

MARCH 2023



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# FCS NEWS & NOTES

Cooperative Extension Service  
Muhlenberg County  
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Central City, KY 42330-5512  
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## UPCOMING EVENTS

**March 1—Fun with Fermented Foods Homemaker Lesson** at 10 AM at the Muhlenberg County Extension Office.

**DATE CHANGE—March 2—Homemaker Council** meeting at 9:30 AM at the Extension Office.

**March 6, 13, & 22—Producing Beef for the Consumer Program** from 2 to 4 PM. The March 6 meeting will be at the Extension Office. The March 13 & 22 meetings will be at the Farmstead Butcher Block. Registration is closed for these programs.

**March 8—Honeysuckle & Pepper Club** meeting at 10 AM.

**March 8—Cooking through the Calendar** at the Central City Public Library at 11:30 AM. If you can't come to the library on March 8, join in at the **Extension Office on March 22** at 11:30 AM. The recipe for March is: Vegetarian

Taco Soup.

**March 9—Block of the Month Quilting Group** meeting at 9 AM at the Extension Office.

**March 10—Travel Group trip** to Rochester Dam, John Prine Memorial Park, and lunch in Morgantown.

**March 11—Craft Mingle** from 10 AM until Noon at the Extension Office. Bring a friend and join in the fun! You don't have to be a Homemaker member to participate.

**March 12—Daylight Savings Time Begins.** Don't forget to set you clocks ahead one hour!

**March 15—Deadline** for high school students to turn in their Homemaker Scholarship Application. Encourage qualified seniors to apply!

**March 15—Forever Young Club** meeting at 10 AM at the Extension Office.

**March 16—Sewing & Such Basic Sewing Class** from 9 AM to 12 PM at the Extension Office.

**March 16—Material Girls Club** meeting at 5:30 PM at the Extension Office.

**March 17—Pennyrile Area Homemakers Cultural Arts Day** at the Christian County Extension Office. Check in begins at 10 AM. Those planning to attend need to complete a Participant Information Form at the Extension Office beforehand. If you plan to carpool, please meet at the Extension Office by 8:30 AM. **If you would like to send items but can't attend, please drop those off by March 14.** You can pick them up on March 20 at the Extension Office.

**March 20—Library Group** meeting at 11 AM at the Central City Public Library.

**March 21—Imitation Club** meeting at 11 AM at the Extension

Cooperative Extension Service  
Agriculture and Natural Resources  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## UPCOMING EVENTS CONTINUED

Office.

**March 21—Neighborhood Club** meeting at 1 PM at Mary's home.

**March 27—Meals While Traveling Homemaker Lesson** at 2 PM at the Hopkins County Extension Office.

**April 8—State KEHA Board Credentials** must be postmarked by today. Six positions

will be elected in May 2023. All will serve from July 1, 2023 to June 30, 2026. Visit the State KEHA website: <https://keha.ca.uky.edu> for more information.

**April 10—Early Registration Deadline for the State KEHA meeting** May 9-11 in Louisville. Visit the State KEHA website: <https://keha.ca.uky.edu> for more information.

**April 14—Game Night** at 5:30 PM at the Extension Office.

**May 4—Deadline to register for Annual Day!**

**Gardening Group meetings will start soon.** Contact Jo Nell Mallay, Laura Buchanan, or Susan Morris if you are interested in participating! They will also be involved with the Hope 2 All Food Pantry and their produce needs.

### Muhlenberg County Homemakers Annual Day



**Monday, May 15  
5:30 PM**

Save the date and join Homemakers for a roaring good time at their annual celebration! Registration fee is \$15 per person. Checks should be made payable to Muhlenberg County Homemakers. **Please turn in your registration fee to the Extension Office no later than May 4.**

Dinner will be catered by Country Girls Catering. Your dinner choices will be: grilled chicken or pork loin, green beans and mashed potatoes, homemade roll, tossed salad, your choice of a chocolate éclair or peach cobbler, tea, water, coffee, or lemonade.

