

# Rowan County Family & Consumer Sciences



# NEWSLETTER

September/October 2024

## In this newsletter:

- Join Homemakers . . . . . pg. 1
- Apple Basics . . . . . pg. 2
- Cooking with Apples . . . . . pg. 3
- Pumpkins . . . . . pg. 4
- Staying Safe During Tailgating Season . . . . . pg. 5
- Easy Work-life Balance Tips for People & Parents . . . . . pg. 6
- Kid's Page . . . . . pg. 7
- Recipe . . . . . pg. 8

# JOIN NOW

Whether you are a current member of a Homemaker Club, or a mailbox member, it is that time of year to renew your membership for 2024-2025. If you are interested in joining a Homemaker's Club, please call the Extension Office (606) 784-5457 to request an enrollment application. Club Annual dues are \$10.00 per year. Homemaker memberships make a great gift for holidays, birthdays, and anniversaries. Deadline is November 1, 2024. Make check payable to: Rowan County Homemakers. Mailing address: 600 West Main Street, Morehead, KY 40351.



*Peggy F. Jones*

County Extension Agent for Family & Consumer Sciences/ 4-H Youth Development

## HOMEMAKERS

**Cultural Arts items** - Homemakers get busy and make items for the cultural arts exhibit.

Drop your cultural arts items off at the Extension Office by October 4, 2024, 4:00 P.M. Have name and category listed on them.

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities accommodated with prior notification.

# Apple Basics

## Shop and Save

- ❁ Look for apples that are firm and do not have broken skin, bruises or soft spots.
- ❁ Apples are harvested between August and November, but are available year round. During harvest time, apples may cost less and be more crisp.
- ❁ Farmers markets and farm stands may have local varieties that you can taste before buying.

Apples provide vitamin C,  
potassium and fiber.  
Eat the peel for more fiber.



## Store Well Waste Less

- Whole apples can be stored at room temperature for a few days. They can be stored in the refrigerator in a crisper drawer or open bag for up to 6 weeks.
- Apples that are starting to shrivel can be used in cooking.
- Apples tend to brown after they are peeled or cut. Browning is not harmful. To keep cut apples looking fresh for a few hours, dip the cut pieces in lemon or orange juice and refrigerate in a covered container.
- Refrigerating cut apples in a container of water also keeps them white, crisp, and ready to eat.

## Some Popular Varieties of Apples



### Braeburn

Sweet-tart flavor and crisp texture; good fresh or cooked



### Honeycrisp

Crisp, sweet and juicy; excellent fresh or cooked and can be frozen



### Pink Lady (Cripps Pink)

Sweet-tart flavor and firm, crisp texture; excellent fresh or cooked, very good for freezing



### Fuji

Crunchy and super sweet; good fresh, cooked or frozen



### Granny Smith

Crunchy and tart; good fresh, cooked or frozen



### Golden Delicious

Crisp, sweet and mellow with a tender skin; stays white longer after cutting; excellent for all purposes



### Gala

Crisp and very sweet; good fresh or cooked but not recommended for freezing



### Red Delicious

Crunchy texture and mildly sweet flavor; deep red skin adds color; best used fresh

# Cooking with Apples

## Microwave Applesauce

### Ingredients:

- 6 **apples**, peeled, cored and quartered or chopped (about 8 cups)
- ¼ cup **water**
- ¼ cup **sugar** (or less to taste)
- ¼ teaspoon **cinnamon**

### Directions:

1. Place the apples and water in a 2 quart microwave-safe dish. Cover with microwave-safe cover.
2. Cook on high for 10 to 12 minutes or until the apples are soft enough to mash.
3. Use a potato masher or fork to make chunky applesauce.
4. Add the sugar a little at a time to reach desired sweetness. Add cinnamon.
5. Serve warm or chilled. Refrigerate leftovers within 2 hours.

**Makes** 3½ cups

**Prep time:** 15-20 minutes

**Cook time:** 10 to 12 minutes

## Quick Fix

✿ Mix chopped apples into hot cereal like oatmeal.

✿ Mix peanut butter and yogurt together for a delicious dip for apple slices.

✿ Add thinly sliced apples to your sandwich for a little crunch.



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ rub apples under cool running water.
- ✿ choose apples at the store.

