

WTNS Radio OSU Extension Update for October 12, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about apples and some upcoming programs from OSU Extension.

Anywhere you look you can find a pumpkin spiced something or other. Just in the last week I've seen candles, body lotion, bagels, lattes, milkshakes, and even tortellini. I kind of feel bad for the apple nowadays. It just doesn't get the autumn attention it deserves.

Apples are one of the most versatile foods I know. Eaten raw, they are Mother Nature's perfect snack. A medium size apple is only 80 calories. One of the best things you can do is eat an apple with the peel. That peel is packed with fiber, vitamins, minerals and other healthy, cancer-fighting phytochemicals. Dan Remley, OSU Extension Field Specialist for Food, Nutrition, and Wellness says "Fiber helps the digestive system, lowers cholesterol, promotes a healthy colon, and lowers blood sugar spikes, just to name a few benefits. Eating an apple will give you the fiber and also the juice."

Ohio produces around 40 different varieties of apples. According to the Ohio Apples Marketing Program, there are dozens of apple orchards producing high quality apples in Ohio, including our very own Clark's Orchard here in Coshocton County. Ohio is in the top ten apple producing states in the US. Nationwide, we produce over 11 billion pounds of apples annually according to the National Agricultural Statistics Service.

In addition to munching apple slices or enjoying warm apple cider, there are plenty of cooking, baking and food preservation options with apples. A couple of weeks ago I enjoyed a delicious turkey sandwich with grilled apple slices and spicy apple butter at the Ridgewood General Store. We had some company for dinner last week, and I dug out a recipe for Apple Cake I had been keeping for 20 years yet had never tried. We liked it so much that I made a second cake a few days later! I sent the giver of that recipe a thank you note via Facebook Messenger and she said it made her day. It's never too late to try a new or old recipe.

Our OSU Extension Food Preservation team presented several programs during the Virtual Farm Science Review in mid-September. As I watched the program about Preserving Apples, I was impressed with the variety of options for extending the shelf life of apples including dried apple

slices, applesauce, apple pie filling, and more. This program is going to be taught again as a part of our virtual “Food Preservation Office Hours”. These online classes emphasize the science behind preservation so that everyone who preserves fruits, vegetables, and meats can produce a high-quality, safe product that they and their family will enjoy.

The Preserving Apples class will be this Tuesday afternoon from 4:00 – 5:00 PM. Future topics include: October 20- Canning Soup; October 27- Canning Meat, Poultry, and Game; November 3- Making Jerky; and November 10- I’ll be co-teaching Making Sauerkraut. You are invited to join me and my OSU Extension Food Preservation teammates one or more of these free programs by registering at go.osu.edu/fall2020foodpreservationseries . Each of these programs will have time at the end to ask any questions you have about food preservation.

Whether cool and crisp, or warm and spicy, and every way in between, I hope you’ll consider choosing the apple in the midst of this pumpkin spice world.

Now we’ll take a look at some upcoming opportunities from OSU Extension.

Do you need a break? Us too! We have been spending so much time with technology, worrying about online school or staying healthy that it’s been hard to make time for play, wellness, and celebrations. Educators with Ohio State University Extension are ready to help. Join us for the fall email challenge and explore how to take the break you deserve. This award-winning email challenge connects participants with six weeks of tips, research, and resources to help take more breaks and make the most of them. In mid-October, all participants will receive a pre-challenge message. They will then receive twice-weekly emails from October 19 to November 25.

Participants will have access to a tracking log and optional resources available on the Ohio State University Extension Live Healthy Live Well Blog and Facebook pages. Visit our website [Coshocton.osu.edu](https://coshocton.osu.edu) to register or find the link on Facebook at OSU Extension Coshocton County.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!