

OVER 50
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FOOD CITY *Sweethearts*

Page 3

INSIDE

- For The Love Of Janie
- Area Events
- Cook's Corner
- Brighten Up Winter Cooking

TABLE OF CONTENTS

Cover Story

Food City Sweethearts.....3

Profile

For the Love of Janie.....8

Events

Winter Angel Car Show: With the Angels.....12

Cook's Corner

Brighten up winter cooking with citrus, from juice to zest.....20

India meets East Africa in 1-skillet curried salmon filets22

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‘FOOD CITY’ SWEETHEARTS

The story of Greg Skinner and Carolyn Thompson

BY GLENNA HOWINGTON
Over50 Assistant Editor

He started working at the Food City on Jaybird Road in Morristown in April of 2018 and she accepted a position there in October of the same year.

It started out as an ‘acquaintanceship,’ then a friendship, then companionship, then a long courtship, then a stronger courtship, according to Greg Skinner.

“As the veterans would come through the line, I would thank them for their service,” Greg said. “I’m an Army vet myself.”

He took note when the new cashier, Carolyn Thompson, revealed herself as a Navy vet.

“Come to find out, we had the same job in the military. We were both Chaplain assistants,” Greg said. “She’s from Illinois and spent most of her life in North Carolina. I had 59 winters in the Chicago area, those were just ‘wonderful.’

“How many of them were good, you ask? None!” he said.



Special to the Citizen Tribune
Their sweatshirts represent the local DAV Chapter, serving Grainger, Hamblen, Hawkins and Jefferson counties. “We give them to the veterans in all the nursing homes – he gives them out at Regency and Dewitt Place. If you’re a member, you can buy one for \$12.”

See SWEET page 4

The couple agreed to a recent Over50 interview, during which it became fairly obvious that they have a strong partnership – and she calls him ‘sweet-heart.’

Which is convenient to the theme of their story. Both of them volunteered the annual Veteran’s Outreach event as Jaybird Road Food City employees. They had a photo taken that was later posted to Facebook and labeled “the Food City sweethearts.”

Their first official date was Valentine’s Day 2020, a dance at Regency Retirement. They were supposed to attend the Senior Prom in April at the Senior Citizens Center (that’s the official name; most folks have shortened it to the Senior Center).

A ‘much maligned’ pandemic came along and put the ‘Kibash’ on that, in Greg’s words.

They got to talking and listening to Greg’s Oldies CDs – geriatric music from the 60s as he describes it.

Pre-pandemic, Regency hosted a Veteran’s lunch every second Tuesday. When Carolyn wasn’t working, she would go. He made arrangements with Food City with regard to the work schedule: no Sundays.

Greg put his assistant Chaplain experience to good use by volunteering on Tuesdays and Thursdays for Avalon Hospice, specifically calling on Veterans – “Mostly for moral support,” Greg said, “And I presented them with some of the Quilts of Valor.”



The couple each have their own quilt. In September 2019, they had lunch on the patio at Regency, where it was announced that those who had served didn't have to be a combat Veteran to qualify for a quilt, and Greg was presented his that day.

"It was 95 degrees out and they wrapped me up in the thing," he joked.

Caroline received her quilt the following month.

Over50 had to ask: "Carolyn, what was it about Greg that caught your eye?"

"His caring attitude," she said. "He's always wanting to help others. A couple of years, he received the Claude Varney award at Food City for volunteerism. If he were still there, he would have probably gotten it again," she said.

His volunteer hours were spent at Avalon, Regency, the Senior Center, Friends of the Morristown-Hamblen Library, Disabled American Veterans and Our Savior Lutheran Church, where he is now an Elder Emeritus.

He used to teach a Driver Safety Class for Senior Citizens at Regency, the Senior Center and the library. "I can't do them anymore," he said. "I taught for AARP for 5 years in Memphis, then AAA in Morristown – I figure I taught at least 200 students."

So who was the 'most forward' in the relationship?

