



Being Present

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist
Kim Bushaw, M.S., Family Science Specialist

This month we approach the topics of setting a proper table, teaching table manners and offering some family table conversation starters.

EAT

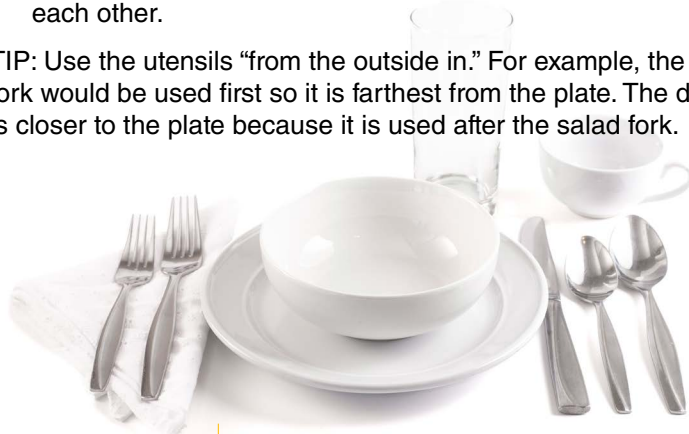
How to Set a Table

Although meals may be casual, knowing how to navigate a more formal place setting is a good life lesson. Table setting can range from simple to complex, depending on the menu.

These are some table-setting basics:

1. Place a dinner plate on a placemat or tablecloth.
2. If you are starting with salad or soup, place the salad plate or soup bowl on top of the dinner plate.
3. Place the fork(s) on the left. The salad fork is farthest from the plate.
4. Place the knife to the right of the plate, with the blade toward the plate.
5. Place the spoons to the right of the knife. If soup is the first course, place the soup spoon to the far right.
6. Place the napkin to the left of the plate or underneath the fork(s). Use a fancy fold if you like.
7. Place the water glass near the tip of the fork.
8. If dessert will be served, place the dessert fork or spoon above the plate.
9. A bread plate and butter knife can be placed above the fork(s).
10. If you have a centerpiece, such as flowers, be sure that the centerpiece is short and does not interfere with people's view of each other.

TIP: Use the utensils "from the outside in." For example, the salad fork would be used first so it is farthest from the plate. The dinner fork is closer to the plate because it is used after the salad fork.



This dessert is a delicious way to use seasonal apples. Remember the dessert spoon!



Slow Cooker Apple Crisp

- 6 large apples (or about 6 cups apples)
- $\frac{3}{4}$ cup brown sugar
- 2 teaspoons cinnamon, divided
- 1 teaspoon lemon juice
- 3 cups rolled oats
- $\frac{1}{8}$ teaspoon salt
- 5 tablespoons butter

After apples have been washed, core, slice and place them into a large bowl. Top the apples with $\frac{1}{2}$ cup brown sugar, 1 teaspoon cinnamon and lemon juice. Toss to combine. Place the apple mixture in the bottom of the slow cooker. In the same large bowl, combine oats, remaining brown sugar, cinnamon and salt. Stir until combined. Cut the butter into the bowl and stir, forming a sand-like texture. There will be small chunks of butter, which is normal. Sprinkle the mixture on top of the apples. Turn the slow cooker on high and cook for 2 hours with the cover on. After 2 hours, remove the lid of slow cooker and continue to cook for another hour. Serve with Greek yogurt or ice cream of your choosing.

Makes 12 servings. Each serving has 230 calories, 6 grams (g) fat, 4 g protein, 41 g carbohydrate, 5 g fiber and 25 milligrams sodium.

