

**Family Living
Focus**

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CINNAMON AND CLOVES

The fragrances and flavors of fall would be bland and unexciting without the addition of cinnamon and cloves. Rarely are apples and pumpkins, two of our favorite fall foods, not teamed with cinnamon and cloves. Although these are two very popular and common spices, what do we know about them?

Cinnamon

True cinnamon comes from the bark of a tropical evergreen tree. It is tan in color and has a mildly sweet flavor. Cassia, a close cousin of true cinnamon, is commonly used in the United States. It has a darker, reddish-brown color and a more pungent, slightly bittersweet flavor. As you know, cinnamon is

available ground or in sticks. The sticks usually have more intense flavor and odor and can be stored longer. Cinnamon sticks are great swizzle sticks when used with hot beverages such as cider, hot chocolate, coffee, and mulled wine.

In my family, cinnamon sugar is a popular seasoning. Cinnamon sugar is sprinkled over French toast and waffles. We also use it to sweeten coffee. We make our by simply pouring some sugar into a bowl and mixing in a little ground cinnamon, but I did find a recipe that calls for 1/2 cup of sugar and 1 to 1-1/2 tablespoons of ground cinnamon. If you keep the mixture in an airtight container, it stays fresh longer.

Cloves

Cloves, like cinnamon, come from a tropical evergreen tree. They are actually dried, unopened flower buds. Cloves

are reddish-brown in color and are described as "nail-shaped." Like cinnamon, this spice can be purchased either ground or whole. Cloves have a very pungent flavor—a bit goes a long way!

Although cloves go well with many fruit recipes such as marmalades and stewed fruits, they also go well with meat. Ham seasoned with cloves is a classic dish. Also, consider sticking cloves into an onion, then using the onion to flavor soups and stews. Remove the whole cloves before serving the dish in which they were used.

Home Fragrance

Many manufacturers of commercial air fresheners use cinnamon as a base, and you can make your own air fresh by doing the same. Combine one teaspoon of ground cinnamon or one cinnamon stick (broken into

several pieces) with six cups of water, and bring to a boil. Reduce this to a simmer, and allow the scent to flow throughout your home.

I like to sprinkle ground cinnamon and cloves on a dry cookie sheet, and place the sheet in a warm oven. Cloves help to mask even the most offensive odors such as fish, onions and cabbage.

A bowl of pomanders is a beautiful, fragrant centerpiece and is quite popular at this time of the year. To make pomanders, start with apples, lemons, or oranges. Insert lots of whole cloves into them.



Wayne County Fair

Fifteen Wayne County 4-H clubs took the opportunity to put together their version of "Wayne County's Bicentennial" by creating a four-foot by four-foot exhibit at the recent Wayne County Fair.

First place was awarded to Calkins Ag 4-H Club. Placing second in the contest was the Wayne County Highsteppers. The Cold Springs-Rileyville 4-H Club received third honors. Fourth place was awarded to the Explorers 4-H Club and fifth place honors was taken by the Laurella 4-H Club.

Something new for 4-H clubs to enter this year was the 4-H "Club Scrapbook" category. Taking first place was TriGal; secondplace, Bethany 4-H Club and third place, Laurella.

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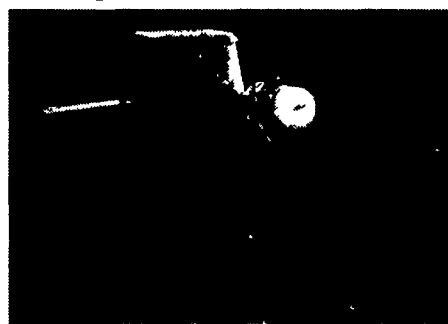
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