

little EXPLORERS GARDEN GAZETTE

NEWSLETTER | SEPT 2022

-BUZZWORTHY-

You're the Apple of My Eye

"You can bake it, boil it, broil it, candy it, saute it. Dey's uh, apple pie, apple strudel, apple cake, apple fritters. Pan fried, deep fried, baked. There's Granny Smith, Honeycrisp, Pink Lady, Fuji, Gala, Red Delicious, Ambrosia, Empire, McIntosh, Opal, Liberty. That- that's about it.

Maybe you were scratching your head reading my artfully crafted Bubba Gump impersonation. As you hopefully recognized in the opening paragraph, there are countless ways to cook apples and ample varieties to select from. Since Apple Picking season is one of my favorite parts of fall, I wanted to shine a spotlight on this healthy staple. Studies show apples lower cholesterol, reduce the risk of heart disease have anti-inflammatory properties....and, perhaps more importantly, kids absolutely love them! So, strap up your boots and put on your cozy flannel shirt—it's Fall Y'all!

Fun family activities: Go apple picking at a local orchard, bake apple pies with the kids, or simply conduct a mystery taste test to find your child's favorite variety. Just remember this September that an apple a day, keeps the doctor away.

-CONTACT INFO-



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-REMINDERS-

Share an apple treat or read one of the many stories about Johnny Chapman (Appleseed). Johnny Appleseed planted apple trees across America to share not only their beauty and shade but to provide food for those in need. Many stories tell how the man would travel many miles to nurse an ailing orchard when word would reach him of its poor condition. While bringing the trees back to health (his chief endeavor), the orchard man dispersed his wisdom, care, and kindness. Consider visiting a local pumpkin patch/farm in our area:

Old Time Christmas Tree Farm
Weinberg's Rosehill Farm
P-6 Farms
Blessington Farms
Dewberry Farm
Barton Hill Farms

-EVENTS-

9/5 - Closed for Labor Day
9/11 - Grandparents Day
9/11 - 21 Yr Anniversary of 9-11
9/16 - Play-Doh Crafts
(Nat'l Play Dough Day)
9/24 - Johnny Appleseed Day