### Upcoming Monthly Mingles

Join in to create Easter crafts at the Craft Mingle on Saturday, March 11 at 10 AM. Participants will create a door hanger and decorate a plastic rabbit. There will be a large assortment of items to use for the door hanger, such as birds, crosses, plastic eggs, rabbits, metal flowers, and bird nests. It will give you the chance to use your talents and explore. There will be a \$10 charge at the door to help cover the cost of craft supplies.

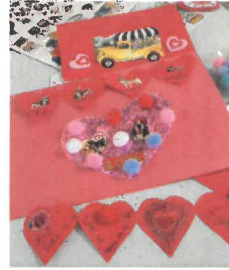
Feel free to bring a friend. You don't have to be a Homemaker member to participate.

**Tammy needs to know how many will be attending so that she can be sure to have enough craft supplies. Don't forget to RSVP!**

The next Game Night Mingle is scheduled for Friday, April 14 at 5:30 PM at the Extension Office.



# Homemakers were busy during the month of February!



Members of the Honeysuckle & Pepper Club helped with Valentine craft time at Sparks Assisted Living in Central City.



Members of the Material Girls Club exchanged Valentine cards and got creative with their Valentine boxes at their February club meeting.



Homemakers donated \$1,445 to the 4-H Food for Kids Backpack Program and members of the Imitation Club served hot chocolate at the 4-H Penguin Plunge fundraiser for the program.



The Travel Group enjoyed a trip to Pennyrile Forest State Park.



Follow Muhlenberg County Homemakers on Facebook.

# All About Eggplant

Eggplant is increasingly common at Kentucky farmers' markets, and you can regularly find it in larger grocery stores. Unlike other summer vegetables in Kentucky such as beans and tomatoes, many people may not know how to prepare it or what it tastes like making them hesitant to buy eggplant.

In the United States, dark purple varieties are the most common type sold. They usually range from 1 to 5 pounds and can either be oval or elongated. Less common are white, mauve, yellow, and green varieties. Some varieties can be solid in color or striped. Although we tend to consider eggplant a vegetable, it is a fruit and considered a berry. Like summer squash, eggplant has a mild, slightly bitter taste with a firm and spongy texture when raw.

When cooked, eggplant becomes softer and takes on the flavors of what you cook it with.

Eggplant is part of a balanced, nutritious diet. It is low in sodium and provides small amounts of important vitamins and minerals. The deep color of its skin is a hint it is loaded with phytonutrients – a chemical in the skin of the produce that is beneficial to our health.

You can cook eggplant with or without the skin. A larger eggplant may have tougher skin and would benefit from peeling. When choosing an eggplant, look for an unblemished one that seems heavy for its size. Store eggplant uncut and unwashed in a plastic bag in the crisper of your refrigerator. Baking, grilling, steaming, and sauteing are the best preparation

methods. It is not recommended to eat eggplant raw. Eggplant is common in Italian, Indian, Asian, Middle Eastern, and Mediterranean diets, so it is commonly paired with tomatoes, onions, garlic, and cheese. Eggplant may have a chewy texture if it is undercooked and will become very soft when overcooked. Cook time will depend on the size of the chopped eggplant and the cooking method.

For recipes, visit Plate it up! Kentucky Proud for inspiration in adding eggplant into your summer vegetable rotation! <https://fcs-hes.ca.uky.edu/piukp-recipes>

**Source:** Heather Norman-Burgdolf, PhD, Extension Specialist for Food and Nutrition

## Laura Buchanan has provided this recipe for Eggplant

**Moussaka:** Serves 6.

### Ingredients:

1 1/2 lb. eggplant, cut into 1/4" thick round slices  
1/2 tsp. salt  
1/2 tsp. pepper  
1 onion, chopped  
1 lb. ground beef  
1 (28 oz.) can crushed tomatoes  
1 tsp. chopped fresh oregano  
1 tsp. ground cinnamon  
2 cups milk  
1/4 cup all purpose flour  
3 oz. Monterey Jack cheese, shredded  
1/4 cup Parmesan cheese

