

LIFESTYLE



Celebrate St. Patrick's Day with frugal Irish stout bread and pub cheese

St. Patrick's Day always invites celebration, but celebration doesn't have to be expensive. Some of the most satisfying traditions begin with humble ordinary ingredients transformed into something extraordinary. A warm loaf of beer bread, paired with a rich Irish cheddar pub cheese, captures that spirit perfectly. It's simple, inexpensive and yet feels downright luxurious.

Guinness, Ireland's iconic stout, brings complex malt flavor and essential moisture to the dough, resulting in a tender crumb and a beautifully golden crust.

Alongside the bread, a simple pub cheese spread made with Irish cheddar completes the occasion. Sharp, creamy and deeply savory, it transforms everyday snacks into a proper pub experience right in your own kitchen.

This is frugal cooking at its best. A couple of bottles of stout, a chunk of good cheddar and pantry staples create something worthy of celebration without overspending.

While Guinness offers traditional flavor, any stout beer will work well, and any sharp cheddar can be used in place of Irish cheddar with excellent results. Use what suits your budget.

IRISH STOUT OAT BREAD

Yield: 1 loaf
Total Time: 1 hour 5 minutes

- 1 cup oats, divided + 1 table spoon for topping
- 1 1/2 cups AP flour, or whole wheat flour
- 4 teaspoons baking powder
- 2/3 cup dark brown sugar
- 1/2 teaspoon salt
- 12 ounces Irish stout beer, such as Guinness

Preheat the oven to 350 F degrees. Lightly coat a loaf pan with cooking spray and set aside.

In a mini food processor, blitz 1/2 cup of oats to make oat flour. In a mixing bowl, combine the oat flour, regular flour, baking

powder, remaining 1/2 cup oats, brown sugar and salt. Slowly pour in the stout, stirring gently, until just combined. Don't over-mix. The batter will be thick.

Pour the batter into the prepared loaf pan and smooth the top. Sprinkle with the remaining tablespoon of oats.

Bake for 45 to 50 minutes, until the loaf is golden and a knife inserted in the center comes out clean.

Allow the bread to cool in the pan for 15 minutes, then remove and transfer to a rack to cool before slicing (or at least try).

IRISH PUB CHEESE

Yield: 8 servings
Total Time: 30 minutes

- 8 ounces Irish cheddar cheese or other cheddar, shredded
- 2 ounces cream cheese
- 1 small clove garlic, minced
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon prepared mustard, Dijon or grainy
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon freshly ground pepper
- 1 to 3 tablespoons Irish stout beer

Shred the cheese and place it in a mini food processor. Add the remaining ingredients and process until smooth and creamy.



Irish stout bread and pub cheese offer festive flavor made simply and affordably at home. (Photo Credit: www.JasonCoblentz.com)

Begin with a small amount of stout, then adjust to your preferred consistency. The spread should be soft, rich and easily spreadable.

Transfer to a small bowl or jar and allow to stand at room temperature for about 15 minutes before serving. Finish with a sprinkle of smoked paprika for color and flavor.

Serve alongside warm slices of beer bread for the full pub experience at home.

This simple combination is proof that celebration doesn't depend on extravagance, only intention. Frugal cooking gives us the power to create warmth and festivity in our everyday lives. You'll find more inspired

recipes and practical ideas at DivasOnADime.com, and I hope you'll sign up for my free newsletter while you're there. It's where I share my best recipes, tips and encouragement to help us all live well and spend wisely..

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime -- Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at divapatti@divasonadime.com

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Ask Daryl: Your Professional Organizer Winter woes

It just keeps being winter, bringing with it low motivation and readjustments. The upside is that we have time to regroup. We have time to spend with our kids when they are out of school and time to do our taxes.



