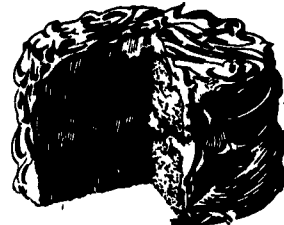


Home On The Range



Apple Appeal

Apples are a great fruit for building healthy bodies.

Did you know a medium-sized apple:

- Contains almost no fat and helps reduce risks of cancer?
- Has almost no sodium and helps reduce risk of high blood pressure?
- Supplies Vitamin A for good vision, bone, and tooth development?
- Contains pectin and other fibers, helps reduce cholesterol, and may help prevent colon cancer?
- Contains natural sugars called fructose?
- Has only 81 calories?
- Contains no cholesterol or artificial colors?
- Is high in complex carbohydrates and may lower risk of cancer, heart disease, and diabetes?
- Supplies potassium and may help control high blood pressure?
- Contains the trace mineral boron, which helps the body use calcium and keeps brain function alert?

When it comes to nutrition, the apple wins high marks. Researchers are constantly developing new varieties to give people a greater assortment of tastes. Some are better tasting but don't work well for baking.

Already more than 2,500 apple varieties are available and new varieties are on the tree. Here are a few common varieties in the state and their best uses.

- McIntosh — excellent raw, in salads, and in sauce.
- Golden Delicious — excellent raw, in salads, and for baking.
- Red Delicious — good raw and in salads.
- Ida Red — excellent raw, in salads, sauces, and for baking.
- Rome Beauty — excellent for baking. Good in salads and sauce. Fair for eating.
- Stayman — excellent for baking. Good raw and in salads.

GERMAN APPLE CAKE

1/2 cup shortening
1/2 cup brown sugar
1 cup granulated sugar
2 eggs
2 teaspoons soda
1/2 teaspoon salt
2 teaspoons cinnamon
2 1/4 cup flour
1 cup sour milk
2 cups apples, diced
Cream shortening and sugar. Add eggs. Add dry ingredients

alternately with sour milk. Add apples. Pour into 9-inch by 13-inch pan.

Topping:

1/2 cup brown sugar
1/4 cup granulated sugar
1/2 teaspoon cinnamon
1/2 cup chopped nuts
Mix and sprinkle over top of batter. Bake at 350 degrees for 45 minutes.

Anna Mary Wenger
Lititz

GERMAN APPLE CAKE

1/2 cup shortening
1 cup granulated sugar
1/2 cup light brown sugar
2 eggs
2 1/4 cups flour
1/2 teaspoon salt
2 teaspoons soda
1 cup sour milk
2 teaspoons cinnamon
2 cups diced raw apples
Put soda in 1 cup sour milk. Cream shortening and sugars. Add eggs. Sift together flour, salt, and cinnamon. Add to egg and sugar mixture, alternating with milk. Stir in apples. Bake in 9-inch by 13-inch pan.

Add the following topping:

Combine these ingredients:
1/2 cup brown sugar
1/4 cup granulated sugar
1/2 teaspoon cinnamon
1/2 cup chopped nuts.

Betty Jane Lichty

GERMAN APPLE CAKE

1/2 cup butter
1/2 cup brown sugar
1 cup sugar
2 eggs
1 cup buttermilk or sour milk
2 1/4 cups flour
1/2 teaspoon salt
2 teaspoons cinnamon
2 teaspoons baking soda
2 cups raw apples, diced or grated

Cream butter, sugar, and eggs until light and fluffy. Add dry ingredients alternately with milk, mixing until smooth. Add apples. Pour into oblong cake pan.

Crumb topping:

1/2 cup brown sugar
1/4 cup granulated sugar
1/2 cup chopped nuts
1/2 teaspoon cinnamon
Combine topping ingredients. Sprinkle on top of batter. Bake at 350 degrees for 40-45 minutes.

Mrs. Lapp
Myerstown



These prize-winning apples at the York Fair are examples of the many varieties that offer taste, flavor, and nutrition.