**Directions:** Heat oven to 375 degrees F. Coat 2 rimmed baking sheets, 10 cup baking dish and eggplant with cooking spray. Transfer eggplant to baking sheets in single layer; sprinkle with 1/4

tsp. salt and 1/4 tsp. pepper. Roast, turning halfway through cooking time, until tender, 10-12 minutes. Coat a large nonstick skillet with cooking spray; heat over medium-high heat. Add onion and ground beef; cook, stirring until browned, 10 minutes. Drain, return to skillet. Add tomatoes, oregano, cinnamon, and remaining 1/4 tsp. salt and 1/4 tsp. pepper; bring to a boil. Reduce heat to medium-low. Cook, stirring occasionally, until thickened, 20 minutes. In pot, whisk together milk and flour; over medium-low heat, bring to a boil, stirring, until thickened, 3 minutes; let cool slightly. Place eggplant in baking dish. Top with beef mixture, white sauce and cheeses; place dish on baking sheet. Bake until bubbly, 15 minutes. If desired, broil 2-3 minutes.

**Oils & Vinegars:** There are three main types of olive oil, which is graded on its acidity: extra virgin, virgin, and pure. Extra virgin olive oil is the highest grade and very low in acidity. It has a deep color and intense olive flavor. Virgin olive oil is slightly higher in acidity and has a lighter color and less fruity flavor. These oils are good for making vinaigrettes and drizzling on food. Pure or refined olive oil has been chemically treated to neutralize the flavor: it has the highest level of acidity, a light color and a mild flavor. It is usually a blend of refined olive oil and virgin or extra virgin. Because its flavor is very mellow, this type is good for sautéing.

CONTINUED>>>>

# A Dozen Egg Safety Tips

Coloring and hunting eggs is a traditional part of Easter celebrations. If you are planning to decorate eggs this year, here are a dozen food safety tips to help make sure your hunt is safe and no one gets sick.

1. When buying eggs, look for eggs that are clean, free of cracks, and stored in a refrigerated case.
2. Keep eggs refrigerated until use. Store eggs in the carton on a refrigerator shelf and not on the door. The refrigerator temperature should be 40 degrees F or below.
3. Wash your hands with soap and warm water before and after handling eggs when cooking, cooling, coloring, and hiding.
4. Use only food-grade dyes for coloring. It's safe to use commercial egg dyes, liquid food coloring, or fruit-drink powders.
5. After coloring, return eggs to the refrigerator within 2 hours. Do not let them sit out on the counter.
6. When hiding eggs for a hunt, choose hiding places that are protected from dirt, insects, animals, and other sources of bacteria.
7. Do not hide eggs in areas treated with lawn chemicals or pesticides.
8. Handle eggs carefully. If the shells crack, bacteria can enter the egg and cause foodborne illness. Discard any cracked or dirty eggs.
9. Total time for hiding and hunting eggs should not exceed 2 hours. Do not eat hard-boiled eggs that have been above 40 degrees F for more than hours. Throw them away.
10. Consider using one set of eggs for decorating and hunting and another for eating. To be safe, use plastic, wooden, or paper eggs for your egg hunt instead of real ones.
11. Eat hard-boiled eggs within one week if you have refrigerated them properly.
12. If a hard-boiled egg has a greenish ring around the yolk, it just means you overcooked it. It is still safe to eat.

## Upcoming Lessons

**Fermented Foods Lesson:** All fermented foods have one thing in common, good bacteria. Join Angie York, Lyon County FCS agent, as she leads this lesson to learn different kinds of fermented foods and get an opportunity to taste something new.

This lesson will be taught Wednesday, March 1 at 10 AM at the Muhlenberg County Extension Office.

*Handouts from the lesson are included with this newsletter for mailbox members.*

**Making the Most of Meals while Traveling Lesson:** This lesson will walk through simple and effective strategies to make the most of meals while traveling.

This lesson will be taught Monday, March 27 at 2 PM at the Hopkins County Extension Office.

