

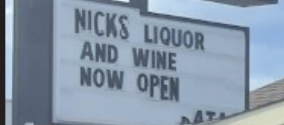
COME & VISIT US AT OUR NEW LOCATION

CUSTOMER APPRECIATION WEEK

Sept. 1st - 7th
(10% DISCOUNT ON ALL PURCHASES IN STORE-DURING THIS TIME)

NICK'S LIQUOR & WINE

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1ST 100 CUSTOMERS WILL RECEIVE A GIFT ON LABOR DAY, SEPT. 5TH

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Open 24 Hours

WE ARE NOW READY TO SELL GAS & DIESEL!
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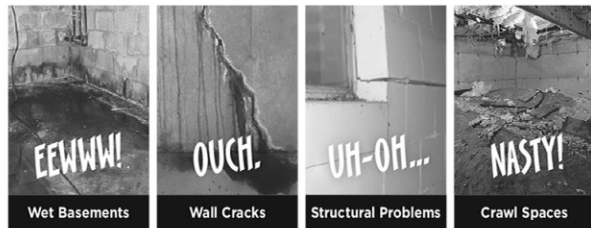
The Marshall County Tribune has moved!

1175 Nashville Hwy.
Lewisburg, TN 37091
(In-between Jimmy's Deli & Amigos Mexican)

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Tips for teaching kids earth-friendly habits

(Family Features) For many parents, their interest in sustainability and earth-friendly living is driven by a desire to create a better world for their children. Taking personal action and responsibility are part of the solution but teaching the next generation to be environmentally conscious is an important part of the equation, too.

Connecting lessons about sustainability to familiar aspects of your child's daily life, like school, can make it easy for him or her to understand and establish earth-friendly habits from a young age. Here are some ideas for promoting sustainable behaviors this school year:

Be smart about supplies. Before restocking your student's supplies, take inventory of what you have left over from last year. Your student probably had several items with plenty of life left, or things that were bought as backups, so you can avoid waste and save a little money while reducing your consumption of unnecessary goods.

Model good habits. Kids learn by example, so know they're watching and internalizing your behaviors. If you're not already practicing these habits, make an intentional effort to turn lights off before you leave the house each morning, turn off the water while brushing teeth, use alternate energy sources around the house and encourage your school district to adopt sustainable practices, such as propane-powered buses.

Reduce food-based waste. Convenient, single-serve packaging makes assembling school lunches a breeze, but all that extra wrapping is waste that ends up in the landfill. Other options, like buying in bulk and sending treats in reusable plastic bags, is a more earth-friendly approach. Bento-style boxes with compartments for different foods are another option.

A homemade crunchy mushroom wrap to save your grocery budget

(Family Features) If the prices of your favorite ingredients have you dreading the next trip to the grocery store, finding ways to stretch your budget can help you feel better at the checkout counter.

One such way: turning to versatile ingredients that help make every dollar count by using them in a variety of your family's favorite meals. Flavorful options like mushrooms enhance recipes by extending portions when you use a process called "The Blend." Blending finely chopped mushrooms with ground meat allows you to extend the volume of dishes like burgers, tacos, pasta, wraps and more.

Simply chop your desired mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook your blend to complete the recipe. This Blended Crunchy Mushroom Wrap is a perfect example of an easy yet delicious way to take your grocery

budget further.

Visit MushroomCouncil.com for more blended recipe ideas.

Blended Crunchy Mushroom Wraps

Recipe courtesy of the Mushroom Council

Prep time: 15 minutes
Cook time: 20 minutes
Servings: 6

- 2 tablespoons olive oil
- 1/2 cup finely chopped yellow onion
- 8 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1/2 pound lean ground beef
- 1 tablespoon taco seasoning
- 6 burrito-size flour tortillas (about 10 inches each)
- 1/3 cup nacho cheese sauce
- 6 tostada shells
- sour cream



6 mini soft taco-size flour tortillas (about 4 1/2 inches each)
shredded lettuce
diced tomatoes
shredded Mexican cheese blend
nonstick cooking spray

In large skillet over medium-high heat, heat olive oil. Cook onions 1-2 minutes until translucent. Add mushrooms and ground beef. Cook about 5 minutes, or until beef is no longer pink. Stir in taco seasoning. Cook 2-3 minutes. Set aside.

Lay one large flour tortilla on flat

surface. Spread 2 tablespoons mushroom-meat mixture on center of tortilla.

Drizzle dollop of nacho cheese over mushroom-meat mixture. Top meat with one tostada shell then spread thin layer of sour cream over tostada shell.

Top with shredded lettuce, diced tomatoes and shredded Mexican cheese then one small tortilla. Make sure not to overstuff so wrap doesn't break apart while cooking.

Fold edges of large tortilla toward center until completely covered.

In hot skillet, generously spray with nonstick cooking spray. Carefully place wrap seam side down on skillet. Cook 2-3 minutes until golden brown.

Flip and cook other side until golden brown. Repeat with remaining mushroom-meat mixture, tortillas and toppings.

Cut wraps half and serve.