

Breakroom Buzz



Choose the right apple

Pies and Baking

Ambrosia, Braeburn, Cameo, Cortland, Empire, Golden Delicious, Granny Smith, Gravenstein, Honeycrisp, Jazz, Jonagold, Jonathan, & Pink Lady



Juice or Cider

Ambrosia, Braeburn, Cameo, Cortland, Empire, Golden Delicious, Granny Smith, Gravenstein, Honeycrisp, Jazz, Jonagold, Jonathan, & Pink Lady



Sauce & Butter

Ambrosia, Braeburn, Empire, Fuji, Cameo, Gala, Golden Delicious, Granny Smith, Gravenstein, Honeycrisp, Jazz, Jonagold, Jonathan, Pink Lady, & Rome Beauty



Canning

Golden Delicious, Granny Smith, Jonathan, McIntosh, & Braeburn



Freezing

Golden Delicious, Granny Smith, Jonathan, McIntosh, & Braeburn



Drying

Gala, Fuji, Honeycrisp, Granny Smith, Empire, & Cortland



Read more about Apples at: go.illinois.edu/apples

Slow Cooker Apple Brown Betty

Makes 5-6 servings.



1. Wash hands with soap and water.
2. Mix bread cubes with butter, spices and brown sugar.
3. Chop apples into 1 inch pieces. Grease slow cooker crock.
4. Place bread cube mixture on bottom of crock, top with apples.
5. Cover and cook on high 1-1 ½ hours. Or until apples are tender. Serve with whipped cream or ice cream.

- 4 cups small whole wheat bread cubes
- 1/3 cup melted butter or margarine
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ cup firmly packed brown sugar (can use sugar substitute)
- 1 can apple pie filling (lite) or 2 cups sliced apples

Watch how it is made!
go.illinois.edu/applebrownbetty



October is National Pumpkin Month

90-95% of the processed pumpkins in the United States are grown in Illinois

1 cup of pumpkin has close to 200% of the recommended daily value of vitamin A

Substitute pumpkin for oil at a 1:1 ratio or 1/4 cup pumpkin for each egg

Find more information at UIE: Pumpkins and More, extension.illinois.edu/pumpkins

I Didn't Know That!

Over 34 million people in the U.S. are caring for someone over the age of 50.

Most of us are aware of someone who takes care of a friend or loved one. They may need a "lift." Here are some ideas to show an act of kindness

- Cook & deliver a meal they likes
- Drive their kids to a sports practice on game.
- Grab their grocery list and go shopping.
- Wash their car and change the oil.
- Mail them a care package.
- Stop by with a board game to play.
- Drop off and/or pick up a prescription.
- Give the care receiver a ride to an appointment.
- Take them out for coffee.
- Arrange for a housecleaning
- Register them with a fancy "-of the month" club.
- Set up a bird feeder at the care receiver's window and then keep it stocked.
- Rake their leaves.

Source: <https://extension.illinois.edu/blogs/family-files/2015-11-15-caregivers-need-care-too>

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Illinois Extension

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