



## **Farmstand Favorites: Apples: Over 75 Farm-Fresh Recipes**

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# Farmstand Favorites: Apples: Over 75 Farm-Fresh Recipes

## Farmstand Favorites: Apples: Over 75 Farm-Fresh Recipes Delight in the Delicious Bounty of the Apple Harvest!

*Farmstand Favorites: Apples* highlights one of the most recognizable fruits from local farmers markets—apples. From tart Honeycrisp to sweet Red Delicious, apples are one of the most healthful and versatile fruits, and with over 75 easy-to-prepare recipes, you will find delicious and simple ways to enjoy apples yearround. You will also learn about the best times and places to look for specific varieties, how to best pick the perfect apple, and how to incorporate apples into any course.

*Farmstand Favorites: Apples* features easy-to-prepare recipes, including a few all-American favorites, such as:

- Apple Strudel
- Broiled Sirloin with Spicy Mustard and Apple Chutney
- Braised Chicken with Apples and Tarragon
- Turkey-Apple Gyros
- Spicy Apple-Filled Squash
- Apple Honey Crisp with Warm Nutmeg Cream

With a trip to the farmers market and *Farmstand Favorites: Apples*, you can reap the benefits of a local fruit that, grown without hormones and pesticides, provides healthful nutrients and a connection to the earth and your community.

### Buy Local and Support Your Local Farmer and Farmers Markets

The **Farmstand Favorites** series was created to encourage buying local and buying fresh. More than ever, we strive for a better understanding of where our food comes from, and for many of us this means shopping at a farmers market or farmstand. By supporting your local farmers and producers, you are also supporting a livelihood which is vital for a healthy, sustainable future.

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