

Well Preserved

The Well-Preserved news column is prepared by Lancaster County Cooperative Extension. It includes food preservation information and questions.

Apple Trivia

Here is some apple trivia from the University of Illinois Cooperative Extension. Two pounds of apples make one 9-inch pie. A peck of apples weighs 10.5 pounds. A bushel of apples will yield 20 to 24 quarts of applesauce.

More than 60 percent of apples in the United States are eaten as fresh fruit. Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. Twenty-five percent of an apple's volume is air which explains why they float. It is also why apples need to be blanched for hot packing and for canning pie filling.

Most of the apple's fragrance cells are concentrated in the skin; and as they ripen, the skin cells develop more aroma and flavor.

"Under color" is a clue to the ripeness of the apple. It changes from green to yellow or greenish-yellow as the apple matures. In red varieties it can be seen around the core or stem cavities. When picking your own apples, you should be able to roll or twist the apple so its stem separates from the tree leaving the stem attached to the apple.

Why does it seem that if you find one spoiled apple, you are likely to find others? As they ripen apples produce a natural hormone called ethylene. This causes other fruit near it to begin ripening. Damaged or diseased apples produce a lot of ethylene which causes other apples to ripen too quickly. As they

ripen, the apples become more susceptible to disease and spoilage.

Ethylene producers should not be stored with fruits, vegetables, or flowers that are sensitive to it. Thus apples and other ethylene producers should not be stored near lettuce, snap beans, turnips, asparagus, carrots, parsnips, broccoli, cabbage, Chinese cabbage, cauliflower, cucumbers, summer squash, acorn squash, watermelons, eggplant, sweet potatoes, potatoes, or raspberries and blackberries.

New apple varieties keep appearing at orchard stands. Each variety has its unique characteristics making some more suitable for eating fresh; others hold their shape well for baking, and still others are favored for sauce. Some varieties maintain their quality better in storage.

Apples ripen six to ten times faster at room temperature than in the refrigerator. For longer storage, keep apples in a cool place or in the refrigerator. Braeburn, Northern Spy, Winesap, and York varieties can be stored up to six months with refrigeration. Cortland, Empire, Fuji, Golden Delicious, Granny Smith, Mutsu, McIntosh, and Red Delicious and Rome can be refrigerated for three to six months. Gala keeps two to three months. Apples that can only be kept a few weeks are Lodi and Summer Rambo.

Multi-purpose apples such as Golden Delicious, Stayman/Winesap, Fuji, and Granny Smith are suitable for eating



fresh and for use in cooking and baking. Rome is excellent for pies, sauce, and baked.

Good pie apples include Ginger Gold, Courtland, Golden Delicious, Jonagold, Idared, Pink Lady, Mitsu, York, Stayman, Braeburn, Fuji, and Granny Smith. Red Delicious and Gala are

best used fresh.

Some apples oxidize quickly when cut surfaces are exposed to air. Prevent browning by dipping the cut apples in an ascorbic acid solution or use a commercial ascorbic acid mixture. When canning, freezing, or drying apples, leave the cut apples soak in an ascorbic acid solution while preparing the remaining fruit.

There's a lot of good nutrition packed into an apple. A medium apple contains about 80 calories. An apple contains both soluble and insoluble fiber. Pectin, an insoluble fiber, is also the substance that causes jellies to jell. They contain small amounts of calcium, phosphorus, iron, potassium, folate, vitamins A and C. Cornell University research has shown that the flavonoids and polyphenols, (phytochemicals,) found in the flesh and skin of apples provide anti-oxidant and health benefits. Apples do not contain fat, sodium, or cholesterol.

If you have food preservation questions, a home economist is available to answer questions on Wednesdays 10:00 a.m.-1:00 p.m., call (717) 394-6851 or write Penn State Cooperative Extension, Lancaster County, 1383 Arcadia Rd., Rm.1, Lancaster, PA, 17601.

Seminole Patchwork Sewing Classes Scheduled

LANCASTER (Lancaster Co.) — Sewing classes on using seminole patchwork have been scheduled by the Lancaster County extension to take place in November. Carol Lee Shirk will be the instructor. The cost for this three-session workshop is \$35.

Seminole patchwork is many small pieces of fabric put together to make wonderful designs. The strips can be used on clothing, quilts, wall hangings, tote bags, towels, etc.

Seminole Patchwork Workshop #62 is scheduled for Mondays, Nov. 3, 10, and 17, at 9:30 a.m.-11:30 a.m.

Seminole Patchwork Workshop #63 is scheduled for Mondays, Nov. 3, 10, and 17, at 6:30 p.m.-8:30 p.m.

Class minimum is four (4) persons and the maximum, eight (8). A sewing machine is required.

The deadline for registration is Monday, Oct. 20. No exceptions can be made because a list of supplies needed must be sent to registrants. No refund for cancellations can be made after the deadline. For more information, contact: extension office at (717) 394-6851.

Registration slip must include: Name of workshop and #; cost; name; address; phone number at home and/or work. Check payable to "Agricultural Extension" for amount of fee must accompany registration. Send to: Workshops, Penn State Cooperative Extension, 1383 Arcadia Road, Room 1, Lancaster, PA 17601-3184.



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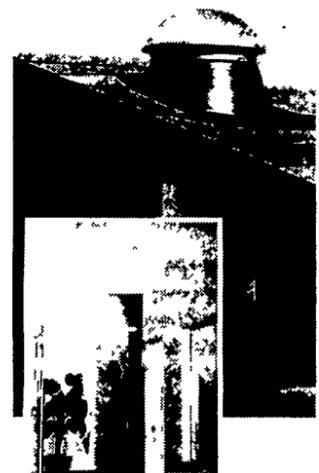
Farm Toy, Craft Benefit

GREENCASTLE (Franklin Co.) — Farmers and businesses in Franklin County join together to host an annual Farm Toy and Craft Show to raise money to donate to community needs.

This year's event is scheduled for Sunday, Oct. 26, from 8 a.m. to 3 p.m. at the Special Events Center, S. Washington St., Greencastle.

For more information, call (717) 597-0968.

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