## Oils & Vinegars Continued

As with olive oil, there are many different varieties of vinegar. The most popular are white, cider, rice, and balsamic vinegar. White vinegar, made of the oxidation of pure alcohol, is best for pickling and homemade cleaning solutions. Cider vinegar is the product of yeast-fermented apple juice. Its tart flavor works well in both vinaigrettes and marinades. Wine vinegar is made from fermented white or red wine. Use this type to bring out the sweetness in fruits; it's also great in vinaigrettes. Rice vinegar, the product of fermented rice, is widely used in Japanese and Chinese stir-fries. Balsamic vinegar, made from white grapes in Italy, boasts a sweet-sour flavor that's delicious drizzled over meats, cheeses and fruits.

Provided by Laura Buchanan

## THOUGHT FOR THE DAY

“A woman is like a tea bag; you never know how strong it is until it's in hot water.”

-Eleanor Roosevelt

# Reduce Your Mail by Opting Out of Offers

Does your mailbox get a lot of action? Maybe you get preapproved credit offers, insurance “deals,” magazine offers, catalogs, or other mail you didn’t ask for. There are several ways you can reduce unwanted mail.

Opt out of preapproved credit and insurance offers at [www.optoutprescreen.com](http://www.optoutprescreen.com) or 888-5-OPT-OUT (888-567-8688). You can opt out for five years or permanently using the same contact information. The permanent version requires you to complete a form you will receive once the process begins.

Reduce mail from marketers by registering with the Direct Marketing Association (DMA). For a small fee, the DMA lets

consumers choose which catalogs, magazine offers, and other promotional mail they receive. Sign up at <https://www.dmachoice.org/> and your registration will last 10 years. Also, DMA has an email preference service to limit unsolicited email. That registration is free and lasts for six years.

While you are at it, consider also reducing unwanted phone calls by registering for the Do Not Call List at [www.donotcall.gov](http://www.donotcall.gov) or 888-382-1222. Make the call from the number you wish to register.

These lists can help. However, there are groups that may be exempt. Charities, politicians, and companies where you’ve previously signed up or done business can still contact you. Also, con artists are

not likely to follow these lists.

**Reference:** Harvard University. 4 *Tips for Reducing Your Junk Mail*. Retrieved Oct. 28, 2022, from <https://green.harvard.edu/tools-resources/how/4-tips-reducing-your-junk-mail>.

**Source:** Kelly May, senior Extension associate for family finance and resource management

**Don't forget to  
Contact the  
Extension Office  
to sign up for  
upcoming events!**

## Contact Us



(270) 338-3124



Facebook Pages:

Muhlenberg County  
Cooperative Extension

Muhlenberg County  
Homemakers



Website:

[Muhlenberg.ca.uky.edu](http://Muhlenberg.ca.uky.edu)

*Darrell Simpson*

**Darrell Simpson**

County Extension Agent

Agriculture & Natural Resources Education

# Cultural Arts Exhibit Day



**March 17, 2023**

**10:00 am**



*Christian County Extension Office*

2850 Pembroke Rd, Hopkinsville, KY 42240



Celebrate the arts with us!



### Schedule:

10:00 - 11:00 am:	Exhibit Check-in
11:00 am - 12:00 pm:	Educational Session: Junk Journaling
12:00 - 12:30 pm:	Exhibits open for viewing
12:30 pm:	Exhibits Check Out

Stop by the Extension Office to pick up entry tags for exhibits. Please complete entry tags prior to check-in. Entries in each subcategory limited to one per person. Remember that you can also enter your items in the Muhlenberg County Fair! County fair dates: July 11-15, 2023.

**If you can't attend Cultural Arts Exhibit Day, but would like to enter items, please have those to the Extension Office no later than March 14.**

# Body Balance: Protect Your Body from Pollution with a Healthy Lifestyle

## Fundamentals of Fermented Foods

Fermented foods are foods that have been aged in a way that allows good bacteria to develop in them. Consuming these good bacteria can benefit health. Common fermented foods are yogurt, soy sauce, sauerkraut, and some types of pickles. Although these foods may seem like an odd assortment, they are all fermented and contain good bacteria.

