

stay crisp

superfood

AMAZING APPLES

You don't need to be from the Big Apple to enjoy this fresh fall fruit. Actually a member of the rose family, apples have been part of the human diet for tens of thousands of years. There are now more than 2,500 different types of apples grown in the US varying in size, color, and taste. Galas are sweet and Granny Smiths are sour. Honeycrisps are excellent in pies and Red Delicious make the perfect snacking apple. A standard appletree can take as long as 10 years to produce its first apple, but the fruit is worth the wait. If you want to know why an apple a day keeps the doctor away, it's because this modest fruit is actually a nutritional powerhouse. Apples are rich in fiber and contain numerous vitamins and minerals, including vitamin C. Apples tend to ripen 6-10 times faster at room temperature, so make sure to keep them in the fridge for optimal freshness. Worried about cut apples getting brown? Try adding a little acid like lemon or lime juice after cutting. Or, after slicing, put the apple pieces back together like a puzzle and place a rubber band around it to hold in place until snack time. If you're looking for some flavorful combos, apples pair well with cinnamon, nutmeg, ginger, caramel, and various cheeses. Whether you purchase a bushel or a peck, it's easy to get your fill of apples this fall. Try homemade applesauce, crispy apple chips or start with our recipe for baked apples on the right, for a fun seasonal dessert.

Oven-Baked Apples with Walnuts

1 pound apples, sliced
1/4 cup dried cranberries
1 tablespoon lemon juice
2 tablespoon honey
1/2 tablespoon vanilla extract
2/3 cup walnuts, chopped
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
sprinkle of sea salt

Preheat oven to 350° F. Lightly butter a rimmed baking sheet. Add the apples, cranberries, lemon juice, honey, and vanilla. Mix well. Bake until the fruit is tender, about 45 minutes. Sprinkle with spices and walnuts. Serve hot.

Makes 4 servings.

Per serving: calories 300; fat 13g; protein 4g; carbohydrate 49g; dietary fiber 4g; cholesterol 0mg; sodium 45mg; total sugar 29g (added sugars 9g)

FALL INTO FITNESS

GO APPLE PICKING Enjoy the fresh fall air with a visit to the apple orchard! Take your time strolling around and take turns carrying the bag or basket to add in some strength training for your arms. Before your trip, contact the orchard to see which apples are in season and start brainstorming some delicious apple recipe ideas!

RAKE THE LEAVES Instead of dreading yard cleanup, look at raking leaves as a perfect way to fit in both physical activity and get a breath of fresh air. Enlist the whole family by making raking into a game or building a giant leaf pile! Don't know what to do with all the leaves you're raking up? Use them as mulch, compost, or for a fun art project.

TAKE A SCENIC WALK Take advantage of the magnificent fall foliage with a scenic walk or hike. Explore local trails and take in the nature surrounding you. The foliage colors peak between late September and late October, so pick a weekend and hit the trails for a walk, run or hike.

PLAY SOME FOOTBALL Gather the fam and grab the pigskin for a fun game (or two) of flag football. Don't have enough players for a game? Tossing the ball back and forth can get your heart rate up too!



THE DIRT ON CLEAN EATING



LET'S GET DIRTY...

with fall veggies that are ready to make their way out of the dirt and onto your plate.

CARROTS

This popular root veggie is a good source of beta-carotene, fiber, vitamin K and potassium. Most commonly orange, carrots can also be found in shades of yellow, white, red, and purple. No matter the color, they're perfect for snacking solo or dipping in hummus.

RUTABAGAS

Thought to be a hybrid of a turnip and cabbage, this nutty, sweet veggie can be prepared in many ways, including roasting, sautéing, mashing and baking. They also make great additions to salads and soups. One cup of rutabaga provides over 50% of the vitamin C needed in a day, plus they're a good source of manganese and potassium.

BEETS

An excellent source of fiber, vitamin C, magnesium, and folate, these bright bulbs also contain an amino acid called betaine, which is protective against certain cancers. The stem is where the deep red color comes from, so when boiling, keep the stems on and remove after cooked to preserve the purple-red hue.

WHAT IS CLEAN EATING?

While there is no single definition for the term "Clean Eating", this most recent wellness trend emphasizes consuming whole and natural foods as close as possible to how they're found in nature. For some, this means only choosing organic and for others it might mean just opting for foods that have been minimally processed. In general, clean eaters steer clear of foods that contain added sugars, fats, preservatives and other additives.

PUTTING LABELS ASIDE

Ditch the labels for food and instead, focus on choosing whole fruits and vegetables, lean proteins, low fat dairy products, and whole grains. This way, you're automatically eating fewer foods that are highly refined, processed, and pre-packaged. Clean eating goes beyond implying whether or not a food is physically clean or dirty. Fresh produce, even dirty root vegetables like carrots, beets and potatoes, are technically "clean" of artificial flavors and seasonings. These foods also tend to be high in fiber, low in fat, calories, sugar, and sodium, which can help decrease the risk of chronic disease. Learn more about some of our favorite dirty foods in the column at the left.

Clean eating, in terms of choosing foods as close to their natural state, can also help you better tune into and help the environment. Less packaging and processing means less landfill and eating local leaves less of a carbon footprint. You can also gain a renewed appreciation for your food and where it comes from by taking a step back to consider the paths food has to travel to get from a seed or plant to the plate.

THE DIRTY TRUTH

Labeling foods as clean, dirty, good or bad isn't helpful to achieving overall health. Eliminating entire food groups and only allowing yourself to "eat clean" can potentially lead to restrictive and obsessive eating behaviors and even cause deficiencies and illnesses that the clean eating movement is intended to prevent. Keep in mind it is always better to eat any fruit or vegetable than none because of fear that it's "dirty".

If we clean up the definition of clean eating, the main focus is on the quality of our food choices. Aim to enjoy a variety of foods from all food groups rather than eliminate any one thing. Creating a healthy lifestyle means going back to basics by choosing lots of fruits and vegetables, whole grains, lean proteins and plenty of water. Clean or dirty, make sure to fuel your body with energy and enjoy what you're eating.