## Tips for Freezing Apples

- 1 Slice apples.
- 2 To prevent browning, dip the slices in lemon or orange juice.
- 3 Freeze the slices in a single layer on a baking sheet for 1 to 2 hours.
- 4 Place the frozen slices into a freezer container, sealing it tightly.

### To Use:

Pour out the amount of frozen apples needed, then reseal the container and return it to the freezer. Use frozen apple slices within 8 months for best quality.

Frozen apple slices work great in Microwave Applesauce!

## Baked Apple Chips

### Ingredients:

- 2 large **apples**
- cinnamon** (optional)

### Directions:

1. Rinse the apples and cut them crosswise into thin slices. Cut out the core, if desired.
2. Arrange the slices in a single layer on baking sheets. Sprinkle lightly with cinnamon, if desired.
3. Bake at 200 degrees for about 1 hour. Turn the slices over. Continue baking until the slices are dry with no moisture in the center, 1 hour or more depending on thickness.
4. Remove from the oven and cool. Store in an air-tight container.

**Makes** 2 cups

**Prep time:** 10 minutes

**Cook time:** 2 hours or more



# PUMPKINS



Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not pleasant.

- Pumpkin is a very good source of vitamin A and C, potassium and fiber.
- Pumpkins are a type of winter squash available in October and November.
- Pumpkins grown for cooking are called “pie pumpkins” and usually weigh from two to ten pounds. Their flesh makes a smooth and flavorful puree.
- Choose pie pumpkins that are firm and heavy for their size, without cracks or soft spots.
- Each pound of uncut pumpkin will provide 1 to 1½ cups of cooked puree.
- Seeds can be dried and saved for growing pumpkins next year.



## Storing Pumpkins

- Store whole pumpkins in a cool, dark and dry place for up to three months.
- Scrub pumpkins under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to one week.
- Freeze cooked, or unused canned pumpkin to use later. Package in airtight containers and use within one year.
- Roast the seeds from any type of pumpkin.

Source: [Foodhero.org/Oregon State University](http://Foodhero.org/Oregon State University)



## Pumpkin Fluff Dip

1 (15 ounce) can solid pack pumpkin  
1 (5 ounce) package instant vanilla pudding mix  
1 teaspoon pumpkin pie spice  
1 (16 ounce) container frozen whipped topping, thawed  
Mix pumpkin, pudding mix and pumpkin pie spice together in a large bowl. Fold in whipped topping. Chill in refrigerator until ready to serve. Serve on your favorite cracker or fruit.

Source: [Allrecipes.com](http://Allrecipes.com)

# STAYING SAFE DURING TAILGATING SEASON

Tailgating has been a sporting tradition for decades. For many fans, football and tailgating go hand-in-hand. However poor food handling procedures at your tailgating party could result in a foodborne illness. Take the following precautions to keep you and your visitors safe from foodborne illnesses:



**Wash your hands or use hand sanitizer. Parking lots don't have access to running water so bring your own hand-wash station. Portable water jugs with a spigot can be found in the drinking water aisle of most grocery stores. Bring along liquid soap, paper towels and a bucket to catch wastewater. Wash your hands before and after preparing food and especially after using the portable restrooms. Always wash your hands before eating and encourage your tailgating friends to wash their hands before eating too.**

**Keep cold foods cold. Perishable food should be kept at temperatures below 40 degrees F. Use insulated coolers and plenty of ice or frozen gel packs to keep meat, poultry, sandwiches, dairy and deli salads cold. If you plan on grilling, keep the raw meat separated from ready-to-eat products and drinks. Use two coolers and designate one for raw ingredients and one for ready-to-eat.**

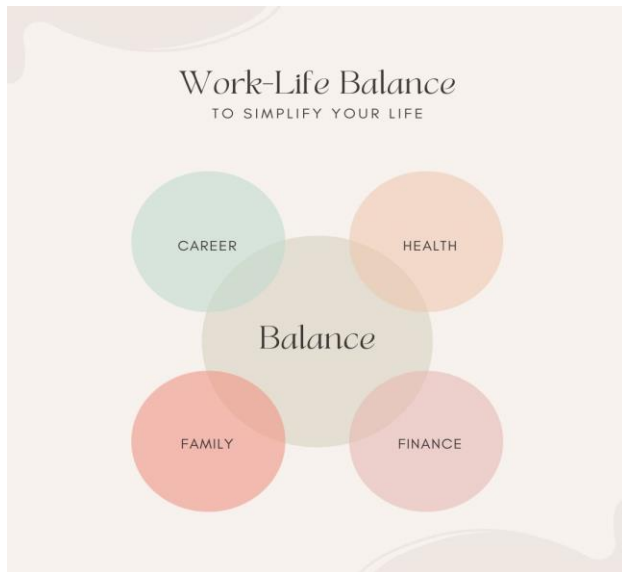
**Eat prepared food within two hours. If the outside temperature is higher than 90 degrees, consume the food within an hour.**