APPLE BREAD TART

1 tablespoon butter
3 Granny Smith apples, peeled, cored, and thinly sliced
1/2 cup packed brown sugar
2 tablespoons dark corn syrup
1/2 teaspoon cinnamon
8 slices raisin bread
1 1/4 cup lowfat (1 percent) milk
1 large egg
2 egg whites

Several hours or a day before serving: In large skillet, melt butter over medium heat. Add apple slices and cook 2 minutes. Stir in brown sugar, corn syrup, and cinnamon. Cook, stirring occasionally, 8 minutes or until apples are tender but retain their shape.

With slotted spoon, transfer apple slices to a greased 9-inch cake pan and spread in an even layer. Heat juices remaining in pan to a boil and cook 2 to 3 minutes or until reduced to a syrup. Pour syrup over apples.

Cut or tear bread slices into 1/2 inch pieces. Layer these pieces over apples to cover completely. Beat together milk, egg, and egg whites until well-blended and pour over bread. Cover with plastic wrap and refrigerate 5 hours or overnight.

Heat oven to 350 degrees. Remove plastic wrap from tart and bake 30 to 35 minutes or until top is golden and firm. Let cool 10 minutes. Turn pan onto serving plate; remove pan and serve warm.

Washington Apple
Commission
Wenatchee, Wash.

APPLE SALAD

Peel and dice 8 apples. Place in slightly salted water. Let set a few minutes and drain.

Slice 2 bananas and sprinkle with lemon juice. To the drained apples and sliced bananas, add the following:

1/2 cup raisins
1/2 cup celery (chopped).

Mix.

Mix and cook the following dressing:

1 cup water
1 cup sugar
1 tablespoon vinegar
1 1/4 tablespoon cornstarch
1/2 tablespoon cream
1 teaspoon vanilla

Cook until slightly thickened. Cool and pour over apple mixture.

Gladys S. Martin
Ephrata

MICRO-EASY MAPLE BAKED APPLES

5 red baking apples
5 tablespoons maple syrup
1 cup apple cider
Ground cinnamon

Core apples. With a paring knife or potato peeler, remove a small spiral of apple peel on the top to form a spiral design. Place apples around the edges of a casserole dish and pour cider on and around the apples.

Drizzle 1 tablespoon syrup on each apple; dust lightly with cinnamon. Cover with casserole lid and microwave on high for 10 minutes or until fork tender. Serve with dollop of vanilla non-fat yogurt, if desired.

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

September

24- National Honey Month

October

1- National Pork Month
8- National Chicken Month
15- Seafood Favorites



Featured Recipe

Earn an A+ at mealtime with recipes that kids can't resist. The latest recipe leaflet from the American Dairy Association "Dairy Favorites For Kids," features winners like Animal-Shaped Grilled Cheese, Cheeseburger Babies, Parrot Punch and "Beary" Chocolate Birthday Cake. To order, send 25 cents plus a self-addressed, stamped business-size envelope to:

Dairy Favorites For Kids Leaflet

American Dairy Association

P. O. Box 760

Rosemont, Illinois 60018-7760

Here is a recipe from the brochure,

SPICED APPLE CHEESE SPREAD

Yield: 2 cups

1 package (8 ounces) cream cheese, softened
1 1/2 cups (6 ounces) shredded Monterey Jack cheese
1 cup diced unpeeled apple (1 small apple)
1/3 cup chopped walnuts
2 tablespoons milk
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg

In small mixer bowl, beat cream cheese until light and fluffy. Beat in remaining ingredients until well blended. Refrigerate, covered, 1 to 2 hours to allow flavors to blend. Store in covered container in refrigerator up to one week. Spread on mini bagels, toast, crackers or waffles.

Serving size: 1 tablespoon

Calories per serving: 60

Protein 2 g, fat 5 g, carbohydrate 1 g

Calcium 48 mg, riboflavin (B2) .04 mg