Fall cooking inspiration from Kroger’s Chef John

Fall is here, the weather is cool, and chef and home cooks alike are looking to the fall harvest for inspiration. With their crisp textures, vibrant colors and sweet to tart flavors, apples offer the perfect ingredient to match the mood of the season! Though available year-round, apples are at their best from September to November. Different varieties lend themselves to sweet as well as savory dishes. Autumn apples are known for their firm, smooth-skinned and low of bruises and sugars. Avoid apples that have a mealy smell, and store them in a cool, dry place. Be sure to wash well prior to use.

HERB-ENCROCR PLE APPLE & FENNEL STUFFED PORK CHOPS

6 Temp uncooked butter, divided
2 cloves fresh garlic, peeled
1 medium yellow onion, diced
2 Granny Smith apples, peeled, cored and sliced thin
2 Boston lettuce, washed and thinly sliced
1 cup semi-dried cherries
1 cup brandy or cognac
4 large pork loin chops
Salt and freshly ground pepper

Preheat oven 350°F. In medium skillet, melt three tablespoons butter over medium heat and add the garlic, onion and apples. Cook until the onions are soft, cherries and brandy and cook until alcohol evaporates. Add apples and let it cook for 3 minutes. Season with salt and freshly ground pepper. Cut out the edge of the pork loin chop, leaving the three opposite sides uncut. Stuff the chops with the above filling, season the chops with salt and freshly ground pepper. In large preheated skillet, add remaining three tablespoons of butter and season pork chops. Cook until brown on both sides, turning once. Place in 350°F preheated over for 5–10 minutes, until internal temperature reaches 165°F.

Kroger's Chef John looks to the fall harvest for holiday cooking inspiration. COURTESY OF KROGER

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**Elegance of the Scottish countryside at your table**

*’Outlander’ series inspires designs that transport you to a different time.*

By Katia Laughead

**THE ATLANTA JOURNAL-CONSTITUTION**

I find so much inspiration talking with likeminded creatives about style and design. Or seeing talented people working in my studio in downtown Asheville. This month, I’m inspired by the Scottish countryside from the hit television series “Outlander.”

The story line is quite compelling, quite contrary to our current reality. The British Empire in the 18th century is glorious and noble, the landscapes are breathtaking and the people of the time completely different from the Scottish countryside at a table today.

After our initial talk, I’ve been reimagining the Scottish table. I hope the following ideas can help you feel transported to a world away from those daily pressures. Let’s sit down and really enjoy the table and what it offers to us.

**A family cookbook for everyone**

I recently acquired a ‘umbo lusoo’ cookbook by Professor Janover, which is full of beautiful photographs of food, especially lamb dishes. Many of us are suffering from a lack of live events and activities due to the pandemic, so cooking with friends is a definite distraction from our isolation.

If you could create a family cookbook, a collection of all your friends, family members and even colleagues, it is one way to combine the best of your friends and family and tie together a sense of connectedness and purpose.

**A family cookbook for everyone**

The Last Supper is an important feast. It is a time to share a meal and connect with family and friends. It is a time to reflect on the past year and plan for the future.

A simple family cookbook is an excellent tool for this. You can create a family cookbook that is both a cookbook and a journal, where you can record your memories and thoughts about the meals you have shared.

This is a fun activity to do with children. You can use it as a family project to record all the meals you have shared together.

**Pick a presentation principle—or not!**

The beauty of creating a family cookbook is that you can create it in any way you want. Whether you’re planning to use it as a family project or simply for your own enjoyment, the presentation is up to you.

You can use it as a family project or simply for your own enjoyment, the presentation is up to you. Whether you’re planning to use it as a cookbook or a journal, you can record your memories and thoughts about the meals you have shared together.

Decide your format.

Family cookbooks can be anything you want them to be, and also they can be a series of very simple recipes that you will share with family members. It could be an album of tablescape ideas or even a notebook of recipes that you and your family will use for future meals.

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How can I transform my house’s unused space?

By Paul F.P. Pogue, Angie’s List

With winter coming on and a year where you’ve probably been inside more than usual, it’s an ideal time to rethink how you use your existing space. You can find many uses for those areas of your home that may have gone to waste until now. Combine valuable floor space with those relatively simple home upgrades, such as adding a bonus, contractors who do this kind of work are in the middle of their slow periods, which means you can often hire quickly and get a good deal on materials and labor.

1. Reclaim your crawl space

Perhaps this overlooked corner of your home by turning it into a storage area. The most important step is installing a vapor barrier, which will keep moisture from entering your home through the space’s damp dirt floors. This operation will allow a professional to create a finishing space that’s both eye-catching and functional. You can install built-in elaborate window seat. Maybe a well-placed break area that’s both eye-catching and functional. An interior decorator can turn your long-debated dreams into a real-life space that’s both eye-catching and functional.