"The cashiers and the front end managers were trying to fix me up with every chick that came in the place," Greg said. "They knew I was a widower."

American Legion has a 'meet and eat' dinner at Davy Crockett Restaurant every third Tuesday, where the couple would hang out with the group.

So ... was there an immediate spark at the Valentine's dance?

"It crossed my mind," Greg said. "Oh yes," Carolyn said.

And Greg makes an impression with his smooth dance moves (as he has demonstrated during at least one Tribune employee function – Greg works part time in the newspaper's call center).

He calls himself 'Blue Beard' when attracting younger partners on the floor and he freely admits to pursuing younger women.

"With us I'm kind of robbing the cradle," Greg said. "She's 15 years younger than me." (He's 80).

Can a big part of staying young be credited to staying

'He's always wanting to help others. A couple of years, he received the Claude Varney award at Food City for volunteerism. If he were still there, he would have probably gotten it again,'

Carolyn Thompson
on Sweetheart Greg Skinner



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involved in the community?

"I think so," Greg said – Carolyn was quick to agree.

His daughter lives outside of Memphis; his son lives in Morristown and both are "thrilled," Greg said, that he has something to do to keep himself busy. He was married for 47 years – "That hurt doesn't go away" he said. "And now Carolyn has been an absolute godsend."

Carolyn said, "I've been married and divorced twice and I thought, 'Well, this is it.' I didn't know if I would meet anybody else again. My girls are happy for me. My brothers and my oldest daughter have yet to meet him, but he's met my grandchildren – that means so much, it really does."

Talk about their children and grandchildren include homes located all over the country: as far north as Wisconsin, out west to Colorado and as south as Florida.

Carolyn arrived in Morristown several decades ago with her then-husband, \$1,000, a cat and a three and a half-month-old baby girl.

"My in-laws at the time were nice enough to put us up at their house for about 11 days, she said. My step mother-in-law found us a trailer for us to rent who happened to be a great-uncle on my husband's side of the family: 30 dollars a week and you could see the back side of College Square Mall. It was on Thompson Creek Road. We moved up here from Jacksonville,



Florida."

She was stationed in Mayport, right outside of Jacksonville.

Her husband worked as a finance manager; they were then transferred to Gardner, Kansas, where she gained her first experience as a cashier at a store chain called Price Chopper

located in Overland Park.

They relocated to Kansas City before he was transferred by his company back to Morristown, where – in Carolyn's words – "things didn't go too well."

"We were married for 18 years – he gave me three beautiful girls," she said. The oldest has been an RN



for five years; sons, Gabe and Eric; they live in Knoxville and is looking for a home in Morristown; Rebecca and daughter, Patience, live in Mooresburg – she works with autistic children; the youngest will soon earn her third college degree and will work as an ultrasound technician.

"She earned her degree while working full-time as a supervisor at Green Mountain. "All my girls have a caring attitude," Carolyn said.

"Meeting Greg is the best thing that's ever happened to me. I'm so happy," Carolyn said.

Their relationship success is a given if you measure it by the dogs vs. cats rule.

Greg has had three Golden retrievers. Molly, the 80-pound Golden retriever – "Carolyn met her before she passed," Greg said. "She had her own Facebook page."

Greg is a dog lover; Carolyn has cats: Sunny and Smoky. Smoky was recently re-homed to a woman in Greg's building because she just recently lost her

cat.

"I feel it blessed me as much as her. He filled a void in her life," Carolyn said.

"We took the cat to her apartment on Saturday," Greg said. "We took him out of the carrier. He looks around and down the hall he goes, right under the bed. She called Carolyn on Sunday and said he was adjusting just fine. He used the litter box and slept with her that night."

"He gives her kisses on the cheek," Carolyn said. "He's very affectionate."

As for the Golden's penchant for shedding, Greg said after his wife died, he decided to move. After emp-

tying the home of furniture and items, he filled the vacuum cleaner twice – "It stalled, and I had to come back the next day and do it again" he said.

