

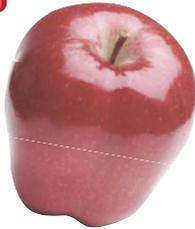


Market Basket of the month

October

The **Market Basket of the Month** featured fruit is

APPLES



Simple Serving Tips

Roasted Apples & Butternut Squash:

Chop apple and butternut squash into 1 inch chunks and spread in a single layer on a rimmed baking sheet. Drizzle with 1 T. canola oil and lightly sprinkle with cinnamon. Bake at 350° for 40 minutes or until chunks are tender.

Apple Cranberry Salad Toss: Place your choice of salad greens on a plate. Add about ½ apple, thinly sliced. Sprinkle with dried cranberries. Top with a low-fat dressing, such as a lite apple cider vinaigrette.

Produce Tips

Keep apples refrigerated to slow ripening and maintain flavor. When kept cool, apples can last over three months.

To reduce browning, make fresh apple dishes just before serving, or pour 100 percent apple juice over fresh apple slices.

Corn & Apple Skillet Side

Ingredients

Makes: 4 servings

½ large onion, chopped (about 1¼ cup)
¼ tsp. salt
¼ tsp. black pepper
2 banana peppers or 1 sweet red pepper, seeds removed and diced
2 ears of corn, kernels cut from cob*
1 tart apple, peeled, cored, and diced
3 T. canola oil or other vegetable oil

1. Heat a large skillet over medium-high heat. Add oil and let oil get hot. Add onion, salt and black pepper. Cook onion for 3-5 minutes, stirring often, or until onion starts to brown.
2. Add chopped peppers, cook, stirring often, 2-3 minutes.
3. Add corn kernels. Cook, stirring often, 3 minutes.
4. Add apples. Cook, stirring often, 3 minutes.

*Note: May substitute fresh corn with 1½ C. frozen corn kernels, thawed.

Source: Greater Pittsburgh Food Bank

Buy Farm Fresh!

Visit our Market Basket of the Month

Partners:

- Brown's Orchards & Farm Market
- Central Market York
- Dillsburg Farmers' Market
- Flinchbaugh's Orchard & Farm Market
- Gettysburg Farmers' Market
- Miller's Plant Farm
- Lebanon Farmers Market
- Penn Market

Nutrition Facts

| | |
|-------------------------------|--------------------------|
| Serving Size | 1 medium apple (154g) |
| Amount per Serving | |
| Calories 80 | Calories from Fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 2mg | 0% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 4g | 15% |
| Sugars 16g | |
| Protein 0g | |
| Vitamin A 2% | Calcium 1% |
| Vitamin C 12% | Iron 1% |
| Source: www.nutritiondata.com | |

Let's Move!

Frisbee-Toss: Find some friends and have fun tossing and catching a Frisbee back and forth.

Frisbee-Golf: Make your own backyard "golf course." Use hula hoops or other objects as the targets. Map out a course with starting tees, and include hazards such as trees. Golf rules apply - keep score by counting the number of shots it takes to hit the target with your Frisbee.

Just the Facts

- Apples float in water because 25% of an apple's volume is air!
- Apple varieties range in size from just larger than a cherry to as big as a grapefruit.
- Eating apples helps keep your blood sugar at a steady level.

Reminder: For good health, toddlers through adults should eat 1 - 2 cups of fruit a day. The amount needed varies with age and activity level. Visit www.choosemyplate.gov for more information.

Market Basket of the Month is a WellSpan Community and Wellness initiative. To view a listing of monthly family newsletters, go to: www.wellspan.org/marketbasket

