

CHEQUAMEGON BAY

# Harvest of the Month

Growing Healthy Students

October



Did you know...

- ✓ About 2,500 apple varieties are grown in the United States and more than 7,500 are grown worldwide.
- ✓ Macintosh, Cortland, Honeycrisp, Honey Gold, Connell Red, Red Delicious, Greening, Sweet 16, Priscilla, Liberty, Wealthy, Fireside, and Spartan are some of the apple varieties grown in Bayfield.
- ✓ Pomology is the art and science of growing apples, and apples are part of the pome family—a fruit whose seeds are embedded in the core of the fruit.
- ✓ The average American person eats 65 apples per year!

## Mishiimin/Apples

### How to Select and Store Apples

Apples can bruise easily and should be gently picked. Apple skins should be smooth and reasonably bruise-free. Apples kept in plastic bags in the refrigerator will keep for a lot longer than apples left on the counter. An apple at room temperature ripens 6–10 times faster.

### How to Eat Apples

You can get your apple a day in a number of ways—by eating them whole or cut into slices, as unsweetened applesauce, dried apples, or 100% apple juice. Apples can even be used to replace fat and butter in baked goods. (Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.)

### Nutrition Benefits of Apples

Apples are low in calories and have no cholesterol. In addition to being an excellent source of pectin, fiber and bulk (aiding in digestion), apples are high in potassium and low in sodium. At 85% water and 0% fat – an apple makes a low (80) calorie contribution to the five-a-day recommendation from the US Department of Health and Human Services. Apples are best when eaten with the peel, as that is where most of the fiber and antioxidants are found.



## \*\*BUY LOCAL\*\*

Purchase local apples from these Bayfield orchards:

**Apple Hill Orchard** - (715) 779-5425

-PYO & Pre-picked Apples, Pears, Plums

**Bayfield Apple Company** - (715)-779-5700

-Pre-picked Apples, Cider, Pears

**Blue Vista Farms** - (715)-779-5400

-PYO & Pre-picked Organic Apples, Cider

**Erickson's Orchard & Country Store** - (715) 779-5438

-PYO & Pre-picked Apples, Cider, Fall Produce

**Hauser's Superior View Farm** - (715) 779-5404

-Pre-picked Apples, Pears, Fall Produce

**North Wind Organic Farm** - (715) 779-3254

-Pre-picked Organic Apples & Fall Produce, Cider

**Rabideaux's Bayfield Fruit Company** - (715) 779-5509

-Pre-picked Apples, Cider

**Sunset Valley Orchards** - (715) 779-5510

-PYO & Pre-picked Apples, Cider, Pears

**Weber Orchard** - (715) 779-5021

-Pre-picked Apples, Pears, Fall Produce

For a weekly listing of availability throughout the fall, check out the Bayfield Chamber Orchard Update at:

<http://www.bayfield.org/pdf/Berry-Update.pdf>

## Cooking Corner



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### Easy Applesauce

#### Ingredients

- Apples
- Honey and cinnamon

- 1 Peel**, core, and slice apples to fill a large pot half way full. Pour some water into the pot, enough to cover the bottom. Bring to a boil, then reduce heat and simmer for 25-30 minutes until apples are soft and saucy, stirring often.
- 2 Remove** from heat and stir in honey and cinnamon to taste. Freeze or can applesauce to enjoy all winter.

## The Story of the Bayfield Apple

In 1905, William  planted **30** acres of s on a hilltop overlooking the town of Bayfield. s **1st**  harvest was a bumper crop. By 1910, he'd planted more than **140** acres of s, and his neighbors had begun planting s as well. Soon, Bayfield was producing so many s that the town formed a co-op for ing them to other counties. Bayfield is an ideal place to grow s because Lake Superior delays the growing season in the spring, sparing s from March frost, and extends the season in the fall allowing Bayfield s to grow big and juicy. In the early 1920s,  sold his farm to John Dawson Hauser, who saw Bayfield's  economy boom in the 1950s and '60s, shifting the town's identity from a lumber and ing outpost to an  town. Grocery store supply chains and their Washington s put an end to the Bayfield  boom long ago, but there are still a number of thriving s in the Bayfield area, including the Hauser  now in it's **5th** generation.