Carolyn still works for Food City – he's still heavily involved with various organizations. He also attends Walters State Community College basketball and baseball games – Carolyn goes with him when her schedule allows.

"I wrote baseball trivia columns for two newspapers – one in Illinois and one in Bartlett, TN. Of course, in the Chicago area, you've got two teams and you can't be for both. He worked at a sporting goods

store in Illinois that gave away prizes for the trivia and as well owned his own insurance agency.

"So I'm not unaccustomed to being in the lime-light" he said. He's worked as a DJ at the Spring Fling hosted by the Walters Ridge apartment complex where he lives.

"He's brought me out from under a rock," Carolyn joked.

He bought her a CD player for Christmas, so she can play those 60s tunes.

And they travel now and again.

In the spring of 2022, they took a memorable trip on the Smoky Mountain Railroad through the Watauga

Valley.

"It was a nice trip," Carolyn said. "It was a long train, about 50 cars, including the two engines in front. We were given a box lunch and a box dinner; Oh, it was nice."

"I thought it was going to bother me, so like a dummy I took a Dramamine. I was half dozed out, and he was trying to keep me awake. I'm missing all the views, but it was very nice," she laughed.

"You know, life is too short," Carolyn said. "Everyone should have somebody. That says it all right there. And we've got plans of moving forward."

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For the Love of Janie

Brooks makes mark on First Presbyterian family

BY GLENNA HOWINGTON
Over50 Staff Writer

When the folks over at the First Presbyterian church form a committee, then convene a formal meeting - all ahead of a congratulatory party to recognize a staff member for 30 years of exemplary service, you've got to figure that this individual is NOT a quiet quitter.

As a matter of fact, Janie Brooks is quite the beloved over-achiever. And her work ethic can be attributed to the environment.

"I love the people," she said. "They are so sweet. And I think they are like part of my family now. And I think I'm part of theirs."

"They worry about me when I'm sick. They'll call and say, 'Somebody told me you were sick, are you sick?' It's really been a nice place to work."

The job description provided by the committee was not immediately or easily forthcoming. Using well-developed reporting skills, it was determined that Janie basically does it all.

"I do all kinds of things," she admitted. "I do the bulletin, I do newsletters, I help with all of the bulletin boards. You name it. What-



ever they need help, I do it."

Any and all printing is done in house, with the help of a hardworking copy machine and a Canon printer.

Rachel Colvin was an instructor at TCAT when Janie attended - let's say a few years back - and helped her get a job at a local title company. Then the position at First Presbyterian opened up and Colvin hap-

pened to be serving on the hiring committee.

A covert operation ensued.

"She called me and said 'I need you to send in your resume to this P.O. Box and don't ask any questions.' So I did, and here I am. That's where I learned how to use a computer, because when I was in high school we didn't have computers," Janie said.

Janie has been married for 37 years this year. She has three children: Jessie, Tyler and 'Doodle,' along with seven grandchildren. They all live nearby, the furthest away are in Rutledge. Ross is the husband - "He might be upset if I leave him out," she said.

The committee confirmed the rumors that Janie has quite the sense of humor, especially when it comes to

decorating her work space.

"I've always put up signs," she said. "If people see something funny, they'll send it to me. And if I find something funny, I'll put it up."

Janie's humor and her warm personality have developed into a ministry. People who have absolutely no church business to conduct will stop by her desk, just to talk.

They'll call her cell in the evening, just to chat. One former member who moved away will call her a couple of times a week and will send her pictures.

"People will tell me, 'You know what, I was in a horrible mood when I got here but I'm going to leave smiling today.' Everybody says that after they talk to me they leave smiling," Janie said.

Ahead of her official anniversary date, Jan. 23, 2023, Janie said she was trying to prepare herself for the big day. Normally, she doesn't really like a big fuss.

"I've told people – the preacher and Melissa, the custodian, to be mean to me all day Monday, so I won't cry. I cry so easily. So they've been practicing," she said.

Her job description has included working with several interim pastors.