**When grilling, use a metal-stemmed thermometer to ensure your meats reach the correct internal temperature before taking them off the grill. All poultry should be cooked to 165 degrees F and ground meats like burgers should be cooked to 160 degrees F. Roasts, steaks and chops of beef, pork, lamb and veal should be cooked to 145 degrees F. Hot dogs and bratwurst should be cooked to 165 degrees F. Never use color as an indicator of doneness.**

**Keep hot foods hot. Cooked foods should stay above 140 degrees F. Food can be kept hot in disposable pans on the grill. Insulated containers or Sterno heaters can also be used to keep casseroles and other cooked foods hot. If electricity is available, slow cookers are a great option for keeping foods like chili and homemade dips hot.**

**Once you're finished with the pre-game celebrations, remember to throw away leftovers in trash cans with plastic liners and lids before heading into the stadium. After returning home, clean and sanitize all your food preparation equipment including coolers, thermometers and utensils. Source: Annhall Norris, UK Food Preservation Extension Specialist/  
Exclusive**

# Easy Work-life Balance Tips for People and Parents



The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

- **Reduce morning rush.** Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).
- **Organize your week in advance.** Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).
- **Be honest with your manager.** If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.

- **Stay connected.** Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).
- **Don’t waste time staring at your screen.** It can be addicting with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.
- **Schedule time with your partner.** Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).

*Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment/Exclusive Aug. 8, 2024*

## HALLOWEEN SAFETY

Halloween can be very fun --- pumpkins, candy and costumes. It is a great time to dress up and be with family and friends. However, you will want to be safe as you roam the streets like ghosts, goblins and ghouls! Here are some ways you can make sure you are safe on Halloween:

- ① **Watch out for cars and traffic** - You probably do not go out often after dark. Make sure that you stay on sidewalks when you can.
- ② **If you are wearing a mask** – Make sure you can see clearly out of the holes for your eyes. If you cannot, consider using face paint so that your eyesight will not be blocked.
- ③ **Make sure you can be seen** – Carry a glow-stick light or flashlight with you. Other people will be able to see you as it gets dark outside.
- ④ **Watch your step** – Make sure that your costume is not something you could trip on. Make sure that your shoes fit so that you will not fall down.
- ⑤ **Make sure that you have someone with you**, hopefully a parent. It is fun to go out and trick or treat with a big group.
- ⑥ **Do not enter a stranger’s home**—If someone invites you in just say that your mom or dad asked you to not enter anyone’s house. *Source: Youth Health bulletin October 2011*

# KID'S PAGE



## FALL SEASON



### WORD SEARCH

Find the words listed below and mark them.

R	A	K	E	B	P	U	M	P	K	I	N
C	C	E	G	J	I	L	O	N	S	S	M
H	F	D	H	K	N	M	A	P	Q	W	U
E	L	E	A	V	E	S	C	R	U	E	S
S	C	A	R	E	C	R	O	W	I	A	H
T	S	U	W	Y	O	X	R	A	R	T	R
N	V	T	Z	U	N	Y	N	E	R	E	O
U	H	E	D	G	E	H	O	G	E	R	O
T	Z	Q	U	M	B	R	E	L	L	A	M

- SCARECROW
- PINE CONE
- ACORN
- PUMPKIN
- LEAVES
- MUSHROOM
- SQUIRREL
- HEDGEHOG
- RAKE
- CHESTNUT
- SWEATER
- UMBRELLA

Source: Canva



Rowan County Extension Office  
600 West Main Street  
Morehead, KY 40351

**RETURN SERVICE REQUESTED**

What's  
Cookin'?



Source: Canva



Source: www.fruitandveggies.gov

## Pumpkin Apple Muffins

1¼ cups all-purpose flour	½ teaspoon ground ginger	1½ cups fresh pureed pumpkin
1¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1¼ teaspoons baking soda	1¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1½ teaspoons ground cinnamon		

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened.

**Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.