

Apples come in many varieties

AP — From Adam and Eve to Johnny Appleseed to your family, apples have delighted all who sampled them.

VARIETIES

• **Red Delicious:** Named in 1894 when a nurseryman exclaimed, "My that's delicious." Sweet and juicy. Best for snacking; poor for baking. Available year-round.

• **Golden Delicious:** No kin to Red Delicious. Slightly elongated; sweet and juicy. An all-purpose apple, great for snacking, cooking and baking. They discolor slowly when cut and make wonderful applesauce without added sugar. Available September to June.

• **Granny Smith:** Maria Smith nurtured first seedling in the 1800s. Mildly tart. Best for snacking; good

McIntosh: First apple tree planted by John McIntosh about 1811. Two-toned red and green. All-purpose apple. Available September to June.

for baking. Available year-round.

• **Jonathan:** Deep red; mildly tart, rich flavor. Versatile apple, excellent for snacking, pies and other baking. Available September to April.

• **McIntosh:** First apple tree planted by John McIntosh about 1811. Two-toned red and green. All-purpose apple. Available September to June.

• **Red Rome (Rome Beauty):** Named for an apple-growing area in Ohio, not Italy. Slightly tart. Best for baking. Available October to August.

• **Winesap:** Granddaddy of American apples. Winesap flavor. All-purpose apple. Available November to July.

STORING

• Store large quantities of apples in a cold (34 to 40 degrees F), moist place. Small quantities of fruit should be stored in a plastic bag in the refrigerator away from the freezer section. Be sure the bag has holes to allow the fruit to breathe.

APPLE ARITHMETIC

- 1 pound apples equals 4 small or 3 medium or 2 large apples.
- 1 pound apples makes 3 cups diced or 2½ cups sliced apples.
- 1 bushel apples equals 126 medium apples or 18 to 20 quarts of canned or frozen apple slices or 16 to 20 quarts of applesauce.
- 2 pounds of apples makes enough sliced apples for one 9-inch pie.

NUTRITION

• A medium apple contains about 80 calories, vitamins A and C, soluble fiber, and no fat.

Hudson's potluck parties leads to new cookbook

More than 500 Dayton Hudson department store employees contributed favorite recipes to the new cookbook "Potluck for 24,000."

Recipes included are the winners in a company-wide cook-off held last April. The cook-off was an outgrowth of employee potlucks that have been held at the various stores throughout the years.

The cookbook also contains recipes such as popovers and key lime pie from Hudson's restaurants as well as a variety of salads from Marketplace Foods.

Chapter headings are Appetizers and Beverages; Breads; Salads and Dressings; Vegetables, Side Dishes, Soups, Main Dishes; Cookies, Bars, Candy; Cakes and Frostings, and Desserts and Pies.

Available at all Hudson's stores, the cookbook costs \$10, with \$5 of the proceeds going to the United Way.

Here are some recipes from the section on Desserts and Pies.

COOKIE CHEESECAKE SQUARES
Peggy Carnutte
Hudson's Westland

20 ounce package refrigerated cookie dough

- ¾ cup strawberry preserves
- 8 ounce package cream cheese, softened
- 1 cup dairy sour cream
- ¼ cup sugar
- 1 egg
- ½ teaspoon vanilla

Heat oven to 375 degrees. Cut cookie dough into ½-inch slices. Arrange slices in ungreased 9x13x2-inch pan. Bake 12-15 minutes or until golden brown and puffy. Gently spread with preserves. In large mixer bowl, combine cream cheese, sour cream, sugar, egg and vanilla. Beat at medium speed until smooth. Pour over preserves, spreading to edges. Bake 25-30 minutes or until knife inserted in center comes out clean. Cool; cut into squares.

PUNCH BOWL CAKE

Linda Greene
Hudson's Northland

18½ ounce package yellow cake mix
two 3½ ounce packages vanilla instant pudding mix
two 21 ounce cans cherry pie filling
two 20 ounce cans crushed pineapple, drained
16 ounce carton frozen whipped topping, thawed

- 1 cup maraschino cherries
- 1 cup chopped walnuts

Prepare cake mix as directed; bake in 2 layers or as 9x13-inch cake; cool. Break cake into pieces. Prepare pudding mix as directed on package. In clear glass punch bowl, layer ½ of cake, ½ of pudding, ½ of cherry pie filling, ½ of pineapple, ½ of whipped topping. Repeat layers, ending with whipped topping. Garnish with cherries and nuts. Cover; refrigerate several hours before serving.

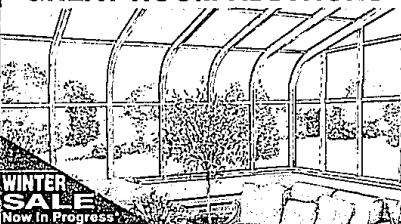
DAYTON'S KEY LIME PIE

Dayton Hudson Restaurants

- 9 inch baked pie shell
- 4 eggs
- ¾ cup fresh lime juice
- 1½ cups sweetened condensed milk
- whipped cream

Prepare and bake pie shell; cool. Heat oven to 400 degrees. In blender, blend eggs; add lime juice. Add sweetened condensed milk; whip. Pour into pie shell. Bake 7 minutes. Cool and refrigerate. Serve topped with whipped cream. 8 servings.

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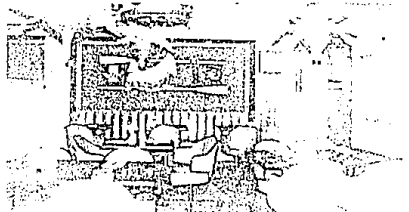
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