

# Pre-School Pages



A newsletter for parents of pre-schoolers  
packed with food, facts & fun  
from your local county extension office

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October 2022

## Let's Eat

### Autumn Apple Pork [planeatmove.com](http://planeatmove.com)



#### Ingredients:

- 2-pound pork loin
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¾ teaspoon dried sage
- 3 apples, cored and sliced
- ½ cup dried cranberries
- 1 tablespoon unsalted butter
- 1 tablespoon honey

#### Directions:

1. Season pork on both sides with garlic powder, salt and sage. Wrap pork tightly in foil and place in the slow cooker.
2. Place apple slices, cranberries and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet. Place in slow cooker.
3. Cook 4 hours on high.
4. Unwrap both packets. Slice pork and top with apples. Optional step: brown the top of the pork loin in the oven at 425 degrees for five to seven minutes.

Do you ask yourself which apples are best for eating, baking or storing? Here's a short listing of apples and their best uses.

Braeburn- tangy-sweet, very firm and hard, also for baked apples

Fuji- sweet, firm flesh

Gala- small, with rich sweet flavor, very juicy, dries well

Golden Delicious- crisp, juicy flesh, especially good for pies or baking whole; some say best flavor develops in cooking

Granny Smith- very late ripening, hard, firm, tart; develops mellow flavor when fully ripe after storage



Jonagold- very good balanced sweet-tart flavor, large fruit, holds up well in baking whole

Jonathan- bestseller in early 1900s; small, slightly tart

McIntosh- important commercial apple in eastern U.S.; highly aromatic, spicy, does not keep well

Red Delicious- popular commercial market apple, can reach very good quality if properly harvested & stored

## Celebrate

October is National Apple Month!

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

Source: extension.wsu.edu

## Dollars & Sense

Children's readiness to learn depends on their interests, abilities, levels of understanding and needs rather than on their age.

Parents who are aware of the many ways that children learn can help provide them with positive learning experiences starting at a young age.

Indirect teaching - observation and example. Children observe what their parents do with money and how their parents feel about it. What they see and hear influences the attitudes and values they develop. For this reason, it is important that parents evaluate their attitudes about and practices with money.

Are you calm and rational about money matters, or is money a source of conflict and emotional outbursts? Is your spending based on whims or on a spending plan?

Source: udel.edu

Plan to save money this Halloween:

- Make or buy an inexpensive costume(s)
- Use a reusable bag for trick or treating
- Make a route for trick or treating to be the most efficient and save gas



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Sincerely,

County Extension Agent for  
Family & Consumer Sciences