

# Homemaker News

## Enjoy Arkansas' Fresh Apples

October is National Apple Month. Celebrate the fall season with this delicious, versatile, healthful fruit. (*Recipes pages 2 and 4*)

The first apples grown in this country were European varieties, brought over by the early American colonists. It was John Chapman, alias Johnny Appleseed, who spread apple seeds and created the first orchards in the East and Midwest.



### Buying and Storing

Apples should be purchased when ripe for best flavor. Most ripened green varieties have a greenish-yellow background color.

- Choice apples are firm and free of bruises, skin breaks and decay spots. Soft apples have a mealy texture. Apples with discolored streaks or spots on their skin are safe to eat.
- Choose an apple variety best suited for your purposes. Some varieties are better for baking, while others are better for eating from your hand.
- Approximately three medium-sized apples equal 1 pound. One pound of unpeeled apples yields about 3 cups of peeled, sliced or diced fruit.
- Unrefrigerated ripened apples will retain their quality for about 1 week.
- Unripe apples can be quickly ripened at home by storing them in a partly sealed bag at room temperature.

### Preparation Tips

- Apples are a very versatile fruit. They can be used in pies, muffins, cakes and salads or just eaten from your hand!
- Peeled and cored apples brown quickly. To prevent this, dip apples in 1 quart of water with 3 tablespoons of bottled lemon juice or 3 crushed 500 mg vitamin C tablets or use a commercial ascorbic acid mixture. The flavor will not be affected, and the flesh will retain its color for about 3 hours at room temperature.
- For freezing and canning directions, call the county Extension office at 325-6321.

October and November  
2008

### IN THIS ISSUE.....

Arkansas Apples

•  
Recipes

•  
Fair Memories

•  
EHC Reminders



All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status or any other status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

*Diane Clement  
County Extension Agent  
Family & Consumer Sciences*

*Cleveland County Office  
501 East Magnolia  
P.O. Box 386  
Rison, AR 71665*

## The Great Pumpkin



- Pumpkins originated in Central America.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling!
- A pumpkin is a type of squash and is a member of the gourd family—which also includes squash, cucumbers, gherkins, and melons.
- The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds. It was over twelve feet in diameter and 4 inches deep. It used 900 pounds of cooked pumpkin, 300 pounds of sugar, 155 dozen eggs and took six hours to bake.



- Pumpkins range in size from less than a pound to over 1,000 pounds. The largest pumpkin ever grown was 1,689 pounds. It was grown by Joe Jutras of North Scituate, Rhode Island.
- Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of vitamin A, vitamin B, potassium, protein, and iron.

## Sweet Potatoes and Apples

- 5 sweet potatoes
- 5 medium, firm baking apples
- ½ cup brown or granulated sugar
- 1 tablespoon butter or margarine
- ½ cup water



Cook sweet potatoes, then cool. Peel and slice into ¾-inch slices. Peel, core and slice apples. Layer sweet potatoes and apples in a buttered 9 x 13-inch glass baking dish; dot top with butter or margarine and sprinkle with sugar. Add water, cover and bake at 375° F. for 45 minutes. Uncover during last 15 minutes of baking.

Serves 8. *Calories: 210, Fat: 2g, Carbohydrate: 50g*

## Dutch Apple Crumb Pie

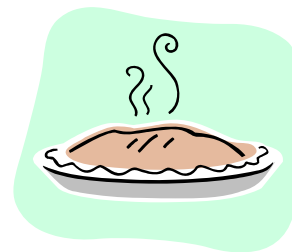
- 1 unbaked 9-inch pie crust

### Filling:

- 3 or 4 large baking apples, peeled and sliced
- ½ cup sugar
- 2 tablespoons flour
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

### Topping:

- ½ cup sugar
- ½ cup flour
- 2 tablespoons butter or margarine, softened
- ½ cup chopped pecans



Place apples in unbaked pie crust. Sprinkle sugar, flour, nutmeg, and cinnamon over apples. For topping, blend sugar, flour and butter until crumbly, then stir in pecans. Spread over filling. Bake at 350° F. for 1 hour or until brown. Makes 10 servings.

*Calories: 260, Fat: 10g, Carbohydrate: 40 g*

## Food Safety for Leftover Thanksgiving Turkey



- Debone turkey and refrigerate all leftovers in shallow containers within 2 hours of cooking.
- Use leftover turkey within 3 to 4 days and stuffing and gravy within 1 to 2 days, or freeze these foods.
- When reheating turkey, reheat thoroughly to a temperature of 165° F. until hot and steaming throughout.



## 2008 Cleveland County Fair



Martha Caldwell and Geneva Curry

**Many thanks to our fair superintendents, hosts and hostesses, and other volunteers who helped to make our 2008 fair one of our most successful ever!**



*"Y" Club EHC members Ann Whittington and Karen Fox serve popcorn to elementary students on school day at the fair.*



*Kindergarten students enjoy the fine arts exhibits at the fair.*

## EHC Reminders

- **EHC Fall Council** will meet Tuesday, October 14, at "Y" Community Center. Registration 10:00 a.m. The theme is Mexican Fiesta. Bring your favorite Mexican food! Bring your amigos!
- There will be a brief **Leader Training** for the Family & Human Development Leaders of each club immediately following the Fall Council meeting on October 14. The lesson is on *Strong Families*.
- **Ouachita District's EHC President's Day** will be Tuesday, October 28, in Hot Springs. Travel arrangements and times will be announced at the Fall Council meeting.
- **File of Life** community service project. Sign up at the Fall Council and find out how your club can get involved.



*EHC Fall Council  
 "Mexican Fiesta"  
 Tuesday, October 14, 2008  
 Registration 10:00 a.m.  
 "Y" Community Center  
 Bring your favorite Mexican food!*

## Baked Apples



*Makes 2 servings/ Serving Size: 1 apple*

2 apples  
2 tablespoons brown sugar  
1 tablespoon cinnamon

Peel apples. Cut apples into 1-inch pieces. Sprinkle apple pieces with brown sugar and cinnamon. Microwave for 30 seconds until soft. Let cool for 1 minute.

## Waldorf Salad



1 cup diced celery  
1 cup diced apples  
1 cup seedless grapes, cut in half  
1/2 cup chopped pecans  
1/3 cup reduced-fat mayonnaise  
1/3 cup plain nonfat or lowfat yogurt  
1/2 teaspoon sugar

Combine all ingredients. Mix well.  
Refrigerate until served.  
Makes 6 servings.

### **1 medium fresh apple (2 ½ to 3 inches diameter)**

*Calories: 80*

*Carbohydrate: 21 g*

*Protein: 0.3g*

*Fat: 0.5 g*

*Vitamin C: 8 mg*

*Potassium: 159 mg*

*Sodium: 1 mg*

*Fiber (apple with skin): 1.7-3.5g*