"She has trained the best and sent them on their way elsewhere," Elizabeth Campbell, chair of the aforementioned committee, said.

During the official meeting held to say nice things about Janie, the list grew long fairly quickly.

"We want to recognize all the things that make her such an indispensable part of our organization," Campbell said.

"You can ask anybody anything in the church and if they do not know the answer, it's always 'Ask Janie,'" Sally Morrison, Chairman of the Presbyterian Women, said.

"And Janie knows," Ray Bible, church treasurer, said. "I've worked with her as treasurer for 20 years. And she has all the traits that you want: she's pleasant, she's accurate – the main thing about it is, working as closely as we have and so forth, you really appreciate the fact that she's pleasant to work with, cooperative and very talented. She keeps the books. And if you call on the phone, she answers. She is the voice of First Presbyterian Church."

"I've often said, if they took a poll, it would tell us all to leave and keep Janie. That says an awful lot about Janie. She's just super. I hate to think about having to replace her talents," Bible said.

"Janie has a ministry here," Bill Hale, chairman of the finance committee, said. "Informally, I guess. People call her on the phone and she handles everything so smoothly on the phone. Some people just call to talk and she is so patient. She is the church to some folks."

"She has the common knowledge over a period of time that Sam (Schaus) doesn't yet have, being new. For the longest time – because he came to the church during Covid – he had trouble getting to know any of us. And Janie goes so far back ... and knows something on all of us," Bible said.



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"About us," Campbell quickly interjected.

"'On us' may be a better word," Bible quipped.

"Every now and then we say, 'This would be a good chapter for your book,'" Hale said. "And it's usually about Ray."

"She just has a wonderful, delightful personality that allows her to make everyone feel comfortable in her presence," Campbell said.

"Her institutional memory is only matched by a couple of people in the church, and we've been a church since the 1860s, Pastor Sam Schaus said. "Whenever something happens here and I need to know some information, Janie is the first person I go to: 'Janie, what happened in 1993 whenever x,y,z did that something' ... She is indispensable, really, to the ministry we do here."

"She has a great finance background, a great editorial background; she puts together the reports for our committees and even our denominational structure. Without her, I wouldn't get as much done in a day and I don't think any of us would. Without her, we would be afloat at sea without any direction. She's the rudder; she keeps us pointed in the right direction, so the ministry of the church can go with the wind, the spirit, Schaus added.

"She has the ability to keep all the bouncing balls in the air at the same time and is totally unflappable while she's doing that," Campbell said.

"We can't replace Janie," Schaus said. "But if we ever



have to, we'll need a five-year notice to train someone."

"I think that's only fair,"

Campbell said.

"I've told her she couldn't retire until she does my funeral bulletin," Morrison

said.

"In addition to the normal things, when we were building the Family Life Center, she had all the accounting for that side and worked it through beautiful," Bible said. "That was now 15 years ago. That was in addition to the normal work she was involved with, week to week."

The sense of humor is enjoyed by all. The signs include: "You don't have to be crazy to work here. We train you." and "Baptist Secretary" (an inside joke). The holiday decorations include a large quantity of snowmen and a Halloween broom.

"I'm too scared to play a joke on Janie," Schaus said. "You never know what she'll come up with to pay

you back.”

There is the story from years back regarding Janie versus an interim pastor. They had a running competition as to who would get more Christmas cards. She addressed quite a few to herself and received three times as many. He felt bad about it. She felt so bad about making him feel bad that she confessed.

“That (her feeling bad) didn’t last long,” Bible said.

“Especially when I first got here, people came to her more than they came to me, even for advice,” Schaus said. “Until they started trusting me a little bit more. That’s a testament, to one to how long she’s been here, but two, just what she does here.”

“How easy she is to talk to,” Campbell added.

“And how much people trust her,” Schaus said. “Like Ray said, as far

as a staff position, she’s been the most constant since 1993. She’s got that trust built up in the community.”

