



Market Basket of the month

The Market Basket of the Month featured fruit is

APPLES



Simple Serving Tips

Microwave Cinnamon Apples: Peel and cut 1 apple into cubes; add to a microwave safe bowl; stir in 1/8 tsp cinnamon and 1/2 tsp honey. Microwave 2-3 minutes until soft and enjoy!

Apple Nachos: Cut two apples into slices and add 1 tsp lemon juice. Spread onto a plate and top with chocolate chips, dried cranberries and sunflower seeds. Combine 2 tablespoons creamy peanut butter with 1 tsp honey and microwave for 20 seconds. Drizzle peanut butter mixture over apples and enjoy!

Autumn Salad: Top a leafy green salad with diced apple, dried cranberries, walnuts and unsalted sunflower seeds. Drizzle with low-fat raspberry vinaigrette.

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.

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



October

Chicken, Rice and Fruit Salad

Ingredients

Makes 3 servings

Tip: Use leftover rice

- 1 C. brown or white rice, cooked
- 2 tsp. dried parsley or 2 T. fresh, finely chopped
- 1/2 tsp. black pepper
- 1/4 tsp. clove garlic, finely chopped
- 1 T. fat-free Ranch dressing
- 2 T fat-free mayonnaise
- 1 C. apple cut chunks
- 1/3 C. grape halves
- 1/2 C. celery, chopped
- 1 1/4 C. cooked chicken, cut into bite-size pieces
- 6 lettuce leaves

1. If not using leftover rice - cook rice according to package directions without adding salt. Chill.
2. In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.
3. Add cooled rice, apple, grapes, celery, and chicken. Stir gently.
4. Serve cold on a bed of clean lettuce leaves, if desired.
5. Cover and refrigerate leftovers within 2 hours.

Source: ChooseMyPlate.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

- Leg Up Farmers Market
- Miller Plant Farm
- Penn Market
- York Fresh Food Farm

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!

Be sure to get up and move – with chores and play!

- Rake leaves into piles.
- Wash and put away the summer patio furniture.
- Plant flower bulbs in your garden.
- Take an extra walk in the neighborhood while waiting for dinner.
- Take a hike at a local park.
- Play active video games or search online for free exercise routines.

Just the Facts

- The largest apple ever picked and recorded weighed 3 pounds!
- Apple trees need to grow for 4-5 years before producing their first crop of apples.
- It takes the energy from 50 leaves to make one apple grow.

