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# Add Apples To Your Day

chronic diseases including cancer, heart disease, asthma and diabetes.

The United States is home to more than 2,500 varieties of apples. Several of those are grown in Kentucky, including Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland and Golden Delicious. You can get Kentucky-grown apples at orchards, farmers markets and some grocery stores across the state. Look for the Kentucky Department of Agriculture's Kentucky Proud label when shopping.

When selecting apples, look for firm, crisp and colorful fruit. Avoid apples with shriveled skins, bruises, worm holes or decayed spots. Apples last longer in your refrigerator, either in the crisper drawer or in an unsealed plastic bag. You can leave apples out on the counter for a few days, but an extensive period of time at room temperature will cause apples to shrivel and lose flavor and crispness. Store apples separately from

vegetables, because apples naturally release small amounts of ethylene gas that can damage lettuce and other produce.

Here's a recipe from the Kentucky Proud program that incorporates apples:

### Bone-in Pork Chops with Apples and Onions

#### Ingredients:

- 2 Kentucky Proud pork chops, bone-in
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 Kentucky Proud apple, sliced
- 1 Kentucky Proud onion, sliced
- 1 cup chicken stock or apple cider, to deglaze
- 1 tablespoon butter, optional

#### Directions:

1. Pat the pork chops dry with paper towels, and season well with salt and pepper.
2. In a large skillet on high heat, heat olive oil and brown the pork chops well, about 3 to 4 minutes per side. At this point, the pork chops will be well browned,

but not cooked all the way through.

3. Transfer chops to a separate platter.

4. Add the apple and onion to the pan, and cook until softened and nicely caramelized.

5. Add chicken stock or apple cider, and scrape food morsels from the surface of the pan.

6. Nestle the pork chops back into the pan, and bring the mixture to a simmer. Simmer until pork chops are cooked through and season with salt and pepper.

7. Add butter to the sauce at the last minute for extra richness, if desired.

More information about apples and other healthy foods is available at the Estill County Cooperative Extension Service. Just call us at 723-4557 or stop by the Extension office and we will be happy to help.

*Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

## Kitchen Diva

### Fall in Love with Winter Squash

by ANGELA SHELF MEDEARIS and GINA HARLOW

Winter squash are prominently displayed at grocery stores during the fall and winter months, but many shoppers pass them by because they don't know how to prepare them. I used to look at the hard exteriors of the squash and move on because I had no idea what to do with them. Winter squash actually are easy to prepare and a healthy addition to any meal. They're a good source of vitamins A and C, potassium and fiber. One-half cup of cooked winter squash has only 40 calories.

Winter squash is picked when it is fully mature and has a thick, inedible skin. This thick skin provides a protective covering for the squash and allows for a long storage life. Winter squash can be stored for three months or longer in a cool, dry place, preferably in a single layer.

Three of the most common winter squash are butternut, spaghetti and acorn squash. Butternut squash is tan in color and has a long, bell-like shape. Spaghetti squash is oblong or oval in shape and yellow in color. Acorn squash gets its name because it is actually shaped like an acorn. It is dark green in color and has a ridged rind or skin.

When shopping, look for squash that are heavy for their size, free of soft spots and have a dull sheen (a shiny skin is an indicator the squash is not fully mature).

All winter squash bake well. Cut the squash in two, scoop out the seeds and brush the cut surface with oil. Place the cut side down in a baking dish with 1/4 cup of water. Bake uncovered at 350 F until the flesh is soft. The hard shell of the squash can be difficult to cut in two, so be sure to use a sharp, heavy-duty knife.

All types of winter squash can be baked in the same way, but not prepared the same. Once butternut or acorn squash is cooked and cooled, it can be peeled away from the skin, cut into cubes and used in soups, stews and casseroles along with other vegetables. Butternut and acorn squash can be used interchangeably in recipes.

Spaghetti squash is used differently. It was given its name because of its spaghetti-like interior. Once cooked, use a fork to peel away the flesh from the skin to form long strands like spaghetti. You can serve it with any type of pasta sauce, in the same way you would serve spaghetti noodles.

My recipe for Butternut Squash and Brown Rice Pilaf uses squash in a flavorful way that showcases its sweetness and pairs beautifully with the nutty brown rice. It's the perfect fall side dish!



**Butternut Squash and Brown Rice Pilaf**

This is a great side dish for a simple fall meal ... or as a new Thanksgiving tradition! It's delicious either hot or at room temperature.

- 2 pounds butternut squash, peeled, halved and seeded
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons butter
- 1 large red onion, finely chopped
- 2 cloves garlic, minced
- 2 large stalks celery, diced
- 1 large bell pepper, seeded, ribs removed and diced
- 1 1/2 tablespoons tomato paste
- 1 teaspoons salt
- 1 teaspoon pepper
- 1/2 teaspoon nutmeg
- 1 cups instant or parboiled brown rice
- 1 cup water
- 1 (14-ounce) can vegetable or low-sodium chicken broth
- 2 green onions, root end removed, white part and green stalk, thinly sliced
- 2 tablespoons chopped fresh oregano or 1 tablespoon dried oregano
- 1 tablespoon chopped fresh sage or 1/2 tablespoon dried sage

1. Grate the squash through the large holes of a box grater or in a food processor.

2. Heat oil and butter in a large cast-iron or nonstick skillet over medium-low heat. Add onion and garlic and cook, stirring, until soft and lightly colored, 5 minutes. Add celery, bell pepper, tomato paste, salt, pepper and nutmeg. Cook, stirring for 3 to 5 minutes. Add rice and stir to coat. Add squash, in batches if necessary, and stir until it has reduced in volume enough so that you can cover the pan.

