

# Apples

By Suze Hargraves

There's something about fall in New England. It smells like apples. The minute the trees start to change, my mind wanders to things like the Fryeburg Fair and apple picking. Although both are milestones of the fall season, it's the apples that really get to me. There's something about freshly made apple sauce, real apple cider and the timeless deliciousness of homemade apple pie that somehow settle my soul for the long winter months ahead. Apples are not just food for the soul though; they're really good for you. An apple a day can, as it turns out, help keep the doctor away.

According to the New Hampshire Fruit Growers Association apples have a lot to offer;

1. Apples digest easily.
2. They contain pectin which is a soluble fiber that helps good bacteria grow in your digestive tract.
3. Apples have antioxidants that help improve your immune system.
4. Apples have been shown to help prevent heart disease and possibly some cancers.
5. For liver and gall bladder cleansing munch on a green apple.
6. A medium apple, approximately 5 ounces, has only 81 calories and a whopping 3.7 grams of fiber from pectin, a soluble fiber. A medium apple supplies 159 mg of potassium, 3.9 meg of folic acid, 7.9 mg of vitamin C, and 9.6 mg of calcium.

Eating apples can even help you lose weight. Packed with fiber, there's nothing like an apple to take the edge off your hunger. Replace high calorie snacks with apples and you'll find the scale going down slowly but surely. Do the math. An 81 calorie apple with zero fat and 3.7 grams of fiber vs. 100 calorie "snack pack" of just about any kind posing as a healthy alternative. Once again, nature trumps mans best efforts.

Apples are not only nutritious; they're versatile little fruits too. We can eat them, use them in crafts or make the activity of picking them a way to add physical activity to our lives. Follow one of the healthy recipes at [www.eatingwell.com](http://www.eatingwell.com) and have your apples for breakfast, lunch, dinner or dessert. If you've got kids, take a peek at [www.eartwiggles.com](http://www.eartwiggles.com) and find fun and nutritious things they can do with apples. Picking apples is a New England tradition and a great way to get out physical activity. It's something to do with the family. It's something to do on a date. It's something to do besides sit in front of the television! To find out where to pick apples in New Hampshire go to [www.nhfruitgrowers.org](http://www.nhfruitgrowers.org). Maine friends out there can visit [www.maineapples.org](http://www.maineapples.org). Check the local papers for some of those small local farms too! Support our local farmers.

Apples are good for you, whether you pick your own or buy them. Either way, grab an apple and take a bite. You'll be hooked on this sweet, crunchy goodness that only nature can create.

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