Daryl Ashley
Guest Columnist
Confusion Solution

Yes, it's that time of year when we rummage through our paperwork to find the necessary information to do our taxes ourselves or take them to someone more qualified. When it comes to pa-

perwork, we have varying methods for staying organized. Some of us use folders with tabs while some of us use online services to manage our documents. No matter what you use, you will still have paper for certain things. It's always best to deal with important records regularly to avoid trying to gather everything at the last minute. Once you have everything in order it will be much easier to begin the filing process. According to the IRS,

you only need to maintain your taxes for three years, however, there are circumstances that would require long-term storage. For instance; your home, your car, loans, and investments are some of the things that need to be kept. When in doubt contact your CPA or the IRS for information. Use this time to get ahead of the deadline. Revel in the fact that once you file, you won't have to do it again for another year. Just remember to keep your documents in order before tax time comes around again.

It's as simple as that! Send your questions and comments to me at info@confusionsolution.com

Joyful Noise

Faith in God, one step at a time

By Pastor Naomi Mitchell for Carter County Times

Faith doesn't always take you out of the problem; faith takes you through the problem. Faith doesn't always take away the pain; faith gives you the ability to handle the pain. Faith doesn't always take you out of the storm; faith calms you in the midst of the storm.

We all can relate that our faith has been tested. We say things like, "I wish I had more faith," or "If I had

stronger faith," or "I guess some people have it and some don't." We have had moments that will test us to the deepest parts of our souls. The key to handling life's storms is how strongly rooted we are in our faith in God.

Dorothy Bernard said, "Courage is fear that has said its prayers." When we take for granted the unlimited power we have in prayer by dismissing it, we are missing the key ingredients to successful growth. There is no formula

or set pattern to prayer other than the Lord's Prayer. It is an acknowledgment of our weakness and our need for help.

During the raging storm, Jesus was found walking on the water. We are never alone even when every possible thing we can touch and feel makes it seem that way. Even if you don't believe, reach out for His hand. He promises to grasp it.

There's not a single circumstance that can happen

See FAITH on A-4



Extension Notes

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service carter.ca.uky.edu

AGRICULTURE & NATURAL RESOURCES

Managing home vegetable garden pests

It is a good time to think about pest control for your home vegetable garden.

You can control pest problems, and perhaps prevent future difficulties, in your garden by doing some advance planning and following a few simple Integrated Pest Management practices. IPM promotes minimal pesticide use and emphasizes the use of all available pest control methods including cultural, mechanical and biological practices to prevent pest problems.

Examples of the IPM approach include using plants with natural disease tolerance or resistance, using mulch to control weeds or row covers to prevent insect damage and using naturally occurring organisms such as lady beetles or praying mantises.

Sanitation is another good IPM practice. Keep your garden well-groomed during active growth. Once you spot diseased plant material, remove it immediately to keep diseases from spreading. Also, promptly remove vegetable plants when they cease to be productive. Although you should clear out unproductive vegetable plants from the garden area, you can add this plant material to a compost pile.

Before you buy seeds,

plants or fertilizer, start your garden off right by doing a soil test to determine if soil fertility and acidity/alkalinity will meet plants' nutrient requirements. Your (COUNTY NAME) extension staff can tell you more about the process, if you've never done it before.

Soil test results will let you know how much fertilizer your plants need to have adequate nutrients, while preventing excessive use that contributes to groundwater, stream and lake pollution. Plants that are stressed or weak from insufficient nutrients or a pH that's too low or too high are more susceptible to disease and can't readily tolerate insect damage. To give your plants a healthy start, soil test and apply the fertilizer and other amendments according to the recommendations.

Do you plant your garden crops in the same spot year after year? If so, think about rotating things this year. Crop rotation can help prevent insect and disease build-ups. For example, potatoes, eggplant, tomatoes and peppers are subject to the same insect and disease problems. So, you shouldn't plant these crops in the same location more than every three consecutive years. After three

years, switch to a different crop like beans or corn. If you have limited garden space, plant some vegetable plants in containers such as large pots or half whiskey barrels as a form of crop rotation.

To help you remember, you can make a diagram of your garden each year to avoid planting the same, or closely related crops, too frequently in the same spot.

