

## Lewis County

#### From your FCS Agent

## February 2025

It was great to have several Lewis County Homemakers join the Leader Lesson Day yesterday in Mason County. The lesson I shared was Self-Care and Self-Pampering.... something we all need to do, but I'm not good at doing. Hoping you all can serve as my role models!

Enclosed is the flyer for SKILLS DAY March 26, 2025, at the Fleming County Extension Office. Please, call the office to register as soon as you make your decisions about which projects who would like to create as well as transportation on our county vehicle. Some great looking things!

Plans are in the works for Farm and Family Night on March 11, 2025, at Maysville Community and Technology College. If you have an interest in going, call our office to inquire about tickets.

I know many clubs did not get to meet in January due to inclement weather. Each club president has a copy of the "Mail-Out" January lesson on Roberts Rules of Parliamentary Procedure. Hopefully, February and March will lead us to weather improvements.

Christa O'Cull

Lewis County FCS Agent

Disabilities

accommodated

with prior notification.

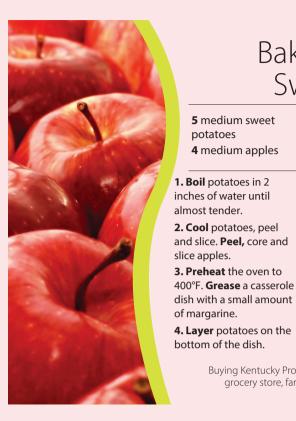
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## Baked Apples and Sweet Potatoes

5 medium sweet potatoes 4 medium apples 1/2 cup margarine 1/2 cup brown sugar 1/2 teaspoon salt

5. Add a layer of apple slices. 6. Sprinkle some sugar,

salt, and tiny pieces of margarine over the apple layer. 7. Repeat layers of

potatoes, apples, sugar, salt and margarine.

8. Sprinkle top with nutmeg.

9. Mix the hot water and

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

1 teaspoon nutmeg 1/4 cup hot water 2 tablespoons honey

honey together. 10. Pour over top of casserole.

11. Bake for 30 minutes. Yield: 6, 1 cup servings.

**Nutrition Analysis: 300** calories, 8 g fat, 59 g carbo-

hydrate, 0 mg cholesterol, 320 mg sodium.

Nutrition Connection, Recipe finder. June, 2008.



# Kentucky Apples

SEASON: Early summer through December.

NUTRITION FACTS: A medium size apple, about 2 to 21/2 inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

**SELECTION:** Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

**STORAGE:** Use those with bruises or skin breaks

as soon as possible. Apples that are slightly underripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic

acid such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

VARIETIES: More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

#### APPLES 1

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COOPERATIVE EXTENSION SERVICE