“And with me, she’s not just indispensable with the institutional history of the place, but if I need to figure something out about how to help someone around town, she’ll say, ‘Oh, call so-and-so down at whatever organization.’ Because she was born and raised here; she’s home-grown, local talent,” Schaus said.

Her ‘not liking a fuss’ relates to the fact that she prefers to work under the radar.

“She quietly does for all of us,” Bible said.

“She won’t preach, though,” Schaus said. “I’ve tried to get her to preach. She’s refused. She tells me I don’t want her to preach; there’s no telling what she might say.”





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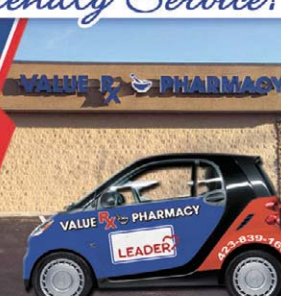
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BY WADE LITTLETON
Over50 Staff Writer

WITH THE ANGELS

Winter Angel Car Show a hit

The Ninth Annual Winter Angel Car Show at the Walters State Great Smoky Mountain Expo Center in White Pine had a little bit of something for everybody.

Sponsored by the Hamblen County Car Club, the Winter Angel offered the best of the classic summer car shows, but in weather-controlled comfort considering the winter temperatures.

Hamblen County Car Club President Dick Valentine was pleased with the turnout of cars and crowds for the event.

"I'm surprised how quickly we got spectators," Valentine said, shortly after the 9 a.m. opening Saturday. "We're really happy so far. We should have some more cars coming in. The good news is that the helicopter is here for rides, too. I wouldn't be surprised if another 20 cars showed up."

The show attracted crowds from near and far.



Charlie Anderson, of Morristown, displayed his 1972 Chevrolet Cheyenne pickup truck, the last year of the popular 1967-72 Chevy truck body style.

"I've had this truck many years," he said. "It's all original, I've never done anything to it."

The truck was one of the few in those days to have air conditioning on it. The 1972 Cheyenne was also the first Chevy truck to use disc brakes.

"I was in Vietnam and I could order a truck or car straight from the factory," he said. "For some reason,



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I ordered a Javelin AS and I've regretted it ever since. Later on, I bought this truck and I've had it ever since."

Anderson said that the Hamblen County Car Club always puts on a good show and supports worthy causes, including the children of the county.

A 1956 Pontiac Safari station wagon was displayed by first-time displayer David Duvall of Cosby was one vehicle that was quite the conversation piece.

"Pontiac only made 4,000 Safari wagons," he said. "There are only 200 to 250





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left.”

A classic surfboard inside the wagon magnified the Safari motif.

“I only use the surfboard when I go surfing at Douglas Lake,” Duvall joked. “The tide’s out right now.”

Duvall and his family moved to Cosby from Plant City, Florida 11 years ago.

“We love it up here,” Duvall said.

He is one of the 60 members of the “Rod Twisters” club in Sevierville which dates back to Evansville, Indiana in the 1950s.

Garrell Foshie of Lenoir City had a 1963 Mini Cooper pickup truck on display. The driver side is on the right



side, as in how it is driven in Europe.

"I hadn't seen one of these," Foshie said. "My brother traded for it and he died about three years ago. I bought it from his widow."

Foshie said that many people think the truck is custom, but clarified that the truck is a European edition.

"It came this way from the factory, that's how I understand it," he said. "It is in right-wheel drive."

The truck was equipped with two suitcases and a picnic basket making it ready to go for travel for a day of driving.

Jenny Redmond of Lenoir City acquired a 1960 Type 2 Volkswagen bus from a resident in California after her husband died this past year.



“We’ve had it about four months and got it out of California,” Redmond said. “There’s none like this around here. It has the ‘bullet’ blinkers on it, which is neat and a 1500 cc motor. It’s a lot of fun.”

When asked how many miles the VW bus gets to the gallon, Redmond responded, “How many gallons does it get to the mile?”

