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*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

October 2019



## Mark Your Calendar

County Extension Education  
Association Meeting  
Monday, October 28, 2019  
San Patricio County Extension Office

9:00 a.m. - Refreshments  
Hostess → Aransas Pass EE Club  
9:30 - Business meeting

Club reports will need to be turned in at this meeting.



District 11 EEA  
Fall Training & Planning  
Meeting  
Thursday, December 5, 2019

Additional information in  
November 2019 newsletter.



October is  
National Breast  
Cancer Awareness  
Month

Wear  
**PINK**  
every Friday in October to support  
Breast Cancer!

## Upcoming Health Events



San Patricio County  
Health Fair  
October 17, 2018  
7:30am - 1:00pm  
San Patricio County  
Fairground Civic Center

◆ ◆ Flu Shots Available ◆ ◆  
Vendors

3rd Annual San Patricio County  
Choose Your Way Diabetes Conference  
October 29, 2019  
10:00am - 2:00pm  
San Patricio County  
Fairground Civic Center



**Free health  
screenings**  
provided by  
HEB-Aransas Pass  
9:00am - 10:00am

To register or for additional information  
contact

Kathy Farrow at 361-587-3400 or  
k-farrow@tamu.edu

# 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 grocery store may have different 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

## Baked Apples & Squash

### Ingredients:

- 1 medium size squash
- 3 apples
- 1 tablespoon olive oil or vegetable oil
- ½ teaspoon ground cinnamon
- 1 tablespoon sugar
- ½ teaspoon salt



### Directions:

1. Peel the squash, remove the seeds, and cut into bite size pieces. Peel the apples, remove the core, and cut into bite size pieces.
2. Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
3. Spread the mixture on a metal baking pan. Bake in a 425° oven for 20 to 25 minutes, or until squash is soft.

## 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.

## Baked Apple Chips

### Ingredients:

- 2 large apples
- cinnamon (optional)



### Directions:

1. 1. Rinse the apples and cut them crosswise into thin slices. Cut out the core, if desired.
2. 2. Arrange the slices in a single layer on baking sheets. Sprinkle lightly with cinnamon, if desired.
3. 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. 4. Remove from the oven and cool. Store in an airtight container.

Makes 2 cups

Prep time: 10 minutes / Cook time: 2 hours or more

## Not Your Everyday Apples

### Ingredients

- 3 medium apples (3" diameter)
- 1/2 cup raisins
- 2 teaspoons soft butter or margarine
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon



### Directions

1. Preheat oven to 400 degrees.
2. Wash the apples and chop into small pieces.
3. Mix apples with raisins, butter or margarine, sugar and cinnamon.
4. Place the mixture in a baking dish and cover loosely with foil. Bake for about 20 minutes.
5. Cool slightly and enjoy!
6. Refrigerate leftovers within 2 hours.

### Notes

- ◆ Try serving this recipe with vanilla yogurt



## Tips for Freezing Apples

- 1) 1) Slice apples.
- 2) 2) To prevent browning, dip the slices in lemon or orange juice.
- 3) 3) Freeze the slices in a single layer on a baking sheet for 1 to 2 hours.
- 4) 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.

# TEXAS A&M AGRI LIFE EXTENSION

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*Return Service Requested*

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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