3. Increase heat to medium-high, pour in water and broth, cover and bring to a boil. Reduce heat to medium-low and cook, covered, stirring once or twice, until rice has absorbed most of the liquid and squash is tender, 25 to 30 minutes.

4. Add green onions, oregano and sage; gently stir to combine. Remove from heat and let stand, covered, for 5 minutes. Serve hot or at room temperature. Serves 8.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). Read Gina Harlow's blog about food, gardening and horses at [www.peachesandprosciutto.com](http://www.peachesandprosciutto.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336. Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

### Thursdays @ 7pm

## Estill Community Chorus

The Estill County Community Chorus has announced the date for their Christmas Concert. The concert will be held Sunday December 7th at 3pm. and will be performed at First Baptist Church, 351 Broadway, Irvine.

The Irvine United Methodist Church Handbell Choir as well as the Estill County Dulcimer Club will also be on the program.

Rehearsals are held Thursdays at 7pm at First Christian Church, Main Street, Irvine. Everyone is welcome! Auditions are not required. Rehearsals will be every Thursday night, except October 30th and Thanksgiving November 27th. Please come out and join us.

The Estill Arts Council has once again partnered with the Community Chorus for this endeavor. Donations will be accepted at the concert. These donations help to provide honorariums, when needed, as well as the purchase of music.

Carol Anne Wilson is the Director with Nancy Farmer as the accompanist. Ann Sidumak will be assisting with rehearsals as needed.

If you have sung with the chorus before we are asking that you come back and sing with us for this very special Christmas Concert.

Scholarships are still available. Please see Carol Anne Thursday night or call her at 859-556-0163 for more information.

### Fridays, 6:00 to 8:00pm

## Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

### Saturday, October 25th, 7-11:30am

## Lions Club Pancake Breakfast

The Estill County Lions Club will hold their Fall Pancake Breakfast on Saturday, October 25, from 7:00 - 11:30 a.m. at the First Christian Church on Main Street in Irvine.

The menu includes pancakes, scrambled eggs, sau-

sage, bacon, milk, orange juice and coffee.

Adult tickets are still \$5, children under age 10 are \$3, and under age 3 are free. Come have a good breakfast and help Estill Countians with the gift of sight!

### Monday, October 27th @ 12 Noon

## Estill Board of Health Meeting

The Estill County Board of Health will be meeting at Rader's River Grill Restau-

rant on Monday, October 27th at 12:00 Noon.

The public is welcome.

## 4<sup>th</sup> Annual Holiday Bazaar and Basement Sale

**St. Elizabeth Catholic Church**  
**Saturday, November 1, 2014**  
**9 A.M. until 2 P.M.**

**Begin your Holiday Shopping!**  
**Something For Everyone!!**

### Friday, October 30th, 6-8 pm

## Coats are being accepted now

The Body of Christ Ministries, 58 River Drive, Irvine, is now conducting their 5th annual Coat Drive.

The coats will be given away Thursday, Oct. 30, 6-8 p.m. at Body of Christ Minis-

try, 58 River Drive.

Coats can be dropped off at Body of Christ Ministries on Thursdays at 6:30 p.m. or Sundays at 10 a.m.

All donations will be appreciated.

### Saturday, November 8

## Post #79 Veterans Day Activities

American Legion Post #79 will have a Veterans Ceremony at Veterans Memorial Park in Ravenna on Saturday, November 8, starting at 11 a.m.

Everyone is welcome to attend.

Post #79 will also be having their annual Fish and Oyster Supper that evening at the post, starting at 5 p.m. for members and guests.

A dance will follow at 8 p.m.

### Thursday, November 20th @ 11:30 am

## Grandparents United Meeting

Come join us the third Thursday of each month. Estill County Grandparents United meets at 11:30 a.m. at Wisemantown United

Methodist Church, 1358 Wisemantown Road, Irvine.

For information, please call 723-3337.

### Saturday, November 22nd

## FBLA's Light Up Rivertown

FBLA will once again organize Irvine's Light Up Rivertown. The event will begin with a Craft/Christmas Fair in the Court House. Booth spots are limited and are already beginning to fill up.

The day will be filled with many other activities as well. Entertainment will be provided throughout the day on the Court House steps, Gingerbread Houses can be entered for prizes, the town tree will be decorated with ornaments made by children from Estill County, and a Tree Lighting

Service will be held at 6:00 p.m. to conclude the day. Santa will be on hand for pictures, a Horse and Carriage will be available for rides around the Court House, and other surprises throughout the day.

Local businesses are encouraged to participate by hosting open houses or other activities as well.

Anyone wishing to reserve a spot for the Christmas Fair or a time to perform should call the Estill County High School at 606-723-3537.

### Saturday, December 6th, 10am-4pm

## EAC's 11<sup>th</sup> Arts & Crafts Show

Looking for a place to offer your original, handmade items for sale? The Estill Arts Council invites you to participate in the 11th annual Arts & Crafts Show on Saturday, December 6th from 10 a.m. - 4 p.m. at Central Office gym.

The show offers an opportunity for people to meet their shopping needs with the perfect, unique gift such as home décor, holiday decorations, wreaths, jewelry, clothing, products for the home, and baked goods.

Area artists and craftsmen can get an application form from the Citizens Guaranty Bank (River Drive), Estill County Public Library, Ravenna Greenhouse or on EAC's Facebook page.

The cost of a 10' x 10' space will be \$15 for Estill Arts Council members and \$20 for non-Estill Arts Council members, before Nov. 8. Entries postmarked after Nov. 7 will be an additional \$10.

For more information call 606 723-4678 or 723-5694.

**VOTE**  
**W.J. Noland**  
**for Mayor**  
**City of Irvine**  
Paid by W.J. Noland

