Harvest of the Month

Apple & Pumpkin

An Apple a Day!

With so many delicious varieties to choose from—ranging from the sweet Fuji, Gala and Honeycrisp to the tart Granny Smith—there is a perfect apple for every palate. Beyond their great taste, apples are a nutritional powerhouse packed with fiber and vitamin C, making them a fantastic, heart-healthy snack to fuel your day! Each variety also brings a unique texture to the kitchen; for instance, tart Granny Smiths are ideal for baking warm, delicious pies, while sweet ones are best enjoyed fresh as a quick, crunchy bite.

Pump up the Pumpkin!

Pumpkins are a classic fall favorite that grow on sprawling vines, soaking up the summer sun until they are ready for harvest. These orange powerhouses are loaded with Vitamin A, which helps keep your eyes healthy, along with plenty of fiber to keep you fueled throughout the day. They are incredibly versatile in the kitchen too; while we all love a classic pumpkin pie, you can also roast the seeds for a crunchy snack, or roast & puree the insides to create delicious warming soups!

Do you know how it grows?

Ever wonder how your favorite crisp, sweet Honeycrisp apple is grown? Because apple trees grown from seeds often produce fruit that tastes quite different from the parent, farmers use a special technique called "grafting" to ensure every apple is just as delicious as the last. By carefully attaching a branch from a proven Honeycrisp tree onto a strong, healthy rootstock, growers can preserve the exact flavor and crunch that makes this variety such a fan favorite!

In partnership with

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Apple Pie Parfait

Yield: 6-8 serving

Ingredients

½ cup granulated sugar
1 tablespoon cornstarch
¾ teaspoon cinnamon
¼ teaspoon salt
1 ⅓ cup water
2 tablespoon lemon juice
1.5 lbs apple slices
4 cups granola
1.5 quart vanilla yogurt

Directions

1. Combine the first four (4) ingredients in a heavy bottom pot.
2. In a separate bowl, combine the water, lemon juice, and apple slices. Toss apple slices to coat.
3. Transfer the apple slice mixture to the pot containing the dry ingredients and heat on Medium High.
4. When a heavy simmer is reached, reduce the heat to low and allow to simmer for 30-45 minutes. Stir occasionally to prevent the contents from burning.
5. When apples are tender, pull from heat and let cool.

To assemble the parfait:

1. In a 16-20oz cup, measure ½ cup of apple pie filling in the base of the cup.
2. On top of the apple pie filling, measure 1 cup of yogurt.
3. On top of the yogurt, measure ½ cup of granola.

Pumpkin Muffins

Yield: 12 muffins

Ingredients

½ cup butter, melted
2 ½ cups whole wheat four
1 cup granulated sugar
2 teaspoons baking powder
2 teaspoon baking soda
¼ teaspoon salt
1.5 teaspoon cinnamon
1 cup pumpkin puree
1 egg, beaten

*½ cup buttermilk
*Note: If buttermilk is unavailable, mix ½ cup regular milk with 1.5 teaspoon white vinegar or lemon juice. Let stand for 5-10 minutes until it thickens slightly.

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Directions

1. Preheat oven to 375°F.
2. Grease muffin tins or fill with liners.
3. In a large bowl, mix together flour, sugar, baking powder, baking soda, salt, and cinnamon.
4. In a separate bowl, whisk together the melted butter, pumpkin, egg and buttermilk.
5. Fold wet mixture into dry mixture and stir just until combined.
6. Fill muffin tins and bake for 25-30 minutes, or until muffins are puffed and turning golden brown on top.