The only improvements the Redmond’s have done to the bus is to install new tires, rims, hubcaps, cleaned the motor and have a stuffed Minion at the driver wheel.

There were helicopter rides available by Chattanooga Helicopters. Rides were available for \$25 a person for a two-minute flight or \$40 per person for a four-minute flight.

The Winter Angel Expo is the largest money making event of the calendar year. Vendors, trophies, plaques and a silent auction was held during the show.

Another popular activity at the show included the East Tennessee Model Car Show. Trophies were awarded Saturday in different classes.





Brighten up winter cooking with citrus, from juice to zest

BY KATIE WORKMAN

Associated Press

Citrus fruits are a staple in my house 365 days a year, but I appreciate these fruits the most during the colder months.

Other fruits are in scarcer supply in the winter, which is the peak season for citrus. Plus, when most of our cooking tends to include heavier foods with deeper flavors, that's when I think citrus has the chance to shine best. A wonderful foil to richer ingredients.

Citrus is a genus of flowering trees and shrubs that includes lemons, limes, oranges and grapefruits. There are dozens of varieties of each type. Citrus fruits are all grown in warm climates, and the U.S. gets most of its oranges and grapefruits from Florida, lemons from California, and limes from Mexico.

Citrus fruits are often both sweet and sour because of the inherent natural combination of sugar and citric acid. They can add subtle or powerful flavor to countless savory and sweet dishes. You can include citrus in beverages, vinaigrettes, dips, marinades, meats, salads, seafood, pastas, vegetables, and desserts and baked goods of all kinds.

A little gives dishes a lift — think a sprinkle of zest over chicken marsala. A lot makes it the star of the show — hello, lemon bars!

The zest and the juice are the two main ways to incorporate citrus into your cooking. The zest is the brightly colored outer skin of the fruit. Zest adds a flavor note that can really only be described as citrusy! The zest isn't really acidic, though it can hold a hint of pleasant bitterness.

The juice is acidic, to varying degrees. And a bit of acid is what makes most dishes sing, and taste “balanced.” Acidity makes rich foods sparkle a bit, and adds brightness in general. A squeeze of juice over a fish fillet or grilled vegetables can make the dish.

CITRUS TIPS

All citrus should be firm and bright in color. It is wise to always wash and dry the fruits before using to remove the waxy outer layer often sprayed on to preserve them through shipping. This is most important if using the peel in any recipes.

If you are cooking with citrus zest, leave the fruit whole and use a vegetable peeler, microplane or extra-fine grater. Just make sure to zest only the colored part of the skin as the white “pith” beneath tends to be bitter.

If the recipe calls for citrus juice, cut the fruit in half across the widest middle point. Then use a reamer, juicer or juice-extracting tool to squeeze the juice out. Don’t have one of those tools? Good old-fashioned hand squeezing works—stick a fork into the fruit and turn and squeeze to extract the most juice! Whatever way you go, make sure to strain for any pits that escape.

To get the most juice from citrus fruit, a little kitchen hack is to gently but firmly roll the fruit back and forth with the palm of your hand along its widest part. This “tenderizes” it and makes it easier for juice to be extracted.

The best way to get the longest life out of your cit-



rus fruits is to store them in the crisper or vegetable drawer of your refrigerator.

They can last approximately three weeks. Oranges and grapefruits should be stored similarly but have a shorter life, usually about

two weeks in the fridge.

RECIPE

Here is a two-ingredient recipe for Brussels sprouts that showcases the appeal and versatility of lemon. You don’t even have to juice

or zest the citrus; just give the little roasted wedges a squeeze.

LEMONY ROASTED BRUSSELS SPROUTS

Servings: 6

2 lemons

2 pounds Brussels sprouts, trimmed and halved

2 tablespoons olive oil

Kosher salt and freshly ground pepper to taste

Preheat the oven to 400° F. Spray a rimmed baking sheet with nonstick spray.

Cut each lemon in half crosswise, then cut each half into 6 little wedges (or 4 or 8; it doesn’t matter so much).