### How Can Bacteria Be Good?

Different types of bacteria are either good or bad for the body. It is common to hear that bacteria are bad and can cause illness. That is true for some types of bacteria, but there are others that do the opposite. Good bacteria work with the body to help the body stay healthy. These good bacteria are called probiotics.

Probiotics are live bacteria and yeasts that help support the digestive system. After people consume probiotics, they



travel to the gastrointestinal tract (also known as the gut, or stomach and intestines). There, they help prevent the development of diseases. One way they do this is by helping keep the gut acidic. This prevents harmful bacteria from growing, and may help prevent against the development of cancers of the gastrointestinal tract. This is also one of the reasons probiotics are said to help support the immune system.

### Where Have You Heard About Probiotics Before?

It is very common to hear probiotics mentioned in yogurt advertisements. Common probiotics includes *Lactobacillus* and *Bifidobacterium*. Eating yogurt and other fermented foods is an easy way to include more probiotics in your diet. In fact, yogurt with live cultures may be one of the best sources

of probiotics because it helps keep the good bacteria alive and active until it is consumed.

## What Are Prebiotics?

If probiotics are good bacteria that exist in the gastrointestinal tract and can be increased by consuming foods or supplements that contain probiotics, then what are prebiotics? Prebiotics support good bacteria that already exists in the gastrointestinal tract and are found in many foods as a part of fiber. They stimulate the growth of good bacteria and help the good bacteria get stronger. Prebiotics are in many common foods. In fact, you are probably eating prebiotics already and don't even know it!

## Common foods that contain prebiotics

- Onions
- Garlic
- Asparagus
- Sweet potatoes
- Whole grains
- Bananas

Eating a diet high in fiber will help ensure you consume plenty of prebiotics.

## Is Your Gut In Good Health?

Many things can have a negative impact on gut health.

- Lack of physical activity
- Chronic stress
- High-fat diet

All of these things can weaken the health of the gastrointestinal tract. Consuming fermented foods will help build back up the good bacteria in the gut, support the immune system, and improve digestive health.

## Fermented Foods and Pollution

Pollution is something we are exposed to and cannot always avoid, often from our local environment including air, water, soil and food. Exposure to certain pollutants lowers our immune system's ability to protect the body, making the body more susceptible to acute and chronic diseases. Eating fermented foods supports our immune system by providing probiotics, which may help protect the body from some of the negative effects of pollution. The University of Kentucky is a participant in the Superfund Research Center (SRC), which conducts ongoing research on the effects of pollutants and hazardous chemicals on the environment and the body. For more information, see Inter-Program (IP) publications 76 and 77. Good nutrition is one of our best defenses for staying healthy, even in the presence of environmental pollutants.





Fermented Foods and How to Incorporate Them into Meals		
	What is it?	Try it!
Yogurt	A dairy product which usually contains several types of probiotics. Check the ingredient list to determine if they contain Lactobacillus and other cultures.	Use yogurt, fruit, ice, and juice to make a fresh and healthy smoothie. Mix together 1 cup of plain yogurt with two tablespoons of honey to make a yogurt dip or dressing for fruit salad.
Greek Yogurt	Regular yogurt that has been strained, it also usually contains probiotics. It is thicker than regular yogurt and higher in protein.	Try using plain, unflavored Greek yogurt as a direct substitute for sour cream and mayonnaise. Using fat-free Greek yogurt is also a way to reduce fat intake.
Soy Sauce	Made from aged, fermented soy beans, traditionally used in Asian cuisine. Low-sodium soy sauces are also available.	Savory Chicken: Brush any cut of chicken with soy sauce and sprinkle ginger and garlic over it, then bake or sauté.
Miso	Miso is a Japanese food. It is fermented soybean paste. It is a very versatile condiment.	Use miso to make a traditional Japanese breakfast - miso soup. Whisk 1 tablespoon of miso per cup of hot water to make the soup. Add thin mushroom and onion slices.
Sauerkraut	Sauerkraut is chopped cabbage that has been fermented in a salty brine. It is one of the easiest fermented foods to make at home.	Sauerkraut pork chops: Try topping pork chops with sauerkraut and baking them in the oven for a savory dinner. Sauerkraut also makes a great sandwich topping. It goes well with any meat, Swiss cheese, and a dark rye bread.
Kefir	Kefir is a dairy-based drink full of probiotics, similar to yogurt drinks. It comes in plain and flavored varieties.	Try kefir by itself or as an addition to any smoothie. Kefir Popsicles: Pour fruit flavored kefir into popsicle molds for a healthy, kid-friendly treat.
Kimchee	Kimchee is spicy pickled vegetables, like cabbage, radish, cucumber, and green onion with spices like garlic, ginger, and chili powder. It is the national food of Korea.	Kimchee is a condiment and side dish, similar to American coleslaw. It can be added to a burger, deviled eggs, or mixed in fried rice. You can buy kimchee at health food stores or it can be made at home.
Cultured Buttermilk	Most buttermilk in stores today is cultured buttermilk - probiotics are added to low-fat milk and fermented to make buttermilk. It is similar to kefir and yogurt.	Use buttermilk to make coleslaw, a creamy salad dressing, or traditional buttermilk biscuits.

