WTNS Radio OSU Extension Update for October 7, 2024
Healthy People. Healthy Finances. Healthy Relationships.

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

Besides the pumpkin, no food makes us think of fall more than the apple. Whether its picking apples, stirring apple butter, bobbing for apples- what would autumn be without apples?

Have you ever noticed just how shiny a fresh apple appears? Apples picked right off the tree are naturally shiny because they produce a wax. According to the US Apple Association, apples secrete their own natural wax coating to protect themselves against shriveling and nutrient loss caused by loss of moisture.

Apples are often washed and brushed at the orchard to help guard against microorganisms that cause food-borne illness. This removes much of the delicate, natural wax covering. To protect fruit quality, many apple packers will re-apply a food-grade wax or edible coating. One pound of wax may cover as many as 160,000 pieces of fruit. That's about two drops per apple.

Here is some advice on how to wash produce effectively. Unless it is visibly dirty, it is best to wait to rinse produce until you are ready to prepare or eat it. Use cool, running water to rinse produce. Produce brushes are a great tool to assist with scrubbing fruits and veggies that have a thick rind or peel, like apples, melons, and root vegetables.

Never use soap, detergent, or bleach to wash produce. Research has not shown any significant difference in the safety of produce washed at home using a produce wash compared to cool, running water. If you do choose to use a produce wash, check the label to make sure it is food-safe and follow the usage instructions. Once produce is cut keep it refrigerated until you are ready to eat it raw or to cook it.

And now let's see what else is new from OSU Extension. During the "Take Charge of Your Diabetes During the Holidays" program you will learn how to prepare favorite holiday foods that are both nutritious and delicious. The program will be Wednesday, November 6 from 5:30-7:30 PM at Coshocton Regional Medical Center. There is no cost for the program, but registration is

required and is limited to 30 participants. Register by visiting coshocton.osu.edu or call OSU Extension for more details at 740-622-2265.

It is almost time for the drive it yourself Fall Foliage and Farm Tour on Saturday, October 19, and Sunday, October 20. This year's tour will highlight the north central section of Coshocton County and is organized by OSU Extension, Soil and Water Conservation District, and the USDA Farm Service Agency. Map pickup is at Coshocton County Fairgrounds on Saturday between 10:00 a.m. and 3:00 p.m. and Sunday, from 12:00 Noon until 3:00 p.m.

Also, we here at OSU Extension are funded cooperatively through local, state and federal tax dollars. Forty percent of our funding comes through state and federal funds and 60% of the funding for our staff and programming is through a local tax levy. This levy first passed in 2010 and has been renewed twice. This levy is on the ballot for renewal in this fall's election. It is not a new tax. It costs the owner of a $100,000 property less than $1 per month. Be sure to tune into WTNS for Meet the Candidate Night on October 9 to learn more.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, 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!