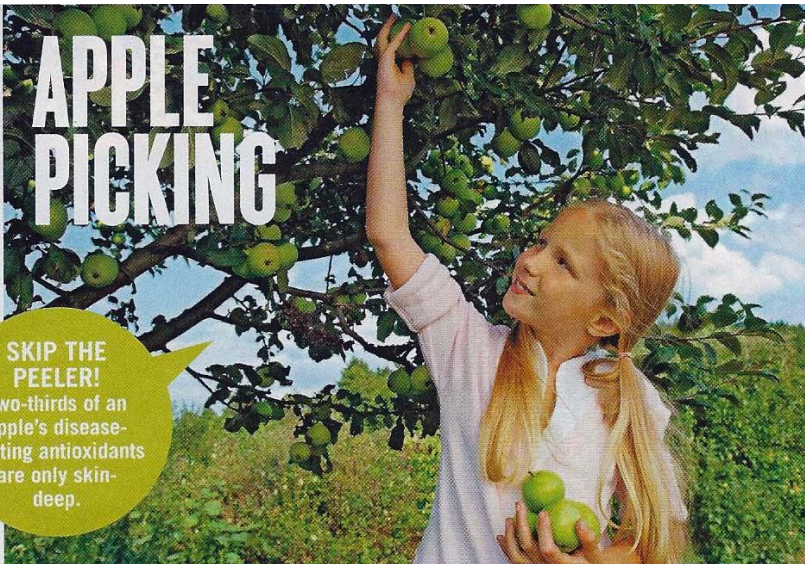


Time for FALL Fruits & Vegetables



APPLE PICKING

SKIP THE PEELER!

Two-thirds of an apple's disease-fighting antioxidants are only skin-deep.

Enjoy delicious fruit—from the orchard or the market—with tips from Nancy Foster, president of the U.S. Apple Association.

- Apples should feel firm to the touch, smell good and be free of bruises.
- Refrigerate to slow ripening and maintain flavor.
- Store in fruit drawer away from strong-smelling foods.
- Wash before serving under cool running water and rub dry with a paper towel.

how 'bout these apples

Want to add a true superfood to your diet? Research shows that eating apples regularly can reduce the risk of diabetes and whittle your waistline. But keeping the doctor away shouldn't be boring. Branch out with five varieties so crisp and juicy, you'll want to get them while they're ripe.

VARIETY	ROME	EMPIRE	FUJI	GALA	JONAGOLD
FLAVOR	sweet	sweet/tart	sweet/spicy	sweet	sweet/tart
TEXTURE	firm	crisp	crisp	crisp	crisp
USE	cooking and baking	snacking and salads	snacking and salads	snacking, salads and cooking	snacking, salads and cooking
AVAILABILITY	September–July	September–July	October–December	August–March	October–May

The Miracle Mineral



It turns out that magnesium is even mightier than previously thought. According to the *American Journal of Clinical Nutrition*, you can cut stroke risk by 8% with a daily serving of a magnesium-rich food. Maximize your intake by enjoying plenty of avocados, whole grains, beans, and leafy greens.

Apples & Butternut Squash are a natural combination for Fall cooking & both are available at our local farm stands for the next few months.

Butternut Squash Casserole

includes apples and is topped with a buttery spiced crumb topping with brown sugar. This is a tasty side dish for any fall meal, and it would be a perfect holiday dinner casserole.

Ingredients:

- 1 small butternut squash (about 2 to 2 1/2 lbs)
- 2 Rome apples
- 1/2 cup brown sugar, firmly packed
- 4 tablespoons butter, cold
- 1 tablespoon flour
- 1 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Preparation:

Butter a 2- to 2 1/2-quart baking dish. Heat oven to 350°. Peel, seed, and cut squash into small slices. Core the apples, peel, and cut into thin slices. Toss squash and apples together. Transfer squash and apple slices to the prepared baking dish.

Combine brown sugar, flour, salt, cinnamon, and nutmeg; cut in butter with fork or pastry cutter until crumbly. Sprinkle crumbs evenly over sliced squash and apples. Cover tightly with foil and bake at 350° for 50 to 60 minutes, or until squash is tender

By [Diana Rattray](#), About.com Guide