

Hi Everyone,

Let's talk saffron. Saffron is a strong spice that is used in the cuisines of many countries. It is the stigma of the saffron crocus, a flower that comes out in the autumn. Because there are so few stigma in each crocus and they have to be collected by hand it is the most expensive spice in the world. In cooking you only need a few strands of saffron to season a dish. On my birthday I gave paella a go because I enjoyed it so much in Spain. Most of my cooking is low or no salt and I make up for it by using one and a half times the other seasonings the recipe calls for. I thought the same would be true for paella and saffron. The recipe called for four strands of saffron for this big dish of paella. I used six. The paella was yummy but it would have tasted better if I'd stuck to the recipe and used only four strands of saffron.

Debt is like saffron in many ways. There are legitimate reasons for taking on debt. If you want to buy a house a home mortgage makes a lot of sense. In many instances a car loan can make a car affordable and we all know how important a car can be. But how about debt for something we don't really need? You know what that's like? It's like the fifth and sixth strands of saffron in my paella. It's just too much. Do you have a bunch of unsecured debt? That's your fifth and sixth strands. And there's one more way that debt is like saffron. Like saffron, debt is

very expensive and too much of it can totally overwhelm your life. If you are living life with the fifth and sixth strands please stop. Live below your means. Get your debt under control and please start saving more. Give us a call at the credit union and we'll be glad to talk to you about your situation.

Next time I cook paella I will do some experimenting with other seasonings. Yes, the four strands of saffron will be included but nothing more. When you are budgeting and spending and saving remember to only spend your four strands but nothing more.

Till Next Time,

Evan Clark PRESIDENT AND CEO



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