## Summary

Many types of fermented foods contain probiotics or good bacteria. Choosing to eat fermented foods which contain probiotics and high fiber foods that contain prebiotics support gastrointestinal tract health. These foods are an important part of the diet because good

nutrition is one of the body's best defenses for staying healthy, even in the presence of environmental pollutants.

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ment Core

## Body Balance: Protect Your Body from Pollution with a Healthy Lifestyle Fundamentals of Fermented Foods

The following recipes incorporate beneficial fermented foods like yogurt and soy sauce, as well as several other nutritious foods that combat the detrimental effects of environmental pollution including fruits, vegetables, spices, and nuts and seeds.

### 1. Apple Cranberry Waldorf Salad

- Yogurt: a dairy product full of several types of probiotics.



### Apple Cranberry Waldorf Salad

1 cup chopped Granny Smith apple	1 cup halved seedless green grapes	½ cup chopped walnuts
1 cup chopped Red Delicious apple	1 cup halved seedless red grapes	8 ounces non-fat vanilla yogurt
1 cup diced celery	1½ cups dried cranberries	2 tablespoons honey
		¼ teaspoon cinnamon

**1. Combine** chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.

**2. In a separate bowl,** add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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 2½ 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

Source: [www.fruitsandvegvmatter.gov](http://www.fruitsandvegvmatter.gov)

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

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition and Food Science students  
September 2011

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).

COOPERATIVE  
EXTENSION  
SERVICE



## 2. Asian Asparagus Salad

- Asparagus contains prebiotics, which support good bacteria that already exist in the gastrointestinal tract. By helping the good bacteria get stronger they have the potential to help prevent the development of cancers of the gastrointestinal tract.



### Asian Asparagus Salad

<b>1 pound</b> fresh asparagus	<b>2 teaspoons</b> sugar or artificial sweetener	<b>2 teaspoons</b> sesame seeds
<b>1½ tablespoons</b> low sodium soy sauce	<b>1 tablespoon</b> olive oil	

- Snap off** and discard the root ends of the asparagus.
  - Wash** remaining stalks thoroughly.
  - Slice** stalks into 1½ inch lengths on the diagonal.
  - Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.
  - Cool** immediately under cold water and drain.
  - Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.
  - In a** gallon zip-seal bag, add asparagus and dressing. **Turn** bag to coat asparagus with dressing and chill in the refrigerator for 15 minutes. **Turn** bag again and chill for an additional 15 minutes before serving.
- Yield:** 4, ½ cup servings.  
**Nutrition Analysis:** 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

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



## Kentucky Asparagus

**SEASON:** April through May.

**NUTRITION FACTS:** Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

**SELECTION:** Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

**STORAGE:** Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet a paper towels in a plastic bag.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PREPARATION:** One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

#### ASPARAGUS

**Kentucky Proud Project**  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Nutrition  
 and Food Science students  
**March 2011**

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