

Prarie Fare: does an apple a day really keep the doctor away?

“Are there any apples on our tree this year?” my older daughter recently asked.

“There are lots of ripe apples high in the tree,” my husband responded.

I thought about past autumns when she and our other two kids used an apple picker to harvest apples from our Haralson tree. Our excited dachshunds attempted to nab the ones that hit the grass.

One year, we attempted to make perfect apple pies with various types of crust recipes. The flakiest crust came from old-fashioned lard. Yes, you read that correctly.

We used an apple peeler-corer-slicer device to prepare the slices. My daughter always enjoyed any type of garden or kitchen tool. I’d buy them to keep her interested in helping me.

We needed to start freezing the extra pies.

“You can have as many ap-

ples as you’d like,” I responded after my wave of nostalgia subsided.

Apples are a frequent symbol of good nutrition. Apple pies are not the healthiest food, but a slice certainly is a delicious occasional treat.

We have more than 2,500 cultivars of apple trees in the U.S., and they vary in their skin color, texture and flavor. Some are better for eating fresh, while others are more suited to sauces or pies.

But do apples really keep the doctor away? No food, by itself, is a miracle, but apples certainly contain several health-promoting components.

Apples contain soluble fiber (pectin) that may lower our blood cholesterol. Apples also contain antioxidant components that may help fight cancer, and these natural components may help keep our lungs healthy.

Eating more apples can also help with weight management

and diabetes management.

In one study, 40 women ages 30 to 50 (all overweight, all with high blood cholesterol) participated in the study for six weeks, and 35 women participated for 12 weeks. The participants were provided a diet that included three apples or pears per day or an oat cookie with added fruit fiber.

The diets were energy-controlled so they would lose weight. The researchers reported that their weight decreased and blood glucose decreased significantly among the women who ate fruit, but not among those who ate the oat cookies.

If you are hungry for a crisp, juicy apple, look for fruit with shiny, smooth skin and the typical color of that variety. Avoid fruit with bruises or punctures, or at minimum, cut away those parts.

A 3-inch apple has about 100 calories and 4.4 grams of fiber, and it contains potassium, vitamin C and other nutrients. Apples have very little fat and almost no sodium.

muffins.

If you would like to try your hand at making canned apple pie filling, see “Let’s Preserve Fruit Pie Fillings” on the North Dakota State University Extension website.

For more recipes and apple information, visit www.ag.ndsu.edu/fieldtofork and click on “Field to Fork Resources,” then “Apples,” and you will find bountiful resources to inspire your menus.

See Table 1 in “From Orchard to Table: Apples” to learn about various apple cultivars, hardiness zones, flavor and use.

For more information about canning, freezing or drying apples and a variety of other produce, visit www.ag.ndsu.edu/food and check out the “Food Preservation” materials.

Most of us have a slow cooker or two (or three), so here’s an easy way to fill your home with the delicious autumn aroma of warm apples and cinnamon. Maybe the old saying about apples isn’t too far off — especially if you enjoy apples in some delicious, nutritious ways.

Slow Cooker Applesauce
4 large apples
Juice from one lemon
½ teaspoon cinnamon
1 tablespoon brown sugar
¼ cup water

Peel and core apples; cut into quarters. Add apples, lemon juice, cinnamon, brown sugar and water to a slow cooker, then stir well. Cover and cook on low for 4 to 6 hours, until apples are very tender. Mash with the back of a fork or a potato masher.

Makes four servings. Each serving has 130 calories, 0 grams (g) fat, 1 g protein, 35 g carbohydrate, 6 g fiber and 0 milligrams sodium.

Submitted by - Julie Garden Robinson, Ph.D., R.D., L.R.D.

Cooper’s Corner

by Martha MacLeod



Early fall
Last Sunday Cooper and I sat on the deck. It seemed early because the sun is coming up later now and daylight hours are getting shorter. We heard a shouting match in the crab apple tree between two squirrels. The one on the north side of the tree was the biggest. It shook its tail and railed against the smaller and younger squirrel on the south side of the tree. That squirrel was also noisy and raged against the other. Cooper and I quietly watched the argument. The squirrel on the north side turned and left the squabble. He jumped onto the garage, followed the roofline, jumped into the silver maple and disappeared into the foliage.

When Cooper and I turned our focus back to the crab apple tree we saw that the little rascal had come down from the tree and was on the ground in the rock garden. This infuriated Cooper and he leapt from my lap out into the yard. He was a ball of white fur in a fury and his fluffy tail waved rigorously back and forth. The squirrel went back up the tree and out of sight. Cooper stood guard at the bottom of the tree. Eventually, all was quiet, so he came back to the deck and laid down at my feet.

