



# UofA

**DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION**

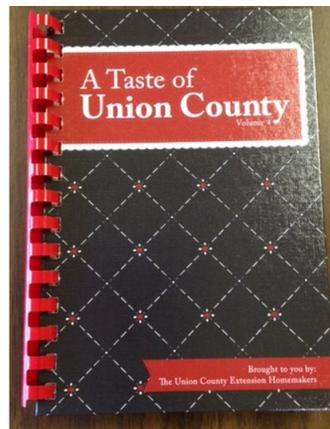
University of Arkansas System



## FCS/Extension Homemaker Club News—July 2014



Walking the gang plank! EHC tour to the Clinton Library and the Mark Twain Riverboat on Saturday, July 12. There were eight EHC members participating.



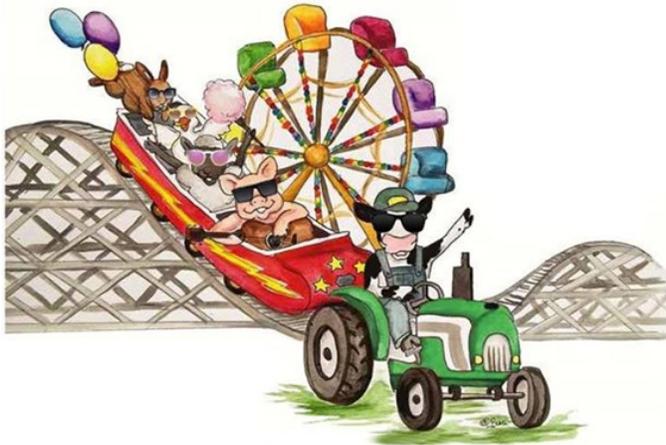
A Taste of Union County, 4th edition, is on sale for \$15. Proceeds pay for leadership, community service and education. Located at the MCSA gift shop, Melvin's, News Times and Extension office.



The FCS/EFNEP/SNAP-Ed Advisory Committee met to determine new areas for EHC clubs and five top issues for FCS programming. A special thanks to the seven agencies/clubs participating.



Operation Military Kids Camp conducted by Sonya Hall, center with Liz McKay and Robin Bridges. A special thanks to Cynthia Ford and two 4-H teen leaders, Amber and April for helping with team building exercises and workshops.



The Union County Fair is the week of September 9-13, 2014. EHC Clubs need to be thinking of a fair booth idea.

Exhibit entering times are September 8th from 4-7 p.m. and the 9th from 8-11:30 a.m. Judging begins at 1:00 p.m.

The canned goods has changed labels. They are now requiring the labels to show the method of preservation to include water bath and minutes or pressure canner, pounds and minutes.

**Ginger Tea** – This is what I do. Cut off a two-inch piece of fresh ginger, peel and slice and put in four cups of water. Bring to boil, and let sit for 10 – 20 minutes to steep. I save the ginger tea in a quart jar with lid in the refrigerator. If you want to drink ginger tea, just add honey to sweeten to your liking. When your throat feels scratchy or you feel “yucky,” take close to a cup of ginger, put into a saucepan and warm. To this, add 2 T. of apple cider vinegar with the mother, 2 T. raw honey, ¼ t. turmeric, stir and drink. Be careful using the turmeric, whatever it touches turns yellow. In India, ginger-infused chai is a household favorite, and an antidote for battling the cold and flu.

### Easy Turmeric Milk Recipe (An Indian recipe)

1/4 teaspoon turmeric  
 2 cups regular, almond, or coconut milk (full fat)  
 2 teaspoons raw honey

Bring all ingredients in a saucepan to heat until warmed through to preserve the benefits of the raw honey. Remove from heat and pour into a mug.

In preliminary research, turmeric has been shown to have **anti-inflammatory properties**.

### EHC Meetings

August 22 - Achievement Day at Ebenezer Baptist Church from 9:00—2:00 p.m.

September 19 - September Board Meeting at 1:30 p.m. in the Extension office.

When you know better, you do better!  
 Maya Angelou

Liz McKay  
 County Extension Agent  
 Family and Consumer Sciences

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