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Apple Pies



Ingredients:

Apples,
Cinnamon
Puff pastry
½ cup of olive oil
2 eggs

Instructions:

Cut puff pastry in rectangles 4x5 inch and wait until thaw. About 15 minutes no longer. In the meantime, chop apples in small cubes ¼ inch, put them in the bowl and sprinkle generously with cinnamon. Chopping apples is time consuming. It can be prepared ahead of time, even few days before your baking. Cinnamon is an excellent preservative and these apples survive in your fridge for 3 weeks. They still will look and taste as you made them 5 minutes ago.

Prepare a half of cup of olive oil in the small bowl. In the second bowl beat two eggs with the fork until yolks and whites are combined.

Apple packets:

Put about 3 or 4 table spoons of apple's cubes on one side of each piece of puff pastry. Brush all edges with the oil (it will help to seal and create packet), Fold it in half to make a packet, and press it to seal it. Place them on the cooking sheet. Brush each packet with eggs twice; it makes the pies shiny and golden brown. If you are concerned about eggs this can be skipped.

Preheat the oven to 380 F. Bake about 20 to 30 minutes.

You can bake them in the grill as well. Place apple pies on the sheet and put them on the upper shelf of the grill. Preheat the grill to 380 degrees F and bake for about 20 to 30 minutes.



APPLE PICKING!

I love the smell of freshly picked apples. I always look at their lustrous skin before first bite. The taste is simply heaven in the mouth. I used to pick apples in my own garden. Now I go to the local orchards. Seasonal fruits and veggies, from the local growers taste best. They are delivered to the farmers markets and small grocery stores almost directly from the trees. So, let's enjoy them: eat them fresh, make apple sauces and juices, bake them or dry them. Dried apples are fantastic and healthy snack.

Bon appetite!!!

An apple a day
keeps the doctor
away !!!

Fruit of the Month: Apple



Apple is an ancient fruit and most popular. It was brought to America by the European settlers. Apples are good source of vitamin C, flavonoids, multiple antioxidants and fiber (pectin). You probably know old saying that an apple a day keeps doctors away. They help food move quickly through the digestive system. They work like a good brush in our intestines.



Apple Pie Roses

Great idea for summer/fall party: see the link below for the recipe

<https://spoonuniversity.com/recipe/how-to-make-apple-pie-roses>

Apple Salad

Ingredients

- Handful of spinach
- 1 apple (you can substitute with pears or other crispy fruit)
- Handful of pecans or walnuts
- Blue cheese (feta cheese or no cheese at all)
- 1 tbsp brown sugar
- 3 tbsp balsamic vinegar
- 3 tbsp olive oil or avocado oil
- Pinch of cinnamon

Instructions

Put sugar, balsamic vinegar, cinnamon and oil into pan. On the low heat, constantly stir it until sugar is dissolved. Increase heat a bit, add apples and walnuts. Sauté them for 5 minutes. Serve over spinach, garnish with blue cheese.

Balsamic vinaigrette

- 2 oz olive oil
- 1 oz balsamic vinegar
- 2-3 tbsp apple cider vinegar
- 6 dates (soak them before for 15-30 min)
- 1 oz white wine, sparkling wine, champagne
- 2 cloves garlic
- 2 -3 slices of fresh ginger

Blend everything and pour over salad



<https://herbsinmykitchenbook.com/recipes/>

*"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,*

is knowing when to use it." —

Daniel Gilbert

RESOLUTION'S SOLUTION:

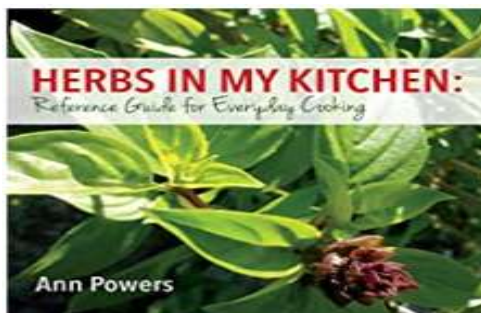
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, NO side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