It was hardly a minute or two later that a wasp came up around my head. I froze. The wasp seemed to like the smell of my shampoo and made several trips around my head before flying off behind me. There was only one wasp but I was taking no chances. “Let’s go inside, Cooper,” I said and we went into the living room.

My sister Judy was just get-

ting up with her coffee and all three of us went to the front porch. Cooper likes it when the three of us sit together. He is a bit of a herder.

That was the beginning of a week with lovely weather. Every afternoon we sat out back by the garage enjoying the breeze and blue sky. The crab apple tree was dropping its apples. Every few minutes we heard “plop” as the bright red ping pong ball sized apples fell to the ground. The cottonwood tree no longer whispered in the breeze. The leaves are getting dry and rattled as the wind blew through the branches.

Early Friday morning before sun up I awoke to rumbling thunder in the distance. As the storm rolled in, the sky opened , and it began to rain. It wasn’t a lot, just enough to get the cushions on the outdoor chairs all wet.

When Cooper and I went out, we could hear the crickets chirping and noticed a slight tinge of yellow in the ash trees. The school bus picked up the neighborhood kids and the Coca-Cola truck made a delivery to Corner C-Store. It was the start of another beautiful day on Sixth Street North.

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Bids will be received by Craftwell Architecture + Construction to the attention of Wayne Schommer at location of Sisters Kitchen (private room), 604 Main Avenue, Oakes, ND for the construction of the Oakes Irrigation Research Facility. On behalf of Craftwell Architects + Construction and the NDSU Research extension Center, until 1:00 P. M., Local Time, on THURSDAY, OCTOBER 2, 2025, at which time the bids will be publicly opened and read aloud. All bids received after the scheduled time will be returned to the bidder unopened.

Bidders shall have the option to submit a Prime Bid for all classifications of the work and/or separate bids for General Construction, Mechanical Construction, and Electrical Construction.

The procurement and contracting information including; Drawings, Technical Specifications, Addenda, and other contract documents as prepared by Craftwell Architects + Construction; The office of Craftwell Architects + Construction, Fargo, North Dakota, and the builders exchanges of Bismarck, Fargo-Moorhead, North Dakota; Electronic documents can be requested through Craftwell Architects + Construction.

Bids shall comply with North Dakota Century Code Chapter 48-01.1 as amended. Each bid submitted shall consist of two separate sealed envelopes one clearly marked “Bid Proposal” and the other clearly marked “Bid Bond” on the outside both with contractor’s name. The two envelopes shall be attached to each other.

The bid security must be in the sum equal to five percent (5%) of the full amount of the bid including any add alternates and must be in the form of

a bidder’s bond made payable to the Central Grasslands Extension and Research center.

A bidder’s bond must be executed by the bidder as principal and surety, conditioned that if the principal’s bid is accepted and the contract awarded to the principal, the principal, within ten days after notice of the award, shall execute a contract in accordance with the terms of the bid and the bid bond and any condition of the governing body. A countersignature of a bid bond is not required under this section. If a successful bidder does not execute a contract within the ten days allowed, the bidder’s bond must be forfeited to the governing body and the project awarded to the next lowest responsible bidder.

No bidder may withdraw this bid within 60 days after the actual date of the opening thereof. The bid of the lowest Bidder for each contract will be retained until the contract has been awarded and executed, but no longer than thirty (60) days after the date of the Bid.

All Bidders shall hold a valid North Dakota Contractor’s license of the proper class for the full amount of the bid and shall enclose a copy of the license or Certificate of Renewal of the license with their bid. License needs to be included with their bid security.

The Owner reserves the right to reject any and all bids and to waive any formalities therein and rebid the project until a satisfactory bid is received.

The successful bidder is required at the time the Contract is executed to provide a copy of: Sales Tax Certificate, Workers’ Compensation, Certificate of Insurance and Policies/Endorsements to include North Dakota Stop Gap Worker’s compensation, Builders Risk/Installation Floater coverage, Additional Insured Statement, Auto Insurance with Waiver of Subrogation, Company Safety Manual, and North Dakota University System Performance – Payment bond.

By North Dakota State University, Mr. Marlen Eve, Agricultural Experiment Station Facilities Manager
Submitted to the Oakes Times (09/11/2025, 09/18/2025, 09/25/2025)

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322 Main Ave • Oakes, ND 58474
P: 701-742-2736 • F: 701-742-3925 • jason@paradis-law.com

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