WHOLE GRAINS FOR HEALTH

Whole grains are those that contain 100 percent of the original parts — and naturally occurring nutrients — of the entire grain seed, including the bran, germ, and endosperm. When the bran and germ are removed, the grain is called refined grain. In contrast to refined grains, whole grains typically provide more fiber, vitamins and minerals such as selenium, potassium and magnesium. Whole grains digest more slowly than refined grains, which help keep glucose and insulin in check. The fiber helps keep your intestinal tract healthy, helps lower cholesterol and helps you feel full longer. Consuming whole grains as part of a healthy diet may reduce the risk of heart disease, stroke, Type 2 Diabetes and some forms of cancer, and may also help with weight control. Here are some common whole grains:

**Brown Rice**: Whole grain rice is usually brown, but can also be red or black. More nutritious than white rice, brown rice takes about twice as long to cook.

**Aromatic Rice**: One of the major types of rice that is known for its aroma and nutty-flavor. Like other rice, whole brown versions are healthier options than white, more processed types. The most common types include basmati rice and jasmine rice.

**Buckwheat**: A fruit seed and cousin of rhubarb, buckwheat has been adopted into the grain family due to its appearance, nutrients and nutty flavor. It’s a gluten-free alternative that is commonly ground into flour, and is often used for making more nutritious pancakes.

**Millet**: A gluten-free alternative, millet is very versatile and cooks in approximately 30 minutes. Millet can be used in its natural form in side dishes and desserts, and can also be ground into flour.

**Quinoa**: An ancient seed that is a complete protein, quinoa can be found as several varieties: white, red, or black. This gluten-free alternative is often used as a substitute for rice or pasta.

**Wild Rice**: Technically a seed of a grass grown in the Great Lakes region of the U.S., wild rice is often used in combination with other varieties of rice or grains.

**Bulgur**: A very nutritious grain that includes more fiber than many, bulgur is quick cooking with a mild flavor.

**Farro**: Also known as emmer, farro is an ancient form of wheat now grown in the U.S. Look for words, “whole farro” to ensure it is whole grain. It is often used in salads, soups, pasta or risotto.

**Wheat berries**: Whole-wheat kernels that impart a slightly sweet and nutty flavor, wheat berries are often used in side dishes or breakfast cereals.

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**Something New**

An organizational meeting of a new EHC Club, "All Things Home", was held on Monday, March 7, 2016. A vote was taken, and it was determined that the club will be a "project" club. We will elect a president, vice president, and treasurer. We will be doing a variety of things connected with home and garden and plan to take some educational field trips in the Hot Springs/Little Rock area. We have chosen the first Monday of each month at 12:00 p.m. to be our meeting date except for those months when we do not have a traditional meeting. Our regular meetings will be held at the EHC building.

Monday, April 4, we will meet at the EHC building at 12:00 p.m. We will be planting a pot of herbs for use in our home kitchens. Carol Scholp and Jane Oliver will organize this meeting.

Monday, May 2, we will meet at the EHC building at 12:00 p.m. We will be learning to make crepes. Mike Wells will be our instructor for this meeting.

Monday, June 6, we will meet at the EHC building at 12:00 p.m. We will be doing a craft project. Phyllis Pipkin and Ruth Whartenby will be leading this meeting.

There is plenty of room for more members. Come and join us and share your ideas for some fun projects. —Jane Oliver

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University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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Jessica Vincent
County Extension Agent—Family & Consumer
Traveling Arkansas—Seeking a Cure

The Relay for Life luncheon will be Saturday, April 16 in the EHC building. Registration and tea cup auction ticket sales will begin at 10:00. If you need extra tickets, contact me at 767-6956. Set up day will be April 15 from 10:00 until 2:00.
If you have any antique items you would like to display, please bring them on set up day. We want it to look like things used in rural Arkansas years ago. I think this will be interesting and a learning experience about Arkansas, as well as a great day to celebrate the cancer survivors.
Please remember that the money for each table should be turned in at the registration table on the day of the luncheon. Checks should be made to "Garland County EHC". —Wilma Blair

Garland County represented at CWC Annual Meeting

Loretta Johnston, president of Crazy Quilters EH Club, attended the 75th Anniversary of the Country Women's Council (CWC) USA and the ACWW USA Area Meeting in Tulsa, Oklahoma in September 2015. She was one of six delegates from Arkansas (fourth from left in photo below). The meeting was hosted by Oklahoma Home and Community Education. ACWW World President, Ruth Shanks from Australia, spoke about the work of ACWW (Associated Country Women of the World) and the use of Pennies for Friendship around the world.

The group toured Oklahoma's first commercial oil rig, Woolaroc Museum & Wildlife Preserve, Price Tower (designated by Frank Lloyd Wright) and Will Rogers Memorial Museum.

