

Did you Know...

There are about 300 apple orchards in WI?

Want to find one closest to you, visit The Wisconsin Apple Growers Associations website

<https://www.waga.org/Member-Orchards>

They have other useful information to <https://www.waga.org/>



Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL. October- Apples

We all know the saying, "*An apple a day keeps the doctor away.*" This saying originated in 1866 in Wales in a publication. The original saying was "Eat an apple on going to bed and you'll keep the doctor from earning his bread." The saying reappeared in 1913 in its current form. Through the ages, the apple has come to symbolize health and healthy habits. Let's take a closer look at the nutrients apples provide.

Apples may lower cholesterol and blood pressure and can aid digestion and stabilize blood sugar. Why? **Apples contain both soluble and insoluble fiber.** The soluble fiber in apples becomes gelatinous when it mixes with water in your digestive tract. It makes you feel full, slows down the absorption of nutrients, and prevents spikes in blood sugar. Soluble fiber also helps lower your levels of cholesterol. The insoluble fiber in apples can help move food thru your system to help prevent constipation. Apples contain vitamin C and antioxidants which can support a healthy immune system.

Be sure to eat the apple peel to get all the health benefits. I made an apple pie with the skins on the apples, and it turned out great!

Joke: Why did the apple pie cry? Because its peelings were hurt!

Baked Apple and Cranberries

Why not enjoy two WI Fruits in one simple dish? Can't you just smell the delicious, tender apple baking? This recipe makes 1 serving but just double it and enjoy it with someone.

Ingredients

- 1 baking apple (Such as Cortland, Macintosh, Granny Smith, Jonathan, or Braeburn)
- Cinnamon to taste
- 1 Tablespoon dried cranberries
- 1 teaspoon packed brown sugar
- ½ teaspoon margarine or butter



Directions

1. Wash hands with soap and water.
2. Wash the apple and remove the core leaving the bottom to hold in the filling.
3. Peel a small band of skin from around the top of the apple. (As shown in the photo).
4. Place the apple in a microwave-safe container.
5. Sprinkle cinnamon around the top of the apple and into the hole.
6. Fill the center of the apple with cranberries, pressing down if needed.
7. Top the cranberries with brown sugar and margarine or butter.
8. Cover loosely with wax or parchment paper.
9. Microwave on HIGH for about 2 1/2 minutes or until the apple is soft when poked through the center hole with a fork. Cool slightly.
10. Refrigerate leftovers within 2 hours.

(Recipes and photos used with permission from Foodhero.org)

Check out more Milk Recipes, facts, fun activities, and more at: <https://foodhero.org/apples>