



# Be the Apple of Someone's Eye

October 3 to 31, 2022

You will certainly be the apple of someone's eye when you share local apples - in whatever form! New England offers such a myriad of apple varieties in color, size, taste, and shape (one is even shaped like a sheep's nose!). You have heard of the ole standbys like Macs and Cortlands, but New England boasts other fun varieties such as: Howgate Wonder, Jonagold, Knobby Russet, Malinda and so many more. Apples are healthy and versatile. We can eat apples fresh as is, or in salads, sandwiches, soups, entrees, pies, muffins, breads, and more.

This month, we encourage you to go apple picking (or purchase pre-picked on site) at one or more local orchards. It's a great outdoor activity whether you go as a family or with friends or just by yourself! Many orchards have animals and gift shops and sell other fruits and local products. And our New England scenery is beautiful. Choose at least one variety you have never eaten. NOTE: if you can't go to a local orchard, a Farmer's Market is the next preferred. If you can't do that, then you can get your apples at a grocery store. Though, we really encourage you to enjoy the outside experience and support your local farmers.

Come back home with your apples, plan how to use them, create at least one dish, take a photo and enjoy! See the next page for full program requirements.

# Apple of Someone's Eye Challenge and Raffle

## Prizes

We will randomly choose raffle winners who will receive \$75 gift cards to Williams Sonoma. (Only MIIA/BCBS subscribers are eligible for the raffle) The number of gift cards awarded will depend on the number of folks who participate. Submissions must be received by 5:00 p.m. November 11, 2022. Raffle winners will be notified by November 18, 2022. With permission, we'd love to post a sampling of the photos we receive on our website and in our newsletter, regardless of raffle winner status.

Did you know? The phrase **"apple of my eye"** refers in English to something or someone that one cherishes above all others. Originally, the phrase was simply an idiom referring to the pupil of the eye.

## Program Requirements

1. When getting your apples: choose at least ONE new variety of apple you've never had before.
2. Take photo of the orchard (or market or store)
3. Make at least one thing with your apples
4. Take photo of what you made
5. Complete the information form on the next page
6. Submit all the above to Mary Harrington at [mharrington@mma.org](mailto:mharrington@mma.org), by 5:00 pm on November 11, 2022

## Resources

### Find an orchard near you:

- Orchard finder– <https://newenglandapples.org/orchards/>

### Fun facts about apples:

- <https://www.applesfromny.com/about-nyaa/apple-trivia/>
- <https://parleefarms.com/apple-facts/>
- <https://web.extension.illinois.edu/apples/facts.cfm>

### New England apple varieties

- <https://newenglandapples.org/apples/>
- <https://www.orangepippin.com/varieties/apples/f>

### Recipes

- <https://newenglandapples.org/recipes/>
- <https://www.eatingwell.com/gallery/7919651/healthy-apple-recipes-for-fall/>
- <https://www.brit.co/best-creative-apple-recipes/>
- <https://www.homeandplate.com/blog/2015-honeycrisp-apple-quesadillas-with-bacon-and-cheddar/>
- <https://whitneybond.com/butternut-squash-apple-bruschetta/>
- <http://dailyburn.com/life/recipes/apple-nachos-recipe/>
- <https://www.asaucykitchen.com/arugula-apple-and-goats-cheese-flatbread/>
- [https://wendypolisi.com/quinoa-apple-cheddar-soup/?utm\\_source=sumome&utm\\_medium=pinterest&utm\\_campaign=sumome\\_share](https://wendypolisi.com/quinoa-apple-cheddar-soup/?utm_source=sumome&utm_medium=pinterest&utm_campaign=sumome_share)
- <https://www.connoisseursveg.com/smoky-apple-sage-chickpea-veggie-burgers-or-breakfast-sandwiches>
- <http://athleticavocado.com/2015/12/27/cinnamon-apple-noodle-breakfast-bowl-candied-nuts/>

# Apple of Someone's Eye Challenge and Raffle

## Health Benefits and Nutrition Tips

- Apples are a good source of Vitamin C, are high in fiber, and low in sodium, fat and cholesterol.
- Apples contain various phytonutrients that may help regulate and prevent spikes in blood sugar levels, especially important to those with hyperglycemia and diabetes.
- The substances that give apples their characteristic color, taste, and aroma are called polyphenols or antioxidants. They may help protect our cells and tissues from free radicals, which are molecules that can cause damage by attaching to our cell membranes, DNA, and proteins, and possibly lead to certain cancers.
- Some studies show that eating apples can protect the cells in your pancreas, which can lower your risk of developing type 2 diabetes.
- Eating fresh apples helps to clean your teeth and massage your gums.
- Apples contain pectin, a soluble fiber that encourages beneficial bacteria to grow in your digestive tract. Fiber can slow digestion so you may feel fuller after eating, helpful particularly to those trying to lose weight. Also, eating fiber-rich foods can help control symptoms and lessens the effects of acid reflux and help prevent diarrhea and constipation.
- The highest concentration of nutrients in an apple is in and just under the skin, so when it comes to your health, leave apples unpeeled.
- Make sure to store apples in your refrigerator to keep them fresh longer. They can be stored at room temperature, but they'll ripen much faster.
- Interactions – Apple juice can interact with the allergy drug fexofenadine (Allegra). The juice makes the medicine hard for your body to absorb.



# Apple of Someone's Eye Challenge and Raffle

Please complete this form. Attach the form and your photos to the email you send to Mary Harrington at mharrington@mma.org by 5:00 pm November 11, 2022. Raffle winners (\$75 Williams Sonoma gift card) will be notified by November 18, 2022. The number of winners will be determined by how many participants there are in the program. Only MIIA/BCBS subscribers are eligible for the raffle.

## Personal information:

Name: \_\_\_\_\_ Employer: \_\_\_\_\_

MIIA/BCBS subscriber:  Yes  No Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Mailing address: \_\_\_\_\_

## Program information:

1. Name of orchard/market/store I got my apples \_\_\_\_\_

2. The new apple variety I used was \_\_\_\_\_

3. Check each box below to confirm you completed these required steps in order to be entered into the raffle (only MIIA/BCBS subscribers are eligible for the raffle)

I submitted a photo of the orchard/market/store I got my apples to Mary Harrington

I submitted a photo of what I made with my apples to Mary Harrington

### If your name is pulled in our raffle, do you give permission to:

Use your first name and last initial in the newsletter and our website?  Yes  No

Use your photo(s) in the newsletter and our website?  Yes  No

Thank you for participating and for sending us your photos!