

# Live Free and Dig

## with the Littleton Garden Club

### *Apples — an appreciation*

BY MARY BINGMAN

Littleton Garden Club

Colorful apple orchards are the essence of fall in New England. The gnarly distinctive shapes of mature fruit trees, intoxicating aromas of ripening fruit and beautiful vistas are part of the allure.

Many orchards have traditional autumn activities like apple picking, hayrides, cider donuts, and lots more. Some New Hampshire farms feature homemade cider whether with or without alcohol content.

I took a "virtual trip to the orchard" when Vermont Public Television aired an award winning documentary called "Whitman Brook — a story of an apple orchard and time." I recommend viewing it for the horticulture information and also for its visual and emotional impact.

It features a Quechee,

Vt. apple orchard growing over 300 varieties. The mesmerizing videography shows artistry of changing seasons. Mother nature supplies much drama and challenges for the growers as they attempt to keep this historic location flourishing. This film slows time down; it focuses on extraordinary images as time marches on. Personal and poignant struggles form alongside what happens among endless rows of trees.

Apple grafting techniques are showcased. Grafting ensures desirable traits in apples. Growers reproduce specific apple varieties to save the best taste, color or resistance to disease. Also, the "art of pruning" is well covered and is a year-round skill based activity.

The nutritional powerhouse of apples is well known. They contain pectin. That is a soluble fiber that can cause

beneficial bacteria to grow in the digestive tract. Also, apples can massage gums and keep teeth a bit cleaner. I love apple snacks and utilize the ethylene gas they exude to help ripen my nearby avocados! Most folks just love the taste of their favorite variety whether just off the tree or baked in a pie or crisp.

Some apple orchards in our general region are below. Explore with your own outing or try the delicious pie recipe from one of our members that is included.

#### **Some Apple Orchards in our region:**

Windy Ridge Orchard, No. Haverhill

Poverty Lane Orchards and Farnum Hill Ciders, Lebanon

Cardigan Mtn. Orchard, Alexandria

Sweet Season's Farm, St Johnsbury, Vt.

Moore's Orchard, No. Pomfret, Vt

Whitman Brook Orchard, Quechee, Vt (<https://www.whitmanbrook.com> for a short trailer on the film)

#### **Dutch Apple Pie by member Janet Hill**

I like this recipe because it is quick and easy.

#### **Ingredients**

1 unbaked 9 inch pie shell

5 apples. I like Granny Smiths. McIntosh are good too.

1 Tbsp lemon juice

1 cup sugar

1/4 cup flour

1/2 tsp cinnamon

1/8 tsp salt

1 cup heavy cream  
Preheat oven to 400 degrees

Combine sugar, flour, cinnamon and salt in a small bowl.

Peel the apples, cut into quarters, remove cores. Slice the quarters into thin slices.

Toss in lemon juice.

Arrange the apples in the pie shells. Form a circle round the edge of the shell, overlapping the slices.

Fill in the center with the rest of the overlapped slices.

Sprinkle with 3/4 of the dry ingredients.

Carefully pour the

cream over the apples, covering them.

Sprinkle with the rest of the dry mixture.

Bake at 400 for 10 minutes.

Reduce the heat to 350 and bake for an additional 30 to 45 minutes, until the apples are tender.

You may need to cover the rim of the pie crust if it is browning too much.

Eat at room temperature or after refrigeration, your choice.

For more information about our club or our meetings visit: <https://www.littletonnhgardenclub.org/>

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