

It's time for apple pies and cobblers again

COLLEGE PARK, Md. - For pie and cobbler lovers, the best part of the western Maryland apple-picking season is now at hand, notes Dr. Richard C. Funt, associate professor of horticulture and Extension fruits specialist at the University of Maryland in College Park.

The harvest season started about October 5 for York Imperial, Staymen, Rome Beauty and Winesap apples, and it will wind up about October 25, Dr. Funt reported. These four cultivars are all regarded as good or excellent for baking, pies, sauce and canning and freezing.

They should be readily available at Maryland roadside stands west of the Chesapeake Bay and in local supermarkets throughout the Mid-Atlantic area.

The state's harvest season has just ended for Red Delicious, Golden Delicious and Smokehouse apples.

Both kinds of Delicious apples should still be available to consumers in bountiful supply. They are regarded as a two-way apple—excellent for eating fresh and good to fair for pies and sauce.

Smokehouse apples are hard to find, but the search is worthwhile for pie-lovers, Dr. Funt commented. In his

opinion, Smokehouse is the most aromatic of all apples when being baked in a pie.

Roadside stands in the Thurmont area (Frederick County) would be the most likely place in the Old Line State to find Smokehouse apples, the Maryland Extension specialist reported.

Smokehouse is an old apple cultivar that is currently enjoying renewed popularity, and new commercial plantings have been made in the last year or two at various locations around Maryland.

It is a medium-size, round apple, basically greenish in color, with a 10 to 15 percent light red cheek. The apple is

slightly acid in flavor, but it is not as tart as Jonathan or Stayman. Taste and aroma are its big assets.

Here's a recipe one can try from a U.S. Department of Agriculture booklet, titled *Apples in Appealing Ways* (Home & Garden Bulletin No. 161—rev. Nov. 1977).

APPLE PIE, with variations Basic Recipe

Pastry for 9-inch, 2-crust pie
6 cups of tart apples, pared and sliced (about six medium-size apples)
¾ cup sugar
1 tablespoon cornstarch
½ teaspoon cinnamon (some people like 1 teaspoon)

Preheat oven to 400 degrees F. (hot).

Mix sugar, cornstarch and cinnamon. Toss lightly with apple slices.

Place mixture in a pastry-lined 9-inch piepan.

Before placing top pastry layer on pie, cut a few slits for steam to escape. Fold edges of pastry under and press together firmly to seal. Bake 45 to 60 minutes, or until filling is bubbly and crust is slightly browned. Calories per serving: about 375. Serves 8.

If not worried about adding more calories, one can try these variations:

Dot pie filling with 2 tablespoons of butter or margarine to make it more flavorful. (This variation appeared in the original version of the USDA publication in 1969; it is not included in the 1977 edition.)

Other variations include the following:

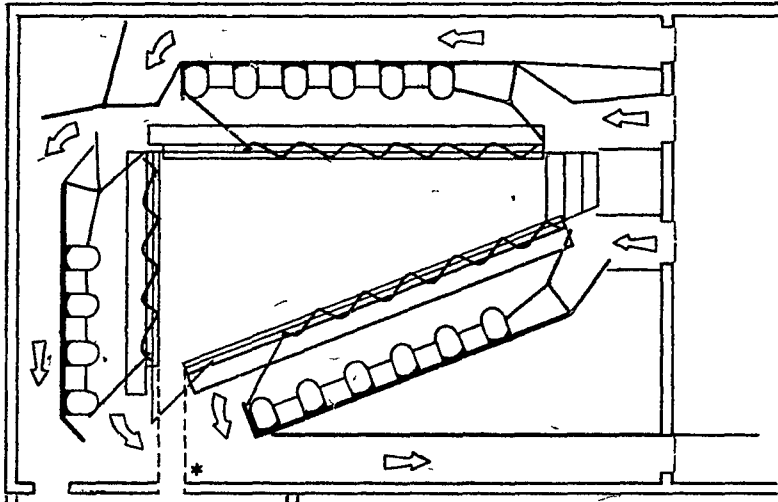
French apple pie - Combine ½ cup raisins and 1 tablespoon lemon juice with apples and sugar mixture. Cool baked pie. Frost with a mixture of ½ cup confectioner's sugar and 2 teaspoons water. Calories per serving: about 430.

Cranberry-apple pie - Use one cup of fresh cranberries and only five cups of apple slices. Increase sugar to 1¼ cup. Calories per serving: about 420.

Apple crumb pie - Omit top pastry. Mix ½ cup brown sugar, 1 cup flour, and one-eighth teaspoon each of nutmeg, cinnamon and salt. Cut in ½ cup butter or margarine and mix until crumbly. Sprinkle over top of pie. Bake as directed until topping is lightly browned—about 45 minutes. Calories per serving: about 460.

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Simmental calf sale slated

WAYNESBURG — The Pennsylvania Simmental Association will feature a select group of choice steer calves for its Simmental Club calf sale next Saturday, Oct. 28, to be held at the Green County Fairgrounds, here. The event starts at 8 p.m.

Nominations for the sale are being accepted by William LeGrand, sale chairman. To be eligible, calves must have been born between Jan. 1, 1978 and May 31, 1978 and weight at least 400 pounds by sale date and be 25 per cent Simmental blood or higher. There is a nomination fee of \$5 per entry.

For further information, please contact William LeGrand at Rolling Ridge Farms, Karns City R1, Pa. 16041.

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