



It's apple season!

Here are ideas you don't want to miss!

No matter where you live, apple season is a special time of year! Whether you're picking them fresh from a local orchard, grabbing a bag at the grocery store, or exploring a farmers' market, this is the time when apples are at their peak. Bursting with flavor and nutrition, apples can be used in countless ways to elevate your meals and snacks. Here's how to make the most of this delicious season.

Apples are harvested from late summer through fall, making this the prime time to find them fresh and at their best. Depending on where you live, you might find early varieties like Honeycrisp or Gala in late August, with later varieties like Fuji and Granny Smith available through October. To save money, look for apples at local farmers' markets, orchards, or even join a community-supported agriculture (CSA) program. Buying directly from growers can often get you the best deals.

Apples are more than just a sweet treat—they're a powerhouse of nutrition. One of the standout features of apples is their rich content of phytonutrients like quercetin, flavonoids, and phenolic acids. These compounds are known for their antioxidant properties, helping to reduce inflammation and lower the risk of chronic diseases such as heart disease and cancer.

Apples are also an excellent source of dietary fiber, particularly pectin, a type of soluble fiber. Pectin has been shown to support digestive health by feeding the good bacteria in your gut. It also plays a role in appetite regulation—research suggests that pectin can help you feel fuller longer by slowing down digestion and stabilizing blood sugar levels, making apples a great choice for managing hunger.

Apples are also a source of vitamin C, which supports your immune system, and potassium, which helps maintain healthy blood pressure.

Apples aren't just for eating plain or making pie. Here are some fun and easy ways to incorporate them into your daily meals:

- **Apple Slices with Nut Butter:** A classic and simple snack that combines sweetness with protein.
- **Apple Salad:** Toss apple slices into a green salad with nuts, cheese, and a tangy vinaigrette.
- **Apple and Cheese Platter:** Pair different apple varieties with sharp or soft cheeses for an elegant snack.
- **Baked Apples:** Core an apple, stuff it with oats, nuts, and a drizzle of honey, then bake until tender.
- **Apple Smoothie:** Blend an apple with yogurt, cinnamon, and a touch of honey for a refreshing drink.
- **Apple Squash Soup:** Add diced apples to butternut squash soup for a hint of sweetness that balances the savory flavors.
- **Whole Grain Apple Pilaf:** Mix chopped apples into a warm pilaf with quinoa or farro, dried cranberries, and toasted nuts.
- **Apple Slaw:** Shred apples into a cabbage slaw with a light vinaigrette for a crisp, refreshing side dish.
- **Grilled Apple Sandwich:** Layer apple slices with sharp cheddar cheese on whole-grain bread, then grill for a tasty, melty snack.
- **Apple Oatmeal:** Stir chopped apples into oatmeal while cooking, and top with cinnamon and a drizzle of maple syrup.

Apple Salsa



Surprise your taste buds with this unique twist on a classic condiment.

Ingredients:

- 2 apples, finely chopped
- 1 small red onion, finely chopped
- 1 jalapeño, seeded and minced
- Juice of 1 lime
- 1/4 cup fresh cilantro, chopped
- Salt and pepper to taste

Combine the apples, red onion, and jalapeño in a bowl.

Add lime juice, cilantro, and season with salt and pepper.

Mix well and serve with grilled fish, mixed in with whole grains, alongside a bean burrito, piled on pita or crackers, or as a dip with chips.