2. Upgrade your spare bedroom

Imagine your spare bedroom turned into a spacious walk-in closet, workout room, craft room, a meditative reading area or any other idea you can think of. You can even convert a spare bedroom into a meditative reading area or any other idea you can think of. You can even convert a spare bedroom into a meditative reading area or any other idea you can think of.

3. Rethink your unfinished basement

If your basement is unfinished and underused, don’t wait any longer to maximize its potential. Set up that home theater you’ve been dreaming of, or add a guest bed and bath to take full advantage of the extra square footage. Angie’s List can help you find reliable, experienced contractors for family time and relaxation. This option isn’t for everyone, so consult a professional before you make this large investment. The renovation costs an average of about $30,000, but it is well worth it due to the comfort and utility it adds to your home, not to mention interest you might earn on your extra cash.

4. Odd nooks, crannies

Perhaps you have a large bathroom and dream of an elaborate window seat. Maybe a well-placed breakfast nook could breathe new life into your kitchen. You can install built-in shelving in an otherwise unused space to add both functionality and beauty. An interior decorator can help create space that’s both eye-catching and functional.

Bonus round: Prevent package theft this season

Online shopping is easier than ever, but that convenience comes with a cost: security. Fortunately, you can take steps to prevent gifts from vanishing before they make it through the door. Internet-enabled doorbell cameras are gaining popularity because they cost less than $100. Many allow you to see who’s at your door without going to the porch. Expect to pay between $100 and $250 depending on the size of the box.

As a bonus, you can require a signature to ensure the delivery makes it straight into your hands. A locking drop box provides peace of mind: it can be locked to your home or the porch. Expect to pay between $100 and $250 depending on the size of the box.

The Atlanta Journal-Constitution

The Atlanta Journal-Constitution is committed to facilitating conversations on the topics important to aging in Atlanta and providing you with tips to live your best senior life—especially in today’s challenging environment.

We returned this fall with a new series of free, virtual hour-long seminars. The programs featured local experts who shared their knowledge on topics that matter most to you including money, health and Medicare.

Whether or not you were able to attend, we invite you to visit www.ajc.com/aging to view them along with updated aging-related content.

We look forward to connecting next Spring when we resume our program of special sections and events.
How to find flocks of fun feathered friends

If you feed them, they will come, and keep on coming.

By Paul Stemple

Having a gathering of friends at your home may not be advisable at this time, but getting together with a flock of feathered friends is a great diversion. During the pandemic, birding has become a popular escape with sales for bird feeders, nests, bird seed, and bird watchers and bird related businesses "through the roof," according to Audubon Magazine.

Extending an invitation to the bird community is simply a matter of offering a morsel. A back yard rich with trees and shrubs is an ideal place to hold the get-together, but a pan of seed or millet will provide a bevy of goodies, and birds will gather like siesta-seasoners. Once the birds have become a little acclimated to the feast, it's time to identify them and, if you wish, photographing them.

Set the table

You can attract birds with a single feeder of mixed seed, but drawing a large and varied population requires multiple feeders, each offering treats meant to attract certain species. Tubular feeders, filled with suet chunks, are irresistible to finches or mixed seed from which, the birds can use their beaks to pull seeds out. These feeders are also appreciated by the nectar lovers – hummingbirds. Hummingbirds will stop by in the winter months, too.

Once your feeders are established, you'll need to keep them filled. Birds are very particular about what they eat and will not return unless you keep them supplied. You may want to consider hanging up a mixture of feeders to add variety to your backyard bird feeding. If you have a place to hang feeders, you can attract dozens of species.

Patience, please

With feeders in place, patience is required. The birds will discover your backyard and settle in over time. They may not be on the first day, and sometimes they won't be on the second. Some may not show up until later, but others may return to your feeding station.

Birds in your yard are a sign of a healthy ecosystem. They also help control pests and provide a source of food and shelter for other wildlife. Birds are important to the health of the planet, and they play a role in maintaining a balanced environment.

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JOHN CARE

John Cashen is a survivor in more ways than one. In 2005, the New Orleans resident lived through Hurricane Katrina and later reunited with his family in Georgia. John summoned that fighting spirit again when he was diagnosed with lung cancer in summer of 2019.

Although specialist after specialist recommended surgery, John – determined to find a non-invasive solution – found a true partner in his cancer journey at Wellstar Health System. There, radiation oncology experts used stereotactic ablative radiotherapy (SABR) to deliver precise, targeted radiation in high doses, eliminating John’s cancer without surgery. These days, John relishes time spent with his grandchildren and builds authentic, Mardi Gras parade floats, bringing a bit of New Orleans to his adopted home state of Georgia. wellstar.org/peoplecare