

Apples popular for fall meals

This fall is the perfect time to try new methods of using apples in your meals, as well as familiar favorites, because they are in heavy seasonal supply according to the northeastern market news offices of the

Agricultural Marketing Service (AMS), U.S. Department of Agriculture (USDA).

Apples also have good nutritional value, as they are high in potassium, and have fair amounts of calcium, phosphorus, and Vitamin C, as well.

In addition to eating them out of hand, use them for a simple dessert by serving them with cheese. Serve on individual plates, giving each diner a knife and fork. As an accompaniment to chicken, ham, or pork dishes, try fried apple rings. Peel and core the apples, cut into slices 1/2 inch thick, and saute in butter. Turn once. Cook them quickly so that they won't get soggy.

For desserts, the apple's value is infinite. Now is the time to try apple pies, tarts, charlottes with rum and apricot preserves, and fruit breads. For breakfast, try them in muffins, pancakes, or combine them with cranberries in the following delicious dessert:

Cranberry-Apple Crunch

- 1 cup whole cranberry sauce
- 1 cup apples, pared and chopped
- 1/2 cup rolled oats, quick cooking
- one-third cup brown sugar, packed
- 1/4 teaspoon salt

- 3 tablespoons flour
- 3 tablespoons melted butter or margarine
- 1/4 cup chopped nuts

Preheat oven to 350. Grease a 7x7x2 inch baking pan. Combine cranberry sauce and apples. Spread in pan. Combine oats, sugar, salt, and flour. Add melted fat and mix until crumbly. Sprinkle over fruit. Top with nuts. Bake one hour and serve warm.

On cold winter nights, hot apple cider, served in mugs with cinnamon sticks will warm you up quickly. If you are getting boored with orange juice, try apple juice for breakfast - and, if it is fortified with Vitamin C, as many brands now are - the nutritional value will be equal.

And, don't forget to have plenty of apples on hand when the neighborhood children come trick-or-treating for Halloween.

American apple pie



Dance festival slated

Mark your calendar for October 19, 1975 and come to the First Penn State Round Dance Festival at University Park, Pa.

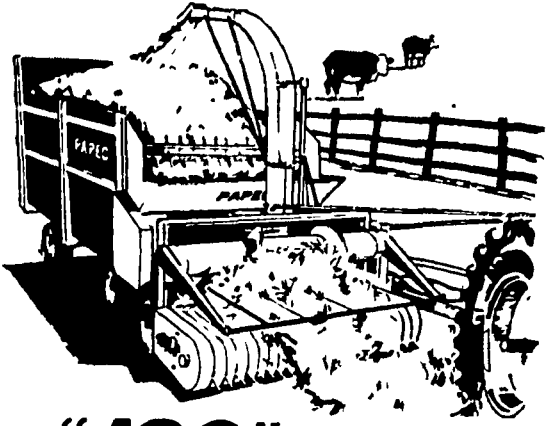
Leading the round dance clinics and workshops will be Carl and Pat Smith of North Canton, Ohio, and Bob and Evelyn Supko from Clearfield, Pa. A round dance

party Sunday evening will complete the activities.

For additional information and a registration form,

please write to: Agricultural Conferences, 410 J. O. Keller Bldg., University Park, Pa. 16802.

