



Market Basket of the month

The Market Basket of the Month featured fruit is

APPLES



Simple Serving Tips

Tossed Apple Salad: Add diced apple pieces to chopped romaine lettuce and drizzle with low-fat apple cider or balsamic vinaigrette. Top with pecan pieces.

Apple-Cheese Bagel Melt: Slice an apple into round apple slices about 1/4 inch thick. Remove core and seeds from center of slice. Top a bagel half with a slice of cheddar cheese and a slice of apple. Sprinkle apple with cinnamon. Place bagel on a cookie sheet and bake in oven at 350 degrees for 5 to 10 minutes or until cheese starts to melt.

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

Apple Coffee Cake

Ingredients

Makes 20 servings (3 1/2 x 2 1/2 pieces)

- 5 C. apple (tart, cored, peeled, and chopped)
- 1 C. sugar
- 1 C. raisins (dark)
- 1/2 C. pecans (chopped)
- 1/4 C. vegetable oil
- 2 tsp. vanilla
- 1 egg (beaten)
- 2 1/2 C. all-purpose flour (sifted)
- 1 1/2 tsp. baking soda
- 2 tsp. cinnamon (ground)

1. Preheat oven to 350°F.
2. Lightly oil a 13x9x2 inch pan.
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir oil, vanilla, and egg into apple mixture.
5. Whisk together flour, baking soda, and cinnamon; stir into apple mixture about 1/3 at a time, stir just enough to moisten dry ingredients.
6. Pour batter into pan. Bake 35-40 minutes. Cool cake slightly before serving

Nutrition info: Calories: 180; Total Fat: 5 g.; Saturated Fat: 1 g.; Sodium: 99 mg.; Total Carbohydrate: 32 g.; Added Sugars included: 10g. Source: Whatscooking.fns.usda.gov

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

Let's Move!

Bent Knee Hip Raises: Lie on your back with knees bent and hands out to the side. Pull your knees to chest and raise hips. Do 3 sets of 10-12 repetitions.

Pickleball: Gather up the family, grab a few ping pong paddles and big whiffle balls and play your own version of pickleball at the nearest tennis court. To learn how to play the official game of Pickleball, go to: Playpickleball.com.

Search for pickleball courts in your area at: Places2play.org.

Just the Facts

- Two pounds of apples are needed to make one 9-inch pie.
- Apples are the second most valuable fruit in the United States, with oranges being the first.
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.

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

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

