



# Market Basket of the month

The Market Basket of the Month featured fruit is

## APPLES



### Simple Serving Tips

**Stewed Apples:** In a large pan, melt 1 T. butter over medium-high heat. Add 2 thinly sliced apples (sweet apples such as Gala or Fuji); stir occasionally for 5 minutes. Add ½ cup water, 2 tsp. lemon juice, and ¾ tsp. ground cinnamon. Cook until apples are tender. Add stewed apples on top of a slice of toast, whole-grain waffles, oatmeal or low-fat yogurt.

**Peanut Butter and Apple Sandwich:** Instead of jelly, use thinly sliced apples along with some peanut butter between two slices of bread.

### Produce Tips

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

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

**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](http://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](http://www.wellspan.org/marketbasket)



## October

### Apple and Chicken Salad

#### Ingredients

Makes: 4 servings

- 2 red apples (such as Cameo Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 C.)
- ¼ C. plain non-fat Greek yogurt
- ½ C. raisins
- ¼ C mayonnaise
- ¼ tsp. salt
- ⅛ tsp. ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates. Top with apple and chicken salad.

Source: Produce for Better Health Foundation

**Weekly Menu Planning Tip:** When you're planning a dinner with chicken, cook up extra chicken breasts and refrigerate for later use in this salad.

### Buy Farm Fresh!

Visit our Market Basket of the Month Partners:

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

## Nutrition Facts

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

### Let's Move!

**Spend a Day at the Park:** Plan a day with the family at a park. Local, county and state parks offer a variety of features – like green space to play your favorite outdoor game, walking trails, disc golf courses and kayak rentals.

**Scarecrow Tag:** Choose a “tagger.” The other players run around the play area and when tagged by the “tagger” freeze in place, with arms and legs spread wide to form a scarecrow shape. The tagged player can be set free if another free player crawls through their legs. A player is also “safe” and cannot be tagged while they are crouched under a scarecrow's legs. The game continues until time is called or a new “tagger” is chosen.

Source: [Childhood101.com](http://Childhood101.com)

### Just the Facts

- Pomology is the science of apple-growing.
- The acid in apples helps to clean and brighten teeth.
- It takes 36 apples to produce one gallon of apple cider.

