



Market Basket of the month

The Market Basket of the Month featured fruit is

APPLES



Simple Serving Tips

Apple Chips: Core and thinly slice 2 apples into rings. Arrange on baking sheet and sprinkle with cinnamon. Bake at 225° for 45 minutes to an hour or until apples are dried and edges curl up. Transfer to wire rack and cool until crispy.

Apple Slice Pancakes: Peel, core, and thinly slice 1 apple into rings. Prepare pancake batter of choice. Place each apple ring on griddle and cover with ¼ C. batter. Cook until bubbles appear in batter, flip, and cook until other side is lightly browned.

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 for more information.

October

Skillet Pork and Apples

Ingredients

Makes 4 servings

- 1 teaspoon cinnamon
- ½ teaspoon black pepper
- 4 pork loin chops
- 2 teaspoons olive oil
- 4 apples, cored and cut into thin slices
- ⅓ cup water

1. Combine cinnamon and pepper; sprinkle evenly over pork chops.
2. Heat oil in skillet to medium. Add pork chops and brown on both sides.
3. Add apples and water to skillet. Cover, reduce heat to medium-low and cook for 10 to 12 minutes until pork is done and the internal temperature reaches 145° using a meat thermometer.

Source: Virginia Cooperative Extension

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
- Leg Up Farmers Market
- Miller Plant Farm
- 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!

Obstacle Course: Make an indoor or outdoor obstacle course that involves crawling, climbing, jumping, and other activities, and see who can get through it the fastest.

Planks: Start on the floor on your hands and knees. Lower your forearms to the floor with elbows positioned under your shoulders and your hands shoulder-width apart; step your feet back. Maintain a straight line from your heels through the top of your head, looking down at the floor. Tighten your abs and hold as long as you can. Repeat 3 - 4 times.

Just the Facts

- The York Imperial apple was developed in the 1820s in York, PA. Easily identified by its lop-sided shape, this late season apple sweetens after it's picked and is excellent for eating, cider making, and cooking.
- Apples are a member of the rose family.
- More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America.

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