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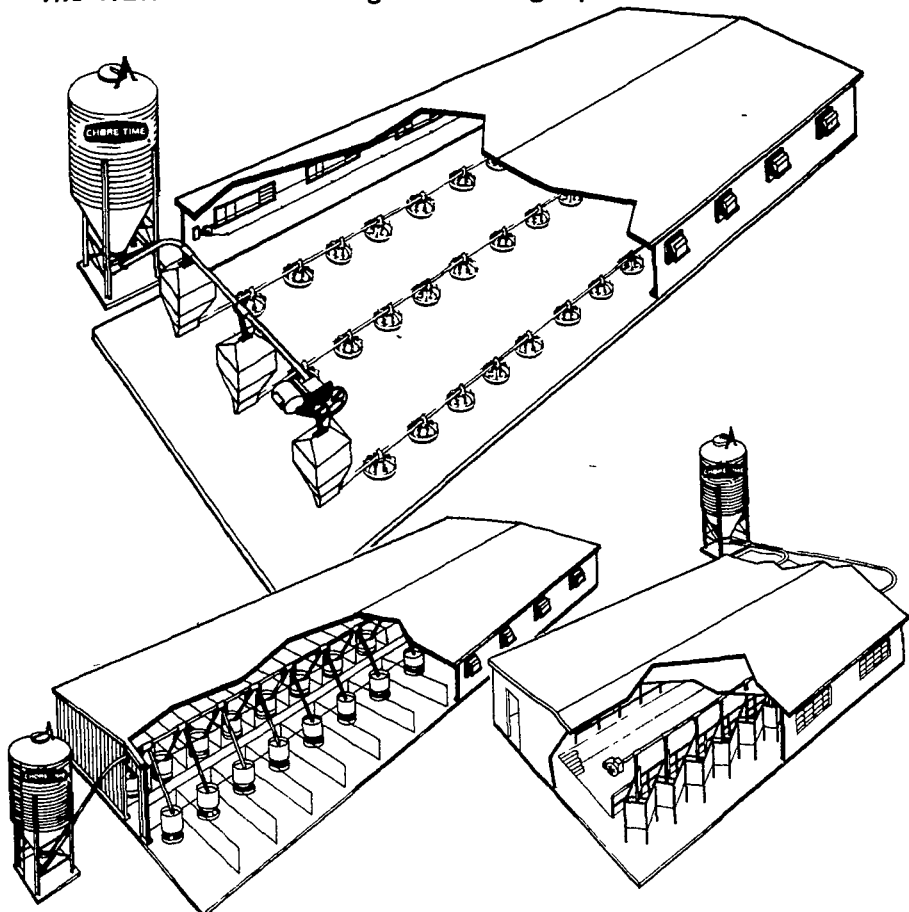


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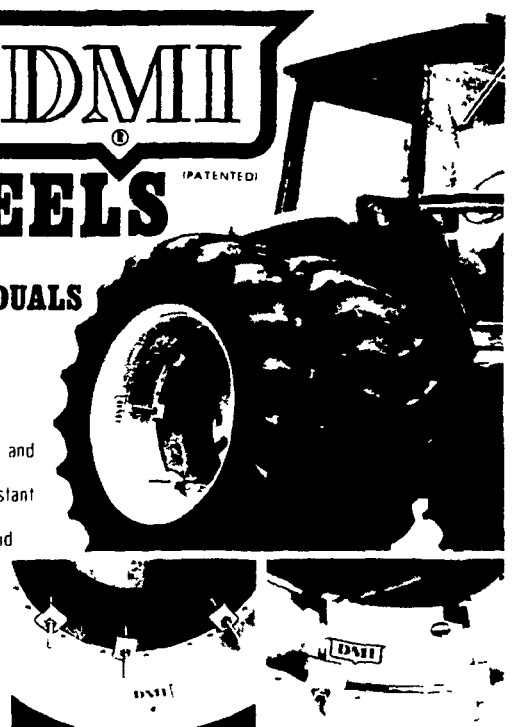
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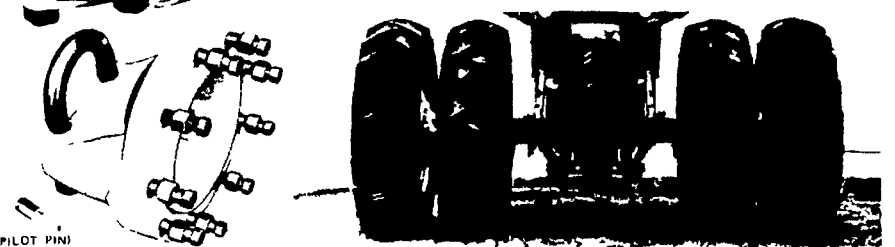
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