Dining Across Arkansas

All states have their own collection of unique foods - Louisiana – crawfish, Texas – Tex-Mex foods. What comes to mind when you think of Arkansas foods? It may be a favorite food prepared by your mother, or it could be a favorite place to eat. Whichever is the case, the food we eat is influenced by where we grew up and our heritage.

This month’s leader training, “Dining Across Arkansas” will explore foods indicative of our state. We will look at where our food roots came from, the top foods from Arkansas, and the best places to eat. The training will be held on Tuesday, May 26 and will begin at 10:00 a.m. The training will be held at the Howard County Extension Homemaker Educational Center in Nashville.

As a special treat, each club is being asked to share a favorite dish that has special meaning to them. Please bring the prepared dish along with the recipe to share at the training. Be prepared to discuss why this dish is special.

We will also be trying some culinary delights that are associated with Arkansas including Possum Pie and other state favorites.

All Nutrition, Health and Wellness leaders are encouraged to attend. Any member is welcome to attend.

If you have any questions regarding this training, feel free to call Jean at 870-845-7517.

May Board Meeting

The May board meeting has been scheduled for Tuesday, May 26 at 1:00 p.m. at the EH Center in Nashville. All club presidents, executive board members and county subject chairs are encouraged to attend. Items for discussion include:

- AEHC meeting
- Club and Membership Dues
- Upcoming Events
- Plus Much More!

Please make plans to attend or have a representative take your place. Any member may attend, but only voting members may vote.
Yearbook Committee Has Met!

The yearbook committee met last week and planned some outstanding programs for the upcoming year. Several workshops have been planned along with monthly lessons. Lessons chosen for 2015-2016 include:

- Square Foot Gardening
- Dutch Oven Cooking
- Taking Time for Yourself

I appreciate all the hard work the committee gave to developing a great yearbook. The yearbooks should be ready by the June Board Meeting.

Annual Arkansas Extension Homemaker Meeting

Plans have been finalized for the AEHC annual meeting to be held in Hot Springs in June. Those attending will be Gladine Bennett, Joy Barr, Nelda Barton and Linda Wilcox. The group will meet and leave the EH Center at **8:30 a.m.** on **June 2**. They will be ready to experience three days of fun, fellowship and learning that can be shared with other members back in the county.

Congratulations to Vivian Roberts, Hillcrest EHC for making the winning holiday wreath. The wreath will be displayed at the meeting along with wreaths from across the state.

A huge “Thank You” to Anita Baker, Blue Bayou EHC, for making the centerpiece for the meeting. It is currently on display at the EH House, if you would like to see it before it goes to the meeting. Centerpieces are also used as door prizes the last day of the meeting.

It is not too early to start thinking about next year’s meeting. The meeting is usually held the first week of June. So, if you were unable to attend this year’s meeting, consider attending the 2016 AEHC meeting.

Food Demonstration at Farmers Market

The Howard County Farmers Market opened for business the first Friday in May and will continue to be open each Friday through September. Several educational programs will be conducted through the season.

County Extension Agent-Staff Chair, Jean Ince will present a program on “Making Your Own Jellies and Jams” on **Friday, June 12 at 9:00 a.m.** This will be a great opportunity for you to ask your food preservation questions. Jean will be demonstrating fast and easy jam recipes. Hope to see you at the market that day!
Reports! Reports! Reports!

It’s that time of year again when club reports are collected and submitted. Each club should update their mailing lists and officer lists. Please bring the reports to our office no later than July 15. If you need forms, you may download them from the Arkansas Extension Homemaker website or visit our office located on the second floor of the courthouse.

If you have any questions about which reports to complete, contact the office at 870-845-7517.

Summer Opportunities!

Several summer educational programs are on the calendar. In June, we have the AEHC meeting and leader training on June 23. Sevier County will be offering a Mediterranean Diet Cooking School – June 29 and July 6. Pike County will be offering the same workshop on July 2 and July 9.

A food preservation class on “Pickles” will be offered on July 9 from 5-8 p.m. at the EH Center in Nashville. You must preregister for the class. Several 4-H Youth programs will be conducted throughout the summer. If you would like to assist with any of these workshops, contact Jean at the office. Workshops are:

* Food Explorers – July 2
* Beginner Sewing – July 14
* Advanced Sewing – July 16-17, 30 & 31

Sherry and Tina will also be offering workshops throughout the summer. Plus we have camps and O’Ramas. More information on activities will be announced as plans are finalized. Looking forward to a busy summer!

RECIPE CORNER

Summertime and ice cream go together. Here’s a recipe that was submitted by Abbie Lamb, a member of Show Stoppers 4-H Club. Abbie made this for the Dairy Foods Contest and everyone said it was delicious! Another good thing about it is that it’s a safe recipe because it doesn’t use eggs.

Homemade Vanilla Ice Cream

2 c. heavy whipping cream 1 c. sugar
2 c. half-and-half cream 2 tsp. vanilla extract

In a bowl, combine all ingredients; stir until the sugar is dissolved. Freeze in an ice cream freezer according to manufacturer’s directions. Yield: 1 1/2 quarts.
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Sincerely,

Jean A. Ince
County Extension Agent - Staff Chair