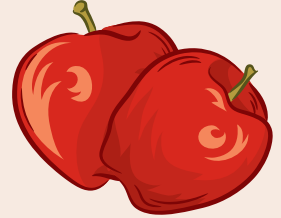


What Do You Know About **APPLES**?

Apples season is upon us. We all know apples never fall far from the tree, but did you know behind every crisp, juicy bite is a ton of history, know-how, and hard work? Washington grows more apples than any other state. Did you know all the apples we use are from Washington state farms?

- 12 billion apples are harvested in Washington each year.
- Every apple is picked by hand to prevent bruising.
- Apples float because they are 85% water.
- The average apple contains 5 seeds.
- At room temperature, apples ripen 10 times faster than when refrigerated.
- The average American eats 16 lbs. of apples each year.
- Archaeologists have found evidence that humans have been enjoying apples for more than 8,500 years!
- Apples originated in Kazakhstan and were carried east by traders on the Silk Road.
- The only apple native to North America is the crabapple.



JOHNNY APPLESEED AND HIS STORY

Johnny Appleseed's real name was John Chapman. He was born in Leominster, Massachusetts in 1774. His dream was to produce so many apples that no one would ever go hungry. Although legend paints a picture of Johnny as a dreamy wanderer, planting apple seeds throughout the countryside, research reveals him to be a careful, organized businessman, who over a period of nearly fifty years, bought and sold tracts of land and developed thousands of productive apple trees.

His adventures began in 1792, when John was eighteen years old. He and his eleven-year-old half-brother, Nathaniel, headed west, following the steady stream of immigrants. In his early twenties, John began traveling alone, which is how he spent the rest of his life. Nathaniel stayed behind to farm with their father, who had also immigrated west. John continued moving west to Pennsylvania. From there he traveled into the Ohio Valley country and later, Indiana. He kept ahead of the settlements and each year planted apple seeds farther west.

He always carried a leather bag filled with apple seeds he collected for free from cider mills. Legend says he was constantly planting them in open places in the forests, along the roadways and by the streams. However, research suggests he created numerous nurseries by carefully selecting the perfect planting spot, fencing it in with fallen trees and logs, bushes, and vines, sowing the seeds and returning at regular intervals to repair the fence, tend the ground and sell the trees. He soon was known as the "apple seed man" and later he became known only as "Johnny Appleseed."

Over the years, his frequent visits to the settlements were looked forward to and no cabin door was ever closed to him. To the men and women, he was a news carrier; to the children he was a friend. He was also very religious and preached to people along the way. His favorite book was his Bible.



Folklore has described him as "funny looking" because of the way he dressed. It is said he traded apple trees for settler's cast-off clothing. He was known to give the better clothing to people he felt needed it more than he. This could be why legend says he wore only coffee sacks with holes cut out for his arms as clothing. He rarely wore shoes, even during the cold of winter. Another legend says he wore a mush pot on

his head as a hat. This is unlikely since pots of the time were made of heavy copper or iron, but it is more likely he wore someone else's castoff hat or made his own out of cardboard. He rarely sought shelter in a house, since he preferred to sleep on bare ground in the open forest with his feet to a small fire.

In 1842, Johnny made his last trip back to Ohio after spending 50 years walking throughout the countryside. While there, he moved into the home of Nathaniel, the half-brother with whom he began his remarkable journey. On March 18, 1845, he died of pneumonia at the age of seventy-one. He was visiting his friend, William Worth, in Indiana. Legend says it was the only time he was sick in his whole life. There are various theories as to his final resting place. Though there is a memorial stone in Ft. Wayne, Indiana, the exact location of John Chapman's grave site is unconfirmed.

A HEALTHY DIET



Low Sodium Diet

Reduced salt intake for adults helps to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart attack. The principal benefit of lowering salt intake is a corresponding reduction in high blood pressure. We have just approved the purchase of low sodium lunchmeat. You should be seeing the new turkey lunchmeat and salami lunchmeat served this fall.

Nutrition and Eggs

When eaten in moderation, eggs can be part of a healthy diet for most people. Some of the good nutrients in eggs include protein, riboflavin, phosphorus, iron, and vitamins D, A, and B12. Eggs also contain saturated fat and our dietary guidelines indicate a healthy person can eat eggs in moderation without increasing cholesterol levels or the risk of heart disease. The egg yolk contains many of the good nutrients and all the saturated fat and cholesterol.



FEATURED ITEM

The food manufacturing group has developed a new item which will be rolled out in the late fall or early winter. The new **Rhubarb Chicken** will take the place of one of the two servings of Apple BBQ Chicken. Let us know how you like it by giving feedback to your local food service department.

Nutrition Facts

Serving Size: 184 g

Amount per serving

Calories 180

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 310mg 13%

Total Carbohydrate 11g 4%

Dietary Fiber 1g 4%

Total Sugars 7g 10%

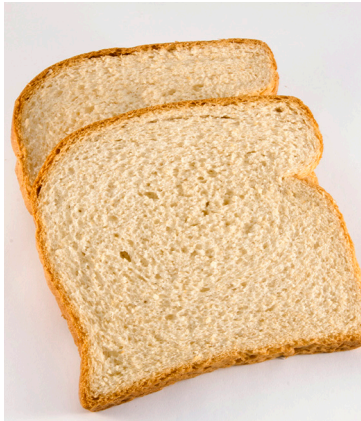
Protein 19g

Vitamin D 0% Calcium 6%

Potassium 2% Iron 10%

* % Daily values based on a 2,000 calorie per day diet

BREAD



There's something magical about the bread from local bakeries - it's always sooo soft and fluffy. Many of these commercially processed breads are made with a ton of additives such as calcium propionate, amylase, and chlorine dioxide which help keep them soft, light, and fluffy for days. Additionally, most commercial manufacturers have no time to wait around for a long yeast fermentation process that develops gluten and other complex flavors in bread dough. Instead, they use dough conditioners (also called dough enhancers

and dough improvers) which they add to the dough. Common dough conditioners include additives like; L-cysteine, sodium metabisulfite, bromate and ascorbic acid. Our group has approached the production of bread with the idea of a homemade type of bread, using modern commercial techniques, which means we do not use most of the additives other commercial manufactures use. The goal is to make a wholesome great tasting product for you to enjoy every time.

One of the challenges we've had over the last few months while taking out some of the additives has been getting the correct ingredients we need from vendors. Because some of the vendors have not consistently provided the ingredients we needed, the bread hasn't been turning out the way we would like all the time. We recognize some of the bread has not been as consistent as it was in the past, and we are working hard on making the product be of the highest quality possible. I want to share with you that we are committed to making quality products, and bread is one of our products we have been focusing on regarding improved taste and texture.