

# The Mangrove Galley

by Sandi Mieszczenki

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to <http://www.theconchtelegraph.com>.



Although the weather is still warm, officially it is now fall. One of the major symbols of fall is the apple. Apples are one of the oldest fruits in history. The apple was consumed by prehistoric humans and was widely used by the classical civilizations. Apples were also very popular in early America.

Apples are a great fruit. There are so many variations

## SANDI'S APPLE PIE

Purchase a frozen 9-inch deep pie crust and pre bake according to instructions. Do not forget to fork the bottom of the crust so that it lies flat.

### For the filling:

In a large bowl combine the following:

- 3/4 cup sugar
- 1/4 cup flour
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- dash of salt

Mix well.

Add 6 cups of peeled and sliced apples and 2 table-spoons of chopped butter to the mix and stir until well coated. Place into the crust.

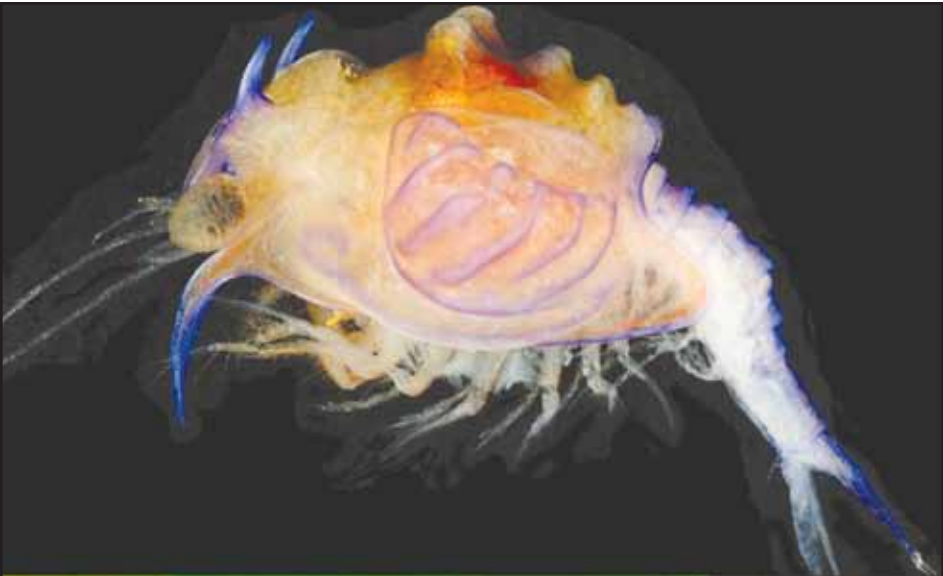


Remove from oven and slightly cool. Serve with a little bit of ice cream or whipped cream over the top.

### For the topping:

Mix together 1/4 cup (or more to your liking) of brown sugar, 1/4 cup of real butter, and 1/2 teaspoon of cinnamon. Mix with your hands, and yes it will be messy.

Sprinkle over the pie. Place the pie on a cookie sheet that has been covered in foil (the pie might bubble over.) Bake in a 425 degree oven for 40 to 50 minutes. Pay attention to the outside crust edge. If the outer edges are getting too brown cover them (not the entire pie) with foil.



## Deep Sea Mysteries: Monster Larva

### Ocean Life Series

For centuries, scientists have puzzled over the identity of an elusive larval creature with armor-like horns. Rarely seen since its initial discovery, a chance encounter of a viable specimen for study allowed a team of researchers led by Dr. Heather Bracken-Grissom to solve the mystery. Dr. Bracken-Grissom will discuss the difficulty in studying this creature in the abyssal depths of the ocean, and how she was able to crack its identity in a study that was recently published in *Ecology and Evolution*.

For more information, contact Linda Kaplan at [linda@fkicc.org](mailto:linda@fkicc.org) or (305) 396-7000, or visit [seas.fiu.edu](http://seas.fiu.edu).

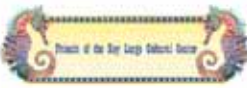


Featuring  
**Heather Bracken-Grissom, Ph.D.**  
Assistant Professor, FIU  
Department of Biological Sciences

Friday, Oct. 25, 2013  
6:00 p.m. - Meet and Greet  
7:00 p.m. - Lecture

Murray E. Nelson Government and Cultural Center  
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This event is free and open to the public.



# BOB'S CHIPPERS

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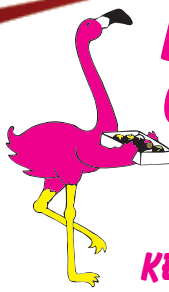
Bob's Chippers are delicious, chocolate-covered potato chips, lovingly hand-made right here in Key Largo!

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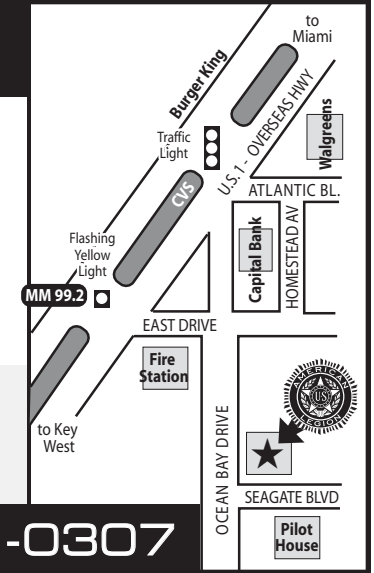
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## Circle of Love



Brittney Baker

Just when 23-year-old Coral Shores graduate Brittney Baker's dream of becoming a dolphin trainer was about to come true, she had a tragic car accident.

Brittney has been in a coma in ICU at Jackson Memorial Hospital in Miami for over 2 months. She is being treated for massive head injuries and multiple broken bones. As soon as she is stable enough she will need to have spinal surgery to repair a broken back. Brittney was tossed about in that car like a rag doll and her recovery is going to be a very slow process, if she recovers at all.

The accident happened April 7th at MM 100. Most people would not have survived such a horrific accident but Brittney has youth and strength to her advantage and that is what has kept her alive and got her this far.


Brittney is the child of John and Jennifer Baker of Key Largo. Jennifer Baker is the manager of Dolphin Cove and her husband John is only employed part time. They are doing all they can

to ensure Brittney's survival, but the cost of daily hospital visits and medical expenses is astronomical.

Over the years the Baker family has been active in many community benefits and events - and now they need our help.

Visit Facebook "Britt's Battle" where you can donate money to help with Brittney's medical expenses, or give a donation for one of these Good Karma bracelets to be worn as a "constant reminder to keep the circle positive and loving."

Suggested donation is \$10 each. Available at Dolphins Plus.



Good Karma Bracelet

Wear as a constant reminder to keep the circle positive and loving.

**MORE INFO: DENISE MALEYT 305-304-2837 OR JUDY CURTIS 305-394-0249**