

## 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 you 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'Connell*

Lewis County FCS Agent

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## Baked Apples and Sweet Potatoes

5 medium sweet potatoes	½ cup margarine	1 teaspoon nutmeg
4 medium apples	½ cup brown sugar	¼ cup hot water
	½ teaspoon salt	2 tablespoons honey

1. **Boil** potatoes in 2 inches of water until almost tender.
  2. **Cool** potatoes, peel and slice. **Peel**, core and slice apples.
  3. **Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
  4. **Layer** potatoes on the bottom of the dish.
  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 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 carbohydrate, 0 mg cholesterol, 320 mg sodium.  
Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

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



## Kentucky Apples

**SEASON:** Early summer through December.

**NUTRITION FACTS:** A medium size apple, about 2 to 2 1/2 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 under-ripe 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs). Source: USDA

COOPERATIVE  
EXTENSION  
SERVICE

