sweet, tart flavor to your turkey. But as Americans are latching on to the farm-to-table trend, fresh cranberries are outselling the canned variety.

Here are several tips from Vitamix for cooking with fresh cranberries:

- Baking with cranberries Cut cranberries in half before adding them to baked goods to prevent them from swelling and popping.
- Cooking cranberries on the stovetop
  - Simmer whole berries gently in a small amount of water, uncovered, since

too much steam might cause them to swell and explode.

• Freezing cranberries — To freeze and enjoy them throughout the year, spread the berries in a single layer on a cookie sheet and place it in the freezer. Once they are completely frozen, transfer the berries to freezer-safe bags or airtight containers. There's no need to thaw your cranberries before cooking. Just give them a quick water bath before using.



ANNE P. BRALY IS A NATIVE OF CHATTANOOGA,

### CRANBERRY APPLE HOLIDAY BREAKFAST CASSEROLE

Make this casserole a day ahead.

#### Casserole:

- 2 tablespoons softened unsalted butter, divided
- 3 large, firm, sweet tart apples, diced
- 2/3 cup fresh cranberries
  - 8 large eggs
  - 1 cup vanilla Greek yogurt
- 1/2 cup milk
- 1/4 cup maple syrup, plus more for serving
  - 2 teaspoons cinnamon
  - 6 cups stale bread cubes, crusts removed

#### Streusel topping:

- 1/3 cup flour
- 1/4 cup rolled oats
  - 3 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon Pinch kosher salt
  - 3 tablespoons unsalted butter, melted
- 1/2 cup chopped walnuts or pecans

Make the casserole: Melt 1 tablespoon butter in a large skillet over medium heat. Add the apples and cook, stirring until they are starting to brown and become tender — 4 to 6 minutes. Remove from the heat. Stir in the cranberries.

Grease a 9-by-13-inch casserole dish with the remaining 1 tablespoon of butter. Whisk the eggs in a large bowl. Add the yogurt, milk, maple syrup and cinnamon, then whisk to combine. Add the bread cubes and the apple mixture, and stir until combined. Transfer to the prepared baking dish. Cover it with foil and refrigerate up to 24 hours.

Make the topping: Stir the flour, oats, sugar, cinnamon and salt in a medium bowl. Drizzle 3 tablespoons melted butter over the oat mixture, tossing with a fork until the crumbs are evenly moist. Add



#### Crust and topping:

- 2 1/2 cups all-purpose flour
  - 1 cup sugar
  - /2 cup ground slivered almonds
  - 1 teaspoon baking powder
  - 1/4 teaspoon salt
  - 1 cup chilled butter
  - 1 eaa
- 1/4 teaspoon ground cinnamon

#### Filling:

- 4 cups fresh cranberries
- 1 cup sugar
  Juice of half an orange
  (4 teaspoons)
- 1 tablespoon cornstarch
- 1 teaspoon vanilla

Preheat oven to 375 F. Grease a 13-by-9-inch pan.

In a large bowl, mix the flour, 1 cup sugar, almonds, baking powder and

salt. Cut in the butter, using a pastry blender or pulling 2 table knives through the ingredients in opposite directions, until the mixture looks like coarse crumbs. Stir in the egg. Press 2 1/2 cups of crumb mixture in the bottom of the pan. Stir cinnamon into the remaining crumb mixture. Set aside.

In a medium bowl, stir together the filling ingredients. Spoon the filling evenly over the crust. Spoon the reserved crumb mixture evenly over the filling.

Bake 45 to 55 minutes or until the top is light golden brown. Cool completely. Refrigerate until chilled. Cut into 6 rows by 4 rows. Store tightly covered in the refrigerator.

the nuts and stir to completely combine. Refrigerate.

Preheat the oven to 350 F. Remove the casserole and topping from the refrigerator. Bake the casserole, covered, until heated through and steaming, 35 to 40 minutes. Break up any large topping pieces if necessary.

Remove the casserole from the oven, remove the foil cover, and sprinkle the top with the streusel topping. Continue baking until the topping is golden and the casserole is puffed, 25 to 30 minutes. Allow the casserole to cool 10 minutes before cutting it into squares to serve. Serve with additional warm maple syrup, if desired.



P.O. Box 240 1621 Kentucky Route 40 West Staffordsville, KY 41256