Whether you are planting corn or tomatoes, check to see that the variety you are planting has some disease resistance or tolerance. For example, select tomato varieties labeled "VFN," as they're resistant to Verticillium Wilt, Fusarium and root-knot nematodes. Whereas, a tomato variety leveled "V" is only resistant to Verticillium Wilt.

Don't buy the cheapest transplants. When it comes to transplants, the best buys are the healthy ones. A healthy transplant was seeded at the right time, grown at the proper temperature and received adequate light and moisture. It will have a compact growth structure with very small distances between leaves. The leaves will be dark green, large and upright with no tendency to droop. Stems will be pencil thick and rigid.

Avoid transplants that are beginning to produce flowers or fruit. It might

See PESTS on A-3

Kentucky Dept of Agriculture Livestock and Grain Market Report

Compared to last week, in most markets, feeder steers and heifers sold steady to 5.00 higher with good supply and good to very good demand for all feeder classes. There were a couple of markets however selling 4.00 to 8.00 lower with good demand. Yearlings were steady to weak with limited head to head comparisons. Slaughter cows and bulls were mixed with price trends reported from 4.00 lower to 4.00 higher showing good demand throughout the week.

Week ending 3/7/26

Courtesy of <https://www.kyagr.com/>

	This Week	Prior Week	Last Year
Steers (M&L 1-2)			
350-400 lbs	543.98	558.30	375.24
400-450 lbs	508.63	519.71	366.37
450-500 lbs	496.26	502.30	351.89
500-550 lbs	466.88	481.52	329.17
550-600 lbs	447.91	452.02	317.06
600-650 lbs	419.46	420.15	294.70
650-700 lbs	397.92	398.61	285.29
700-750 lbs	367.22	375.08	269.14
750-800 lbs	359.14	354.04	262.83
800-850 lbs	339.52	344.26	250.38
850-900 lbs	330.04	339.78	239.68
Heifers (M&L 1-2)			
300-350 lbs	514.46	510.07	330.99
350-400 lbs	485.68	499.02	331.12
400-450 lbs	455.91	470.17	322.22
450-500 lbs	438.49	450.72	304.06
500-550 lbs	405.26	413.16	287.12
550-600 lbs	387.38	393.95	274.27
600-650 lbs	353.34	363.14	255.41
650-700 lbs	343.66	347.11	250.36
700-750 lbs	326.68	324.30	239.75
750-800 lbs	318.41	325.02	238.20

	Average	High	Low
Slaughter Cows			
Breakers	140.00-174.00	160.00-194.00	142.00-164.00
Boners	140.00-179.00	160.00-208.00	125.00-159.00
Lean	118.00-160.50	140.00-186.00	107.00-148.50
Slaughter Bulls			
Yield Grade 1&2	170.00-205.00	195.00-224.00	140.00-186.00

Feb 26, 2026		Bowling Green, KY	
SLAUGHTER GOATS: 207			
Kids-Selection 1	56 lbs 490.00; 72 lbs 375.00.	Selection 1-2	83 lbs 355.00.
Selection 2	54 lbs 420.00; 67 lbs 400.00.		
SLAUGHTER SHEEP: 705			
Hair Breeds-Choice & Prime 1-2	54-56 lbs 407.50; 66 lbs 390.00-400.00; 75 lbs 375.00-390.00; 86-88 lbs 365.00-375.00; 105 lbs 275.00 105 lbs 275.00.		
Wooled-Choice and Prime 1-2	55 lbs 415.00; 75 lbs 502.50; 88 lbs 382.50; 93 lbs 350.00; 115 lbs 265.00; 155 lbs 230.00.	Choice 2	61 lbs 305.00.

	This Week	Prior Week	Last Year
GRAINS			
Corn	4.24-4.86	4.18-4.69	4.30-4.79
Soybeans	10.54-12.21	10.42-11.89	8.99-10.44
Red Winter Wheat	4.99-6.20	4.99-5.94	4.61-5.60