October

The Market Basket of the Month featured fruit is 

**APPLIES**

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 ¼ 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.

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### Apple Coffee Cake

**Ingredients**

- Makes 20 servings (3 ½ x 2 ½ pieces)
- 5 C. apple (tart, cored, peeled, and chopped)
- 1 C. sugar
- 1 C. raisins (dark)
- ½ C. pecans (chopped)
- ¼ C. vegetable oil
- 2 tsp. vanilla
- 1 egg (beaten)
- 2 ½ C. all-purpose flour (sifted)
- 1 ½ tsp. baking soda
- 2 tsp. cinnamon (ground)

**Instructions**

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.

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

Source: www.choosemyplate.gov

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### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 medium apple (154g)</th>
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<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>80</td>
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<tr>
<td>Calories from Fat</td>
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</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Vitamin C</td>
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Source: www.nutritiondata.com

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### 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.

### 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