

Extension Notes

7,000 Types Of Apples Produced In United States

Too many people buy apples without regard to variety and, consequently fail to get the best the market affords, says Dr. Nadine Tope, extension food conservation and preparation specialist at North Carolina State University.

"There is no such thing as a typical apple flavor, as each variety has its own distinctive taste," Dr. Tope says. "It may be sweet, mellow, or tart."

There are 7,000 varieties of apple produced in the United States and listed by the Department of Agriculture. Of these, nine provide about 85 percent of the total production, Dr. Tope notes.

Red Delicious is the leader, with 30 percent of the production, followed by Golden Delicious, McIntosh, Rome, Jonathan, York, Stayman, Winesap, and Newtown Pippin.

"Many people still do not recognize that the Newtown Pippin is really an all-purpose apple," Dr. Tope notes. Although it is green, it is not just a cooking apple.

Another fine green-skinned apple is the Granny Smith. Similar in size, shape and uses to the Pippin, it could become one of our major varieties, Dr. Tope says.

Remove Food Source To Control Roaches

Cockroaches are among the most hated of pests that enter the home. If you have them, the first step toward control and elimination is a good cleanup.

N. C. Agricultural Extension Service specialists suggest good sanitation first and bug killers second in cockroach control.

These pesky bugs eat about the same things that humans eat. Therefore, unless a house is kept unusually clean, there is always a crumb or two lying around for the roaches to nibble on.

No matter what else you do, the extension specialists suggest, you will never have roach control without good sanitation.

Garbage and trash should be disposed of properly. Left-over food should be refrigerated and not left out on a table, stove top or shelf to attract pests.

Once the house is clean, apply a ready-to-use household roach killer to those areas where roaches hide during the day. These places include cracks and dark places under and behind refrigerators, stoves, cabinets, washing machines, floor and ceiling molding, sinks, bathtubs, closets, bed frames and drawers.

The insecticides that work best on roaches contain one of the following: Baygon, Dursban or diazinon. Read the label for container contents to see if the material has one of these ingredients before you buy it.

There are two kinds of cockroaches commonly found in North Carolina. They are the small, brownish German cockroach and the larger, dark-colored, short-winged oriental cockroach. The oriental may be found outdoors during summer. If outdoor treatment is needed, use a water-based insecticide such as malathion.

To First Know Elderly, Know Self

"Figuring out the characteristics and motivations of others is an enjoyable pastime, however we seldom take time to think about ourselves in these same relationships," says Isabelle Buckley, extension aging specialist at North Carolina State University.

To relate better to older people, Miss Buckley advises, it is important to know yourself.

Ask yourself what kind of response you usually get from older people. Ask what kind of person you are, what you value, what are your prejudices regarding the elderly.

"It is only as we understand and think out these factors in relation to ourselves and are aware of our own shortcomings that we are able to understand other people

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