PRESIDENTIAL PONDERINGS

A memo to all clubs from Janie Woods:

We are in the midst of election season! By that, I mean it is time to elect club officers for the new year that begins in July 2016.
I am going to "meddle" a little and tell you I hope you elect someone new or different to be your club's officers. What could be a better way to improve leadership than having an inexperienced, but highly capable person, serve as president of your club? It's not like the past presidents of the club won't be around to give advice... when asked. I am also encouraging you to elect new people to be vice-president, secretary or treasurer. Letting someone different do one of these jobs can be an eye-opener for them into the "inner workings" of your unique club and prepare them to be president of your group. Also, if you do have different officers, then you will have helped train new people who can step into county leadership positions in the future.

Information about the AEHC State Meeting is now available on the AEHC website and at the Garland County Extension Office. Please turn your money and registration in to Jessica by April 22.

The 2016 AEHC Retreat at the Ozark Folk Center will be November 2-4. More information will be available at the April Board Meeting.

Have you turned in your picture to Martha Wilson for the display board?
Park/Heights shares love

We started out 2016 by helping the adult students at First Step School make snowmen in January. This kind of snowman stands against the wall and won't melt. In February the students all had love in their hearts and had a good time making valentines for friends and for their mother and father. - Sally Patterson

News from the Cooks R Us Kitchen

Cooks-R-Us has had some interesting times so far this year. In January Adrienne Raybon and Tom Brink introduced us to the art of Asian cooking. Mike Wells gave a lesson on how to chop and mince food ingredients. February's meeting was on a cold and rainy Tuesday, so Patricia Sitzenstock and Anne Head demonstrated an old family rainy day vegetable soup. We had artisan bread to dip in the soup. Clarice Marker introduced genuine Kentucky Spoon Bread. A special note: When serving spoon bread, scoop what you think you may not eat at that time into a square refrigerator dish and refrigerate. When you are ready for some more, slice the bread into about one-half inch slices and sauté in a little butter until golden brown on each side. Serve with butter and syrup for breakfast, with pasta sauce for dinner.

Our two community outreach projects, Samaritan Ministries and Ouachita Children's Center are always interesting for us. We received a mini-grant from Blue Cross/Blue Shield for the Children's Home, which will help defray our cost of the food. The Center wants to begin a series of 'fine dining' lessons for the kids, to teach them the rules of dining etiquette and social graces. Cooks is looking for someone to partner with us on this. If you would like to teach the etiquette and social skills, give Clarice Marker a call at 501/760-1601.

A hint for the quarter: Never add cold water to hot pans or skillets – it warps the bottoms. I ruined two of my best pans doing that.

KENTUCKY SPOON BREAD

4 cups 2% milk
1 cup cornmeal
3 teaspoons sugar
1 teaspoon salt
½ teaspoon baking powder
2 tablespoons butter
3 eggs, separated

In a large saucepan, heat 3 cups milk over medium heat until bubbles form around the sides of the pan. Meanwhile, in a small bowl, combine the cornmeal, sugar, salt and remaining milk until smooth. Slowly whisk cornmeal mixture into hot milk. Cook and stir until mixture comes to a boil. Reduce heat; simmer for 5 minutes, stirring constantly.

Remove from the heat. Sprinkle baking powder over the cornmeal mixture, and then stir it in with the butter. In a small bowl, beat egg yolks, stir in a small amount of hot cornmeal mixture. Return all to the pan and mix well.

In a small bowl, beat egg whites until stiff peaks form. Fold a fourth of the egg white into the cornmeal mixture. Fold in remaining egg whites until blended.

Transfer to a greased 2½ quart baking dish. Bake, uncovered, at 350º for 40-45 minutes or until puffed and golden brown. Serve immediately.

Loyal Ladies continue tradition

The Loyal Ladies met at the Hibachi Grill for a holiday get-together. The ladies carried out their annual tradition of collecting funds for a charity in lieu of exchanging gifts. The non-profit faith based charity chosen was "The Father's House" in Donaldson, Arkansas. "The Father's House" is committed to enabling and equipping those they serve to find freedom from addictive behaviors. Upon finding that freedom they become socially, emotionally, physically and spiritually active. The club donated $150.00.

– Bert Manning

## EHC Dates to Remember

### APRIL
- **1** Fun Friday, "Basic Quilt Block Construction", 9 a.m. to 2 p.m.
- **7-13** Upholstery workshop for public
- **15** Relay for Life Luncheon set up
- **16** Relay for Life Luncheon
- **22** Board Meeting, 9 a.m. followed by Brunch and Leader Lesson
  - State Meeting registration forms due

### MAY
- **6** Fun Friday, "Jams & Pickled Products", 9 a.m.
- **13** Spring Council, 10 a.m. (registration begins at 9:30 a.m.)

### JUNE
- **7-9** AEHC State Meeting
- **13-16** Upholstery Workshop for instructors
- **17** Fun Friday, "Gifts from the Kitchen", 9 a.m.
- **24** Officer and Leader Training, 10 a.m.