Place the Brussels sprouts on the baking sheet, drizzle over the olive oil, sprinkle with salt and pepper, and add the lemon wedges. Use your hands or a spoon to toss to combine so that everything is well coated with the oil. Spread the Brussels sprouts and lemon pieces out on the baking sheet in a single layer.

Roast for 30 to 35 minutes until the Brussels sprouts are fairly tender and browned in spots. Toss halfway through and spread back out on the baking sheet, if you remember to.

Carefully pick up some of the roasted lemon wedges, about half, and give them a squeeze over the Brussels sprouts.

Transfer everything to a bowl, including the pieces of lemon that haven’t been squeezed, and serve. The remaining lemon wedges they will add color and flavor to the Brussels sprouts, and diners can squeeze out a bit more juice.

MELDING OF CULTURES

India meets East Africa in 1-skillet curried salmon filets

BY CHRISTOPHER KIMBALL
Milk Street

Centuries worth of ships brought spices to East Africa during the spice trade, and the results were delicious. Locally available seafood and coconut were combined with rich spices from India and beyond. Those seafood curries inspired the cooks at Christopher Kimball's Milk Street. They borrow from that tradition for a simple



one-skillet salmon recipe. They pair fillets with a saucy mix of vegetables simmered in coconut milk. A small measure of curry powder is a stand-in for the Somali spice blend called xawaash. It flavors the dish and gives the sauce a pale golden hue.

For centuries, the channel of ocean running between Mozambique and Madagascar provided passage and port to ships during the height of the spice trade. The results were delicious, combining local seafood and coconut with rich spice blends for seafood curries.

We borrow from that tradition — inspired by a recipe in “In Bibi’s Kitchen” by Hawa Hassan — for this simple one-skillet recipe from our book “Cook What You Have,” which draws on pantry staples to assemble easy, weeknight meals.

Instead of mackerel, we use salmon fillets and pair them with a saucy mix of vegetables simmered in coconut milk. A small measure of curry powder, a stand-in for the Somali spice blend called xawaash, flavors the dish and gives the sauce a pale golden hue.

Don’t let the sauce reach a simmer after returning the salmon to the skillet. Gentle heat — just enough to create steam — is all that’s needed to cook the fillets so that they remain moist and tender. Serve with steamed rice.

Salmon in Coconut-Curry Sauce

Start to finish: 30 minutes

Servings: 4

Four 6-ounce center-cut salmon fillets

Kosher salt and ground black pepper

1 tablespoon coconut oil

4 scallions, thinly sliced, white and green parts reserved separately

4 medium garlic cloves, minced

1 pint cherry or grape tomatoes, halved

2 medium carrots, peeled and shredded on the large holes of a box grater

1 teaspoon curry powder

14-ounce can coconut milk

2 jalapeño chilies, stemmed, seeded and thinly sliced

1 tablespoon lime juice

Season the salmon on both sides with salt and pepper. In a 12-inch nonstick skillet over medium-high, heat the oil until shimmering. Add the salmon flesh side down, then immediately reduce to medium. Cook, undisturbed, until golden brown, 4 to 6 minutes. Using a wide, thin spatula, transfer the salmon browned-side up to a plate.

Return the skillet to medium-high and add the scallion whites and the garlic. Cook, stirring often, until lightly browned, 1 to 2 minutes. Add the tomatoes, carrots, curry powder and ½ teaspoon salt; cook, stirring, until the liquid released by the tomatoes has almost evaporated, about 5 minutes. Stir in the coconut milk, chilies and ¼ cup water, then bring to a simmer. Cover and cook over medium-low, stirring occasionally, until the carrots are softened, 6 to 9 minutes.

Stir in the lime juice and return the salmon, skin side down, to the pan. Cover, reduce to low and cook until the thickest parts of the fillets reach 120°F or are nearly opaque when cut into, 3 to 5 minutes. Off heat, taste the sauce and season with salt and pepper. Serve sprinkled with the scallion greens.





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